

ARCH Recovery College Timetable March 2024



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

March 2024

Wellbeing Skills and Tools

Managing the Cost-of-Living Challenges (1 session)

Friday 1st March, 1.30 – 4 pm

Course Facilitator: Peter / Co-facilitator: tbc

The UK, along with many other countries, is experiencing a 'cost of living crisis', whereby the prices for many essential goods and services such as food, fuel, and electricity, is rising considerably faster than household incomes, resulting in difficult times for many.

This workshop looks at the different ways in which you can reduce your spending on essentials and encourages students to share their own tips on how we can all save money.

Wellbeing Skills and Tools

Challenging Negative Thoughts (1 session)

Wednesday 6th March, 1.30 pm – 4 pm

Course Facilitator: Peter / Co-facilitator: tbc

It is a natural part of life for us to make mistakes and feel annoyed as a result – you might ask yourself 'why did I do that?' However, negative self-talk can become a problem when it becomes the only way to talk to ourselves. Examples of negative self-talk include:

- "I'll never feel accepted"
- "Nothing ever works; I should just stop trying"
- "I just want to give up..."



This workshop looks at where negative self-talk comes from, how it can be detrimental to your wellbeing, and, importantly, how you can overcome it. It will encourage you to identify examples of negative self-talk in your own life and find ways to break this cycle of self-criticism.

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Wellbeing Skills and Tools

Mind, Body and Spirit (weekly)

Thursday 7th, 14th, (no class on 21st) and 28th March, 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, 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

Eat Well, Feel Well (1 session)

Friday 8th March, 10 am – 12.30 pm

Course Facilitator: Angela Norris, Dietician / Co-facilitator: tbc

This session will cover the key areas of healthy eating on a budget and the relationship between food and mood.

We will also look at behaviour change techniques to put some of the learning into action.

Wellbeing Skills and Tools

Building Resilience and Wellbeing Workshop (monthly)

Friday 8th March, 10.30am – 12.30pm

Elvet Methodist Church, 8 Old Elvet, Durham DH1 3HL (Meet at ARCH 9.45 am to walk to venue)

Course Facilitators: Peter and 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-acupuncture and energy work. When engaging in these practices, many have reported feeling peaceful, more positive, calmer and feeling more alive.

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Physical Health and Wellbeing Tools

Walking the Seasons (Botanic Gardens, Durham)

Friday 8th March, 1.30 pm – 3.30 pm

Facilitator: Peter

Venue: Botanic Gardens, South Road, Durham DH1 3DF. Website: [Botanic Garden - Durham University](#)

Meet in the Car Park at Botanic Gardens for 1.30pm.

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.

Wellbeing Skills and Tools

Exploring Generalised Anxiety Disorder (1 session)

Wednesday 13th March, 1.30 pm – 4 pm

Course Facilitator: Peter / Co-facilitator: tbc

We all experience anxiety at certain points in our lives – for example, the night before our driving test, wedding, or final university exams! Anxiety, therefore, is a perfectly normal and healthy emotion. However, for people with generalised anxiety disorder (GAD), anxiety may cause them to feel anxious about a wide range of situations and concerns to the point where it can significantly affect their lives. This can bring with it a wide range of symptoms including avoidance, restlessness, and poor concentration. In this workshop we will look at the causes of GAD, how it can manifest itself, and most importantly, how it can be managed.

Wellbeing Skills and Tools

Managing Intrusive Thoughts

Friday 15th March, 1.30 pm – 4 pm

Course Facilitator: Peter / Co-facilitator: tbc

Intrusive thoughts are unexpected and unwanted thoughts or images that become stuck in our mind. They generally revolve around doing or saying something violent or inappropriate, even though this might be in complete opposition to the values we hold.

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Wellbeing Skills and Tools

Managing Intrusive Thoughts continued

Friday 15th March, 1.30 pm – 4 pm

Course Facilitator: Peter / Co-facilitator: tbc

Most people experience intrusive thoughts from time to time, and are usually easily dismissed, yet for some people, they can be like a stuck record and can cause significant distress. This workshop looks at where intrusive thoughts come from, why they can be troublesome for some of us, and how we can learn to manage them.

Wellbeing Skills and Tools

Exploring Stress (3 sessions)

Tuesday 19th, 26th March; 2nd April, 10 am – 12.30 pm

Course Facilitator: Simon / Co-facilitator: Luke

'Stress' means different things to different people, and we don't all experience stress in the same way. This course will be an opportunity to look at the issue of stress from different perspectives to get a better understanding of our own and others' experience of stress. It will also give you a chance to look at how you manage stress in your own life.

Wellbeing Skills and Tools

Preparing for Change (2 sessions)

Tuesday 19th and 26th March, 1.30 pm – 3.30 pm

Course Facilitator: Simon / Co-facilitator: tbc



This course aims to prepare students to implement change which can be a hard thing to accomplish. By looking at different techniques and with help and guidance from peer support, students will be given the tools necessary to look at their situation and personal recovery journey from a different perspective, with the aim of supporting them to implement changes in their outlook on their situation and prepare themselves for a better future self.

Wellbeing Skills and Tools

Fundamentals of Wellness (3 sessions)

Monday 25th March, no class 1st April (Bank Holiday); 8th and 15th April, 10 am – 12.30 pm

Course Facilitator: Simon / Co-Facilitator: tbc

To stay emotionally healthy, according to Lisa Feldman Barrett's research, a person should get enough sleep, eat well, exercise, do things that make them feel good and have healthy, nurturing relationships. This course will explore each of these areas and promote wellness and balance in your life.

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Physical Health and Wellbeing

Walking for Wellbeing (weekly)

Thursday 7th, 14th, 21st and 28th March, 10.30 am – 12 Noon

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

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.

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

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).

Health and Wellbeing - outdoors

Photography Walk (weekly)

Friday 1st, (no walk on 8th March) 15th and 22nd March (no walk on 29 March, Good Friday), 10.30 am – 12.30 pm

Facilitator: Peter / Co-facilitator: Nigel

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!

1st March - Malton Picnic site (near Lanchester)

15th March - Hetton Lyons County Park

22nd March – Durham

Physical Health and Wellbeing in the Community

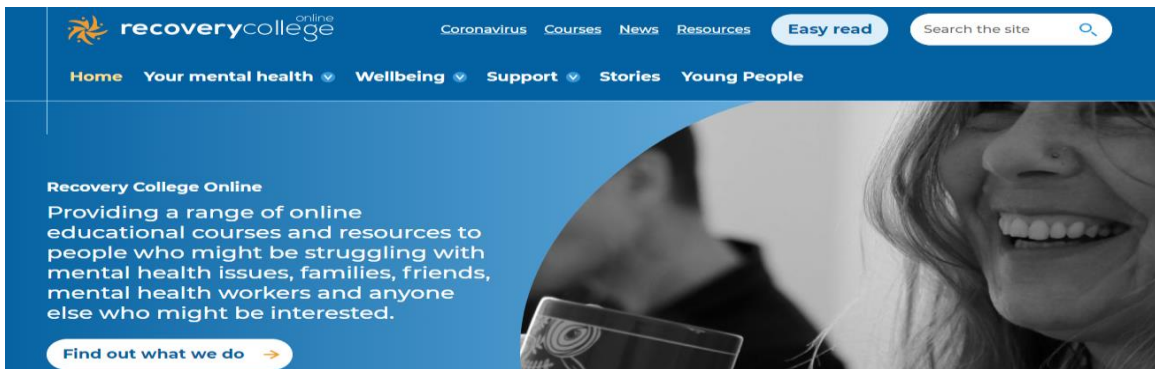
Join a walking group in County Durham?

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: [Move walking \(thriveleisure.co.uk\)](https://thriveleisure.co.uk) or Follow [on Facebook](#).

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Providing a range of online educational courses and resources

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What we do:

We offer recovery-based information and resources on the main website, covering a wide range of mental health and wellbeing topics, as well as real life experiences and stories, and free online courses on our e-learning site. Anyone can access the website and the online courses, and there is no need for a referral, you simply create a free account to use the courses. The resources on the main site are available without creating an account.

How to access our courses

Some of our courses are available for guest access which means that anyone can view them. However, most of our courses do require you to create a free account with us.

If you head to the main website (www.recoverycollegeonline.co.uk), at the top of the page it says 'log in'; click this and it will take you to the e-learning site. Alternatively, you can head straight to the e-learning page here <https://lms.recoverycollegeonline.co.uk/>.

Once there, you need to create a free online account – it's easy and quick to do. We'll then authorise your account and then you'll be able to complete any of the courses that you'd like. You can take the courses in your own time and at your own pace, and if you decide to leave a course before you've finished it, when you next log in to your account, you can continue the course where you left off.

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