

**The Exchange**  
**Recovery College**  
**P r o s p e c t u s**



**Jan-April 2023**



# 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 have said about us....

*"The house has a very soothing atmosphere"*

*"This course helped my self-confidence greatly and made me able to look to the future with much HOPE"*

*"Directly because of this course, I applied for my dream job and GOT IT!"*

*"The College has made such an impact on my life and the way I think and act. Thank you so very much!"*

*"Thank you for giving me a second chance"*



### Term 3

Tues 03 Jan - Fri 10 Feb – 6 weeks

Spring Half Term Mon 13 Feb– Friday 17 Feb - 1 Week

### Term 4

Mon 20 Feb – 31 March - 7 weeks

Easter Monday 3 April – Friday 14 April – 2 weeks

## Course and Workshop Index

Understanding my mental health & wellbeing	Page
Coping with Panic	4
Feel the Fear	4
Assertiveness, Confidence & Communication	5
Renew You	5
Managing Depression	6
WRAP – Wellness Recovery Action Planning	6
Helpful Habits for Sleep	7
Men's Health	7
For Those That Give Too Much	8
<b>Moving forward – Citizen Workshops</b>	
Facilitation Skills	9
Introduction to Volunteering	9
Feel Well, Work Well - Big Ambitions	10
Professionalism – Citizen Workshop	10
Safeguarding – Citizen Workshop	10
<b>Interests for Wellbeing</b>	
Scrapbooking	11
Painting Drawing & Felting – WEA	11
Make do & Mend – build your confidence with sewing	11
Managing Stress through Creative Writing	12
Digital Resilience	12
Physical Activity - Introduction to exercise, the gym and your wellbeing	13
<b>College Information</b>	
How do I enrol / College expectations	14
Frequently Asked Questions	15-16
How to find us / getting in touch	17-19

# Courses & Workshops

## Understanding my mental health & wellbeing



### Coping with Panic Workshop

This new three-hour workshop aims to help develop self-help tools and coping techniques to manage panic and anxiety attacks.

This will involve looking at:-

- **Understanding** what panic and anxiety attacks are, and why we can sometimes get stuck having them.
- **Recognising** what panic looks like for you.
- **Learning** about coping strategies and self-help techniques.

**Dates will be released in the New Year!**



### 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	Mon	09 Jan 2023	10-12 Noon	5 weeks
Feel the Fear	Mon	09 Jan 2023	1-3pm	5 weeks

#### Term 4

Feel the Fear	Mon	20 Feb 2023	10-12 Noon	5 weeks
Feel the Fear	Mon	20 Feb 2023	1-3pm	5 weeks



## 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.

What one of our learners said about this course:-

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

### Term 3

Confidence & Assertiveness	Weds	04 Jan 2023	10 – 12 noon	6 weeks
Confidence & Assertiveness	Thurs	05 Jan 2023	1 – 3 pm	6 weeks

### Term 4

Confidence & Assertiveness	Tues	21 Feb 2023	10 – 12 noon	6 weeks
Confidence & Assertiveness	Fri	24 Feb 2023	10 – 12 noon	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 February's course will be held on **Wednesday 4 Jan 2023 1–2 pm**. ***Please note that you must attend this before enrolling on the full course below.***

### Term 3

Renew You	Weds	11 January 2023	1–3 pm	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	03 Jan 2023	1 – 3 pm	6 weeks
Managing Depression	Weds	04 Jan 2023	10-12 Noon	6 weeks
Managing Depression	Weds	04 Jan 2023	1-3pm	6 weeks

## Term 4

Managing Depression	Tues	21 Feb 2023	10-12 Noon	6 weeks
Managing Depression	Weds	22 Feb 2023	10–12 noon	6 weeks
Managing Depression	Weds	22 Feb 2023	1-3pm	6 weeks



## WRAP - Wellness Recovery Action Planning



Wellness Recovery Action Planning is a self-management recovery system designed to decrease symptoms, increase personal responsibility, and improve quality of life. There is only one person who can write your WRAP – You!

You'll be required to attend a pre-course meeting before booking onto this course as your readiness and commitment to attend each session is essential.

Pre course meeting for January's course will be held on **Tuesday 3 January 2023 at 1-3pm**. *Please note that you must attend this before enrolling on the full course below.*

## Term 3

WRAP	Tues	10 January 2023	1-3pm	11 weeks
------	------	-----------------	-------	----------



## 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	Thurs	05 Jan 2023	1-3pm	4 weeks
Helpful Habits for Sleep	Mon	09 Jan 2023	10-12 Noon	4 weeks

### Term 4

Helpful Habits for Sleep	Thurs	23 Feb 2023	1-3pm	4 weeks
Helpful Habits for Sleep	Fri	03 Mar 2023	10-12 Noon	4 weeks



## Men's Health

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 3

Men's Health	Fri	06 Jan 2023	1-3pm	3 weeks
Men's Health	Fri	24 Feb 2023	1-3 pm	3 weeks



## For Those That Give Too Much

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.

### Helpful Hint!

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

### Term 3

For those that give too much	Fri	20 Jan 2023	10-1pm	1 week
------------------------------	-----	-------------	--------	--------

## Recovery Skills Training Course (RSTC) – Family & Friends Team

**Are you currently in a caring role? Do you need help looking after your own wellbeing?**

This seven-week interactive course will help you to develop new skills focusing on your own mental health and wellbeing and will give you the tools you need to look after yourself.

Modules include:

- Improving self-care
- Dealing with feelings
- Changing unhelpful thinking
- Concluding with putting it all together

It's important you attend the taster session to learn more about what the course entails and level of commitment needed.

Here's one of our learner's testimonies that has recently completed the course:-

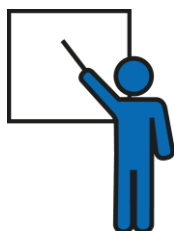
*"I was hesitant at first to attend RSTC as I didn't feel I needed to I thought I was coping; however, I am so pleased I went ahead. The course has really helped me to identify areas in my life I was neglecting. I quickly realised as the course went on, I wasn't caring for my own needs, and I needed to take more care of myself to enable me to be healthy and strong enough to care for others. If anyone is thinking about attending this course and are feeling reluctant or apprehensive about it, I would highly recommend you do. I have felt so much better and I have continued to work on practising the techniques they have given me to cope with things, on both a personal and a practical level"*

***Dates will be released in the New Year!***



# Moving Forward

## 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	06 Jan 2023	10-12pm	6 weeks
---------------------	-----	-------------	---------	---------



## 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 2

Intro to Volunteering	Mon	09 Jan 2023	1-3pm	1 week
Intro to Volunteering	Mon	20 Feb 2023	10-12 Noon	1 week



**Feel well, work well  
Big Ambitions**



**That's right, we can help you get a JOB!**

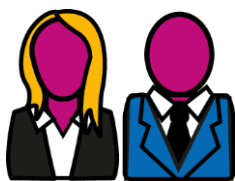
This seven-week programme is designed to help you find a job, faster, easier and pressure free, no matter what barriers you have. We can help you with finding and applying for jobs, providing support for your mental health and your own personal development.

Our Advisors will work with you, at your own pace, to build your confidence self-esteem and motivation. We also cover stress, how to combat the effects of stress and help you develop techniques.

To qualify for this free course, you must be unemployed, not in education and live in Barnsley.

These sessions will be held at the Recovery College, so you'll need to enrol through us as normal, but if you require any further information about the course please contact Big Ambitions on: 01226 339300 / 07394 558729 [enquiries@bigambitions.org.uk](mailto:enquiries@bigambitions.org.uk)

Socials(Facebook/Twitter/Instagram/Linkedin): @BigAmbitionsCIC



## Professionalism

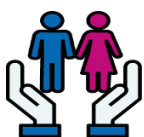


Professionalism describes the skills, qualities and competencies that are expected of all of us in our paid or voluntary roles. In this workshop we focus on the behaviours that we need to demonstrate.

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

### Term 3

Professionalism	Tues	10 Jan 2023	10-12 Noon	1 week
-----------------	------	-------------	------------	--------



## 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

### Term 3

Safeguarding	Fri	3 February 2023	10–1pm	1 week
--------------	-----	-----------------	--------	--------

# Interests for Wellbeing



## Scrapbooking for Wellbeing

This 3-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 3

Scrapbooking	Thurs	16 March 2023	1-3pm	3 weeks
--------------	-------	---------------	-------	---------



## Painting & Drawing with Ruth - WEA

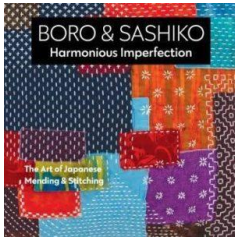
### Painting & Drawing for Wellbeing

WEA are back doing their creative thing at the College for old and new learners!

Come and enjoy painting and drawing creative sessions with the brilliant Ruth Waterworth. This course runs for 10 weeks with half term in between sessions.

### Term 3

Painting & Drawing	Weds	4 Jan 2023	10-12 Noon	10 weeks
--------------------	------	------------	------------	----------



## Make do and Mend Build your confidence with Sewing



Learn how to sew and even bring in your own repairs or make something more useful out of old clothing! We'll learn you the technique of Japanese Boro and Sashiko hand sewing and the history behind it.

All equipment/materials will be provided and it's free for those who qualify as its means tested.



## Managing Stress and Anxiety through Creative Writing



Come and enjoy sharing your ideas around creative writing building short stories and characters in a friendly group.



## 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.

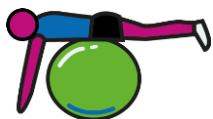
**Dates coming  
soon!**



## 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 for each learner, each session lasting one hour and will incorporate:-

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

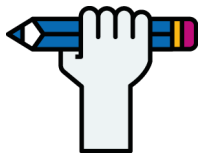
After your induction, you'll receive a bespoke exercise plan which is regularly reviewed. You'll be taught how to perform exercises safely and correctly whilst moving more, getting fitter and gaining knowledge of how diet and your body works.

### Mixed Gym – Mon & Wed's (attendance twice per week) - Terms 3 & 4

<b>Mixed Gym</b>	Mon (except Bank Hol Mon 3)	4 Jan 2023	10-12 & 1-3pm	12 weeks
	Weds	5 Jan 2023	10-12 & 1-3pm	12 weeks

### Ladies Gym – Tues & Thurs (attendance twice per week) Terms 3 & 4

<b>Ladies</b>	Tues	3 Jan 2023	1:30-3:30	12 weeks
	Thurs	5 Jan 2023	1:30-2:30	12 weeks



## 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**, 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.

**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.

***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. 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.**

## 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. While you are in your classroom, we require you to keep 1m social distanced. Face masks aren't required in classrooms now, but you are required to wear one when moving around the building including in corridors, offices and communal spaces.
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  
[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.

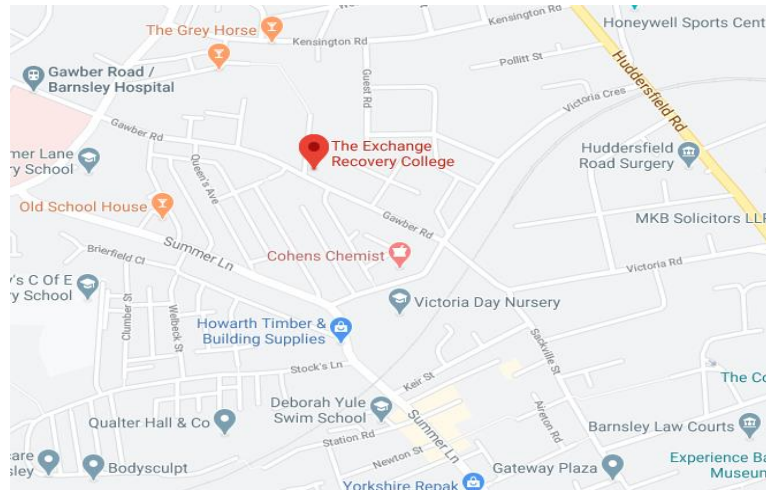
***‘Where can I find additional information?’***

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. Busses may fill up quicker due to distancing restrictions so please let us know if you're not going to make it on time.

## On Foot

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

## By Car

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

## Parking

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

# What you're looking out for

## Our entrance gate.....



## Path to entrance.....



## Entrance door to your right .....



## Welcome! Reception Hall.....





## 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](http://www.barnsleyrecoverycollege.nhs.uk) or scan our QR code:-

