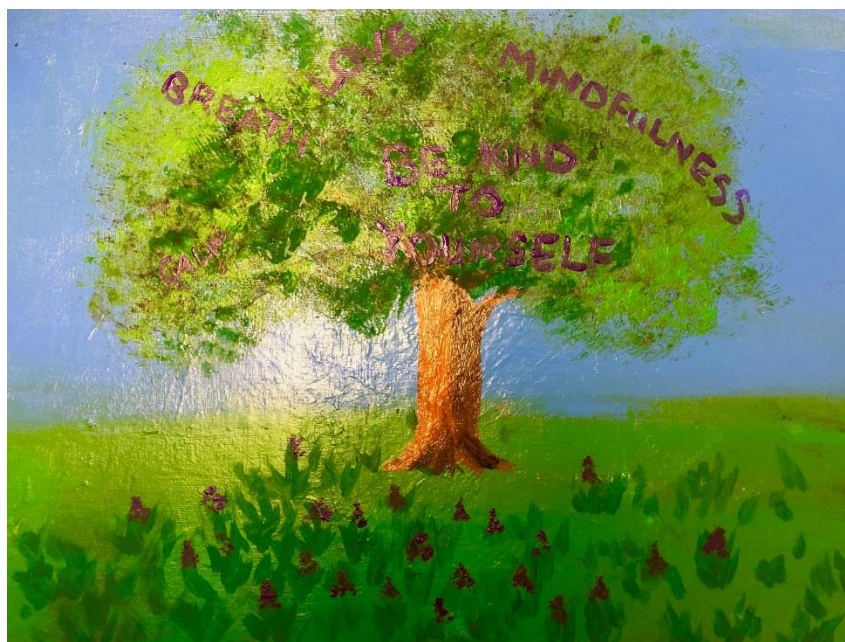




March - April 2020

**College Prospectus
&
A Guide for Students**



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Welcome to ARCH!

So, what is ARCH?

- A resource base for service users, carers and staff
- An opportunity for people with lived experience of mental health issues to develop skills and explore opportunities
- An opportunity for staff to become more recovery focused in their practice and to consider their own wellbeing
- A place where service users, carers and staff learn together as students
- Courses delivered in co-production by experts by experience and experts by profession



We hope that you find this prospectus helpful during your time at ARCH Durham. We have included a section on meeting the team to help you to get to know us a bit better, and other bits of information we think might be useful to have. If you have any questions or feedback, please speak to one of the team. We look forward to working with you, here at ARCH.

Recovery College Online

We've now launched our new website – Recovery College Online – which has been developed by Tees, Esk and Wear Valleys NHS Foundation Trust (TEWV) and has two main areas:

- a public area available to anyone worldwide, providing generic, non-Trust specific information on mental health topics
- an e-learning section, which will initially be available to anyone within the TEWV catchment area (by secure login) and provide teaching and learning on a range of mental health topics

Content on both areas of the website has been co-written from different perspectives and includes overview from those with lived experience. There are service user stories on the site along with site information, views and opinions, as well as the training courses, resources and forums specific to individual logins.

www.recoverycollegeonline.co.uk

Email TEWV.VRC@nhs.net for further information and guidance.



recoverycollege online

Meet the Team...

Claire, Recovery College Manager

Claire is our college manager who is in charge of the overall running of the college, as well as the newly launched Recovery College Online. Claire is also here to help students choose the right courses and provide support and advice.

Tracey, Recovery College Operations Manager

Tracey is responsible for the day-to-day running of the college, co-ordinating staff and volunteers, as well as arranging courses and events. She is also available to help you choose and enrol on to college courses. If you have any concerns or questions about anything at all, please let her know.

Alison, College Administrator

Alison is responsible for all of the college administration, such as registration and co-ordination of students onto our database, distribution of college and course material, and maintaining college attendance. If you are unable to attend college, or require any other college information or materials, please let Alison know and she will be happy to help.

Fiona and Kay, Recovery College Peer Trainers

Fiona and Kay are ARCH's two Peer Trainers who will be co-delivering college courses alongside our Experts by Profession, enrolling students to the college, and offering learning support and advice for students. If you have any questions regarding the courses, then please speak to either Fiona or Kay and they will be able to answer your questions.

Joanne, Recovery College Online Operations Manager

Joanne is responsible for the online recovery college which was launched in March 2017. Joanne's role is mainly dealing with online content and queries, so her time is divided between being at ARCH, as well as being out and about at events across the Trust.

Rhiannon, Recovery College Online Trainer

Rhiannon assists the Operations Manager in the delivery of the Recovery College Online. Her main role is to take the course material available at ARCH and transpose it into an e-learning format. Rhiannon also co-delivers some of the courses at ARCH alongside Fiona and Kay.

Gemma, Recovery College Online Trainer

Gemma's main role is to create course material alongside the other peer trainers to then upload into the e-learning format.

Dawn, Recovery College Online Trainer

Dawn's main role is to create course material alongside the other peer trainers to then upload into the e-learning format.

Suzanne, Recovery College Online Trainer

Suzanne's main role is to create course material alongside the other peer trainers to then upload into the e-learning format.

Volunteers and Involvement Peers

At the college we have a number of people here to meet and greet our students, as well as to help out with office administration and preparing course materials. We also have a team of facilitators with lived experience who deliver a vast number of our courses at the college. If you have any questions or just fancy a chat, then they would be more than happy to speak to you.

ARCH Recovery College is made up of diverse and passionate peer trainers, administrators, managers and volunteers; many of whom have lived experience of mental ill health themselves. We proudly use our individual strengths to share and support our students during their recovery journeys.

We are a welcoming and friendly team! We look forward to getting to know you a bit better, so we thought it fair that you could learn a bit about us too!

What do we mean by 'Recovery'?

Recovery is a personal journey. You might already have, or are at least developing, your own definition of what recovery means to you.

Personal recovery is felt to be much more relevant when we are thinking about mental health and distress, as often it is not the diagnosed symptoms that are the most troubling thing for people. They may wish to have a greater sense of purpose, an understanding of their distress or more control over what happens to them.

Although reducing symptoms or certain feelings by using things like medication and therapy is very important and useful for many people, personal recovery goes way beyond treatment. Everyone's ideas about their own recovery will be different, and this is why it can be difficult to describe exactly what recovery is.

A lot of research has been done to help to describe what personal recovery is, and from this, some key themes have been found. These are things that are important for all humans - connectedness, hope, identity, meaning and empowerment.

Personal recovery is often seen as a journey. People set goals, discover new things, make new relationships and gain control over their lives. Because recovery is not about 'cure', it may not be anything to do with returning to how a person once was.

There are five important factors to personal recovery:

- Connectedness – feeling connected to someone, or something
- Hope – having hope for the future, or that tomorrow will be a new day
- Identity – having an identity outside of your diagnosis
- Meaning – having a reason in your life
- Empowerment – feeling in control and empowered to do what you want



Frequently Asked Questions...

Q: What happens if I can't attend one day?

A: That's fine, all we ask is that you let one of the team know. Just come along again when you feel ready and let us know if you need any extra support.

Q: Is there food available?

A: We don't sell food in the building but feel free to buy food from the nearby shops. We provide hot drinks and water in the classrooms

Q: How many courses can I do?

A: You can enrol onto as many courses as you'd like, and repeat any as well.

Q: Does it cost to attend the college?

A: No it doesn't, all the courses are free to attend.

Q: What happens when I finish a course?

A: It's up to you! You can enrol onto another course if you'd like or if you feel like you've got all you can from the college, you're ready to graduate.

Q: Can I come to ARCH even when I don't have a class on?

A: Yes. You can pop along to use our resource library, outside of class times.

Q: I've still got more questions...

A: If you have access to the internet then you can email questions to tevv.recoverycollege@nhs.net and we'll reply as soon as we can. Alternatively if you're in the area, drop in to ARCH to speak to one of the team.



What's happening at ARCH?

There are loads of things happening and ways to get involved at ARCH. Your input is crucial to the development of the college, as we want to make sure that we are getting the college right for what our students (you!) want.

You can also keep up-to-date with what's going on at college on the notice boards in the main corridor and in the Resource Library.

If you head along to our Resource Library you'll find our Volunteering Opportunities board. This displays different volunteering roles within Tees, Esk and Wear Valleys NHS Foundation Trust, as well as information and opportunities from around County Durham. Please ask if you would like more information about any of the roles advertised, or if you would like help to apply.

There are opportunities to volunteer here at ARCH as well, whether this is doing some admin for us, being a "meet and greeter", or even co-facilitating as an Expert by Experience in the courses and workshops we deliver. Speak to a member of the college team for more information regarding this.

To keep up-to-date with what's happening, you can follow us on Facebook and Twitter, and also by visiting our website. We also display lots of information throughout the college.

 /DurhamRecoveryCollege

 @ARCHrecovery

 www.tewv.nhs.uk/services/arch-recovery-college

ARCH Durham

College Charter

We believe in mutual respect and co-operation. We want all students, staff and visitors to the college to feel safe, welcomed and comfortable. This charter sets out what can be expected from the college, and what the college expects from people using it.

The College will:

- Promote a positive and rewarding experience
- Provide a safe and healthy environment
- Actively promote an environment that is free from discrimination and which respects difference
- Respect all personal beliefs, life choices, religious and cultural practices
- Encourage people to express their views of the college
- Provide courses that promote hope, identity and empowerment, supporting students to overcome barriers
- Support students to explore and choose courses
- Support students in their learning and in choosing their next steps
- Be accountable and transparent

We ask that Students:

- Respect the rights and views of all other college users
- Attend courses whenever possible or contact the college if not able to attend
- Comply with college policies and procedures
- Approach college staff with any questions or concerns

All Staff, Students and Visitors must:

- Respect the rights, beliefs and life choices of others in the college
- Not behave in a way that may be considered threatening, or that could cause harm to any other person
- Not behave in a way which disrupts the running of the college
- Not use alcohol or non-prescribed medication at the college

If you have any concerns about any of the above then please contact a member of staff.

ARCH Durham - Disclosure Statement

We have a duty of care to all our students, staff and visitors. Therefore, it is very important for everyone to understand that, if any individual discloses information that indicates that there is a risk of harm to themselves or other people, we must report this to an appropriate third party. This may be a person's emergency contact, a mental health professional or, in exceptional circumstances, the police.

ARCH Durham - Health and Safety

The Health and Safety at Work Act (1974) and the Management of Health and Safety at Work Regulations (1999) require employers to protect all people at work and others including students and visitors. The College promotes behaviour and practices that minimise the risk of harm to all staff, students and visitors.

ARCH is bound by policies and procedures relating to health and safety. If you have any queries or concerns about these, please ask a member of the college team.

As students, we ask that you keep to the points in the college charter so that everyone can enjoy a safe and comfortable experience.

If you are concerned or worried about any aspect of health and safety within the college please see a member of the college team.



ARCH Durham - Bullying and Harassment

Bullying is described as offensive, intimidating, malicious or insulting behaviour, an abuse or misuse of power through means intended to undermine, humiliate, denigrate or injure the recipient. This can include verbal aggression, name calling, threats, isolating people, stealing, putting down others, teasing and physical harm.

Harassment relates to actions and comments which may be based on characteristics such as race, gender, sexuality. The key is that the actions or comments are perceived as demeaning and unacceptable to the recipient.

ARCH College strives to provide a safe and comfortable environment for all students, staff and visitors, and part of this is challenging and dealing with any bullying and harassment. College staff will deal with any issues brought to them quickly and with a zero tolerance approach. As our key principles are promoting aspiration, recovery, confidence and hope, we need to ensure that students feel safe to attend free of fear of harm.

Any student who is concerned that they may be being bullied or harassed by anyone else in the college should report this to staff, who will support them whilst conducting a full investigation into the situation. We also ask that any students concerned that another person is being bullied or harassed report this.

All staff, whether employed by Tees, Esk and Wear Valleys NHS Foundation Trust or not, including volunteers are obliged to follow the Trust's policies and procedures around bullying and harassment.

ARCH Durham - Equality and Diversity

Equality and Diversity – a guide for students

You will come across all sorts of people at ARCH College Durham. Students come in all shapes, sizes and colours, with different beliefs, genders, abilities, responsibilities and so on. These differences (diversity) enrich our community and how and what you learn. At ARCH Durham we aim to create an open and friendly atmosphere so that no one feels left out or uncomfortable because they're different. We want everyone to feel valued, respected and to have an equal chance to learn and succeed (equality).

The most recent law is the **Equality Act 2010**. This brings most of the previous laws together under one act.

The Equality Act identifies 9 '**protected characteristics**'. It is against the law to treat someone less favourably (discriminate) because of their:

- Age
- Disability (physical/ mental)
- Sex (gender)
- Race / ethnicity
- Religion / belief (this includes having no religion / belief)
- Sexual orientation
- Gender reassignment (a person choosing to live as a different gender to the one they were given when they were born)
- Pregnancy / maternity
- Being married or in a civil partnership

What can you do?

ARCH Durham works hard to treat everyone fairly, with dignity and respect. We therefore ask, and expect, you to do the same, whether it's staff or your fellow students. Everyone benefits from studying or working somewhere they feel safe and valued. Think about your own views and opinions and how these can affect how you treat other people. Treating people unfairly (discrimination), is often the result of 'stereotyping' and 'prejudice'.

If you are worried by someone's behaviour or attitude towards yourself or someone else, tell one of the team, such as your Peer Trainer, the Operations Manager or another member of staff. This will be taken seriously. No one should feel intimidated, bullied, victimised or unsafe at ARCH.

How we use your information

We ask you to provide information about yourself when you enrol because we want to make sure that the college meets students' needs whenever possible. We also need to provide reports to our commissioners (the people who fund the college) about how many students we have and the areas of Durham they live in.

The information you give us is stored securely at the college and personal details are never shared unless there is a legal duty to do so – this very rarely happens and we would speak to you before this happened. Any reports that we produce are fully anonymised so that no-one can identify individuals. If you have any concerns at all about the information you have given us, please speak to a member of the college team.



Here's what some of our students, families of ARCH students, and our volunteers have said about ARCH Recovery College:

Thank you so much to the college and the tutors of the recovery college who have made a massive difference to the life of my brother. He has attended since it opened and has, in that short time, found meaning and hope and secured permanent, paid employment as a peer support worker. He has a confidence in his own experiences and the aspiration to help others as the college has him.

There is so much my brother and I could say to you all, but to keep it brief; you have done an amazing job with an individual who felt hopeless, and is now pursuing a passion he didn't then know he had.

I have found my experience to be humbling, cathartic, energising, and hopeful; and lots and lots of fun! Things at ARCH that have really impressed me have been the passion to help students learn and progress and the knowledge the whole team has.

The passion I have felt from all the staff and volunteers at ARCH is amazing – everyone is here to promote, develop, pass on information, teach, make aware and support our students in a way which the student has control of what and when they wish to learn.

Recovery College Courses

March - April 2020

All courses are delivered by both experts by experience (people who have experienced mental health issues personally or as a carer) and experts by profession/training.

The college has been designed in co-production with individuals with lived experience of mental health, NHS Trust staff and partner agencies.



Partners in improving local health



Tees, Esk and Wear Valleys **NHS**
NHS Foundation Trust

Synopsis of courses and workshops available:

#ARCHRocksDurham

Join us for a drop in session to paint some pebbles with pictures, patterns or inspirational quotes which will then be hidden around County Durham as part of our weekly walking group for people to find. All we ask is that you write #ARCHRocksDurham or <http://www.recoverycollegeonline.co.uk> on one side of your pebble.

Everything you need will be provided!

Duration: 2 sessions, 1 hour each session

ARCH Co-facilitator Training

This workshop is designed for anyone who is interested in becoming a co-facilitator at ARCH Recovery College. Session 1 you can find out what the role of a co-facilitator is, what the various opportunities available at ARCH are, and how you can become a co-facilitator. Session 2 will involve completing the paperwork and discussion.

Duration: 2 sessions, 2 ½ hours each session

Are you a Carer?

Many people support friends and loved ones who experience mental health difficulties. This workshop explores what it means to be a carer, and how carers can work with mental health services to support their loved ones'.

Duration: 1 session, 2 ½ hours

Assertive Communication

This workshop supports students to recognise their own rights as an individual and introduces a variety of techniques to express thoughts and feelings in an open and honest way, whilst being respectful of others. We will consider the barriers to assertiveness, discuss why different communication methods are appropriate in different contexts and explore practical examples in everyday situations.

Duration: 1 session, 2 ½ hours

Breathworks Mindfulness for Stress and Health (Delivered at Antioch House, Crossgate)

This course looks at what mindfulness is and how it can be used to enhance emotional wellbeing. To get the most out of this course students are encouraged to attend all sessions including the retreat day.

Duration: 8 sessions, 2 ½ hours each session for the first 7, 8th session 5 hours retreat day

Chair Yoga

The benefits of yoga are well-researched and include improved flexibility and strength, improved muscle tone and an increased ability to relax, as well as cardiovascular enhancement and feelings of increased well-being. Chair yoga is a much gentler form to either continue longer-term or from which to progress to a 'full' yoga class. The chair is used to sit on for practice and, where appropriate, as a yoga prop to support gentle standing postures. The sessions run for 45 minutes and include physical postures, controlled breathing and relaxation exercises.

Duration: 8 sessions, 45 minutes each session

Coming off medication and medication discontinuation effects

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.

Duration: 1 sessions, 2 ½ hours

Compassion in Recovery

A workshop on the importance of self-compassion in recovery.

Duration: 2 sessions, 2 ½ hours each session

Complementary Therapies

This course explores how different complementary therapies and alternative medicines may be used to aid recovery and wellbeing.

Duration: 4 sessions, 2 ½ hours each session

Coping with Anxiety & Panic Disorder

Session one of this course looks at how anxiety is a normal human reaction to everyday stresses, it explains when anxiety becomes a problem. We explore ways to cope with anxiety disorders, these include self-help strategies, relaxation techniques, alternative and psychological therapies.

Session two covers what is panic disorder, what defines a panic attack, dealing with and preventing panic attacks.

Session three is a practical day experiencing ways we can cope with anxiety and panic, these include breath focused relaxation, full body progressive relaxation, visualisation scripts, mindfulness – body scan, walking, eating, Tia chi, acupressure and massage.

Duration: 3 sessions, 2 ½ hours each session

Dealing with Loss

This is a course which will look at the various types of loss, from the loss of a loved one, loss of a role or identity, to loss of a job, and how to deal with this and the types of coping mechanisms.

Duration: 6 sessions, 2 ½ hours each session

Delirium Awareness

Delirium explained. What is delirium and why we need to know about it. How can we prevent delirium and need for more awareness. We will also share some videos and case histories and there will be time for discussion and reflecting on our own experiences or those of a loved one.

Duration: 1 sessions, 2 ½ hours

Discovering Self-Compassion

This 6 week course will explore self-compassion and discover why it seems so much harder to apply than compassion for others. We will look at ways to overcome these challenges and use the latest neuroscience to help us turn compassion into an enjoyable practice.

Duration: 6 sessions, 2 ½ hours each session

Emotions and the Body

This course will explore emotions and the challenges and gifts that they can bring.

Duration: 2 sessions, 2 ½ hours each session

Everyday Leadership

This course will look into our own skills and explore the potential in all of us. It goes on to identify our own leadership skills and how we can use these skills to lead our own lives in the direction we want to travel.

Duration: 1 session, 2 ½ hours

Exploring Depression

This workshop examines depression from the perspective of humanistic psychology and offers students the opportunity to explore the subject from a both a personal and broader social and political viewpoint. It encourages individuals to make sense of their own experiences within the context of our cultural expectations and values and investigates how these factors contribute to depression in the modern world.

Duration: 1 session, 2 ½ hours

Exploring Diagnosis

This course looks at the impact of having a mental health diagnosis, exploring the benefits and challenges it can bring.

Duration: 1 session, 2 ½ hours

Exploring Literature

This informal course examines the language, tone and impact of a wide range of literature including poetry, short stories and extracts from books and plays. We will explore different stylistic devices, character development and narrative atmosphere whilst discussing our personal reactions to a variety of written works.

Duration: 5 session, 2 ½ hours each session

Exploring OCD

This course will provide students with an introduction to OCD (obsessive compulsive disorder), looking at why it develops, its manifestations, and how it can persist and evolve with time. It will also look at the pharmacological and non-pharmacological treatments which have been successfully used to manage this condition.

Duration: 2 sessions, 2 ½ hours each session

Exploring Personal Boundaries

This workshop explores personal boundaries and considers the commonalities and differences between various individuals and cultural groups. We will also discuss why it may be challenging to assert our boundaries in certain situations and how to address this.

Duration: 1 session, 2 ½ hours

Exploring Sleep / Sleeping Well

This workshop is about understanding sleep, sleep problems and how to have a better night's sleep.

Duration: various sessions

Exploring Social Anxiety

Social anxiety is defined as nervousness or extreme shyness in social situations. While common, social anxiety can result in considerable distress and prevent people from engaging in social situations, as they may fear criticism and scrutiny from others. This workshop discusses the causes and symptoms of social anxiety and the ways in which it can be overcome.

Duration: 2 sessions, 2½ hours each session

Exploring Stress

'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.

Duration: 3 sessions, 2½ hours each session

Exploring Validation

This workshop considers the differences between validating and invalidating behaviours, the role of validation in promoting healthy relationships and practical techniques to promote the use of respectful, non-judgemental language. We will also discuss what causes individuals to communicate in an invalidating way and the impact this has on others.

Duration: 1 session, 2½ hours

Getting the most from volunteering

Looking at the best ways of accessing volunteering, the opportunities which are available and what the process involves.

Duration: 1 session, 2 ½ hours

Heart Variability Workshop Series

The Trust is exploring Heart Rate Variability which is defined by the time variation between two consecutive heartbeats. The variation is influenced by our Autonomic Nervous System and is used in a wide range of settings, including professional sport, where athletes can monitor the effectiveness of the training and measure burnout, and/or health conscious individuals who want to understand the functioning of their body and in particular see the effects on different practises on autonomic balance.

This workshop will explore what heart rate variability is and how it can be used as a resource to learn more about our own body and the tools we have to help us overcome difficult experiences. It is an opportunity to look at what the Trust is doing in this area, test latest technology and to give your feedback and share your views.

Duration: 1 session, 2½ hours

Human Needs

We are all born with innate knowledge programmed into us from our genes. Throughout life we experience this knowledge as feelings of physical and emotional needs which often go unmet. We also have innate inner resources to meet our needs if we develop in an environment that nurtures them. For many of us we do not. This course is about discovering and learning about these Needs and Resources.

Duration: 4 sessions, 2 ½ hours each session

Insights Discovery Workshop

Through a range of activities and discussion Insights Discovery workshop can help with:

- Greater understanding of our own style and how this may affect our interactions with others.

- Recognition of and appreciation of differences with others helping to reduce conflict, enable change and enhance interaction.
- Ability to see things from other perspectives, valuing diversity and helping people to flourish.
- A framework for better communication both internally and externally, leading to greater understanding of people we interact with every day.

Duration: 1 sessions, 2 ½ hours

Introduction to Photography

This 6 week course aims to teach you how to improve your photography, looking at techniques of composition, using manual settings on your camera, and how to discover new photographic opportunities. This course involves both a classroom element and a practical element, where the group will visit nearby places in Durham to take photos and to put what they have learned into practice. There will be an opportunity for people to share their photos with the group and receive feedback. Everyone who would like to improve their photography is welcome, whether they have a phone camera or fancy DSLR!

Duration: 6 sessions, 2 ½ hours each session

Introduction to Physical Activity



We sometimes fool ourselves that we are already doing enough but what is classed as physical activity? How much is enough? How can we achieve this? All these questions and more will be answered on this course. Including strategies to help you overcome barriers, set achievable goals and maintain the small changes we need to make to improve our health. This is a course for all ages and abilities and there will be no actual physical exertion expected.

Duration: 1 session, 2 ½ hours

Involvement workshop

This workshop will look at how service users and carers can get involved with the Trust, levels of membership and involvement as well as information on how to claim involvement payments and travel expenses. Views and other's experience of involvement will also be discussed

Duration: 1 session, 2 ½ hours

Know Your Medication

This workshop gives students the chance to learn about the medications most commonly used for mental health issues. Each workshop will focus on a different area, such as anti-depressants, anti-psychotics, the treatment of bi-polar disorder, and mood stabilisers.

Duration: 1 session, 2 ½ hours

The Lifestyle Series *(formerly Lifestyle and Recovery)*

These individual workshops look at different ways of staying healthy and how this can aid recovery. Each session covers different topics such as eating well, relaxation, mindfulness of daily life, sleep, and exercise, with students having the opportunity to pick which sessions to attend based on their interests.

Duration: individual sessions, 2 ½ hours each session

Living with Borderline Personality Disorder

This workshop is designed to introduce skills to support people to manage Borderline Personality Disorder.

Duration: 1 session, 2 ½ hours

Managing Difficult Conversations

This workshop explores why it can be challenging to deal with certain conversations as well as practical strategies to help us prepare for, and manage, difficult discussions.

Duration: 1 session, 2 ½ hours

Meaningful Communication

This workshop explores various techniques in order to communicate more effectively and meaningfully with others, such as how to be assertive, skills for building confidence, and looking at what resilience is and how to develop it.

Duration: 1 session, 6 hours

Meet the Inner Critic

This course gives you an opportunity to explore your inner critic. Discover its function and how to transform it into a positive element of your life.

Duration: 2 sessions, 2 ½ hours each session

Mental Health Act and Personal Rights

During this workshop you will learn about the legal framework relating to treatment for mental illness. The workshop will include treatment (at home and in hospital) with the person's consent, and an overview of what the law has to say about admission and treatment when a person is unable to give their consent or does not consent.

Duration: 1 session, 2 ½ hours

Mental Health Legislation

The Mental Health Legislation session will give a basic overview of two pieces of law used in mental health, the Mental Health Act (MHA) and the Mental Capacity Act (MCA). The session will look at the powers and limitations of each piece of legislation with a focus on the rights service users have.

Duration: 1 session, 2 ½ hours

Myers-Briggs

Myers Briggs Type Indicator is the most popular personality test in the world and is taken by over a million people every year. It is used by all the top 100 FTSE registered companies in Britain to build teams and grow talent. Katherine Cook Briggs and her daughter, Isabel Briggs Myers developed this in the 1930s based on Jungian theory. This course will look at the various personality characteristics and how they affect the way we think, act and perceive the world, and the gifts they can bring. 'We see the world not as it is, but as we are' (the Talmud).

Duration: 7 sessions, 2 ½ hours each session

Nutrition

This course looks at the different nutrients and food groups which we need to maintain good physical and mental health. It explores how variations to our eating and drinking habits can promote wellbeing. Students will be encouraged to consider their own eating habits, identify small changes they wish to make and supported to create realistic dietary goals.

Duration: 4 sessions, 2 ½ hours each session

Personal Narratives

This six week course explores the types, uses and reasons for personal narratives within mental health. Students will be given guidance on structure, writing style, context, how to share safely and levels of disclosure whilst being supported to create their own personal narrative. There will be the opportunity to share accounts and receive feedback within the group, however, this is optional.

Duration: 6 sessions, 2 ½ hours each session

Poetry

Do you enjoy reading, listening to and/or reciting poetry? The group will share and discuss poetry in a friendly, informal way. Suggestions for themes will be welcomed by the group leader.

Duration: 4 sessions, 1 hour each session

Positive 4 People (Delivered by First Point Training)

This programme is delivered by First Point Training and encourages you to build on your personal skills, experience and dreams. It aims to help you to build your emotional resilience and make a

positive impact on your mental health, social and physical well-being, and empower you to improve the quality of your life and lead as healthy, happy and active a life as possible.

Duration: 8 sessions, 2 hours each session

Positive Psychology

A ten week course, informed by evidence and research, that explores the topic of positive psychology. This includes personal strengths, positive emotions and relationships and the theory of wellbeing. Learners will have the opportunity to develop knowledge and practice using a variety of skills and tools that positive psychology has to offer. Sessions will involve a mixture of group discussion, practical exercises and individual reflection.

Duration: 10 sessions, 2 ½ hours each session

Positive Psychology – Strengths

This course will consider the language we use when talking about strengths and how to be more aware of strengths in everyday actions. It will also give you the opportunity to find out your top strengths and provide you with ideas about how to develop these.

Duration: 2 sessions, 2 ½ hours each session

Positive Psychology – Tools for Wellbeing

This workshop explores a range of practical tools used in positive psychology to enhance subjective wellbeing. We will briefly present the theory and evidence of several practices and students will be supported to try out these techniques for themselves and reflect on them. There will also be an opportunity for the group to share ideas of other wellbeing strategies.

Duration: 1 session, 2 ½ hours

Power of the Body

This course will explore the connection between the body and the mind, with a closer look into the effects of posture and body memories.

Duration: 3 sessions, 2 ½ hours each session

Reconnecting with Mind, Body and Spirit

This six week course offers wellness practices to promote recovery and healing of mental health trauma. The course will be practical and informative, covering practices such as Tai-Chi, Breath Work, relaxation techniques, acupressure and mindfulness. No prior knowledge is required. These practices promote relaxation, nourishing the mind, body and spirit. They can positively affect our emotional and physical wellbeing and increase our energy levels.

Duration: 6 sessions, 1½ hours each session

Recovering Together

When someone experiences difficulties with their mental health it also touches the lives of the people close to them; family, friends and colleagues. It is understandable that everyone's wellbeing is affected. This workshop looks at the benefits of recovering together. Looking at Behavioural Family Work in particular, and referring to other models, the workshop is an introduction to a Family and Friends approach to gaining the information and skills you can share to navigate the obstacles which mental ill-health can pose, in order to achieve the goals which are important to you all, and improve the wellbeing of you and those close to you.

Duration: 2 sessions, 2 ½ hours each session

Recovery – The New Me

This is our flagship course which takes a closer look at the CHIME model of recovery; Connectedness, Hope, Identity, Meaning and Empowerment. Students will be supported to apply these to their own recovery journeys and share them with their support team as part of their care planning.

Duration: 6 sessions, 2 ½ hours each session

Research Awareness

This three week course explores why and how mental health research is carried out, different types of studies and what impact research findings make to developments in treatments. A co-facilitator with lived experience will share their experiences of being a research study participant and there will be the opportunity to take part in a practical mock study.

Duration: 3 sessions, 2 ½ hours each session

Resilience: The Biology of Stress and the Science of Hope

In this workshop we will be watching a one hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent Toxic Stress. This is now understood to be one of the leading causes of many physical and psychological issues people experience in adulthood.

However, as experts and practitioners profiled in Resilience are proving, what is predictable is preventable. This documentary looks at the effects of divorce, abuse and neglect and they are using cutting edge science to help the next generation break the cycles of adversity. There will be time for discussion on the subject after the documentary.

Duration: 1 session, 2 ½ hours

Right Place, Right Care Workshop

Tees, Esk and Wear Valleys NHS Foundation Trust have begun a new programme of work covering community, inpatient and urgent care services called "Right Care, Right Place" (RCRP). The overall aims are to deliver better experience and outcomes for services users, our staff and our partners by looking at how services across the system can work more seamlessly and better together. If we get it right it will:

- Improve how the whole system works together for both planned

- and unplanned care
- Ensure people’s needs are identified and addressed as early as possible
- Make best use of all resources (money/ staff/ community assets)
- Address physical healthcare needs better

The aim of this workshop is to get ideas about things that might make the biggest difference to people struggling with their mental health. The more ideas we are able to get and test, the better informed our vision will be and the more it will be based on what we know works and has the biggest impact, rather than what we’ve traditionally done.

Duration: 1 session, 2 ½ hours

Shared Decision Making

This workshop explores what we mean by “Shared Decision Making” and considers which strategies are most effective to get the best out of appointments with members of our care team. We will look at what makes a “good” decision and the ways in which we can increase our ability to make individual, informed choices regarding our care.

Duration: 1 session, 2½ hours

Sit and Get Fit

Suitable for all abilities, this fun interactive session will discuss the benefits of regular movement and the advantages of improving muscle tone and strength. During the workshop you will be guided through a variety of gentle seated exercises designed to promote good posture, flexibility and stamina. We suggest that you wear loose, comfortable clothing and flat shoes.

Duration: 1 session, 2½ hours

Social Media Safety

Social media has a huge impact on our lives and it’s only set to increase in the future. The effect of social media repeatedly crops up mainly for the negative impact it can have on mental health, but social media can be positive for our wellbeing – it gives people a voice, allows self-expression, connects us and can power social change. We must be mindful of how we use social media to ensure it is a positive addition to our busy lives. In this workshop we will explore some of the most popular social media platforms, discuss personal experiences of these and offer tips and advice on how to use social media to get the best from it.

Duration: 1 session, 2½ hours

Spirituality and Recovery

A four week course which will explore spirituality, recovery and mental health, looking at what spirituality means to each of us. An optional taster session, **Introduction to Spirituality and Recovery**, is also available to give an insight into what the full course will entail.

Duration: 4 sessions, 2½ hours each session

Stabilisation and Resourcing

In this course we will look at internal and external stabilisation techniques to reduce distress using imagination & grounding. It provides useful techniques that can be used across all anxiety and mood difficulties.

Duration: 1 session, 2½ hours

Stamping out Mental Health Stigma

Stamp It Out is the County Durham mental health anti-stigma and discrimination campaign. Working in partnership with the Arch Recovery College, members of the Stamp it Out Group will be delivering a short interactive workshop with practical ideas of how you can challenge mental health stigma and discrimination in County Durham.

Duration: 1 session, 2½ hours

Suicide Awareness (including boundaries)



This half day workshop explores the subject of suicide awareness. The session will help participants recognise the risk factors and signs of suicide and ways to help someone who is feeling suicidal, including getting them the most appropriate support.

Responding effectively to people experiencing thoughts of suicide comes with experience and practice; often we let the fear of saying the wrong thing stop us from saying anything. This workshop is for people who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. The workshop will provide a safe environment to benefit from small group discussions, learning from each other, and practicing skills. This workshop will explore how to maintain boundaries when supporting others to keep yourself safe.

Duration: 1 session, 2 ½ hours

Trauma and the Brain

This course will cover early brain development, what we know about how the brain responds to stress and trauma, how that might influence your day to day life, and ways to help manage any difficulties relating to memory and thinking skills. We would like these to be interactive sessions rather than just information giving so we would welcome your thoughts and experiences as we go along. We will hopefully use the course to develop some shared resources and strategies for the recovery college, and also to develop materials for mental health staff so they can understand better how to support people.

Duration: 3 sessions, 2½ hours each session

Trauma and the Body

Trauma and The Body is the third instalment of the body series. It looks at how trauma can affect the body, and gives an introduction to the concepts on how to release this trauma.

Duration: 6 sessions, 2½ hours each session

Trauma and Mental Health

A workshop which will explore the impact of trauma on mental health and wellbeing

Duration: 2 sessions, 2 ½ hours each session

Understanding mental health issues, diagnosis and treatment

We have a number of specific workshops around the meaning of mental health issues, treatments and options:

- Understanding Addiction
- Understanding Autism
- Understanding Bi-Polar Disorder
- Understanding Depression
- Understanding Dissociation
- Understanding Eating Disorders
- Understanding Hoarding
- Understanding Personality Disorders
- Understanding Psychosis
- Understanding Trauma

Duration: Varying durations, please ask the college team or look out for them in the timetable

Volunteering with Tees, Esk and Wear Valleys NHS Foundation Trust

The Trust has a number of opportunities for people with lived experience of mental health to volunteer. This 4 week course will look at the various opportunities and ways of getting involved with the Trust, including a look at the process of applying for roles and a mock interview.

Duration: 3 sessions, 2 ½ hours each session

What's It Like – Cognitive Analytic Therapy?

A workshop looking at: - What is CAT and who can access it? Basic theory with particular focus on relationship patterns (reciprocal roles). What are the benefits? A client's experience of having CAT, with examples of therapy letters and maps, demonstrating both healthy and problematic parts of self.

Duration: 1 session, 2 ½ hours

What is EMDR?

A brief session to introduce EMDR (Eye Movement Desensitisation Reprocessing) one of the NICE guideline therapies for trauma - what it is and what it is used for clinically.

This is an information only session and not a therapeutic session.

Duration: 1 session, 2 ½ hours

What is CBT

This workshop will explain and discuss what cognitive behavioural therapy (CBT) is, what it is for and how it can help people who experience mental health difficulties.

This is an information only session and not a therapeutic session.

Duration: 1 session, 2 ½ hours

Yoga (Delivered at Antioch House, Crossgate)

This beginners course will introduce you to the basics of Yoga, improving posture, movement, strength and stability, as well as improving mental health and wellbeing. This is an ongoing course which you are able to start at any time if a place becomes available.

Duration: Ongoing, 1 hour each session

Please see the following pages indicating the dates for upcoming courses.

If you are interested in attending any of the courses listed, firstly you need to be enrolled with the college.

To do this, you simply need to contact the office on 0191 384 3895 and arrange a meeting to be enrolled. One of the peer trainers will meet with you face-to-face to discuss what kind of courses may be of interest to you as well as taking your contact details and completing a short questionnaire.

Once enrolled, you are free to book yourself onto any courses that you'd like, providing there is space for you to do so.

It's really that simple! If you have any other queries however, please contact the college team who will be more than happy to help you.

Some of our courses are delivered in other locations in Durham, these are Antioch House, Crossgate and First Point Training, Suite 2B Blackmoor Court, Framwellgate Moor, DURHAM, DH1 5ER.

ARCH Recovery College

Timetable March – April 2020

If you wish to find out about courses more regularly, you can be added to our **email mailing list** to receive an email update as new courses are developed. Alternatively you can **phone or email the college**, or pop by to find out the latest course information and news.

Courses and workshops are booked on a first-come, first-served basis.

Date	Day	Time	Workshop
2 nd March	Monday	10.30pm – 12noon	Literature – Monthly Group
2 nd March	Monday	1.30pm – 4pm	Emotions and the Body (3 of 3)
3 rd March	Tuesday	10am – 12.30pm	Human Needs (2 of 4)
3 rd March	Tuesday	10am – 11am	ARCH Runners
4 th March	Wednesday	10.30am – 11.30am	ARCH Walking Group
4 th March	Wednesday	1pm – 2.30pm	Singing for Wellbeing
4 th March	Wednesday	3.30pm – 4.30pm	Yoga
5 th March	Thursday	10am – 12.30pm	Photography (6 of 6)
5 th March	Thursday	1.30pm – 4pm	Personal Narratives (4 of 6)
6 th March	Friday	10am – 12.30pm	Coping with Anxiety and Panic Disorder (1 of 3)
6 th March	Friday	1.30pm – 3pm	Mind, Body & Spirit Practice Session <i>(only open to students who have already completed the Reconnecting Mind, Body & Spirit course)</i>
9 th March	Monday	1.30pm – 4pm	Power of the Body (1 of 3)
10 th March	Tuesday	10am – 12.30pm	Human Needs (3 of 4)
10 th March	Tuesday	10am – 11am	ARCH Runners
10 th March	Tuesday	1.30pm – 4pm	Recovery the New Me (1 of 6)
11 th March	Wednesday	10am – 12.30pm	Know your Medication – Anti-psychotics
11 th March	Wednesday	10.30am – 11.30am	ARCH Walking Group
11 th March	Wednesday	1pm – 2.30pm	Singing for Wellbeing
11 th March	Wednesday	3.30pm – 4.30pm	Yoga
12 th March	Thursday	10am – 12.30pm	Sit & Get Fit
12 th March	Thursday	1.30pm – 4pm	Personal Narratives (5 of 6)

13th March	<i>Friday</i>	10am – 12.30pm	Coping with Anxiety and Panic Disorder (2 of 3)
13th March	<i>Friday</i>	1.30pm – 4pm	Exploring Sleep
16th March	<i>Monday</i>	10am – 12.30pm	Meet the Inner Critic (1 of 2)
16th March	<i>Monday</i>	1.30pm – 4pm	Power of the Body (2 of 3)
17th March	<i>Tuesday</i>	10am – 12.30pm	Human Needs (4 of 4)
17th March	<i>Tuesday</i>	10am – 11am	ARCH Runners
17th March	<i>Tuesday</i>	1.30pm – 4pm	Recovery the New Me (2 of 6)
18th March	<i>Wednesday</i>	10am – 12.30pm	Exploring Insights Discovery
18th March	<i>Wednesday</i>	10.30am – 11.30am	ARCH Walking Group
18th March	<i>Wednesday</i>	1pm – 2.30pm	Singing for Wellbeing
18th March	<i>Wednesday</i>	3.30pm – 4.30pm	Yoga
19th March	<i>Thursday</i>	10am – 12.30pm	How to make your Garden Hedgehog Friendly
19th March	<i>Thursday</i>	1.30pm – 4pm	Personal Narratives (6 of 6)
20th March	<i>Friday</i>	10am – 12.30pm	Coping with Anxiety and Panic Disorder (3 of 3)
20th March	<i>Friday</i>	1.30pm – 3pm	Mind, Body & Spirit Practice Session <i>(only open to students who have already completed the Reconnecting Mind, Body & Spirit course)</i>
23rd March	<i>Monday</i>	10am – 12.30pm	Meet the Inner Critic (2 of 2)
23rd March	<i>Monday</i>	1.30pm – 4pm	Power of the Body (3 of 3)
24th March	<i>Tuesday</i>	10am – 11am	ARCH Runners
24th March	<i>Tuesday</i>	1.30pm – 4pm	Recovery the New Me (3 of 6)
24th March	<i>Tuesday</i>	1.30pm – 4pm	Understanding Dissociation
25th March	<i>Wednesday</i>	10.30am – 11.30am	ARCH Walking Group
25th March	<i>Wednesday</i>	1pm – 2.30pm	Singing for Wellbeing
25th March	<i>Wednesday</i>	3.30pm – 4.30pm	Yoga
26th March	<i>Thursday</i>	10am – 12.30pm	Complementary Therapies (1 of 3)
26th March	<i>Thursday</i>	1.30pm – 4pm	Exploring Personal Boundaries
27th March	<i>Friday</i>	10am – 12noon	What is CBT?
27th March	<i>Friday</i>	1.30pm – 4pm	Getting the most out of volunteering
31st March	<i>Tuesday</i>	10am – 11am	ARCH Runners

31st March	<i>Tuesday</i>	10am – 12.30pm	Managing Difficult Conversations
31st March	<i>Tuesday</i>	1.30pm – 4pm	Recovery the New Me (4 of 6)
1st April	<i>Wednesday</i>	10.30am – 11.30am	ARCH Walking Group
1st April	<i>Wednesday</i>	1pm – 2.30pm	Singing for Wellbeing
1st April	<i>Wednesday</i>	3.30pm – 4.30pm	Yoga
2nd April	<i>Thursday</i>	10am – 12.30pm	Complementary Therapies (2 of 3)
2nd April	<i>Thursday</i>	1pm – 4pm	Myers Briggs (1 of 5)
3rd April	<i>Friday</i>	1.30pm – 3pm	Mind, Body & Spirit Practice Session <i>(only open to students who have already completed the Reconnecting Mind, Body & Spirit course)</i>
6th April	<i>Monday</i>	10.30pm – 12noon	Literature – Monthly Group
7th April	<i>Tuesday</i>	10am – 11am	ARCH Runners
7th April	<i>Tuesday</i>	10am – 12.30pm	Mental Health Legislation
7th April	<i>Tuesday</i>	1.30pm – 4pm	Recovery the New Me (5 of 6)
8th April	<i>Wednesday</i>	10am – 4pm	Easter Craft Day
8th April	<i>Wednesday</i>	10.30am – 11.30am	ARCH Walking Group
8th April	<i>Wednesday</i>	1pm – 2.30pm	Singing for Wellbeing
9th April	<i>Thursday</i>	10am – 12.30pm	Complementary Therapies (3 of 3)
9th April	<i>Thursday</i>	1pm – 4pm	Myers Briggs (2 of 5)
14th April	<i>Tuesday</i>	10am – 11am	ARCH Runners
14th April	<i>Tuesday</i>	1.30pm – 4pm	Recovery the New Me (6 of 6)
15th April	<i>Wednesday</i>	10.30am – 11.30am	ARCH Walking Group
15th April	<i>Wednesday</i>	1pm – 2.30pm	Singing for Wellbeing
16th April	<i>Thursday</i>	1pm – 4pm	Myers Briggs (3 of 5)
17th April	<i>Friday</i>	1.30pm – 3pm	Mind, Body & Spirit Practice Session <i>(only open to students who have already completed the Reconnecting Mind, Body & Spirit course)</i>
20th April	<i>Monday</i>	2pm – 4.30pm	Delirium Awareness
21st April	<i>Tuesday</i>	10am – 12.30pm	Assertive Communication
21st April	<i>Tuesday</i>	10am – 11am	ARCH Runners
21st April	<i>Tuesday</i>	1.30pm – 4pm	Dealing with Loss (1 of 5)

22nd April	<i>Wednesday</i>	10am – 12.30pm	Stabilisation and Resourcing
22nd April	<i>Wednesday</i>	10.30am – 11.30am	ARCH Walking Group
22nd April	<i>Wednesday</i>	1pm – 2.30pm	Singing for Wellbeing
22nd April	<i>Wednesday</i>	3.30pm – 4.30pm	Yoga
23rd April	<i>Thursday</i>	10am – 12.30pm	Nutrition
23rd April	<i>Thursday</i>	1pm – 4pm	Myers Briggs (4 of 5)
27th April	<i>Monday</i>	1.30pm – 4pm	Social Media Safety
28th April	<i>Tuesday</i>	10am – 12.30pm	Exploring Validation
28th April	<i>Tuesday</i>	10am – 11am	ARCH Runners
28th April	<i>Tuesday</i>	1.30pm – 4pm	Dealing with Loss (2 of 5)
29th April	<i>Wednesday</i>	10.30am – 11.30am	ARCH Walking Group
29th April	<i>Wednesday</i>	1pm – 2.30pm	Singing for Wellbeing
29th April	<i>Wednesday</i>	3.30pm – 4.30pm	Yoga
30th April	<i>Thursday</i>	10am – 12.30pm	Nutrition (2 of 4)

To add your name to the attendance list please contact us
on 0191 384 3895 or e-mail: tewv.recoverycollege@nhs.net

Demand for places on our courses is extremely high and courses tend to get fully booked quickly. We are keen to ensure that as many students as possible get the opportunity to attend courses and that no courses are under-attended due to students not turning up on the day.

If you have booked on to a course and subsequently find that you are unable to attend, we would appreciate if you could let us know as soon as possible. We will then be able to offer your place to another student on the reserve list and ensure that the course is fully attended.

Thank you for your co-operation.



RunTogether

ARCH RUNNERS

DO YOU WANT TO BE MORE PHYSICALLY ACTIVE? WHY NOT TRY OUR BEGINNERS RUNNING GROUP!

A beginners running group is available **at ARCH Recovery College, St. Margaret's Health Centre, Durham.**

Sessions are held every Tuesday at 10am - meet at St. Margaret's Health Centre

Running is brilliant for physical and mental health, and it's much easier than you might think. It can be hard to know where to start, so this group is for people who are feeling anxious, isolated and nervous about joining a running club!

Each session will support runners to very gradually build up their running times, starting very slowly and gently, so there is absolutely nothing to worry about! Our experienced run leaders are NHS staff who work with people experiencing mental health problems.

To find out more, contact Claire, Recovery College Manager/Run Leader on 0191 3843895, or email claire.chapman8@nhs.net

WALKING GROUP

Walking is brilliant for both your physical and mental health.

A good walk can do wonders for your mental wellbeing. Being active has a whole range of benefits when it comes to mental wellbeing. It improves self-perception and self-esteem, mood and sleep quality, and it reduces stress, anxiety and fatigue.

ARCH Recovery College runs a weekly walking group every Wednesday morning, 10.30 am - 11.30 am.

The walks are safe and risk assessed routes, leaving from St Margaret's Health Centre at 10.30 am. The walks will take place in and around Durham City and will take approximately one hour.

All you need is comfortable, supportive footwear and clothing suitable for the weather.

For further advice and information on walking for health, please see:

<https://www.nhs.uk/live-well/exercise/walking-for-health/>

The walks will be held weekly, every Wednesday at 10.30 am – 11.30 am

To sign up for a walk please register with Run Together at:

<https://groups.runtogether.co.uk/ARCHRunners/Runs>

or alternatively please contact us on 0191 384 3895, e-mail:

teww.recoverycollege@nhs.net



Singing for Wellbeing

Do you like to sing?

Did you know that group singing not only makes you feel good, but is also good for your health?

Getting more oxygen into the blood increases the flow of feel-good hormones and can help to improve your mental health.

So come join us at **ARCH** for a sing a long – it doesn't matter how good you think you are at singing, this is not the X Factor!

It's about singing a few songs together, from Abba to Elvis and even the odd show tune, but more than anything else it's about having fun!

Come and join us at ARCH:

Wednesday

1.00pm – 2.30pm

Get In Touch



0191 384 3895 (option 2)



tewv.recoverycollege@nhs.net



/DurhamRecoveryCollege



@ARCHrecovery



www.tewv.nhs.uk/recovery

Where to find us

ARCH Recovery College is located in central Durham, based at St Margaret's Health Centre.

**St Margaret's Health Centre,
ARCH Recovery College,
First Floor,
Crossgate,
Durham
DH1 4DS**



By Car [Link to Directions](#)

The building is a short walk from Durham Bus Station and is also accessible by car. We have a small car park adjacent to the Health Centre. On arrival at the Health Centre, please ask staff for a parking permit which should be displayed in your vehicle.

By Foot from Durham Bus Station (North Road)

Approximately an 8 minute walk:

- Proceed down North Road
- Turn right onto Neville Street
- Turn left onto Allergate
- Bear right onto Crossgate
- Follow road to traffic lights and St Margarets is on the right.

Durham City Park and Ride Information

<https://www.durham.gov.uk/parkandride>

Durham Park and Ride operates all year round, Monday – Saturday, except bank holidays, 7 am – 7 pm, from 3 sites: Belmont, Sniperley and Howlands. Day tickets (unlimited travel including transfer between any of the park and ride buses) are £2 and all routes stop at Durham bus station.