



**South West  
Yorkshire Partnership**  
NHS Foundation Trust



**The Exchange**  
**Recovery College**  
**P r o s p e c t u s**  
**January – April 2022**



With **all of us** in mind.

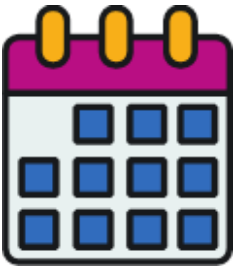
# Welcome!

It's been so wonderful seeing people re-connecting and coming back through our doors again.

Feedback from our learners and volunteers has told us how vital our face-to-face courses are and we're particularly proud of our previous Managing Depression and Feel the Fear course feedback. It's really comforting to know we're making such a difference to people's lives.

Our building risk assessment has been updated again and pretty much remains the same, and as always, we'll be taking guidance from NHS England and the government in terms of social distancing, wearing of face masks and keeping people as safe as possible during your learning.

We're really looking forward to seeing more of you!



**Term 3**

Tues 04 Jan – Fri 11 Feb 2022 - 6 weeks

**Term 4**

Mon 28 Feb – Fri 08 April 2022 – 6 weeks

## Course and Workshop Index

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# Courses & Workshops

## Moving Forward

### 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:

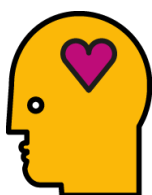
- Our understanding of the difference between confidence, assertiveness and self-esteem
- The different communication types and behaviours
- How and why we communicate with others
- Assertiveness tips
- Conflict management skills.

#### Term 3

Confidence & Assertiveness	Weds	05 Jan 22	10-12 Noon	6 weeks
Confidence & Assertiveness	Weds	05 Jan 22	1-3pm	6 weeks

#### Term 4

Confidence & Assertiveness	Mon	28 Feb 22	1-3pm	6 weeks
Confidence & Assertiveness	Tues	01 March 22	1-3pm	6 weeks
Confidence & Assertiveness	Weds	02 March 22	10-12 Noon	6 weeks



### Exploring Psychosis

Psychosis is a mental health problem that can affect anyone and causes people to perceive or interpret things differently from those around them. This might involve hallucinations or delusions. In this short course, we explore some of the key issues about this condition and its impact on the person and their support network.

#### Term 3

Exploring Psychosis	Thurs	17 Feb 2022	1:30-3:30pm	3 weeks
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***“Eye opening to say the least! DO THIS COURSE! .... You can recover and learn so much!***



## 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.

### Term 3

Feel the Fear	Weds	05 Jan 2022	10-12 Noon	6 weeks
Feel the Fear	Weds	05 Jan 2022	1-3pm	6 weeks
Feel the Fear	Thurs	06 Jan 2022	1-3pm	6 weeks
Feel the Fear	Mon	10 Jan 2022	10-12 Noon	6 weeks

### Term 4

Feel the Fear	Mon	28 Feb 2022	10-12	6 weeks
Feel the Fear	Tues	01 March 2022	10-12	6 weeks
Feel the Fear	Tues	01 March 2022	1-3pm	6 weeks
Feel the Fear	Weds	02 March 2022	1-3pm	6 weeks

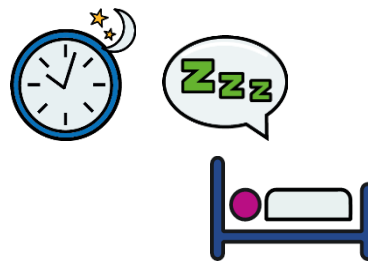


*"Being in a group environment makes me feel less alone. All four of us always leave in a great mood!"*

*"This course has enabled me to recognise unhelpful behaviours and patterns that can create my anxiety and worsen my ability to manage it"*

*" This course helped me to become less self-critical and more at ease with my mental health".*

# 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.

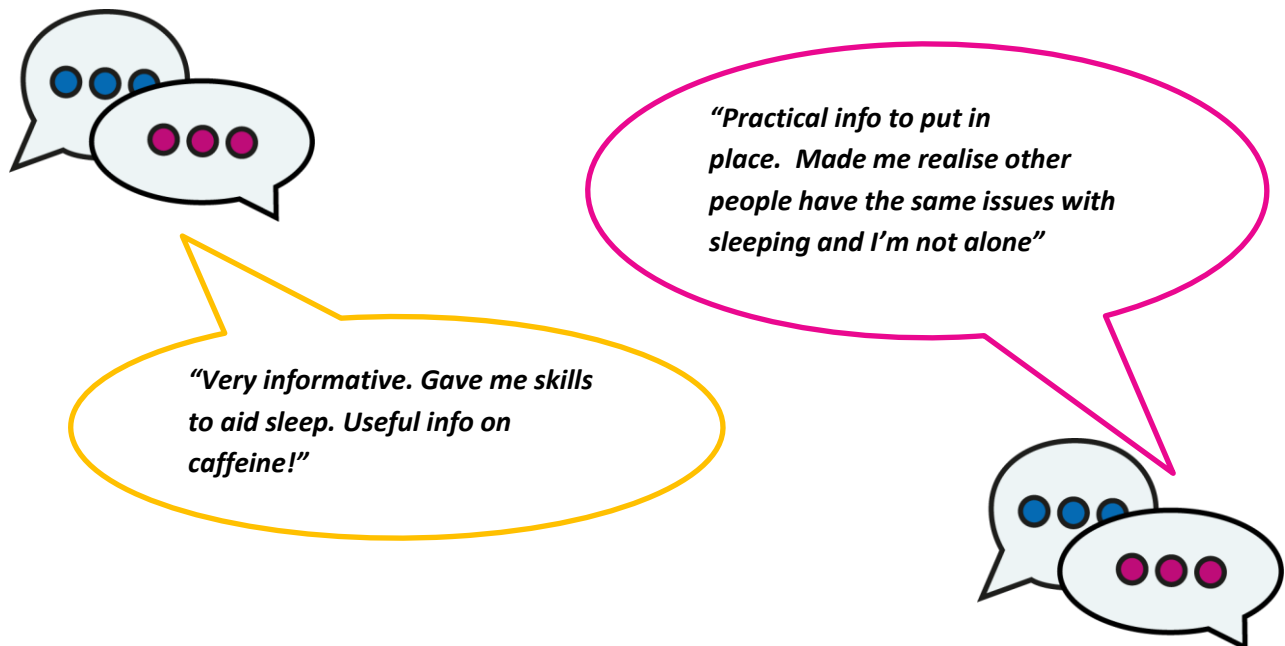
Using a range of techniques and sleep tools, this course will support you to evaluate your sleep routine and look at some of the key principles of sleep theory. Each session will provide you with information on how to develop healthier habits to improve your sleep routine.

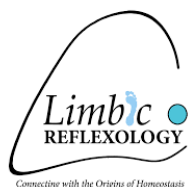
## Term 3

Helpful Habits for Sleep	Tues	04 Jan 2022	1-3pm	4 weeks
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## Term 4

Helpful Habits for Sleep	Mon	28 Feb 2022	10-12 Noon	4 weeks
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## 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 five treatments, (any break affects the outcome) you can access treatment here at the Recovery College.

### Term 3

Limbic Reflexology	Thurs	24 Feb 2022	09:30-10:15am	6 weeks
			10:30-11:15am	6 weeks
			11:30-12:15pm	6 weeks



## 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).

### Term 3

Managing Depression	Tues	04 Jan 2022	10-12 Noon	6 weeks
Managing Depression	Mon	10 Jan 2022	1-3pm	6 weeks

### Term 4

Managing Depression	Mon	28 Feb 2022	1-3pm	6 weeks
Managing Depression	Weds	02 March 2022	10-12	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.

Pre course meeting for **January 2022** course will be held on **Thursday 06 January at 1-2pm**. ***Please note that you must attend this before enrolling on the full course below.***

### Term 3

Renew You Course	Mon	10 January 2022	1-3pm	6 weeks
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## WRAP – Wellness Recovery Action Planning

**WRAP** is a **self-designed** prevention and wellness tool that anyone can use to support and empower getting well and staying well.

It was developed by a group of people who had been dealing with difficult feelings and behaviours for many years. These people wanted to work towards feeling better and devised a plan to help them to take control of their wellness. This course aims to guide you through each section of the Wellness Recovery Action Plan, to support you with producing and completing your own. Please note, the readiness to take personal responsibility for how you look after you, is an essential prerequisite for this course.

### Term 3

WRAP	Friday	28 January 2022	10-12 Noon	8 weeks
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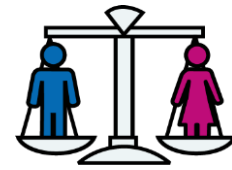


# Moving Forward

## Citizen Workshops – preparing to volunteer or work



### Equality & Diversity



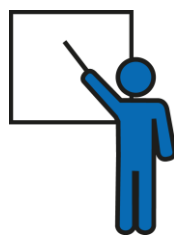
For most of us, treating people equally and appreciating individual differences is the basis of being a good citizen. This introductory session explores what equality and diversity means, the barriers that can prevent quality from being realised and the legislation and organisational policies that uphold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

#### Term 3

Equality & Diversity	Mon	10 Jan 2022	10-1pm	1 week, 3hrs
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### Facilitation Skills



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.

There is an expectation for volunteers who complete this course to co-facilitate with the Recovery College.

#### Term 3

Facilitation Skills	Fri	7 Jan 2022	10-1pm	6 weeks
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## Health & Safety Workshop

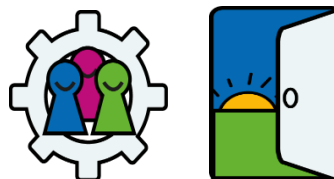


This introductory session provides a practical summary of health and safety, welfare and environmental issues you may face within your voluntary or working role. We will identify our responsibilities and what should be done if people's health and safety is put at risk.

### Term 4

H&S workshop	Fri	18 March	10-1pm	1 wk, 3hrs
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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?

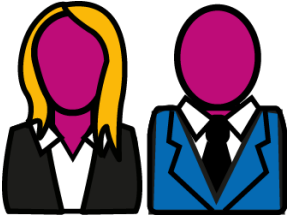
By exploring these areas, it is hoped that you will be able to reflect on whether you are ready for volunteering in terms of: your own wellbeing, able to take on the responsibility of this important role and share a willingness to empower learners to meet their own goals.

### Term 3

Intro to Volunteering	Mon	1 Feb 2022	1-3pm	1 week
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### Term 4

Intro to Volunteering	Fri	04 March 2022	10-12 Noon	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.

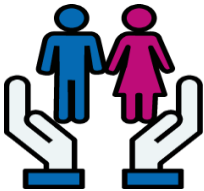
### Term 3

Professionalism	Tues	08 Feb 2022	1-4pm	1 week
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*"It's the first step to getting*

*"This course has taught me the dimensions of professionalism and what it means to uphold them. I now feel more confident in my volunteer role".*



## 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

### Dates/Times

#### Term 3

Safeguarding	Fri	07 Jan 2022	10-1pm	1 week
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# Discover your Interests



## Digital Resilience



Digital skills are becoming even more essential, as more services move online. You may be a complete beginner or already using a digital device, but lacking confidence in certain areas. This six-week course will take you through the basics of accessing the internet, filling in online forms, shopping and banking safely online, emailing and sending attachments (including recognising scams), video calling, accessing public services online, including health services and general tips for staying safe when using the internet.

### Dates/Times

#### Term 3

Digital Resilience	Thurs	06 Jan 2022	1-3pm	6 weeks
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#### Term 4

Digital Resilience	Thurs	03 March 2022	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 wellbeing tool kit.

#### Term 3

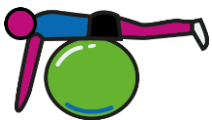
QDOS	Tues	04 Jan 2022	10-12 Noon	4 weeks
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## Physical Activity

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.



## Introduction to exercise, the gym and your wellbeing



This newly developed course is designed to get you moving and exercising more. It's twice weekly, each session lasting two hours and will incorporate:-

- Nutrition workshop
- Anatomy and physiology workshop
- Home exercise techniques

After your induction, you'll receive a bespoke exercise plan which is regularly reviewed. You'll be taught how to perform exercises safely and correctly whilst moving more, getting fitter and gaining knowledge of how diet and your body works. **January dates coming soon!**



## 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)



## Cycling

**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.

Bikes available for riders but please, where possible, bring your own helmet and water bottle. **Booking is ESSENTIAL!**



## Netball

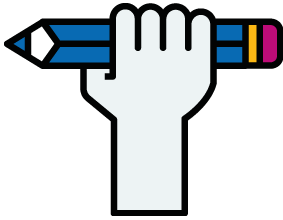
High impact training sessions FOR ALL abilities. Fun, friendly and welcoming sessions suitable for all ages and ability.

**For more info contact Hannah Burton:-**  
**email: [hannah.burton@swyt.nhs.uk](mailto:hannah.burton@swyt.nhs.uk)**  
**or phone: 07917650091**

# College COVID Rules

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. Unfortunately we can no longer offer any hot drinks or vending facilities. However, you are able to bring your own drink to the college as long as you take your waste home with you.
15. You will be expected to remain in the classroom for the duration of your course unless you require using the toilet.
16. Can all previous learners ensure we have up-to-date contact information?
17. 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.
18. 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 **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.**



## 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 [www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk) enrol online as you usually would for Barnsley.

### ***'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.nhs.uk](http://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 23<sup>rd</sup> 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. Buses 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](http://www.barnsleyrecoverycollege.nhs.uk)**



**The Exchange Recovery College Barnsley**



**[Barnsley.Recoverycollege@swyt.nhs.uk](mailto:Barnsley.Recoverycollege@swyt.nhs.uk)**



**33 Gawber Road, Barnsley, S75 2AH**



**[@the\\_barnsley](https://twitter.com/the_barnsley)**



**[exchangerecoverycollege\\_1](https://www.instagram.com/exchangerecoverycollege_1)**

