



Belfast Recovery College

HOPE, CONTROL AND OPPORTUNITY

PROSPECTUS

November 2023 - January 2024

Address: Recovery College, Lanyon Building, 10 North Derby Street
Belfast BT15 5HL

Tel. Number: 028 9504 3059

Email Address: RecoveryCollege@belfasttrust.hscni.net

Visit our Website



Enrol Here



WELCOME TO THE BELFAST RECOVERY COLLEGE COURSE PROGRAMME

The Belfast Recovery College warmly welcomes you to enrol for our free wellbeing and mental health programme. We have a range of face to face courses and webinars available. All face to face courses will be held in the Recovery College, Lanyon Building, 10 North Derby Street Belfast BT15 5HL.

Our education classes are open to everyone in the community of Belfast.

For our courses all you have to do is enrol! Follow the easy steps to enrol below.

- 1** Request an enrolment form by:
Telephone: 028 95043059
Email: RecoveryCollege@belfasttrust.hscni.net
Or QR Code below.
- 2** Once you have completed the Enrolment Form and returned it, you will be a student of the Recovery College.
- 3** Notify us of the courses you wish to enrol on:
Telephone: 028 95043059
E-mail: RecoveryCollege@belfasttrust.hscni.net
- 4** We will send course reminders for both face to face and online.
If you are unable to attend, please let us know.

ATTENDING OUR WEBINARS



We recommend accessing our webinars on a PC, Laptop or Mac computer. It may be possible to access our webinars on other devices but we cannot be sure they are compatible with all devices, especially older or less powerful devices.

Here at the Belfast Recovery College we use Microsoft Teams to deliver our webinars. The Belfast HSC Trust are making you aware that if you wish to participate in Recovery College Education classes via Webinars and have a personal Microsoft Teams Account or an organisational Microsoft Teams Account your email address may be visible to the other students during the course you are attending.

We would also like to make you aware if you choose to participate in the chat box during the course a record of the chat **will be retained in Teams chat history** which could be viewed by the students registered to attend that course. During the course and up to 5 minutes at the end of the course, you will have the option to delete any messages.



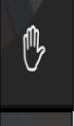
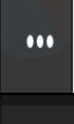


If you receive confirmation that you have reserved a space on one of our webinars an invitation to join the webinar will be sent to your registered email address the day before the course is due to run. In this email a step by step guide will be included explaining how to open an "In Private" or "Inognito" web browser to ensure your email address is not visible to the other student participating in the course and also guidance on how to delete any messages you share.

We understand attending new courses can be daunting, therefore we would like to offer you 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 by email at RecoveryCollege@belfasttrust.hscni.net or give us a call on [02895 043059](tel:02895043059).

Please note by enrolling for a course including an on-line application you are consenting to the terms of how the classes operate in the Belfast Recovery College.



Guidance for MS teams

-  ➤ For a better learning experience you can choose to turn on camera ,its your choice, you can change your background before you join by applying background effects.
-  ➤ Mute yourself when you are not speaking to eliminate any background noises during the session.
-  ➤ Please use the 'hand' icon to indicate that you have something to ask/ share with the group. (if you are unable to see a hand icon press the 3 dots as the option may be hidden on different devices)
-  ➤ We encourage you to change your background, you can also apply this in the 3 dots
-  ➤ You can type or follow Comments/Questions in chat function which is visible to everyone, respect confidentiality.
-  ➤ Ensure you press the end call button at the end of the course/video call(not during a break).
- Disclaimer:

Please note any information shared in the Q&A/ chat facility may be viewed by others. Facilitators are not responsible for individual participants throughout the webinar.

Programme

The Belfast Recovery College runs a hybrid approach with all courses. Please ensure you are booking onto the correct course (face to face or Webinar)

Course	Course Description	Date	Venue
Movie Club	Its movie time at the Belfast Recovery College! Take a movie journey with Belfast Recovery College (films rated PG and above). This club is an opportunity to make new friends and connections with others and enjoy a bit of craic. We've got a wide range of movies being shown for all tastes. So enjoy a great time with fellow cinema lovers. There will be a movie showing every month. The group can bring ideas for the movie of the month. Feel free to bring your popcorn.	26 th January 2024 1pm	Belfast Recovery College Belfast Recovery College Belfast Recovery College
Book Club	We warmly welcome you to join the Recovery College Book Club who will meet every month. The aim of the group is to celebrate the pleasure of a good book, share thoughts and ideas, and meet. There is no fee to join and the coffee is free. The group can give ideas to select the Book of the Month and will include all types of books from thrillers, comedy, self-development, classics and well-being. Group members will have the choice to get the book of the month from the local library either as an eBook or hard copy or audiobook or purchase it themselves. So come along - the craic is mighty!	1 st December 2023 11am - 1pm 12 th January 2024 11am - 1pm	Belfast Recovery College Belfast Recovery College
Introduction to Psychological Therapies	Different styles of therapy can suit different individuals, situations and times, so further information may help to make the best choice. Staff	1 st December 2023 2pm - 3:30pm	Online via Microsoft Teams

	<p>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.</p>		
<p>Employment Support Allowance (ESA) & Universal Credit</p>	<p>Are you or someone you care for in receipt of ESA? 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.</p>	<p>4th December 2023 2pm - 4pm</p>	<p>Online via Microsoft Teams</p>
<p>Living with Depression</p>	<p>This course explores the topic of depression, a common mental health condition that can affect people of all ages. It looks at the signs and common symptoms of depression as well as the different types that people can experience. We aim to dispel some of the myths around depression and stigma associated with it. Depression can often make you feel helpless. The course helps to make you aware of tools to help you take action and feel more in control which will have a positive effect and make a difference. So, the course looks at developing your understanding of living with depression and the many things that you can do to help you identify signs and manage your symptoms. The aim is to increase your knowledge of the wide range of treatments, services and lifestyle</p>	<p>5th December 2023 10am - 3pm</p> <p>16th January 2024 10am - 1pm</p>	<p>Belfast Recovery College</p> <p>Online via Microsoft Teams</p>

	opportunities that are available and how to find further help and support.		
Embedding Hope & Recovery in Day to Day Lives	We all have hopes and dreams and sometimes life can get in the way of making these dreams a reality. When you have been diagnosed with a mental health condition the impact can be overwhelming for you and a loved one. Too often people think they will not fulfil their hopes, ambitions or aspirations. This course gives the opportunity to explore the concept of recovery in our day to day lives as it unique to them. It will provide space for you to reflect on what might help you grow beyond what has happened and take a step on your recovery journey to rebuild a satisfying, valued and purposeful life. The course can also help us think about embedding hope in our lives and learn about opportunities available to us that can assist us in making that that step to living well with or without the symptoms of mental ill health.	6 th December 2023 10am - 11:30am	Online via Microsoft Teams
Living with Anxiety	This course will help you develop an understanding of what anxiety is, why we experience it, and how it may affect us. We also explore practical strategies to manage anxiety, including basic cognitive behavioural and relaxation techniques. If you or someone you know struggles with anxiety or panic, including as a result of the Covid-19 pandemic, this course may be useful for you.	12 th December 2023 1pm - 3:30pm 9 th January 2024 10am - 1pm	Online via Microsoft Teams Belfast Recovery College
Money Management	Managing your money can be challenging, especially in an environment where the cost of living is rising daily. It is often a source of worry for many people. This short course will explore strategies that we can all employ on a daily basis to help us manage our money more effectively. The course will look at the benefits of budget planning, and show	14 th December 2023 2pm - 3:30pm	Online via Microsoft Teams

	<p>students how to compile a budget. The course will be interactive, and will aim to empower and enable students to consider different strategies that will improve their ability to manage money and find ways to avail of resources in the community.</p>		
Understanding Gratitude	<p>Gratitude can be a powerful thought or feeling. In this course you will develop a greater understanding of gratitude and learn practical tips that you can use on a daily basis to bring about an attitude of gratitude in your life. In this practical course we will share how gratitude can have a positive effect on your mental health, happiness and wellbeing.</p>	<p>14th December 2023 10am - 11:30am</p>	<p>Online via Microsoft Teams</p>
Peer Support Worker Awareness Session	<p>Are you interested in learning more about a peer support worker role in mental health services? You may be interested in applying to become a peer support worker when jobs are advertised but would like to find out more about this type of role first. This 1.5hr session will explore what the role of a peer support worker is, the application process and give an opportunity to explore whether or not you may be ready for the job role. You will also look at what you can do to develop the training and experience you may need. You can also decide if this role is for you. The session will be of interest to those applying for job opportunities advertised for full-time, part-time within the Belfast HSC Trust. The Recovery College prospectus also provides Job Skills and IT for the Terrified courses which are aimed at developing skills in completing job applications including on-line and preparation for interviews.</p>	<p>5th January 2024 10am - 11:30am</p>	<p>Belfast Recovery College</p>
Peer Educator Role Awareness Session	<p>Are you interested in learning more about a peer educator role in the</p>	<p>5th January 2024 12pm - 1:30pm</p>	<p>Belfast Recovery College</p>

	<p>Belfast Trust Recovery College in mental health services? You may be interested in applying to become a peer educator when jobs are advertised but would like to find out more about this type of role first. This 1.5hr session will explore what the role of a peer educator is, the application process and give an opportunity to explore whether or not you may be ready for the job role. You will also look at what you can do to develop the training and experience you may need. You can also decide if this role is for you. The session will be of interest to those applying for job opportunities advertised for full-time, part-time or Bank roles in the Belfast HSC Trust. The Recovery College prospectus also provides Job Skills and IT for the Terrified courses which are aimed at developing skills in completing job applications including on-line and preparation for interviews.</p>		
<p>Personal Independence Payments (PIP)</p>	<p>This course is co-produced in partnership with the East Belfast Independent Advice Centre (EBIAC). Do you think that you might have an entitlement to PIPS? PIPS is a payment for those who live with disabilities. There have been many changes to benefits in recent years. This interactive up-to-date workshop will explain the criteria of entitlement to this benefit, 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.</p>	<p>8th January 2024 2pm - 4pm</p>	<p><i>Belfast Recovery College</i></p>
<p>Disclosing Your Mental Health</p>	<p>Deciding whether to tell your employer about your mental health</p>	<p>9th January 2024</p>	<p><i>Online via Microsoft Teams</i></p>

	can be a difficult choice and a dilemma for some people. This useful practical course is a guide to advocating for yourself in the workplace. It makes you aware of your rights and responsibilities, as well as weighing up the pros and cons to help you decide the right course of action for you.	2pm - 3:30pm	
Return to Work with Care	Are you considering returning to the world of work or volunteering? Have you taken an absence from work because of mental illness or considering a new job? Or, are you in the role of manager and looking for more information? The course includes things to consider before looking for employment, benefits of work, choosing your career, gaining qualifications, volunteering, your rights and what supports are needed to maintain wellness in work.	11 th January 2023 10am - 11:30am	Belfast Recovery College Online via Microsoft Teams
Discover the Recovery College - a Taster Session	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. 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.	15 th January 2024 10am - 11:30am	Belfast Recovery College

<p>Music & Wellbeing</p>	<p>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. (3 week course-1 day per week all 3 sessions must be attended)</p>	<p>15th, 22nd & 29th January 2024 1.30pm-4.30pm</p>	<p><i>Belfast Recovery College</i></p>
<p>Compassion Fatigue</p>	<p>Compassion fatigue is an emotional and physical burden created by the impact of helping others in distress, which, left unrecognised, can lead to a reduced capacity for empathy towards suffering in the future. This is especially common in carers and front line workers, however, we are all vulnerable. This short course will raise your awareness of the cause, symptoms and stages in Compassion Fatigue, highlighting self-management strategies that can be employed to maintain wellness.</p>	<p>16th January 2024 2pm - 4:30pm</p>	<p><i>Belfast Recovery College</i></p>
<p>Living with Bipolar</p>	<p>Bipolar Affective Disorder is not just about experiencing the ups and downs of everyday life. It's about experiencing extreme highs and lows that seems to take on a life of their own, independent of events around you. This course will discuss the experience of living with Bi-Polar for students; its causes, triggers, treatment options and ways of preventing relapse. The aim is to help students to deal with the impact of</p>	<p>17th January 2024 2pm - 4pm</p>	<p><i>Online via Microsoft Teams</i></p>

	this disorder on one's daily life.		
Living with Self Harm	This course aims to raise awareness and increase better understanding of self-harm. This training This 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.	18 th January 09.30am-1pm	Belfast Recovery Recovery College
Understanding Medications	Are you or someone you know or help affected by medications for treating mental health issues? Would you like to know more about common side effects and what may help? If you have answered yes, or would simply like to increase your knowledge of this area you are invited to come along to our course on understanding medications.	18 th January 2024 10:30am - 1pm	Online via Microsoft Teams
Living with Psychosis	This course will explore what psychosis is. It will discuss the symptoms and causes of psychosis as well as the range of treatment options available for this mental health condition. Psychosis will be discussed from both a lived experience and an educational perspective. The aim of the session is to gain or revise knowledge and understanding of psychosis, so that participants will reflect and engage positively in an individual's recovery journey.	19 th January 2024 11am-1pm	Belfast Recovery College
My Menopause Matters	Menopause is a major physical, mental and emotional transitional time in a woman's life. Some women find the transition fairly straightforward whilst for others it can be a time of intense emotions,	22 nd January 2024 10am - 1pm	Belfast Recovery College

	<p>physical symptoms and mental challenges. The key message is that no woman experiences the transition the same. It is a unique journey and therefore, a very personal lived experience. This programme aims to provide you with up to date information on the menopause, its signs, symptoms, and ways to manage it. Life does not pause whilst you go through menopause as other life changes occur alongside such as loss, children leaving home and general aging issues. The programme will focus on the physical and mental health aspects of menopause and aims to inform and empower you as you navigate your own very unique menopausal journey. Delivered over one session, in the first half, we define and explain menopause and its features. This will help normalise your reactions and demystify the various interventions available. In the second half of the session, you will learn how the dramatic shift in hormones during menopause can have a huge impact on mental health and well-being. This session will help you understand and manage your psychological and emotional reactions to help live well with the menopause, know that there are things we can do and how to access support. The course is open to everyone as we all need to learn more about this area to give ourselves compassion and give compassion to others.</p>		
<p>Building Self Esteem</p>	<p>Many of us struggle with self-esteem issues and self-confidence daily. This</p>	<p>23rd January 2024</p>	<p><i>Belfast Recovery College</i></p>

	<p>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.</p>	2pm-4pm	
<p>Top tips for looking after yourself</p>	<p>The Top Tips for Looking after yourself programme is co-delivered in partnership with the Belfast Trust Health Improvement Team. It is an interactive workshop to enable and empower students to understand their mental health, manage stress and build resilience. In this practical course you will become more aware of your own stress levels. You will explore skills and self-help strategies to promote and protect your own emotional wellbeing. You will gain an increased awareness and knowledge of support organisations available to individuals within the community.</p>	<p>8th January 2023 10am-1pm</p>	<p><i>Belfast Recovery College</i></p>
<p>Living with Schizophrenia</p>	<p>Despite an estimated 1 in 100 people 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.</p>	<p>24th January 2024 2pm - 4pm</p>	<p><i>Belfast Recovery College</i></p>
<p>Introduction to Self-Care</p>	<p>In today's fast paced world it can be easy to forget about the little things we need to do each day to maintain our wellbeing. This workshop looks at the culture of Self-Care; its values and</p>	<p>24th January 2024 10am-12pm</p>	<p><i>Belfast Recovery College</i></p>

	benefits and suggests ways in which it can be incorporated in your daily life. Students will gain a deeper understanding of why self-care is so important in our lives.		
Job Skills for Everyone	This practical, fun and interactive course will help prepare students for job searching. You may feel overwhelmed at the thought of the application process and nervous at the prospect of an interview. We will cover techniques and tips in writing job applications, interview skills and communication.	25 th January 2024 10am - 12:30pm	<i>Belfast Recovery College</i>
Getting the most out of your appointments	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.	26 th January 2024 11am-1pm	<i>Online via MS Teams</i>

During webinars we encourage all students to turn on their cameras to improve the overall student learning experience.