

ARCH Recovery College Timetable May 2023



Promoting positive mental health and wellbeing



Hello,

Welcome to our timetable of courses, workshops and outdoor activities.

We hope you find something of interest and look forward to seeing you. All courses and activities are designed to contribute to your wellbeing and recovery.

How to book on to courses / activities

Please contact us by email or phone. Our contact details are on the bottom of each page. Places are offered on a first-come, first-served basis.

New to ARCH Recovery College?

As a new student, you'll need to enrol. You can do this face-to-face, over the phone or on Microsoft Teams.

To arrange your enrolment, please contact us by email or phone.



We look forward to welcoming you

ARCH Recovery College
St Margaret's Health Centre
Durham DH1 4DS

To book or enrol, get in touch

Phone: **0191 384 3895** (Option 2)

Email: TEWV.recoverycollege@nhs.net

Courses, Workshops & Outdoor Activities

May 2023

Understanding Mental Health

Understanding Cognitive Behavioural Therapy (1 session)

Wednesday 17th May, 1.30 pm – 4 pm

Course Facilitator: Peter / Co-facilitator: Luke



Cognitive Behavioural Therapy (CBT) is a form of talking therapy which is effective at treating a wide range of mental health conditions including depression, anxiety, phobias, and obsessive-compulsive disorder.

This course outlines the history of CBT, discusses the theories and research that underpin it, and discusses what you are likely to experience during CBT sessions.

As well as looking at the benefits of CBT, it also looks at the possible criticisms and disadvantages associated with this kind of therapy.

Understanding Mental Health

Exploring Obsessive Compulsive Disorder (3 sessions)

Tuesday 23rd and 30th May and 6th June, 1.30 pm – 4 pm

Course Facilitator: Peter / Co-facilitator: Gillian



This three-week course will provide students with an introduction to OCD (obsessive compulsive disorder), looking at why it develops, its manifestations, and how it can persist and evolve with time. It will also look at the pharmacological and non-pharmacological treatments which have been successfully used to manage this condition.

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Wellbeing Skills and Tools

Exploring Sleep (3 sessions)

Tuesday 2nd, 9th and 16th May, 1.30 pm – 4 pm

Course Facilitator: Peter / Co-facilitator: tbc



Getting a good night's sleep is hugely beneficial to our mental and physical health and gives your body and brain the chance to rest and heal. However, many of us experience poor sleep or sleep-related disorders, which include bruxism, sleep apnoea, and restless legs. Over a third of UK adults struggle with insomnia on a weekly basis, and an estimated 2 out of every 5 adults' snore. This course looks at why sleep is necessary for our wellbeing, the causes of common sleep problems, and practical ways as to how you can improve your own sleep.

Wellbeing Skills and Tools

Motivation (1 session)

Wednesday 10th May, 1.30 pm – 4 pm

Course Facilitator: Peter / Co-facilitator: Liz



Motivation is the process by which individuals initiate and maintain behaviour with a specific goal in mind. However, when going through a difficult period in life our motivation tends to suffer, and sometimes even the smallest tasks seem overwhelming. This workshop will look at what motivation is, the barriers to motivating ourselves, and the ways in which we can foster a positive environment to best harness our motivation and attain goals we have set for ourselves.

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Wellbeing Skills and Tools

Complementary Therapies (6 sessions)

Wednesday 17th, 24th, 31st May and 14th, 21st and 28th June, 10.30 am – 12.30 pm

Course Facilitator: Janice / Co-facilitator: Katherine



This course explores how different complementary therapies and alternative medicines may be used to aid recovery and wellbeing. Examples include acupuncture, dream therapy, herbalism and reflexology.

Wellbeing Skills and Tools

Nature and Wellbeing (4 sessions)

Wednesday 24th and 31st May and 7th and 14th June, 1.30 pm – 4 pm

Course Facilitators: Peter and Anna



Nature can have a myriad of benefits to our health and wellbeing. This course follows the 'five ways to wellbeing' structure by looking at how we can 'take notice' of nature, 'connect' with nature, 'be active' in nature, 'learn' from nature, and 'give back' to nature.

It will also explore some of the barriers people can experience to connecting with the natural world and how to overcome them. This course will have a classroom component whereby we discuss the benefits of nature from a lived experience perspective, before having a short walk outside to be mindful of and appreciative of nature.

Wellbeing Skills and Tools

Mind, Body and Spirit (ongoing weekly sessions)

Thursday 4th, 11th, 18th and 25th May, 1 pm – 2.30 pm

Course Facilitator: Janice / Co-facilitator: Luke

Weekly sessions are practical and informative, covering practices such as Tai-Chi, Breath Work, relaxation techniques, acupressure, and mindfulness. No prior knowledge or experience is required. The practices aim to promote relaxation, whilst nourishing the mind, body and spirit. They can positively affect our emotional and physical wellbeing and increase our energy levels.

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Wellbeing Skills and Tools

Building Resilience and Wellbeing Workshop (monthly)

Friday 12th May, 10.30 am - 12.30 pm

Elvet Methodist Church, 8 Old Elvet, Durham DH1 3HL (Meet at ARCH 9.45 am to walk to venue with Janice and Luke) Course Facilitator: Janice / Co-facilitator: Luke



The aim of the free session is to promote wellbeing and relaxation by using mind, body and spirit practices gathered from many cultures, to help people cope with trauma and everyday stress. In the session we will share simple Tai chi, breath work, meditation, self-acupressure and energy work. When engaging in these practices, many have reported feeling peaceful, more positive, calmer and feeling more alive. The session is taking place at Elvet Methodist Church, 8 Old Elvet, Durham. You can either meet us there for 10.30 am start or come to ARCH for 10 am and walk to the Church with Janice and Peter.

Physical Health and Wellbeing

Walking for Wellbeing (weekly)

Thursday 4th, 11th, 18th and 25th May, 10.30 am – 12 Noon

Walk Leaders and Assistants: Alison, Janice, Pete, Barry, Luke, Christine

The walks are run in conjunction with Durham County Council Walk Durham. Please note that there is a new booking process starting in April – you will receive an email from Durham County Council.

Walking is brilliant for both your physical and mental health. Spending time in nature has proven benefits for



Join our weekly walking group, leaving from outside of St Margaret's Health Centre at 10.30 am on Thursday morning, for a 90-minute walk around beautiful Durham City and the surrounding countryside. All you need is comfortable, supportive footwear and clothing suitable for the weather (water and sunscreen in warm weather).

Please note that whilst our walks are inclusive and available to all, a basic level of fitness and mobility is needed to be able to tackle some of the steep hills and banks that Durham City is renowned for. If you would like to chat to a Walk Leader about the walks before booking, please don't hesitate to get in touch.

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Physical Health and Wellbeing

Walking the Seasons (Botanic Gardens, Durham)

Friday 12th May, 1.30 pm – 3.30 pm

Facilitators: Janice and Peter

Meet in the Car Park at Botanic Gardens for 1.30pm. If you need a lift from ARCH Recovery College, please let us know.



A monthly walking meditation, taking place on the second Friday of every month, lets you observe and experience the changing of the seasons. You'll be encouraged to use your senses to connect with nature.

As seasons change, we'll suggest what to look out for, so you can experience things in a new and different way. You will be encouraged to capture what is significant for you in whatever way you desire, taking photographs, collecting items in nature that you are drawn to, taking impressions of tree bark or leaves, or drawing an image that is significant to you. During the walk, there will be time to stop, to reflect, to be immersed in the experience of connecting with nature.

Venue: Botanic Gardens, South Road, Durham DH1 3DF. Website: [Botanic Garden - Durham University](https://www.durham.ac.uk/botanic-garden)

Physical Health and Wellbeing

Photography Walk (weekly) 10.30 am – 12 Noon

Friday 5th May – Causey Arch

Friday 12th May – Durham

Friday 19th May – Chester-le-Street Riverside

Friday 26th May – Durham

Facilitator: Peter / Co-facilitator: Nigel

The Course Leader will contact booked students prior to the walk to confirm walk location and meeting point.

We alternate between meeting in Durham City (meeting at ARCH) and visiting a venue outside of town – previous venues include Hardwick Park, Rainton Meadows and Causey Arch. This is a slow-paced walk based specifically around looking out for photographic opportunities, where we share advice on photographic techniques, how to improve composition skills, and other advice as to what makes a good photo. In Durham, we have previously visited Wharton Park, the Cathedral, and the Town Hall. We often visit a café afterwards as well!



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Physical Health and Wellbeing in the Community

Walk Durham – join a walking group in County Durham

Did you know that Durham County Council run a programme of free, weekly walks throughout County Durham? The walks are a fantastic opportunity for those wanting to take first steps to being active via Gentle Steps to Walking / Get Ready Walks, or for maintaining a healthy lifestyle (Wellbeing Walks) in the company of others. For more information and to book onto the walks, Link: [Walk Durham - Durham County Council](#) or Follow [Walk Durham on Facebook](#).

Move Mates Durham



A walking buddy scheme in County Durham, pairing people with trained and friendly local volunteers to meet regularly for a local walk, providing motivation and company to enable people to become more active and less isolated. For more information, and to sign up for a buddy or to become a volunteer, see [Move Mates Durham](#).

Call: [01917 166637](tel:01917166637) Email: durham@movemates.org.uk

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