



**The
Recovery
Education
Centre**

PROSPECTUS





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Welcome to the Recovery Education Centre

“Recovery is a personal journey of discovery. It involves making sense of and finding meaning in, what has happened, becoming an expert in your own self-care, building a new sense of self and purpose in life, discovering your own resourcefulness and possibilities and using these and the resources available to you pursue your aspirations and goals”
(Perkins et al, 2012)

The Recovery Education Centre is delivered by the Wellbeing and Recovery Partnership (WaRP) formed between Dorset Healthcare (NHS) and Dorset Mental Health Forum (a local peer led charity). All our courses have been co-designed and are co-delivered by a NHS member of staff and a Peer Trainer, who has lived experience. By bringing together people’s expertise of living life despite challenges alongside professional expertise our courses aim to provide a holistic view of Recovery and wellbeing.

Our courses are educational, they are not therapy. We aim through education and the sharing of experiences to increase understanding. In this way we learn how to take care of ourselves and others, more effectively. We offer a wide range of Recovery-focused educational courses aimed at supporting people in recognising their potential through self-management, to deal with the mental and physical health challenges they experience and to achieve the things they want to in life.

The Recovery Education Centre brings together people from a wide range of backgrounds with varied experiences to help realise and inspire individual and collective potential. Students attending the courses may have their own experience of mental health difficulties and, or physical health challenges. Students may also be family or friends or staff members from other organisations who are supporting someone who might be struggling with their wellbeing. Our courses are aimed at individuals and everyone attending as a student with a focus on personal development.

The key aim of the Recovery Education Centre is to empower students to find hope, to gain control by building on strengths and skills and to embrace opportunities. The prospectus is divided into each of these three elements with courses that explore in more detail the role of **hope**, **control** and **opportunity** in Recovery. The courses are free to attend; they are open to anyone living in Dorset aged 18 and over. We deliver courses across Dorset in a variety of settings including educational, health, social and community venues.

We hope that enrolling on a course with us will help you develop a greater understanding of your life experiences and help improve your wellbeing.



How do I attend the Recovery Education Centre?

If you would like to find out any more information about the Recovery Education Centre please contact the team on:

Telephone: **01202 584478**

Mobile: **07787 836708**

Email: recovery.educationcentre@dhuft.nhs.uk

Registering and Enrolling

If you are interested in attending courses the first step is to Register with us. The Registration Form can be completed online by visiting www.dorsethealthcare.nhs.uk and searching for the Recovery Education Centre or alternatively we can post you a copy of the form for you to return to us.

Once you have Registered with the Recovery Education Centre we will contact you to arrange for you to meet with an Admissions Tutor for your Enrolment appointment. Every student who would like to attend courses will have an Enrolment appointment prior to attendance. Enrolment appointments can take place at one of our office bases, in either Bournemouth or Dorchester. We can also meet you in a café or community venue where you feel comfortable.

Your Enrolment appointment is an opportunity for you to ask any questions that you may have about the Recovery Education Centre and discuss with the Admissions Tutor the content of the courses. The Enrolment appointment is not an assessment, instead we aim to give you a chance to think about the things that you would like to learn and the skills that you might like to develop and reflect upon. The Admissions Tutor will also be able to discuss and signpost you to any other services that may be available, either through the Dorset Mental Health Forum or through other organisations.

“The chance to talk to someone about these things made me consider my recovery in a different way.”

It is important to us that you feel that you can access the learning from the courses and that you feel supported throughout your learning journey. As part of your Enrolment appointment there is also the opportunity to identify whether there is any additional learning support that you might find helpful. In addition the Admissions Tutor will talk through with you any concerns that you may have in attending and to support you in feeling comfortable in the courses.

“For me attending my appointment was the first time anyone had talked to me about my strengths and what I wanted in the future. This made a huge impact as before this I didn't think I had either.”

After you have had your initial Enrolment appointment you will be able to book yourself onto further courses each term. If you would like to meet with an Admissions Tutor at any point throughout your learning you can book an Individual Learning Plan Review Appointment. This is an opportunity for you to reflect on your learning to date, to think about which parts have been most helpful, to consider the things you might like to explore further and to discuss what you are hoping your next steps might be.

At any point if you have any concerns, questions or worries please do contact our office to discuss these further.

Hope in Recovery: Our Strengths, Values and Beliefs

Personal Recovery is about discovering, or rediscovering a sense of personal identity, beyond illness or disability. Hope is central to Recovery: hope that in the face of what can sometimes seem like overwhelmingly challenging odds, a meaningful life is possible.

“It was a massive step for me to share some of my story but being able to do this and feel heard is something I know is really important to my Recovery.”

Our aims for these courses are to empower you to find hope by exploring the principles of Recovery, enabling you to identify your strengths and values and gain a greater understanding of your experiences.

“This course surpassed my expectations. Actually made me dig deep and put me in touch with things I did not know about myself. I came to develop skills to support people at work but actually also helped myself thank you.”

Hope for some students is seeing how others have found a way forward through sharing experiences and gaining confidence in a safe and supported environment.

“The course leaders were friendly and made the group feel comfortable. When they told us of their personal experience it made the content of the course more accessible. Wasn't sure what to expect but I enjoyed it.”





Introducing Recovery

Introducing Recovery explores both the concept and the practicalities of achieving and supporting Recovery in mental health.

“Recovery is not about ‘getting rid’ of problems. It is about seeing people beyond their problems – their abilities, possibilities, interests and dreams – and recovering the social roles and relationships that give life value and meaning.” Repper and Perkins (2003).

The course provides people with an opportunity to examine their own attitudes and beliefs about Recovery. Discussing how Recovery may differ from one person to another and provides an overview in which individual differences and strengths can be identified and promoted.

Students may find it beneficial to attend the Introducing Recovery course early on in their learning pathway with the Recovery Education Centre.

This course is delivered in a single session.

Change: Understanding the Stages of Recovery

Change can be extremely difficult and a source of great anxiety or worry. This course looks at the process of change focusing on how it applies to a journey of personal Recovery. It provides a more theoretical understanding of the material covered in the Introducing Recovery course.

The focus is on exploring a number of different models of change and how they can be applied to personal Recovery. The course will explore some of the barriers to change and what can be done to overcome these barriers. In particular it will look at each stage of the change process and will enable you to start to identify how you can best support your own change process and also how to effectively support the Recovery journey of others.

This course builds on the **Introducing Recovery** course material.

This course is delivered in two sessions.

Perspectives on Mental Illness: Myths and Realities

Often within mental health services, the discussion around mental illness is dominated by the Biopsychosocial Model. For some people this provides a meaningful framework to understand their experiences, for others it can be difficult to reconcile their feelings and thoughts within this view point.

This short course will introduce different perspectives on mental illness, examining the Medical Model, Psychological Model, Sociological Approaches and alternative explanations to these.

This course is delivered in a single session.

Finding Strength

In order to support our own Recovery, as well as connecting with our values, it can also be helpful to connect or reconnect with our strengths. However, when we have experienced trauma or difficulty we can often forget or struggle to recognise our strengths. We can even find that our strengths work against us or find that we might over use our strengths. Often it can be difficult or feel uncomfortable to think about what our strengths are or what we are good at. Also we can often see our vulnerability as a weakness rather than a strength of ours.

This course aims to help us identify what our strengths are, how we can connect or reconnect with them and how we can use them to support our Recovery journey.

This course is delivered in a single session.

Identifying with your Values

It's not about the money, money, money... or so the song goes. But what is your life about? What do you want your life to be about? What do you want your life to stand for? These are important questions for us all, but so many of us have never deeply considered them. If we are not clear about our core values then deciding on goals can be tough.

This course aims to introduce the concept of values and the role of them in your Recovery journey. Through discussion, exploration and use of metaphor the course will help you begin to identify your own personal values and what's important to you.

This course is delivered in three sessions.

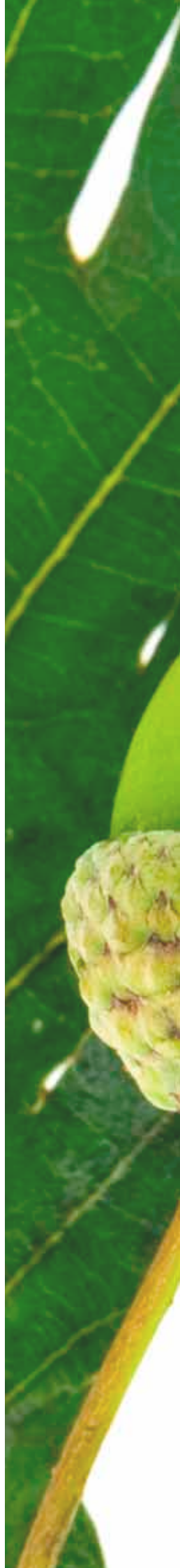
Recovery Narratives

Recovery Narratives, put simply, are our stories of Recovery. They are deeply personal, individual and show a movement towards understanding acceptance and towards mental wellness. Recovery is a framework of hope, acceptance and control over our lives. Not necessarily being recovered, as in, without symptoms but rather living a full, meaningful and satisfying life whether we're a carer, staff member or a person with lived experience.

As well as teaching you about the theory and principles behind creating your Recovery Narrative, we'll provide you with the opportunity to share your learning and progress. During this course we will use each session to explore a variety of creative media through which our narratives can be told. We will explore the visual arts, music, poetry and writing. Each session will show the possible ways to tell your narrative, your story.

We recommend that students attending the **Recovery Narratives** course have previously attended other Recovery Education Centre courses.

This course is delivered in six sessions.



Introduction to Spirituality

Spirituality is about actively identifying the meaning and purpose in our lives, enabling us to find hope and direction. This course will provide us, on a basic level, with the opportunities to explore what spirituality means to us and how this can support our wellbeing.

Spirituality in this sense does not exclusively relate to religious beliefs. We will explore how we can connect with ancient and contemporary sources, using creativity and discussion, which will enable us to draw from our own discoveries in spirituality and those of others in the group. We will look at how you can develop sources, and resources, of hope to support your spiritual practice and Recovery.

This course is delivered in a single session.

Recovery for Carers & Supporters: An Introduction

This introductory course has been developed by carers and professionals, for those who are supporting someone through their experience of mental health problems. It covers three key elements: firstly, giving you the opportunity to explore your experience of being a carer or supporter and share learning; secondly, the course will look at the impact of being a carer on your health and simple ways of promoting your own wellbeing; and thirdly, raise awareness of your rights as a carer and signpost you to further available supports and resources

This course is delivered in a single session in partnership with Rethink.



Recovery for Carers & Supporters

This longer course builds on the **Recovery for Carers and Supporters: An Introduction**. The course is delivered over three sessions and provides the opportunity to explore the carer role and experience in more detail.

The course seeks to give people an overview of the key components of effective supportive relationships. The course will help you understand what is happening for you, and the person you are supporting, plus what this means for both of your Recovery journeys. It will help you understand where someone may be in their Recovery journey, and also how to offer them the most effective support. This course will include the opportunity to explore how to address challenging situations and promote safety.

A key element of the course will examine how you can look after your wellbeing, at the same time as supporting someone else.

This course is delivered in three sessions in partnership with Rethink.



Control in Recovery: Greater understanding of Staying Well and Accessing Support

Building upon your strengths, with an emphasis on wellbeing and self-management, can help you feel in control over what you want in life, the path that your journey takes you on and how you might receive help along the way. Our aim for these courses is to support you to realise and utilise your strengths by focusing on what you can do, not what you might struggle to do.

“I liked the broad range of options given and points of view that I had not considered before and have a greater awareness of how to cope should problems occur in future”

To be able to recognise and deal with stressors can make you feel that you are in the driving seat of your life.

“I got a lot out of this course [Early Warning Signs]. It was really useful to include triggers alongside early warning signs as they are so often linked.”

Regaining control, for some, is having the opportunity to reflect on your choices; the things that are within your control and making choices about the things that you do.

“The course has given me confidence and the skills to use in everyday living.”

5 Steps to Wellbeing

No matter who we are, we all know the importance of looking after our mental health and wellbeing. “How should I go about this?” is often the difficult question we ask ourselves. There is a strong evidence base that suggests there are 5 simple steps we can all take to look after our mental health and wellbeing.

This course explores the 5 steps to wellbeing and how they can be applied within our everyday lives. Upon completion of the course you will have your own individualised wellbeing plan based upon the 5 steps and course discussions.

This course is delivered in three sessions.

Mentally Healthy

Do you know that your mental and physical health are connected? This course considers the links and the possible impact of one on another. We recognise the importance of sleep, a healthy balanced diet, exercise and activity within personal Recovery.

We introduce and utilise explanations of change before exploring each area; sleep, diet and exercise in more depth. We look at choices, possible barriers and ways to overcome them. We will also help you share and identify possible personal and community resources that might help towards achieving your health goals.

This course is delivered in three sessions.

Fatigue Management

Fatigue is a persistent feeling of tiredness or exhaustion that goes beyond normal sleepiness; where you don't feel you have the resources to meet the needs and demands of your everyday life. Fatigue can impact on what you are able to achieve and your physical, emotional and mental wellbeing. The course aims to help you understand what fatigue is, what contributes to fatigue and support you in identifying practical coping strategies that can help you manage fatigue in everyday life.

The course is aimed at anyone who experiences fatigue, including anyone who is working with or caring for somebody with fatigue. Self-management is encouraged within the course environment; therefore people attending with fatigue are welcome to manage their fatigue as they need to. Breaks have been planned with this in mind.

Fatigue Management is delivered on a weekly basis however there is a three week gap in between sessions 5 and 6. This three week gap is to give you the opportunity to apply the tips and practical skills you have learnt during the course, with the final session allowing you to review how these are working and share your experiences.

This course is delivered in six sessions.

Self-Management

For some people, believing that they can actually manage their own lives can be difficult. However, many find identifying and utilising self-management approaches can be beneficial in their Recovery journey.

The self-management course will help you explore what works for you and to develop a personal toolkit. It will help you look at treatments, therapy and services as useful resources, as well as considering what's important to you. Ideas such as what personal qualities you value in yourself and what hopes you have for the future are key to self-management.

The course highlights the importance of personal responsibility in self-management. It will also guide mental health workers, carers and supporters to understand how to support self-management and the contribution in someone's Recovery that this can make.

This course is delivered in four sessions.

Emotion Management

If you find yourself overwhelmed by intense emotions, or feel controlled by them, then the Emotion Management course may be for you.

This course will include aspects of mindfulness and cognitive/behavioural practice to help you learn to make sense of your emotions. The course will promote the understanding of the purpose and triggers for common emotions such as Sadness. You will be encouraged to apply learnt skills to your emotions in an atmosphere of exploration and humour.

This course is delivered in four sessions.

Mindful Living

Sometimes it might feel like as if we live our lives on autopilot or things are happening around us that seem out of control. We can feel that we have to be responsible for everything. This course is about enabling us to become more aware and connecting or reconnecting with ourselves and our surroundings. This can enable us to reappraise our situation, and build compassion towards ourselves, and others.

This course will give you skills and practical tips to apply the basic principles of mindfulness to everyday life. It is aimed at people who are looking to have an extended introduction to the principles of mindfulness and how they can use them to support their Recovery.

This course is delivered in four sessions.

Everyday People Skills

Have you ever felt guilty about saying no to somebody or said yes when you wanted to say no? If so, this course might be useful. The course will aim to develop and further enhance skills around communication and relationships with others and ourselves. It will look at ways of maintaining and developing relationships whilst maintaining healthy boundaries. We will also look at developing a better understanding of our communication habits and the impact our current emotional state has upon our communications.

The course will take place over four sessions and will involve lots of practical demonstrations and tools that you can apply to everyday scenarios.

This course is delivered in four sessions.

Introducing Pain Management

Persistent or chronic pain (pain which lasts longer than 3 months) can feel like an invisible and isolating condition but an estimated 7.8 million people in the UK experience persistent pain (Bridges, 2012). Introducing Pain Management explores the complexity of personal experience with persistent pain and its impact on daily life. Recognition of the physical and emotional challenges faced by those living with daily pain can be a valuable first step towards managing persistent pain.

This course will provide the opportunity to share experiences within an understanding and supportive environment; which can help to build confidence and resources in self-management. While this course does not address medical diagnosis and solutions, it does explore different perspectives on pain and facilitates self-awareness and discovery of the answers within.

This course is aimed at anyone who is affected by persistent pain, including those who experience persistent pain and those who care for people with persistent pain, be it in the home or as a professional.

Self-management is encouraged within the course environment, therefore people attending with pain are welcome to manage their pain as they need to, for example by bringing back supports/cushions or changing position regularly.

This course is delivered in a single session.

Understanding Depression and Anxiety

Understanding Depression and Anxiety is a course for anyone who may have experienced or anyone who is working or caring for somebody who has Depression or Anxiety. This course addresses the main symptoms, possible treatments and therapies which may contribute to Recovery. How Depression may present differently in people and how it may become associated with Anxiety is explored in detail.

We introduce strategies and practical guidance for overcoming Depression and Anxiety and minimising the impact on everyday life.

This course is delivered in a single session.

Managing Anxiety

This new course builds on **Understanding Depression and Anxiety** however it focuses specifically on Anxiety management techniques.

We all know what it's like to feel anxious from time to time, it's common to feel tense, nervous and perhaps fearful at the thought of a stressful event or decision. However, when feelings of Anxiety are very strong or last for a long time, it can feel overwhelming.

Within the course we explore a range of Anxiety management techniques and tools; it's an opportunity to learn, develop and share with others.

This course is delivered in a single session.

An Introduction to Asperger's Syndrome

An Introduction to Asperger's Syndrome is a course for anyone who is affected by Asperger's, whether that is through personal experience, being a carer or as a professional. The course looks to give an overview of what Asperger's Syndrome is, how it can affect those involved and the types of support and intervention that can contribute towards personal Recovery.

This course will help to provide an overall understanding about Asperger's Syndrome and the possible impact this may have on the individual and on family life. Strategies and practical guidance for working with Asperger's Syndrome will also be discussed. This course aims to give students an opportunity to contribute, either by sharing their own experiences or by having a chance to ask questions in order to develop their own understanding.

This course is delivered in a single session.

Understanding Unusual Experiences

This course explores unusual experiences such as hearing voices, seeing things (hallucinations) and believing things that others don't (delusions). Some people experience problems in thinking clearly and/or have bodily sensations which may be unfamiliar or disconcerting. Other experiences include believing others can read your mind, control you or are out to harm you. Often these experiences are very real and as such can be frightening and confusing.

This course seeks to explore these experiences in order to understand and manage them, to make sense of them and, if possible, find meaning in them. The course contains practical examples of the nature of these experiences and how they contribute to personal awareness. As such, this course promises to be interesting and insightful, providing an opportunity to change perception, perspective and develop skills which promote an understanding of Recovery and self-management.

This course is delivered in a single session.

Living with Bipolar Affective Disorder: An Introduction

Causes of Bipolar Affective Disorder are not completely understood, but it is known to be a combination of biological, genetic and environmental factors. We also know that when individuals have hope, feel in control and are responsible for their own health they are on their own path to Recovery.

This one day course aims to be an introductory step to achieve this; helping individuals develop insight, understanding and gain knowledge of what helps people live successfully with Bipolar Affective Disorder and be able to achieve their life goals.

The morning discusses what Bipolar is; its causes especially the role of stress and underlying vulnerability. The afternoon session will be an opportunity to explore strategies that are proven to help in the management of Bipolar Affective Disorder.

This course is delivered in a single session.

Early Warning Signs

This course provides you with an opportunity to develop your own early warning signs 'signature', and to think about what happens when you start to feel unwell. We utilise and personalise cards to identify possible early warning signs including changes to your thoughts, feelings and behaviour.

Recognising your early warning signs can be a really powerful way in helping you self-manage and can also highlight to others what support you may require should you begin to become unwell. In this course the trainers work with you to identify the above and then formulate a plan which you can take with you and share with others, if you wish.

This course is delivered in a single session

Developing a Crisis Plan

Making sense of a crisis can be difficult but also beneficial in managing future episodes of distress. This course will explore possible personal resources and self-soothing techniques, along with tools and treatment preferences which may help during an episode of crisis.

You will have the opportunity to start to develop your own crisis plan; to consider what you want to include, who might be involved and who you would want to share it with.

Students may find it beneficial to attend the **Early Warning Signs** course prior to attending this course.

This course is delivered in three sessions.

Planning your Recovery

A Care Plan or Recovery Plan is the agreement between a person, the important people in their life and services and states how their support will be delivered. At best it should be a living document which has been developed in partnership and is regularly reviewed providing structure to planning your Recovery or the Recovery of the person you are supporting. This course is aimed at people who currently access mental health services, their carers, supporters and professionals.

The first session explores what is a Care Plan/Recovery Plan, looking at the role of assessment and importance of self-assessment. The second explores formulation; having a shared understanding of your strengths, values and difficulties and how this leads into planning and goal setting. The final session looks at putting the plan into action; evaluating and reviewing.

The course is delivered in three sessions.

Medication: Choices and Options

Finding the therapeutic dose of a certain medication for mental distress can enable people to live meaningful and purposeful lives. The prescription of medication can however be controversial for some as they can be powerful chemicals which can cause severe side-effects. Many people suffer with side effects as much as they do with their symptoms and it can create the dilemma of concordance with treatment.

This half day course provides you with an overview of the different types of medications prescribed including; anti-psychotic medications, anti-depressants, anxiolytic medications and 'mood stabilisers'.

Getting the best from any medication often involves asking the doctor the right questions. The second part of this course will highlight key things that you may wish to talk to the doctor about when considering taking or supporting someone to take medication of any sort. These may include the likelihood of experiencing side-effects, whether there may be withdrawal symptoms, what to do if a dose was missed and how long the medication might be prescribed for.

This course is delivered in a single session.

Staying Safe: Independence, Choice and Control

Personal safety and keeping yourself safe is a concern for everyone in society. This one day course aims to take forward the recommendations from the recent MIND 'At Risk, yet Dismissed' paper (2013) and the Susie Lamplugh Trust. This course will support people to identify current skills in ensuring safety. It will also enable students to develop additional skills around safety planning, crime prevention; raising awareness of barriers to reporting crime and signposting to additional available support should people become victims of a crime.

This course is delivered in a single session and in partnership with Dorset Police.



Advocacy: Knowing your Rights and how to be Heard

Understanding your rights and how to exercise those rights is important, particularly in developing self-advocacy. Many people feel confused by the choices they have under mental health laws. This can lead to confusion and feeling frightened or unsure of how and if they will get their voice heard on matters that are important to them and those they care for. Being informed is a key part of feeling in control of your life and contributes to supporting recovery, as is understanding the importance of choice and self-advocacy.

This full day course explores having choice and what that means in the context of mental health laws as we explore their scope and limitations. It provides practical support to use tools such as advanced directives, safety plans and Statutory Advocacy provision to ensure that your wishes are recorded and listened to. The course will also discuss the local Advocacy provision and what services can be provided.

This course is delivered in a single session.

Opportunity in Recovery: Next Steps

“Being fortunate to see the changes that students make, seeing people realise their aspirations and hearing of their strength to try new things: the things they love, and feeling part of their community is just the biggest privilege.”

People tend not to recover in isolation. Part of Recovery is being able to take on meaningful, satisfying and social roles within local communities. Research suggests that feeling part of your community and having pride in your roles within society is linked to a greater feeling of wellbeing and a greater sense of quality of life (Gilchrist, 2009). To do the things that you want to do, to do the things that make life worthwhile, to have a place in the world and a connection to the people in it is often about seizing opportunities.

“Holding onto possibilities is what Recovery embodies for me, seeing students forming friendships, re-connecting with old interests or hobbies or finding new interests, and for some pursuing further education or going into employment is something really quite special.”

Courses and information available in this section of the prospectus can help you think about the next steps before going on and taking them. The focus of the information is about personal growth, moving beyond services whilst getting the most out of the service. For some it is an opportunity to consolidate learning and for others a totally new path including the opportunities available to people wishing to consider peer work. If you would like any further guidance or support please do contact the Recovery Education Centre.





Introduction to Work

It is well documented that work is a vital part of many people's personal Recovery. The Introduction to Work course explores the benefits and challenges of employment. The content of the course includes identifying your own personal qualities and strengths, and also provides practical advice on employment pathways, agencies and resources to support you in your journey to employment. Ways of keeping motivated whilst searching for a job will also be covered.

This course is delivered in a single session.

Managing and Maintaining Work

A work-life balance is something that many of us struggle with at times, either because we feel unable to manage the demands of work or because we take on too much leaving us feeling stressed and unwell. Building on the skills gained from attending **Introduction to Work** course or previous working experience, this course looks to explore in more detail the importance of a Personal Statement and the myths/facts surrounding disclosure of your mental health problems when applying for, or during your employment. It also focuses on tools to help you stay well at work such as a 'Wellbeing at Work Plan' or Advanced Directive as well as exploring what working means to each individual.

This course is delivered in a single session.

Sharing your Experiences

Society has come a long way in tackling stigma and discrimination and it is recognised that being able to share life experience can be extremely positive; offering hope and a more humanistic service. There still, however, remain significant barriers to sharing our lived experience of trauma and/or mental illness. This one day course explores the opportunities for sharing our life experiences whether it is with friends, colleagues or family members and some of the challenges we may face in doing so.

This course may be beneficial for students considering attendance at the **Recovery Narratives** course as an introductory session.

This course is delivered in a single session.

Recovery-Focused Conversations

This course looks at the communication skills that can enhance having conversations that promote Recovery. It is aimed at anyone who is supporting someone's Recovery whether they are staff, a carer, friend or relation.

The course will draw heavily on recovery coaching skills. Course content will include how we listen and respond to people, how we can use language in a strengths-focused way, and how we can ask questions that enable people to engage in their own Recovery.

This course is delivered in two sessions.

Money, Debt and Mental Health

There are clear links between money worries, debt and mental health problems. Despite this it is not always easy to find out how best to deal with financial difficulties. This introductory course will enable you to understand the relationship between mental health and debt, identify basic skills to manage finances and debt and give you an increased awareness on where to find further support and advice.

This course is delivered in a single session.

A Guide to Managing your Tenancy

One of the key elements of maintaining Recovery is a stable home environment. Mental health problems can at times have an impact on a person's ability to manage housing issues. This course is designed to offer practical advice on how to manage and retain a tenancy and will cover material such as: housing law, how to manage disputes, effective and proactive communication and landlords expectations of tenants.

This course is delivered in a single session.

Peer Support Group Toolkit

This course provides guidance on setting up, running and sustaining groups for mutual support, friendship and Recovery.

Peer Support Groups in a health context can be wonderful environments for support and Recovery for people who have experienced or continue to experience health difficulties. However, as the name implies, they are dependent on their own members to set them up, support each other and sustain them. This course is designed to guide people in setting up a new group or sustaining existing groups.

The course will introduce the Peer Support Group Toolkit as a practical guide to setting up and sustaining groups.

This course is delivered in two sessions.





Supporting and Participating in Person-Focused Health Research

It is increasingly essential that within healthcare research there is strong participation from people who have lived experience (whether that is mental health or physical health problems, or both, or whether someone is a carer and supporter).

If you are curious about getting involved in research this course will explain what it means to get involved as a participant or even becoming involved in research methodology or formulation. This may include contributing to research ideas, or the development and delivery of research. The course will cover themes such as: why research is important, what the benefits of research are, who decides what research takes place? as well as defining what research is and the different methods and types of research before finally exploring the role of participation in research. At each step we will be exploring the role and value of lived experience in this process.

Dorset HealthCare is a University Foundation Trust which means as an organisation we have a strong partnership with Bournemouth University. Dorset Mental Health Forum have also been working in partnership with Bournemouth University for a number of years on varying research projects.

This course is delivered in one session.

My Recovery

This course is for students who have completed a number of Recovery Education Centre courses and are thinking about their next steps. The aim is for students to explore and consolidate learning around their own Recovery by sharing and reflecting on how they are incorporating it within their lives.

Throughout the course there is a strong element of reflection and participation. There is also a recommended reading list and an expectation of additional study outside of the sessions. Students will work on completing their own Recovery plan and the development of their Recovery Narrative.

This course is delivered in eight sessions.

There are entry requirements for this course. If you are interested in attending please do speak with an Admissions Tutor.

Most of our courses run routinely throughout the year and are rotated throughout the county, some of this is demand-led and at specific request from students. If you would like to attend any of the above courses that are not in this terms timetable please contact us and register your interest. In addition if you have any suggestions for other potential courses we would like to hear from you.

We are also keen to hear from anyone who would like to attend our courses but cannot do so due to other commitments such as work, caring, or parenting roles as we could look at running specific courses during the evening if the need was identified.

REACH – Sports and Leisure

Alongside education, sharing and learning we recognise and value the importance of activity and social contact within recovery. The REACH project provides a programme of sport and leisure activities facilitated by the Dorset Mental Health Forum. Every activity is supported by a Peer worker, typically someone who has attended some of the programme themselves.

The aim of Reach is to get people active and involved in fun activities within a friendly, social environment. Often the sessions lead to friendships, supportive peer networks and help to build confidence and improve self-esteem.

“The group has helped me so much in a big way. I’m starting to feel a lot more comfortable being around new people and I have a wonderful safe place to go to every week to have a bit of fun and to let off some steam. Every person is so welcoming and understanding and I have never felt more at home walking into a place such as that. It feels amazing to know that I am not alone with the mental health issues I have and that I can speak to other people with similar issues and not feel judged. The two peers have welcomed me with open arms even from the first moment we met and they cannot do enough for me.”

Sometimes you might need a little support the first time you attend as meeting new people can be a challenge. We welcome anyone who comes along to support you and they are also welcome to join in if they wish. We do find that once people have attended it tends to get easier as other people are so welcoming and supportive.

“My son attends the football and social groups. He suffers with high anxiety usually making attendance at such groups is virtually impossible for him. He is now making friends and enjoying the camaraderie of the social group. Recently, he attended without support, a first; this was largely due to the warm, friendly, inclusive approach without any pressure from the peer.”

Many attending comment on how they find our groups to be an important part of their Recovery, helping them to get their lives back on track. People often go on to organise other activities such as walks, cycling, meals out, quizzes and day trips. Many move on to other things including volunteering and/or employment and some call back to join in on their days off.

We also intend to develop more social and activity groups and welcome enquiries from anyone with ideas or requests.

For more information please contact us on:

Telephone: **01305 257172**

Email: reach@dorsetmentalhealthforum.org.uk





Peer Specialist Development Pathway

Some students who attend Recovery Education Centre courses express an interest in using their own experiences to become Peer Specialists. Primarily they have an interest in co-producing and co-facilitating courses as Peer Trainers. Peer Training is just one element of the Peer Specialist role.

The Peer Specialists that work as trainers are employed directly by The Dorset Mental Health Forum. The Dorset Mental Health Forum have a specific peer development pathway that they use to identify and support prospective Peers on the journey to become Peer Specialists.

This pathway does include the attendance of certain Recovery Education Centre courses but it is important that you discuss these courses with a member of the Dorset Mental Health Forum staff before attending for your Enrolment appointment with an Admissions Tutor as the Recovery Education Centre is not involved directly in this process. The Peer pathway also involves liaising with the Dorset Mental Health Forum's Volunteer Co-ordinator and in some cases working with a Senior Peer to identify the support and development needs of each prospective Peer. Each Peer's journey is different as is their pathway into Peer work.

Peer Specialism involves the skilful and safe use on our own Lived Experience and the principles of Recovery Education to support and help others. This is done in part through the modelling of our own personal Recovery journey. Therefore the type of support needed and the time taken to become a Peer Specialist varies greatly. It is not unusual for prospective Peers to work with a senior Peer for over a year before they are ready to start working alongside other Peers in a voluntary capacity.

All prospective Peers work initially as volunteers and then some may go on to a paid role if that is something they would like to do and are suitable for. The Peer Specialist role is challenging and demanding and is not for everyone.

If you would like to talk to someone further about this role please contact us on:

Telephone: **01305 257172**

Email: **admin@dorsetmentalhealthforum.org.uk**

FAQ

How is the content of the course designed?

All of the courses delivered by the Recovery Education Centre are co-designed and co-delivered by both a Peer Trainer and a NHS member of staff, with a view that courses designed in this way bring together different perspectives and expertise.

If someone is a Peer Trainer; what does it mean?

Peer Trainers use their lived experience to model Recovery sharing their insight into self-management and what keeps them well. Peer Trainers work alongside NHS Trainers to bring together clinical expertise and personal experience.

How much do courses cost?

The courses are free to attend.

Do I have to take any tests?

No. We want to inspire you to realise your potential and make the most of opportunities. You will receive a certificate for attending the course which provides you with evidence of achievement.

What if I want to bring a family member or friend with me?

Everyone is welcome at the Recovery Education Centre: all we ask is that your family member, friend or supporter also enrolls onto the same course.

How many other students will be on the course with me?

Class sizes are kept small with no more than 14 students at any one time.

What if I need additional support with my learning once the course has started?

Please contact the Recovery Education Centre as we aim to work with you in order to put a plan in place ensuring that your learning needs are met.

What if I need support with my mental wellbeing whilst attending the course?

If you are struggling whilst attending a course it is important to speak with the trainer. Trainers will have access to your 'Personal Support Plan' which is formulated with you at the point of Enrolment. We would encourage you, where possible, to seek additional support from your social and clinical support network as the Recovery Education Centre operates in a similar way to a Further Education establishment (such as a college) therefore we do not provide clinical interventions.

Do I need books, or other equipment for the courses?

It might be helpful for you to bring along a notebook and pen. All other materials for the course will be provided on the course.



Is food and drink provided?

Most of the venues offer tea and coffee, although sometimes this may need to be purchased. We are not able to provide lunch and it is advisable that you bring something with you if the course lasts all day.

What if I can't attend?

It is helpful if we know that you're unable to attend. If you would like to withdraw your place on the whole course, please let us know as then your place can be offered to someone else. It is also possible to defer your place on a course until the next term.

What if I don't like the course?

Your experiences of the courses offered are important to us and therefore if you would like to discuss anything related to this please contact us. We review the content of each course regularly, and so your feedback (both positive and negative) can help us to design and offer courses that meet the needs of our students.

What happens once I have finished my course/courses?

We hope to give you the time and space to decide your next step and the confidence to take it. For some students the Recovery Education Centre has been a stepping stone to accessing community resources, social activities, vocational training, further learning, and employment. If you would like to review your Individual Learning Plan with a view to discussing further opportunities please do contact the team to arrange an appointment.



Training for Organisations and Bespoke Packages

The Dorset Wellbeing and Recovery Partnership (the partnership between Dorset Healthcare and Dorset Mental Health Forum) have been working together for over five years bringing together lived experience expertise and professional expertise.

One of the Wellbeing and Recovery Partnership projects is the Recovery Education Centre and in addition we have also undertaken work supporting staff wellbeing and lived experience in the workforce, developing peer specialists, and the practical application of the principles of co-production. We have significant experience in upskilling and informing stakeholders to ensure collaborative engagement to support service design and development.

We believe we have developed significant skills in building capacity within organisations by bringing together their expertise, as an organisation, with that of people with lived experience and professionals. We have worked locally, nationally and also internationally to share our learning. We use the principles of co-production and Recovery Education to facilitate sustainable new initiatives within organisations, and this work has been widely recognised.

If you are interested in learning more about what we could offer your organisation here are some examples of workshops, consultancy and training we are able to deliver:

- Co-Production: valuing lived experience
- Mental Health Awareness
- Staff Wellbeing – Supporting Wellbeing for Managers
- Developing Lived Experience in your organisation
- Train the trainer for Recovery Colleges or Recovery Education

If you or your organisation would be interested in discussing your requirements or would like us to work with you to build a bespoke package to suit your needs please do not hesitate to contact us.



Notes



Notes



Contact Us

We love hearing what you have to say and welcome all enquiries. If the courses that we offer don't meet your needs please let us know, as we are always looking to develop the programme of courses we run.

The Recovery Education Centre operates in the virtual sense. We have two main premises, one in Hahnemann House, Bournemouth and one in Dorchester. The courses offered are mainly held out in the community, so hopefully students don't have to travel too far to attend one of the courses.

If you would like to come and chat about the courses offered or the Recovery Education Centre in general please get in touch with us.

By email:

recovery.educationcentre@dhuft.nhs.uk

By Telephone:

01202 584478

By mobile:

07787 836708

By Post:

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Hahnemann Road
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The Recovery Education Centre



promoting wellbeing & recovery

