When completing your registration form please enter the location code and the course code e.g. CAM 094. This will register you for all sessions of a course so please ensure you are able to attend all sessions before enrolling.

If it is a one-off workshop session running multiple times in a term, then please specify the date of the session you wish to attend.

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

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.

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### Telling My Story  
**CAM 010**

Often by telling our story we can make sense of what has happened, giving us an opportunity to accept and to express and celebrate who we are. Building on your strengths and increasing confidence, the course will equip you to tell your own recovery story. You will be encouraged to produce your recovery story in a medium of your choice for the final session.

### Creative Writing for Wellbeing  
**CAM 011**

This is a fun and interactive introduction to short fiction writing and an opportunity to see how fiction writing can support us. 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.

### Breathing Space  
**CAM 015**

Life can be challenging when we are facing our own health challenges: 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 can give you the chance to see things differently and allows you the space to really be in the present moment. This workshop also provides the opportunity to think about how mindfulness can be useful in our day-to-day lives.

### Introduction to Mindfulness  
**CAM 016**

This workshop is designed to introduce students to the concept of mindfulness and its use as a wellness tool. There will be opportunities to try various mindfulness techniques such as ‘mindful drawing’ and ‘mindful eating’.

### Introduction to Research  
**CAM 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.

### Interview Panel Training  
**CAM 062**

It’s always important to have representation by people who have received services and/or carers when interviewing new staff within CPFT. Register on this course to receive training in recruitment and selection and to gain important skills in interviewing techniques so your expertise can then be called upon for future staff recruitment.
De-Cluttering for a Calmer Home

- Are areas in your home filled with clutter?
- Do you have rooms that don't function as they should?
- Do you have 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 decluttering tips.

Speak Your Mind Magazine Workshop

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 and/or 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.

Speak Your Mind Writers’ Workshop

This workshop will give those interested in contributing to the ‘Speak Your Mind’ magazine an opportunity to develop their writing skills. Participants will be provided with advice around the submission guidelines and offered support to begin sharing their work with readers.

Becoming More Confident

On this three-week course we will look at where we are in terms of our confidence and think about what would support 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
- looking at the way that we view ourselves and how this impacts our confidence
- looking at the link between confidence and motivation
- exploring new approaches to goal setting and how we can overcome barriers in our lives and discovering the benefits of support networks for increasing our confidence.

Rhythm of Life

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. We will also look at how we can use music, rhythm and sound to good effect in day-to-day life.
### Becoming More Assertive
**CAM 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.

### Planning for Staying Well
**CAM 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 opportunities for you to develop new tools to support your wellness.

### Exploring Our Landscapes
**CAM 180**

This course will explore the key landscapes in our lives. These are broken down into our:

- emotional landscape (how we impact on ourselves, e.g. our physical health, mental health, self-esteem)
- relationship landscape (how others impact on us)
- physical landscape (the way our environment impacts us)
- social landscape (how society impacts on us)

In this course we will evaluate each landscape, celebrating what presently works well and consider ways to improve and get the best from each area.

### ‘Send a Card’ Project
**CAM 181**

When someone is hospitalised, friends, family and co-workers tend to send get well cards, flowers and offers of support. When a person is hospitalised in relation to their mental wellbeing, they generally don’t receive the same outpouring of cards or offers of help. The CPFT Participation and Partnership Forum (PPF) is a group of volunteers with their own lived experience of mental health challenges. PPF is encouraging groups, including Recovery College East, to create cards for individuals on CPFT wards. If you are interested in helping the College make cards for this project, please come along to this session. All craft materials will be provided.

### Next Steps
**CAM NSG**

This course is for students who want to make changes so may appeal to students who are looking to move on from the college. You will be encouraged to identify your hopes and dreams and to take steps towards achieving them. The course consists of two group sessions with a 1:1 session in between. The group sessions explore motivation and SMART goal setting and offer the chance for peer support. In the 1:1 session you will be supported to create a personalised action plan, which you can work on before the final group session. Students who attend all 3 sessions and who work independently between sessions will get the most benefit from this course.
Co-Production

Co-Production: New Courses [CAM CP01]
These sessions provide the opportunity to discuss new ideas and key areas for courses that you would like Recovery College East to offer to its students and enable you to become involved in the development process.
The College is keen to bring together both professional and lived experience experts. Your expertise will be highly valued and will ensure that we deliver courses that are meaningful and beneficial to all.
Please join us if you would like to contribute in any way.

Let’s Talk About…

Let’s Talk About… Co-Production [CAM LTA01]
Co-production at Recovery College East is a way of working together on an equal basis to create new courses. Learn how co-production works and what role each participant can play to ensure the process lives up to its name.

Let’s Talk About… Green Care [CAM LTA03]
‘Green Care’ is an umbrella term for nature-based activity. It includes social and therapeutic horticulture, care farming, animal therapies, green exercise, types of gardening and relaxing in green environments. Nature-based activity is well documented as being very beneficial for mind, body and soul. Some people may find being closer to nature a spiritual experience and an important part of their day, connecting them to their communities.
This session will give the opportunity to explore the impact ‘Green Care’ can have for you, your community and ways to get involved.

Let’s Talk About… Head to Toe Charity [CAM LTA04]
‘Head to Toe’ is the charity for Cambridgeshire and Peterborough NHS Foundation Trust. We would like to use this opportunity to invite members of our community to help shape our future.
Some of the questions we would like to explore include:
• What does the word ‘charity’ mean to you?
• What charities do you most respond to or engage with?
• What would you like ‘Head to Toe’ to offer?
Please come along if you have an interest in working with the third sector and/or would like to be involved in designing the future of a developing charity. We are looking for your ideas from branding and events; to innovating the support we offer within the community. We need your help to create the long-term vision for ‘Head to Toe’.
Let’s Talk About… Quality Improvement

This is an interactive session that aims to provide an overview of quality improvement. We will discuss what ‘quality improvement’ is and how everyone can be involved in improving the quality of services provided by CPFT. We will talk about some useful tools used in quality improvement, including the ‘model for improvement’ plan: ‘Plan, Do, Study, Act’ cycle.

Let’s Talk About… Self-Disclosure

We will explore the benefits and challenges of being open and honest about our health challenges. This will include information around our personal rights as well as discussion around how, what and when to share our experiences within our personal and professional lives.

Let’s Talk About… Transitioning to Care in the Community

This project aims to help people transition more easily from inpatient mental health settings to the community. Frequently, being discharged from a psychiatric ward can be a difficult process. Readjusting to living in the community can also be very challenging. Research suggests that many service users struggle with being discharged and do not feel adequately supported. The project aims to improve the discharge experience for everyone. As well as individuals with lived experience of the discharge process, the project will also involve academic researchers, a staff nurse, a clinical research psychologist and a psychiatrist. Anyone with experience of discharge from a psychiatric ward, through lived experience or as a carer/family member, is encouraged to come to this workshop. Your unique insights will help researchers understand the key issues involved and help them shape the research from a lived experience perspective.

(This workshop will be facilitated by Sarah Rae, a Service User Researcher)

Let’s Talk About… Volunteering

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.

Let’s Talk About… Wearing a Rainbow Badge

This session is designed to support all staff members who wear the NHS Rainbow Badge to gain the confidence and skills to become an effective, informed and valuable ally to LGBTQ+ colleagues and people who are supported by CPFT. This will include how to be visible in your workplace, how to respond when approached and where to turn for extra support.

* STAFF ONLY
Equality, Diversity and Inclusion

Mental Health Through the Ages  CAM 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.

Combatting Stigma  CAM 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 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.

Understanding Resilience  CAM 175
Resilience has become a widely used expression within mental health and physical health over the past few years. We will explore the meaning of resilience; the impact it has on our lives and some steps we can take to build our personal resilience.

Understanding Culture  CAM 176
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 group of people at a time. 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 understanding and embracing culture.

Understanding Unconscious Bias  CAM 177
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. 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.

Understanding LGBTQ+  CAM 178
LGBTQ+ (lesbian, gay, bisexual, transgender, queer (or questioning) and others) is an umbrella term used when describing topics pertaining to sexuality and gender identity. We will look at the history of the LGBTQ+ movement and probe some of the key issues facing members of the LGBTQ+ community today. We will also share ideas around ways in which we can support these issues, either as a member of the LGBTQ+ community or as an ally.
Understanding the Power of Language

Language has the power to shape our realities and our lives. In this workshop we will consider our own use of language and reflect on the ‘way’ we speak and offer up alternatives that can help to build on our communication skills.