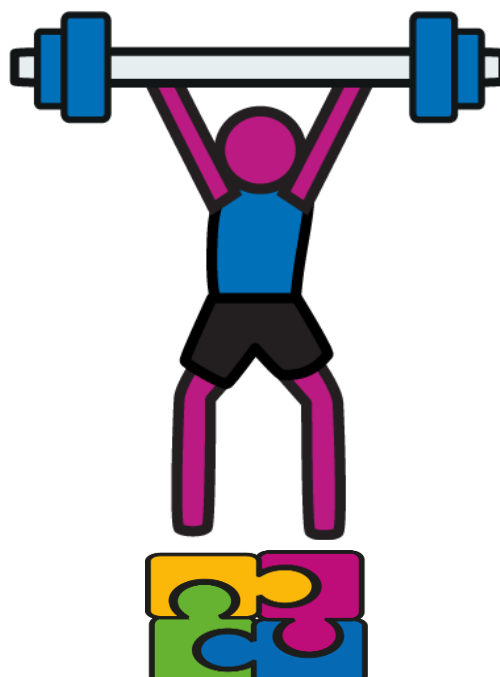
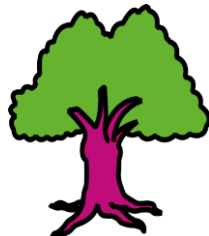




The Exchange Recovery & Wellbeing College



September–December 2023 Prospectus



Introduction to Barnsley's Recovery College

Barnsley Recovery College takes an educational rather than a clinical approach to improving mental health. We offer a range of courses and one-off workshops with the aim of improving wellbeing through learning. These are all co-designed and co-delivered by people with real life experience of mental health and recovery and work in conjunction with NHS professionals, education providers and trainers to share what works for them.

The aim is to offer subjects that would not be always available within mainstream education which includes:-

- Understanding mental health conditions
- Understanding recovery from mental health
- Personal health and wellbeing
- Mental health services and treatments
- Training, advocacy and peer-support skill
- Volunteering and moving on into further education
- Helping people back into work.

Our team consists of recovery coaches (professionals from social work and nursing backgrounds), mental health exercise specialists, community support workers and various volunteer roles such as co-producers, co-facilitators, editorial panel & gardening volunteers.

What some of our learners are saying about us....

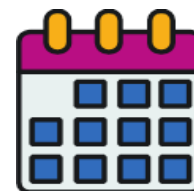
"Everyone who attended was kind, encouraging and friendly"

"This college/course has given me the awareness to begin to make small changes in my life. Without this awareness, it's most unlikely that changes will take place. I can't think of anything that could have been done better!"

It has been such a long time since I've had so much fun in the Scrapbooking course - and immediately felt part of a lovely group.

"I loved the anxiety course. Talking & listening to others going through similar relieved my anxiety greatly"

A very warm welcoming which, helped calm my nerves in the first week. I'll definitely be returning!

**Term 1****Mon 04 Sept–Fri 27 Oct – 8 weeks****Term 2****Mon 06 Nov–Fri 22 Dec – 7 weeks****Course and Workshop Index**

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Courses & Workshops

Enrolling for the first time and want to know more about recovery from mental health? Then try this short workshop:-

An Introduction to Recovery Workshop

At The Exchange, we recognise that the word Recovery can inspire all kinds of ideas and associations. Positive ones, negative ones, and indifferent ones! We also understand that when challenges happen or our abilities change, the journey of Recovery can feel like a daunting and isolated one. In this workshop, we take a gentle approach to exploring what we mean by 'Recovery', from a mental health perspective. We will also explore the values that underpin this and discuss what they mean to us.

This Workshop would be a good starting point for anyone who:

- ✓ Would like to take a small step towards better understanding and normalising Recovery from a mental health perspective.
- ✓ Who is thinking of enrolling for the first time and would like to learn more, without the commitment of undertaking a full course.
- ✓ Has a desire to start living a life beyond illness.

Term 1

| | | | | |
|-------------------|-----|-------------|--------|--------|
| Intro to Recovery | Fri | 06 Oct 2023 | 10-1pm | 1 week |
|-------------------|-----|-------------|--------|--------|

Understanding myself and dealing with difficulty

This is a good introductory course, that aims to provide the space and opportunity to better understand your thoughts, feeling and behaviours, with the intention of helping you to manage them better. We hope that the sessions we facilitate, help you to identify some of the difficulties that you are having, so that you can make informed choices about your next steps. There will be an invitation to consider this, in line with the other courses that we offer at the college, on week six. (6 weeks, 2 hours per session.)

Term 1

| | | | | |
|----------------------|-----|--------------|-------|---------|
| Understanding myself | Mon | 04 Sept 2023 | 1-3pm | 6 weeks |
|----------------------|-----|--------------|-------|---------|

Term 2

| | | | | |
|----------------------|-----|-------------|-------|---------|
| Understanding myself | Mon | 06 Nov 2023 | 1-3pm | 6 weeks |
|----------------------|-----|-------------|-------|---------|

Understanding my mental health & wellbeing



Feel the Fear: Exploring Anxiety Course

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.

Term 1

| | | | | |
|---------------|-----|-------------|-------|---------|
| Feel the Fear | Mon | 4 Sept 2023 | 10-12 | 6 weeks |
| Feel the Fear | Mon | 4 Sept 2023 | 1-3pm | 6 weeks |

Term 2

| | | | | |
|---------------|-----|------------|------------|-------|
| Feel the Fear | Mon | 6 Nov 2023 | 10-12 Noon | weeks |
| Feel the Fear | Mon | 6 Nov 2023 | 1-3pm | weeks |



Assertiveness, Confidence & Communication Course

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.

Term 1

| | | | | |
|----------------------------|------|--------------|-------|---------|
| Confidence & Assertiveness | Tues | 05 Sept 2023 | 1-3pm | 6 weeks |
|----------------------------|------|--------------|-------|---------|

Term 2

| | | | | |
|----------------------------|------|-------------|-------|---------|
| Confidence & Assertiveness | Weds | 08 Nov 2023 | 1-3pm | 6 weeks |
|----------------------------|------|-------------|-------|---------|

"A brilliant course to build confidence and help you manage situations of conflict in a healthier way"



Renew You! Course

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 perspective 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. Pre-course meeting for June's course will be held on **Tues 7 Nov 2023 at 1-2pm**. ***Please note that you must attend this before enrolling on the full course below.***

Term 2

| | | | | |
|----------------------|------|-------------|--------|---------|
| Renew You Pre-Course | Tues | 07 Nov 2023 | 1–2 pm | 1 weeks |
| Renew You course | Tues | 14 Nov 2023 | 1-3pm | 6 weeks |



Managing Depression Course



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 and 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).

Term 1

| | | | | |
|---------------------|------|-------------|-------|---------|
| Managing Depression | Tues | 5 Sept 2023 | 1-3pm | 6 weeks |
|---------------------|------|-------------|-------|---------|

Term 2

| | | | | |
|---------------------|------|-------------|---------|---------|
| Managing Depression | Weds | 08 Nov 2023 | 1-3pm | 6 weeks |
| Managing Depression | Fri | 10 Nov 2023 | 10-12pm | 6 weeks |



Helpful Habits for Sleep Course

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 1

| | | | | |
|-------|------|-------------|------------|---------|
| Sleep | Weds | 6 Sept 2023 | 10-12 Noon | 4 weeks |
|-------|------|-------------|------------|---------|



Men's Health Course

One in four of us will experience a mental health problem each year. We will focus on the physical and mental aspects of staying well, including how we cope with stress and pressure, the impact of identity and self-image, common physical health conditions that impact on both general and sexual health. We will look at the importance of reaching out, seeking appropriate advice and talking to the people you trust.

This course is delivered by men, for men.

Term 1

| | | | | |
|--------------|------|-------------|-------|---------|
| Men's Health | Weds | 04 Oct 2023 | 10-12 | 3 weeks |
|--------------|------|-------------|-------|---------|



Limbic Reflexology for the management of Fibromyalgia

Limbic Reflexology has been found to be particularly suitable for Fibromyalgia. Indeed, the development of Limbic Reflexology in 2012 involved volunteers living with Fibromyalgia. This foot reflexology approach focuses on the reflex areas related to the brain, and disruption of the brain's pain processing pathways has been identified as the central problem in fibromyalgia. Many people have found seven weekly treatments helpful in greatly reducing the disabling features of Fibromyalgia and monthly treatments, thereafter, helps in maintaining the improvements.

If you have a formal diagnosis of Fibromyalgia, preferably diagnosed by a rheumatologist and you can commit to all treatments, (any break affects the outcome) you can access treatment here at the Recovery College.

Term 1

| | | | | |
|--------------------|-------|--------------|-------------|---------|
| Limbic Reflexology | Thurs | 07 Sept 2023 | 10:00-10:45 | 6 weeks |
| | | | 11:00-11:45 | 6 weeks |
| | | | 12:00-12:45 | 6 weeks |

Term 2

| | | | | |
|--------------------|-------|-------------|-------------|---------|
| Limbic Reflexology | Thurs | 09 Nov 2023 | 10:00-10:45 | 6 weeks |
| | | | 11:00-11:45 | 6 weeks |
| | | | 12:00-12:45 | 6 weeks |



Understanding my mental health & wellbeing

Workshops



Helpful Hint!
This workshop links well with the Assertiveness course & Renew You!

For Those That Give Too Much Workshop

Are you a giving person? Do you set limits to how much you give, or do you find yourself pouring from an empty cup or feeling resentful of how much you've given? In this three-hour workshop, we explore what it means to give and what is considered "too much". We will discuss the reasons for over-giving and explore the science behind why it feels so rewarding.

By the end of this workshop, you will have a greater awareness of the costs to yourself and others when you over-give, and we will conclude by exploring what makes someone effective at giving. This workshop is a good introduction or follow on from other courses at the college, such as the Confidence, Assertiveness & Communication course.

Term 2

| | | | | |
|------------------------------|-------|-------------|-------|--------|
| For Those That Give Too Much | Thurs | 30 Nov 2023 | 1-4pm | 1 week |
|------------------------------|-------|-------------|-------|--------|

An introduction to Behavioural Science Course

An Introduction to Behavioural Science Workshop

Are you interested in human habits, actions and intentions?

If so, this workshop will provide an insight into this area of work and study. It will also include an overview of the tools and techniques that can be used to encourage positive behaviour change. Please note, this workshop hasn't been coproduced and it is a Continued Professional Development activity. In this way, the workshop is delivered in a slightly different format to our other courses and workshops at the college. However, if you are interested in your own personal and professional development and behavioural change as an area, this workshop provides a brief insight into this topic. This workshop will last approx. 1.5 hours.

Term 1

| | | | | |
|---------------------|-------|-------------|----------|--------|
| Behavioural Science | Thurs | 19 Oct 2023 | 1-2:30pm | 1 week |
|---------------------|-------|-------------|----------|--------|



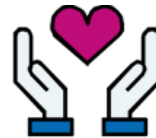
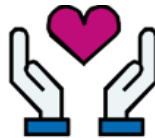
The Colours of the Rainbow

The Colours of The Rainbow workshop is based around raising awareness of the LGBTQ+ community and its history. It is a light-hearted three-hour workshop for anyone who wishes to learn a bit more on this topic.

Term 1

| | | | | |
|-----------------|------|-------------|-------|--------|
| LGBTQ+ Workshop | Weds | 18 Oct 2023 | 1-4pm | 1 week |
|-----------------|------|-------------|-------|--------|

Valuing my Sensitive Self Workshop



Sensitivity is something that we all experience from time to time especially when we encounter social situations. However, this can be perceived as a negative personality trait that is not valued or appreciated by others.

However, like all personality traits, there are positives and negatives associated with sensitivity but with proper understanding and recognition, sensitivity can be perceived as a strength and something to be valued.

This workshop explores the gifts that come with sensitivity including improved insight, empathy and being in tune with the needs of others. By using self-care techniques, you will start to reduce the impact of rumination, low self-esteem and reframe negative thinking.

You will also come to recognise that self-care is essential, particularly when faced with stressful situations and by limiting your exposure to highly stimulating environments and by prioritising your wellbeing, you will see an improvement in your overall experience.

Term 2

| | | | | |
|---------------------------|-------|------------|-----|--------|
| Valuing my Sensitive Self | Thurs | 9 Nov 2023 | 1-4 | 1 week |
|---------------------------|-------|------------|-----|--------|



Managing Change Workshop

In this three-hour workshop, we will explore the process that we all go through when we experience change. Whether these changes are large, small, chosen, or unchosen. Understanding our natural reactions towards it, can provide a different perspective on our experiences. Together, we will also dedicate time to considering the challenges of change and the strategies that we could use, to manage this in a way that is supportive of our health and wellbeing.

Term 2

| | | | | |
|-----------------|-------|-------------|-------|--------|
| Managing Change | Thurs | 16 Nov 2023 | 1-4pm | 1 week |
|-----------------|-------|-------------|-------|--------|

Tackling Loneliness



Loneliness can affect anyone and everyone, with more than 9 million people in the UK say they feel lonely some or most of the time, but what is “loneliness” and what does it mean to feel “lonely”? In this 3-hour workshop we will explore the term “loneliness”, the importance of social connection and problem-solve what we can practically do to help ourselves feel less lonely within our own lives.

Term 2

| | | | | |
|---------------------|--|-------------|-------|--------|
| Tackling Loneliness | | 23 Nov 2023 | 1-4pm | 1 week |
|---------------------|--|-------------|-------|--------|

Understanding Self-Harm Workshop

Self-harm is one of the most widely misunderstood forms of mental distress in the UK, however it is also one of the most common. This 3-hour workshop aims to dispel some of the myths that surround this subject, help people to understand what self-harm is, offer people practical strategies to manage and control the urge to self-harm and/or learn how to support someone who self-harms.

Due to the nature of the topic please be aware that the workshop will be discussing and exploring a sensitive and emotive subject. The workshop is respectfully delivered by facilitators that have experience of self-harm and offer an environment which is inclusive, welcoming, and non-judgemental.

Term 2

| | | | | |
|-------------------------|-------|-------------|-------|--------|
| Understanding Self Harm | Thurs | 14 Dec 2023 | 1-4pm | 1 week |
|-------------------------|-------|-------------|-------|--------|

Moving Forward

Facilitation Skills Course



This course will provide you with the opportunity to develop your own facilitation and training skills. We will explore how people learn, interact, and retain knowledge and develop our understanding and experience of facilitation and training delivery.

Delivered over six sessions, this course will provide you with some of the basic principles of learning and the opportunity to test out your skills.

Term 1

| | | | | |
|---------------------|-------|-------------|-------|---------|
| Facilitation Skills | Thurs | 7 Sept 2023 | 1-4pm | 6 weeks |
|---------------------|-------|-------------|-------|---------|

Introduction to Volunteering Workshop



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.

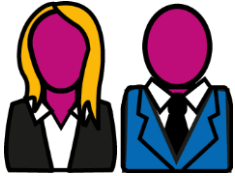
The workshop covers the following areas of practice:

- 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.

Term 1

| | | | | |
|-----------------------|------|-------------|-------|--------|
| Intro to Volunteering | Weds | 25 Oct 2023 | 1-3pm | 1 week |
|-----------------------|------|-------------|-------|--------|



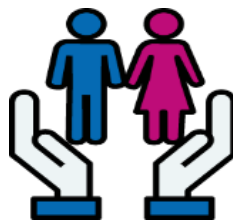
Professionalism Workshop

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.

Term 2

| | | | | |
|-----------------|-------|-------------|-------|--------|
| Professionalism | Thurs | 14 Dec 2023 | 1-4pm | 1 week |
|-----------------|-------|-------------|-------|--------|



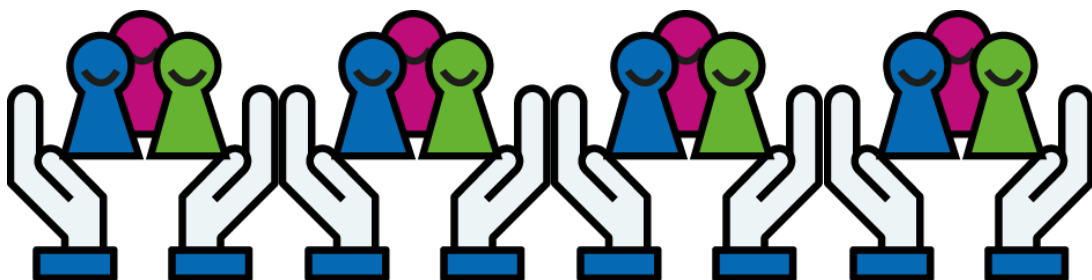
Safeguarding Adults Workshop

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

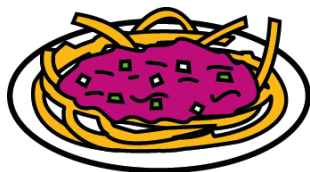
- The definition of Safeguarding
- Who is considered an Adult at Risk
- The definition of risk and the limitations to confidentiality
- The different types and indicators of abuse
- Where abuse occurs and who from
- Who to contact if you have a concern

Term 1

| | | | | |
|---------------------|------|--------|-------|--------|
| Safeguarding Adults | Weds | 6 Sept | 1-4pm | 1 week |
|---------------------|------|--------|-------|--------|



Interests for Wellbeing



Cooking Corner



If you know nothing about cooking, this six-week course will give you the skills and confidence to prepare and cook a range of meals for yourself, family or friends.

Each week you will learn to cook a delicious meal to take away with you. You will also be given a recipe card and a selection of ingredients so you can try out your new cooking skills out at home.

This isn't about becoming a chef, it's about being able to look after yourself and save money.

Become a confident home cook, even if you've never liked cooking. It's easier than you think!

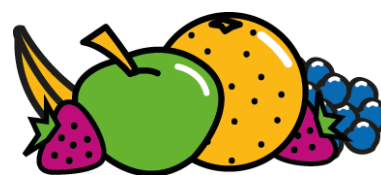
All equipment, resources and food ingredients will be supplied by the Recovery College.

Term 1

| | | | | |
|---------|-------|--------|------------|---------|
| Cooking | Thurs | 7 Sept | 10-12:30pm | 6 weeks |
| Cooking | Thurs | 7 Sept | 1:30-4pm | 6 weeks |

Term 2

| | | | | |
|---------|-------|-------|------------|---------|
| Cooking | Thurs | 9 Nov | 10-12:30pm | 6 weeks |
| Cooking | Thurs | 9 Nov | 1:30-4pm | 6 weeks |





THINGS TO LIVE FOR

When things in life are tough, your head is a mess and you're on the edge, it's time to make changes. Creative Recovery is a people led organisation working passionately to transform lives in and around Barnsley.

Things to Live For is a fresh project using art to refocus and reconnect. It's about open and honest conversations and meeting people that understand where you're at. Don't worry, you don't need to be Banksy. We'll go and see some art, get inspired and make something great. The course is half a day each week running for seven weeks at the Recovery College and is led by an Art Therapist and Street Artist. It's funded through BMBC Suicide Prevention Fund.

Term 1

| | | | | |
|--------------------|-------|--------|-------|---------|
| Things to Live For | Thurs | 7 Sept | 1-4pm | 6 weeks |
|--------------------|-------|--------|-------|---------|



Scrapbooking for Wellbeing Course

This 6-week course will provide you with an introduction to Scrapbooking and explore how this hobby can create and enhance better wellbeing for us. By working creatively, we can help reduce stress which improves our mental health.

Within this course you will be able to share and rekindle treasured memories, start to acknowledge your own accomplishments, become more mindful and accepting of who you are, where you have been and what you are aiming for. Using easy to learn techniques, sharing ideas and recycling things that are normally thrown away, you will be able to create your own unique scrapbook.

This is also a wonderful opportunity to socialize and meet with people in a safe place where we all have a common purpose 'to connect and belong!'.
Please note: We will supply all the materials that are needed but we welcome you to bring anything that you feel would personalize your scrapbook such as: photos, pictures, cards, or letters.

Term 1

| | | | | |
|--------------|------|-----|-------------|---------|
| Scrapbooking | Weds | 1-4 | 6 Sept 2023 | 6 weeks |
|--------------|------|-----|-------------|---------|

Term 2

| | | | | |
|--------------|------|-----|------------|---------|
| Scrapbooking | Weds | 1-4 | 8 Nov 2023 | 6 weeks |
|--------------|------|-----|------------|---------|



Rooting into Place



We are excited to offer this brand new four week creative course where, together we will explore what it means to connect to a place - and ourselves. Through stories, folklore, art, foraging and a variety of other means we hope to create a sense of belonging and a more meaningful relationship with the place we call home, our wider community and the landscape. Throughout this course you will have the opportunity to learn about long-forgotten myths and folklore, identify locally grown plants and their many uses and beneficial qualities, to produce your own inks and paints using natural resources such as earth and rock and to use these to create your own colourful, expressive story through mark making and mindful drawing activities.

This course will, on occasion require learners to briefly go out and about in the nearby area surrounding the Recovery & Wellbeing College, as well as getting their hands dirty so please dress accordingly.

Here's Hannah-May's (Facilitator) story:-

Two years ago, I was living on my own and trying desperately to hold down a full-time job with my deteriorating mental health, following a deep trauma. The worse my mental health got, the more I isolated myself, distancing myself from friends and family. I drowned out my suffering through addiction, using addictive behaviours as a coping mechanism. In August 2021 this descent reached a plateau. I had sabotaged everything, having quit my job, damaged my relationships and severed my support networks. I had a nervous breakdown. I wanted to take my own life. I didn't feel worthy of living. Fortunately, my brother was there to support me. He urged me to attend a 12 Step (AA) meeting. I didn't ignore his advice; I had nowhere else to go, I needed help. That evening I went to my first meeting, and I've been in recovery since.

The idea for *Rooting into Place* came as I began to work through my Steps. The more I explored, the more I began to see that I had been trying to find the answer to one question all my life. I was searching for a place I could belong. I was raised in an ex-mining community in South Yorkshire. My ancestors were Irish migrants. My interests were in literature, arts, herbalism, philosophy, theatre, and writing. I felt there was no space for these interests in a Northern working-class identity or in my local comprehensive school. I didn't feel like I belonged.

Through my recovery, my confidence grew and I began to explore these interests again. The roots of the West Yorkshire woodlands held me when I felt little else could. I was out of work, on Universal Credit and I occupied myself by spending time outside foraging, creating, painting, writing. What I love about natural arts, storytelling, folklore and herbalism is that they empower me. They are free and therefore not exclusive. I don't need money to engage in these things. They have a rich historical tapestry that helps me connect, they help me to understand my relationship with the place I call 'Home'. These crafts weave me back into the Land and, in doing so give me a sense of belonging – something I hope to share through my course, *Rooting into Place*.

Term 1

| | | | | |
|--------------------|-----|-----|--------------|---------|
| Rooting into Place | Mon | 1-3 | 11 Sept 2023 | 4 weeks |
|--------------------|-----|-----|--------------|---------|



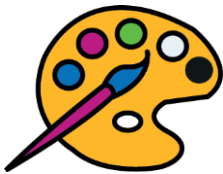
Managing Stress and Anxiety through Creative Writing

This course is designed to explore the creative writing process. Whether your ideas are imagined or drawing on personal experience, we will learn about putting together a narrative, creating characters and setting the scene. We will also explore different styles and formats all together, by sharing ideas and developing confidence with better understanding of the written work.

All are welcome from beginners to improvers in this relaxed and friendly environment. No experience necessary to enjoy creating written work and understanding the process.

Term 1

| | | | | |
|------------------|-------|-------|--------------|----------|
| Creative Writing | Thurs | 10–12 | 14 September | 12 weeks |
|------------------|-------|-------|--------------|----------|



Art for Wellbeing Ruth - WEA

Research has shown that creating art helps people slow down, allowing them to relax, de-stress and explore their creativity. Drawing and painting is something that anyone can do. For this course, we will be working with pen and ink; combined with colour wash and the techniques needed to achieve artworks. When you're drawing with ink, because the marks are permanent, you're more likely to experiment with the different marks you can make. You might try scribbly drawings one time and the next more detailed work. All that matters is the satisfaction that comes from making marks and painting with colour. The course is suitable for both beginners and improvers in a friendly and supportive environment.

Term 1

| | | | | |
|--------------------|-----|-------|--------------|----------|
| Art for Well-being | Wed | 10-12 | 13 September | 12 weeks |
|--------------------|-----|-------|--------------|----------|



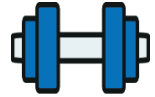
Physical Activity *“Movement is a medicine for creating change”*

Through exercise you will soon discover that it can enhance your physical and mental health, improve your quality of life and reduce the risk of serious health conditions. Regular exercise helps you to control stress, feel better about yourself and is extremely important to your mental and physical wellbeing.

We are a small, but fully equipped gym, based at the Recovery College. Our aim is to give you a greater understanding of how the body works with exercise and nutrition.



Introduction to exercise, the gym and your wellbeing



This course is designed to get you moving and exercising more. It's twice weekly for each learner, each session lasting one hour and will incorporate:-

- A nutrition workshop
- An anatomy and physiology workshop
- Home exercise techniques

After your induction, you'll receive a bespoke exercise plan which is periodically reviewed.

You'll receive: -

- Knowledge on how to perform exercise safely and correctly
- Advice on how to become more active
- Gain an understanding of how the body responds to exercise
- Develop an insight into the role of nutrition.

We'll ensure the service we offer is sustainable and achievable in the community. The gym at the Recovery College prides itself on empowering individuals; it builds people's confidence and encourages learners to move on to attend local gyms/activities once the course sessions are complete. We want individuals to have fun, build relationships and ascertain their own goals. We support people to make positive changes for a healthier and happy future.

Each session is an hour long and these hour slots will be allocated upon enrolment.

Mixed Gym – Mon & Wed's (attendance twice per week)

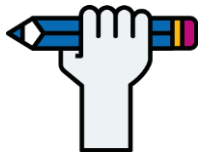
| | | | |
|------------|--------------------------------------|--------|----------|
| Mon & Weds | From Mon 04 Sept to Weds 06 Dec 2023 | 10-3pm | 14 weeks |
|------------|--------------------------------------|--------|----------|

Ladies Gym – Tues & Thurs (attendance twice per week) Terms 5 & 6

| | | | |
|----------------|------------------------------------|-------|----------|
| Tues and Thurs | *From 05 Sept to Thurs 07 Dec 2023 | 1-3pm | 13 weeks |
|----------------|------------------------------------|-------|----------|

(*one week off for half term)

“I would like to commend the college for making me feel welcome. The staff are helpful, friendly and give constructive advice. The gym has a nice atmosphere and people who attend are really down to earth. All the learners have similar conditions like anxiety and depression and Kev and Lisa are very supportive”



How do I enrol?

You're not referred to the Recovery College, you can simply enrol online 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're new to the college, you'll need to enrol on an "Introduction to the Exchange" session (1:1), 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 usually last around an hour. You can make an appointment for one of these by enrolling online through our website - then one of our team will be in touch to arrange an appointment. Alternatively you can call us on 01226 730433 and enrol over the phone with one of our Admin Team. **If you've been to the college before**, you can simply enrol online at:- <https://www.barnsleyrecoverycollege.nhs.uk>

Please note! by submitting your enrolment online, 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. We can only offer a limited number of places on each course, 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 **two 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.

College Expectations

In accordance with NHS England and SWYPT our guidelines and expectations are as follows:-

1. 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 and have a maximum capacity in each room that we have to adhere to.
2. All our classrooms have been risk assessed and deemed safe, clean and are ventilated.
3. In the event of a fire, please can all learners exit the building calmly and quickly and make your way to the front lawn, remembering to always keep your distance.
4. It's important to stress that while we are relaxing the rules around the wearing of face masks, there's still a personal choice if you would prefer to wear one. We want everyone to feel comfortable and safe so if you would prefer to keep your mask on then please do so. Please respect people's personal preferences and choices.

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 do offer online courses through Wakefield Recovery College but not at Barnsley. You can enrol online as you usually would for Barnsley:-

www.wakefieldrecoverycollege.nhs.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.

'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 the same 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.

‘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 of some of our courses 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.

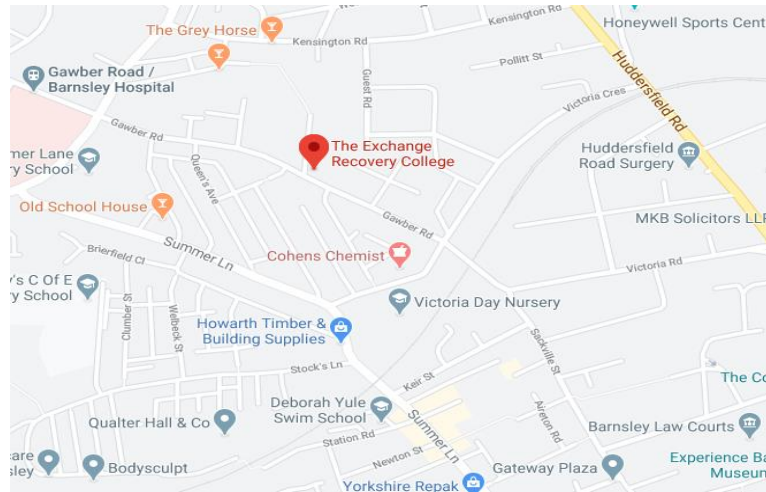
Whatever your next steps we have someone on hand who is happy to guide you in thinking about and accessing future goals.

‘Where can I find additional information?’

Our prospectus is available online at www.barnsleyrecoverycollege.nhs.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.

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, 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.

What you're looking out for

Our entrance gate.....



Path to entrance.....



Entrance door to your right



V



Get in Touch.....



01226 730433



The Exchange Recovery College Barnsley



Barnsley.Recoverycollege@swyt.nhs.uk



33 Gawber Road, Barnsley, S75 2AH



@the_barnsley



exchangerecoverycollege_1



www.barnsleyrecoverycollege.nhs.uk or scan our QR code:-

