



INSPIRE

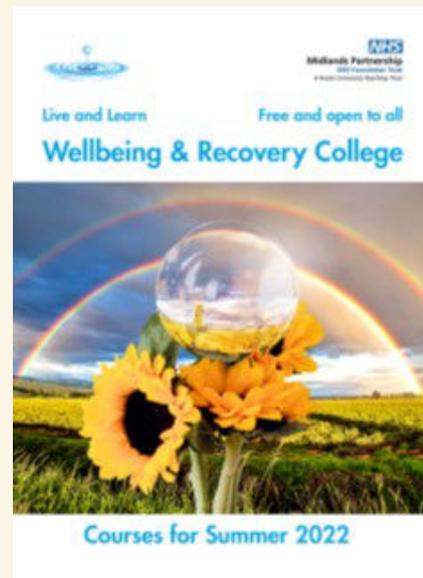
Spring 2022

ISSUE 8

Welcome to Issue 8 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.

INSIDE THIS ISSUE:

An Update From The College	PG 2
New Courses in the Summer Term	PG 2
Classroom & Outdoor Courses	PG 3
Welcoming New Team Members	PG 4
The Benefits of Yoga	PG 5
Online Jigsaw Puzzle	PG 5
Meet Our Course Mentors	PG 6
Social Events	PG 7
What Have Our Students Been Up To?	PG 8
Thank You & Contact Details	PG 9



We are pleased to be able to deliver **5 NEW** courses online via Zoom in the Summer Term. We also have more courses running in the classroom & outdoors! For further details about this, please see inside.

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



@recollegempft

An Update From The College

At the Wellbeing & Recovery College we are continuing to work towards a balance of virtual and face to face courses with the face to face courses being held in Stafford and Shrewsbury or Telford and we are hoping to increase our in person offer as the year goes on.

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! You could also join our Zoom cafes which we will continue to run throughout the Summer Term to help support you and your confidence using the platform.

As always, we really look forward to seeing you again, whether that's online, in person or both through the rest of the year!

If you would like to attend one of our Summer 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.

New Courses In The Summer Term

As always we've been getting creative and working hard throughout the spring to bring you 5 brand new courses as well as continuing to offer you all of our popular courses. Our upcoming courses can be found here <https://flip.printstafford.com/wrcsummer22/>

We are delighted to be able to offer these 5 new courses this term:

Reading for Health & Wellbeing—Do you use reading to support your wellbeing? Or is this something you'd like to try? We'll share our enjoyment of reading, and think about the benefits of picking up a book. We'll take a look at mindful reading, and learn some techniques to assess health information. This class is suitable for everyone, whether you're an avid reader or haven't picked up a book in years.

Exploring Your Energy Through the Chakras—In this two week course we will be exploring the seven main chakras in the body and how to activate and balance each one of them for vibrant free flowing energy. We will be using a variety of tools such as colour, food, sound, crystals, movement and aroma to connect better with our own energy system.

Effective Communication In Relationships— Relationships are a huge part of our lives. Whether it's a relationship with a partner, a friend, a work colleague, or anyone we have contact with in our daily lives, how we interact with them can have a significant effect on our wellbeing. This course will explore and build awareness of communication in relationships and look at ways to make communication more effective. We will be looking at gaining an understanding of patterns in relationships, the different communication styles, the roles we play in relationships and how our emotions effect our communication. We will then explore ways to improve our interactions with others.

The Power of Journaling for Wellbeing—Journaling has been proven to improve both physical and mental health and wellbeing. There's more to journaling than just keeping a diary of events! This course will help you to gain knowledge on the benefits of journaling, cover the how, why and when to journal with tips and techniques to get you started on creating and maintaining a powerful wellbeing practise.

Suicide Awareness— An introductory session to develop awareness of suicide and suicidality and have a chance to reflect and discuss this sensitive subject and what it is like caring for a suicidal person and/or experiencing suicidal feelings and behaviours as well as providing in the session some do's and don'ts when talking to someone about suicide.

Outdoor Courses

Mindful Walking—Mindful walking has so many benefits. It can improve our moods, reduce stressful feelings, benefit our physical health and help us become more aware of our surroundings. 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. Please wear appropriate clothing for the climate and comfortable footwear. Feel free to bring your own refreshments.

Hidden Nature—Spending time in nature is known to have many health and wellbeing benefits. How often do we stop and explore the natural landscapes and what they have to offer? Alongside The Beautiful Burial Ground Project team, we have developed a course that focuses on using nature for wellbeing. This course takes place outdoors in local old cemeteries that are often overlooked areas of natural landscape, a haven for wildlife. This course is designed to be a fun, enjoyable insight into nature and wildlife. An opportunity to learn more about the local history of the environment around us and about the species we might find living within it. As well this, we aim to become aware of small mindful activities that can be incorporated into your daily life while spending time in natural environments. Please wear suitable sturdy footwear and waterproof clothing.

Please note that both these courses are running subject to Government guidelines at the time of the course being due to run.

Classroom Courses

We are delighted that we have two of our most popular courses continuing to run in the classroom in the summer term! - *subject to the latest Government guidelines*

Understanding Anxiety & Anxiety Management

Monday 16th & 23rd May 2022, 12.30am-3.30pm, Meeting Point House, Telford

Monday 6th & 13th June 2022, 9.30-12.30pm, The Northfields Centre, Stafford

Understanding Depression

Wednesday 13th & 20th July 2022, 12-3pm, The Lantern, Shrewsbury

Monday 27th June & 4th July 2022, 11am-2pm, The Northfields Centre, Stafford

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 & how to book.

Welcoming New Team Members

Hi, my name is Mandy and I joined the Wellbeing & Recovery College in December 2021. I also work two days in the MAPS Service (Mental Health and Autism Peer Support).

I love animals & have been a vegetarian since I was 21 years old. I love to feed the birds, squirrels, hedgehogs and any other animals that visit my garden.

I am passionate about improving animal & human welfare around the world via the internet and Facebook.

I like to read & watch thrillers, crime & horror. I like mathematics & Excel. I go to the ladies only Gymaphobics in Rugeley and I am a member of SAAS (Staffordshire Adult Autism Society).



Hello! My name is Ellen, and I joined the Wellbeing and Recovery College on a University placement and fell in love with what they do, so I was over the moon when they asked me to stay! The college allows me to do what I'm passionate about, which is helping people, but it has also allowed me to learn about the significance of maintaining my own wellbeing which I am thankful for as it's important to help yourself so that you can help others.

Hi, I'm Alex. I'm in my final year studying Occupational Therapy. Working at the college has enabled me to consider the importance of my own wellbeing whilst juggling my busy everyday roles as a wife, mum and student. I love spending time with my boys, baking and decorating cakes, and I am also a Brownie leader for Girlguiding UK.



The Benefits of Yoga

Practising yoga has many benefits for our health and wellbeing. It is well demonstrated to reduce the effects of stress on the body, ease pain, aid breathing, improve flexibility and mobility, relieve tension, improve circulation, cultivate inner peace and calm and help us to be more grounded in the present moment*

**We have a variety of Yoga Courses to benefit you, both online and in person!
If you haven't tried yoga before and would like to give it a go you'd be very welcome.**

Yoga for Easing Anxiety—Thurs 9th June, 1.45 –2.45pm- Online

Yoga for Lifting Mood and Increasing Energy—Thurs 16th June, 1.45-2.45pm—Online

Restorative Yoga and Deep Relaxation—Thurs 23rd June, 1.45-2.45pm—Online

Yoga for Stress Relief—Friday 8th July, 12-1pm, Bishton Hall, Stafford

**Yoga for Resilience and Belonging, 'My Body, My Home' -
Weds 22nd June, 1-2pm, Mereside Community Centre, Shrewsbury**

Contact us via phone or email to book your place!



* [Benefits of Yoga | Yoga Alliance](#)

Online Jigsaw Puzzle

Doing puzzles can be a brilliant way to unwind and take your mind away from everything else for a little while. They take some effort and determination but can be incredibly fulfilling once they are completed! The great thing about an online puzzle is that you never lose the pieces! This one even allows you to change the number of pieces depending on how much of a challenge you are up for!



Our recommended puzzle is a photograph taken by Shari Hindman and is of some beautiful spring crocus. Their vibrant colours are the perfect way to brighten any day so why not have a go?

Click on the link to get started!

[Jigsaw Explorer Puzzle Player](#)

(Press Ctrl key then click on link to open)

Meet Our Course Mentors...

Meet Lorna

"I began using the service at the Wellbeing & Recovery College, after the death of our sister - which affected me more than I could have ever imagined, she was my best friend, confidant and my sounding board of 100% Truth 'keeping it real in all situations.' Once attending a few of the courses to help my recovery, during my bereavement season I identified whilst on the course, there was a gap in the support of the students on the course.

The reason I identified this was because I was in a Mentor role at a College and also a Educational Welfare Officer supporting students, who struggled with their: emotions, anxieties, depression, low self esteem, low learning skills etc. So my Mentor radar became alert, my genuine concern, interest, support for others came alive. I chose to speak to Danni regarding my observation of this gap, which I was willing to fill, should the opportunity arise. So I shared with her what the concept of the Mentor role could offer, look like in the Wellbeing & Recovery College and she was very receptive and listened intentionally. After this discussion, I was asked to be the 1st Mentor on one of the courses, which was Expressive Writing for 6 weeks. The feedback was very positive from both the students on the course and also the Trainers. So after this course ended, the term was over.

I can honestly say, whilst volunteering for the Wellbeing & Recovery College and also making the opportunity available, for the College to consider and put into practise the Course Mentor, I realised I was in an organisation that: listened & supported their volunteers and staff and the name Wellbeing & Recovery was a true statement I personally experienced and this was a turning point for me, in my trust and confidence in an employer. I began to promote the courses to the place I used to work for, to family members and friends from the positive experiences I have had, both on the courses, as a Mentor and with the Staff.

So to anyone considering doing a course with Wellbeing and Recovery College or being a volunteer, you will have no regrets, only positive vibes and a healthier mind set, living life on purpose amongst like minded people, who truly has your best interest at heart. Which will enable you, to move forward in your life, with a brighter future.

Thank you to Danni & Rachel who took the time to listen and hear my thoughts. I appreciate you and all the Staff at Wellbeing & Recovery College"

Couch to 5K by Trainer Motivated Marilyn

I've started doing the Couch to 5k
 What a wonderful way to start the day,
 By going for an exhilarating run
 In the wonderful, morning sun.
 I downloaded the NHS app,
 Ready for my very first lap.
 My coach is Sarah Millican
 I chose her as I am quite a fan.
 So off I go when she starts to talk,
 For my brisk, warm up walk.
 Listening out for when she says, "Go!"
 Then start to jog and feel all aglow.
 Next, it's time for another walk,
 Out of breath, I can hardly talk.
 She tells me that I'm doing well,
 But I can't wait for the halfway bell!
 A bottle of water, I take a sip
 As she gives me a useful tip.
 With encouragement along the way
 "You can do it, Pet!" I hear her say.
 That really does just spur me on,
 And before I know it the time has gone.
 Just as I'm getting into my stride
 But I've done it now; I can smile with pride.
 A cool down walk, just for five
 It makes me feel glad to be alive
 For the next run I cannot wait
 Because I know it makes me feel great!

Written by Motivated Marilyn 2020



Online Social Events— Any Thoughts?

During our Summer term we'd like to continue to offer students some 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.

We'd love to hear from you with any ideas or requests for online social events that you would like us to offer!

Please get in touch with us via the contact details on the back page or let us know your ideas via the form we will be sending out via email.

We really look forward to hearing your thoughts!

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.

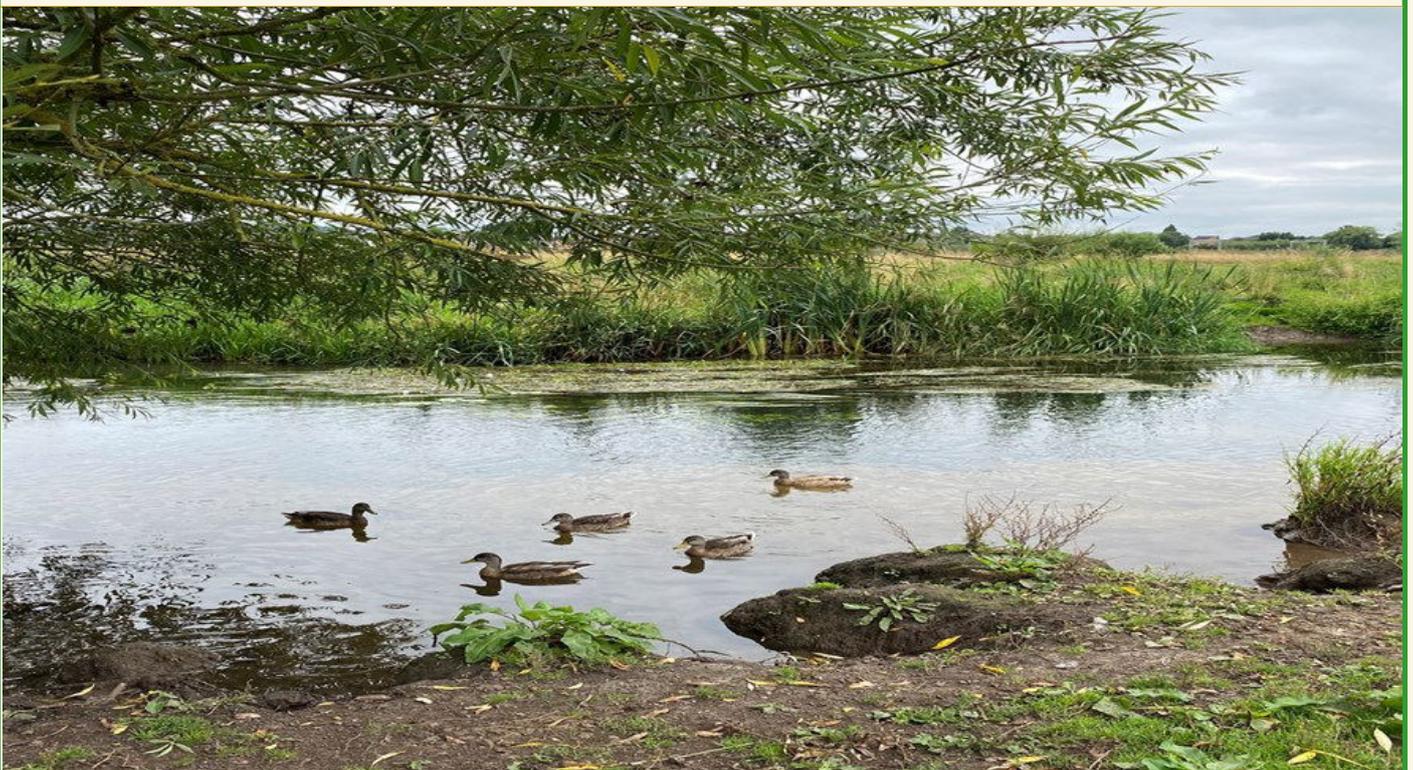
Our facilitators will foster a relaxed, informal atmosphere and guide you through conversations.



What Have Our Students Been Up To?



The above photograph was taken on our mindful walking course



Another lovely photo from the mindful walking course at Doxey Marches Stafford

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 spring 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 summer term, where we have even more new courses on zoom plus 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

Direct Line:

01785 221257

Switchboard:

0300 790 7000

ext: 7128607

Mobile:

07891 099460

Email:

wellbeingREC@mpft.nhs.uk

Facebook:

Wellbeing and Recovery
College MPFT

Twitter:

[@reccollegempft](https://twitter.com/reccollegempft)

Instagram:

[@wellbeingrecoverycollegempft](https://www.instagram.com/wellbeingrecoverycollegempft)

Website:

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