



Milton Keynes Recovery & Wellbeing College

Monday 6th January– Friday 28th March

Your guide to enrolment and booking places on courses

If you would like to attend our courses and workshops you can self-refer, or be supported to enrol by someone else involved in your care, such as a health professional, keyworker or contact us on :
01908 725351 or cnwl.mkrecoverycollege@nhs.net.

PLEASE NOTE:

- Students may attend the same course or workshop no more than twice.
- You can request places on up to five courses or workshops each term.

You can enrol with us by filling in and submitting an online enrolment form through [this link](#) or by using this QR code:



For full course descriptions, please see the online prospectus

[CNWL Recovery & Wellbeing College](#)

226 Queensway Bletchley MK2 2TE



GETTING STARTED

INDIVIDUAL LEARNING PLAN (ILP)

A 30 minute to 1 hour session where you can discuss the following on a 1 to 1 basis:

- **What do you hope to gain from attending courses and workshops at the College?**
- **What are your recovery goals?**
- **What are your strengths and interests and empower you to use those as part of your recovery.**

What can the College do to help you feel comfortable whilst learning with us? We can make reasonable adjustments to support you and keep you safe.

Explore any support needs you may have in:

- ◆ **Physical and mental health support needs**
- ◆ **Educational support**
- ◆ **Anything else that may require reasonable adjustments**

Please request to book an appointment for your ILP session By speaking to a staff member in person

Or via phone or e-mail

01908 725351

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TIMETABLE

Understanding Anxiety (for Milton Keynes residents only)

Face-to-Face Workshop - 1.30pm - 4pm

Monday 6th January - Queensway - [Book onto this course](#)

Everyone experiences periods of anxiety at some stage in their lives. However, sometimes we can find ourselves fearful, nervous and tense about the future almost all the time and that is when anxiety becomes a problem to live with.

In this workshop we will look at how anxiety affects people in different ways, both emotionally and physically. We will look at the possible causes of anxiety and how best to manage the feelings.

How mindfulness can help you right now? (for Milton Keynes residents only)

Face-to-Face Workshop - 1.30pm - 4pm

Wednesday 8th January - Queensway - [Book onto this course](#)

Practising mindfulness regularly is a strategy which has been proven to be effective for relieving, managing and overcoming many forms of distress. It's a popular myth that mindfulness is about emptying the mind. It is really about learning to focus on the present moment – the mind will always be busy thinking because it's what minds do. Practising mindfulness allows us the space to stand back from our thinking, it does not seek to stop us from thinking. Students will learn through meditating together how to focus on the here and now, allowing our thoughts, feelings and physical sensations to flow past us, without judgement or interpretation.

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TIMETABLE

How healthy eating and being active can improve mental health (for Milton Keynes residents only)

Face-to-Face 2 Week course—1.30pm—4pm

Monday 13th January / 20th January - Queensway— [Book onto this course](#)

We know that being active and eating a balanced diet is an integral part of our day to day life. This two-part course will show you simple and fun ways to keep active and introduce healthier eating habits which can help to improve your mental health. You will gain a good understanding of the link between physical and mental well-being. There will be opportunities to discuss the benefits and challenges of eating healthily and being active.

Exploring what works for me (for Milton Keynes residents only)

Face-to-Face 3 Week course- 10.30am - 1pm

Wednesday 15th January / Wednesday 22nd January / Wednesday 29th January

[Book onto this course](#)

This course will provide students with the opportunity to develop a Health and Wellbeing plan, a personalised written tool which has helped many people in their recovery journey.

The purpose of this course is to explore coping mechanisms and to help students identify some practical things that help manage the ups and downs during these challenging times.

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TIMETABLE

Building body confidence and acceptance (for Milton Keynes residents only)

Face-to-Face Workshop—1:30pm—4pm

Friday 17th January - Queensway - [Book onto this course](#)

Over the centuries the idea of the “perfect” body has undergone enormous change. Fluctuating societal expectations of how we “should” look do not bear much relation to how most of us do look. For some of us, the way we look and feel about our bodies can become a fundamental source of distress. We believe it is possible to feel okay in your own skin and in your body, exactly the way it is. Come with us on a journey about body confidence and feel uplifted by our dual professional and lived experiences of recovery from body challenges.

Understanding psychosis (for Milton Keynes residents only)

Face-to-Face 2.5 Workshop - 1:30pm—4pm

Monday 27th January - Queensway - [Book onto this course](#)

Psychosis is an often misunderstood yet very common symptom of a number of different mental health diagnoses. You may have come across it as a word used to describe what you or your loved ones are experiencing. Psychosis can be an anxiety-provoking concept if we do not understand what it means. This workshop will address what psychosis is and how it might affect you and others. You will be offered suggestions about tools you can use to help you cope and about what is available to you in the community.

For full course descriptions, please see the online prospectus

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TIMETABLE

Beating mental health stigma and discrimination (for Milton Keynes residents only)

Face-to-Face 2 Week course —1.30pm—4pm

Monday 3rd February / Monday 10th February - Queensway -

[Book onto this course](#)

Experiencing mental health difficulties can be challenging enough without having the added problems of mental health stigma and discrimination. In this workshop we will look at the way stigma can negatively impact on our sense of self-esteem and identity. In particular we will look at the negative impact of mental health diagnoses when these diagnoses are used as discriminatory labels.

How to manage disclosing our mental health or other conditions to employers (for Milton Keynes residents only)

Face-to-Face Workshop - 1.30pm - 4pm

Wednesday 5th February- Queensway - **[Book onto this course](#)**

Disclosing lived experiences of our mental health or other conditions can be daunting and the main aspect of this may be that we may fear that we will be discriminated against. This is still the case for many of us even though mental health discrimination in relation to employment is against the law. In this workshop we will address the many concerns people have with sharing such personal information with employers.

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TIMETABLE

Go smoke free (for Milton Keynes residents only)

Face-to-Face workshop 10.30am - 1pm

Friday 7th February—Queensway - [Book onto this course](#)

If you want to stop smoking and start living a happier, healthier life, this workshop is for you.

We will support you and give you the advice you need to help you prepare to quit and stay on track. We will help you explore and identify the barriers that many people face.

Understanding Autism (for Milton Keynes residents only)

Face-to-Face Workshop - 10.30am - 1pm

Wednesday 12th February - Queensway - [Book onto this course](#)

Autism is a lifelong neurodevelopmental condition that affects how a person perceives their environment and interacts with others. There are around 700,000 autistic adults and children in the UK, and this figure continues to rise with more people getting diagnosed.

This course was co-produced by people with lived experience of autism and will cover the essentials of what autism is, how it affects the person, misconceptions about autism, considerations for those around them as well as the wider community, and information on support/ resources.

For full course descriptions, please see the online prospectus

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TIMETABLE

Coping with loneliness and isolation (for Milton Keynes residents only)

Face-to-Face Workshop - 10:30am—1pm

Friday 14th February - Queensway - [Book onto this course](#)

In this workshop we want to acknowledge that loneliness and isolation can affect anyone at any time in their life. Loneliness means different things to different people, but there is a general sense of isolation and disconnection from others.

We will explore how loneliness affects us, the consequences of loneliness and what we can do to help us manage. We will share some resources that might enable us to reach out and make connections that work for us.

Diabetes and Wellbeing (for Milton Keynes residents only)

Face-to-Face 2.5 Workshop -

Wednesday 19th February - Queensway - [Book onto this course](#)

The emotional and psychological impact of living with diabetes can have a profound effect on mental wellbeing and our ability to live well.

This workshop will explore the emotional and psychological aspects of living with diabetes and the connection between physical and mental wellbeing. We understand that one size does not fit all with diabetes. We will explore how diabetes affects us emotionally and discuss our strategies to manage.

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TIMETABLE

Introduction to discovering self-compassion (for Milton Keynes residents only)

Face-to-Face Workshop - 10.30am - 1pm

Friday 21st February - [Book onto this course](#)

If you tend to criticise and judge yourself more harshly than you would others, concentrate more on your mistakes than your strengths, and often feel that you are not good enough, this course is for you. If your self-critical thoughts are making it more difficult for you to make decisions or feel confident enough to get everyday things done, this course is designed to show you that there is another way.

Understanding Complex Emotional Needs (for Milton Keynes residents only)

Face-to-Face 2 Week Course - 1.30pm - 4pm

Monday 24th February / Monday 3rd March - Queensway -

[Book onto this course](#)

Personality related difficulties affect how people view and manage their emotions and relate to other people. We will explore the meaning and impact of a personality disorder diagnosis and how personality difficulties can affect mental and physical health. We will also discuss treatments available and the tools and strategies which can help people to manage their own wellbeing.

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TIMETABLE

Introduction to easy crafts for recovery (for Milton Keynes residents only)

Face-to-Face Workshop - 10.30am - 1pm

Wednesday 26th February- Queensway - [Book onto this course](#)

Creativity of every kind and within that, crafts, have long been a very important part of humanity, society and culture. Research suggests that creative pastimes are much more than just an outlet for personal expression or a way to pass the time. Crafting has been shown to help reduce anxiety, improve mood and increase happiness, all of which can help fight depression and perhaps become part of our recovery journeys.

Introduction to Mindfulness (for Milton Keynes residents only)

Face-to-Face 4 Week course - 10.30am - 1pm

Friday 28th February / Friday 7th March / Friday 14th March /
Friday 21st March - Queensway - [Book onto this course](#)

Practising mindfulness allows us the space to stand back from our thinking, it does not seek to stop us from thinking. Over the four weeks, students will learn through meditating together how to focus on the here and now, allowing our thoughts, feelings and physical sensations to flow past us, without judgement or interpretation.

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TIMETABLE

Understanding Anxiety (for Milton Keynes residents only)

Face-to-Face Workshop - 10.30am - 1pm

Wednesday 5th March- Queensway—[Book onto this course](#)

Everyone experiences periods of anxiety at some stage in their lives. However, sometimes we can find ourselves fearful, nervous and tense about the future almost all the time and that is when anxiety becomes a problem to live with.

In this workshop we will look at how anxiety affects people in different ways, both emotionally and physically. We will look at the possible causes of anxiety and how best to manage the feelings.

Understanding Bereavement (for Milton Keynes residents only)

Face-to-Face Workshop - 1.30pm - 4pm

Monday 10th March - Queensway - [Book onto this course](#)

Bereavement touches all of us at some point in our lives. We can all react differently. Although grief is a very individual process, there are some common emotional and physical experiences which we may go through. It can help us to have information about these common patterns that bereavement can take.

We will explore what grief is and what happens when we grieve, factors that influence our grief, spirituality, being with others in grief and how we can look after ourselves or support someone else.

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TIMETABLE

Understanding Depression (for Milton Keynes residents only)

Face-to-Face Workshop - 1.30pm - 4pm

Monday 17th March - Queensway - [Book onto this course](#)

Depression goes beyond feelings of sadness or unhappiness and can deeply disrupt how we think, feel and live in our daily lives. Some people will have experiences which are not well-known features of depression.

This course covers essential information about depression, how it is diagnosed and how it affects different people. We also look at the different tools for managing depression. This is a space in which your experiences will be validated and you will learn from others too.

Understanding Health Anxiety (for Milton Keynes residents only)

Face-to-Face Workshop - 1.30pm - 4pm

Monday 24th March - [Book onto this course](#)

“Health Anxiety” means we may experience a lot of worry relating to illness, including researching symptoms or constant checking to see if we have a health condition.

Living with health anxiety can be difficult but there are a number of effective strategies that we can use to help us manage and reduce our health anxiety. In this course we will explore what health anxiety is and how it can manifest along with where it may stem from.

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TIMETABLE

Introduction to Developing Resilience (for Milton Keynes residents only)

Face-to-Face Workshop - 10.30am - 1pm

Friday 28th March - [Book onto this course](#)

Resilience is how we adapt in the face of adversity, trauma, tragedy, threats or significant sources of stress. It involves behaviours, thoughts and actions that can be learned and developed by anyone. Some people struggle with resilience more than others but the trait can be developed.

This course explores the benefits and barriers to becoming more resilient and what we can do to support ourselves when things get tough.

NOTES

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