



**RCE**

Wellbeing Hub

For

every mind

every body

every one

# Information and Timetable

## Winter 2023



Cambridgeshire and  
Peterborough  
NHS Foundation Trust



# Welcome...

to our growing community of learners who share an interest in health and wellbeing.

We are one of over 85 Recovery Colleges throughout the UK, offering an educational approach to understanding and managing our mental and physical health and wellbeing.

We offer a flexible approach and a range of courses which are designed and delivered by a unique mix of expertise – from people with lived experience of mental and physical health challenges, health professionals and qualified trainers.

Our courses are designed to be both enjoyable and informative.

Our aim is to enable our learners to recognise and develop their personal resourcefulness and awareness so that we can all become experts in managing our own mental and physical health and wellbeing.

Throughout our courses, there is an emphasis on recovery and making positive choices to build/sustain a healthy life.

Whether you currently receive support from health services, are a carer or supporter for someone with health challenges, are employed in the healthcare sector or are simply someone who is keen to learn more, we hope that you will find something helpful and relevant within our programme.

I look forward to seeing you on our courses and learning and sharing ways for you to live the best life possible with or without ongoing symptoms.

**Emma Taylor – RCE Wellbeing Hub Manager and Peer Support Professional Lead**

# Our Recovery Values

## Hope



It can be difficult to maintain the belief that things will get better when we are experiencing challenges with our health. Yet hope is an essential part of recovery, sustaining our motivation to make helpful (if not always easy) choices, and inspiring us to set meaningful goals for ourselves.

At RCE Wellbeing Hub, you will hear personal stories of recovery and learn from others about what has been helpful in their own journey of recovery. On many of our courses, experts by experience will share parts of their recovery story.

Developing a sense of ownership of health challenges that we face is an important part of recovery. It includes recognising what we can do personally to promote our health and wellbeing and is about taking personal responsibility and making positive choices about our lives.

At RCE Wellbeing Hub, we always encourage our learners to assume responsibility and make helpful choices for themselves, such as choices about what courses they attend, and how much they participate and contribute.

Importantly - our courses focus on what we can do to help ourselves.

## Control



We all need opportunities to grow and develop, so that we can learn to navigate the challenges in our lives. When we experience a period of health challenges it can sometimes feel as if the doors to opportunity have been closed.

At RCE Wellbeing Hub, we offer a friendly and accessible space to learn. Opportunities exist to become a volunteer at the Hub, helping us to develop new courses or deliver existing courses as an expert by experience.

We encourage our learners to view the Hub as a stepping-stone on their recovery journey, and where appropriate we will signpost to other relevant community resources.

## Opportunity



# What we are and what we do

- ✗ Group therapy service
- ✗ 'Patients' or 'service users'
- ✗ Deliver prescriptive therapy intervention
- ✗ Explore past trauma or give individual advice
- ✓ Community of learners
- ✓ Students choose their courses
- ✓ Deliver educational sessions that promote wellbeing
- ✓ Learn and share from our experiences in a positive way

## What our students say...

***"I loved how inclusive and interactive the course was, and how honestly and generously lived experience was shared".***

***"There's been little gems from each course. To have different options of what I can do to help myself and not feel like I've been failing is massive to me."***

***"Everyone was given time and space to share and be acknowledged, lots of good practical tips and encouragement".***

***"The courses are thought-provoking and it's nice to have something that is informative and gives me transferable skills that I can take into my home life, recovery, and therapy".***

***"I've seen a lot of things with a different perspective, and it helps that the nature of the courses allow people to join in. It's made me take a leap of faith and think maybe I do like people!"***

# Expectations

## What you can expect from us

- ✓ A **welcoming environment** which is helpful to your learning
- ✓ **Provide** quality courses that promote **hope, control** and **opportunity**
- ✓ **Deliver** courses **punctually** and give you sufficient notice of any cancellations
- ✓ **Deal** with your enquiries in a professional, **friendly**, and **efficient** manner
- ✓ **Challenge** any discriminatory or oppressive language or behaviour
- ✓ **Role model** our own recovery journey alongside yours
- ✓ **Take** the **sensitivity and confidentiality of your personal information very seriously**. Staff are required to respect their duty of confidentiality to you as part of their professional codes of conduct and by their contracts of employment.

## What we expect from you

- ✓ **Tell us as early as possible if you're unable to attend a course**
- ✓ **Arrive promptly** (around **10 minutes before a face-to-face** session and **5 minutes before online sessions** start) and with an **open mind**
- ✓ **Take responsibility** for your own learning
- ✓ **Use the learning resources** made available to you
- ✓ **Update the Hub of any issues** preventing you from getting the most from your courses
- ✓ **Respect** our **Group Agreement** for each session
- ✓ **Treat all** students, volunteers and staff with **dignity and respect**
- ✓ **Not to use any discriminatory or oppressive language or behaviour**

# Our Group Agreement

All our sessions start with our Group Agreement – this is to ensure we create a safe space for everyone to learn.

## ✓ We recognise this is an educational course, *not* group therapy

The Recovery College is not a substitute for talking therapies. We are here to help people learn to manage their health and wellbeing better. While we are not here to talk about past trauma, we do encourage students to share positive coping techniques which have enabled them to move forward on their recovery journey.

## ✓ We respect each other's opinions, experiences and differences

Each of us will have our own experiences and opinions. We expect our learners to be mindful of the information they may hear on courses and not share personal information with others outside the session. We have a wide range of students from varying backgrounds. We require you to respect other learners' viewpoints and be willing to agree to disagree.

## ✓ We will allow everyone the chance to speak – and one at a time

We appreciate you may be passionate, but we ask that you allow space for other learners to contribute and avoid talking over each other.

## ✓ We understand there is no such thing as a stupid question

We want our learners to be active and ask questions during the session. No question will be 'stupid' however...

## ✓ We acknowledge that we may not have all the answers

Whilst staff at RCE Wellbeing Hub collectively have many years of professional experience in education, health care and lived experience we do not profess to have all the answers!

# Meet The Team

We are proud to have a diverse and mixed team of qualified trainers, health professionals, experts by experience and volunteers.

## Sharon Gilfoyle – Associate Director of Inclusion

Sharon has led the recovery and peer support developments in the Trust for the past 11 years and is also a national recovery consultant with ImROC. Her career in mental health spans 34 years, and she is a Social Worker by profession. She is also a trainer and is passionate about mental health and recovery. Sharon has her own mental health challenges and more recently physical health challenges and uses this experience to help challenge the stigma surrounding long term conditions.

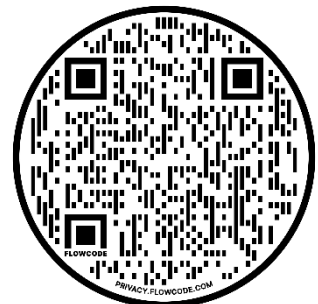
Sharon loves anything creative: art, DIY, crochet, loves swimming, gardening and being in nature.



## Emma Taylor – RCE Wellbeing Hub Manager and Peer Support Professional Lead

Emma loved teaching music in secondary schools and broadening the horizons of socially disadvantaged pupils. Following an episode of mental ill health, triggered by work-related stress, Emma recognised the need to change her job; although retained her passion for teaching. Emma's current post allows her to combine her teaching expertise and lived experience of mental ill health to role-model the College's core ethos surrounding Hope, Control and Opportunity.

Emma is passionate about challenging stigma and unhelpful attitudes towards mental ill health both within and outside the NHS.

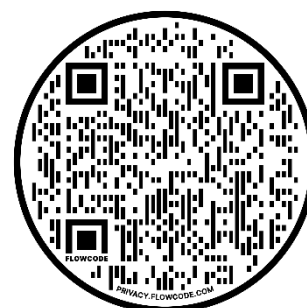


**Scan the QR code for an introduction video!**

## Abby Kumar – RCE Wellbeing Hub Deputy Manager

Abby joins the Wellbeing Hub with a wealth of teaching experience from teaching in Further Education colleges for 14 years. Abby originally qualified as a Beauty and Holistic Therapist 20 years ago, where the initial interest and passion for helping people to find ways of improving their wellbeing began.

Abby is very much looking forward to supporting learners on their unique recovery journey and allowing them to explore the range of educational content/activities, to expand their knowledge and personal toolkits to empower each individual to live their best life.



**Scan the QR code for an introduction video!**

## Danica Tracey – RCE Wellbeing Hub Health Trainer

Danni is a Health trainer in the RCE Wellbeing Hub. She qualified as an occupational therapist over 20 years ago and worked in a variety of settings in the community and, the NHS.

Following a career break Danni trained and qualified as a Yoga teacher and holistic therapist. This inspired her passion to support people in their journey to improved health and, wellbeing when feeling overwhelmed, stressed, and low in energy.

She believes that the mind and body are intrinsically linked and, having a toolkit of techniques to maintain a balance in the body and mind, are key factors into looking after ourselves, our wellbeing and mental health. She found this instrumental to gaining some control and balance during a period of recovery following her own mental health challenges.





She hopes to use her lived experience, skills and knowledge to empower people to thrive and manage their well-being in a positive, proactive way, in a supportive learning environment.

She loves being outdoors, walking her dog and being out in nature.

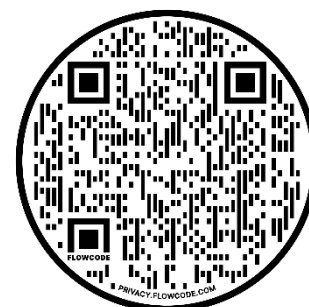
### **Kathy Jones – RCE Wellbeing Hub Peer Trainer**

Kathy originally moved to Cambridge from West Wales to attend university. Mental health challenges cut short her time there but that didn't stop her carving out a successful 20-year career in childcare and education.

Following the death of her partner of 20 years in 2010, Kathy went through a lengthy period of mental health challenges, which ultimately led her to find Recovery College East in Cambridge. Attending classes there was instrumental in getting her to start her recovery journey.

In early 2015, Kathy qualified as a Peer Support Worker and from then on has worked in some capacity at the Recovery College, initially volunteering, but later as a paid member of the staff team. She loves her job and is passionate about her work, and recovery in general.

Outside work, Kathy enjoys spending time with animals (she has a cat), meeting up with friends, reading and music.



**Scan the QR code for an introduction video!**

## **Catherine Melia – RCE Wellbeing Hub Peer Trainer**

Catherine trained as a secondary Religious Education teacher and started her career in a specialist social, emotional, mental health school which led her to move into working within the mental health sector. She believes that talking about mental health is crucial in challenging the negative stigma around it and encourages people to have honest conversations about their experiences when they feel comfortable to do so. She is excited to join the team and to be able to combine her teaching practice with her passion for open conversations, as well as share her own lived experience in the RCE Wellbeing Hub.



Both at work and outside of work, Catherine works towards building inclusive, equal, and diverse spaces so that everybody's voices are heard, and all identities are represented. As part of the LGBTQ+ community, Catherine understands how important feeling welcome is and loves that the RCE Wellbeing Hub continually strives to support everybody in their recovery journeys in a person-centred way.

## **Louise Dee – RCE Wellbeing Hub Administrator**

Louise started as RCE Wellbeing Hub Administrator in July 2021 and has over ten years' experience working in administrative roles in the public and private sectors. She is passionate about promoting mental health awareness and recovery.

Louise is delighted to be part of the RCE Wellbeing Hub team and to contribute to such an accepting, supportive and enthusiastic environment for staff and students alike.

In her spare time Louise enjoys baking and going to Zumba classes, which have really boosted her wellbeing.



## Leah Smith – Lived Experience and Peer Support Coordinator

Leah loves to talk about bees, feminism, health and wellbeing, cats, and books. Her strong interest in mental health and peer support stemmed from her own experiences of mental ill health and recovery. She uses her professional experience of being a Peer Support Worker and her lived experience of recovery to support the peer workforce across CPFT. Leah is proud to be part of a community that works tirelessly to reduce mental health stigma and to champion hope within the spaces they have access to.



# RCE Wellbeing Hub Timetable

**Find Out More – email [RCEWellbeingHub@cpft.nhs.uk](mailto:RCEWellbeingHub@cpft.nhs.uk) to book!**

For new students of the Wellbeing Hub, we strongly recommend you attend our 'Find Out More' session before signing up for further courses - but this is of course up to you!

Find Out More	1 session
Interested? Intrigued? Thinking about registering with us, but not sure?	
Join us for a 45–60 minute whistle stop tour of what we're about and what you can expect as a student with RCE Wellbeing Hub. You'll get to meet some of the tutors, learn about a typical session and ask any questions you may have.	
There's no need to complete our registration form to attend this session - simply email us at <a href="mailto:RCEWellbeingHub@cpft.nhs.uk">RCEWellbeingHub@cpft.nhs.uk</a> to book!	

## Find Out More Sessions:

Wednesday 8 <sup>th</sup> November	Monday 27 <sup>th</sup> November	Wednesday 6 <sup>th</sup> December
1pm Online via Teams	2pm Peterborough Hub	4pm Cambridge Hub

	<b>Tuesdays (Online)</b>	<b>Wednesdays (Face to Face)</b>	<b>Thursdays (Online)</b>	<b>Fridays (In-Reach)**</b>
	<b>Tuesday 31<sup>st</sup> October</b>	<b>Wednesday 1<sup>st</sup> November</b>	<b>Thursday 2<sup>nd</sup> November</b>	<b>Friday 3<sup>rd</sup> November</b>
10.00am - 12.15pm	<b>Wellbeing Discovery Programme</b>	<b>10am-3pm Living well with... Stress – A Practical Workshop (Peterborough Hub) Stress Awareness Day Special</b>	<b>Finding My Voice (\$1)</b>	<b>5 Ways to Wellbeing In-Reach</b>
1.30pm - 3.45pm	<b>Living well with... Menopause</b>		<b>Perfectionism (\$1)</b>	
6.30pm - 8.30pm				
	<b>Tuesday 7<sup>th</sup> November</b>	<b>Wednesday 8<sup>th</sup> November</b>	<b>Thursday 9<sup>th</sup> November</b>	<b>Friday 10<sup>th</sup> November</b>
10.00am - 12.15pm	<b>Wellbeing Discovery Programme</b>		<b>Finding My Voice (\$2)</b>	<b>5 Ways to Wellbeing In-Reach</b>
1.30pm - 3.45pm	<b>Living well with... Chronic Fatigue</b>	<b>Give Yourself a Break (\$1) (ONLINE)</b>	<b>Perfectionism (\$2)</b>	
6.30pm - 8.30pm			<b>Challenging our Worrying Thoughts</b>	

*\*\*Our In-Reach Programme is not bookable to the public. This is our work within wards.*

	<b>Tuesdays (Online)</b>	<b>Wednesdays (Face to Face)</b>	<b>Thursdays (Online)</b>	<b>Fridays (In-Reach)**</b>
	<b>Tuesday 14<sup>th</sup> November</b>	<b>Wednesday 15<sup>th</sup> November</b>	<b>Thursday 16<sup>th</sup> November</b>	<b>Friday 17<sup>th</sup> November</b>
10.00am - 12.15pm	<b>Wellbeing Discovery Programme</b>	<b>The Power of Routine (Peterborough Hub)</b>	<b>LGBTQ+ Matters (Transgender Awareness Week Special)</b>	<b>5 Ways to Wellbeing In-Reach</b>
1.30pm - 3.45pm	<b>Living well with... Anxiety</b>	<b>Give Yourself a Break (S2) (ONLINE)</b>	<b>Perfectionism (S3)</b>	
6.30pm - 8.30pm				
	<b>Tuesday 21<sup>st</sup> November</b>	<b>Wednesday 22<sup>nd</sup> November</b>	<b>Thursday 23<sup>rd</sup> November</b>	<b>Friday 24<sup>th</sup> November</b>
10.00am - 12.15pm	<b>Wellbeing Discovery Programme</b>	<b>Leaving Loneliness Behind (S1) (ONLINE)</b>	<b>Bouncebackability</b>	<b>5 Ways to Wellbeing In-Reach</b>
1.30pm - 3.45pm	<b>Living well with... ADHD</b>		<b>Action Planning for Wellness (S1)</b>	
6.30pm - 8.30pm			<b>Supporting Ourselves, Supporting Others</b>	

*\*\*Our In-Reach Programme is not bookable to the public. This is our work within wards.*

	<b>Tuesdays (Online)</b>	<b>Wednesdays (Face to Face)</b>	<b>Thursdays (Online)</b>	<b>Fridays (In-Reach)**</b>
	<b>Tuesday 28<sup>th</sup> November</b>	<b>Wednesday 29<sup>th</sup> November</b>	<b>Thursday 30<sup>th</sup> November</b>	<b>Friday 1<sup>st</sup> December</b>
10.00am - 12.15pm	<b>Wellbeing Discovery Programme</b>	<b>Leaving Loneliness Behind (S2) (ONLINE)</b>	<b>Mindful Winter</b>	<b>5 Ways to Wellbeing In-Reach</b>
1.30pm - 3.45pm	<b>Living well with... ASD</b>		<b>Action Planning for Wellness (S2)</b>	
6.30pm - 8.30pm			<b>Knowing Our Worth</b>	
	<b>Tuesday 5<sup>th</sup> December</b>	<b>Wednesday 6<sup>th</sup> December</b>	<b>Thursday 7<sup>th</sup> December</b>	<b>Friday 8<sup>th</sup> December</b>
10.00am - 12.15pm	<b>Wellbeing Discovery Programme</b>	<b>10am-3pm Creativity for Festivity (Cambridge Hub)</b>	<b>Volunteering in my Recovery</b>	<b>5 Ways to Wellbeing In-Reach</b>
1.30pm - 3.45pm	<b>Living well with... EUPD</b>		<b>Diagnosis... Now What?</b>	
6.30pm - 8.30pm			<b>Mindful Winter</b>	

*\*\*Our In-Reach Programme is not bookable to the public. This is our work within wards.*

	<b>Tuesdays (Online)</b>	<b>Wednesdays (Face to Face)</b>	<b>Thursdays (Online)</b>	<b>Fridays (In-Reach)**</b>
	<b>Tuesday 12<sup>th</sup> December</b>	<b>Wednesday 13<sup>th</sup> December</b>	<b>Thursday 14<sup>th</sup> December</b>	<b>Friday 15<sup>th</sup> December</b>
10.00am - 12.15pm	<b>Wellbeing Discovery Programme</b>	<b>10am-3pm Creativity for Festivity (Peterborough Hub)</b>	<b>Living well with... Low Mood and Depression</b>	<b>5 Ways to Wellbeing In-Reach</b>
1.30pm - 3.45pm	<b>Mindful Winter</b>		<b>Tinsel 'n' Tears</b>	
6.30pm - 8.30pm				



# How to find us - Peterborough Hub

Our address in Peterborough is:



RCE Wellbeing Hub  
Eco Innovation Centre  
Peterscourt  
City Rd  
Peterborough  
PE1 1SA

## Location

The Eco Innovation Centre is located in the heart of Peterborough nearby to the old covered market, the Passport Office and just north of Peterborough Cathedral. It is within a short walking distance of the main shopping area and Queensgate Shopping Centre.

## Parking

The site has no available parking for students, however there are a number of car parks nearby and public transport links nearby:

Brook Street Car Park (Short and Long Stay) – PE1 1TU – 4 min walk  
Wellington Street Car Park (Long Stay) - PE1 5DU – 7 min walk  
Car Haven (Short Stay) - PE1 1YX – 10 min walk

Further details and car parking charges can be found here:  
[www.peterborough.gov.uk/residents/parking/car-park-locations](http://www.peterborough.gov.uk/residents/parking/car-park-locations)

## Public Transport

Queensgate Bus Station – 10 min walk  
Peterborough Train Station – 11 min walk

The Stagecoach No. 5 bus connects with both the bus station and train station and goes past the Eco Innovation Centre. You can depart at Hereward Cross bus stop which is around 300m along the road from our building.

Further details be found here: [www.stagecoachbus.com](http://www.stagecoachbus.com)

## Finding Our Entrance

There are three main entrances to the Eco Innovation Centre, two of which we do not use. Please note that the Eco Innovation Centre is not an NHS building and reception staff aren't employed by the NHS.

**RCE Wellbeing Hub has a separate entrance, accessed from the private car park at the rear of the building. There is a small NHS sign beside the door which you will press that will allow staff to unlock the door for your entry.**



**Car Park Entrance**  
(rear of building)

# How to find us - Cambridge Hub

## Our address in Cambridge is:



*RCE Wellbeing Hub,  
128-130 Tenison Road,  
Cambridge,  
CB1 2DP*

## Location

Tenison Road is just off Station Road, very close to Cambridge Railway Station. The Hub can be accessed through the double gates and walking up the driveway where you will see our entrance.

## Parking

The site has no available parking for students. Local parking is very limited and costs 50p per half-hour using the nearby Pay & Display machines, with a maximum stay of 2 hours and the station car park charges £12.50 per day.

## Babraham Road Park & Ride

With good links to Babraham Road park & ride site, parking at this car park is probably best and costs £3 per day. The park and ride bus drops off at the rail station bus stops.

## Public Transport

Cambridge Train Station – 10 minute walk

Cambridge Bus Station – 20 minute walk

Buses that run from the bus station/ Emmanuel Street to the train station are regular and include Citi 1, Citi 3 and Citi 7.

Citi 2 runs from the city centre and goes down Mill Road ... Tenison Road can be accessed this way too.

## Finding Our Entrance

Our entrance is situated through the double gates to the right of the building as you look at the picture below. Our entrance door is at the end of the driveway.



# Course Descriptions

We understand it can feel overwhelming to see all of the sessions available. With this in mind, we have tried to create different areas of focus that might make it easier to help you decide where to start or continue your learning journey with us.

Our courses fall into the following categories:

**'Introduction To...'** – These are ideal for those who may be joining us for the first time, or who would like to attend some shorter courses.

**'Growing a Sense of Self'** – These slightly longer sessions aim to offer a focus on helping you to help yourself become the best version of you possible!

**'Let's Talk About...'** – Brand new to the Wellbeing Hub, these sessions will explore what it is like living with a range of different physical and mental health diagnoses.

**'Living Well With...'** – Following on from our new 'Let's Talk About' courses, these sessions will explore in more depth how to live well alongside some of the ongoing mental and physical health challenges we may be experiencing.

**'Exploring the World Around Me'** – These sessions aim to keep you up to date with some of the key discussions happening in the world around us as it constantly changes and evolves.

**'Moving On'** – You may wish to explore these sessions when you are thinking of leaving the Wellbeing Hub for the next stage of your journey. These sessions explore topics such as work, volunteering and how to use and own your personal narrative.

## Incorporating Our Recovery Ethos

All of our courses embody *hope*, *control* and *opportunity*. In order to help you identify the core element of our ethos you would like to explore we have colour coded the sessions as follows:



**Hope**



**Control**




**Opportunity**


# Introduction To...


Have you been to our Find Out More session? Would you like to become more involved but can't decide what to do next?


These sessions are a great starting point for anyone new to RCE, or for our existing students who aren't sure what they want to explore next.


Each course aims to give you a basic insight into different areas of wellbeing. Whether you want to improve your sleep, manage your wellbeing, or build your resilience - this package of courses has something for everyone.

 <b>Dreaming of a Better Sleep?</b>	1 session
<p>Do you find it difficult to get to sleep?</p> <p>Do you often wake feeling unrefreshed?</p> <p>You're not alone; more than a quarter of people in the UK report that they struggle to get to sleep at least once a week, and for some, experiencing poor sleep once a week would count as a success.</p> <p>In this course, we will look at what can help improve our chances of getting a good night's sleep, including the benefits of sleep hygiene and why sleep is essential for our health.</p>	

 <b>5 Ways to Wellbeing</b>	1 session
<p>Interested in how to improve your wellbeing?</p> <p>Thinking you don't have time to support yourself?</p> <p>This session introduces the 5 Ways to Wellbeing, a helpful framework which we can all use to help structure our lives and promote our wellbeing, and we can do this with small adaptations to our daily lives and activities!</p> <p>As the name suggests, it covers 5 keys ways that we can do this: <i>Connecting, Taking Notice, Being Active, Giving, Learning.</i></p>	

 <b>Mindful Winter</b>	1 session (45-60 mins)
<p>Does it feel like you don't have much time to slow down and be present?</p> <p>Have you wondered what you could do to be more mindful other than meditation?</p> <p>The winter season can be a very busy time for us all! Between buying presents, visiting family, and cooking delicious food, we don't get much time to stop and relax. We have three sessions where a tutor will lead you through a variety of mindfulness exercises and activities to give you new ideas of how you can be more present in your day-to-day life. Each session will be different so you can come to one, two or all three sessions and try out a new technique each time! Come along and give yourself an hour a week to have a more Mindful Winter!</p>	


 <b>Bouncebackability</b>	1 session
<p>Do you ever wonder why other people seem to handle things differently to you?</p> <p>Do you wish you could bounce back more quickly?</p> <p>Resilience has become a widely used expression within mental and physical health over the past few years. We will explore the meaning of resilience; the impact it has on how we live our lives and some steps we can take to build up our own inner strength.</p>	



 <b>Tinsel 'n' Tears</b>	1 session
<p>Does the festive season fill you with a sense of dread?</p> <p>Do you begin to feel anxious at the thought of your senses being overwhelmed at this time of year?</p> <p>Winter can be a challenging time for many people and this can make it harder to make helpful choices for ourselves. This short session will explore how we can apply the '5 Ways To Wellbeing' to the festive season to ensure we maintain our mental wellbeing during this time.</p>	

# Growing a Sense of Self



Have you ever wished you had more wellness tools to use when things are tough? Maybe you'd like to know how to use practical techniques to improve a personal interest, hobby or skill?




These courses cover diverse topics such as assertiveness, writing for wellbeing, motivation and many more to help you to become or maintain your best possible version of you.


 <b>Supporting Ourselves, Supporting Others</b>	1 session
<p>Did you choose to become a carer?</p> <p>Do you feel qualified to be a carer?</p> <p>Often the answer to these questions is 'no' – the role of carer just came along when a family member or friend became too unwell to look after themselves.</p> <p>In this course there will be ample time to discuss these questions and more. We will hear from individuals who have the lived experience of being a carer and also discuss the carers' perpetual dilemma of how to balance life's roles, responsibilities and relationships.</p>	


  <b>Finding My Voice</b>	2 sessions
<p>Do you ever feel like you're talking a different language to most?</p> <p>Do you often get frustrated that you're not being heard?</p> <p>Communication is one of the most complicated things we do in life, yet how often do we explore how we do this?</p> <p>In this two-part session we will look at how effective communication can occur, potential barriers to communicate and most importantly ways we can communicate in an assertive way – ensuring we feel heard and valued.</p>	



 	<b>Perfectionism</b>	3 sessions
<p>Do you put excessive pressure on yourself to perform to an extremely high standard?</p> <p>Are you comfortable when things are 'good enough'?</p> <p>We will explore why it is important to us for things to be 'perfect' and understand that this can be the first step towards learning to how manage perfectionism.</p> <p>We will then consider ways that can help us to promote change in our behaviours by understanding what perfectionism is, discovering how it can impact on our lives, and exploring ways we can adjust our standards to help us live well.</p> <p><b>Please book your place on this course no less than a week in advance to ensure you receive your paperwork in the post in good time.</b></p>		

  	<b>Changing Words into Actions</b>	2 sessions
<p>Feeling fed up?</p> <p>Want things to change, but not sure where to start?</p> <p>This 2-session course will help us be more successful in making positive changes by exploring the different stages of change and how we can <i>maximise</i> our chances of success at each stage, examining what is really <i>important</i> in our lives and linking this to the change we want to make.</p> <p>We will explore the circles of change and recognise what is within our control, imagining ourselves making the change and identifying people that can support us on this journey.</p>		

 <b>Diagnosis...Now What?</b>	1 session
<p>Have you recently been diagnosed with a physical or mental health condition?</p> <p>Are you unsure what your next moves could be?</p> <p>A diagnosis can have a variety of pros and cons, but, either way, you may be hesitant to move forward until you've got all the facts. This course aims to empower you following a diagnosis by giving you the opportunity to explore your initial feelings, find out about support available, and take control of your prognosis. We will consider how your diagnosis may shift your sense of identity and give you some tips about how to feel confident in making the decision to disclose your diagnosis.</p> <p>Having been diagnosed, people may feel lost, confused and worried, or, relieved, understood and validated. Whatever you're feeling, this course is a space for you to explore your next steps. Come along and help break the stigma of diagnoses!</p>	

 <b>Knowing Our Worth</b>	1 session
<p>How much do we value, appreciate, respect or like ourselves?</p> <p>Where do those opinions about ourselves come from? And, more importantly, what can we do about it now that we are older and wiser?</p> <p>This course explores the experiences that have shaped our lives and our view of our own self-worth. We clarify the difference between facts and opinions and unlock the way that our mind processes these.</p> <p>Acknowledging and growing our self-worth can take time and be challenging, but there are techniques we can use to build up these feelings step-by-step and gradually chip away at those old, unhelpful core beliefs from our past!</p>	

## Challenging our Worrying Thoughts

1 session

Do you often have lots of thoughts swirling around your head?

Do you sometimes get stuck on the same unhelpful thought?

This session will explore ways in which we can better manage our worrying thoughts by providing both short and long term tips and techniques we can use in the moment when we notice we are becoming hooked on worrying thinking.

## Action Planning for Wellness

1 day / 2 sessions

What does wellbeing mean to you?

How do we apply that to our lives every day?

Would you know what to do when things become more challenging?

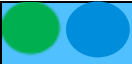
During this practical, two-session course, you will be formulating your own set of action plans which will focus on positive steps that you can take to protect your wellbeing through life's ups and downs.


You will first focus on what being well means to you and what you can do to maintain this every day. Then, you will take the time to devise plans around your own early warning signs of becoming unwell, and the triggers that can bring up uncomfortable experiences.


In the second session, you will concentrate on how to support yourself if your health becomes more challenging; looking at plans which cover breaking down, crisis and your post-crisis recovery journey.


You will finish the course with a collection of helpful action plans which you can use to maintain a positive sense of wellbeing and help you make the most of each day!


**Please book your place on this course no less than a week in advance to ensure you receive your personal plan paperwork in the post in good time.**


 <b>Exploring Emotions</b>	1 session
<p>Do you want to explore what emotions are and why we experience them?</p> <p>What is the connection between our emotions, our thoughts, our behaviours and our bodily sensations?</p> <p>Within this session we will explore the variety of ways in which people experience diverse emotions, discover the purpose of uncomfortable emotions, and look at some helpful tools and techniques that we can use to navigate our emotional range.</p>	


 <b>Words and Wellbeing</b>	1 session
<p>Do you enjoy writing creatively and want to hone your skills? Thinking about keeping a journal, but don't know where or how to start? Maybe you're an avid reader, or have a passion for writing song lyrics?</p> <p>We can use the written word in a huge variety of ways as a tool to support our wellbeing. Most of us are probably already accessing words to do just that without even realising it.</p> <p>In this course, we will not only have the opportunity to try out different creative writing techniques in a range of formats but will also explore multiple styles of journaling and the benefits reading for pleasure can have on our wellbeing.</p> <p>If you've ever attended our previous course, 'Creative writing for wellbeing', we'd recommend giving Words and Wellbeing a try – we don't think of it as a replacement, it's an upgrade!</p>	


 <b>Finding My Mojo</b>	1 day / 2 sessions
<p>How motivated do you feel?</p> <p>What is getting in the way of your mojo?</p> <p>Motivation is essential to getting anything done. However, as can happen to anyone, we sometimes find our motivation is lacking. It is very easy for pleasurable activities to become chores and we can easily procrastinate our time away.</p> <p>In this course, we will explore a wide range of methods to stimulate our motivation, consider the benefits of structured goal setting and plan what you can do when barriers to your motivation get in the way.</p>	


 <b>Rhythm Of Life</b>	1 day / 2 sessions
<p><b>“Where words fail, music speaks...” – Hans Christian Anderson</b></p> <p>Are you ‘lost in music’?          Can you feel the beat?          Are you in the mood for dancing?</p> <p>This two-session course explores how we all experience music, rhythm and sound in a totally unique way. We will uncover the science behind how our music choice impacts our mood and how our mood impacts our music. Can you hear the rhythm in that?!</p> <p>You will also have the opportunity to share two of your most meaningful pieces of music and express what emotions they arouse in you. We will then look at how we can proactively use music, rhythm and sound to promote positive wellbeing in our daily lives.</p>	


 <b>The Power of Routine</b>	1 session
<p>How do you structure your time?</p> <p>Do you feel that there's never enough hours in the day? or...</p> <p>Are you struggling to know what to fill your day with?</p> <p>In this course, we will explore ways to build healthy habits and realistic routines into your daily life. This will help you become more productive, manage your time better, and feel more on top of things.</p> <p>Whether you're juggling a work/life balance with family responsibilities or trying to create a new routine after a change in life, this course could be for you!</p>	

 <b>Making Sense of Our Senses</b>	2 sessions
<p>Did you know we actually have 8 senses?</p> <p>Have you ever thought about how your senses affect your emotions?</p> <p>In this interactive workshop, you will learn about our different senses, some that you may be already aware of, such as sight and smell, and others that you may not have heard about! The group will explore the link between our senses and how we feel, and the impact this has on our wellbeing. Taking a hands-on approach, you will have the opportunity to experiment with a range of sensory-based activities and objects to explore what works for you. You will leave the session with ideas on how to create and use your own sensory toolkit, which can support your wellbeing.</p>	

 <b>Give Yourself a Break!</b>	2 sessions
<p>Do you give yourself a hard time?</p> <p>How often do you show yourself kindness?</p> <p>Would you speak to your friends the way you speak to yourself?</p> <p>This two-session course will consider how life gets in the way of being kind to ourselves and will help us recognise that we are often quicker to look after others' needs instead of our own. During this course, you will practice several ways to enhance your ability to be self-compassionate, including looking at the difference between recharging and relaxation, and developing your self-care routine.</p> <p>After all 'self-care is giving the world the best of you, not what's left of you.'</p>	

 <b>Leaving Loneliness Behind</b>	2 sessions
<p>How connected do you feel to others?</p> <p>Do you struggle to spend quality time on your own?</p> <p>We know that learning to enjoy your own company is a key step in reducing the feeling of loneliness. In addition, connecting with community activities can help us develop a sense of belonging within society.</p> <p>During this two-session course, we will look at reasons why levels of loneliness are increasing, despite us having more ways than ever to stay connected. We will discover methods that we can actively use to help ourselves feel less lonely and work towards developing plans in your individual workbooks. Moving forwards, you will have the tools to start enjoying life both with, or without others.</p>	

 <b>Food 'n' Mood</b>	2 sessions
<p>Are you feeling confused with all the different nutritional advice and messages coming through the media? Would you like to explore the relationship between what we eat and how we feel?</p> <p>If so, this course might be just for you!</p> <p>Food is a vital part of our lives - it is not only a source of energy, but also a source of enjoyment, a way to be creative and an opportunity to connect, share and bring people together.</p> <p>In this two-session course we will be exploring what healthy eating means to us personally, how our food choices can affect our mood and vice versa and try to 'myth-bust' some common nutritional myths to allow us to make informed and helpful food choices.</p> <p>We will be discussing and growing our awareness around how our thoughts and feelings can influence our food choices. By the end of the session, we hope to have explored a variety of topics which will enable you to create a better relationship with food linking its impact on our wellbeing.</p>	

 <b>Creativity for Festivity</b>	1 day/ 2 sessions
<p>Do you want to explore your creative identity? Would you like to unlock your artistic side?</p> <p>In this course, you will discover the advantages of creativity for your wellbeing and explore what creativity means to you. You will then have time to experiment with a range of activities designed to inspire your creative flow, before creating something to enrich your personal wellbeing and perhaps with a festive spin to it, although that's not essential!</p> <p>We will be joined by peers with a variety of expertise sharing their passions and allowing you to participate in a range of different expressive activities. At the end of the course, you will have the chance to reflect on your creative journey and have the option of showcasing your finished product.</p>	



# Let's talk about...

Are you curious about a certain condition?

Have you or someone you support recently received a diagnosis that's left you wanting to know more?

Join us for a conversation, where we explore the experience of living with certain symptoms, myth bust common misconceptions and find out the 'what', 'why' and 'how' of these diagnoses.

You will have the chance to speak to real people about their experiences and have a friendly space to ask questions you might always have wondered the answer to.

This will help to unearth the fact amongst the fiction and give you an introductory understanding of these frequently stigmatised conditions.

<b>Attention Deficit Hyperactivity Disorder (ADHD)</b>	1 session 60 – 90 minutes
<b>Autism Spectrum Disorder (ASD)</b>	
<b>Chronic Fatigue</b>	
<b>Decluttering/Hoarding Disorder</b>	
<b>Emotionally Unstable Personality Disorder (EUPD)</b>	

# Living well with...

Following on from our new 'Let's talk about...' courses, and covering other varied experiences, these sessions will explore how to live well alongside some of the ongoing challenges we may be facing.

We will share a wide range of tips, tools and techniques, contributed by people with lived experience of these experiences themselves, and will start to explore how you can use these methods in your own daily life. All of these methods are designed to help us in positively navigating our symptoms whilst allowing us to reach our unique goals and potential.

Another important aspect that will be discussed is how we communicate about our experiences to other people, and the benefit of highlighting that we can absolutely live well and thrive in life alongside diagnosis and experiences.

*"Living well with' means acknowledging the challenges we face, whilst focusing on the positive and beneficial aspects that are within our control; through this we find hope and opportunities for our future!"*

*Nikos, Health Trainer*


Anxiety	1 session - 2 hours 15 minutes
Attention Deficit Hyperactivity Disorder (ADHD)	
Autism Spectrum Disorder (ASD)	
Chronic Fatigue	
Decluttering/Hoarding Disorder	
Low Mood and Depression	
Menopause	
Stress	
Supporting Ourselves, Supporting Others	


# Exploring the World Around Me

Do you have an interest in the ways society is constantly evolving? Would you like to find out how to make your life a more inclusive one?


These courses look at the changes and progress, both recent and historical, in a range of topics relating to equality and diversity.


Whether you want to know, "Is it still OK to say...?" or you feel like, "I'm just one person, what difference can I make?" this collection of courses can help.


 <b>Combating Stigma</b>	1 session
<p>Have you ever heard comments about health challenges that made you cringe?</p> <p>Have you ever wanted to talk to someone about the opinions they hold, but not known where to begin?</p> <p>Have you ever felt uncomfortable talking about your health over fear of the reaction you might get?</p> <p>There is more recognition now about the stigma associated with health, but we still have a long way to go. In this course we will look at the different factors which contribute to stigma and the impact stigma can have on our wellbeing.</p> <p>We will consider both external and self-stigma, as well as finding out about our rights in this area.</p>	

 <b>Understanding Unconscious Bias</b>	1 session
<p>How many biases or stereotypes are we aware of in our lives?</p> <p>How often do we accept them without a second thought?</p> <p>Holding unconscious beliefs about various social and identity groups can act as a barrier within our lives and can lead to miscommunication, misrepresentation, and mistreatment.</p> <p>We will explore how unconscious biases come about, how we can begin to uncover and acknowledge them and what steps we can take to move beyond them.</p>	

 <b>LGBTQ+ Matters- Transgender Awareness Week Special</b>	1 session
<p>Are you a member of or an ally to the LGBTQ+ community?</p> <p>Do you know why we have Transgender Awareness Week and Transgender Day of Remembrance in November?</p> <p>In this one-off special session, we will find out more about the transgender community and why it is so important to be an ally. We will answer questions about the difference between biological sex and gender identity, as well as understand what language is more inclusive and welcoming for people of all genders.</p> <p>Not only will we discuss the history of the community, but there will also be an opportunity to hear lived experience of being transgender in our modern-day society. If you would like a safe space to learn and ask questions that could help you or someone you know, then this course is perfect for you!</p>	

	<b>Bystander Interventions</b>	1 day / 2 sessions
<p>Have you ever witnessed a confrontation between strangers in the street and wanted to step in, but weren't sure what you could do?</p> <p>Perhaps you worried you'd make the situation worse, or there were other people around you hoped might help instead?</p> <p>In this two-session course, we will look at how and when we can safely interrupt and defuse interactions when we're concerned they are threatening to become dangerous. There will also be an opportunity to share your own experiences and to explore the different forms interventions can take.</p>		


	<b>Exploring Visible and Invisible Disabilities</b>	1 day / 2 sessions
<p>It seems easier to recognise someone with a visible disability but even then, how can we offer assistance without taking away the individual's autonomy?</p> <p>Invisible disabilities might be more familiar to us personally but how can we let others know what we are experiencing without feeling we have to explain ourselves all the time?</p> <p>In this course, we will look at the experience's individuals have when living with a visible or invisible disability. With several accounts from individuals living with either a visible or invisible disability (or both), this course will allow us to explore a range of disabilities and come to an understanding of how we can help others and ourselves.</p>		


 <b>Disarming Discrimination</b>	1 session
<p>Have you experienced discrimination or know anyone who has?</p> <p>Would you know how to be an ally to somebody who is experiencing discrimination?</p> <p>In this session, we will explore what makes an effective ally and how we can proactively support the people around us. We will look into identifying discriminatory behaviors and how we can work to challenge these in respectful and appropriate ways.</p>	

# Moving On

Has RCE Wellbeing Hub been a stepping stone in your recovery journey? Are you considering making your next stride forward? If so, these are the courses for you.

Our 'Moving On' courses aim to provide some information and skills you can take forward with you. Everyone's future is unique to them - but whether you want to go into a paid or voluntary role, continue to improve your own wellbeing, or learn how to meaningfully share your personal recovery story with others, these courses can help light your way.

 <b>Volunteering in My Recovery</b>	1 session
Have you ever wondered what volunteering is like?	
Have you ever considered giving back to or supporting others and the positive impact this could have for you too?	
This session looks into the experiences of those who have and still do volunteer and explores the benefits they have found from doing this, including the skills they have developed to help take the next steps in their life.	
It also covers a range of different opportunities that may be available to you as a volunteer.	

 <b>Making Work, Work for Me</b>	1 day / 2 sessions
Are you looking for work but don't know where to start?	
Confused about which opportunities might be right for you?	
Not sure how to sell yourself at interview?	
This two-session course will look at all the steps involved from finding a job to preparing for an interview (and all the bits in between).	
We'll offer lots of practical tips on how we can boost our chances of being successful and make work, work for us.	

# Wellbeing Discovery Programme

***Confused by the wide range of courses we offer?  
Unsure what aspect of your wellbeing you want to focus on?  
Not sure where to start?***

Then our 'Wellbeing Discovery Programme' could be perfect for you! Over 6 weeks you will be introduced to the wellbeing hub and our core ethos of Hope, Control and Opportunity. You will get a chance to meet all the members of our team in a series of different sessions and you will begin to explore a range of different topics that we offer here at the hub. The courses selected as part of this introductory programme will be accessible to anyone and everyone and aim to give you a good base of knowledge around your mental and physical wellbeing, including:

- Action Planning for Wellness
- Bouncebackability
- Introduction To Mindfulness
- Living Well With Anxiety
- Living Well With Stress

The programme will begin with a friendly welcome meeting with one of our team members, who will provide you with your Programme Workbook, Reflection Diary and begin assisting you as you construct your Individual Learning Plan. Following this you will join our 6-week programme group and join in with the various topics on offer.

Following the end of the 6 weeks you will meet again with a team member, who will help you to reflect on what you have taken from your sessions and begin looking forward to what you would like to continue developing in the rest of your time with us at the hub.

***Want to explore different techniques for challenging thoughts?  
Discovered a budding interest in mindfulness practice?  
Want to develop your ability to support others in society?***

Whatever it is that you identify in your learning plan, our team member will help to guide you in the right direction!



# Frequently Asked Questions

## Are the courses free?

Yes! All our courses are free!

## How do I enrol at the RCE Wellbeing Hub?

Simply submit the online registration form and we'll contact you to let you know which courses you have been enrolled on.

<https://cpft-nhs.mindrecovery.net.org.uk/enquiry-form>

## Who can come on the courses?

Anyone aged 18 or over can enrol with the RCE Wellbeing Hub; you don't need to be involved with mental health services. Many of our students are or have been supported by mental health services; however, carers, health professionals, students and friends and family can also benefit from learning with us and are more than welcome to attend.

## How many courses can I take?

We recommend you choose courses that will be most relevant and of benefit to your health and wellbeing. We usually recommend 5 courses per term and ask that you consider your availability and capacity when enrolling on courses. However, there is no set limit to how many you can attend per term.

## I am currently supported by mental health services. Do I need a referral?

No, we don't accept referrals. If you're supported by mental health services, they may tell you about the Hub and some of the courses available. However, it's your choice as to whether you decide to register, enrol and learn with us.

## Can I bring someone with me?

You are welcome to bring someone with you to any of the sessions you attend. All they need to do is register and enrol as a student of the Hub too.

## Do I need any qualifications? Will I have to take any tests at the Hub?

No, you don't need any qualifications to learn with us; nor will you have to take any tests. While we are educational, we aren't academic.

If there are any barriers to your learning that you'd like staff to be aware of, please note this on your registration form.

### How many other people will be on the course with me?

We try to limit the number of learners to around 10 – 12 per course, as we find learners benefit from smaller sized groups. However, due to circumstances and demand this may vary occasionally.

### I'm concerned about my privacy. How will you protect my data?

We take the confidentiality and privacy of our learners very seriously. We abide by current UK data legislation and adhere to the same level of data protection enforced across the NHS.

### Do I need to bring anything with me?

No, all learning resources are provided. You may wish to bring a notepad and a pen or have these to hand for our online sessions – but all that we ask is that you come with an open mind!

### What happens if I don't attend part or the whole of the course?

**If you are unable to attend, it's important to let us know via email at the earliest opportunity to allow us to offer the place to another learner.** If you don't attend and don't inform us, we will assume you're no longer interested and would like to cancel your future courses with us.

### Would you ever cancel a course?

Yes, if fewer than 4 people enrol on the course or very rarely due to circumstances outside our control, such as staff sickness. We will give you as much notice as possible if this arises.

### Where are courses held?

We are pleased to offer a hybrid model of both online and face-to-face delivery. Our face-to-face delivery takes place at both our Peterborough and Cambridge Hubs.

### How do I access the online courses?

Before starting your online learning with RCE Wellbeing Hub students using **phones** or **tablets** will need to **download the free Microsoft Teams app**. We recommend you doing this at least a few hours before your first course is due to start.

Find this by searching in your app store/google play – **'Microsoft Teams'**

You will see an icon like this



Download this app onto your mobile device (you only need to do this step once)

#### Before the session

1. The day before the session you will receive an email invite from [RCEWellbeingHub@cpft.nhs.uk](mailto:RCEWellbeingHub@cpft.nhs.uk) which should have the course title in the subject line.

2. [Join Microsoft Teams Meeting](#) 5 minutes before the session is due to start simply click 'Join Microsoft Teams Meeting'.

3. You will then be asked to type your name and click 'Join as guest'. The text you enter will be shown on screen, so please use your first name and initial of your surname.

Please note we will require you to use the name you registered with at RCE Wellbeing Hub for attendance and safeguarding purposes.

### Do I need to have my camera on if I am attending an online course?

We would prefer it if you can, as it is easier for both the RCE team and other learners to be able to engage with you when we can see each other. While it isn't mandatory, we would really appreciate you switching your camera on if you are able to and comfortable with doing so.

### **I'm still not sure – can I come on a taster?**

We understand that it might feel like a big step registering and enrolling on our courses. For those that are still uncertain or want to ask further questions, we run a 'Find Out More' session which anyone can attend prior to even completing a registration form. Please check our latest timetable for the next available session.

### **How do you evaluate your sessions?**

Student feedback is crucial for the development of our courses, and we will ask you for feedback after every session. This is currently done online using a form on Microsoft Teams. You are of course able to email any additional comments or feedback to the RCE Wellbeing Hub team.

Before any session is run within the Hub, it undergoes a Quality Assurance process to ensure it is promoting a recovery ethos and is of a good quality.

### **How can I get more involved?**

You may wish to become more involved with the Hub and CPFT as you near the end of your learning journey with us.

You may wish to volunteer with us or in the Trust and we can signpost you to CPFT's Voluntary Services.

You may also wish to become involved with quality assuring/co-producing courses with the Hub.

Please speak to (or email) a member of staff if any of the above seem like something that would be interesting to you.

### **Contact us**

The best way to currently contact the team is via email on [RCEWellbeingHub@cpft.nhs.uk](mailto:RCEWellbeingHub@cpft.nhs.uk)

Telephone us on 01733 963 219 – this line is staffed Monday to Thursday between 9:30am – 2:30pm.

# Becoming A Peer Support Worker In CPFT

It is great to see that you're interested in becoming a Peer Support Worker (PSW) in CPFT. We truly believe it is one of the many fulfilling roles available in the Trust!

Being a PSW provides an amazing opportunity to utilise your own lived experience to support those who are experiencing challenges. By supporting others in a professional role, you embody recovery and prove to others that it is possible.

There are two different kinds of Peer Support training available through CPFT. Within CPFT, we offer our PEP (Peer Education Programme (for Employment)) which consists of a 14-week programme of study, including 1 classroom day per week for that period.

We also currently offer places on ImROC's (Implementing Recovery Through Organisational Change) Peer Support and Preparation training, which is a 9-week programme of study, with 1 classroom day per week.

We understand that you may have some questions or queries about applying for a role as a PSW in our Trust, so please contact the Peer Support Development Team at [peer.support@cpft.nhs.uk](mailto:peer.support@cpft.nhs.uk) and we will send you FAQs document which we hope will help you.

## Contact Us

**The best way to contact the RCE Wellbeing Hub team is via email on [RCEWellbeingHub@cpft.nhs.uk](mailto:RCEWellbeingHub@cpft.nhs.uk)**

or

**Telephone us on 01733 963 219 – this line is staffed Monday to Thursday between 9:30am – 2:30pm.**