



Barnsley

Recovery and Wellbeing

College Prospectus



April to July 2024

Introduction

Barnsley Recovery and Wellbeing College takes an **educational** rather than a clinical approach towards improving Mental Health and Wellbeing.

We are **open to anyone** Aged 18+, who are interested in acquiring more choice and control over their health and life.

We help people to do this, by offering a range of **Free Courses and Workshops** that aim to improve people's self-management skills and wellbeing through learning. We even have a gym on site!

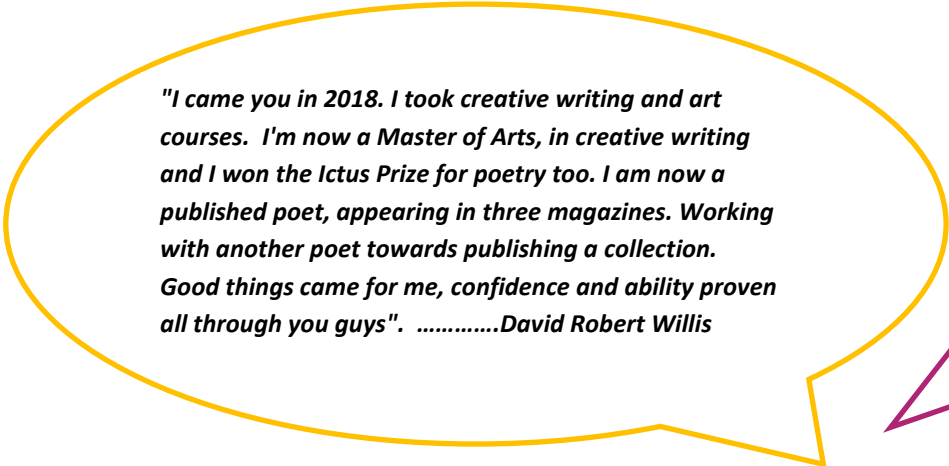
All our courses, workshops and activities have been co-designed and co-delivered with people who have **lived and learnt experience** of physical and mental health problems.

Our team consists of Recovery Coaches, Peer Mentors and Exercise Specialists, alongside various volunteer roles such as Co-producers, Co-facilitators, Gardening Volunteers, and the Editorial Panel which acts as our quality assurance method, to ensure that we are staying true to the values and ethos of the Recovery College Model.

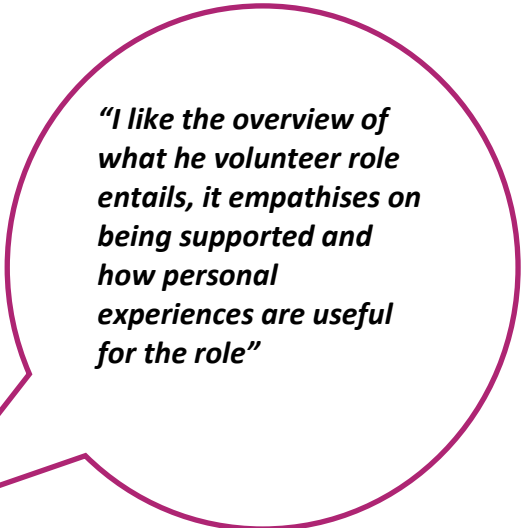
Did you know that there are **85 Recovery Colleges** across England, Scotland, and Wales? The model has been adopted internationally too, with Colleges across Europe, Australia, and even Japan!

Each College is unique and influenced by the population it serves. In Barnsley, we love responding to local need and creating content for local people.

Here's what Learners have told us...

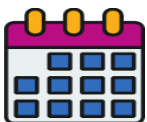


"I came you in 2018. I took creative writing and art courses. I'm now a Master of Arts, in creative writing and I won the Ictus Prize for poetry too. I am now a published poet, appearing in three magazines. Working with another poet towards publishing a collection. Good things came for me, confidence and ability proven all through you guys".David Robert Willis



"I like the overview of what the volunteer role entails, it empathises on being supported and how personal experiences are useful for the role"

95% of people feel more satisfied with their lives after attending the College.



Term 5 - Mon 8 April – Mon 20 May 2024 (Bank Hol Mon 6 May)
Term 6 - Mon 3 June – Fri 12 July 2024

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Understanding Mental Health and Wellbeing



An Introduction to Recovery Workshop

We recognise that the word Recovery can raise all kinds of thoughts and associations. Positive ones, negative ones, and indifferent ones!

We also understand that when life 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 and wellbeing perspective.

Intro to Recovery	Tues	16 April 2024	1-4pm	1 week
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Intro to Recovery	Tues	11 June 2024	1-4pm	1 week
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Anxiety Management (Feel the Fear) 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.

In this course, we will explore the causes and symptoms of anxiety, look at practical steps and techniques we can use to take more control. This course has been inspired by the book, *Feel the Fear and Do it Anyway*, by Susan Jeffers.

Feel the Fear	Mon	8 April 2024	10-12 Noon	5 weeks
Feel the Fear	Mon	8 April 2024	1-3pm	5 weeks

Feel the Fear	Mon	3 June 2024	10-12 Noon	6 weeks
Feel the Fear	Mon	3 June 2024	1-3pm	6 weeks

Eating Disorders – An Awareness Workshop

This workshop is designed for those wanting a better understanding of Eating Disorders. We will look at types of Eating Disorders, the possible causes, signs and symptoms, where to go for support and how to support someone living with an Eating Disorder. Delivered by facilitators with lived experience, in a non-judgemental, supportive environment.

Eating Disorders	Thurs	25 April 2024	1-4pm	1 week
Eating Disorders	Thurs	18 July 2024	1-4pm	1 week

Managing Depression Course

Sometimes the simplest things can be the hardest. Minor tasks such as getting out of bed, answering the phone, making decisions; what to eat, what to wear, what to watch or even leaving the house, all can 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 to develop new ways to manage it better.

In this course, we will give you practical information and useful tips to help live your life well with depression. We will also offer you a different perspective on depression. This course has been informed by Acceptance and Commitment Therapy (ACT) approaches.

Managing Depression	Tues	9 April 2024	10-12	6 weeks
Managing Depression	Thurs	11 April 2024	1-3pm	6 weeks

Managing Depression	Mon	3 June 2024	1-3pm	6 weeks
Managing Depression	Weds	5 June 2024	10-12	6 weeks

Understanding Myself and Dealing with Difficulty

This course 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.

Understanding Myself	Monday	8 April 2024	1-3pm	6 weeks
Understanding Myself	Tuesday	4 June 2024	10-12 Noon	6 weeks

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.

Understanding Self Harm	Thurs	2 May 2024	1-4pm	1 week
Understanding Self Harm	Thurs	4 July 2024	1-4pm	1 week

Looking After Myself



Assertiveness, Confidence and Communication Course

Do you find it difficult to say no?

Do you tend to go with the flow of what others want or expect?

Are you struggling to have your voice heard in a way that is respectful and understood?

In this course, we acknowledge the important part that communication plays in our life, health, and relationships.

Together, we unpack what we mean by words such as 'confidence', 'assertiveness' and 'self-esteem'. Using our lived and learnt experience, we work together to better understand the different communication types and behaviours, and explore what makes communication effective, rather than transactional. As the course progresses, we develop our knowledge of assertiveness skills and have an opportunity to practice becoming more confident in applying them.

C&A	Tues	09 April 2024	1-3pm	5 weeks
C&A	Tues	04 June 2024	1-3pm	5 weeks

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 **Thursday 23 May 2024 1-2pm**. *Please note that you must attend this before enrolling on the full course below.*

Term 2

Renew You	Thurs	06 June 2024	1–3 pm	6 weeks
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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 resilient.

Using a range of techniques and tools, this 4-week 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.

Helpful Habits for Sleep	Fri	12 April 2024	10-12	4 weeks
Helpful Habits for Sleep	Thurs	6 June 2024	1-3pm	4 weeks

An Introduction to Exercise Course

Exercise can improve quality of life, help to manage stress, encourage us to feel better about ourselves, and reduce the risk of serious health conditions.

At the Recovery and Wellbeing College, we have a small but fully equipped gym with exercise specialists who can kickstart your journey to moving more.

Over this 12-week course, you will undertake an induction where you will receive a bespoke exercise plan. Sessions will be twice weekly, with each session lasting one hour, and incorporating:

- How to perform exercise safely and correctly.
- Nutrition awareness.
- Anatomy and physiology.
- Advice on how to become more active.
- Home exercise techniques.

The Gym prides itself in empowering individuals, building their confidence, and encouraging people to move on to other physical activity opportunities in the local area, after the course is complete.

Mixed Gym		
Mon & Weds	Dates to follow	
Women's Only Gym		
Tues & Thurs	Dates to follow	

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 and feeling resentful later?

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 the Assertiveness, Confidence and Communication course.

For Those That Give Too Much	Thurs	02 May 2024	1-4pm	1 week
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Tackling Loneliness Workshop

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.

Tackling Loneliness	Tues	14 May 2024	10-1pm	1 week
Tackling Loneliness	Tues	25 June 2024	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 sometimes be perceived as a negative personality trait that is not necessarily valued or appreciated by others. Like all personality traits, there are positives and negatives associated with sensitivity but with proper understanding and recognition, sensitivity can be seen as a strength. This workshop explores the gifts that come with sensitivity including improved insight, empathy and being in tune with the needs of others. We will explore the importance of self-care, to reduce the impact of stressful situations, reduce rumination, low self-esteem and reframe negative thinking.

Valuing my Sensitive Self	Wednesday	10 April 2024	10-1pm	1 week
Valuing my Sensitive Self	Wednesday	19 June 2024	1-4pm	1 week

Limbic Reflexology – for the management of Fibromyalgia and chronic migraines



Limbic Reflexology has been found to be particularly suitable for Fibromyalgia. Indeed, the development of Limbic Reflexology in 2012 involved volunteers living with Fibromyalgia.

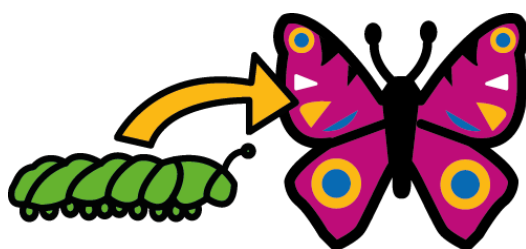
This foot reflexology approach focuses on the reflex areas related to the brain, and disruption of the brain's pain processing pathways has been identified as the central problem in fibromyalgia. Many people have found seven weekly treatments helpful in greatly reducing the disabling features of Fibromyalgia 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	11 April 2023	10am	6 weeks
			11:30am	6 weeks

Exploring My Interests



Cooking Corner

If you don't know anything about cooking, this five-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 that you can try out your new cooking skills at home.

This isn't about becoming a chef; it's about being able to look after yourself and save money. All equipment, resources and food ingredients will be supplied by the Recovery College.

Cooking	Thursday	08 April 2024	1-3:30pm	4 weeks
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Time-Out Tiles Workshop

Why not indulge in having some "me time" and come along to join us for an evening of fun, crafting and positivity? This workshop will bring out the creative side of you, looking at the potential of positive affirmations and how they can boost your self-esteem, by reminding you of your self-worth and your own individual skillset.

As a group we will explore the power of words and how using them positively can help to reframe our thinking. We will explore various unique and wonderful quotes and phrases as well as creating our own and bring them to life on a ceramic tile.

The tile is then yours to take away and keep as a reminder of how words can help us and even lighten our mood when we are struggling.

You are worth investing in and now's the time to start!!!

Tile Craft	Weds	15 May 2024	5:30-7:30pm	1 week
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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!' We will supply all the materials that are needed but we welcome you to bring anything that you feel would personalise your scrapbooking experience, such as photos, pictures, cards, or letters.

Scrapbooking	Wednesday	10 April 2024	1-4pm	6 weeks
Scrapbooking	Wednesday	5 June 2024	1-4pm	6 weeks

Self-Soothing Box Craft Workshop

Take some time out and join us for an evening of crafting and wellbeing as we decorate and learn about the health benefits of keeping a self-soothe box. Together we will learn about what helps you as an individual to feel calm and safe in times when things feel like they are getting too much. We will discover what grounds you in the present, and what can distract you from unhelpful thoughts as you try to manage the emotional challenges daily life brings. These boxes are yours to personalise and take away with you at the end of the evening, ready for you to start adding to and using them when needed.

Self Soothing Craft	Wednesday	10 July 2024	17:30-19:30	1 week
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Crafting for Beginners Course by Creative Minds



This 5-week course is a beginners crafting group aimed to get you started using items found around your own home. Crafting can relieve stress and tension in our everyday life, this session will be a chance to meet new people and learn new skills whilst improving our wellbeing. The crafts you learn during the session you can recreate with your friends and family to share your new skills with others. Each week you will learn a different craft using different materials and have a go at something new.

Crafting	Thurs	11 April 2024	10-12	6 weeks
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Moving Forwards



An 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 about 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 Barnsley Recovery and Wellbeing College.
- Exploring aspirations and how these fit with the college offer.
- Professional and ethical practice.

Intro to Volunteering	Wednesday	5 June 2024	1-3pm	1 week
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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 five sessions, this course will provide you with some of the basic principles of learning and the opportunity to test out your skills.

Facilitation Skills	Friday	7 June 2024	10-1pm	6 weeks
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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.

Managing Change	Friday	19 April 2024	10-1pm	1 weeks
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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.

Professionalism Workshop	Weds	12 June 2024	1-4pm	1 week
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College Information



How to Enrol

If you're new to the college, all you need to do is schedule in a one-to-one induction.

It's as easy as 1, 2 3!

- 1) **Book** your Induction by contacting Julie, our friendly receptionist on **01226 730433** or email Barnsley.Recoverycollege@swyt.nhs.uk.
- 2) **Attend** your induction and decide if the College is a good fit for you.
- 3) **Enrol** on the courses and activities that interest you.

If you're a Returning Learner, you can enrol by:-

- 1) **Calling** 01226 730433
- 2) **Email** Barnsley.Recoverycollege@swyt.nhs.uk to outline the courses that you're interested in.

Using your preferred method of contact, we will get back to you to discuss your place and course availability.

Please note, that if you provide us with an email address or mobile number, confirmation of course bookings and reminder text messages will automatically be emailed or text to you. Please let us know if you would like to opt out of this service.

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 and activities aren’t traditional college or school subjects, and they aren’t delivered in a formal 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?”

- Wakefield Recovery College offer a range of online courses that anyone can access should you prefer to learn remotely. In Barnsley we have prioritised face to face based on learner need and request. You can enrol with Wakefield at www.wakefieldrecoverycollege.nhs.uk

“I have some physical mobility problems. Is the College accessible?”

- Yes. Some of our classrooms are based on a ground floor, and where access is required to other rooms, we have a lift available from the main building. If you have any concerns about your needs and access, please contact us on 01226 730433 and we will be happy to help.

“Do I need to be referred to the College by a professional?”

- No. You enrol as a Learner, just like you would with any other College. What matters to us, is that you have made the decision that you want to attend.

“Will attending effect my benefits?”

- No. The College is entirely independent from the Job Centre and DWP. We are not involved in any decisions made about your benefit entitlement, nor do we report to other professionals or services about your attendance or progression.

“What happens if I’m not able to attend the whole course?”

- We understand that life happens and circumstances change. In instances where you are unable to attend 2 sessions out of the full course, we will suggest that you re-book for a future date to get the most out of the learning experience.

“What if I need extra support with learning?”

- Where you have any barriers to learning, we encourage you to discuss this at your induction and make a note of it on your enrolment form. That way, a Recovery Coach can discuss this with you and a plan for reasonable adjustments can be implemented.

“Can I do the same course twice?”

- 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 occasions we may offer accredited courses in partnership with other colleges, as an opportunity for progression.

“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 explore 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 new opportunities on social media.

Find Your Way

Address

Barnsley Recovery and Wellbeing College
33 Gawber Road
Barnsley
S75 2AHd



Bus Services

Buses leave Barnsley Interchange from stands 4, 5 and 6. Currently, bus number 95 is running every 15 minutes. 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 at 33 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 College is set back from the road, behind a tree lined fence (see images overleaf).

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 For

1. Entrance Gate and Sign



2. Walk through the gate and down the path.



3. The entrance door is to your right. There you will see the Reception Hall.



Contact Us



01226 730433



Theexchangerecoverycollege Recovery College



Barnsley.Recoverycollege@swyt.nhs.uk



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@the_barnsley



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www.barnsleyrecoverycollege.nhs.uk

Barnsley

Recovery and Wellbeing College



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