



SLaMrecoverycollege
hope • control • opportunity

Free health and wellbeing online webinars sep-dec 2020

- Do you want to feel more confident, learn new things, meet new people, and find fun things to do?
- Would you like to like to learn about managing your mental health and wellbeing from people who are living well?

These webinars are accessible via laptop, pc, tablet or phone. For more information on the timetable and how to register, please contact:

South London and Maudsley NHS Foundation Trust's Recovery College or Lewisham Primary Care Mental Health Service for more information about the programme or speak to your **GP or Nurse** at this practice.

SLaM Recovery College
hello@slamrecoverycollege.co.uk

SLaM Lewisham Primary Care Mental Health Service:
PCMHS@slam.nhs.uk

▶ What's on?

- ▶ **Mental Health First Aid Training:**
 - become a mental health first aider for free! (MHFA England certified)
- ▶ **Mental Health Aware**
 - a half day Mental Health First Aid England awareness workshop
- ▶ **DESMOND**
 - Type 2 Diabetes education for people who experience diabetes or are newly diagnosed
- ▶ **Understanding Anxiety**
- ▶ **Making Changes**
- ▶ **Understanding Depression**
- ▶ **Understanding the Impact of Substance Misuse on Mental Health**
- ▶ **Moving Towards Self Compassion**
- ▶ **Understanding and Managing Health Anxiety**
- ▶ **Emotional Intelligence: the path to emotional serenity**
- ▶ **Optimising Your Sleep**
- ▶ **The Mindful Way to Wellbeing**
 - daily mindfulness sessions

▶ *Getting Involved:*

Who can take part?

- ▶ This programme is for people accessing their mental health care from their GP practice in Lewisham.
- ▶ If you receive longer term mental health care from another SLaM service such as a community mental health team, please enrol in the main SLaM Recovery College courses via: www.slamrecoverycollege.co.uk

Referrals from general practitioners will also be accepted via the online form.

- ▶ The recovery college team will contact the person registering by telephone to discuss the MHFA and DESMOND courses. All other registrations will be confirmed by email

- ▶ To be eligible you need to:
 - be registered as a patient with a Lewisham GP practice and be concerned about your mental wellbeing
 - or be a carer, friend or family member of someone receiving mental health support from their GP
 - or be receiving support from SLaM's Lewisham Primary Care Mental Health Service
 - or be a staff member working within a GP practice or an associated service in Lewisham.

► *How to enrol:*

If you would like to take part in any of the courses or workshops, take a look at the course info on the following pages.

Then registering is easy!

You will need access to a computer, tablet or smartphone and an email address as everything (including the workshops) is on-line.

Click on the link below, or copy it and paste it into the web browser on your device to enrol:

<https://forms.office.com/Pages/ResponsePage.aspx?id=SuTPoS5olUqOctA7m1iHqgmyKPB4GLVHori7bpbnOyxUNkRJNTUwQ0xPMjlQTFE5QjIMNzZDSFZJTjQlQCN0PWcu>

► *What happens during the online workshops and courses?:*

The workshops and course will be taught as either:

Webinars using Microsoft Teams where you won't be seen by others but can ask questions via a chat function. This is moderated by a member of the training team

OR:

Face to face online sessions in smaller groups using Microsoft Teams or the Mental Health First Aid England platform. Participants will be able to see and speak with the trainers and other students.

If you are planning on using a tablet or smart phone, you will need to download the free Microsoft Teams app from the app store for your device. The webinar links will open automatically on a desktop computer or laptop.

Please check the course descriptions on the following pages for the format being used for each session.

► *Mental Health First Aid (online)*

- The online Mental Health First Aid course is a practical skills and awareness course designed to equip learners with the skills and confidence to spot the triggers and signs of mental health issues, and to provide support and signposting to self-help or professional services.
- The new online version of the course delivers the same evidence-based learning outcomes as the popular 'face-to-face' Adult MHFA Two Day course, in an accessible and flexible online format. The course is structured around a blend of individual learning and live sessions. These are all conducted via MHFA England's new Online Learning Hub - an integrated learning platform.
- Learners who complete the course will be certified by MHFA England as Mental Health First Aiders. They will receive an e-certificate on completion of the course. We will be able to accept a maximum of 16 students from a mix of patient/ service users, carers and GP practice staff.
- This course is free but usually costs £300.00. This is a great opportunity!!
- Students will also be invited to meet with the instructor individually online prior to the course and will be provided with a manual. This course will be delivered using the MHFA England online platform. You will be able to interact with other participants and the tutor using the camera and microphone on your device.
- You will need to be available for a total of four live sessions (lasting around 2 hours each) that will be held on:
 - Tuesdays from 11:00am -13:30pm on 24th November, 1st December, 8th December, 15th December

▶ *MHFA England* *Mental Health Aware* *(online)*

This workshop raises awareness of mental health.

It covers:

- ▶ What mental health is and how to challenge stigma
- ▶ A basic knowledge of some common mental health issues
- ▶ An introduction to looking after your mental health and staying well
- ▶ Confidence to support people in distress or who may be experiencing mental health difficulties

Each participant who completes the workshop receives:

- ▶ A MHFA England certificate of attendance to say you are Mental Health Aware
- ▶ A course manual to refer to whenever you need it
- ▶ A workbook including a helpful toolkit to support your own mental health

This course will be delivered using the MHFA England online platform. You will be able to interact with other participants and the tutor using the camera and microphone on your device.

- ▶ **When: a half day online workshop on
Friday 13th November from 1:00pm - 5:00pm**

NB: This workshop usually costs participants £125 but is free during this programme. A maximum of 25 students can take part.

► DESMOND

- a nationally recognised course for people who have been diagnosed with Type 2 diabetes

This course is for people who have Type 2 Diabetes and receive mental health care from their GP in Lewisham Neighbourhood One or via the Lewisham Primary Care Mental Health Team. The face to face online sessions will have 5 students only and uses Microsoft Team meetings software. You will be able to interact with other students and the tutors and will be visible using the camera on your device.

- By attending the DESMOND sessions, you will:
- have opportunities to discuss and explore factors relating to diabetes, such as food choices, activity and medication.
- meet and talk to others in the same situation
- become an expert in understanding and making decisions about your condition.
- have information to take home and use to support your diabetes management and wellbeing

- **When: 3 x 2.5-hour online workshops (one per week) on Wednesday 25th November, Wednesday 2nd December and Wednesday 9th December, 2:30pm-5pm.**

- This course will be led by SLaM Recovery College staff who have personal experience of diabetes and who are DESMOND instructors.

- You will be provided with honest, up-to-date, evidence-based information about the causes, effects and options⁸ for managing your diabetes. As well as getting up-to-date information, you will learn practical skills which you may find helpful in managing your diabetes.

► *Understanding Anxiety*

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 4-part course of webinars will examine the facts about anxiety, how it is diagnosed and what it feels like to experience anxiety. You will have a safe and comfortable environment to share your experiences and hear from other people who are managing their anxiety and wellbeing.

NB: These are webinar style sessions using Microsoft Teams

► **When: a course of 4 x 1 hour workshops (one per week)**

**Course 1: Weekly online workshops over four weeks
on Tuesdays on 29th September, 6th,
13th and 20th Oct from 10:30-11:30am**

Or

**Course 2: Weekly online workshops over four weeks on
Thursdays on 12th, 19th, 26th November &
3rd December at 2:30-3:30pm.**

► *Making Changes*

The aim of this 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, 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.

NB: These are webinar style sessions using Microsoft Teams

- **When: a course of 4 x one hour online webinars (one per week) on Thursdays on 15th, 22nd, 29th October and 5th Nov from 2:30-3:30pm**

► *Understanding Depression*

This course runs over 4 sessions focusing on:

- what depression is
- what its causes are
- what can get in the way of recovery from depression
- what professional support is available
- how we can help ourselves and support others.

NB: These are webinar style sessions using Microsoft Teams

► **When:**

Course 1: Wednesday 23rd, Wednesday 30th September and Wednesday 7th October then Tuesday 13th October from 2:30-3:30pm

► or:

Course 2: Tuesday 10th November, Tuesday 17th November, Tuesday 24th November and Tuesday 1st December from 2:30-3:30pm

(NB: There will be reflective practices/tasks between the sessions. This is not compulsory but may be helpful to prepare questions for the sessions)

►

► *Understanding the Impact of Substance Misuse on mental health*

- This three-part course explores the use of substances (drugs and alcohol) and their impact on mental wellbeing. At times, using substances can appear to be a solution but it often has a longer-term impact on our wellbeing. During these webinars we will explore why this happens and what support is available to aid recovery. In this first session, we examine the reasons why people use substances.

NB: These are webinar style sessions using Microsoft Teams

► **When:**

Course 1: Thursdays on 24th September, 1st & 8th October
from 2:30pm - 3:30pm

Or:

Course 2: Tuesdays on 3rd , 10th and 17th November
from 2:30pm - 3:30pm

► *Moving Towards Self Compassion*

This eight-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 the group 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 benefit anyone who might struggle with perfectionism or self-criticism. We also warmly welcome anyone curious about this course, and who enjoys reflecting on what it means to be human.

NB: These are webinar style sessions using Microsoft Teams

► **When:** Wednesdays from 12:00pm-1:00pm

23rd and 30th September, 7th, 14th, 21st and 28th October,
4th and 25th of November

► *Understanding and Managing Health Anxiety*

Health anxiety is the name used when you spend so much time worrying 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.

NB: These are webinar style sessions using Microsoft Teams

- **When: a course of 2 x one hour online workshops (one per week)**

**Course 1: Friday 16th and Friday 23rd October
from 2:30-3:30pm**

Or

**Course 2: Friday 27th November and Friday 4th
December from 2:30-3:30pm**

► *Optimising Your Sleep*

Do you have difficulty getting to sleep at night?

Do you wake up early in the morning?

Do you spend most of the night tossing and turning?

Or do you find yourself sleeping too many hours or sleeping too much during the day?

In this two-part course we will:

- Self-assess our own sleep
- Recognise the impact of the pandemic on our sleep
- Explore the benefits of sleep
- Explore how much sleep we really need
- Explore the pros and cons of daytime naps
- Address excessive sleep
- Recognise the impact of not getting enough sleep
- Explore methods for improving our sleep

NB: These are webinar style sessions using Microsoft Teams

- **When:** a two part online course on 21st and 28th September from 2:30 - 3:30pm

► *Emotional Intelligence: the path to emotional serenity*

This five-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.

NB: These are a webinar style sessions using Microsoft Teams

- **When: a course of 5 x one hour online workshops (one per week)**
- Wednesdays on 14th, 21st October, 4th November, 11th November and 18th November (please note there is no session on 28th October) from 2:30-3:30pm

► *The Mindful Way to Wellbeing*

The daily online Mindfulness sessions will give students an opportunity to learn about mindfulness and begin to develop a personal practice aimed at enhancing wellbeing.

Practicing mindfulness enables us to be in the present moment more of the time which can help us notice unhelpful habits of thinking and behaviour and, with practice, respond to difficulty with greater skill.

During each session students learn through taking part in guided meditations.

NB: This is a webinar style session using Microsoft Teams

- **When: each weekday morning from 10:30am-11:15am starting Monday 21st September**
- **This is a webinar style session using Microsoft Teams live events**

► *About SLaM Recovery College*

Mental health recovery is about a personal journey towards a meaningful and satisfying life, towards living as well as possible, whatever symptoms or difficulties are present. We believe that recovery means different things for different people, but is for everyone.

SLaM Recovery College has been working within South London and Maudsley NHS Foundation Trust's secondary mental health services since 2013. A grant from the Health Innovation Network South London has enabled the recovery college to offer a programme within primary care in Lewisham for the first time in 2020.

The workshops and courses offered by SLaM Recovery College are free and 'co-produced', aiming to provide skills, knowledge and tools to help you become an expert in your own health and wellbeing. There will always be two trainers who jointly deliver each workshop. One is person who has experienced health difficulties (a peer trainer) and the other is a professional with experience of providing clinical, social care or educational support in a health setting (practitioner trainer).

- www.slamrecoverycollege.co.uk
- hello@slamrecoverycollege.co.uk

► *Student Charter*

When you study at SLaM Recovery College you can expect us to:

- Provide a warm, professional, healthy and safe learning environment and work with you to make learning enjoyable and accessible
- Deliver high quality courses and workshops which promote recovery and social inclusion and offer you hope, control and opportunity
- Respect your personal beliefs, life choices, faith and cultural practices and traditions making it an environment free from stigma and discrimination
- Give you time and space within and outside the classroom to provide feedback about the Recovery College, its services and staff without fear of reprimand.

We expect you to:

- Be respectful of the rights of all students and staff of the college
- Ask the college staff questions if you are not sure about anything
- Inform us of any difficulties or challenges that would make it difficult for you to learn such as sensory, learning or concentration problems.