



The Exchange Recovery College

2021 Summer of Wellbeing



With **all of us** in mind.

Welcome!

After a really tough year, it's wonderful to see people coming back through our doors again and re-connecting with each other, which is why we have decided to run courses throughout the summer!

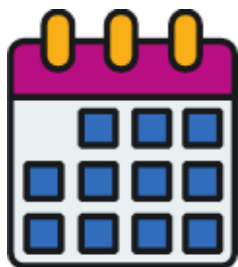
Feedback from our learners and volunteers has told us how vital our service has been and has been a lifeline for many during lockdown. Despite the challenges that lockdown brought, we have tried our best to offer you courses and workshops online. We have developed our digital offer which include new ways of working in the form of workbooks, which learners can now access via our website and engage in self-directed learning.

Our staff and volunteers have been working extra hard recently to provide a service that is mindful of your current needs as we slowly step back into normality.

We are really looking forward to expanding our programme of courses and are working on the new prospectus for September–December so watch out for dates appearing on our website and social media.

As always, we will be taking guidance from NHS England and the government in terms of social distancing, wearing of face masks and keeping people safe as safe as possible during your learning.

See you soon!



As well as our online summer classes, we'll be putting on face to face courses and workshops.

Term 6 – 6 weeks

Mon 7th June – Friday 16th July 2021

Summer holidays commence Monday 19th July 2021

Summer Timetable	
	Page
Courses	
Feel the Fear	4
Helpful Habits for Sleep	5
Managing Depression	6
Assertiveness, Confidence & Communication	7
Renew You	7
QDOS – Art and Exercise for Mindfulness	8
Online Courses	
Lifting your spirits	9
Overcoming Anxiety	9
Mindfulness	9
Citizen Workshops & Courses	
Health & Safety	10
Safeguarding	10
Equality & Diversity	10
Professionalism	11
Introduction to Volunteering	11
Good Work – Introduction to Good Work	12
Interview Skills	12
Physical Activity & Gym	
Community Sports	13 & 14
Walking for Health	13
Football	13
Netball	14
Cycling	14

Courses & Workshops



Feel the Fear: Exploring Anxiety

We can all experience uncertainty, panic and signs of anxiety at times in our lives. For some, these feelings can become overwhelming and have significant impact on daily life.

If you experience anxiety for no obvious reason and want to develop your understanding of how anxiety can affect your mind, body and lifestyle – this course could be for you.

We will explore the causes and symptoms of anxiety, look at practical steps and techniques we can use to take more control.

Dates/Times

Term 6

Feel the Fear	Mon	07 June 2021	10-12 Noon	6 weeks
Feel the Fear	Weds	09 June 2021	10-12 Noon	6 weeks
Feel the Fear	Weds	09 June 2021	1:30-3:30pm	6 weeks
Feel the Fear	Thurs	10 June 2021	1:30-3:30pm	6 weeks



What some of our learners said

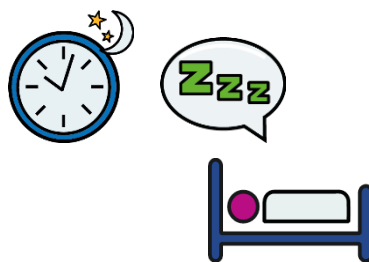
"Safe environment and non-judgemental. Everyone is in the same position"

"I'm now equipped with new techniques that I'm incorporating into my everyday life"

This course excelled all my expectations. It's very well put together, very informative and easy to follow and understand.

I feel like I've achieved something instead of feeling worthless. I'm able to identify more positive aspects in my life.

Helpful Habits for Sleep



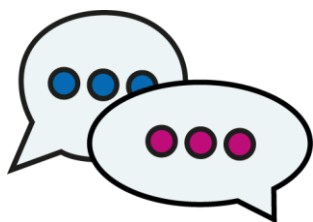
Sleep plays an important role in keeping us healthy, emotionally strong and better equipped to manage the challenges of daily life.

When we don't have good sleep, our concentration is affected, things become harder and we can feel less like ourselves.

Using a range of techniques and sleep tools, this course will support you to evaluate your sleep routine and look at some of the key principles of sleep theory. Each session will provide you with information on how to develop healthier habits to improve your sleep routine.

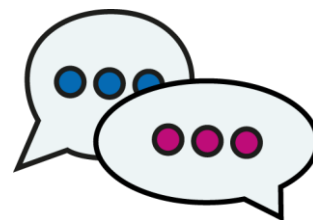
Term 6

Helpful Habits for Sleep	Weds	09 June 2021	10-12 Noon	3 weeks
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"Very well thought out in terms of COVID, we had ample opportunity to input and ask questions"

"You can cope with anything when you've had a full night's sleep. This course gives you some great tips on how to do this."





Managing Depression



Sometimes the simplest things are the hardest. Minor tasks such as getting out of bed, answering the phone, making a decision, what to eat, what to wear, what to watch or even leaving the house all take major effort. That's one of the many pitfalls with depression. Easy becomes complicated. The everyday becomes exhausting.

This course is not about stopping depression, but it may help you develop new ways to help better manage it. We will give you practical information and useful tips to help you live your life and offer you a different perspective of how you view your depression.

This course is based on Acceptance and Commitment Therapy (ACT).

Dates/Times

Term 6

Managing Depression	Monday	07 June 2021	1:30-3:30pm	6 weeks
Managing Depression	Tuesday	08 June 2021	5-7pm	6 weeks



What you said

"It's given me ideas and strategies to help me cope more easily on my "down days"

"It's such a great environment to open up and be ready to learn and help yourself"

"I was worried it was therapy. The course exceeded by expectations of not being that! It was very informative and didn't feel clinical or forced"

"I'm less 'defined' by my history of depression. I have a more hopeful outlook on my future"

Assertiveness, Confidence & Communication



Using a blend of both theory and practice to help support your understanding and development of communication and assertiveness skills.

Together we will explore:

- Our understanding of the difference between confidence, assertiveness and self-esteem
- The different communication types and behaviours
- How and why we communicate with others
- Assertiveness tips
- Conflict management skills.

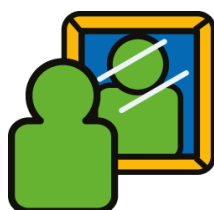
"It was so nice to have my voice heard and 'unbottle' my feelings"

Dates/Times

Term 6

Confidence & Assertiveness	Tue	08 June 2021	5-7pm	6 weeks
Confidence & Assertiveness	Tue	10 June 2021	1:30-3:30	6 weeks

Renew You



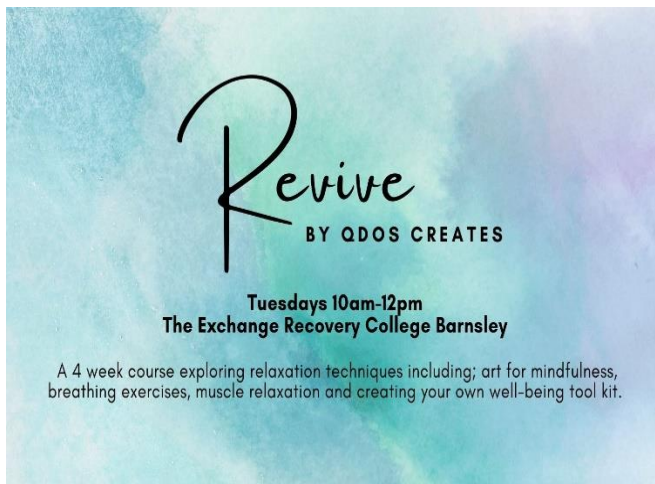
It can be easy to fall into the trap of using negative and limiting labels to describe ourselves. In this exploratory course we will look at the values and qualities that are unique to us and consider how we perceive ourselves, view our self-image and the roles we adopt. By attending this course, we aim to provide you with the space and time to reflect on who you are and encourage you to develop a more realistic and balanced perspectives of yourself.

Please note attendance of the Renew You Pre-Course meeting is required before booking onto this six-week course. Due to the nature of this course your readiness and commitment to attend each session is essential.

Term 6

Please contact the college for pre-course meeting date for this course as you must attend this before enrolling.

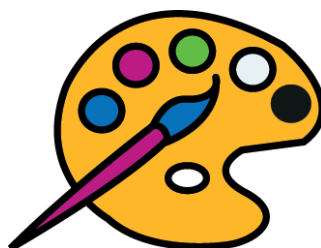
Renew you	Mon	07 June	10-12 Noon	6 weeks
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QDOS – Art and Exercise for Mindfulness

A four-week course exploring relaxation techniques including; art for mindfulness, breathing exercises, muscle relaxation and creating your own well-being tool kit.

QDOS REVIVE!	Tues	08 June 2021	10-12	4 weeks
QDOS REVIVE!	Tues	06 July 2021	10-12	4 weeks



Online Courses

You need to enrol as usual (www.barnsleyrecoverycollege.nhs.uk) for all our online courses.

Lifting your spirits - online

The course, offered in conjunction with Spirit in Mind, aims to provide participants with the opportunity to explore, experience and develop 7 spiritual tools (meditation, visualisation, appreciation, listening, play, creativity, and reflection) to enhance their inner strength and wellbeing, in a safe and relaxed setting by a trained and experienced tutor. You will be able to learn how to access inner resources that can sustain you through difficult and challenging times. This course, delivered by Pastoral and Spiritual Care's Nirmala, is not about asking you to force yourself to think positively or suppressing your feelings. It is about providing tools to allow you to choose a way of using your thoughts more positively. It offers practical tools for self- help during times of depression, anxiety and illness to instil feeling of hope and support. It recognises that we have a vast capacity to build resilience on a physical, emotional, mental and spiritual level. The 7 tools you will learn will enable you to support yourself, enhancing your sense of wellbeing and 'lift your spirits'. It will facilitate processing our thoughts and experiences from a place of stillness and without judgement.

Lifting your Spirits	Thurs	17 June 2021	10-12	1 week
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Overcoming Anxiety - online

Do you want to gain an understanding of anxiety? Then this workshop, delivered in partnership with Spirit in Mind by Pastoral and Spiritual Care's Nirmala, may be for you. It will explore:-

- The vicious cycle of anxiety
- How anxiety impacts on life
- How anxiety can be managed

This is a great opportunity to explore anxiety with others who are experiencing the same thing and will also look at the additional anxieties faced due to the Covid-19 pandemic.

Overcoming Anxiety	Thurs	10 June 2021	2-4pm	1 week
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Mindfulness - online

Mindfulness is a skill which we can all learn. It involves an ability to become aware of what is happening in the present, moment by moment rather than being on automatic pilot, without worrying and judging. Being mindful provides us with opportunity to respond to difficult events and situations in new ways. This introductory workshop, delivered in partnership with Spirit in Mind by Pastoral and Spiritual Care's Nirmala, looks at the origins of mindfulness, core practices and its potential to be used to combat stress. Together, we will explore the various tools and techniques used to gain a better understanding of mindfulness and its purpose.

Overcoming Anxiety	Thurs	24 June 2021	10-12 Noon	1 week
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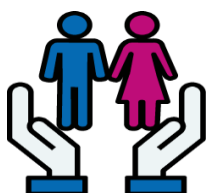
Citizen Workshops – preparing to volunteer or work

Health & Safety Workshop

This introductory session provides a practical summary of health and safety, welfare and environmental issues you may face within your voluntary or working role. We will identify our responsibilities and what should be done if people's health and safety is put at risk.

Term 4

H&S workshop	Fri	16 July 2021	10 – 1	1 week
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Safeguarding Workshop

This workshop aims to provide you with an awareness of the topic. Together, we will explore:

- The definition of Safeguarding
- Who is considered an Adult at Risk
- The definition of risk and the limitations to confidentiality
- The different types and indicators of abuse
- Where abuse occurs and who from
- Who to contact if you have a concern



The course covered difficult subjects and clarified a lot of things and increased knowledge and confidence.

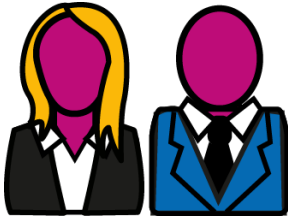
Safeguarding Workshop	Friday	09 July 2021	10-1pm	1 week
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Equality & Diversity



For most of us, treating people equally and appreciating individual differences is the basis of being a good citizen. This introductory session explores what equality and diversity means, the barriers that can prevent quality from being realised and the legislation and organisational policies that uphold it.

Equality & Diversity	Friday	25 June 2021	10-1pm	1 week
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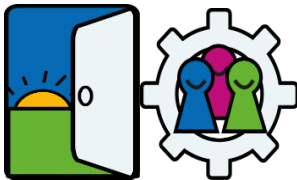


Professionalism

Professionalism describes the skills, qualities and competencies that are expected of all of us in our paid or voluntary roles. In this workshop we focus on the behaviours that we need to demonstrate.

Join us as we explore these key qualities within the healthcare and voluntary sector.

Professionalism	Fri	04 June 2021	10-1pm	1 day
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Introduction to Volunteering

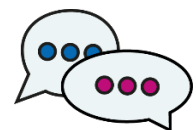
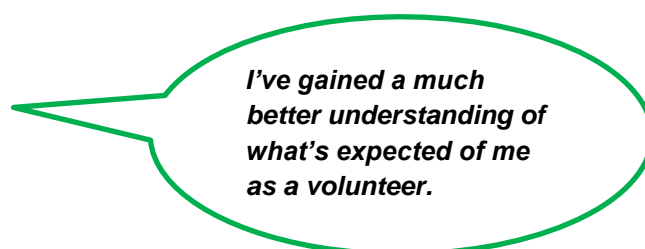
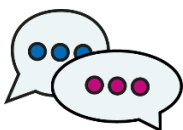
This workshop is designed to give you an insight into the role of an NHS volunteer within a Recovery College setting. It is ideally suited for people who are thinking of volunteering or for newly recruited volunteers who are stepping up into this responsible position.

The workshop covers the following areas of practice:

- Your motivations for volunteering?
- An outline of our volunteer offer at “The Exchange”
- To discuss whether your volunteer aspirations meet our own – are we a good match?
- To explore what is: professional and ethical practice?

By exploring these areas it is hoped that you will be able to reflect on whether you are ready for volunteering in terms of: your own wellbeing, able to take on the responsibility of this important role and share a willingness to empower learners to meet their own goals.

Intro to Volunteering	Tues	08 June 2021	10-12 Noon	1 week
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**Good
Work**

Introduction to Good Work - Online

Barnsley Recovery College firmly believes everyone deserves a chance to find, stay and thrive in employment – regardless of their level of education, background, or health history.

We can provide employment support and advice through our partnership with South Yorkshire Housing Association's Good Work programme.

Good Work offers one-to-one consultations with Work and Enterprise Coaches who can help you develop a firm picture in your mind of what you would like to do for a living, and then support you in developing an action plan to reach that goal.

This information session is designed to introduce the Good Work programme, explain the enrolment process and to tell the stories of some of the people we have helped into their dream jobs.

Introduction to Good Work	Tues	08 June 2021	1-2pm	1 week
	Tues	15 June 2021	1-2pm	1 week

Confidence with Interview skills - online

The prospect of interviewing for a job can be intimidating even for the most seasoned jobseekers. Being invited to speak about our skills, achievements and experiences can leave us lost for words or feeling out of our depth.

This Good Work workshop is designed to help anyone – regardless of their experience or employment history – understand how to speak with confidence and purpose about times when they have been genuinely successful in either their working or private lives.

We will come up with a strategy for showing off your achievements in the best possible light and explore how learning to tell a good story can help you win over even the most hard-nosed interviewer.

Confidence in Interviews	Tues	22 June 2021	1-3pm	1 week
	Tues	29 June 2021	1-3pm	1 week



**Good
Work**

South
Yorkshire
Housing
Association





Physical Activity can be difficult, but we are here to help! Physical fitness is very important for good physical and mental health. It helps improve quality of life and reduces the risk of serious conditions. Regular exercise helps you to control stress and can help you to feel better about yourself and is very important for mental and physical health.

We offer a unique course at the Exchange which will help you understand how your body works with nutrition and exercise.

Community Sports Groups and Active Sessions we support a range of accessible sport and activity groups to help you to get moving, improve your mood and increase your physical stamina. You'll be working with exercise specialists and trained volunteers.



Walking for Health

Take part in regular short walks to help you get active. It's a great way to stretch your legs, explore what's on your doorstep and make new friends. Small Walking groups available please see the updated walking for health information. We can also offer some 1-1 walks where required with a clear pathway for signposting into small groups.



Football

Training Sessions for those experiencing mental ill health. Sessions have been adapted to ensure safety during Covid19. A maximum of five players within each bubble so therefore booking is essential! Sessions are held each Thursday at 1pm-2:30pm at Kendray Fields (subject to change)

Contact Hannah Burton for more info 07917650091

Netball High impact training sessions FOR ALL abilities. Fun, friendly and welcoming sessions suitable for all ages and ability.

**The Fleets Training fields, Barnsley on Tuesday 6:30–7:30
(subject to change due to Covid) £2.50 per session**



Cycling (Booking essential) – Bikes available for riders, please where possible bring your own helmet and water bottle.

Beginners – Wednesday Mornings 10-12pm Led bike rides in small groups Up to 5 miles, Learn the basics of bike safety and increase fitness and confidence.

Intermediate – Wednesday afternoons 1-3pm Led bike rides in small groups up to 10 miles. Includes some short road rides.

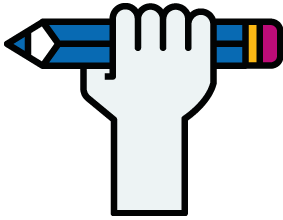
Advanced – TBC

Email or phone Hannah Burton. Timetable to be confirmed.

New rules and how things will look

In accordance with NHS England and SWYPT guidelines, from September 2020 until further notice, we will be implementing the following:-

1. **PLEASE DON'T ATTEND THE COLLEGE IF YOU FEEL UNWELL**
2. Please inform the college as soon as possible if you aren't able to attend for any reason. We only have a limited number of places due to new social distancing restrictions.
3. If you become unwell whilst you are at the college, please inform the course tutor immediately who will guide you through what to do.
4. You are required to bring and wear your own face masks whilst on Trust premises.
5. If Covid-19 was to be suspected at the college and confirmed, we would contact you and inform you of this as this is part of the track and trace.
6. You will **ENTER** via the front gate and **EXIT** out of the rear of the building to avoid contact with additional learners. If you have mobility issues, please highlight this to one of our staff before you attend.
7. Signing in will take place once you arrive in your classroom. We no longer have a reception area you can wait in. This means if you arrive early you will have to wait outside
8. You will be greeted at the gate and shown into the building.
9. If you are running late, you **MUST** phone the college to let us know. If you don't let us know, unfortunately you won't be allowed to start your course.
10. Unfortunately, we're not allowed to use fans on the premises therefore please dress appropriately.
11. Each learner, depending on course content, will be given a pack for your chosen course. Please note this will be your responsibility to bring to each session together with your own pen and paper.
12. All learners to wash or sanitise hands **before entering** and **leaving** the room.
13. Whilst in your classroom, please ensure you remain **TWO METRES apart AT ALL TIMES**. Whilst in some public places this has been reduced, we work from NHS England guidelines.
14. You will be expected to remain in the classroom for the duration of your course unless you require using the toilet.
15. Can all previous learners ensure we have up-to-date contact information?
16. In an event of a fire, please can all learners exit the building calmly and quickly and make your way to the pond, remembering to keep your distance at all times.
17. Please note we have a maximum capacity in each room that we have to adhere to.



How do I enrol?

You're not referred to the Recovery College, you can simply enrol yourself, or on behalf of someone for any of our courses that may be of interest to you. Our courses are open to all adults and we welcome carers, supporters and professionals too.

If you've been to the college before, you can simply enrol online at:- <https://www.barnsleyrecoverycollege.nhs.uk> or, alternatively call us to do it over the phone or complete an enrolment form included with this prospectus.

If you're new to the college, you'll need to enrol on an **"Introduction to the Exchange" session**, which is where you'll find out what kind of courses we offer, have a look around the building and ask any questions you may have. These sessions will be on a one to one basis and last about one hour. You can then enrol on your chosen course after this. You can make an appointment by either emailing us or by calling 01226 730433.

Please note! *by submitting your enrolment, it does not necessarily mean that you have been booked onto a course. You'll be contacted by text or email to let you know if you have gained a place.*

Please note! *We can only offer a limited number of places on each course in line with COVID regulations, therefore some courses will fill up very quickly. Make sure you get your enrolment form in early to avoid disappointment!*

We have also included within the enrolment process, two other forms – our Learner Charter and Equality Impact Form. We require you to complete these please for data collection purposes.

We understand that sometimes it may be difficult to attend a full course, but if you can't attend the very **first session**, or miss **three sessions**, we suggest that you re-enrol on a future date so that you can benefit fully from the course content.

Finally, please be aware that if you provide us with an email address and/or mobile number, confirmation of course bookings and reminders will automatically be emailed or text to you. Please let us know if you don't want this to be the case.

Frequently Asked Questions

'I don't want to go back to school or college. Is that what this is? How are courses delivered?'

Our courses aren't traditional college or school subjects and aren't delivered in a traditional way. We believe that we all have something to learn and we are all on our own recovery journey.

If you attend a course you won't be sitting in a classroom listening to a teacher talk while you take notes. Instead you'll have opportunities to discuss subjects that interest you, learn at your own pace and share your expertise.

'Can I access your courses online?'

We are currently developing online courses, these may be different to what we offer face to face. We'll keep everyone informed on our Website:-

www.barnsleyrecoverycollege.co.uk

'I have some physical mobility problems – is the College accessible?'

Yes. Our classrooms are based on the ground floor and are fully accessible. If you have any concerns about your mobility and attending the College please contact us on 01226 730433. We now have a one way system due to COVID but if you inform us beforehand we can arrange different access.

'Do I need to be referred by my mental health team?'

No. You do not need to be referred. As a learner, you simply enrol and discuss with us the courses which best suit you.

'Will it affect my benefits?'

The Exchange is total independent from the DWP and we have no involvement in any decision made about your benefit entitlement.

'What happens if I'm not able to attend the whole course?'

We understand that it may be difficult to attend the full course and ask that you let us know if you are unable to attend.

If you cannot attend 2 sessions out of the full course, we will suggest that you re-book for a future date.

'What if I need some extra support with studying once the course has started'

This may involve meeting with staff on a one to one basis to talk through and discuss the course content or to help you complete any work that you have found difficult to complete in the session.

'Can I come on a course twice?'

No, this isn't usually allowed, only under exceptional circumstances and at the discretion of the course facilitator.

‘I’m worried about my IT skills, do I need to use a computer to do a course?’

No. IT skills aren’t a requirement, however, if you would like to develop your skills in this area, then we offer a digital resilience course or we can signpost you.

‘Will I need to complete any tests or exams?’

No, there are no exams or tests. On occasion we may offer accredited courses – this may require some evidence of learning. This will be discussed with you at the time of the enrolment to make sure that you are aware of the course expectations.

‘Will I definitely get a place on the course I want?’

Due to popularity and restricted numbers due to COVID, some courses may book up quickly. Where this is the case, where possible, we will be able to offer alternative dates or suggest a different course.

‘What happens once I have finished my course?’

One of our key aims is to provide you with the time and space to decide on your next steps and build the confidence to take them. This may be moving on to another course with us, a course with someone else or thinking about other steps including moving into volunteering or paid work.

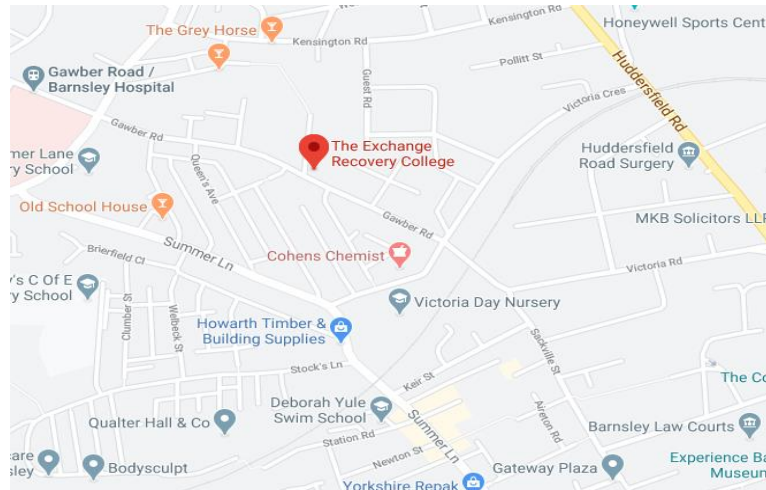
Whatever your next steps we have someone on hand who is happy to guide you in thinking about and accessing future goals.

‘Where can I find additional information?’

Our prospectus is available online at www.barnsleyrecoverycollege.co.uk and we regularly post updates about our courses and new course dates on social media.



How to find us



Bus Services

Buses leave Barnsley Interchange from stands 4, 5 and 6. Currently, bus number 95 is running every 15 mins until 23rd October 2020. You will need to get off at the junction of Victoria Crescent and Gawber Road immediately after the railway bridge and before Barnsley Hospital.

Please note that everyone is expected to follow government guidelines and wear masks on any public transport. Busses may fill up quicker due to distancing restrictions so please let us know if you're not going to make it on time.

On Foot

We are situated on Gawber Road. If you are coming from the town centre or from the bus stop on Gawber Road keep walking towards the Hospital (away from the town centre). You will pass Sykes Avenue on your right and we are on the corner of Wellfield Road. You will pass a row of residential terrace houses and The Exchange is set back from the road, behind a tree lined fence.

By Car

From the M1 exit at Junction 37 and follow the signs into Barnsley on Dodworth Road/A628. At the traffic lights turn left on to Pogmoor Road and stay on this road until you reach crossroads (Barnsley Hospital), turn right onto Gawber Road, we are on the left hand side.

Parking

There is no on-site parking at The College, we are based in a residential area and on street parking is available directly outside. When parking we ask that you respect our neighbours.

Get in Touch.....



01226 730433



www.barnsleyrecoverycollege.nhs.uk



The Exchange Recovery College Barnsley



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[@the_barnsley](https://twitter.com/the_barnsley)



[exchangerecoverycollege_1](https://www.instagram.com/exchangerecoverycollege_1)

