



INSPIRE

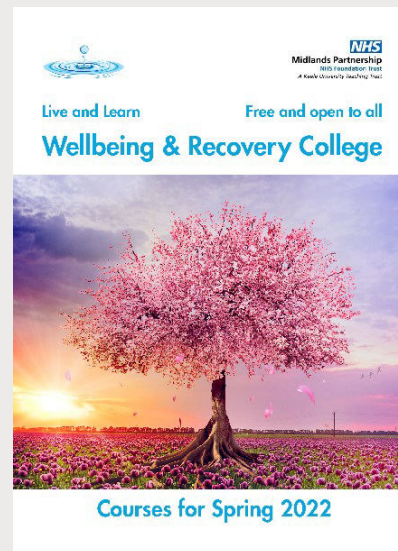
Autumn 2021

ISSUE 7

Welcome to Issue 7 of INSPIRE, a termly newsletter from the Wellbeing and Recovery College. Here we will keep you up to date with what is happening at the college, including details about our courses, stories from members of the college team, pictures of what our students have been up to recently, and other information that we think you'll find useful.

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We are pleased to be able to deliver 4 NEW courses online via Zoom in the Spring Term. We also have 2 courses returning to the classroom! For further details about this, please see Page 3.

Are you following us?

Find us on social media to stay up to date on the availability of our courses and much more!



Wellbeing and Recovery
College MPFT

Website:

<https://recovery.mpft.nhs.uk/>



@wellbeingrecoverycollegempft



@reccollegempft

An Update From The College

Things have changed a lot over the last 18 months. Students who have been with us for a while will remember all of our courses used to be face to face but this obviously changed to virtual during the pandemic. We are really pleased with how this has gone with lots of positive feedback. We are therefore aiming to work towards a balance of virtual and face to face courses in Stafford & Shrewsbury/Telford & Wrekin starting with just a few face to face courses in our Spring Term.

We will continue to offer enrolments via phone and also over Teams or Zoom. If you can't get to the face to face courses and aren't sure about using zoom to access our virtual courses, this is a good chance to try it out on a 1:1 basis! We are really looking forward to seeing you either online or in person in the New Year. You could also join our Zoom cafes which we will continue to run throughout the Spring Term to help support you and your confidence using the platform.

If you would like to attend one of our Spring Term courses, please get in touch on 07891 099460 or email us wellbeingrec@mpft.nhs.uk

Please note that all face to face courses running will be subject to Government guidelines at the time of the course being due to run.

Coming Up In The Spring Term

We've been getting creative and working hard throughout the autumn to bring you 4 brand new courses as well as continuing to offer you all of our popular courses. Most of our 45 courses are running on zoom but we are excited to offer you 2 in-person courses which will be held in the classroom, subject to government guidelines in 2022. Our upcoming courses can be found here <https://flip.printstafford.com/wrcspring22/>

We are delighted to be able to offer 4 new courses this term:

Learn to awaken Self-Compassion- Self-compassion involves giving ourselves kindness whenever the difficulties of life occur. It helps us to acknowledge our humanness and to care for ourselves in the way that we need. On this course you will learn practical ways to awaken self-compassion and cultivate a more compassionate heart and mind. We will explore the different approaches to self-compassion from a variety of traditions and learn how to build them into our daily life.

Creative Visualisation for Wellbeing— Creative visualisation is the technique of using your imagination to create what you want in your life. In this course we will explore different techniques to help set, imagine and create our goals in the coming year. This will include visualisation meditations, creating a vision board and tools to make your visualisations successful and meaningful.

Living Well with a Long-Term Health Condition- Often people focus only on the limitations that living with a long term condition can bring. It can be hard to see the possibilities that can arise from managing long term conditions well. In this workshop we will be looking at how the mind and body can affect our quality of life. We will be sharing information on managing activity levels, diet, stress, navigating healthcare systems and treatment decisions. We hope to show how managing these aspects can help us to do more of what is important to us in our lives.

Understanding Long-Covid- During this relaxed and friendly course we will discuss the many symptoms related to Long Covid from both a physical and emotional perspective. The course will focus on how these symptoms impact daily life and explore strategies that may be of help. The benefits of relaxation will be included, with a variety of relaxation methods practiced at both sessions.

These courses were new in the autumn term and due to their success and demand are running again in the spring. Contact us to book your place:

- **Mindful Walking** - Join us for an outdoor mindful walk in nature, where we will undertake a gentle pace along a designated route. This is a social course along identified walking trails, where we can chat and learn more about our immediate environment as well as experience the practice of mindful walking.
- **Getting through the work week! A guide to understanding and managing wellbeing in the workplace** - At the end of the day/week, we all need to be able to enjoy our free time, without the baggage from work interfering. Join us on this fun, positive and practical 4-week course where we will be sharing evidence based tools to support your mental health in the workplace.
- **Gratitude – Learn to Appreciate the Small Things in Life** - Practising gratitude does not mean finding the positive in every situation but it instead focuses on recognising and appreciating the positive things we may overlook. In this course we will explore the concept and the benefits of practicing gratitude and we will identify simple exercises aimed at introducing gratitude in your daily life.
- **Building Awareness around Addictive Behaviour** - Addictions are currently rising in society and in this course we offer an introduction into exploring the different types of addictions. How it can affect the individual but also loved ones. We'll explore the range of treatment options available and share information about where more support can be found.
- **Exploring Loss and Moving Forward** - We've all experienced different types of loss such as grief, estrangement, employment, financial or personal loss. Loss is unique and affects people in so many different ways. This course will look at what generates the sense of loss, different experiences and self-care.
- **Understanding Dementia**— This course provides information on the signs and symptoms of the common types of dementia, followed by practical tools and coping skills for anyone who is supporting someone living with dementia.

Classroom Courses

We are delighted to announce that we have two of our most popular courses returning to the classroom in the spring term! We are pleased to be able to offer you the following courses subject to the latest Government guidelines:

Understanding Anxiety & Anxiety Management

Friday 4th & 11th February 2022 ,10.30am-1.30pm, The Lantern, Shrewsbury

Wednesday 16th & 23rd March 2022, 12.30-3.30pm, The Northfields Centre, Stafford

Understanding Depression

Wednesday 2nd & 9th March 2022, 11am-2pm, Meeting Point House, Telford

Friday 25th March & 1st April 2022, 11am-2pm, New Beacon Group, Stafford

If you'd like to book a place please contact us as soon as possible (see Contact Us)

Both of these courses are still running on zoom as well as in person, so you can choose which suits you best. Please see our prospectus for further details.

Welcoming New Team Members

Hi, I'm Jane, I started at the College in September 2021 as a Lead Trainer. I previously worked as an Occupational Therapist within the Trust.

I am very passionate about the values of the College, meeting Students and working together towards Wellbeing and Recovery. I love spending time with Family and Friends, my dog 'Sydney' and generally spending time outdoors in nature.



Hello, I'm Motivated Marilyn and I'm thrilled to be Lead Trainer at the college as my qualifications, skills and experience are in teaching and training adults. I love learning, which is why I joined the college as a student in 2019. To maintain my wellbeing I enjoy swimming, running and Spin classes. At the weekend I go walking with my lovely husband - usually with a leisurely pit-stop along the way!

Hi I'm Sue – Senior Administrator for the college and I'm currently on secondment from Community Mental Health. I started out as a volunteer after graduating as a 'mature' Sociology student with a specific interest in public health. As a former service user too, I am very passionate about helping individuals regain their independence and develop their life skills to cope with challenges and achieve their personal goals. I strongly believe we should never stop learning ... this is why I am so grateful for the opportunity to help administer the college offers for all our great students old and new.



I live with my 2 sons and their comedy double-act always makes me laugh out loud daily. I love culture, dance/techno music, cooking, gardening and my 10 year old Patterdale rescue dog (Merlin) tells me I am very good at obeying all his demands, which makes me a very happy owner. I love him to take *me* on long walks in the countryside.



Hi everyone I am Felicity, an Admissions Tutor at the college. I enjoy helping others within my role and I am passionate about making a difference for everyone. The college has recently helped me to gain a good balance in my life alongside my love for the outdoors.

I hope to share the experiences and welcome you soon.

Ellen's Experience of a Placement with WBRC

"Hello, my name is Ellen and I am an Occupational Therapy student in my last year at University. I joined the Wellbeing and Recovery College for my final placement, and I am so glad I did because it has been the most wonderful and uplifting experience. Everyone at the college is so welcoming and supportive and has made it really easy to fit in straight away.



I have been able to experience working at the college but also taking part in some of the courses for my own personal benefit which has been lovely and has really helped me to maintain that work/life balance which can be a rare experience in other settings.

I must say, I have thoroughly enjoyed all the courses I have taken part in, however, my favourite course is 'Practical Mindfulness' as Mindfulness is one of those skills that can help you in so many different areas of life and is something I will take forward with me always.

If you are thinking about joining the college for this upcoming term, I would highly encourage you to do so as it's a great way to take that much needed time for yourself alongside learning about something new!"

Autumn Recipe

Pumpkin Soup

Serves 6 people

- 1 small pumpkin (about 750g in total) skinned and chopped into small cubes
- 2 medium potatoes, peeled and chopped into small cubes
- 1 tbsp olive oil
- 600ml vegetable or chicken stock
- 2 plum tomatoes, chopped
- 4 fresh sage leaves

Salt and pepper

1. Heat the oil in a saucepan and sweat the pumpkin and potatoes for 5 mins. Add the stock, chopped tomatoes and the sage leaves. Cover and simmer for around 10 minutes or until to vegetables are soft.
2. Use a blender to blitz the soup until smooth and then gently reheat. Taste and then add the required seasoning (salt and pepper).
3. Optional Garnish– heat a little oil in a pan and, when hot, fry 18 large sage leaves until crispy. Scatter the leaves over the soup and serve immediately.



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INCREASING WELLBEING THROUGH ACTIVITY by Alex Tuckwell

As an Occupational Therapy student currently on placement with the Wellbeing and Recovery College, I am always interested to listen to what others 'do' with their time. Activity is linked to wellbeing and is central to who we are and how we feel about ourselves (Parkinson, 2017, Wilcock, 1993). As people, we identify ourselves through the things that we do. It is important therefore, that the activities we choose to engage in are purposeful or meaningful and bring us a sense of belonging. There are so many different ways we can engage and express ourselves through activity. Here are a few examples:

Physical doing, such as sport, walking or cleaning, keeps the body active and maintains our muscle strength which is important for our mobility and balance and increases our mood.



Restful doing, or time just to be, is essential for restoring the body and giving ourselves time to reflect on life.

Productive doing, such as accessing education, caring for others or engaging in voluntary or paid work gives us a sense of purpose and can provide opportunities to increase our self-esteem and confidence.

Social doing, or spending time with others, is linked to wellbeing and happiness. Connecting with people who are supportive and make us happy gives us a sense of belonging which, as a social species, is a huge part of our human identity.

I wonder if you have ever thought about all the different activities you do every day and whether they have a positive effect on your own wellbeing?

ACTIVITY: A short, helpful exercise to do is to write down all the things you do over a few days and divide them up into the following 3 sections:

- ◆ The things you do for your own sake such as any leisure activities.
- ◆ The things you do that are productive including education, caring for others and employment.
- ◆ The things you do that are necessary for your own self-care such as managing health conditions, getting enough sleep and taking care of how you look.



When you have written them all down, you should have a visual representation of the areas in which you spend your time. Is there an obvious section which has many more activities than another? Can you think of some small changes you can make to increase time needed in other areas to give you a more balance lifestyle? Finding a balance in the activities you do, is a vital way of maintaining your own health and wellbeing.

Cont.

My own time spent with the college has given me the opportunity to meet many other people and discover some of the things they do which bring purpose and meaning to their lives. The college provides students with so many different opportunities to engage and develop as individuals. Bird Watching for Mindfulness, Sleeping Well and Craft Your Way to Mindfulness have been a selection of some of the courses I have attended this term which have benefitted me in a number of ways. Through productive doing and the shared learning experience, I have now incorporated small changes into my bedtime routine to help me get a better night's sleep. The Bird Watching course motivated me to put some bird feeders up in my own garden and I now enjoy watching an array of birds which visit. I have also learnt some crafting techniques which I had not tried before and I thoroughly enjoyed engaging in the process of creating my dry clay coasters whilst chatting with others in the group. This gave me a sense of belonging and increased my confidence in trying new things. My time at the college has been an incredibly positive experience for me. I wonder what different activities you will try today?

Parkinson.S (2017) Recovery through activity. Increasing participation in everyday life. 2nd Edition. Routledge: London
Wilcock, A (1993) A theory of the human need for occupation. Occupational Science: Australia. (1) 1 pp17 – 24

Online Social Events

During our Spring term we'll continue to offer our social events. The socials are open to all of our students and they aim to provide an opportunity and safe space to get to know other students and the college team.

First time attending and not sure what to expect?

Our social events run just like our courses, with the difference that you can keep your microphone on for the duration of the session to allow for easier conversation.

Our facilitators will foster a relaxed, informal atmosphere and guide you through conversations. Here are our events for the spring term 2022:

Coffee and chat— Thursday 6th January at 2pm

Quiz—Wednesday 2nd February at 2.30pm

Readers Corner— Monday 7th March at 12.30pm

Hobbies & Crafts Corner- Tues 29th March at 1pm

Look out more details and dates in the fortnightly email update and on our social media pages.



What Have Our Students Been Up To?



The above circle weaving craft work was created by Adele in our Craft your way to Mindfulness course



The bunting above was created by Alex in another one of our Craft your way to Mindfulness courses



These are dry clay coasters made by our co-ordinator Vicky

A Big Thank You

As always we have many people to thank who do an amazing job to make the college the success it is! We'd like to say a big thank you to all of our students for your continued support and participation in our courses during the autumn term. We hope that you are all continuing to enjoy learning in this new virtual way and we very much hope that you'll be joining us again in the spring term, where we have even more new courses on zoom and also some in-person classes. We would also thank all of our trainers. Without you, we would not have been able to deliver the wide range of courses that we have had on offer over the zoom platform. We also wish to thank the dedicated core team at the College who work passionately behind the scenes to keep everything running smoothly!

What are your thoughts?

In everything we do at the college, we really value your feedback and ideas. INSPIRE is a newsletter that we create each term for you: our students and trainers. We would really like to hear from you regarding the type of content you would like to see in our newsletter, including any topics you'd like us to write about and any information that would be helpful. We'd like to expand our 'What have our students been up to?' section, so we welcome your poems, photographs and stories. If you'd like to submit something to our newsletter, have an idea for an article, or if you have any thoughts you'd like to share with us, please get in touch using the contact details shown below.

About Us

We are the Midlands Partnership NHS Foundation Trust Wellbeing and Recovery College. Here at the college, we aim to provide wellbeing and recovery focused educational courses that are accessible to everyone within our local communities across Staffordshire and Shropshire. We work together with our growing community of students to create a safe learning environment to promote hope, control and opportunity for all. Our courses bring together an equal blend of professional, carer and lived experience trainers who encourage shared learning, where we can all learn from one another through the sharing of each individual journey towards wellbeing and recovery.

If you are interested in one of our courses but haven't yet enrolled with the college, please get in touch with us via your preferred method to arrange an enrolment appointment. There you will be invited to complete an individual learning plan with a member of our team. Please also get in touch if you are interested in being involved with the Wellbeing and Recovery college team; we'd love to hear from you!

Contact Us

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