



Belfast Recovery College

HOPE, CONTROL AND OPPORTUNITY

PROSPECTUS

February – June 2024

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

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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.



**Request an enrolment form by:
Telephone: 028 95043059
Email: RecoveryCollege@belfasttrust.hscni.net
Or QR Code below.**



Once you have completed the Enrolment Form and returned it, you will be a student of the Recovery College.



**Notify us of the courses you wish to enrol on:
Telephone: 028 95043059
E-mail: RecoveryCollege@belfasttrust.hscni.net**



**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
Communication & Assertiveness Skills	Do you ever feel as though your opinions aren't heard, or that people readily dismiss or undermine your views? Maybe you have a habit of handling situations aggressively, lack the confidence to speak up or find it hard to express your needs and wishes. This course aims to help you develop skills to communicate better with others respectfully and with compassion. We will explore appropriate assertiveness techniques to enable students to engage in better conversations and achieve better outcomes for yourself and others.	1 st February 2024 9:30am – 1:30pm 11 th April 2024 9:30am – 1:30pm 5 th June 2024 9:30am – 1:30pm	Belfast Recovery College Belfast Recovery College Belfast Recovery College
IT for the Terrified	Do you feel left behind by computers and the internet? Are you afraid of using computers and smart phones? As the world of the internet expands, not having access to computers and an understanding of the internet can limit our life opportunities. This 3 week course is geared towards complete beginners looking to take their first steps into the world of Information Technology. This course will explain in easy to understand language the basics of IT. We will explore Microsoft Word, E-mail, and Microsoft Teams as well as computer security and keeping yourself safe online. Join us for this gentle introduction to computers.	5 th , 12 th & 19 th February 2023 10am – 12pm You must attend all 3 dates to complete the course	Belfast Recovery College
ESA & Universal Credit	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?	6 th February 2024 10am – 12pm 16 th April 2024 2pm – 4pm	Belfast Recovery College Online via Microsoft Teams

	<p>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>Living with Anxiety</p>	<p>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.</p>	<p>6th February 2024 1pm – 3:30pm</p> <p>5th March 2024 10am – 1pm</p> <p>9th April 2024 1pm – 3:30pm</p> <p>7th May 2024 10am – 1pm</p> <p>4th June 2024 1pm – 3:30pm</p>	<p>Online via Microsoft Teams</p> <p>Belfast Recovery College</p> <p>Online via Microsoft Teams</p> <p>Belfast Recovery College</p> <p>Online via Microsoft Teams</p>
<p>Living with Personality Disorder</p>	<p>If you have heard the term Personality Disorder from a Doctor, Psychiatrist or Community Psychiatric Nurse (CPN) you might be left wondering what it actually means. This workshop is aimed at helping service users, mental health practitioners and carers understand what is meant by “personality disorder”. We will look at some of the myths and misconceptions we might have as well as increasing awareness of the struggles of living with a personality disorder. We also want to give people a chance to learn about some of the treatment options for people who have a diagnosis and how to help someone you know with a personality disorder.</p>	<p>8th February 2024 9:30am – 1pm</p> <p>4th April 2024 10am – 1pm</p> <p>13th June 2024 9:30am – 1pm</p>	<p>Belfast Recovery College</p> <p>Online via Microsoft Teams</p> <p>Belfast Recovery College</p>
<p>Meeting People and Making Friends</p>	<p>Getting the confidence to meet new people can be difficult for anyone. This informal course aims to build your skills and learn tips to help meet new</p>	<p>15th February 2024 10am – 1pm</p>	<p>Belfast Recovery College</p>

	<p>people and make new friends. You will learn some approaches for developing your conversation skills and managing your worries about going into a group for the first time. We will explore opportunities that can help you find people and places in your community to meet that might interest you. Come along and enjoy the craic in a friendly and supportive place.</p>	<p>27th June 2024 10am – 1pm</p>	<p>Belfast Recovery College</p>
<p>Understanding Substance Misuse – an Introductory Course</p>	<p>This introductory course aims to raise awareness and build their knowledge around the area of Substance Misuse / Addictions. The course is open to anyone including service users, carers, health professionals and the community and voluntary sector, families or friends. You do not have to have any knowledge of drugs or alcohol to attend.</p>	<p>21st February 2024 10am – 1pm</p> <p>6th June 2024 10am – 1pm</p>	<p>Belfast Recovery College</p> <p>Belfast Recovery College</p>
<p>Money Management</p>	<p>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 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>	<p>22nd February 2024 10am – 12pm</p>	<p>Belfast Recovery College</p>
<p>Book Club</p>	<p>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</p>	<p>23rd February 2024 11am</p> <p>26th April 2024 11am</p> <p>28th June 2024 11am</p>	<p>Belfast Recovery College</p> <p>Belfast Recovery College</p> <p>Belfast Recovery College</p>

	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!		
Expressive Writing	Expressive writing is about self-expression. It helps a person to think about their experiences and put their thoughts and feelings into words. These workshops will offer you an opportunity to reflect and write in a safe, friendly and confidential atmosphere that fosters personal awareness and wellbeing. It doesn't matter whether or not you're used to writing, the exercises and conversation will help you to write about your life and experiences; from a few lines to a story, from a list to a poem, from all the things you've missed over the past couple of years, to all the things you've gained. You don't need any experience of writing to do this course.	26 th February, 4 th , 12 th & 19 th March 2024 2:30pm – 4pm	Belfast Recovery College
The Art of Creativity and Wellbeing	The aim of this course is to welcome and encourage curiosity through exploring how art and creative energy can improve your mental and physical health and wellbeing. The course provides a learning opportunity to dip your toe in the water and try art and creativity as a wellbeing tool and see if it is for you. Mental health is not always about being happy all the time. It is about developing resilience, recovering from the peaks and valleys that are inevitable in life and gaining personal growth in learning and experiencing different ways to keep well. You do not have to be a professional artist or have any prior experience in art or crafts. You are invited to enrol in a class with a relaxed and informal atmosphere, have a bit of fun and the opportunity to	26 th February, 4 th March & 19 th March 10am – 1pm (This is a 3 week course, you must attend all 3 dates)	Belfast Recovery College

	make new connections with other students learning together.		
Wellness Recovery Action Plan (WRAP)	WRAP is a self-management tool, designed to support people to understand and manage their mental health. WRAP can be used to help support people deal with challenging situations. This course will assist you to identify what wellness tools work best for you and help you establish your own personalised Wellness Recovery Action Plan. Through a series of tools and action plans students can make their life more the way they want it to be. This is ideal for anyone who wants to make positive changes in the way they feel and live.	<p>28th & 29th February 2024 9:30am – 4:30pm</p> <p>13th & 14th March 2024 9:30am – 4:30pm</p> <p>17th & 18th April 2024 9:30am – 4:30pm</p> <p>15th & 16th May 2024 9:30am – 4:30pm</p> <p>19th & 20th June 2024 9:30am – 4:30pm</p> <p>(you need to attend both days)</p>	<p>Belfast Recovery College</p> <p>Belfast Recovery College</p> <p>Belfast Recovery College</p> <p>Belfast Recovery College</p> <p>Belfast Recovery College</p>
Introduction to Self- Care	In todays 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 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.	<p>5th March 2024 2pm – 4pm</p> <p>8th May 2024 2pm – 4pm</p>	<p>Belfast Recovery College</p> <p>Belfast Recovery College</p>
Volunteering, Wellbeing and Me	Have you ever wondered about volunteering? This course helps you develop the confidence and knowledge of how and 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	<p>6th March 2024 2pm – 4:30pm</p> <p>22nd May 2024 2pm – 4:30pm</p>	<p>Belfast Recovery College</p> <p>Belfast Recovery College</p>

	<p>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 and 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. It will guide you through the process of finding and 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!</p>		
Movement & Mood	<p>We are all told to exercise daily, but why? This course aims to explore the positive effects of physical activity on your mental wellbeing. The course will provide information on incorporating movement into our daily routine and provide signposting 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.</p>	<p>7th March 2024 10am – 12pm</p>	<p>Belfast Recovery College</p>
Compassion Fatigue	<p>Compassion fatigue is an emotional and physical burden created by the trauma of helping others in distress, which leads to a reduced capacity for empathy towards suffering in the future. This is especially common in front line workers, however, we are all vulnerable. This course looks at the symptoms and stages in Compassion Fatigue, and highlights self-management strategies that can be employed to maintain wellness.</p>	<p>12th March 2024 10am – 12:30pm</p> <p>14th May 2024 10am – 12:30pm</p> <p>11th June 2024 10am – 12:30pm</p>	<p>Belfast Recovery College</p> <p>Belfast Recovery College</p> <p>Belfast Recovery College</p>
Living with Psychosis	<p>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</p>	<p>15th March 2024 11am – 12:30pm</p>	<p>Online via Microsoft Teams</p>

	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 students will reflect and engage positively in an individual's recovery journey.	10 th May 2024 11am – 1pm	Belfast Recovery College
Personal Independence Payments (PIPS)	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.	20 th March 2024 10am – 12pm 20 th May 2024 2pm – 4pm	Online via Microsoft Teams Belfast Recovery College
Living with Self Harm	This course aims to raise awareness and increase better understanding of self harm. This course aims to raise awareness and increase better understanding of self harm. We 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.	21 st March 2024 10am – 1pm 23 rd May 2024 9:30am – 1pm	Online via Microsoft Teams Belfast Recovery College
Living with Schizophrenia	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	22 nd March 2024 2pm – 3:30pm 24 th May 2024 2pm – 4pm	Online via Microsoft Teams Belfast Recovery College

	how to prevent relapse. It will be discussed from lived and educational perspectives.		
Top Tips for Looking after Yourself	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.	25 th March 2024 10am – 12pm 6 th May 2024 10am – 1pm	Online via Microsoft Teams Belfast Recovery College
Building Self Esteem	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.	26 th March 2024 10am – 11:30am 21 st May 2024 2pm – 4pm	Online via Microsoft Teams Belfast Recovery College
Stress Management	Stress affects us all and in very different ways. The right amount of stress can be a motivating factor for change or to keep us stimulated. But too much stress can be debilitating and adversely affect our mental and physical health and wellbeing. This course will explore what stress is, its causes and how it can affect us. Students will examine ways of overcoming stress should it become too much and identify different coping strategies for managing stress.	28 th March 2024 2pm – 4:30pm 30 th May 2024 10am – 12:30pm	Belfast Recovery College Online via Microsoft Teams

Movie Club	Its movie time at the Belfast Recovery College! Take a movie journey with Belfast Recovery College (films rated PG and above). 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.	29 th March 2024 1pm 31 st May 2024 1pm	Belfast Recovery College Belfast Recovery College
Disclosing your Mental Health Condition	Deciding whether to tell your employer about your mental health 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.	9 th April 2024 10am – 12pm	Belfast Recovery College
Compassionate Journaling	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, medication and mood trackers. This course provides creativity and structure to your journaling styles.	25 th April, 2 nd May & 9 th May 2024 2pm – 4:30pm	Belfast Recovery College

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