



RCE

Wellbeing Hub

For

every mind

every body

every one

Information and Timetable

January-March 2026



Cambridgeshire and
Peterborough
NHS Foundation Trust

Welcome...

to our growing community of learners who share an interest in health and wellbeing.

We are one of over 85 Recovery Colleges throughout the UK, offering an educational approach to understanding and managing our mental and physical health and wellbeing.

We offer a flexible approach and a range of courses which are designed and delivered by a unique mix of expertise – from people with lived experience of mental and physical health challenges, health professionals and qualified trainers.

Our courses are designed to be both enjoyable and informative.

Our aim is to enable our learners to recognise and develop their personal resourcefulness and awareness so that we can all become experts in managing our own mental and physical health and wellbeing.

Throughout our courses, there is an emphasis on recovery and making positive choices to build/sustain a healthy life.

Whether you currently receive support from health services, are a carer or supporter for someone with health challenges, are employed in the healthcare sector or are simply someone who is keen to learn more, we hope that you will find something helpful and relevant within our programme.

I look forward to seeing you on our courses and learning and sharing ways for you to live the best life possible with or without ongoing symptoms.

Emma Taylor – Trust Wide Recovery and Inclusion Lead

Our Recovery Values

Hope



It can be difficult to maintain the belief that things will get better when we are experiencing challenges with our health. Yet hope is an essential part of recovery, sustaining our motivation to make helpful (if not always easy) choices, and inspiring us to set meaningful goals for ourselves.

At RCE Wellbeing Hub, you will hear personal stories of recovery and learn from others about what has been helpful in their own journey of recovery. On many of our courses, experts by experience will share parts of their recovery story.

Developing a sense of ownership of health challenges that we face is an important part of recovery. It includes recognising what we can do personally to promote our health and wellbeing and is about taking personal responsibility and making positive choices about our lives.

At RCE Wellbeing Hub, we always encourage our learners to assume responsibility and make helpful choices for themselves, such as choices about what courses they attend, and how much they participate and contribute.

Importantly - our courses focus on what we can do to help ourselves.

Control



We all need opportunities to grow and develop, so that we can learn to navigate the challenges in our lives. When we experience a period of health challenges it can sometimes feel as if the doors to opportunity have been closed.

At RCE Wellbeing Hub, we offer a friendly and accessible space to learn. Opportunities exist to become a volunteer at the Hub, helping us to develop new courses or deliver existing courses as an expert by experience.

We encourage our learners to view the Hub as a stepping-stone on their recovery journey, and where appropriate we will signpost to other relevant community resources.

Opportunity



What we are and what we do

- ✗ Group therapy service
- ✗ 'Patients' or 'service users'
- ✗ Deliver prescriptive therapy intervention
- ✗ Explore past trauma or give individual advice
- ✓ Community of learners
- ✓ Students choose their courses
- ✓ Deliver educational sessions that promote wellbeing
- ✓ Learn and share from our experiences in a positive way

What our students say...

"The trainers were so lovely and supportive as well as the group who joined. I was able to be very open in the group as others were too. There is a reassurance there also that others can relate to my own experiences. The tasks in the handouts are really helpful and they break everything down into manageable steps" *Living Well With...Anxiety*

"Very interactive. all the participants very open and honest and were not afraid or shy to raise their opinions" *Changing Words into Actions*

"The courses are thought-provoking and it's nice to have something that is informative and gives me transferable skills that I can take into my home life, recovery, and therapy" *Bouncebackability*

"I've seen a lot of things with a different perspective, and it helps that the nature of the courses allow people to join in. It's made me take a leap of faith and think maybe I do like people!" *Challenging Our Worrying Thoughts*

Expectations

What you can expect from us

- ✓ A **welcoming environment** which is helpful to your learning
- ✓ **Provide** quality courses that promote **hope, control** and **opportunity**
- ✓ **Deliver** courses **punctually** and give you sufficient notice of any cancellations
- ✓ **Deal** with your enquiries in a professional, **friendly**, and **efficient** manner
- ✓ **Challenge** any discriminatory or oppressive language or behaviour
- ✓ **Role model** our own recovery journey alongside yours
- ✓ **Take** the **sensitivity and confidentiality of your personal information very seriously**. Staff are required to respect their duty of confidentiality to you as part of their professional codes of conduct and by their contracts of employment.

What we expect from you

- ✓ **Tell us as early as possible if you're unable to attend a course**
- ✓ **Arrive promptly** (around **10 minutes before a face-to-face** session and **5 minutes before online sessions** start) and with an **open mind**
- ✓ **Take responsibility** for your own learning
- ✓ **Use the learning resources** made available to you
- ✓ **Update the Hub of any issues** preventing you from getting the most from your courses
- ✓ **Respect** our **Group Agreement** for each session
- ✓ **Treat all** students, volunteers and staff with **dignity and respect**
- ✓ **Not to use any discriminatory or oppressive language or behaviour**

Our Group Agreement

All our sessions start with our Group Agreement – this is to ensure we create a safe space for everyone to learn.

✓ **We recognise this is an educational course, not group therapy**

The Recovery College is not a substitute for talking therapies. We are here to help people learn to manage their health and wellbeing better. While we are not here to talk about past trauma, we do encourage students to share positive coping techniques which have enabled them to move forward on their recovery journey.

✓ **We respect each other's opinions, experiences and differences**

Each of us will have our own experiences and opinions. We expect our learners to be mindful of the information they may hear on courses and not share personal information with others outside the session. We have a wide range of students from varying backgrounds. We require you to respect other learners' viewpoints and be willing to agree to disagree.

✓ **We will allow everyone the chance to speak – and one at a time**

We appreciate you may be passionate, but we ask that you allow space for other learners to contribute and avoid talking over each other.

✓ **We understand there is no such thing as a silly question**

We want our learners to be active and ask questions during the session. No question will be 'silly' however...

✓ **We acknowledge that we may not have all the answers**

Whilst staff at RCE Wellbeing Hub collectively have many years of professional experience in education, health care and lived experience we do not profess to have all the answers!

✓ **We agree to maintain confidentiality***

Sharing in a group can feel anxiety-provoking; to ensure students feel empowered and safe to share experiences and ask questions, we ask that everyone in the room keeps all information discussed in the group confidential.

**The RCE team do have a duty to safeguard students for whom there is a concern of safety.*

Meet The Team

We are proud to have a diverse and mixed team of qualified trainers, health professionals, experts by experience and volunteers.

Sharon Gilfoyle (she/her) Associate Director of Recovery and Inclusion

Sharon has led the recovery and peer support developments in the Trust since 2010 and is also a national recovery consultant with Imroc. Her career in mental health began in 1986, and she is a Social Worker by profession. She is also a trainer and is passionate about mental health and recovery. Sharon has her own mental health challenges and more recently physical health challenges and uses this experience to help challenge the stigma surrounding long term conditions.

Sharon loves anything creative: art, DIY, crochet, loves swimming, gardening and being in nature.



Emma Taylor (she/her) Trust wide Recovery and Inclusion Lead

Emma loved teaching music in secondary schools and broadening the horizons of socially disadvantaged pupils. Following an episode of mental ill health, triggered by work-related stress, Emma recognised the need to change her job; although retained her passion for teaching. Emma's current post allows her to combine her teaching expertise and lived experience of mental ill health to role-model the Hubs core ethos surrounding Hope, Control and Opportunity.

Emma is passionate about challenging stigma and unhelpful attitudes towards mental ill health both within and outside the NHS.



Abby Kumar (she/her) RCE Wellbeing Hub Manager

Abby joins the Wellbeing Hub with a wealth of teaching experience from teaching in Further Education colleges for 14 years. Abby originally qualified as a Beauty and Holistic Therapist 22 years ago, where the initial interest and passion for helping people to find ways of improving their wellbeing began.



Abby is very much looking forward to supporting learners on their unique recovery journey and allowing them to explore the range of educational content/activities, to expand their knowledge and personal toolkits to empower each individual to live their best life.

Abraham Adeogun (he/him) RCE Wellbeing Hub Health Trainer

Abraham is a health trainer at the RCE well-being hub with a professional background as a physiotherapist. Abraham has experiences in clinical practice as well public health practice with an interest in supporting individuals to live health lifestyles through physical activity and exercise.

As a physiotherapist, Abraham aims to support learners to engage in learning and activities that can allow them to feel empowered and to take control of their health and wellbeing. Abraham enjoys spending time with family and friends, listening to music, reading and doing research.



Claudia Caputo (she/her) RCE Wellbeing Hub Peer Trainer



Claudia is an experienced teacher who embraced a change by joining the RCE Wellbeing Hub from mainstream education as she wanted to use her knowledge and skills in a new area of interest and education. Claudia's personal wellbeing has been on a journey over the last year, this led her to educate herself more on mental health challenges and recovery which she is able to apply to the courses she facilitates.

Claudia enjoys Yoga and Pilates which support her in feeling and being grounded, present and mindful in her day-to-day life. She is a great advocate of walking and talking with friends and family, made even more enjoyable when the sun is shining!! And when not doing these, you'll find her curled up with a book in the sunniest spot in her home.

Kathy Jones (she/her) RCE Wellbeing Hub Peer Trainer



Kathy originally moved to Cambridge from West Wales to attend university. Mental health challenges cut short her time there but that didn't stop her carving out a successful 20-year career in childcare and education.

Following the death of her partner of 20 years in 2010, Kathy went through a lengthy period of mental health challenges, which ultimately led her to find Recovery College East in Cambridge. Attending classes there was instrumental in getting her to start her recovery journey.

In early 2015, Kathy qualified as a Peer Support Worker and from then on has worked in some capacity at the Recovery College, initially volunteering, but later as a paid member of the staff team. She loves her job and is passionate about her work, and recovery in general.

Outside work, Kathy enjoys spending time with animals (she has a cat), meeting up with friends, reading and music.

Frankie Jones (she/her) RCE Wellbeing Hub Peer Trainer

Frankie is an educator and coach with over 20 years in the wellness industry. Frankie has experienced first-hand how workplace and relationship stress can lead to a decline in both physical and mental health. Frankie enjoyed being her own case study, by taking a holistic approach to her recovery and hopes to bring her experience to the RCE Wellbeing Hub.



	Monday 5th January	Tuesday 6th January	Wednesday 7th January	Thursday 8th January
	Co-Production Week			

	Monday 12th January	Tuesday 13th January	Wednesday 14th January	Thursday 15th January
10:00 - 12:15	<u>Living Well With Anxiety</u> (FACE TO FACE SESSION: Coneygear Centre, Huntingdon) 09:30-11:30am	<u>Bouncebackability</u> (Online via Microsoft Teams)	<u>Wellbeing Discovery Programme</u> (Online via Microsoft Teams)	<u>Challenging Our Worrying Thoughts</u> (Online via Microsoft Teams)
12:30-1:00		Lifestyle as Medicine Programme (LAMP) Sleep Better (Online via Microsoft Teams)		
1:30 - 3:45		<u>Living Well With Low Mood and Depression</u> (FACE TO FACE SESSION: Aspire: Fletton Life Church)	<u>*Let's Talk About...Stress</u> (Online via Microsoft Teams)	<u>*Let's Talk About...Anxiety</u> (Online via Microsoft Teams)
4:00-4:30				<u>**Bitesize Decluttering</u> (Online via Microsoft Teams)

*Let's Talk About...sessions are 60-90 mins.

**Bitesize sessions are 30mins

	Monday 19 th January	Tuesday 20 th January	Wednesday 21 st January	Thursday 22 nd January
10:00 - 12:15	<u>Self Care and Mindfulness</u> (FACE TO FACE SESSION: Coneygear Centre, Huntingdon) 09:30-11:30am	<u>Living a Meaningful Life</u> (Online via Microsoft Teams)	<u>Wellbeing Discovery Programme</u> (Online via Microsoft Teams)	<u>Knowing Our Worth</u> (Online via Microsoft Teams)
12:30- 1:00		Lifestyle as Medicine Programme (LAMP) Move More (Online via Microsoft Teams)		
1:30 - 3:45		<u>*Let's Talk About...EUPD</u> (Online via Microsoft Teams)	<u>Living Well With...Stress</u> (FACE TO FACE SESSION: Cross Keys Skills Hub: Shakespeare Avenue)	<u>*Let's Talk About...ASD</u> (Online via Microsoft Teams)
4:00-4:30		<u>**Bitesize Chronic Fatigue</u>		

*Let's Talk About...sessions are 60-90 mins.

**Bitesize sessions are 30mins

	Monday 26 th January	Tuesday 27 th January	Wednesday 28 th January	Thursday 29 th January
10:00 - 12:15	<u>Energise Your Day</u> (FACE TO FACE SESSION: Coneygear Centre, Huntingdon) 09:30-11:30am	<u>Action Planning for Wellness</u> (S1) (Online via Microsoft Teams)	<u>Wellbeing Discovery</u> <u>Programme</u> (Online via Microsoft Teams)	<u>*Let's Talk About...Low</u> <u>Mood and Depression</u> (Online via Microsoft Teams)
12:30- 1:00		Lifestyle as Medicine Programme (LAMP) Eat Well (Online via Microsoft Teams)		
1:30 - 3:45		<u>Challenging Our Worrying</u> <u>Thoughts</u> (FACE TO FACE SESSION: Aspire: Fletton Life Church)	<u>Exploring Emotions</u> (Online via Microsoft Teams)	<u>Energise Your Day!</u> (Online via Microsoft Teams)
4:00-4:30			<u>**Bitesize Motivation</u>	

*Let's Talk About...sessions are 60-90 mins.

**Bitesize sessions are 30mins

	Monday 2 nd February	Tuesday 3 rd February	Wednesday 4 th February	Thursday 5 th February
10:00 - 12:15	<u>Creativity for Wellbeing</u> (FACE TO FACE SESSION: Coneygear Centre, Huntingdon) 09:30-11:30am	<u>Action Planning for Wellness</u> (S2) (Online via Microsoft Teams)	<u>Wellbeing Discovery</u> Programme (Online via Microsoft Teams)	<u>Changing words into Actions</u> (S1) (Online via Microsoft Teams)
12:30- 1:00		Lifestyle as Medicine Programme (LAMP) Reduce Stress (Online via Microsoft Teams)	<u>**Bitesize Self Compassion</u>	
1:30 - 3:45	<u>*Let's Talk About...Chronic Fatigue</u> (Online via Microsoft Teams)	<u>Food n Mood (S1)</u> (Online via Microsoft Teams)	<u>Bouncebackability</u> (FACE TO FACE SESSION: Cross Keys Skills Hub: Shakespeare Avenue)	<u>*Let's Talk About...Decluttering / Hoarding Disorder</u> (Online via Microsoft Teams)
4:00-4:30				

*Let's Talk About...sessions are 60-90 mins.

**Bitesize sessions are 30mins

	Monday 9 th February	Tuesday 10 th February	Wednesday 11 th February	Thursday 12 th February
10:00 - 12:15	<u>Challenging Our Worrying Thoughts</u> (FACE TO FACE SESSION: Coneygear Centre, Huntingdon) 09:30-11:30am	<u>Introduction to Overcoming Shame</u> (Online via Microsoft Teams)	<u>Wellbeing Discovery Programme</u> (Online via Microsoft Teams)	<u>Changing words into Actions (S2)</u> (Online via Microsoft Teams)
12:30- 1:00	<u>**Bitesize Anxiety</u>	Lifestyle as Medicine Programme (LAMP) Deepen Connection (Online via Microsoft Teams)		
1:30 - 3:45		<u>Energise Your Day</u> (FACE TO FACE SESSION: Aspire: Fletton Life Church) <u>Food n Mood (S2)</u> (Online via Microsoft Teams)	<u>*Let's Talk About...Psychosis</u> (Online via Microsoft Teams)	<u>*Let's Talk About...ADHD</u> (Online via Microsoft Teams)
4:00-4:30				

*Let's Talk About...sessions are 60-90 mins.

**Bitesize sessions are 30mins

	Monday 16 th February	Tuesday 17 th February	Wednesday 18 th February	Thursday 19 th February
	HALF TERM WEEK			

	Monday 23 rd February	Tuesday 24 th February	Wednesday 25 th February	Thursday 26 th February
10:00 - 12:15		<u>Living Well With...Stress</u> (Online via Microsoft Teams)	<u>Wellbeing Discovery Programme</u> (Online via Microsoft Teams) <u>Wellbeing Discovery Programme</u> (FACE TO FACE SESSION: Eco Innovation Centre - RCE Hub!)	<u>Living Well With...Anxiety</u> (Online via Microsoft Teams)
12:30- 1:00	<u>**Bitesize Stress</u>	Lifestyle as Medicine Programme (LAMP) Minimise Harm (Online via Microsoft Teams)		
1:30 - 3:45		<u>Identifying Identity S1</u> (Online via Microsoft Teams)	<u>Challenging Our Worrying Thoughts</u> (Online via Microsoft Teams)	<u>Dreaming of a Better Sleep</u> (Online via Microsoft Teams)
4:00-4:30		<u>**Bitesize Low Mood</u>		

***Bitesize sessions are 30mins*

	Monday 2 nd March	Tuesday 3 rd March	Wednesday 4 th March	Thursday 5 th March
10:00 - 12:15		<u>Self-Care and Mindfulness</u> (Online via Microsoft Teams)	<u>Wellbeing Discovery Programme</u> (Online via Microsoft Teams) <u>Wellbeing Discovery Programme</u> (FACE TO FACE SESSION: Eco Innovation Centre - RCE Hub!)	<u>Living Well With... ASD</u> (Online via Microsoft Teams)
12:30- 1:00	<u>**Bitesize Resilience</u>			
1:30 - 3:45		<u>Identifying Identity S2</u> (Online via Microsoft Teams)	<u>Living Well With...EUPD</u> (Online via Microsoft Teams)	<u>The Power of Routine</u> (Online via Microsoft Teams)
4:00-4:30				

***Bitesize sessions are 30mins*

	Monday 9 th March	Tuesday 10 th March	Wednesday 11 th March	Thursday 12 th March
10:00 - 12:15		<u>Bouncebackability</u> (Online via Microsoft Teams)	<u>Wellbeing Discovery Programme</u> (Online via Microsoft Teams) <u>Wellbeing Discovery Programme</u> (FACE TO FACE SESSION: Eco Innovation Centre - RCE Hub!)	<u>Living Well With...Decluttering/ Hoarding Disorder</u> (Online via Microsoft Teams)
12:30- 1:00				
1:30 - 3:45	<u>Brave Boundaries (S1)</u> (Online via Microsoft Teams)	<u>The Language of Loss</u> (Online via Microsoft Teams)	<u>Living Well With...Low Mood and Depression</u> (Online via Microsoft Teams)	<u>Give Yourself a Break (S1)</u> (Online via Microsoft Teams)
4:00-4:30			<u>**Bitesize Self Esteem</u>	

***Bitesize sessions are 30mins*

	Monday 16 th March	Tuesday 17 th March	Wednesday 18 th March	Thursday 19 th March
10:00 - 12:15		<u>Knowing Our Worth</u> (Online via Microsoft Teams)	<u>Wellbeing Discovery Programme</u> (Online via Microsoft Teams) <u>Wellbeing Discovery Programme</u> (FACE TO FACE SESSION: Eco Innovation Centre - RCE Hub!)	<u>Living Well With...Psychosis</u> (Online via Microsoft Teams)
12:30- 1:00	<u>**Bitesize Anxiety</u>			
1:30 - 3:45	<u>Brave Boundaries (S2)</u> (Online via Microsoft Teams)	<u>Introduction to Journaling</u> (Online via Microsoft Teams)	<u>Living Well With...Chronic Fatigue</u> (Online via Microsoft Teams)	<u>Give Yourself a Break (S2)</u> (Online via Microsoft Teams)
4:00-4:30				

***Bitesize sessions are 30mins*

	Monday 23 rd March	Tuesday 24 ^h March	Wednesday 25 th March	Thursday 26 th March
10:00 - 12:15		<u>Living Well With ADHD</u> (Online via Microsoft Teams)	<u>Wellbeing Discovery Programme</u> (Online via Microsoft Teams) <u>Wellbeing Discovery Programme</u> (FACE TO FACE SESSION: Eco Innovation Centre- RCE Hub!)	<u>Exploring Emotions</u> (Online via Microsoft Teams)
12:30- 1:00	<u>**Bitesize Energise Your Day</u>			
1:30 - 3:45	<u>Brave Boundaries (S3)</u> (Online via Microsoft Teams)	<u>Living a Meaningful Life</u> (Online via Microsoft Teams)	<u>Living Well With...Menopause</u> (Online via Microsoft Teams)	<u>Introduction to Overcoming Shame</u> (Online via Microsoft Teams)
4:00-4:30				

***Bitesize sessions are 30mins*

Course Categories

We understand it can feel overwhelming to see all of the sessions available. With this in mind, we have tried to create different areas of focus that might make it easier to help you decide where to start or continue your learning journey with us.

Our courses fall into the following categories:

'Introduction To...' – These are ideal for those who may be joining us for the first time, or who would like to attend some shorter courses.

'Lifestyle as Medicine Programme...' These 30min sessions explore the relationship between sleeping better, moving more, eating well, reducing stress, deepening connection and minimising harm, the science behind how these things impact our health and how we can use them to improve our wellbeing

'Bitesize sessions' – These 30min sessions are ideal for new students to the RCE Wellbeing Hub or current students who want to re-visit some of our 'top tips' and strategies on our most popular topics.

'Growing a Sense of Self' – These slightly longer sessions aim to offer a focus on helping you to help yourself become the best version of you possible!

'Let's Talk About...' These sessions will explore what it is like living with a range of different physical and mental health diagnoses.

'Living Well With...' – Following on from our 'Let's Talk About' courses, these sessions will explore in more depth how to live well alongside some of the ongoing mental and physical health challenges we may be experiencing.

Incorporating Our Recovery Ethos

All of our courses embody *hope*, *control* and *opportunity*. In order to help you identify the core element of our ethos you would like to explore we have colour coded the sessions as follows:



Hope



Control





Opportunity


Introduction to...


These sessions are a great starting point for anyone new to RCE, or for our existing students who aren't sure what they want to explore next.


Each course aims to give you a basic insight into different areas of wellbeing. Whether you want to improve your sleep, manage your wellbeing, or build your resilience - this package of courses has something for everyone.

 Dreaming of a Better Sleep?	1 session
<p>Do you find it difficult to get to sleep?</p> <p>Do you often wake feeling unrefreshed?</p> <p>You're not alone; more than a quarter of people in the UK report that they struggle to get to sleep at least once a week, and for some, experiencing poor sleep once a week would count as a success.</p> <p>In this course, we will look at what can help improve our chances of getting a good night's sleep, including the benefits of sleep hygiene and why sleep is essential for our health.</p>	

 Bouncebackability	1 session
<p>Do you ever wonder why other people seem to handle things differently to you?</p> <p>Do you wish you could bounce back more quickly?</p> <p>Resilience has become a widely used expression within mental and physical health over the past few years. We will explore the meaning of resilience; the impact it has on how we live our lives and some steps we can take to build up our own inner strength.</p>	

 The Language of Loss	1 session
<p>What does loss look and feel like to you?</p> <p>How do we find the words to express what we're feeling?</p> <p>This is a course that acknowledges loss is a natural part of life and comes in many forms. We will explore different strategies to help us through loss including local and national resources available to all. We will use various models to better understand the process of loss and look at ways of caring for ourselves and others.</p> <p>(Please be advised that this is not a course solely about grief but rather about the variety of losses we can all experience throughout our lives.)</p>	

 Introduction to Journaling	1 session
<p>Thinking about keeping a journal, but don't know where or how to start?</p> <p>Would you like the opportunity to explore different journaling techniques?</p> <p>In this course we will introduce you to journaling as a tool for wellbeing. We will learn that journaling is much more than just keeping a diary and can bring a range of benefits to our lives. You will experiment with Bullet journaling, Gratitude journaling and visual journaling to give you a taster of what journaling could look like for you.</p>	

 Introduction to Overcoming Shame	1 session
<p>Would you like to explore how to start overcoming any feelings of shame or guilt that may be creating barriers to a recovery journey.</p> <p>In this session we begin to explore what shame is and how this connects with guilt and humiliation, exploring some of the reasons why someone may be living with shame. We also look at when shame is helpful - 'healthy shame' and when it is not helpful - 'toxic shame' and how to recognise the differences and discover some strategies which may help.</p>	

Bitesize Sessions

Interested in the RCE sessions but short of time?

Are you wanting to explore some tangible strategies that might support your wellbeing?


Join us for our 'bitesize' 30min online sessions which are ideal for new students to the RCE Wellbeing Hub or current students who want to re-visit some of our 'top tips' and strategies on our most popular topics. These sessions will be a space to try out and consider some practical techniques/strategies that may support your wellbeing!


Anxiety	1 session 30 minutes
Challenging Worrying Thoughts	
Energise Your Day	
Motivation	
Movement and Me	
Resilience	
Stress	
Self-compassion	
Self-esteem	
Sleep	
Decluttering	
Low Mood	
Mindfulness	


Growing a Sense of Self


Have you ever wished you had more wellness tools to use when things are tough? Maybe you'd like to know how to use practical techniques to improve a personal interest, hobby or skill?


These courses cover diverse topics such as assertiveness, writing for wellbeing, motivation and many more to help you to become or maintain your best possible version of you.


 Brave Boundaries	3 sessions
Do you struggle to create or maintain boundaries?	
Do you find yourself continually trying to please people and end up feeling resentful and burnt out?	
Healthy boundaries are essential for establishing a healthy self-relationship and with the people who matter to us. However, many of us have not learnt healthy ways to advocate for ourselves and take care of our needs and wellbeing.	
In these sessions, you will have an opportunity to explore barriers to creating and maintaining boundaries, and skills to practice to establish boundaries based on your values.	

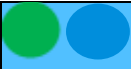
 Changing Words into Actions	2 sessions
Feeling fed up?	
Want things to change, but not sure where to start?	
This 2-session course will help us be more successful in making positive changes by exploring the different stages of change and how we can maximise our chances of success at each stage, examining what is really important in our lives and linking this to the change we want to make. We will explore the circles of change and recognise what is within our control, imagining ourselves making the change and identifying people that can support us on this journey.	


 Knowing Our Worth	1 session
<p>How much do we value, appreciate, respect or like ourselves?</p> <p>Where do those opinions about ourselves come from? And, more importantly, what can we do about it now that we are older and wiser?</p> <p>This course explores the experiences that have shaped our lives and our view of our own self-worth. We clarify the difference between facts and opinions and unlock the way that our mind processes these.</p> <p>Acknowledging and growing our self-worth can take time and be challenging, but there are techniques we can use to build up these feelings step-by-step and gradually chip away at those old, unhelpful core beliefs from our past!</p>	


 Challenging Our Worrying Thoughts	1 session
<p>Do you often have lots of thoughts swirling around your head? Do you sometimes get stuck on the same unhelpful thought?</p> <p>This session will explore ways in which we can better manage our worrying thoughts by providing both short and long term tips and techniques we can use in the moment when we notice we are becoming hooked on worrying thinking.</p>	


 Exploring Emotions	1 session
<p>Do you want to explore what emotions are and why we experience them?</p> <p>What is the connection between our emotions, our thoughts, our behaviours and our bodily sensations?</p> <p>Within this session we will explore the variety of ways in which people experience diverse emotions, discover the purpose of uncomfortable emotions, and look at some helpful tools and techniques that we can use to navigate our emotional range.</p>	




 Self-Care and Mindfulness	1 session
<p>Conversations about self-care are all around us – discussions about how we can take care of ourselves are becoming normalised, which helps reduce the stigma around putting ourselves and our needs first. But how often do we actually practice self-care?</p> <p>In this course, we will be looking at different areas of our lives to create specific and realistic self-care plans to support our wellbeing. There will be an opportunity to talk about the benefits self-care can bring for ourselves and those around us, as well as space to share and reflect on what self-care looks like to us individually. We'll end the course by talking you through a progressive muscle relaxation – giving you the opportunity to practice self-care during the session.</p>	


 Identifying Identity	2 sessions
<p>Who are you?</p> <p>Did you find it difficult to answer that question?</p> <p>In this 2-session course, you will have the opportunity to examine how you see yourself and reflect on influences of your identity over the years. It is easy to be influenced by society and compare ourselves to others, but we don't often have the chance to consider who we are for ourselves.</p> <p>This course will use a range of techniques so that you can explore your identity in a practical way and share this with others if you feel comfortable to do so. Join this course to identify who you are, as well as who you want to be.</p>	




 Action Planning for Wellness	2 sessions
<p>What does wellbeing mean to you? How do we apply that to our lives every day? Would you know what to do when things become more challenging?</p> <p>During this practical, two-session course, you will be formulating your own set of action plans which will focus on positive steps that you can take to protect your wellbeing through life's ups and downs.</p> <p>You will first focus on what being well means to you and what you can do to maintain this every day. Then, you will take the time to devise plans around your own early warning signs of becoming unwell, and the triggers that can bring up uncomfortable experiences.</p> <p>In the second session, you will concentrate on how to support yourself if your health becomes more challenging; looking at plans which cover breaking down, crisis and your post-crisis recovery journey.</p> <p>You will finish the course with a collection of helpful action plans which you can use to maintain a positive sense of wellbeing and help you make the most of each day!</p> <p>Please book your place on this course no less than a week in advance to ensure you receive your personal plan paperwork in the post in good time.</p>	

 The Power of Routine	1 session
<p>How do you structure your time? Do you feel that there's never enough hours in the day? or... Are you struggling to know what to fill your day with?</p> <p>In this course, we will explore ways to build healthy habits and realistic routines into your daily life. This will help you become more productive, manage your time better, and feel more on top of things.</p> <p>Whether you're juggling a work/life balance with family responsibilities or trying to create a new routine after a change in life, this course could be for you!</p>	

 Give Yourself a Break!	2 sessions
<p>Do you give yourself a hard time? How often do you show yourself kindness? Would you speak to your friends the way you speak to yourself?</p> <p>This two-session course will consider how life gets in the way of being kind to ourselves and will help us recognise that we are often quicker to look after others' needs instead of our own. During this course, you will practice several ways to enhance your ability to be self-compassionate, including looking at the difference between recharging and relaxation, and developing your self-care routine.</p> <p>After all, 'self-care is giving the world the best of you, not what's left of you.'</p>	

   Energise Your Day	1 session
<p>Do you feel like, no matter how long you sleep for, you still wake up feeling unmotivated and lacking in energy?</p> <p>Do you get halfway through your day and feel as though you have run out of energy?</p> <p>If this resonates with you, join us for this brand-new course called 'Energise Your Day'. In this session we will be taking a holistic approach to exploring what influences our energy levels.</p> <p>It will be an opportunity to reflect on individual factors that may affect our energy levels as well exploring techniques and strategies that support us in feeling replenished.</p>	

 Food 'n' Mood	2 sessions
<p>Are you feeling confused with all the different nutritional advice and messages coming through the media?</p> <p>Would you like to explore the relationship between what we eat and how we feel? If so, this course might be just for you!</p> <p>Food is a vital part of our lives - it is not only a source of energy, but also a source of enjoyment, a way to be creative and an opportunity to connect, share and bring people together.</p> <p>In this two-session course we will be exploring what healthy eating means to us personally, how our food choices can affect our mood and vice versa and try to 'myth-bust' some common nutritional myths to allow us to make informed and helpful food choices.</p> <p>We will be discussing and growing our awareness around how our thoughts and feelings can influence our food choices. By the end of the session, we hope to have explored a variety of topics which will enable you to create a better relationship with food linking its impact on our wellbeing.</p>	

   Living a Meaningful Life	1 session
<p>Have you ever thought about what gives your life meaning and purpose?</p> <p>What are the ways in which we can express our spirituality and how can this support our wellbeing?</p> <p>This session will give you the opportunity to learn about spirituality and the role it can play in helping us to live a meaningful life. It will give you the chance to explore what spirituality means to you by use of group discussion and various techniques. Whilst we look at the differences and similarities between spirituality and religion, we will not be promoting any particular belief system.</p>	

Let's Talk About...

Are you curious to learn more about certain experiences, diagnoses, neurodivergence, and health challenges?

Our 'Let's Talk About...' courses aim to:

- Increase our confidence in discussing a variety of human experiences
- Challenge the stigma and myths that surround certain experiences
- Increase our understanding of the impact of certain experiences on our health and wellbeing
- Identify appropriate signposting information to aid people in accessing support

These sessions offer the opportunity to speak to real people about their lived or learned experiences, along with a friendly space to ask questions you might have about the course topic.

Anxiety	1 session 60 – 90 minutes
Attention Deficit Hyperactivity Disorder (ADHD)	
Autism Spectrum Disorder (ASD)	
Chronic Fatigue	
Decluttering/Hoarding Disorder	
Emotionally Unstable Personality Disorder (EUPD)	
Low Mood and Depression	
Obsessive Compulsive Disorder (OCD)	
Psychosis	
Stress	

Living Well With...

Following on from our 'Let's talk about...' courses, and covering other varied experiences, these sessions will explore how to live well alongside some of the ongoing challenges we may be facing.

We will share a wide range of tips, tools and techniques, contributed by people with lived experience of these experiences themselves, and will start to explore how you can use these methods in your own daily life. All these methods are designed to help us live well and reach our unique goals and potential.

Importantly, we will also discuss how we communicate about our experiences to other people, and the benefit of highlighting that we can absolutely live well and thrive in life alongside challenges that we experience.

“Living well with’ means acknowledging the challenges we face, whilst focusing on the positive and beneficial aspects that are within our control; through this we find hope and opportunities for our future!”

Nikos, Health Trainer

Anxiety	1 session - 2 hours
Attention Deficit Hyperactivity Disorder (ADHD)	
Autism Spectrum Disorder (ASD)	
Chronic Fatigue	
Decluttering/Hoarding Disorder	
Emotionally Unstable Personality Disorder (EUPD)	
Low Mood and Depression	
Menopause	
Obsessive Compulsive Disorder (OCD)	
Psychosis	
Stress	

Wellbeing Discovery Programme

***Confused by the wide range of courses we offer?
Unsure what aspect of your wellbeing you want to focus on?
Not sure where to start?***

Then our 'Wellbeing Discovery Programme' could be perfect for you!

Over 6 weeks you will be introduced to the Wellbeing Hub and our core ethos of Hope, Control and Opportunity. You will get a chance to meet members of our team in a series of different sessions and you will begin to explore a range of different topics that we offer here at the Hub.

The courses selected as part of this introductory programme will be accessible to anyone and everyone and aim to give you a good base of knowledge around your mental and physical wellbeing, including:

- Action Planning for Wellness
- Bouncebackability
- Introduction To Mindfulness
- Living Well With... Anxiety
- Living Well With... Stress

The programme will begin with a friendly Introductory meeting with one of our team members, who will provide you with your Programme Workbook, Reflection Diary and begin assisting you as you construct your Individual Learning Plan. Following this you will join our 6-week programme group and join in with the various topics on offer.

Following the end of the 6 weeks you will meet again with a team member, who will help you to reflect on what you have taken from your sessions and begin looking forward to what you would like to continue developing in the rest of your time with us at the hub.

***Want to explore different techniques for challenging thoughts?
Discovered a budding interest in mindfulness practice?
Want to develop your ability to support others in society?***

Whatever it is that you identify in your learning plan, our team member will help to guide you in the right direction!

Frequently Asked Questions

Are the courses free?

Yes! All our courses are free!

How do I enrol at the RCE Wellbeing Hub?

Simply submit the online registration form and we'll contact you to let you know which courses you have been enrolled on.

<https://cpft-nhs.mindrecoverynet.org.uk/enquiry-form>

Who can come on the courses?

Anyone aged 18 or over can enrol with the RCE Wellbeing Hub; you don't need to be involved with mental health services. Many of our students are or have been supported by mental health services; however, carers, health professionals, students and friends and family can also benefit from learning with us and are more than welcome to attend.

How many courses can I take?

We recommend you choose courses that will be most relevant and of benefit to your health and wellbeing. We usually recommend 5 courses per term and ask that you consider your availability and capacity when enrolling on courses. However, there is no set limit to how many you can attend per term.

I am currently supported by mental health services. Do I need a referral?

No, we don't accept referrals. If you're supported by mental health services, they may tell you about the Hub and some of the courses available. However, it's your choice as to whether you decide to register, enrol and learn with us.

Can I bring someone with me?

You are welcome to bring someone with you to any of the sessions you attend. All they need to do is register and enrol as a student of the Hub too.

Do I need any qualifications? Will I have to take any tests at the Hub?

No, you don't need any qualifications to learn with us; nor will you have to take any tests. While we are educational, we aren't academic.

If there are any barriers to your learning that you'd like staff to be aware of, please note this on your registration form.

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

We try to limit the number of learners to around 10 – 12 per course, as we find learners benefit from smaller sized groups. However, due to circumstances and demand this may vary occasionally.

I'm concerned about my privacy. How will you protect my data?

We take the confidentiality and privacy of our learners very seriously. We abide by current UK data legislation and adhere to the same level of data protection enforced across the NHS.

Do I need to bring anything with me?

No, all learning resources are provided. You may wish to bring a notepad and a pen or have these to hand for our online sessions – but all that we ask is that you come with an open mind!

What happens if I don't attend part or the whole of the course?

If you are unable to attend, it's important to let us know via email at the earliest opportunity to allow us to offer the place to another learner. If you don't attend and don't inform us, we will assume you're no longer interested and would like to cancel your future courses with us.

Would you ever cancel a course?

Yes, if fewer than 4 people enrol on the course or very rarely due to circumstances outside our control, such as staff sickness. We will give you as much notice as possible if this arises.

Where are courses held?

We are pleased to offer a hybrid model of both online and face-to-face delivery. Our face-to-face delivery takes place at our Peterborough Hub, and across the community in Peterborough & Cambridgeshire.

How do I access the online courses?

Before starting your online learning with RCE Wellbeing Hub students using **phones** or **tablets** will need to **download the free Microsoft Teams app**. We recommend you doing this at least a few hours before your first course is due to start.

Find this by searching in your app store/google play – '**Microsoft Teams**'

You will see an icon like this



Download this app onto your mobile device (you only need to do this step once)

Before the session:

1. The day before the session you will receive an email invite from RCEWellbeingHub@cpft.nhs.uk which should have the course title in the subject line. If you haven't received the link in your inbox, please check your Junk/Spam folders.
2. [Join Microsoft Teams Meeting](#) 5 minutes before the session is due to start simply click 'Join Microsoft Teams Meeting'.
3. You will then be asked to type your name and click 'Join as guest'. The text you enter will be shown on screen, so please use your first name and initial of your surname.

Please note we will require you to use the name you registered with at RCE Wellbeing Hub for attendance and safeguarding purposes.

Do I need to have my camera on if I am attending an online course?

We would prefer it if you can, as it is easier for both the RCE team and other learners to be able to engage with you when we can see each other. While it isn't mandatory, we would really appreciate you switching your camera on if you are able to and comfortable with doing so.

I'm still not sure – can I come on a taster?

We understand that it might feel like a big step registering and enrolling on our courses. For those that are still uncertain or want to ask further questions, we run a 'Find Out More' session which anyone can attend prior to even completing a registration form. Simply email us to book!

How do you evaluate your sessions?

Student feedback is crucial for the development of our courses, and we will ask you for feedback after every session. This is currently done online using a form on Microsoft Teams. You are of course able to email any additional comments or feedback to the RCE Wellbeing Hub team.

Before any session is run within the Hub, it undergoes a Quality Assurance process to ensure it is promoting a recovery ethos and is of a good quality.

How can I get more involved?

You may wish to become more involved with the Hub and CPFT as you near the end of your learning journey with us.

You may wish to volunteer with us or in the Trust and we can signpost you to CPFT's Voluntary Services.

You may also wish to become involved with quality assuring/co-producing courses with the Hub.

Please speak to (or email) a member of staff if any of the above seem like something that would be interesting to you.

Contact us

The best way to currently contact the team is via email on RCEWellbeingHub@cpft.nhs.uk

Telephone us on 01733 847007 – this line is staffed Monday to Thursday.



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or

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