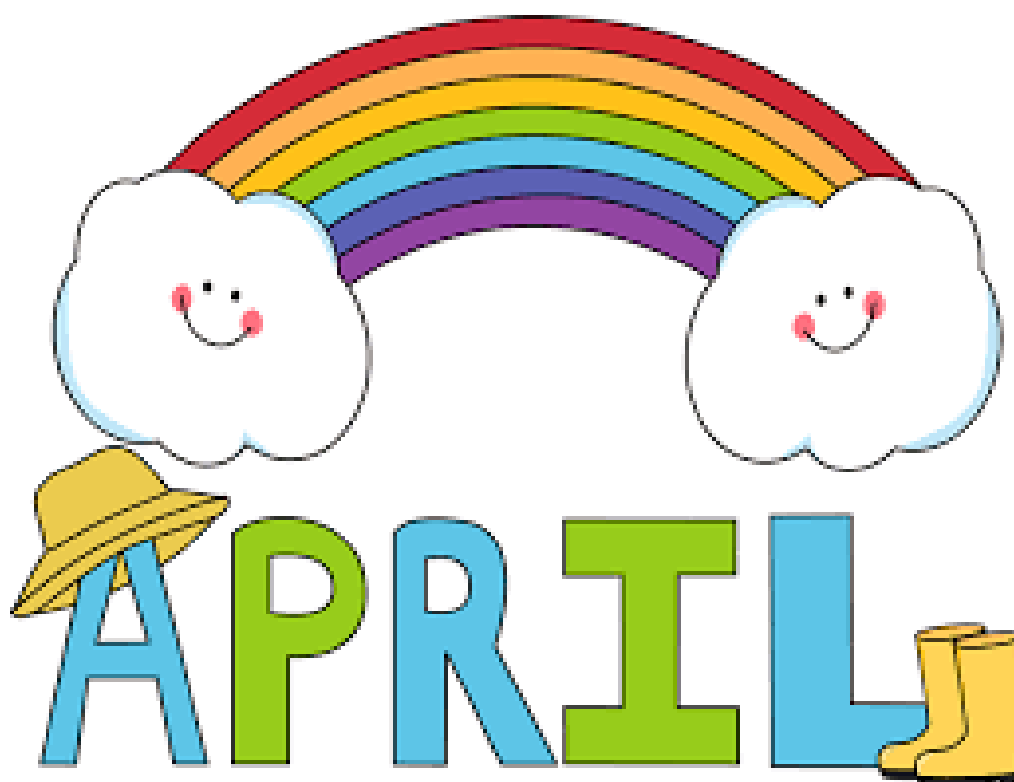


ARCH Recovery College Timetable

April 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) 4510890 **(NEW NUMBER)**

Email: TEWV.recoverycollege@nhs.net

Courses, Workshops & Outdoor Activities

April 2024

Wellbeing Skills and Tools

Complementary Therapies for Stress (3 sessions)

Wednesday 3rd, 10th and 17th April, 10.30 am – 12.30 pm.

Course Facilitator: Janice / Co-facilitator: tbc

This course explores how different complementary therapies and alternative medicines may be used to aid recovery and wellbeing, particularly in relation to stress.

Examples include acupuncture, dream therapy, herbalism and reflexology.

Understanding Mental Health

Exploring Phobias Workshop (1 session)

Wednesday 3rd April, 1.30 pm – 4 pm

Facilitator: Peter / Co-facilitator: tbc

A phobia is an overwhelming fear of particular places, objects, animals, or situations. Phobias can have a considerable impact on someone's life, resulting in them organising their life around the thing that is causing them anxiety. This workshop looks at both specific and complex phobias, looking at the causes, how they are sustained, and, importantly, how they can be treated.

Physical Health and Wellbeing

Walking for Wellbeing (weekly)

Thursday 4th, 11th, 18th and 25th April, 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.

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Physical Health and Wellbeing

Walking for Wellbeing (weekly) continued



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).

Wellbeing Skills and Tools

Mind, Body and Spirit (weekly)

Thursday 4th, 11th, 18th and 25th April, 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.

Understanding Mental Health

Coming off Medication and Medication Withdrawal (1 session)

Friday 5th April, 1.30 pm – 4 pm

Facilitator: Peter / Co-facilitator: Ladan

While prescribed medications for mental health can work well for some people, for others, they may experience a range of side effects which can be worse than the condition that they are being treated for. At the same time, however, many people who try to come off these medications find that they experience a range of discontinuation effects, some of which can be distressing and can persist for weeks after stopping. As a result, people often have to go back on the medication in question. This course suggests tried and tested ways in which you can, should you wish, reduce or discontinue any medications while minimising any distressing symptoms.

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Wellbeing Skills and Tools

Motivation (1 session)

Tuesday 9th April, 1.30 pm – 4 pm

Facilitator: Peter / Co-facilitator: Ladan

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.

Understanding Mental Health

Understanding Health Anxiety (1 session)

Wednesday 10th April, 1.30 pm – 4 pm

Facilitator: Peter / Co-facilitator: Ladan

While it is normal for all of us to be concerned about our health from time to time, people who experience health anxiety frequently find that anxiety around being ill, or getting ill in future, can significantly affect their life. This anxiety can have significant effects upon people's relationships with others, employment/education, and hobbies and interests. This workshop looks at what health anxiety is, how it can manifest itself, and the ways it can be managed.

Wellbeing Skills and Tools

Building Resilience and Wellbeing Workshop (monthly)

Friday 12th April, 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-acupressure and energy work. When engaging in these practices, many have reported feeling peaceful, more positive, calmer and feeling more alive.

Physical Health and Wellbeing Tools

Walking the Seasons (**NEW VENUE**) Crook Hall and Gardens

Friday 12th April, 1.30 pm – 3.30 pm

Facilitator: Peter and Janice

Venue: Crook Hall and Gardens, Frankland Lane, Sidegate, Durham DH1 5SZ

To book or enrol, get in touch

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Physical Health and Wellbeing Tools

Walking the Seasons **(NEW VENUE)** Crook Hall and Gardens continued

Meet in the Car Park at Crook Hall at 1.25 pm. If you would like to park at ARCH and walk down to Crook Hall as a group, we will be leaving ARCH at pm.

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

Sleep Well (2 sessions)

Tuesday 16th and 23rd April, 10 am – 12.30 pm
Facilitator: Simon / Co-facilitator: tbc

This course will explore why we sleep and what we get from sleep, as well as looking at some common sleeping problems and ways to address them. Our aim is to improve the quality of sleep you get and improve amount of time you spend sleeping. Split over two sessions students will be given tips, tools and strategies that will aid them in sleeping well.

Understanding Mental Health

Living with Psychosis (2 sessions)

Monday 22nd and 29th April, 10 am – 12.30 pm
Facilitator: Simon / Co-facilitator: tbc

A discussion about psychosis, what it is and how it can affect people as well as a look at some coping strategies with practical advice.

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Health and Wellbeing - outdoors

Photography Walk (weekly)

Friday 5th, 12th, 19th and 26th April, 10.30 am – 12.30 pm.

Facilitator: Peter or Janice / 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!

5th April – Crook Hall and Gardens (Durham)

12th April – to be confirmed

19th April – to be confirmed

26th April – to be confirmed

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

Recovery College Online - www.recoverycollegeonline.co.uk

A screenshot of the Recovery College Online website homepage. The header is blue with the 'recoverycollege online' logo on the left, and navigation links for 'Coronavirus', 'Courses', 'News', 'Resources', 'Easy read', and a search bar on the right. Below the header is a dark blue navigation bar with links for 'Home', 'Your mental health', 'Wellbeing', 'Support', 'Stories', and 'Young People'. The main content area features a large image of a smiling woman and a man looking at a smartphone. Text on the page reads: 'Recovery College Online Providing a range of online educational courses and resources to people who might be struggling with mental health issues, families, friends, mental health workers and anyone else who might be interested.' A button at the bottom left says 'Find out what we do' with a right-pointing arrow.

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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