

Sunderland Recovery College

FREE COURSES STARTING

APRIL 2023



EVERY DAY IS A NEW BEGINNING



Sunderland
Care and Support

NHS
Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust



WELCOME TO YOUR RECOVERY COLLEGE



CONTENTS

ABOUT US

| | |
|---------------------------------|-------------------------|
| WHAT WE DO.....7 | ACCESS GUIDE50-51 |
| WHAT IS RECOVERY? 8 | ENROLMENTS52 |
| RECOVERY COLLEGE JOURNEY 9 | CONTACT US56 |

LEVEL 1

| | |
|--------------------------------|--------------------------------|
| WOMENS WELL-BEING.....10 | LOVE FOOD, EAT WELL.....15 |
| RELAXATION AND WELLBEING....10 | LOVE FOOD, NEXT STEP.....15 |
| CARERS GROUP 11 | SUGAR CRAFTS.....16 |
| LEARN TO PLAY THE UKULELE...11 | NEXT STEPS SUGAR CRAFT.....16 |
| NAIL ART & BEAUTY.....12 | FABULOUS FLOWERS.....17 |
| SIMPLE COOKING12 | NEXT STEPS FABULOUS FLOWERS.17 |
| LOCAL HISTORY13 | MEN'S WELLBEING GROUP.....18 |
| NEXT STEPS LOCAL HISTORY...13 | BOARD GAMES GROUP.....18 |
| BASIC KNITTING.....14 | CREATIVE CRAFTS.....19 |
| WELLNESS GYM.....14 | ARTS AND CRAFTS19 |

LEVEL 2

| | |
|------------------------------|----|
| REDISCOVER YOUR PURPOSE..... | 20 |
| INTRO TO UPHOLSTERY..... | 21 |
| MANIFEST | 22 |
| OUT AND ABOUT GROUP..... | 23 |
| EXPLORING POETRY..... | 24 |
| EMOTIONAL RESILIENCE..... | 24 |
| PSYCHOLOGICAL TRAUMA..... | 25 |
| MENOPAUSE SUPPORT..... | 25 |
| COLLEGE FILM GROUP..... | 26 |

| | |
|--------------------------------|----|
| STAYING OFF DRUGS AND ALCOHOL. | 26 |
| GENTLE YOGA..... | 27 |
| LIVING WITH PSYCHOSIS..... | 28 |
| WRAP..... | 28 |
| TOP OF THE POPS..... | 29 |
| TAI CHI..... | 29 |
| SELF LOVE..... | 30 |
| JOURNALING FOR BEGINNERS..... | 31 |

LEVEL 3

| | |
|---|----|
| FIRST AID | 32 |
| NCFE LEVEL 1 AWARD IN MENTAL HEALTH AWARENESS..... | 33 |

WORKSHOPS

| | |
|-------------------------------|----|
| PET BEREAVEMENT..... | 34 |
| 8 DIMENSIONS OF WELLBEING.... | 35 |
| PHYSICAL HEALTH..... | 35 |
| EMOTIONAL HEALTH..... | 36 |
| SPIRITUALITY | 36 |
| INTELLECTUAL HEALTH..... | 37 |
| OCCUPATIONAL HEALTH..... | 37 |
| FINACIAL HEALTH..... | 38 |
| ENVIRONMENTAL HEALTH..... | 38 |
| SOCIAL HEALTH..... | 39 |

| | |
|--------------------------------|----|
| WHAT IS PEER SUPPORT?..... | 39 |
| CITIZENS ADVICE SUNDERLAND ... | 40 |

OTHER SESSIONS

| | |
|----------------------------|----|
| SOCIAL GROUPS | 41 |
| COLLEGE SINGING GROUP..... | 41 |
| INFORMATION SESSIONS..... | 41 |

| | |
|---------------------------------|-------|
| HEALTH CHAMPIONS..... | 42-43 |
| PERSONAL LEARNING JOURNALS..... | 44 |
| WEBSITE COURSES..... | 45-49 |

WHAT WE DO

Sunderland Recovery College are offering a range of free recovery focussed educational courses for people with lived mental health experience, their friends and family.

All of our courses are co-produced and co-facilitated by people who have lived experience of Mental Health.

The year at Sunderland Recovery College, like with other Colleges, is divided into three terms:

Term 1

September - December

Term 2

January - March

Term 3

April - July

“Fabulous! It has really helped me to grow as a person.”

“When I did it I was so proud of myself. I felt I had taken a giant step towards a better future.”

We understand that it may be difficult for you when first attending the Recovery College. This is quite normal and many students feel this way. We understand how difficult it can be to come to a new place with new people. To help with this we encourage you to bring a carer, relative or friend with you if you feel this would help.

WHAT IS RECOVERY?

Recovery is a personal journey. You may already have, or at least are developing, your own definition of what recovery means to you. We teach that there are five key principles of recovery...

Hope

People who experience mental health difficulties get well, stay well and go on to meet their dreams and goals.

Learning all you can about what you are experiencing so you can make decisions about all aspects of life.

Education

Support

Receiving support from others and giving support will help you feel better and enhance quality of life.

It's up to you, with the assistance of others, to do what needs to be done to keep yourself well.

Personal Responsibility

Self-Advocacy

Reaching out so that you can get what it is that you need, want and deserve to support your recovery.

YOUR RECOVERY COLLEGE JOURNEY

As a guide (you can jump in at whichever level feels more comfortable for you) our courses are split into three different levels to help find the best course for you...



LEVEL 3 NEXT STEPS

Recommended for those wanting to take those next steps towards volunteering, courses outside of the Recovery College, or employment.

LEVEL 2 BUILDING ON YOUR LEARNING

Recommended for those wanting to build on top of their existing knowledge and experience within the Recovery College.

LEVEL 1 GETTING STARTED

These courses are recommended for students looking to take their first steps with the Recovery College and try something new.

Some students only stay with Sunderland Recovery College for a single term, while others may stay to build on their learning for a second or third term. There is no right or wrong - it's your choice and about what works best for you.

LEVEL 1 GETTING STARTED

WELL-WOMEN GROUP

Here we will offer a safe space for women to meet, chat, make new friends and create a network of support.

This group will be peer led and will be facilitated by one of our Peer Supporters.

We may have different topics each week, guest speakers, crafts, a trip to the cinema or simply chill and chat; the group will decide.

Come along, make new connections while talking over a cuppa in a friendly, welcoming atmosphere.

| DAY | DATE | TIME | SESSIONS | VENUE |
|------|------|-----------|----------|-------------------------|
| Tues | | 1.00-3.00 | Ongoing | Fulwell Resource Centre |

RELAXATION AND WELLBEING

Come and join us in a relaxed environment, learning new skills while widening your social network.

We will look at various topics to help with our relaxation and enhance our well-being. These will include physical health, relaxation tips, self care, kindness. Also, managing our stress, nature, meditation and mindfulness, steps to well-being and a healthier and happier you! "We also look at alternative therapies as a way of increasing our wellbeing."

| DAY | DATE | TIME | SESSIONS | VENUE |
|------|----------|-------------|----------|-------------------------|
| Tues | 06/06/23 | 10.00-12.00 | 6 | Fulwell Resource Centre |

CARERS GROUP

Come and join us for an informal get together to support each other. Some benefits may include feeling connected, heard and understood by peers, reducing isolation and increasing wellbeing.

Peer support is a safe space to share experiences and to learn from others. It can help carers to realise they are not alone, and others are in similar caring situations.



| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|------|---------------|----------|-------------------------|
| Mon | | 10:00 - 12:00 | ongoing | Fulwell Resource Centre |

LEARN HOW TO PLAY THE UKULELE

Learn to play the ukulele or guitar.

No musical experience necessary. Ukuleles provided but you need to bring your own guitar...dust off those instruments sitting in the corner and learn to play our song celebrating the 50th anniversary of Sunderland winning the F.A. Cup, (as well as other popular songs)!

Singers are welcome too, explore your talent in a safe and relaxing environment.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|----------|-----------|----------|-------------------------|
| Wed | 26/04/23 | 1.00-3.00 | 10 | Fulwell Resource Centre |

NAIL ART AND BEAUTY

Nail art is a creative way to paint, decorate, enhance, and embellish nails. It is a type of artwork that can be done on fingernails and toenails, usually after manicures or pedicures.

Manicures and pedicures are beauty treatments that trim, shape, and polish the nails, in these sessions we will learn skills to do these ourselves.

Come and join us in a relaxed environment to explore the benefits of treating ourselves and boosting our confidence and self esteem.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|----------|-----------|----------|-------------------------|
| Wed | 26/04/23 | 1.00-3.30 | 10 | Fulwell Resource Centre |

SIMPLE COOKING ON A BUDGET

Cooking on a budget is easy with our innovative and wallet-friendly recipes.

Explore budget recipes and get loads of inspiration on how to make tasty food on a low cost budget. Develop your cooking skills to create healthy, enjoyable meals. Research has linked cooking with happiness, relaxation, greater self-awareness, boosted confidence, and more.

| DAY | DATE | TIME | SESSIONS | VENUE |
|------|----------|-----------|----------|--------------------|
| Tues | 25/04/23 | 1.00-3.00 | 10 | Houghton Methodist |

LOCAL HISTORY

Discover more about the rich and varied history of the City of Sunderland.

We'll look at past events and stories behind some of the city's famous people, buildings and landmarks. Find out how to access local history information and have the chance to share your favourite part of the City.

| DAY | DATE | TIME | SESSIONS | VENUE |
|--------|---------|-------------|----------|-------------------------|
| Friday | 28/4/23 | 10.00-12.00 | 5 | Fulwell Resource Centre |



LOCAL HISTORY NEXT STEPS

We will continue our journey exploring the rich and varied history of the City of Sunderland.

We'll look at past events and stories behind some of the city's famous people, buildings and landmarks. Find out how to access local history information and have the chance to share your favourite part of the City.

| DAY | DATE | TIME | SESSIONS | VENUE |
|--------|---------|-------------|----------|-------------------------|
| Friday | 9/06/23 | 10.00-12.00 | 5 | Fulwell Resource Centre |

BASIC KNITTING

How does knitting help with mental health?

The act of knitting reduces stress and anxiety

It is proven to help to calm and still the mind, as the concentration required is a distraction and the yarn's texture and colour impact the mood.

The rhythmic motions and sense of focus can also help distract from mental health symptoms.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|----------|-------------|----------|-------------------------|
| Wed | 26/04/23 | 10.00-12.00 | 10 | Fulwell Resource Centre |

WELLNESS GYM SESSIONS

These gym sessions will be low impact, low level supervised exercise classes aimed at increasing cardiovascular capacity and muscular strength helping to increase mobility in joints and improve general fitness and health. The wellness gym has a relaxed and friendly atmosphere where you can choose a routine that suits you and your own abilities.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|----------|-----------|----------|-------------------------|
| Thurs | 27/04/23 | 3.00-4.00 | 12 | Fulwell resource Centre |

LOVE FOOD, EAT WELL, SAVE MONEY

What could be better?

Develop your cooking skills to create healthy, enjoyable meals within a budget. The right foods can help support our physical and mental wellbeing. Cooking together as a group is a fun way to get ideas, practise your skills and taste different meals which you can then recreate at home. Covering shopping advice, recipe planning and resourceful larder recipes to help you make the most of the food you buy.

| DAY | DATE | TIME | SESSIONS | VENUE |
|------|----------|-------------|----------|----------------|
| Tues | 25/04/23 | 10.00-12.00 | 5 | Fulwell Centre |



LOVE FOOD, EAT WELL NEXT STEPS

Continue your journey developing your cooking skills to create healthy, enjoyable meals within a budget. The right foods can help support our physical and mental wellbeing.

Cooking together as a group is a fun way to get ideas, practise your skills and taste different meals which you can then recreate at home. Covering shopping advice, recipe planning and resourceful larder recipes to help you make the most of the food you buy.

| DAY | DATE | TIME | SESSIONS | VENUE |
|------|----------|-------------|----------|----------------|
| Tues | 13/06/23 | 10.00-12.00 | 5 | Fulwell Centre |

SUGAR CRAFT

Sugar craft courses focus on learning skills that develop personal and social abilities; skills for work; skills in support of independent living; and skills that improve self-confidence.

The courses are designed specifically to encourage independence and build confidence.

| DAY | DATE | TIME | SESSIONS | VENUE |
|------|----------|-----------|----------|--------------------|
| Tues | 25/04/23 | 1.00-3.00 | 5 | Houghton Methodist |



SUGAR CRAFT NEXT STEPS

Our Sugar craft courses focus on learning skills that develop personal and social abilities; skills for work; skills in support of independent living; and skills that improve self-confidence.

The courses are designed specifically to encourage independence and build confidence.

This particular sugar craft course provides students with an introduction to the foundation skills of sugar-craft and basic design principles

| DAY | DATE | TIME | SESSIONS | VENUE |
|------|---------|-----------|----------|--------------------|
| Tues | 6/06/23 | 1.00-3.00 | 5 | Houghton Methodist |

FABULOUS FLOWERS-FLORISTRY

If you've always wanted to learn how to create your very own beautifully arranged bouquets of fresh flowers, this course is for you. We will take you every step of the way through the techniques and skills needed to create a range of beautiful flower arrangements that you can take home with you to bring some brightness to any home.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|----------|-----------|----------|-----------------------|
| Wed | 26/04/23 | 1.00-3.00 | 5 | Washington Millennium |



FABULOUS FLOWERS NEXT STEPS

Continue your journey with us...

If you've always wanted to learn how to create your very own beautifully arranged bouquets of fresh flowers, this course is for you. We will take you every step of the way through the techniques and skills needed to create a range of beautiful flower arrangements that you can take home with you to bring some brightness to any home.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|---------|-----------|----------|----------------------|
| Wed | 7/06/23 | 1.00-3.00 | 5 | Washington Millenium |

MEN'S WELLBEING

Hearing from others with similar issues helps you see that you're not alone in having challenges, whether you're grappling with panic attacks, depression, or another mental health issues.

What are the benefits of a support group?

Feeling less lonely, isolated or judged reducing distress, depression, anxiety or fatigue.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|------|-----------|----------|-------------------------|
| Wed | | 1.00-3.00 | Ongoing | Fulwell Resource Centre |

BOARD GAMES GROUP

Come and join us for a relaxed session where you will see the benefits of playing board games as you unplug your brain from the everyday stresses of life.

Hopefully you will no longer think about your bills, problems or any other annoying nuisances of the day.

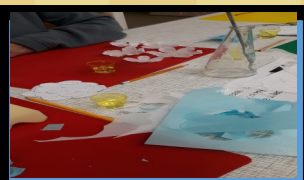


| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|----------|-----------|----------|-------------------------|
| Thurs | 27/04/23 | 1.00-3.00 | Ongoing | Fulwell Resource Centre |

CREATIVE CRAFTS

Be creative, using numerous techniques and making craft items such as card making and lots more. This course aims to teach learners a variety of craft techniques including paper crafts and decorative sewing techniques.

The course is suitable for beginners and improvers, and is for anyone interested in making craft items in a friendly and supportive environment.



| DAY | DATE | TIME | SESSIONS | VENUE |
|------|----------|-----------|----------|--------------------|
| Tues | 25/04/23 | 1.00-3.00 | 10 | Houghton Methodist |

ARTS AND CRAFTS

Card Crafts with Die Cutting Machines

Learn how to create and craft amazing card designs with die cutting machines. You will also learn the art of embossing, stamping and stencilling. Each week you will design and construct cards for any occasion, including novelty cards, special occasions, wedding invitations or something just for yourself.

You will also learn how to design bookmarks, gift boxes and design labels.

WEA Adult Learning
Within Reach

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|----------|-----------|----------|-------------------------|
| Thurs | 27/04/23 | 1.00-3.00 | 5 | Fulwell Resource Centre |

LEVEL 2

BUILDING ON YOUR LEARNING



REDISCOVER YOUR PURPOSE

In times of uncertainty and upheaval we may feel lost and disconnected – a perfect time to stand back, observe and consider what action to take.

This positive action course encourages you to take a deep dive into 5 key areas of your life, to investigate and analyse certain unresolved issues. It then provides you with various tool/techniques to help you resolve issues, feel happier and rebuild your emotional resilience. The course also helps you to re-discover your life purpose.

The course is made up of an Introductory session followed by the 5 key life area sessions

The 5 key areas of life:

Physical Wellbeing

Mental Wellbeing

Relationships

Financial wellbeing

Purpose in the world / Where you fit in

At the end of the course, you will hope to feel happier with your life, more confident, grounded, know your purpose and clarity of vision to go forward and flourish in new times ahead

Enjoy!

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|----------|-------------|----------|-------------------------|
| Mon | 24/04/23 | 10.00-12.00 | 6 | Fulwell Resource Centre |

INTRODUCTION TO UPHOLSTERY



This course will introduce some of the basic skills needed to reupholster your old or unloved furniture. With all materials, equipment and small furniture provided, you will learn how to strip and recover wooden furniture with expert guidance from your tutor, Ali.

Begin your sustainable living journey with this 6 week course, whilst also feeling the mindful benefits of working with your hands and taking a creative approach to recycling.

By the end of the course you will not only have your finished items but you should have the know-how and confidence to develop your upholstery/upcycling skills further at home.

This course is ideal for people who enjoy physical activity, learning new skills and have an eye for design.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|----------|-----------|----------|-------------------------|
| Wed | 26/04/23 | 1.00-2.30 | 6 | Fulwell Resource Centre |

MANIFEST

Often wonder why other people seem to have all the luck in the world and you not so much?

Often think I wish I could live a happier more fulfilled life?

This 6 week course introduces you to a new tool: Manifesting, and how you can use that tool to successfully change your life

This course follows a 6 Step Plan to help you unlock your true potential and transform your life for the better

The Manifesting tool will help you develop skills in self-awareness, reflection and grow in confidence.

Manifesting is a great tool to use in a healing journey to living a happier more fulfilled life



| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|----------|-----------|----------|-------------------------|
| Fri | 28/04/23 | 1.00-3.00 | 6 | Fulwell Resource Centre |

OUT AND ABOUT

Come and join us for a walk around local landmarks with a fun and friendly group., walks are sensitive to people's different needs and fitness levels. We will be visiting Roker Park and Pier, National Glass Centre, Fulwell Mill and Nature Reserve, Fans Museum, Winter Gardens and Mowbray Park.

Physical activities in green and blue spaces (e.g. parks and coastal environments) can improve:

- Mental and physical health
- Sleep quality
- Blood pressure
- Weight control
- Stress
- Fatigue
- Depression
- (Yen, Chiu and Huang, 2021)

Sessions will last approximately 2-3 hours, including breaks.

The first session will take place at Fulwell Resource Centre.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|---------|------------|----------|-------------------------|
| Fri | 5/05/23 | 10.30-1.30 | 6 | Fulwell Resource Centre |

EXPLORING POETRY

In this course we shall be exploring some of the greatest poetry of all time, which we hope will be a mind-expanding and therapeutic exercise. No previous knowledge is assumed: people who have never read a poem in their life are equally as welcome as more experienced readers.

After studying three major poets, we shall look at poetry specifically about mental health, concluding with the chance to write your own poem.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|----------|-------------|----------|-------------------------|
| Thurs | 13/07/23 | 10.00-11.30 | 5 | Fulwell Resource Centre |

EMOTIONAL RESILIENCE

This course will give you the opportunity to understand emotional resilience and how this can impact on your life, promoting emotional resilience in self and others and assisting in identifying unhelpful thinking behaviours. You will have opportunity to practice developing techniques and skills in challenging unhelpful thinking and behaviours to build resilience. Group exercise and discussion will provide us with a safe and encouraging environment where we can learn from each other and build healthy supportive relationships.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|----------|-----------|----------|-------------------------|
| Mon | 24/04/23 | 1.00-3.00 | 6 | Fulwell Resource Centre |

UNDERSTANDING PSYCHOLOGICAL TRAUMA

A psycho-educational group about the theory behind psychological trauma which aims to increase your understanding of how trauma affects the brain, body and behaviours, leading to reduce isolation or feelings of alienation.

We will engage in group discussions and share strategies that may help you manage and understand the symptoms of psychological trauma such as anxiety, anger, depression and low self esteem.

There is no expectation to share personal information in this course.

| DAY | DATE | TIME | SESSIONS | VENUE |
|------|----------|-----------|----------|-------------------------|
| Tues | 25/04/23 | 1.00-3.00 | 10 | Fulwell Resource Centre |

MENOPAUSE MUTUAL SUPPORT GROUP

Come along, eat cake, have a cuppa and chat .This drop in group is about helping to raise menopause awareness, and through mutual support and understanding, encouraging talking about it without fear or judgement.

Everyone welcome; everyone listened to in a respectful, open, and confidential space.'

| DAY | DATE | TIME | SESSIONS | VENUE |
|------|----------|-------------|----------|-------------------------|
| Tues | 25/04/23 | 10.00-12.00 | ongoing | Fulwell Resource Centre |

RECOVERY COLLEGE FILM CLUB

Welcome to the New Recovery College Film Club, where you can learn to write, film and edit your own short movies, with the help of a small crew. We all pitch in to help and support each other and once completed, each project will be shown to an audience on the large screen.

If you love film making and being creative, this is the course for you.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|---------|-------------|----------|-------------------------|
| Wed | 3/05/23 | 10.00-12.00 | ongoing | Fulwell Resource Centre |

STAYING OFF DRUGS AND ALCOHOL

Do you need help to quit or reduce your alcohol and drugs intake?

If yes, then this course is for you.

In the first week we shall be looking at reducing or quitting alcohol.

In the second week we shall look at giving up tobacco.

In the third week we shall tackle giving up cannabis.

In the fourth and final week the focus shall be on strategies to stay off all drugs in general.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|----------|-------------|----------|-------------------------|
| Thurs | 15/06/23 | 10.00-11.00 | 4 | Fulwell Resource Centre |

GENTLE YOGA FOR LONG COVID, CHRONIC FATIGUE & FIBROMYALGIA

This is a 9 week course led by Yoga Therapist Sally Roach of Yoga is for Life. Sally brings her considerable experience and study of therapeutic and trauma-informed yoga, as well as her personal experience of having and recovering from Chronic Fatigue.

'Gentle Yoga' is about creating the conditions for our body to gradually heal by soothing and balancing the nervous system through breathing, gentle movement and relaxation practices that can be done seated or lying down. There will be mini-rests between movements and there's always the choice to drop into the compassionate act of resting.

We begin with creating more 'functional breathing', releasing tight muscles that perpetuate a 'stressed' breathing pattern. Creating healthier patterns that can regulate our nervous system and help to increase the energy production in our cells. We progress towards cultivating a friendlier relationship with our mind, body and breath.

This course is paced for people with lower energy who want to explore their breathing patterns and improve their breathing function for greater well-being"



| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|----------|-------------|----------|-------------------------|
| Fri | 28/04/23 | 11.00-12.30 | 9 | Fulwell Resource Centre |

LIVING WITH PSYCHOSIS

If you are currently experiencing - or have experienced - psychosis and hallucinations, then this course is for you. In a safe and confidential group, we shall share our experiences and their impact upon our lives.

Over four weeks we'll be discussing areas such as stigma, coping strategies, helpful /unhelpful thinking styles and what we need to do to stay well.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|----------|-------------|----------|-------------------------|
| Thurs | 18/05/23 | 10.00-11.00 | 4 | Fulwell Resource Centre |

WRAP

This course is based around building a Wellness Recovery Action Plan (WRAP) and will help you to identify your wellness toolkit for recovery. The course involves a number of short, fun and engaging activities which we hope will encourage you to think about who you are and how you interact with others whilst gaining the tools to complete your own WRAP.

We aim for everyone to finish the course with an understanding of your own personal journey of recovery and what it means to you, whilst having fun along the way!

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|---------|-------------|----------|-------------------------|
| Wed | 3/05/23 | 10.00-11.30 | 8 | Fulwell Resource Centre |

TOP OF THE POPS

Come and learn basic keyboards, guitar, drums and singing.

In these weekly sessions students will have the opportunity to learn an instrument and how to become a team member in a band.

Students will learn a couple of songs... and get the opportunity to perform a 'gig' in the Bunker which can be recorded on video and CD so students can go away with a DVD of their finished efforts.

These sessions are aimed at people who want to play instruments, sing, or even interested in the setting up/sound engineering side of things.

Come and have some fun in a safe , relaxed atmosphere exploring your talents.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|----------|-------------|----------|-----------------------|
| Thurs | 27/04/23 | 11.00-12.30 | 12 | The Bunker Sunderland |

TAI CHI

Tai Chi is a mind-body exercise system that is low-impact and suitable for all levels of fitness and capability. It consists of a series of gentle postures and movements performed in a slow, graceful manner, some of which are 'dance-like' with continuous flow while others are more static and repetitive. This course will give you an introduction to Tai Chi. The benefits accrue as the course progresses, enhanced by practice home.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|----------|-------------|----------|-------------------------|
| Mon | 24/04/23 | 10.00-11.00 | 10 | Fulwell Resource Centre |

SELF LOVE

Self love is exactly what it sounds like, loving yourself. It means loving all aspects of yourself, by accepting your flaws, your weaknesses and the things you don't always like about yourself, as well as recognising your strengths and achievements and learning to praise yourself for them.

In this course we will be covering a different topic each week all relating to self-love, such as self acceptance, self confidence, self talk, assertiveness, and many more.

So come along and join us as we learn to celebrate ourselves as the wonderful human beings that we are!



| DAY | DATE | TIME | SESSIONS | VENUE |
|------|----------|-----------|----------|-------------------------|
| Mon | 24/04/23 | 1.00-3.00 | 10 | Fulwell Resource Centre |
| Tues | 25/04/23 | 1.00-3.00 | 10 | Washington Millennium |

JOURNALING FOR BEGINNERS

Journaling for Beginners I - Starting Out with Steve

Hello, my name is Steve Watts and I am delighted to be offering this beginners' course on journaling for wellbeing for Sunderland Recovery College. I have been involved in education and training my whole life, starting out as a teacher in schools in Northumberland in 1981. Following over a decade as a teacher I started working for the University of Sunderland training teachers.

In 2019 I co-authored a book on special educational needs and wanted to turn the ideas I had written about in the book into my lifelong passion to be a coach and mentor in order to support and help people achieve their goals. In particular, I wanted to share my passion for journal writing as a tool to help people. I had experienced a mental health episode in 2000 and journaling had helped me get through it. I am confident it can help other people too, so I've written this course for Sunderland Recovery College. As one College student wrote after the February course *'my journal is like having my best friend by my side 24/7.'*

I would like to say a big thank you for delivering the journaling course, I really enjoyed it and learnt a lot of useful and helpful methods of off-loading my thoughts and feelings onto paper.'

Sunderland Recovery College student March 2021

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|----------|-----------|----------|-------------------------|
| Thurs | 27/04/23 | 1.30-2.30 | 6 | Fulwell Resource Centre |

LEVEL 3 NEXT STEPS

FIRST AID

The first aid course is a level 2 blended learning course – the first part being the e learning, basic life support which takes about 45 minutes to complete.

The second part is the practical session covering the following topics:

Primary survey, Secondary survey, Epilepsy, Choking, Seizures, Burns

Injury's – includes abrasions, nose bleeds, insect stings, bites, eye injury etc.

Strokes, Diabetes, Anaphylaxis, Heart Attack

The practical part includes:

CPR

Recovery position

Bandaging

Using defibrillators

Choking

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|----------|-----------|----------|------------------|
| Wed | 24/05/23 | 1.00-4.30 | 1 | Leechmere Centre |

NCFE LEVEL 1 AWARD IN MENTAL HEALTH

What does this qualification cover?



This qualification aims to:

- raise awareness of the issues surrounding mental health difficulties
- dispel some of the myths and misconceptions frequently linked to mental health issues
- develop learners' knowledge of the rights of those with mental health issues.

The qualification is appropriate for a wide range of people with an interest in raising their own understanding of mental health issues.

It would complement study in a range of areas, eg citizenship, PSHE, healthcare, social care, counselling or public services.

There are no specific recommended prior learning requirements for this qualification.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|----------|-----------|----------|-------------------------|
| Tue | 25/04/23 | 1.00-3.00 | 12 | Fulwell Resource Centre |

WORKSHOPS

PET BEREAVEMENT

Our mission is to reach as many people as possible with compassion and understanding, so that no one goes through the pain of losing a pet alone.

The loss of a pet is so painful because we aren't just losing the pet. It could mean the loss of a source of unconditional love, a primary companion who provides security and comfort.

Another sensation you may experience is this: almost no feeling at all. You may feel empty and numb.

You may feel empty and numb.

Come and join us for support and to explore your feelings and how to cope with these.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-----|----------|-------------|----------|-------------------------|
| Wed | 26/04/23 | 10.00-12.00 | 1 | Fulwell Resource Centre |

8 DIMENSIONS OF WELLBEING

We are offering the 8 dimensions of wellbeing in workshops this term so you can decide what area you would like to explore.

Join our workshops to explore how our physical health impacts our mental health, and vice versa, how our mental health impacts our physical health.

The workshops will give you an opportunity to discuss together as a group some top tips on how to make positive changes in the following areas: Physical Health, Emotional Health, Spiritual Health, Intellectual Health, Occupational Health, Financial Health, Environmental Health, and Social Health,

Because even the smallest of changes can have noticeably positive results in our mental health and overall wellbeing.

PHYSICAL HEALTH

Join us to explore how our physical health impacts our mental health, and vice versa, how our mental health impacts our physical health. We will discuss together as a group some top tips on how to make positive changes in the following areas: diet, exercise and sleep. Because even the smallest of changes can have noticeably positive results in our mental health and overall wellbeing.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|---------|-------------|----------|-------------------------|
| Thurs | 1/06/23 | 10.00-12.00 | 1 | Fulwell Resource Centre |

EMOTIONAL HEALTH

8 dimensions of the Wheel of Wellness Workshop

Let's discuss together what can be helpful and what can be unhelpful when it comes to our emotional health, and explore ways to implement some positive changes which could help in our emotional resilience, coping skills, and overall quality of life.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|---------|-------------|----------|-------------------------|
| Thurs | 8/06/23 | 10.00-12.00 | 1 | Fulwell Resource Centre |

SPIRITUAL HEALTH

8 dimensions of the Wheel of Wellness Workshop

The term "Spirituality" is basically defined as "the deepest values by which one lives." So, let's explore this a little further and figure out what is important to us in our own lives and ensure that we make life choices based on our most authentic selves rather than what others want or expect from us.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|----------|-------------|----------|-------------------------|
| Thurs | 15/06/23 | 10.00-12.00 | 1 | Fulwell Resource Centre |

INTELLECTUAL HEALTH

8 dimensions of the Wheel of Wellness Workshop

There are so many health and social benefits that come from keeping our brains active, including becoming more solution-focussed, better problem-solving abilities, and the reduction of anxiety and depression symptoms. But, just like exercising our bodies to keep fit, we also need to exercise our brains. So, come along to this session to explore different ways to keep our brains active and try out some of our fun puzzles, quizzes and brain teasers.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|----------|-------------|----------|-------------------------|
| Thurs | 22/06/23 | 10.00-12.00 | 1 | Fulwell Resource Centre |

OCCUPATIONAL HEALTH

8 dimensions of the Wheel of Wellness Workshop

In this session we'll look at the benefits of engaging in meaningful activity, whether it be work-related or just doing good in general. We'll discuss the positive impact this can have on our mental health, self-worth and self-esteem, then set some goals to help us get on our way to enjoying these benefits in our everyday lives.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|----------|-------------|----------|-------------------------|
| Thurs | 29/06/23 | 10.00-12.00 | 1 | Fulwell Resource Centre |

FINANCIAL HEALTH

8 dimensions of the Wheel of Wellness Workshop

This session explores how money matters can cause or worsen mental health struggles. And, likewise, poor mental health can significantly reduce our ability to manage our finances effectively, and so the cycle continues. We'll discuss some top tips and advice to help us escape this cycle and relieve some of the stress and anxiety related to it, bringing more calmness to our lives and our minds!

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|---------|-------------|----------|-------------------------|
| Thurs | 6/07/23 | 10.00-12.00 | 1 | Fulwell Resource Centre |

ENVIRONMENTAL HEALTH

8 dimensions of the Wheel of Wellness Workshop

Our mood and outlook on life can be greatly influenced by the environment we live in. This can be either the world in general, our local community, or even our immediate living surroundings. So let's explore together a variety of ways that we can make our surroundings and environment more positive places for ourselves and others to enjoy.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|----------|-------------|----------|-------------------------|
| Thurs | 13/07/23 | 10.00-12.00 | 1 | Fulwell Resource Centre |

SOCIAL HEALTH

8 dimensions of the Wheel of Wellness Workshop

Our social health is very often the aspect that feels the biggest impact of poor mental health. We can quite easily become socially anxious, isolated, and shut off from the rest of the world. But, to improve our mental health and overall wellbeing it's essential to improve our social health by mixing with others, engaging in enjoyable activities, creating or expanding our support networks and giving meaning to our days. So let's explore together some effective ways to do this.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|----------|-------------|----------|-------------------------|
| Thurs | 27/07/23 | 10.00-12.00 | 1 | Fulwell Resource Centre |

“WHAT IS PEER SUPPORT?”

What is a peer support worker? How can a Peer Supporter inspire hope? How does the role of a Peer Support Worker differ from other Mental Health workers? What does a day in the life of a Peer Supporter look like?

If you want to know more about Peer Support then come along to this informal workshop led by two experienced Peer Supports. They will present a short PowerPoint presentation then give you the opportunity to answer any questions you have about the role.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|---------|-------------|----------|-------------------------|
| Thurs | 3/08/23 | 10.00-12.00 | 1 | Fulwell Resource Centre |

CITIZENS ADVICE SUNDERLAND



We provide free, confidential, independent and impartial advice to everyone living in Sunderland and Washington. As a local, independent charity we can work with clients to resolve any debt or benefit issues they may have and help them find a way forward.

“I received exceptional service at Citizens Advice Sunderland throughout my worrying time. Very, very helpful. Thank you so much.”

We can help with:

Money Advice - We provide detailed money advice to help the people of Sunderland tackle their debt issues. We can provide budgeting advice, negotiate with creditors, handle both emergency and non-emergency debts and identify suitable strategies for the next steps.

Benefits - One of our advisers can carry out a benefit check so that you can find out what benefits you are entitled to and the next steps forward. If you fall within our catchment area, we can book a one-to-one appointment to help you complete your benefit forms. Alternatively, we can direct you to the advice agency which covers your area.

| DAY | DATE | TIME | SESSIONS | VENUE |
|-------|------|-------------|----------|-------------------------|
| Thurs | TBC | 10.00-12.00 | 1 | Fulwell Resource Centre |

INFORMATION, SOCIAL SESSIONS

Come along and enjoy refreshments in a comfortable and relaxed atmosphere where you can discuss current affairs, get to know each other and develop friendships. We will have guest speakers visiting on a regular basis offering information on a range of subjects.

Find out more about Sunderland Recovery College, the courses we offer and our volunteering opportunities.

| DAY | TIME | VENUE |
|-----------|--------------|----------------------------------|
| Tuesday | 1.00-3.00 | Houghton Methodist Church |
| | | |
| Thursdays | 11:30 - 1:30 | New Springs City Church, Fulwell |
| | | |
| Fridays | 1.00 - 3:00 | Washington Millennium Centre |



SINGING GROUP

The aim of the Recovery College Singing group is to encourage having fun, build confidence and inspire hope in recovery. No need to enrol, just turn up and give it a go.

Every Monday at Fulwell Resource Centre 11.30-12.30

HEALTH CHAMPION SUNDERLAND

The Sunderland Health Champion programme is now up and running again! We encourage all those over 18 who live, work, study or volunteer in Sunderland to sign up to help make a difference in the health of our city.



Health Champion

The programme is split into 2 options as described below:

Health Champions

As a Health Champion, we just ask that you cascade health messages from the Health Champions Team to your networks. You'll also receive a monthly newsletter and have the chance to participate in "optional" quarterly network meetings.

Advanced Health Champions

For those who wish to become an Advanced Health Champion, we request that you complete 3 core training modules:

Royal Society of Public Health (RSPH) Understanding Health Improvement –
Level 2

Making Every Contact Count (MECC) Smoking Brief Intervention

Making Every Contact Count (MECC) Alcohol Brief Intervention

HEALTH CHAMPION SUNDERLAND CON...

After completion, you become an Advanced Health Champion and gain a certificate. As an Advanced Health Champion, you can then also select other optional “bolt on” training modules such as Mental Health, Healthy Weight & Financial Resilience. All training is free of charge. There is also an opportunity to volunteer at events with the Health Champions Team or to access more advanced training further down the line. To sign up please complete a registration form via the link below

[Health Champions Registration Form](#)

For more information please visit <https://www.livelifewell.org.uk/health-champions/> or email janine.alexander@sunderland.gov.uk.



PERSONAL LEARNING JOURNALS

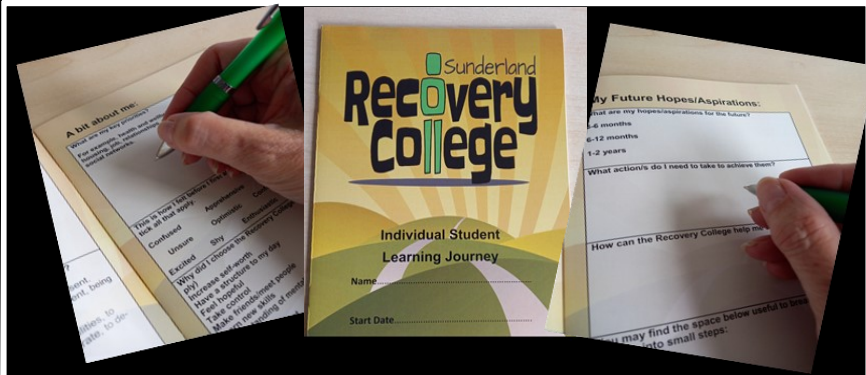
One-to-one Development

We offer optional One-to-One Personal Development sessions to students.

These give you a chance to go through your learning journey booklet with a member of the team and discuss your achievements so far at Sunderland Recovery College. You may be surprised how far you've come since you started the college!

Maybe you would like to discuss which of our courses you would like to do next, to progress on to a course in the community, to volunteer somewhere or to move on to employment.

You may want to attend one of the development sessions before enrolling if you haven't attended before, this will give you a chance to have a tour of the college and meet the team.



WEBSITE COURSE MINDFULNESS

MINDFULNESS FOR ANXIETY

Mindfulness really is quite simple. I like to use another word for it. That word is Awareness.

Awareness is something we all already have. It is not something we need to add on or go looking for. It is not something we lack or are deficient in.

If you stop and check for just a few moments, you can immediately prove to yourself that you are aware.

Take a moment and choose something to look at. Just look at it for a few seconds. (You could look at it while counting to three).

Can you see that by just looking at it you are aware of it?

It isn't like you must do anything really!

The awareness is already present.

Even without deliberately looking, we are seeing all the time.

Seeing just happens.

Awareness of the visual field just happens.

To learn more about Mindfulness visit our website at

[Mindfulness \(sunderlandrecoverycollege.com\)](http://Mindfulness.sunderlandrecoverycollege.com)

WEBSITE COURSE JOURNALING

Journaling for Beginners

Join Steve as he takes you on a journey of discovery, exploring the many advantages of journal writing for wellbeing. Steve will explore different types of journals in this practical and interactive course and share research findings which confirm the mental and physical benefits of writing journals.

Session 1 - Getting started: An introduction to Journals.

Session 2 - Saying thank you: A guide to Gratitude Journals.

Session 3 - Beat the morning: Morning and Night Journals.

Session 4 - Morning Pages, Dates and Walks: Three tools to creative Recovery.

Session 5 - Rapid Logging: The Bujo Method.

Session 6 - In the Moment: Mindful Journaling.

To enrol on the above course please visit;

<https://sunderlandrecoverycollege.thinkific.com/courses/journaling>

WEBSITE COURSE

Post Covid: Rediscover Your Purpose (rebuild Emotional Resilience) 6 weeks Course

In times of uncertainty and upheaval we may feel lost and disconnected — a perfect time to stand back, observe and consider what action to take.

This positive action course encourages you to take a deep dive into 5 key areas of your life, to investigate and analyse certain unresolved issues. It then provides you with various tool/techniques to help you resolve issues, feel happier and rebuild your emotional resilience. The course also helps you to re-discover your life purpose.

The 5 key areas of life:

Physical Wellbeing

Mental Wellbeing

Relationships

Financial wellbeing

Purpose in the world / Where you fit in

At the end of the course, you will hope to feel happier with your life, more confident, grounded, know your purpose and clarity of vision to go forward and flourish in new times ahead

Enjoy!

To enrol on the above course please visit;

[Rediscover Your Purpose Course \(Build back your emotional resilience\)!](http://thinkific.com)
 [\(thinkific.com\)](http://thinkific.com)

WEBSITE COURSE NATURAL SCIENCE

Natural Science Courses with Chris

Course 1: How plants work

We know that growing plants has been linked to relaxation and reducing anxiety which can both contribute to good mental health. This course is designed to help you to understand more about plants and how to grow them successfully.

Course 2: “Have you ever wondered?”

To relax and reduce my anxiety I love to do activities that give me a bit of a challenge and focus my mind. The activities in this course do just that and if you have an interest in science I think you will enjoy them. As you will see, some of them are designed for children and they will enjoy doing them with you. Some of the activities come from other courses that I have led at the college such as “Health body healthy brain”.

To enrol on one of the above courses please visit;

[Natural Science \(sunderlandrecoverycollege.com\)](http://sunderlandrecoverycollege.com)

WEBSITE COURSE NATURAL SCIENCE

Natural Science Courses with Chris

Course 3: “Know Your Organs”

Understanding how our organs function and how to do our best to keep them healthy can help to reduce anxiety and improve our wellbeing. This course is designed to help you to understand more about the human body and fitness.

Course 4: “Know Your Genes”

This short course covers information to answer questions you might have asked about your genes and how they work as units of inheritance. How we inherit characteristics from our parents and how this can impact on our health is now well understood.

To enrol on one of the above courses please visit
[Natural Science \(sunderlandrecoverycollege.com\)](http://sunderlandrecoverycollege.com)

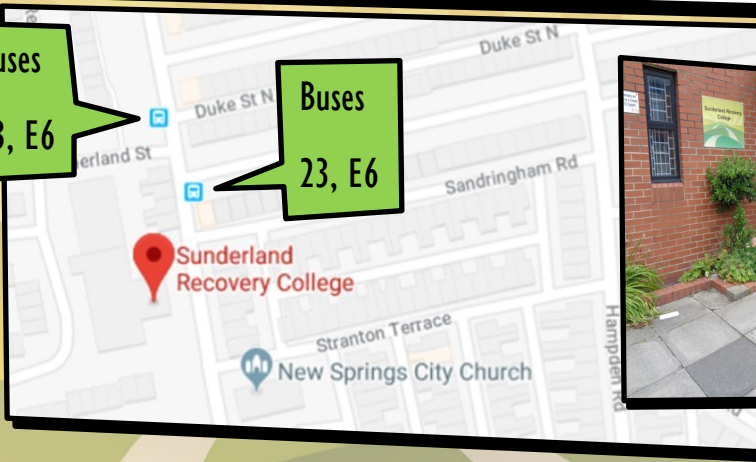
ACCESS GUIDE

Fulwell Resource Centre, Fulwell Road, SR6 9QW

Our courses at Fulwell are delivered on the upper floor.
There is no level access to the upper floors.
There is ample parking near by.

Buses
23, E6

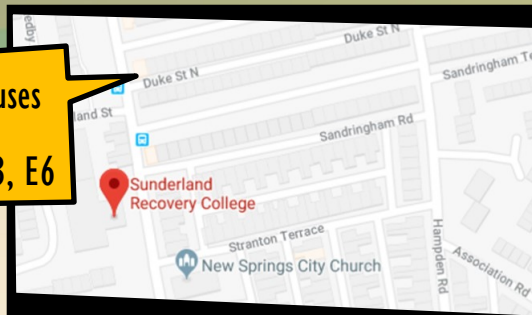
Buses
23, E6



New Springs Church, Fulwell

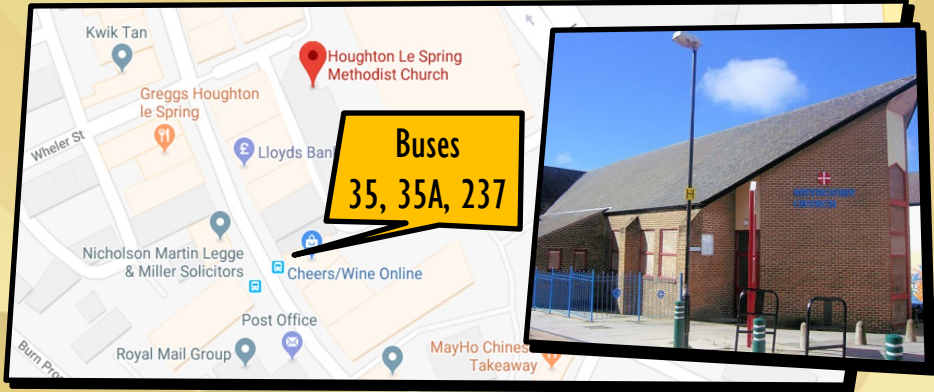
The centre is fully accessible. There is an accessible free car park.

Buses
23, E6



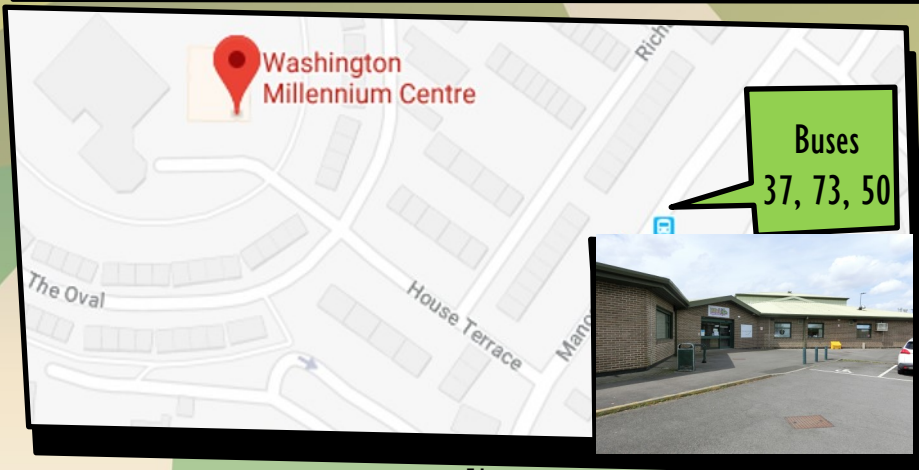
Houghton Methodist Church, Mautland Street,
Houghton-Le-Spring, DH4 4BH

The centre is fully accessible, although parking is limited. There is also an accessible free car park in easy walking distance.



Washington Millennium Centre, The Oval, Washington, NE37 2QD

The centre is fully accessible. There is an accessible free car park.



ENROLMENT

If you wish to attend a course or courses, you will first need to enrol with the Recovery College, We will be enrolling at Fulwell Resource Centre from 27/03/23 to 14/04/23 where you can come along and enrol face to face or you can telephone 01915612276, 01915612277, 01915612260 or attend one of our social session advertised below.

NEWSPRINGS CHURCH FULWELL

Thursdays 11:30 - 1:30 Social Session

HOUGHTON METHODIST CHURCH

Tuesdays 1.00-3.00pm
Social Session

WASHINGTON MILLENNIUM CENTRE

Fridays 1.00-3.00pm
Social Session

If you would like to speak to one of our advisors ahead of your visit please contact 0191 5612276

“Gave me techniques that would help me improve myself.”

“I look forward to going to the college all week. Sometimes it feels like the only place I feel relaxed.”

“The whole course was friendly and welcoming.”

“I have made some lovely friends who I hope to stay in touch with.”

“The people facilitating the course were so supportive! They made me feel so relaxed.”

“The people facilitating the course were so supportive! They made me feel so relaxed.”

“When I did it I was so proud of myself. I felt like I had taken a giant step toward a better future.”

“Provided me with important information about my condition.”

“Fabulous! It has really helped me to grow as a person.”

“The course was wonderfully insightful. Great course, great facilitators, great! A big thank you for helping me create my new normal.”

NOTES

A series of 15 horizontal dotted lines for writing notes, set against a background of stylized hills and a sunburst.

NOTES

A series of 15 horizontal dotted lines for writing notes, set against a background of stylized hills and a sunburst.

Here at the Recovery College we take the security of your personal details very seriously. Sunderland Recovery College will use the personal data we collect from you for the purpose of: providing you with relevant support, providing information advice and guidance, carrying out our enrolment processes, recording your attendance. All the personal details you have provided to Sunderland Recovery College will be retained and protected by the Recovery College in accordance with the General Data Protection Regulations 2018.

CONTACT US



Facebook.com/sunderlandrecoverycollege



Home (sunderlandrecoverycollege.com)



sunderlandrecoverycollege@gmail.com



@RecoveryColSun



0191 5612276

Sunderland
Care and Support



Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust