

Sunderland Recovery College



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

Starting September 2017

Mindfulness

These sessions have the potential to be life changing and are based on meditation techniques. You will practise techniques in a relaxed environment and develop an understanding of how to work with your mind and emotions to bring about mental health and well-being. The course leader – Sagara - is an experienced teacher of mindfulness and is able to create an environment where you will be supported to work with your own needs.

**We have 2 courses running this term
This will be a 6 week course**

**Headlight, 14 Mary Street, Sunderland SR1 3NH
Starting Friday 15th September
10.15am-12.15pm**

**Fulwell Resource Centre
Starting Friday 3rd November
10.00-12noon**

Mindfulness Drop In Sessions

A chance to meet with others and practice Mindfulness, 1.00-2.00pm every Friday at Fulwell Resource Centre.

Open to all who have completed a Mindfulness course with Sagara

Self-Awareness and Personal Growth: Building My Wellness Recovery Action Plan

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 exercises which we hope will encourage you to think about who you are and how you interact with others, whilst completing your own WRAP.

By the end of the course you will take away tools to express your emotions healthily, explore your personality and have an increased positivity and hope for your recovery. However, this course is not designed to be 'easy'. You will be exploring your emotions and thinking about triggers that affect your mental health. Group exercises and discussion will provide a safe and encouraging environment where we can learn from each other, build healthy supportive relationships and have the opportunity to help others in their recovery journey.

We hope that by the end of the course you will have become more self-aware and have greater self-esteem. 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!

This will be an 8 week course
Fulwell Resource Centre
Starting Thursday 21st September
1.00 – 3.30pm

Emotional Resilience

This course will give you the opportunity to understand Emotional Resilience and how this can impact on your life. It promotes Emotional Resilience in self and others and will assist in identifying unhelpful thinking and behaviours.

You will have the opportunity to practice developing techniques and skills in challenging unhelpful thinking and behaviours to build resilience. Group exercises and discussion will provide us with a safe and encouraging environment where we can learn from each other and build healthy supportive relationships.

This will be a 5 week course
Fulwell Resource Centre, Sunderland
Starting Thursday 5th October
3.00-4.30 pm

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 atmosphere where people can take part in activities in a safe and friendly environment.

Regular exercise can also help to improve overall, confidence and self esteem.

This is a 12 week course
Fulwell Resource Centre, Sunderland
Starting Thursday 21st September
2.00pm – 3.00pm

Music For Wellbeing

Music is very powerful and can affect the way we think, feel and behave.

By engaging in regular activity, music can help us...

- Maximise mental wellbeing
- Manage stress
- Express feelings
- Enhance memory
- Improve communication
- Manage physical pain

No matter what your musical abilities or tastes, if you enjoy music this is the course for you.

Led by a Peer Support Worker you will explore a range of musical styles and genres in a safe and friendly environment. Activities will include: listening to and discussing music, learning basic music theory, performing songs of our choosing and developing our own vocal technique.

So come along and see for yourself how music can relax you, energise you, uplift you and so much more....

This will be a 10 week course
Fulwell Resource Centre, Sunderland
Starting Thursday 14th September
10.00 am-12noon

Hydrotherapy And Relaxation

Hydrotherapy and relaxation have been proven to have many beneficial effects on your body and mind:

Warming your body tissues.

Improving your blood circulation.

Giving you a feeling of relaxation.

Reducing your stress.

Relaxing your mind.

Gives a stimulating effect on your physical performance.

Brought together this brings you the perfect relaxation for your body and mind.

This is a 12 week course

There will be a maximum of 15 spaces for this course.

Fulwell Resource Centre, Sunderland

Starting Friday 15th September

3.15pm-4.30pm

Developing Computer Skills

These sessions aim at developing your computer skills. It will enable you to improve on your skills on a computer and iPad/tablet.

There will be an opportunity for you to continue learning and this will include one to one sessions and courses to meet your needs.

This is an 9 week course

Washington Resource Centre

Starting Thursday 14th September

10.00am – 12.00 noon

Knitting – ‘Knit One, Give One’

Relax, socialise and learn to knit.

You will then create beautiful handcrafted items for yourself , as well as something to help homeless people keep warmer in winter.

Enjoy a relaxing knitting course where you will learn the basics of Knitting - this is ideal if you are new to knitting or if you wish to refresh your skills. Knitting is said to aid the “Relaxation Response”, help with hand - eye-co-ordination and fine motor skills, along with a great sense of accomplishment.

It is documented that knitting has the same benefits as meditation; crafts including knitting is also documented that it may alleviate symptoms of stress, anxiety and depression, whilst helping to improve motor functions and slow down cognitive decline. All of this and you learn a great skill too.

This is a 11 week course
Fulwell Resource Centre, Sunderland
Starting Tuesday 3rd October
1.00pm – 3.00pm

Boost Your Self Confidence

Do you want to get to know yourself better and learn to live life to the full? 'Boost Your Self-Confidence' is an eight week course led by two Peer Support Workers who have lived experience of not believing in themselves and their abilities. Together we will explore our past achievements, personal strengths and future goals. The course will cover the following areas:-

- What does confidence mean to us?
- What are our rights as human beings?
- What is assertive communication?
- What are the links between thinking, feeling and doing?
- How can we take steps to become more assertive?
- How can we reduce physical tension in our bodies?

A range of teaching methods will be used, for example playing games, completing worksheets, engaging in discussions and practical tasks. It is hoped that by the end of the course you will feel more self-confident and able to connect with others in a way which is right for you.

This is an 8 week course
Fulwell Resource Centre, Sunderland
Starting Tuesday 12th September
1.00-3.00pm

Exploring Poetry

In this exciting nine-week course we shall be exploring some of the greatest poetry of all time, which we hope shall be a mind-expanding and therapeutic experience.

No previous knowledge is assumed: people who have never read a poem in their life are as equally welcome as more experienced readers.

After studying six major poets, we shall look at poetry specifically about mental health.

Finally in the concluding session you will be encouraged to compose your own poetry to share with other students.

This is a 9 week course
Fulwell Resource Centre, Sunderland
Starting Thursday 28th September
1.30pm – 3.00pm

Cake Decorating

This course will be a very informal group which allows students to decorate their own cakes and learn basic cake decorating skills, whilst widening social networks and building friendships.

This is a 3 week course
Fulwell Community Resource Centre, Sunderland
Starting Monday 11th September
3.00-5.00pm

Holistic Health And Relaxation

Relaxation and Holistic Health

This course includes both relaxation and holistic health. They complement each other.

Relaxation is a good way to combat stress and is necessary for our wellbeing. The relaxation element will include stress management and finding ways to relax, including looking at creative play, exercise and nutrition. We will do some breathing exercises and colour visualisations.

The holistic health element encourages us to take a holistic approach to life, knowing it is about the whole person. We will learn about aromatherapy, colour therapy and crystals. We will have the opportunity to practice massage techniques on ourselves or each other and receive reiki tasters, for those of us who want them.

This will be in a safe and relaxing atmosphere.

This is a 7 week course

Fulwell Resource Centre Sunderland

Starting 2nd October

1.30 pm – 3.00 pm

Photography Workshops

These workshops will run over 5 weeks and cover the important elements to taking fantastic pictures.

You will cover exposure, lighting, composition and editing in a relaxed and friendly environment. You will have a chance to put learning into practice in the picturesque location of Mowbray Park.

This is a great way to learn a new skill, update your old skills and meet new people.

Don't forget to bring your camera!

There will be 6 workshops
Civic Centre, Burdon Road, Sunderland
Starting Friday 6th October
2.00-3.30pm

Information Sharing 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 monthly basis offering information on a range of subjects.

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

Every Thursday
Fulwell Resource Centre, Sunderland
10.00-12.00

Crafty Card Making For All Occasions

This course is an introduction to card making, to help you plan and design your own cards for all occasions.

It has been documented that craft activities may alleviate symptoms of stress, anxiety and depression.

You will also have an opportunity to create your own cards using your own imagination, creativity and individuality.

This course will get you thinking creatively whilst meeting new people and widening your social networks.

**This will be an 8 week course
Fulwell Community Resource Centre
Starting Tuesday 3rd October
3pm-5pm**

Cooking On A Budget

This course will look at developing skills around nutrition on a low cost budget.

You will prepare and cook a different meal each week, you will need to make a small contribution for ingredients.

You will have the opportunity to meet new people while developing new skill.

Each session will include practical cooking skills.

**This will be an 8 week course
Fulwell Resource Centre, Sunderland
Starting Monday 2nd October
1.00pm – 3.00pm**

Moving On From Alcohol And Substance Misuse

Learn about the most common illicit drugs, their effects on the user as well as society. Novel Psychoactive Substances, or legal highs, what are they?
Also, is alcohol the worst legal high?

**This is a 2 hour session
Fulwell Resource Centre**

Date to be Arranged

Sunderland Recovery College Choir

The aim of the choir is to encourage having fun, build confidence and inspire hope in recovery.

No need to enrol just turn up and give it a go!

**Fulwell Resource Centre
Every Monday
1.00pm-2.30pm**

Access Guide

Please see our access guide below for access to our different venues. The access guide is a guide for all our visitors using Sunderland Recovery College. Whilst there is a strong disability focus we feel it will be useful for everyone. Please contact the centre in advance of your visit to speak to one of our advisors.

This guide will let you know where the venue is and how it can be accessed.

Fulwell Resource Centre, Fulwell Road, Fulwell, SR6 9QW

The venue is partially accessible, the coffee shop, gym, activity rooms, kitchen and toilets are accessible on the ground floor. There is no level access to the upper floors.

Please contact the centre in advance of your visit to speak to one of our advisors on 5612276

Number of floors 2.

Lift to second floor.

Civic Centre, Burdon Road, Sunderland SR2 7DN

The centre is fully accessible with lifts to all floors.

Headlight, 14 Mary Street, Sunderland Tyne and Wear, SR1 3NH

The centre is partially accessible, there is no level access to the upper floor.

Please contact the centre in advance of your visit to speak to an advisor on 5612276.

Number of floors 2.

Washington Resource Centre, Ayton Road, Washington, NE38 0AB

The centre is fully accessible.

Washington Mind

The centre is fully accessible with a lift to all floors.

Number of floors 2

Enrolment

If you wish to attend a course or courses, you will first need to enrol with the Recovery College. Please come along to our enrolment days at Fulwell Resource Centre.

**All Week, Monday 4th September – Friday 8th
September
Between 10.00am – 3.30pm**

**Email us at
info@sunderlandrecoverycollege.org**

**Visit our website
www.sunderlandrecoverycollege.org.uk**

**‘Like’ us on Facebook at
www.facebook.com/sunderlandrecoverycollege**

