


WOKINGHAM RECOVERY COLLEGE



PROSPECTUS
JANUARY - APRIL 2024



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WELCOME




Wokingham Recovery College delivers co-produced courses, workshops and support groups designed to teach skills for managing and improving wellbeing. All sessions are free to attend.

The service is designed and delivered by people with both lived and learned experience of mental health challenges.

We aim to help people become experts in their own self-care and enable everyone to better understand mental health.

Courses will either be delivered face to face in community venues or online.



"The Recovery College helps with promoting better understanding and coping strategies in everyday life. The staff listen, offer a different perspective and they don't judge."

"I have enjoyed the courses I was able to attend and think that the Recovery College is an excellent initiative which fulfils a much needed role in the local community."

Wokingham Recovery College accepts registrations from anyone aged 18 and over living or working in the Wokingham borough

OUR VALUES

These are the principles that underline how we work and what we deliver.

EXPERTS BY EXPERIENCE –

We believe that experience creates expertise, people know themselves best. We value people as assets recognising their strengths.

INCLUSION –

Inclusion involves equal opportunities to access for everyone. We value inclusivity by creating judgement free spaces for the people of Wokingham.

COMPASSION –

A compassionate approach involves acknowledging distress with a commitment to alleviate and prevent it. We normalise honest conversations about emotional distress and share ideas for responding to it.

HOW TO BECOME A STUDENT

STEP ONE –

Complete a registration form which can be found on our webpage at www.wokingham.gov.uk/recovery-college.

If you need any assistance with this, get in touch via phone **(0118 237 9366)** or email **recoverycollege@wokingham.gov.uk**

STEP TWO –

An e-mail or letter will be sent including course booking information, simply follow the steps to sign up for a course. You will also receive a phone call from a member of the team offering to explore how you can get the most out of the service.



COURSES

Our courses cover a range of wellbeing related topics. Each course involves taught theory, peer discussion and activities. A group agreement is in place for all sessions to ensure that everyone feels safe and comfortable

GETTING STARTED IN GROUPS

An opportunity to learn more about how Wokingham Recovery College sessions are run, explore what it's like to participate in a peer support group, and get answers to any questions you have about our courses and workshops.

The Getting Started in Groups sessions are open to anyone; you do not need to be registered to attend.

"I'm so glad I attended, it has alleviated all my anxieties about joining courses"

1 SESSION
1 HOUR



MANAGING ANXIETY

Living with anxiety can be challenging, but there are some things we can do to help lessen the impact it has. In these sessions we will look at different coping strategies to help us better manage our anxiety.

"Very well run course – friendly and informative"

3 SESSIONS
2 HOURS EACH



MANAGING LOW MOOD

We all experience low mood sometimes and it can be difficult to know how to help ourselves. In these sessions, we explore strategies and techniques for lifting our mood.

"The most useful thing was that people were open and honest, I felt safe"

2 SESSIONS
1.5 HOURS EACH



UNDERSTANDING EMOTIONS

Do your emotions ever feel overwhelming? In these sessions, we explore what emotions actually are and identify techniques for responding to them.

"I found the course offered a safe environment to learn about a topic I find challenging"

2 SESSIONS
1.5 HOURS EACH





IMPROVING SELF-ESTEEM

Do you struggle with low self-esteem and wish to explore ways to build your confidence? This course will look at the impact low self-esteem can have on our lives and will explore techniques to help us look, and feel, more confident.

"Friendly, informative and well presented."

1 SESSION
2 HOURS

A silhouette of a person with their arms raised in a celebratory gesture, set against a bright, warm orange and yellow background that suggests a sunrise or sunset.

BEING KIND TO OURSELVES

Do you struggle to show yourself kindness? On this course, you will learn what compassion is and why it can be difficult to direct towards ourselves. We will explore why self-compassion is important, the inner critic and ways to increase our self-compassion.

"Brilliant. Facilitators are very welcoming, understanding, calm and make it enjoyable"

3 SESSIONS
1.5 HOURS EACH

A person seen from behind, standing on a sandy beach with their arms raised in a 'V' shape. They are wearing a hat and a backpack. The background shows a sunset or sunrise over the ocean with mountains in the distance.

COPING WITH STRESS

Everyone experiences stress, especially when dealing with change or life's challenges. During this session, we will explore the stress response cycle and the impact of stress. We will learn how to recognise stress and identify strategies for reducing levels of stress.

1 SESSION
2 HOURS



MAKING GOOD HABITS STICK

These sessions will help you to embed wellbeing enhancing activities into your everyday life. This course explores why changing our behaviour is challenging and the common barriers to habit building. We identify and engage with practical steps for creating and maintaining helpful habits.

2 SESSIONS
2 HOURS



FOOD & MOOD

This course aims to provide a strong foundation on which to explore our relationship with food on all levels. We hope that it empowers students with understanding and tools they can use every day.

"Very interesting and informative course"

3 SESSIONS
1.5 HOURS EACH



GETTING A GOOD NIGHT'S SLEEP

Getting a good night's sleep is essential for our wellbeing. In this workshop, we will explore sleep hygiene and changes we can make to improve the quality of our sleep.

"I learned some new techniques and facts I didn't know before."

1 SESSION
1.5 HOURS



COMPASSIONATE COMMUNICATION

Do you struggle to put things into words or find it hard to say no? Good communication skills help us to build positive connections and set healthy boundaries. This course will explore improving listening skills, using compassionate communication and setting boundaries.

3 SESSIONS
2 HOURS EACH

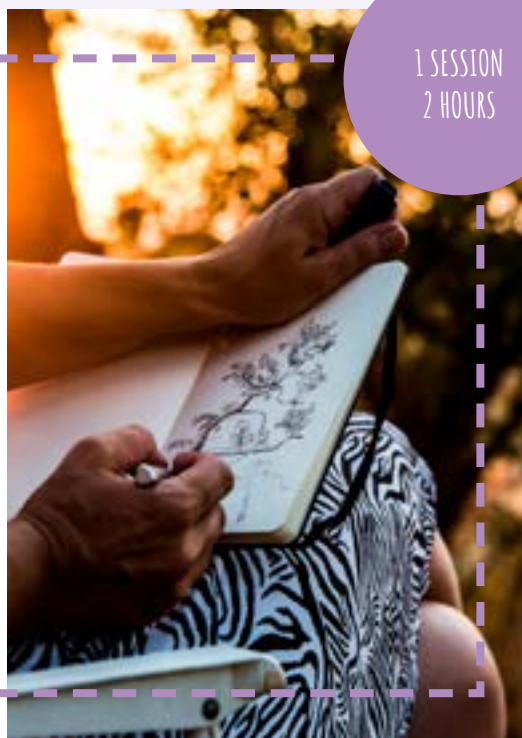


ART FOR WELLBEING

Join us for a calming creative wellbeing workshop run by arts and health practitioner, Natalie. This workshop offers a chance to come together and focus purely on creativity in a non-competitive, no experience necessary session. You can enjoy switching off the outside world for a couple of hours. All materials will be provided.

"Learning new skills, techniques and trying them out was very useful."

1 SESSION
2 HOURS





JOURNALING FOR WELLBEING

Journaling is a popular way to help work through feelings. In this one-off session we look at the basics of journaling to help get you started with this practice. This will include exploring how journaling can help and making it work for you.

"This was a very good introduction, very thorough"

2 SESSIONS
2 HOURS EACH



PREPARING FOR EMPLOYMENT

Delivered by Optalis Supported Employment Service. This workshop will explore steps for those returning to employment after a break. Topics covered will include volunteering, building confidence and gaining skills.

"The content was all very useful; made me aware about a lot of things I didn't know prior to the course."

1 SESSION
1.5 HOURS



PEER SUPPORT GROUPS



Peer support is when people use their experiences to help others. Wokingham Recovery College offers a range of peer support groups to facilitate making connections and sharing ideas for improving wellbeing. Peer support groups can reduce loneliness, increase confidence and help you recognise your strengths.

"There is something about sitting in a room with others, listening to their stories and relating to them, that makes you feel like you are not alone."

HEARING VOICES GROUP

Do you hear or see things that other people do not seem to? This fortnightly group provides a safe space for people to share their experiences with one another.

"I really value the support and friendly environment"

In person: 2nd Thursday every month, 11am – 12.30pm

Online: 4th Thursday every month, 11am – 12pm

FAMILY & FRIENDS SUPPORT GROUP

Are you supporting a family member or friend with mental health concerns? Would you like the opportunity to talk about or share your experience with others in a similar position?

If so, then please come along to our Family and Friends Support Group! This group offers a safe, confidential, and supportive space to discuss anything and everything that is important to you.

In person: 1st Wednesday every month, 1.30pm – 3pm



RECOVERING TOGETHER

Recovering Together is our peer support group available to all students.

The fortnightly meetings are an opportunity for students to have topical discussions and share lived experiences in a friendly and welcoming environment. Our hope is, that as a community, united by each other's support, we journey through recovery together.

"It is great to share feelings with others and discuss coping strategies"

Central Wokingham: 2nd and 4th Mondays every month, 11am – 12.30pm

Earley: 1st Tuesday every month, 10am – 11.30am

Online: 3rd Monday, 11am – 12.30pm

BYOC (BRING YOUR OWN CRAFT)

Open to anyone who would like to work on their creative pursuits in the company of others. These are not taught or guided sessions, and they are open to all abilities and disciplines. You may already have a project in progress or be embarking upon something new. Whether you want to develop new skills alongside peers, or simply craft quietly in a friendly shared space, everyone is welcome.

"I've been finding it hard to go out to new places [due] to anxiety, I managed to go and loved it, everyone was so welcoming"

Central Wokingham: 1st and 3rd Friday every month, 10am to 12pm

Online: 3rd Thursday every month, 6pm to 8pm





18 – 25 PEER SUPPORT

This group is a safe, friendly and supportive space where young people aged 18-25, with an interest in improving their wellbeing, can come together to share experiences and learn from each other.

The group will be shaped by those who attend so you can make it your own!

Online: 2nd Friday every month, 2pm – 3.30pm

JOURNAL TOGETHER

A monthly shared space to journal with some friendly company. You are welcome to join whether you are new to journaling or have been scribing for years, adorn your pages with washi and stickers, or you keep it minimal with the simplicity of pen and paper. Bring your own journal and pen and join us for some dedicated journal time.

"The facilitator is brilliant, makes you feel very relaxed and involved"

Central Wokingham: 2nd Friday every month, 10am to 11.30am



HAVE YOUR SAY

Co production is at the heart of our ethos. This means that what we deliver and how we deliver it is based on the combined expertise of our students, their carers and mental health professionals.

Each course offers an opportunity for feedback with evaluation forms. We also run **'Have Your Say'** sessions. These are focus groups centred on different topics which invite people to share their thoughts and ideas.

STUDENT EXPERIENCE

I have nothing but praise for all the staff that provided the course and materials. The techniques and the information provided were excellent and I have been able to share this with several friends who mentioned that they would like to know more.

The benefits of using the college are marked. It was instrumental in helping me climb out of a 'very deep pit of despair' and helped provide a set of tools to prevent relapse. The difference I feel is huge. On the odd occasion when I feel not 'on top form', I revisit some of the literature and undertake some of the practices. These really make a difference, and the fortunately the 'odd occasions' are now very few and far between.

LOCAL SERVICES



OPTALIS SUPPORTED EMPLOYMENT SERVICE

Optalis Supported Employment Service supports vulnerable adults and transition age to gain the necessary skills to access paid or voluntary work, education, work experience and training. The service also enables people to retain their employment or return to work after a period of illness.



Our service works with clients who are covered by the disability provision of the Equality Act (2010). We also provide a service to carers.

Individual tailored support packages are provided through one to one contact with an allocated employment coach, who assists clients to reach their goals through help with CV writing, application forms, interview training, information advice and guidance and vocational profiling.

Tel: **0118 977 8600**

Website: <https://www.optalis.org/locations/supported-employment-service-wokingham>

Email: employmentservice@optalis.org

SPORT IN MIND

Sport in Mind is an independent multi-award winning mental health charity that was formed in Reading, Berkshire in 2010 with a simple mission: "To improve the lives of people experiencing mental health problems through sport and physical activity"



We are the UK's leading mental health sports charity and deliver free & fun physical activity sessions every week in partnership with the NHS in order to aid recovery, promote mental wellbeing, improve physical health, combat social isolation and empower people to move their lives forward in a positive direction. The sessions are for all abilities, anyone aged 17+ who is feeling low mood, lonely or isolated or with a mental health diagnosis and all equipment is provided.

You can find out more about Sport in Mind sessions near you here -

www.sportinmind.org/timetables -

or using our Activity Map <https://www.sportinmind.org/find-an-activity>

Email: info@sportinmind.org

Website: www.sportinmind.org





CITIZENS ADVICE WOKINGHAM

At Citizens Advice Wokingham we help people find a way forward – whoever they are and whatever their problem.

The information and advice we provide is independent, confidential and impartial and we use the evidence of our clients' experiences to champion a change in policy and practices at a local, regional and national level.

Citizens Advice Wokingham is a registered charity, working hard to ensure people across Wokingham Borough have access to the information and advice they require.

Our priority is to empower people to resolve their money, legal, consumer and other problems that are affecting them.

Contact number: **0808 278 7958**

Website: www.citizensadvicewokingham.org.uk



DEPRESSION XPRESSION

Depression Xpression is a peer support group for people with depression and other mental health issues in the Reading and Wokingham area. Our meetings are completely free of charge and everyone is welcome. We aim to provide a safe and confidential environment where everyone is listened to and treated with respect.



We are currently running support group meetings as follows, booking is required:

Every first Wednesday of the month: 7pm at the Salvation Army Hall, Sturges Road, Wokingham, RG40 2HD.

Please check our Facebook Group or website for further details or contact us by email.

Facebook Support Group at <https://www.facebook.com/groups/depressionxpression>

E-mail: depressionxpression@gmail.com

Website: <https://depressionxpression.org.uk>



WOKINGHAM DOMESTIC ABUSE SERVICE

Domestic abuse affects 1 in 4 women and 1 in 6 men during their lifetimes and can have a significant impact on people's mental and physical wellbeing. The Wokingham Domestic Abuse Service delivered by Cranstoun supports men, women and children in Wokingham who are, or have been, living with domestic abuse. A telephone helpline; outreach; group based support; help accessing safe accommodation, including refuge and help for those who are concerned about the impact of their behaviour on others is available. Support includes safety planning; practical and emotional support.

Tel: **0118 402 1921**

Website: www.cranstoun.org/dass

For more information about domestic abuse and support in Wokingham, see www.wokingham.gov.uk/domesticabuse



LINK VISITING SCHEME

The Link Visiting Scheme is a charity based in Wokingham Borough. Our mission is to tackle the serious impact of loneliness and celebrate and enable friendship. Our focus is on older people but we welcome people of all ages. Our core service is one to one befriending either face to face or over the phone. We also run small Friendship Groups and run various activities all with the aim of enabling friendships and broadening our social circle.

For more information on receiving support or to volunteer, please contact the Link Visiting Scheme Office on **0118 9798019** or visit www.linkvisiting.org



FRIENDSHIP ALLIANCE

The Friendship Alliance is an initiative brought together by The Link Visiting Scheme, Age UK Berkshire, Involve Community Services and the Wokingham Volunteer Centre to tackle loneliness and improve the mental and physical wellbeing of older residents in Wokingham Borough. We promote the services of each organisation as well as local community events and activities via a fortnightly e-newsletter. We hold a weekly online Friendship Café and also identify Friendship Tables which are places where there's a warm welcome and always someone to chat with. We encourage people to be active in the community to be able to enjoy connecting with others.

To sign up to receive our newsletter, calendar of Friendship Tables or further information, please contact Jayne on **07464 834 949** or visit www.linkvisiting.org/friendship-alliance





CRANSTOUN DRUG & ALCOHOL SERVICE

Cranstoun, Wokingham provides support and treatment to all Wokingham residents who are affected by problems with drugs and alcohol. The services assists recovery and promotes harm reduction through advice and information, one to one and group support and access to medical interventions. There is a dedicated and separate young person's service, Here4YOUth, delivering support and information and helping under 18s to develop the life skills to make healthy choices around their alcohol and drug use. Support for children/young people who are affected by someone else's alcohol or drug use is also available.

T: **0118 977 2022**

E: **wokinghamreferrals@cranstoun.org.uk**

W: <https://cranstoun.org/help-and-advice/alcohol-other-drugs/wokingham/>



WOKINGHAM WELLBEING SERVICE

Low mood? Feelings of anxiety? Perhaps you're struggling to sleep, dealing with multiple responsibilities, or feeling overwhelmed and unsure where to start?

Mind in Berkshire Wellbeing Workers can offer free one-to-one appointments for people aged 18 and over in Wokingham.

These sessions enable people to put practical things in place that can help them feel more able to manage everyday stress and wellbeing challenges.

This service is available at all GP practices in Wokingham and the Wokingham Charity and Community Hub, via face-to-face, telephone or video sessions, whichever suits your needs.

Website: <https://services.thejoyapp.com/en/listings/489>

Phone: **01865 24 77 88**

Email: **wokinghamwellbeing@mindinberkshire.org.uk**



KALEIDOSCOPIC UK

Kaleidoscopic UK is a charity of domestic abuse survivors for anyone subjected to any form of abuse, providing peer support locally and nationally through open ended free support that is confidential and independent. We run support groups and recovery programmes for all as well as prevention and education.

We believe survivor led regular support is essential throughout a survivor journey, being there when needed with no limit, allowing survivors to dip in and out when they wish is vital to ongoing recovery as is being independent.

Website: www.kaleidoscopic.uk

Email: **kaleidoscopicuk@gmail.com**



WOKINGHAM ADULT EDUCATION

Wokingham Adult Education offers short courses either online or in community venues that include:

- Developing employment and employability skills including IT skills
- Supporting parents to help with their children's learning
- Improving maths, English and digital skills
- English for Speakers of Other Languages

Website: www.webenrol.com/wokingham

Email: adulteducation@wokingham.gov.uk

Phone: **0118 974 3797**



AUTISM BERKSHIRE

Autism Berkshire provides a wide range of advice, support and activities for autistic people of all ages and their families.

On behalf of the NHS, we run the Berkshire Adult Autism Support Service throughout the county, to help autistic adults and their parents/carers, and the Berkshire West Autism & ADHD Support Service, to help families of autistic children and young people living in Wokingham, Reading and West Berkshire.

Both services provide helpline support and one-to-one advice, plus autism advice workshops and courses.

We also offer social and leisure activities for families and autistic adults.

Visit our website for more information or contact us using the details below.

Website: www.autismberkshire.org.uk

Email: contact@autismberkshire.org.uk

Telephone: **01189 594 594**



Talking sense about autism.

STUDENT CHARTER



WE AGREE TO

- Handle your enquiries in a friendly and professional manner
- Offer guidance for choosing courses
- Give you details of our courses and activities
- Celebrate diversity and difference
- Provide you with a safe, comfortable and friendly learning environment
- Respond to any disability or learning needs that you have informed us of
- Maintain focus on learning, rather than treatment or therapy
- Welcome comments and views about the College
- Address any complaints and concerns in a confidential & professional manner
- Be committed to creating a learning environment free from discrimination
- Explain the safety policies and procedures of venues

YOU AGREE TO

- Provide us with the information we require to register you
- Show commitment to learn
- Arrive on time
- Celebrate diversity and difference
- Take personal responsibility in contributing to safe, comfortable and friendly learning environments
- Inform us of any disability or learning needs that you would like support with
- Appreciate that the College exists as a place of learning and does not replace therapy or other treatment
- Contribute to and respect the group agreement which is completed at the start of each course
- Ask for clarification if there is anything that you are not sure about
- Treat everyone with dignity and respect
- Treat public venues and their facilities with respect

FAQS



WHO CAN ACCESS THE COLLEGE?

Anyone over the age of 18 living or working in the Wokingham Borough. This includes anyone looking for new ways to manage their wellbeing. There is no requirement to have a diagnosis or to have had contact with mental health services previously.

WHAT WILL THE FORMAT OF THE SESSIONS BE?

Our trainers will provide resources and information, we will hold discussions and suggest activities for you to complete. You will not be expected to share anything which you do not feel comfortable disclosing.

WHAT EQUIPMENT WILL I NEED FOR THE ONLINE SESSIONS?

You will need access to an e-mail address. You will need a PC/laptop/tablet or phone and internet connection. We will use Microsoft Teams. When you sign up to a session, we will send you guidance on using the software. You will need a private space where you cannot be overheard to protect everyone's confidentiality.

WHERE WILL FACE TO FACE SESSIONS BE DELIVERED?

Our sessions will be delivered in community venues. We will provide details and directions when sharing course information. Currently we are using the following venues: The Bradbury Centre, The Cornerstone, Friends Meeting House, the Carnival Hub and the Oakwood Centre.

I'M NERVOUS ABOUT COMING ALONE. CAN I BRING SOMEONE?

Let us know if you plan to bring along someone as a support for you. Alternatively, we can arrange staff or a volunteer to meet you outside the venue if this would be helpful.

I CAN'T FIND CHILDCARE. CAN I STILL ATTEND?

Unfortunately, we cannot accommodate children in any of our sessions. We hope that you can find space online and in person where you can be fully present and focused on the sessions for yourself.

I CAN'T DECIDE WHICH SESSIONS I WANT TO ATTEND. WHAT SHOULD I DO?

Get in touch and we can help with this. Our Recovery Workers can support you to identify which sessions will best support you to meet your goals.

WHO ARE THE PEOPLE WHO DELIVER THE COURSES?

All of our trainers have varied experiences of working in mental health settings. They have delivered courses for Recovery Colleges previously. Our trainers, unless otherwise stated, are not clinically trained. Any issues with your clinical care should be directed to the relevant professionals.

HOW MANY PEOPLE WILL BE IN THE SESSIONS?

The maximum number of students in a session will be 12. We usually have between 5 and 8 students.

I HAVE SOME FEEDBACK OR AN IDEA FOR A COURSE YOU COULD RUN. WHAT SHOULD I DO?

We welcome all feedback, send us an e-mail with any ideas, compliments or complaints. Your feedback will shape our service and what we offer.

CAN I VOLUNTEER WITH THE COLLEGE?

Yes! We welcome those with lived experience to volunteer. Find out more by getting in touch and asking to speak with our Peer Team Lead.

MY QUESTION WAS NOT ANSWERED HERE. WHO SHOULD I SPEAK TO?

Contact us via **recoverycollege@wokingham.gov.uk** and a member of the team will get back to you.



COURSE INDEX

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WOKINGHAM RECOVERY COLLEGE



0118 237 9366

recoverycollege@wokingham.gov.uk

Search for "recovery college" on www.wokingham.gov.uk

