



**Cambridgeshire and
Peterborough
NHS Foundation Trust**

SPRING 2019 PROSPECTUS

Recovery College East

Courses in **Cambridge** are listed **first**, where applicable, and highlighted in **blue**. Courses will be held at **Recovery College East**, 128-130 Tenison Road, Cambridge, CB1 2DP.

Courses in **Peterborough** are listed **second**, where applicable, and highlighted in **green**. Courses will be held at **Recovery College East**, Gloucester Centre, Morpeth Close, Orton Longueville, Peterborough, PE2 7JU.

Courses that have a suffix to the course code (eg: '1', '2' etc) are run over several sessions. It is recommended that you should aim to attend all the sessions. Some of our courses may be offered more than once in the term.

Workshops that do **not** have a suffix to the course code are run over one session only, although they may be offered more than once in the term. You only need to attend one session.

Registration

Registration forms are available from the college at our registration days or they can be downloaded from our website: <http://www.cpft.nhs.uk/about-us/recovery-college-east.htm>

When registering for courses you only need to specify the **main** course code and the **first** date of the course together with the course title and the location.

Please email your completed registration form to recoverycollegeeast@cpft.nhs.uk or, alternatively, you can post it to the relevant recovery college hub. If you have any queries please do not hesitate to call or email.

CAMBRIDGE

Recovery College East
128-130 Tenison Road
Cambridge
CB1 2DP

Tel: 01223 227510

PETERBOROUGH

Recovery College East
Gloucester Centre
Morpeth Close
Peterborough
PE2 7JU

Tel: 01733 746660 or 746662

At a glance...

Courses available for Spring Term 2019

Code	Course Title	Length	CAM	PBR
030	Anxiety & Panic	3 days	✓	✓
154	Becoming More Assertive	3 days		✓
094	Becoming More Confident	3 days	✓	✓
015	Breathing Space	4 days*	✓	✓
097	Combatting Stigma	½ day	✓	
174	Course Reflections	½ day	✓	
166	Creative Connections	6 days		✓
173	Creative Co-Production	1 day		✓
011	Creative Writing for Recovery	4 days	✓	✓
081	Decluttering for a Calmer Home	½ day	✓	
047	Introduction to Research	½ day	✓	
013	Journaling & Scrapbooking	4 days	✓	✓
026	Journey to Meaningful Activity	3 days		✓
092	Magazine Workshop ('Speak Your Mind')	½ day	✓	✓
039	Mental Health Through the Ages	½ day		✓
167	Next Steps	½ day	✓	✓
155	Planning for Staying Well	3 days	✓	
121	Rhythm of Life	3 days		✓
014	Spirituality & Wellbeing	5 days	✓	
170	Steps to Volunteering	½ day	✓	✓
172	The Power of Language	½ day		✓
177	Unconscious Bias	½ day		✓
176	Understanding Culture	½ day		✓
178	Understanding LGBTQ+	½ day		✓
175	Understanding Resilience	½ day		✓
PEPE	PEP Essential Information Session	½ day		✓
PEPI	PEP Introduction to Recovery	½ day		✓
PEPW	PEP Wellness Planning	½ day		✓

* Breathing Space will be run over three x 2 hour sessions in Peterborough.

Creative Writing for Recovery

011

This course is a fun and interactive introduction to short fiction writing and an opportunity to see how fiction writing can support us along a recovery path. The course will also provide information on the seven basic elements of fiction writing including developing characterisation and plot. There will be opportunities for writing together and sharing your writing with fellow students.

CAM	011/1	Thu 07 Feb	1.30pm - 3.30pm	Cambridge RCE
CAM	011/2	Thu 14 Feb	1.30pm - 3.30pm	Cambridge RCE
CAM	011/3	Thu 28 Feb	1.30pm - 3.30pm	Cambridge RCE
CAM	011/4	Thu 07 Mar	1.30pm - 3.30pm	Cambridge RCE
PBR	011/1	Wed 06 Feb	1.30pm - 3.30pm	Peterborough RCE
PBR	011/2	Wed 13 Feb	1.30pm - 3.30pm	Peterborough RCE
PBR	011/3	Wed 27 Feb	1.30pm - 3.30pm	Peterborough RCE
PBR	011/4	Wed 06 Mar	1.30pm - 3.30pm	Peterborough RCE

Journaling & Scrapbooking

013

Journaling can be a first step to exploring our unique creativity. It can be an opportunity for self-exploration and development and is often useful in our recovery journey. There are many different types of journals and this course will provide an opportunity to look at different starting points and ideas. The fun thing about journaling is that it can include writing, doodling, drawings, collections of meaningful images and photos, lists, brainstorming and much more to uniquely reflect your own style and voice.

CAM	013/1	Thu 14 Mar	1pm – 3.30pm	Cambridge RCE
CAM	013/2	Thu 21 Mar	1pm – 3.30pm	Cambridge RCE
CAM	013/3	Thu 28 Mar	1pm – 3.30pm	Cambridge RCE
CAM	013/4	Thu 04 Apr	1pm – 3.30pm	Cambridge RCE
PBR	013/1	Wed 06 Feb	10.30am - 12.30pm	Peterborough RCE
PBR	013/2	Wed 13 Feb	10.30am - 12.30pm	Peterborough RCE
PBR	013/3	Wed 27 Feb	10.30am - 12.30pm	Peterborough RCE
PBR	013/4	Wed 06 Mar	10.30am - 12.30pm	Peterborough RCE

Spirituality & Wellbeing

014

This course is an opportunity to develop our individual perspective on what gives us meaning and purpose in our life. The course provides an opportunity to explore spirituality in a context of recovery and wellbeing. Through exploring different types of spirituality, we can enhance the recovery journey and our own sense of wellbeing. The course covers our sense of meaning, purpose (spirituality) and its connection to life, mindfulness and creativity.

CAM	014/1	Mon 25 Feb	1.30pm - 4pm	Cambridge RCE
CAM	014/2	Mon 04 Mar	1.30pm - 4pm	Cambridge RCE
CAM	014/3	Mon 11 Mar	1.30pm - 4pm	Cambridge RCE
CAM	014/4	Mon 18 Mar	1.30pm - 4pm	Cambridge RCE
CAM	014/5	Mon 25 Mar	1.30pm - 4pm	Cambridge RCE

Breathing Space

015

Life can be challenging when we are facing our own personal struggles: we might experience our minds being filled with worrying thoughts and self-criticism. There are times when we might try to tackle these thoughts, but this can leave us feeling unhappy or perhaps anxious. Mindfulness gives you the chance to see things differently. Becoming mindful allows you the space to really be in the present moment. This workshop also provides you with the opportunity to think about mindfulness as a wellness tool in your recovery journey.

CAM	015/1	Thu 14 Mar	11am - 12noon	Cambridge RCE
CAM	015/2	Thu 21 Mar	11am - 12noon	Cambridge RCE
CAM	015/3	Thu 28 Mar	11am - 12noon	Cambridge RCE
CAM	015/4	Thu 04 Apr	11am - 12noon	Cambridge RCE
PBR	015/1	Tue 26 Feb	10.30am - 12.30pm	Peterborough RCE
PBR	015/2	Tue 05 Mar	10.30am - 12.30pm	Peterborough RCE
PBR	015/3	Tue 12 Mar	10.30am - 12.30pm	Peterborough RCE

Journey to Meaningful Activity

026

Whether you are looking to connect with hobbies or leisure activities, voluntary or paid work, we will discuss what we need to support us on that journey and how we can increase our chances of getting what we want. We will be discussing what meaningful activity means to each of us individually, then share and explore ideas around how to get the most from our experiences and how to take the first step in our new journey.

PBR	026/1	Tue 19 Mar	10.30am - 12.30pm	Peterborough RCE
PBR	026/2	Tue 26 Mar	10.30am - 12.30pm	Peterborough RCE
PBR	026/3	Tue 02 Apr	10.30am - 12.30pm	Peterborough RCE

Anxiety & Panic

030

Does anxiety or panic feature in your life? Would you like to find new ways of understanding and coping with them? We will explore some helpful ways in which we can learn to manage our anxieties and panic attacks using a wide range of tools currently available both within CPFT and the wider community.

CAM	030/1	Mon 18 Mar	10.30am - 12.30pm	Cambridge RCE
CAM	030/2	Mon 25 Mar	10.30am - 12.30pm	Cambridge RCE
CAM	030/3	Mon 01 Apr	10.30am - 12.30pm	Cambridge RCE
PBR	030/1	Wed 13 Mar	10.30am - 12.30pm	Peterborough RCE
PBR	030/2	Wed 20 Mar	10.30am - 12.30pm	Peterborough RCE
PBR	030/3	Wed 27 Mar	10.30am - 12.30pm	Peterborough RCE

Mental Health through the Ages

039

Join us for a journey through time where we will explore our understanding of mental health and psychiatry from ancient history to the current day.

PBR	039	Thu 28 Feb	1.30pm - 4pm	Peterborough RCE
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Introduction to Research

047

Come and discover more about the research taking place within CPFT. Learn how to find out about participating in research trials and how to get involved in the research process.

CAM	047	Mon 11 Feb	10.30am - 1pm	Cambridge RCE
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Decluttering for a Calmer Home

081

- Areas in your home filled with clutter?
- Rooms that don't function as they should?
- Drawers overflowing with random objects?
- Paperwork in piles?
- Don't know where to start?

Come along to our workshop to gather and share ideas on hoarding issues and de-cluttering tips.

CAM	081	Wed 13 Feb	1.30pm – 4pm	Cambridge RCE
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Magazine Workshop

092

'Speak Your Mind' Magazine

Recovery College East is excited to offer students the opportunity to be a part of our magazine project that is written for and by people with lived experience of mental health challenges and long-term physical health challenges. This workshop will offer an update around the progress made so far, share ideas around what you want to see in forthcoming issues and begin to develop some pieces of work that you would like to contribute. We are very keen for new students to bring their skills and insight to the magazine and we would also encourage those students who have already been involved to come along and continue with their highly valued contributions.

CAM	092	Mon 11 Feb	1.30pm - 3.30pm	Cambridge RCE
PBR	092	Tue 05 Feb	1.30pm - 3.30pm	Peterborough RCE

Becoming More Confident

094

On this three-week course we will look at where we are currently, in terms of our confidence, and think about what supports us to feel more confident. This will include: looking at the areas in our lives where we are already confident and where we want to grow; the way that we view ourselves, and how this impacts on our confidence; looking at the link between confidence and motivation; exploring new approaches to goal setting; how we can overcome barriers in our lives and the benefits of support networks for increasing our confidence.

CAM	094/1	Mon 25 Feb	10.30am - 12.30pm	Cambridge RCE
CAM	094/2	Mon 04 Mar	10.30am - 12.30pm	Cambridge RCE
CAM	094/3	Mon 11 Mar	10.30am - 12.30pm	Cambridge RCE
PBR	094/1	Wed 13 Mar	1.30pm - 3.30pm	Peterborough RCE
PBR	094/2	Wed 20 Mar	1.30pm - 3.30pm	Peterborough RCE
PBR	094/3	Wed 27 Mar	1.30pm - 3.30pm	Peterborough RCE

Combatting Stigma

097

Though there is more recognition now about the stigma associated with mental health, we still have a long way to go. In this course we will look at the different factors which make up stigma. We will consider both external and self-stigma as well as finding out about our rights in this area and explore some different ways we can challenge any stigma we experience or see.

CAM	097	Wed 13 Feb	10.30am - 12.30pm	Cambridge RCE
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Rhythm of Life

121

This three-week course explores how we all experience music, rhythm and sound in a totally unique way. There will be an opportunity to share and discuss a whole range of sounds from the environment as well as our own musical preferences. The course will also look at how we can use music, rhythm and sound as a wellness tool.

PBR	121/1	Tue 26 Feb	1.30pm - 3.30pm	Peterborough RCE
PBR	121/2	Tue 05 Mar	1.30pm - 3.30pm	Peterborough RCE
PBR	121/3	Tue 12 Mar	1.30pm - 3.30pm	Peterborough RCE

Becoming More Assertive

154

One way that we can grow our confidence and develop our communication skills is through assertiveness. We will explore the qualities of being self-assured and confident whilst remaining mindful and respectful of others when expressing ourselves. This course will outline the theory behind assertiveness and provide you with the opportunity to practise your assertiveness skills in a safe and supportive environment.

PBR	154/1	Tue 19 Mar	1.30pm - 3.30pm	Peterborough RCE
PBR	154/2	Tue 26 Mar	1.30pm - 3.30pm	Peterborough RCE
PBR	154/3	Tue 02 Apr	1.30pm - 3.30pm	Peterborough RCE

Planning for Staying Well

155

On this three-week course we will explore how we define wellness for ourselves and share ideas around the unique and innovative tools we have already developed that play an integral part in keeping ourselves well. Each week of the course we will explore a different approach to personal wellness planning and provide support and opportunities for you to develop new tools to support your wellness.

CAM	155/1	Wed 20 Mar	10.30am - 12.30pm	Cambridge RCE
CAM	155/2	Wed 27 Mar	10.30am - 12.30pm	Cambridge RCE
CAM	155/3	Wed 03 Apr	10.30am - 12.30pm	Cambridge RCE

Creative Connections

166

This course is suggested for more experienced students who may be looking to branch out into the community to further explore creative opportunities.

The course will offer students an opportunity to explore their creative interests firstly through classroom based artistic expression and then out in the community.

The initial session will act as a collaborative co-production to explore the direction that the course will take. Students will then have further sessions in which to explore different mediums and art forms, focusing on their individual self-expression and interests. We will explore throughout the course how this can be beneficial to us as individuals in our recovery and wellness journeys.

During the penultimate session will explore what is available in the community and offer support around how to connect with them. The last session will explore the idea of setting up our own groups and projects going forward with support and guidance to plan and carry forward your ideas.

(We ask you to consider whether you are able to commit to all 6 sessions before signing up as spaces are limited.)

PBR	166/1	Thu 28 Feb	10am - 1pm	Peterborough RCE
PBR	166/2	Thu 07 Mar	10am - 1pm	Peterborough RCE
PBR	166/3	Thu 14 Mar	10am - 1pm	Peterborough RCE
PBR	166/4	Thu 21 Mar	10am - 1pm	Peterborough RCE
PBR	166/5	Thu 28 Mar	10am - 1pm	Peterborough RCE
PBR	166/6	Thu 04 Apr	10am - 1pm	Peterborough RCE

Creative Co-production

173

Co-production is at the core of the Recovery College East ethos and this extends to the physical space. In this one day workshop we invite students to use their creativity to improve the training room through a variety of different mediums.

PBR	173	Wed 03 Apr	10.30am - 3.30pm	Peterborough RCE
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Steps to Volunteering

170

Volunteering is an excellent way to find meaning and purpose in your life. It can also be an excellent stepping stone towards finding future employment or embarking on an educational journey.

This workshop provides an opportunity to explore the different volunteering opportunities available within CPFT, to understand the steps involved in registering as a volunteer and how CPFT can support you and your recovery journey.

(run by CPFT's Volunteer Service)

CAM	170	Wed 06 Feb	1.30pm - 3.30pm	Cambridge RCE
PBR	170	Tue 05 Feb	10.30am - 12.30pm	Peterborough RCE

Next Steps

167

This session is offered to students who have previously attended courses at Recovery College East and are ready to look beyond the college to explore what is available in the community.

It will offer students an opportunity to reflect on what they would like their next steps to be. This will include reviewing learning plans and celebrating achievements in relation to specific goals.

Students will be offered a half hour 1:1 session with a tutor, or PSW, to explore options for taking the next steps towards community based activities.

Students should choose their preferred date. The college will then contact you to arrange a convenient time for your half hour, one to one, session.

CAM	167	Wed 27 Feb	10am – 12.30pm	Cambridge RCE
CAM	167	Wed 13 Mar	10am – 12.30pm	Cambridge RCE
PBR	167	Mon 4 Mar	10am – 12.30pm	Peterborough RCE
PBR	167	Mon 18 Mar	10am – 12.30pm	Peterborough RCE

The Power of Language

172

Language has the power to shape our realities and our lives. We unconsciously amass our vocabulary from the sources around us and sometimes certain aspects of our language can act as barriers, whereby the language we are familiar with can feel excluding to others or fails to effectively communicate our feelings and needs. In this workshop we will consider our own use of language and offer a space to reflect on the 'way' we speak and offer up alternatives that can help to build on our communication skills.

NB – NEWTOWN CENTRE SESSION IS FOR CPFT STAFF ONLY

HUN	172	Mon 1 Apr	1.30pm – 4pm	Newtown Centre
PBR	172	Thu 14 Mar	2pm – 4pm	Peterborough RCE

Course Reflections

174

The recovery college really values the feedback received at the end of courses and appreciates your suggestions for improvement. These sessions will be an opportunity to share your ideas in greater detail and influence future course development.

These sessions are open to any student who has previous experience of attending courses at the college who would like to contribute to updating our existing courses to ensure that they remain appropriate and inclusive for our current students. We hope to explore two or three courses in each workshop.

CAM	174/1	Wed 06 Mar	10.30am – 12.30pm	Cambridge RCE
CAM	174/2	Wed 06 Mar	1.30pm – 3.30pm	Cambridge RCE

* Students are welcome to attend for the whole day or for just one session.

Understanding Resilience

175

Resilience has become a widely used expression within mental health and physical health over the past few years.

In this workshop we will explore in more depth: the meaning of resilience,, the impact it has on our lives and explore some steps we can take to build our personal resilience.

PBR	175	Thu 07 Mar	2pm - 4pm	Peterborough RCE
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Understanding Culture				176
<p>Culture is the social behaviour and norms found within human societies. It is the way of life, the general customs and the beliefs of a particular group of people at a particular time.</p> <p>In this workshop we will examine the role that culture plays within our society and our personal lives and the benefits that come about as a result of not only understanding but embracing culture.</p>				
PBR	176	Thu 21 Mar	2pm - 4pm	Peterborough RCE

Unconscious Bias				177
<p>Unconscious biases are social stereotypes about certain groups of people that we form outside of our conscious awareness. Holding unconscious beliefs about various social and identity groups can act as a barrier within our lives and can lead to miscommunication, misrepresentation and mistreatment.</p> <p>In this workshop we will explore how unconscious biases come about, how we can begin to uncover and acknowledge them and what steps we can take to move beyond them.</p>				
PBR	177	Thu 28 Mar	2pm - 4pm	Peterborough RCE

Understanding LGBTQ+				178
<p>LGBTQ+ (lesbian, gay, bisexual, transgender and queer (or questioning) and others) is an umbrella term that is used when describing topics pertaining to sexuality and gender identity.</p> <p>In this workshop we will look at the history of the LGBTQ+ movement, probe some of the key issues facing members of the LGBTQ+ community today and share ideas around ways in which we can support these issues either as a member of the LGBTQ+ community or as an ally.</p>				
PBR	178	Thu 04 Apr	2pm - 4pm	Peterborough RCE

PEER EDUCATION PROGRAMME (PEP)

Peterborough

A new PEP training course will be offered in Peterborough in the Summer Term 2019 for people with lived experience of mental health challenges who want to support others and aim to gain employment within CPFT as peer support workers. Students who want to apply will need to register for, and attend, the following events this term:

PEP Essential Information Session				PEPE
Our NHS trust has led the way in training and employing Peer Workers (people with lived experience of mental health challenges). During this session we will provide all the necessary information about the application process and what to expect on the course.				
<i>You only need to attend EITHER the morning session OR the afternoon session.</i>				
PBR	PEPE	Fri 01 Mar	10am – 12noon	Peterborough RCE
PBR	PEPE	Fri 01 Mar	1.30pm – 3.30pm	Peterborough RCE

PEP Group Interviews				PEPGI
For those who have attended the PEP Essential Information Session and applied for the Peer Employment Programme.				
<i>Your attendance is required FOR THE WHOLE DAY.</i>				
PBR	PEPGI	Fri 15 Mar	9.30am – 4.30pm	Peterborough RCE

PEP 1-2-1 Selection Interviews				PEPSI
For those students who have been invited for interview. You will be informed of the date and time of your interview nearer the time.				
PBR	PEPSI	Mon 25 Mar	9am – 5pm	Peterborough RCE
PBR	PEPSI	Fri 29 Mar	9am – 5pm	Peterborough RCE

Please note: **Prospective PEP students who have NOT attended other courses at the college** are also required to attend the following two courses to gain an understanding of our principles and how we work (see next page).

- **PEP - Introduction to Recovery**
- **PEP - Wellness Planning**

PEER EDUCATION PROGRAMME (PEP)

Peterborough

Essential PEP Courses for New Students

PEP - Introduction to Recovery				PEPI
This course will look at how ideas about recovery and resilience have become central to our understanding of mental health.				
PBR	PEPI	Tue 12 Feb	9.30am – 12.30pm	Peterborough RCE
PBR	PEPI	Thu 14 Feb	1pm – 4pm	Peterborough RCE

PEP - Wellness Planning				PEPW
This course aims to increase our awareness of what we can do to stay well. As peer workers we make the transition from receiving services to becoming service providers and it is very important that we know how to look after ourselves well.				
PBR	PEPW	Tue 12 Feb	1.30pm – 4pm	Peterborough RCE
PBR	PEPW	Thu 14 Feb	9.30am – 12noon	Peterborough RCE

Requested Course Bookings

Course name:	Course code:
Location:	Date:

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Location:	Date:

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NOTES