

ARCH Recovery College Timetable

June 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

June 2023

Wellbeing Skills and Tools

Recovery – The New Me (6 sessions)

Tuesday 13th, 20th and 27th June and 4th, 11th and 18th July, 10.30 am – 1 pm

Course Facilitators: Peter and Janice

This is our flagship course which takes a closer look at the CHIME model of recovery; **C**onnectedness, **H**ope, **I**dentify, **M**eaning and **E**mpowerment. Students will be supported to apply these to their own recovery journeys and share them with their support team as part of their care planning.



Wellbeing Skills and Tools

Mind, Body and Spirit (weekly)

Thursday 1st, 8th, 15th, 22nd and 29th June, 1 pm – 2.30 pm

Course Facilitator: Janice / Co-facilitator: Luke

Please note, weekly booking is essential, places offered on a first come first served basis.

Weekly sessions are practical and informative, covering practices such as Tai-Chi, Breath Work, relaxation techniques, acupuncture, 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.



Wellbeing Skills and Tools

Building Resilience and Wellbeing Workshop (monthly)

Friday 9th June, 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.

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Physical Health and Wellbeing

Walking for Wellbeing (weekly)

Thursday 1st, 8th, 15th, 22nd and 29th June, 10.30 am – 12 Noon

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

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.

The walks are run in conjunction with Durham County Council Walk Durham. No need to pre-book, just turn-up and remember to bring your thrive card with you to each walk.

You will need to initially create a free Wellbeing Activity membership using the Leisure Hub system:

1. Visit [sign up for or book a wellbeing activity online](#) and follow the instructions to register.
2. Select the free 'wellbeing membership' as your membership type.
3. Pick up your thrive card from Durham County Council [leisure centres](#) a signup session or ARCH Walk Leader.
4. Please remember to bring your thrive card with you to each walk you attend.



Physical Health and Wellbeing

Gentler Paced Walking Group (fortnightly)

Monday 5th and 19th June, 1 pm – 2 pm

Walk Leaders; Luke and Christine

Join us for a 60-minute walk at a relaxed and gentle pace around beautiful Durham, led by our friendly trained walk leaders. All routes will be mainly on flat surfaces.

The walks are a great opportunity for you to take steps towards being active and maintaining a healthy lifestyle, in a friendly and supportive group. Whether you're recovering from illness or injury, feel apprehensive about getting out and about or just want to be more active and enjoy walking outdoors in the company of others, you'll be made very welcome.

To book or enrol, get in touch

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Physical Health and Wellbeing

Walking the Seasons (Botanic Gardens, Durham)

Friday 9th June, 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](#)



Physical Health and Wellbeing

Photography Walk (weekly) 10.30 am – 12 Noon

Friday 2nd June

Friday 9th June

Friday 16th June

Friday 23rd June

Friday 30th June

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!



To book or enrol, get in touch

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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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