

SLaM Recovery College Webinars and Face-to Face Classes October 2021

Webinars

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.

Making Changes: where to start and how to maintain

The aim of this two-part course is to enable participants to explore, embrace and prepare for the challenges involved when embarking on a change of lifestyle. This may include reducing alcohol consumption or embarking on an exercise programme or a healthy eating plan.

The learning will be applicable to any type of change someone wishes to make in their life.

We will also look at decision making and managing and maintaining the process of recovery as it applies, for example, to relapse prevention.

Part 1 | 10:30am-12:30pm | Wednesday 6th October

Part 2 | 10:30am-12:30pm | Wednesday 13th October

Understanding Anxiety

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

Anxiety is something we all experience from time to time. Most people can relate to those anxious, butterfly feelings when doing something which feels uncertain or feeling fearful about sitting exams, having a medical, going to the dentist. It is a natural feeling and can be useful, as it warns us when we need to take action, when we may be in danger or can even help us to perform better.

This two-part course will examine the facts about anxiety, how it is diagnosed and what it feels like to experience anxiety. We will discuss professional support available, practical techniques to help to relieve anxiety as well as lifestyle changes for wellbeing.

Part 1 | 10:30am-1pm | Wednesday 6th October

Part 2 | 10:30am-1pm | Wednesday 13th October

Understanding and Managing the Impact of Isolation on Mental Health | 2:30pm-4pm | Wednesday 6th October

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.

Bereavement: coming to terms with loss | 1:30pm-2:45pm | Tuesday 12th October

This stand-alone webinar gently leads us through the four phases (or 'layers') of mourning as described by John Bowlby, the founder of attachment theory. We will be thinking about, and sharing, ways of supporting the grieving process. We realise that, taking part in this session, you may recently have been bereaved, or know someone who has and would like to help them. Your emotional wellbeing at this sad time is of absolute importance to us. With this in mind, we ask you to let someone who you trust know that you will be doing this webinar - this person will be your support contact. When you join us, please keep your mobile beside you in case you need to call or text your support contact. Ask them to check how you are when you start watching, and also when it ends. Perhaps your contact might be able to join with you online. We want you to know that you are warmly welcome, and that you are not alone in your grief.

Alcohol: friend or foe? | 2:30pm-4pm | Wednesday 13th October

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.

Emotional Contagion for Recovery | 10:30am-12pm | Tuesday 19th October

This course builds upon emotional intelligence and support recovery, self-management, and wellbeing by recognising the impact of our emotions on others, and the impact of other's emotions on ourselves. It will explore ways of managing both by coping with the impact of difficult emotions and enhancing the impact of helpful emotions.

Understanding Bipolar Disorder | 1pm-3pm | Tuesday 19th October

A two-part course. Bipolar is a mood disorder characterised by extreme changes in mood. Although we all have mood swings, in bipolar disorder these can become unmanageable and overwhelming - individuals can experience severe and/or rapid mood swings that can last several weeks or months, far beyond the normal ups and downs. Session 1 explores how bi-

polar is diagnosed, and what the symptoms and early warning signs are. Session 2 looks at how bi-polar is treated and explores self-help ideas and how to manage during the COVID outbreak.

Let's Talk About Tobacco | 11am-12noon | Wednesday 20th October

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).

Motivation

How do you get out of your head and stop thinking about what you do and start doing it?

This two-part course explores what holds us back from utilizing our motivation, what environment best harnesses our motivation, and looks at the reality of motivation in terms of its role in our daily lives.

The course provides tips that help launch us into action and explains the theory that helps us to close the gap between what you know you want to do and taking action to make it happen.

Part 1 | 10:30am-12pm | Thursday 21st October

Part 2 | 10:30am-12pm | Thursday 28th October

Managing Your Mood

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 two-part course will help students explore practices around managing our moods. Learning to improve the way we manage our emotions is often an important first step for many people with mental health difficulties. Topics covered will include:

- the evolutionary context of moods & emotions
- influencing mood changes
- self-compassion
- behavioural activation
- gut & mood

Part 1 | 2pm-4pm | Thursday 21st October

Part 2 | 2pm-4pm | Thursday 28th October

Introduction to Beth | 11am-12noon | Tuesday 26th October

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.

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 28th October**
- Part 2 | 10:30am-12:45pm | Thursday 4th November**
- Part 3 | 10:30am-12:45pm | Thursday 11th November**
- Part 4 | 10:30am-12:45pm | Thursday 18th November**
- Part 5 | 10:30am-12:45pm | Thursday 25th November**
- Part 6 | 10:30am-12:45pm | Thursday 2nd December**
- Part 7 | 10:30am-12:45pm | Thursday 9th December**
- Part 8 | 10:30am-12:45pm | Thursday 16th December**

Face-to Face Classes

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.

Facilitation Skills

This workshop was designed to support people wanting to improve their confidence in facilitating and presenting information in group settings. The workshop will include:

- The role of icebreakers and group agreements
- Making a plan and preparing to facilitate a session
- Managing challenging situations
- Evaluating learning

This course is suitable for:

- Service users and carers who may be interested in joining SLaM's Service User Involvement in Training and Education team (SUITE)
- People acting as service user consultants
- Staff members who facilitate teaching sessions in their work environments.

Where: Dulwich Picture Gallery (for address see below)

When: 10am-4pm | Tuesday 12th October

Moving Towards Self-Compassion

This six-part course explores the idea of self-compassion and how this can lead to a greater sense of self-acceptance and empathy with other people. Each week, we will explore a different topic, practise some self-compassion exercises, then reflect on our experience. There will be pre-session and post-session activities which you can complete at home.

We hope this course would be of interest to, and be of benefit to, anyone who might struggle with perfectionism or self-criticism. We also warmly welcome anyone curious about this subject, and who enjoys reflecting on what it means to be human.

Where: Ortus Conferencing and Events Venue (for address see below)

When:

Part 1 | 10am-1pm | Friday 15th October

Part 2 | 10am-1pm | Friday 22nd October

Part 3 | 10am-1pm | Friday 29th October

Part 4 | 10am-1pm | Friday 5th November

Part 5 | 10am-1pm | Friday 12th November

[Break]

Part 6 | 10am-1pm | Friday 3rd December

Working Together: co-production in action

Co-production is a way of working together which is gaining momentum in many health and social care settings.

This workshop will explore the role of collaborative working between people who have used mental health services and people who have experience by profession and the values that underpin the approach.

Where: Dulwich Picture Gallery (for address see below)

When: 10am-1pm | Tuesday 26th October

Venue Details

Ortus

82-96 Grove lane
Denmark Hill
London
SE5 8SN
T: 020 3701 1641

Website: www.ortusevents.com

Dulwich Picture Gallery

Gallery Road
London
SE21 7AD
T: 020 8693 5254

Website: www.dulwichpicturegallery.org.uk