

# SLaM Recovery College Webinars and Face-to-Face Classes November 2021

## Webinars (open to everybody)

These sessions are open to everybody; you don't need to have any connection at all to the South London and Maudsley NHS Foundation Trust.

### Five Obstacles on the Road of Recovery

**N.B. These sessions are delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

In this programme we will learn how to identify and overcome five significant obstacles on our personal journey of recovery. We will discover what can bring these obstacles about, how we can remove them, and how we can prevent them. We will use a guided mindfulness practice along with practical day-to-day tips.

This course is based on the *pañca nīvaraṇāni* (five hindrances) which are recognised in Buddhist traditions as mental factors that hinder progress in meditation and in our daily lives.

**Part 1** | 11am-12noon | Tuesday 2<sup>nd</sup> November

**Part 2** | 11am-1pm | Tuesday 9<sup>th</sup> November

**Part 3** | 11am-1pm | Tuesday 16<sup>th</sup> November

**Part 3** | 11am-1pm | Tuesday 30<sup>th</sup> November

### Recovering Our Purpose | 11am-1pm | Wednesday 3<sup>rd</sup> November

Having a purpose is a vital aspect in our personal recovery. Purpose brings direction and intention into our lives, and our intentions count for so much more than we usually think. Our purpose can be like a GPS for our lives, it can be a source of wisdom and energy enabling us to accomplish things we didn't think were possible. But how are we to discover the distinctive direction and purpose of our lives?

In this two-hour workshop, drawing on the work of Jan Chozen Bays and others, we will work together to recover our purpose, and navigate and reinvigorate our lives.

### Ours to Own: making human rights work for you

**N.B. These sessions are delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

Human rights are for everyone and are there to protect the things that are important to all of us. But how can we use our human rights to make sure we are treated well and treat others with respect, equality, and dignity?

This two-part course aims to help participants to learn more about human rights and how to put these into practice, especially in the mental health sector. You will learn what is meant by the term 'human rights', their significance in the field of mental health, and how we can all use them.

**Part 1** | 10:30am-12:30pm | Thursday 4<sup>th</sup> November

**Part 2** | 1:30pm-3:30pm | Thursday 4<sup>th</sup> November

## **Communication and Active Listening**

This two-part course explores what active listening is, looks at the benefits of active listening (including exploring its power to transform our conversations), and teaches how we can practice and hone our skills as empathetic listeners.

**Part 1** | 2pm-4pm | Friday 5<sup>th</sup> November

**Part 2** | 10:30am-12:30pm | Friday 19<sup>th</sup> November

## **Understanding Psychosis** | 11am-1pm | Monday 8<sup>th</sup> November

This two-hour workshop will enable you to have a broader understanding of psychosis, including examples of lived experience and information on supporting someone else. We will explain what psychosis is, explore the different experiences of psychosis, and share information about psychotic episodes and examples of lived experiences.

We will also explore schizophrenia more specifically, looking at the meaning of positive and negative symptoms and different types of recovery, and also look at supporting someone who is experiencing psychosis and how we can help ourselves as a supporter.

## **BAME People in Mental Health Services: uncomfortable truths**

**N.B. We have already run sessions 1 and 2 of this course, but sessions 3 and 4 can easily be experienced as stand-alones.**

**N.B. These sessions are delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

The experience of being black and having to navigate oneself in a Eurocentric mental health service can be painful. This course does not attempt to speak for the whole black community because that is impossible, as every individual has a unique way in which they move through the world we're in, even if we share the experience of being within a marginalised group.

Part 3 - explores the possibility of an unconscious anti-black stance, which has been normalized, leading to seemingly small repetitive negative experiences, which raises one's stress response and over time could negatively impact the physical and mental health of black staff.

Part 4 - Although these courses/experiences are not specific to SLAM, we will share the experiences of black staff within SLAM, identifying good practice and together explore how these positive experiences can be replicated and how do we move beyond survival mode and retain good mental health, whilst this change is happening.

**Part 3** | 10:30am-3:30pm | Tuesday 9<sup>th</sup> November

**Part 4** | 11:30am-2pm | Tuesday 16<sup>th</sup> November

**Understanding and Managing Health Anxiety** | 10am-12:30pm | Wednesday 10<sup>th</sup> November

**N.B. This workshop will be delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

Health anxiety is the name used when you spend so much time worrying that you're ill, or about getting ill, that it starts to take over your life; for many people, the Covid-19 pandemic has increased these types of worries.

This course will look at some of the causes of health anxiety, and the things you can do to lessen these worries, and the impact on your life.

**Hearing Voices** | 11am-1pm | Wednesday 10<sup>th</sup> November

**N.B. This workshop will be delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

During this two-hour workshop we will be exploring the experience of voices hearing and of supporting people who hear voices. We will consider how voices can be both a hindrance and an asset, and how to constructively respond to them.

Enabling students to utilise self-management techniques, we will also help people find organisations and sources of support.

**Understanding Postnatal Depression** | 10:30am-12:30pm | Thursday 11<sup>th</sup> November

This two-hour webinar will look at the broad subject of mental health in and around pregnancy, childbirth, and the post-natal months. Postnatal Depression (PND) is the most commonly diagnosed "perinatal" mental illness, but we will also look at postnatal anxiety, birth trauma, and postpartum psychosis.

As well as discussing signs, symptoms, and risk factors, we will attempt to make sense of the different treatments and services available for new mums and their families. We will explore the topic of mental health recovery, as new parents, and how we can best protect our mental health while going through this significant life event.

## Maintaining Wellbeing: staying positive

**N.B. These sessions are delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

The aim of this two-part course is to help you to reflect on the positive outlook and work out how you can bolster your own positivity. The impulse to dwell on the negatives is hard-wired into us, a hangover from humankind's early days, when we had to be constantly on the alert. We know that the Covid-19 pandemic is having a significant impact on people's mental health and acknowledge how hard it is for us to maintain our wellbeing during this time. But that doesn't mean that being negative is an absolute. The situation we currently all find ourselves in is actually just the right time to begin focusing ourselves more towards the positive.

Cultivating a positive outlook is possible for everyone, though it may take some work. You will be sent some work sheets before the course begins. Please do not worry, we will explain and guide you through completing these.

**Part 1** | 11am-12:30pm | Thursday 11<sup>th</sup> November

**Part 2** | 11am-12:30pm | Thursday 18<sup>th</sup> November

## Emotional Intelligence: the path to emotional serenity

**N.B. These sessions are delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

This three-part course aims to help you develop an understanding of what emotional intelligence is, how it operates in everyday life, and why it's important to develop & encourage it. The course will give you more confidence in interpersonal relations, and more self-awareness, enabling you to discover your personal E.Q. The program is packed full of discussions to enable all participants to learn, interactively, the components of emotional intelligence and how this relates to the mental health of service users and social care professionals alike.

The more you understand E.Q., the more you can recognise and understand your emotions. And the more you can recognise and understand your emotions, the more you can learn to love them. Emotions are a key to recognising our needs, which can then be managed to enrich our lives.

**Part 1** | 1:30pm-4:30pm | Thursday 11<sup>th</sup> November

**Part 2** | 1:30pm-4:30pm | Thursday 18<sup>th</sup> November

**Part 3** | 1:30pm-4:30pm | Thursday 25<sup>th</sup> November

## **Ayurveda Self-Massage**

**N.B. These sessions are delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

**N.B. You will need a towel and warm sesame oil or sunflower oil for these sessions.**

Ayurveda, the “wisdom of life”, is a traditional system of healing from South Asia. These sessions were co-developed by Ayurveda experts in Sri Lanka and the UK, Buddhist scholars and monks in the Theravada tradition, UK registered mental health professionals, and SLaM Recovery Trainers who have direct lived experience of mental health problems.

In these sessions you will learn about the benefits of self-massage for your hand and feet, and you will learn how to do this using oil.

**Self-Massage for Our Hands | 2pm-4pm | Friday 12<sup>th</sup> November**

**Self-Massage for Our Feet | 2pm-4pm | Friday 26<sup>th</sup> November**

**Let's Talk About Tobacco | 11am-12noon | Wednesday 17<sup>th</sup> November**

An opportunity to learn about smoking and its effects from Mary Yates, Health Promotion & Wellbeing & Smoke-Free Lead at SLaM, and to hear about the range of treatments and support services that are available to assist smokers who have an interest in cutting down or quitting smoking

Topics covered will include nicotine replacement therapies (NRTs), e-cigarettes/vaping, and Varenicline (aka Champix).

**Understanding and Managing the Impact of Isolation on Mental Health | 2:30pm-4pm | Wednesday 17<sup>th</sup> November**

In this webinar, we will explore ways to cope with isolation and loneliness during the pandemic.

We will be looking at how isolation can impact on different mental health conditions and what tools we can use to self-manage during this challenging time.

## **Finding Balance: harmonising our minds and bodies**

**N.B. These sessions are delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

This eight-session course explores the complex and fascinating relationship between our minds and bodies. We will look at theoretical and scientific concepts of balance drawn from biology, psychology and world philosophy. Using this central idea, we will look at how our

minds and bodies have evolved to maintain balance in intriguing ways. Then, we will practise experiential exercises that are aimed to facilitate a felt experience of these concepts.

The sessions will conclude with a reflection on what we have learnt and experienced, and how this might change how we perceive ourselves and care for our own physical and mental health.

**Part 1** | 10:30am-12:45pm | Thursday 18<sup>th</sup> November

**Part 2** | 10:30am-12:45pm | Thursday 25<sup>th</sup> November

**Part 3** | 10:30am-12:45pm | Thursday 2<sup>nd</sup> December

**Part 4** | 10:30am-12:45pm | Thursday 9<sup>th</sup> December

**Part 5** | 10:30am-12:45pm | Thursday 16<sup>th</sup> December

**Part 6** | 10:30am-12:45pm | Thursday 6<sup>th</sup> January

**Part 7** | 10:30am-12:45pm | Thursday 13<sup>th</sup> January

**Part 8** | 10:30am-12:45pm | Thursday 20<sup>th</sup> January

**Routines for Recovery** | 11am-1pm | Monday 22<sup>nd</sup> November

**N.B. This workshop will be delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

Many studies have shown that establishing and maintaining routines filled with healthy habits is a great way towards meaningful recovery and wellbeing. In this new, three-part programme, we will learn about:

- The importance of routine for our wellbeing
- Useful tools for establishing and maintaining our routine
- Overcoming the barriers to keeping our routine

**Introduction to Beth: a free collaboration tool for patients and carers** | 11am-12noon | Tuesday 23<sup>rd</sup> November

SLaM's Beth website, designed for us on laptops and PCs, tablets and smartphones, is a free and secure way for our patients and carers to stay connected with their care team. For service users, Beth is very friendly and easy to use, and supports personal choice and autonomy. You can link your Beth account with your NHS number to access your health records and:

- see who is in your care team and support network
- securely message your care team
- access your current care plan
- see all your appointments
- keep track of your mood and sleep
- use free and trusted online health resources

For people caring for someone under SLaM services you can create your own account to look after your own wellbeing and securely message their care team.

## **Introduction to Recovery** | 11am-1pm | Tuesday 23<sup>rd</sup> November

Many people find being diagnosed with mental health difficulties devastating. Too often people feel that their life is over and that they will never be able to fulfil their dreams and ambitions or lead a satisfying and valued life. But it does not have to be this way. Whatever age a person is, whether they have only recently been diagnosed, or whether they have had a diagnosis for some time, recovery is possible, no matter how serious the person's difficulties. It is possible for people to rebuild a meaningful, valued and satisfying life.

This workshop explores the impact of mental health difficulties on people's lives, what helps people to grow within and beyond what has happened, and how they can rebuild their lives.

## **Caring for the Carer** | 10:30am-12noon | Wednesday 24<sup>th</sup> November

As a carer it is important that we look after our own wellbeing. In this workshop, we will discuss ways that ensure we function at our best, recognising that there can be benefits to caring, and that each carer brings unique skills, abilities, and experiences.

In this workshop, we will invite you to share activities and experience that may be helpful to others and also explore what resources we may need which are accessible.

## **Parenting and Mental Health**

**N.B. These sessions are delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

In this two-part course we will discuss practical coping strategies for looking after our mental health while looking after our children.

With the festive season fast approaching, we will share some hints and tips for reducing our stress levels at what can be a challenging time for many parents.

We will also be drawing upon the self-compassion work of Kristen Neff and Susan Pollak.

**Part 1** | 1pm-2:30pm | Thursday 25<sup>th</sup> November

**Part 2** | 1pm-2:30pm | Thursday 2<sup>nd</sup> December

## **Alcohol: friend or foe?** | 2pm-4pm | Friday 26<sup>th</sup> November

**N.B. This workshop will be delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

People who drink alcohol can have very different experiences. This workshop looks at why that is and some of the things you can do when you or someone you know is having issues managing their alcohol use. The workshop will include:

- interesting facts you might not know about alcohol
- sharing of tips
- an opportunity to talk to people with professional and lived experience about options to try when alcohol becomes a problem.

## Webinars (SLaM only)

Only available for students with a connection to SLaM - either as a service user, a carer, a volunteer, a peer supporter, an Involvement Register member, or a member of staff.

### Telling Your Story

**N.B. These sessions are delivered using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

Mental health challenges may affect a person's confidence and even their sense of identity. This course helps students start to take back ownership of experiences and recover a sense of self alongside, or even despite, the difficulties faced.

Students will use a range of creative approaches, methods, and media to help explore aspects of life that are important to them, express themselves on their own terms, and celebrate their unique experiences and qualities.

No previous formal experience of writing or creativity is required, as students will be encouraged to find their voice and have it heard. Students will have the opportunity to share their stories at the end of the course.

*Materials you'll need to take part: writing/drawing paper, pens and pencils, colouring pencils, old magazines, card for collage, glue, and scissors. Any other materials will be an individual choice and will be discussed as the course progresses.*

**Part 1** | 10am-12noon | Monday 8<sup>th</sup> November

**Part 2** | 10am-12noon | Monday 15<sup>th</sup> November

**Part 3** | 10am-12noon | Monday 22<sup>nd</sup> November

**Part 4** | 10am-12noon | Monday 29<sup>th</sup> November

**Part 5** | 10am-12noon | Monday 6<sup>th</sup> December

**Part 6** | 10am-12noon | Monday 13<sup>th</sup> December

**Tree of Life** | 9:30am-11:30am | Friday 19<sup>th</sup> November

*This workshop will be delivered using the Microsoft Teams Meetings format, meaning that you will be both seen and heard by other participants, and the sessions won't be recorded.*

*Materials you'll need to take part: all you'll need are some paper and pens /pencils for drawing.*

The Tree of Life is a recovery approach based on narrative theory that focuses on culture, heritage, spirituality, strength and hopes. It introduces psychological ideas of strength, resilience, and relationship.

The Tree of Life uses a tree as a metaphor for someone's life; different parts of the tree represent different aspects of an individual's life. For example, the roots are about where we come from both physically and in terms of the values and commitments that influence us. The trunk represents our skills and resources, the branches our hopes and dreams. Leaves are those people who are important and influential in our lives. The fruits are the gifts we have received from others – not necessarily material; these could simply be gifts of love and tolerance.

The Tree of Life invites us to tell a different or preferred story of ourselves, outside of the influence of problems. This can be a difficult story to tell especially in problem-focused mental health services. In this workshop day we will explore different stories of ourselves by creating our own trees and sharing our trees to make a forest built on our collective strengths and resources.

The sharing of our trees is an important part of the workshop, based on the idea in Narrative Therapy that 'stories told are stories lived' and that our stories will develop more richly when shared and responded to by others. After we have created our forest of trees we will look at the storms of life and how the forest can respond to these storms as hazards that we all face together. When the storms pass we will end the day with a celebration to appreciate how we have all contributed to each other's' stories.

## **Face-to-Face Classes (SLaM only)**

Only available for students with a connection to SLaM - either as a service user, a carer, a volunteer, a peer supporter, an Involvement Register member, or a member of staff.

### **Mental Health Awareness**

One-day workshop

Where: Dulwich Picture Gallery

When: 10am-4pm | Thursday 4<sup>th</sup> November

This course aims to increase understanding of what influences our mental health, including the causes of, and the impact of stigma on, mental distress.

The session will explore the importance of verbal and non-verbal communication skills and how we can use these skills to support one another.

## **Rebuilding Social Confidence**

**Five-week course | One-hour or One and a half-hour session each week**

**Where: Online and Face-to-Face**

**When: 2:30pm-4pm Wednesdays 3<sup>rd</sup> and 10<sup>th</sup> November, 2:30pm-3:30pm Wednesday 17<sup>th</sup> November (Ruskin Park), 2:30pm-3:30pm Wednesday 24<sup>th</sup> November, 2:30pm-4pm Wednesday 1<sup>st</sup> December (Venue TBC)**

**N.B. Sessions 3 and 5 will be face-to-face. Sessions 1, 2 and 4 will be delivered online using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

This five-session course acknowledges the experience we have all encountered with the Covid-19 pandemic. We have all struggled with the restrictions and lack of opportunities to safely interact with other people caused by the pandemic. Many of us have lost confidence in meeting people and find social interactions challenging.

During the course we will explore the impact that lockdown has had on our social confidence. We will identify barriers and learn about techniques to increase our confidence in social situations. We aim to practice these techniques by meeting face to face on two occasions and reflecting on our experiences.

The course will be a mix of online sessions and face-to-face meetings. The third session will take place in Ruskin Park, a stone's throw from Maudsley Hospital. The group will decide together where to go for the fifth session (again, somewhere not too far from the Maudsley).

## **Creativity and Wellbeing**

**Two and a half-hour workshop**

**Where: Dulwich Picture Gallery**

**When: 11am-12:30pm | Tuesday 16<sup>th</sup> November**

Creativity and Wellbeing has been developed by the Education department of Dulwich Picture Gallery in collaboration with SLAM Recovery College.

This course helps students to explore and use their own creativity to support their health and wellbeing. Taking inspiration from the Permanent Collection of Baroque masterpiece paintings on display at Dulwich Picture Gallery, students will explore a range of practical creative approaches which support and promote mindfulness, relaxation and creative problem solving.

This course will help students to feel curious, to relax and to enjoy the moment. Students will be encouraged to make connections and find meaning in new and unexpected places. No previous experience of art or creativity is required.

## **Mental Health First Aid**

**Four-week course | Three-hour workshop each week**

**Where: Ortus and Online**

**When: 10am-1pm | Fridays 19<sup>th</sup> and 26<sup>th</sup> November and 3<sup>rd</sup> and 10<sup>th</sup> December**

**N.B. Parts 1 and 3 will be face-to-face at the Ortus. Parts 2 and 4 will be delivered online using the Teams Meeting format, where you will be seen and heard, and so will not be recorded.**

Mental Health First Aid (MHFA) is an accredited course which gives students a deeper understanding of mental health, mental illness and how to appropriately respond to mental health crises. During this course you will learn a specific model to help you approach, assess, listen to and guide the person to further help and resources. You will also learn lots to help you improve your own mental well-being and recovery.

## **Staying Well and Making Plans**

**Two-week Course | One-day workshop each week**

**Where: Dulwich Picture Gallery**

**When: 10am-4pm | Tuesdays 23<sup>rd</sup> and 30<sup>th</sup> November**

For many people it can feel as if their mental health difficulties are completely beyond their control. Treatment and support from mental health professionals can be helpful but every person with mental health problems can become an expert in their own self-management.

Along with mental health difficulties, things like divorce, death of a loved one, losing your job and serious physical illness can affect anyone. Whatever challenges you face, recovery involves finding the personal resourcefulness and resilience to take back control over your life and what happens to you.

This two-week course aims to support people to develop and use personal recovery plans that focus on what keeps you well, how to manage the ups and downs, how to cope in a crisis and what gets you back on track.

This course is for anyone who wishes to learn about planning for a life beyond services.

## **Understanding Self-Harm**

**Half-day workshop**

**Where: Employment Academy**

**When: 1:30pm-4:30pm | Tuesday 30<sup>th</sup> November**

Rates of self-harm in the UK have increased over the past decade and are amongst the highest in Europe. However, it still remains a much misunderstood issue. This workshop will look at what comes under the umbrella of 'self-harm' and we will explore some of the many possible reasons why some people harm themselves.

We will explore the role of professionals and services, discuss how someone who self-harms can reduce the risks, and look at the types of support which are useful.

## Venue Details

### Ortus

82-96 Grove lane  
Denmark Hill  
London  
SE5 8SN  
Website: [www.ortusevents.com](http://www.ortusevents.com)

### Dulwich Picture Gallery

Gallery Road  
London  
SE21 7AD  
Website: [www.dulwichpicturegallery.org.uk](http://www.dulwichpicturegallery.org.uk)

### Employment Academy

Employment Academy  
29 Peckham Road  
Southwark  
SE5 8UA  
Website: <https://thamesreach.org.uk/what-we-do/employment-academy/>