

Dear Student,

We would like to make you aware of availability we have on some of our courses due to run throughout February 2023 -

Building Self Esteem 1st February 10am – 12pm Online via Microsoft Teams

Many of us struggle with self-esteem issues and self-confidence daily. This can hold us back and keep us stuck in a very isolated place. We tend to take our self-worth from others and their opinion of us instead of believing in our own value and worth as a unique individual. Please join us where we can all learn and develop skills and knowledge. You will be involved in conversations where you will feel comfortable in the course to understand how important it is to value yourself and not let judgement of others hold us back.

Living with Schizophrenia 1st February 2pm – 3:30pm Online via Microsoft Teams

Despite an estimated 1 in 100 experiencing the disorder called schizophrenia it is still misunderstood and surrounded by stigma. Through this course we will explore the definitions, the different impacts it may have and challenge the stigma around it. This course will address the experience of Living with Schizophrenia, causes, treatments and how to prevent relapse. It will be discussed from lived and educational perspectives.

Volunteering, Wellbeing and Me 2nd February 2023 2pm – 4:30pm Face to face @ Belfast Recovery College

Have you ever wondered about volunteering? This course helps you develop the confidence and knowledge of how & where to start. You will learn all about the different types of volunteering there are, explore the benefits of volunteering for you personally, and for the wider world around you. You will see how volunteering can boost and support your overall wellbeing and provide you with the chance to give back and connect more to your local community. You'll be amazed to discover the huge variety of roles that there are available, and you'll discover how to find roles that suit your abilities & interests, and roles that can help you learn new skills too! This practical, fun, and interactive course has been designed with input from Belfast Recovery College, Volunteer Now, and the Volunteering Department in the Belfast HSC Trust, and it will guide you through the process of finding & securing rewarding volunteering opportunities for yourself. Come along and learn how to put your time, effort and unique talents into a role that supports everyone!

Compassionate Journaling 2nd, 9th & 16th February 2023 10am – 12pm Face to face @ Belfast Recovery College

This is a 3 week course where you will learn various styles of journaling to help you engage with your wellbeing. Focusing on how a journal can be as unique as you are with some simple tips along the way, such as habit tracking and medication and mood trackers. This course provides creativity and structure to your journaling styles.

Getting the Most From Your Appointments 3rd February 2023 1pm – 3pm Face to face @ Belfast Recovery College

This course will enable service users, carers and practitioners to effectively prepare for and manage appointments, both face to face and virtual, including the before, during and after stages of an appointment process and to gain the knowledge of what may contribute or hinder effective appointments. The webinar will also explore such areas anxiety, confidence and assertiveness and how these can impact the success of appointments.

Self Directed Support 7th February 2023 10am – 1pm Face to face @ Belfast Recovery College

Self-directed support (SDS) is the new way the Trusts will be providing Social Services. This workshop will give you information about the range of options available to you such as direct payments, a managed budget, the Trust choosing and arranging a service on your behalf or a mixture of all three. Come along and learn from those who already use SDS.

Living with Self Harm 9th February 2023 10am – 1pm Online via Microsoft Teams

This course aims to raise awareness and increase better understanding of self-harm. This training course aims to raise awareness and increase better understanding of self-harm. This training will specifically consider myths and misconceptions around self-harm, explore the idea of self-harm as a communication of thoughts and feelings and what can be helpful to those who self-harm. The course will also look at the motivation for changing self-harming behaviours including developing alternative coping strategies.

Embedding Recovery in day to day lives 9th February 2023 2pm – 3pm @ Belfast Recovery College

Recovery is something worked towards and experienced by the person with mental illness. It is not something services can do to the person. The contribution of staff is to support the person in their journey towards recovery. This journey towards recovery is individual and the best way of supporting an individual's recovery varies from person to person. This course looks at how day-to-day decisions can impact on recovery and what each person can do for their own recovery and how to support others to do the same

Introduction to Psychological Therapies 10th February 2023 2:30pm – 4pm @ Belfast Recovery College

Different styles of therapy can suit different individuals, situations and times, so further information may help to make the best choice. Staff who attend may want a better understanding of psychological therapies for themselves, or to help when considering a referral to psychological therapies for someone they are working with

Music and Wellbeing 13th – 27th February 2023 2pm – 4:30pm @ Belfast Recovery College

Studies on mood and music reports suggest that music and wellbeing programmes can be designed to achieve goals such as managing stress, enhancing memory, and alleviating pain. Music helps us engage with our emotions, it helps with our memories, reunites, and creates neural connections in our brains. Music has the power to draw our attention away from adversities which in turn gives us hope.

Movement and Mood 16th February 2023 2pm – 3:30pm @ Belfast Recovery College

We are all told to exercise daily, but why? This course aims to explore the positive effects of physical activity on your mental well-being. The course will provide information on incorporating movement into your daily routine and provide sign posting on how to get yourself involved in physical activity both in your own home and in the community. This course is informative, interactive and we look forward to seeing you there!

Developing Friendships & Social Supports 17th February 2023 1pm – 4pm @ Belfast Recovery College

A social support network is made up of friends, family and peers. It is uplifting to know that people are around if needed for a phone call or a cup of coffee. Having a support network gives you a sense of belonging. This course will help you to consider how to build or improve your support network and relationships

ESA & Universal Credit 20th February 2023 10am – 12pm @ Belfast Recovery College

Are you or someone you care for in receipt of Employment Support Allowance? Have you claimed this benefit and been turned down? Are you considering a claim for this benefit? Are you aware of what Universal Credit involves? Do you know how it will affect Employment Support Allowance? If you have answered yes to any of these questions and you would like to know more about these benefits then this course is for you. This course will explain the criteria of entitlement to these benefits, the process for claiming and the appeals process if you are turned down. It will also outline the support that is available from advice services.

Discover the Recovery College 21st February 2023 2pm – 3:30pm @ Belfast Recovery College

Have you heard of the Recovery College? Why not come along to our Discover The Recovery College taster session, to find out about all the free wellbeing and mental health education courses which are open to everyone in Belfast and beyond. You will learn all about who we are and what we do. Mental health can impact on us all so maintaining wellness to live well is key for us all. In this session you will have the opportunity to hear real life stories of how others have used the Recovery College to help them in their recovery journey. Peer Educators will be there on hand to help explain the range of short courses, how they may be helpful to you and help you choose what is right for you. Don't worry about filling in enrolment forms as we can help with all of this. The session like all our courses are informal. So please come along and bring along a friend

Disclosing your Mental Health 22nd February 2023 2pm – 3:30pm Online via Microsoft Teams

Deciding whether to tell your employer about your mental health can be difficult. This useful practical course is a guide to advocating for yourself in the workplace. It makes you aware of your rights and responsibilities, weigh up the pros and cons and help you decide the right course of action for you.

For more information or if you would like to attend a course, please drop us an email at RecoveryCollege@belfasttrust.hscni.net or give us a call on 02895 043059.

We understand attending new courses can be daunting, therefore we would like to offer you help or support. If you require any support or would like to speak to one of our peers who can talk you through the course aims, objectives and content please do not hesitate to contact us. Either drop us an email, or give us a call using the above contact details.

Please feel free to forward this information, to family members, friends, neighbours and colleagues. Everyone is welcome.

If you have any queries, please do not hesitate to contact us.



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