



# Wellbeing courses and events for people who live in Leeds

FREE

April '24 update

**Leeds Recovery College provides free workshops, courses, and training to explore, improve and maintain our mental health and wellbeing.**

Our free community courses are available to adults (18+) who live, work or study in Leeds and they take place in community venues. We also deliver some awareness workshops online. All of our training is interactive and discussion based and we keep our course numbers small, on average between 12-14 people per course.

**What makes our workshops and courses a little different, is how they are delivered.** People who have a personal experience of living with mental health challenges, work alongside health care professionals, wellbeing trainers and subject specialists to co-design workshops and co-deliver our training. For more information, please visit: [leedsrecoverycollege.com](https://leedsrecoverycollege.com)

**Prior booking is essential.** For more information, please visit: [leedsrecoverycollege.com](https://leedsrecoverycollege.com), for course enquiries and bookings please email: [leedsrecoverycollege.lypft@nhs.net](mailto:leedsrecoverycollege.lypft@nhs.net) or call **0113 855 5127**.

**Our April - August 2024 courses include:**

## **Wellness Recovery Action Plan® (WRAP)**

WRAP is a plan that you develop for yourself and helps you think about living well. WRAP is used world-wide by people who are dealing with all kinds of health and life challenges.

The WRAP process supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life. All along the way, WRAP helps you incorporate key recovery concepts and wellness tools into your plans and your life.

- 8 session course starts, **Mon 22nd April, 10:15am - 1pm - Quaker Meeting House (Leeds city centre)**
- 10 session course starts: **Friday 12th July 10:30am - 1pm - Jamyang Buddhist Centre (Holbeck)**
- 10 session course starts, **Thursday 19th September - 10:30am - 1pm - Lovell Park Hub (Woodhouse)**

## **Mindfulness for beginners**

Mindfulness means to pay attention to whatever we are doing, thinking and feeling, both emotionally and physically. The intention is not to change anything, but to recognise our experience and relate to it. Mindfulness can help you feel more able to cope with life's challenges and it can be useful if you're looking to bring more meaning to your life or relationships. It can enable you to recognise things which happen, that then trigger unhelpful feelings -so you're better prepared to deal with them

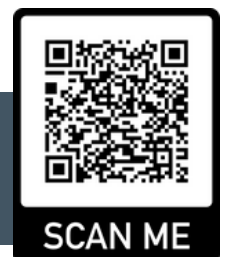
- 8wk course starts: **Mon 22nd April, 2:15pm - 4:45pm - Quaker Meeting House (Leeds city centre)**
- 8wk course starts: **Wed 24th April 1pm - 3:30pm - Jamyang Buddhist Centre (Holbeck)**

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**Our April - August '24 workshops include:**

### **Mindfulness 1-Day Workshop**

**This is a day-workshop for those who have completed a Mindfulness course, or already have a Mindfulness practice of their own.** It is facilitated by Kate and Vicky who facilitate our 8 week Mindfulness for beginners course.

Join us for a rejuvenating day, to nurture your existing mindfulness practice, including mindful sitting, walking, eating, communication and self compassion. Some of these will be familiar to you if you have attended our 8 week course, others may be new.

- **Monday 29th July 10:30 - 3:30pm - Jamyang Buddhist Centre (Holbeck)**

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### **Community sound relaxation sessions ( 1 hour sound experience)**

If you find switching off or being able to 'fully' relax difficult, this could be something to try. A sound relaxation using frame drum, ocean drum, Himalayan singing bowls, crystal bowls, gongs and various percussion instruments.

Get comfortable and warm on your mat (provided); bring enough layers, a blanket and a pillow, whatever you need to lie down for about 50 minutes. Close your eyes and relax whilst the gentle vibrations of sound wash over you, immersing you in positive energy.



- Friday 12th April 2pm - 3pm - Jamyang Buddhist Centre Leeds (Holbeck)
- Friday 24th May, 2pm - 3pm - Jamyang Buddhist Centre Leeds (Holbeck)
- Wednesday 26th June , 2pm - 3pm - Jamyang Buddhist Centre Leeds (Holbeck)
- Friday 12th July 2-3pm - Jamyang Buddhist Centre Leeds (Holbeck)
- Wednesday 24th July 11-12noon - Jamyang Buddhist Centre Leeds (Holbeck)
- Monday 27th July 4-5pm - Jamyang Buddhist Centre Leeds (Holbeck)
- Friday 23rd August 2-3pm - Jamyang Buddhist Centre Leeds (Holbeck)

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Our April - August '24 workshops include:

### Diet and disordered eating

Balanced eating is important not only for physical health but also to support our mental health. However, it is sometimes difficult to escape the influence of external messages encouraging us to adopt fad or unbalanced diets, or to become a certain body shape or size by restricting different food groups or altering our eating habits. This can lead to disordered eating and an unhealthy relationship with food.

- Friday 19th Apr, 10am - 12pm - online via zoom

### Gender identity: Transgender and non-binary awareness

While being trans or non-binary doesn't necessarily mean you will experience mental health issues – discrimination and transphobia along with a lack of understanding and acceptance can contribute to an increased risk of depression, anxiety, self-harm, suicide, and drug and alcohol misuse. In this workshop we'll explore the terms used within the trans & non-binary community, explore the impact of discrimination and talk about what local support and information resources are available.

- Friday 26th April 10am - 12:30pm - Jamyang Buddhist Centre (Holbeck)

### Sexual orientation and health

Sometimes those of us who are lesbian, gay, bisexual or don't feel we fit into traditional categories of sexuality experience difficult challenges during our life times. It doesn't automatically mean we will have mental health issues, but evidence does indicate that people who identify within any of these groups do have increased common mental health problems such as depression, anxiety, self-harm, suicidal thoughts and are more likely to use alcohol and substances to cope.

- Friday 17th May, 10am - 12:30pm - online via zoom

### Research & You

Clinical research is the study of health and illness, it is the way we learn how to prevent, diagnose and treat illness to help people get, and stay well.

Sharing your own personal experience can help improve and develop health care, and in this workshop we'll talk about what research is, how it shapes the delivery of health care and ways that you may choose to get involved.

- Wednesday 10th July 12:30 - 1:30pm - Lovell Park Hub (Woodhouse)

### Creative Craft Sessions

Leeds Recovery College in partnership with local artist Sandy Holden present three Creative Craft sessions held online over Zoom.

These informal sessions are FREE to attend and you can use everyday items you have in your home. You're welcome to book a place on individual sessions or to attend all three.

- Paper feathers – Wednesday 3rd July - 13:00 - 15:00pm
- Paper weaving – Wednesday 10th July - 13:00 - 15:00pm
- Paper lanterns – Wednesday 17th July - 13:00 - 15:00pm



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### Introductory Sessions

These short sessions are intended to be an introduction to Leeds Recovery College and the courses we deliver - ideal for any student that wants to learn more about us or to gain a basic insight before committing to a longer course.

### Introduction to Recovery College

Would you like more information about the Recovery College, how it all works or the type of courses run? Do you have any niggling questions about signing up for a course, or if a training workshop is really your thing? or do you support others and would simply like to find out a bit more about what we do?...

If you can spare an hour, why not join us on for this introduction to Recovery College, welcome session.

- **Friday 24th May 10:30 - 11:30am** - Online, Via Zoom
- **Wednesday 24th July 2-3pm** - Online, Via Zoom

### Introduction to Wellness Recovery Action Plan® (WRAP®)

WRAP involves creating a plan that outlines what you need to do on a daily basis to maintain your mental health and well-being, as well as strategies to use when you're not feeling well and is a tool to help people feel more in control of their own mental health, and recovery journey.

In this stand-alone session, we will introduce WRAP and explain some of its history, explore the different sections of WRAP and key recovery themes that support it and talk about how WRAP is delivered, and what to expect if you are thinking about attending a WRAP course with us.

- **Wednesday 26th June 10:30 - 11:45am** - Online, Via Zoom
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### Being Well Together: Exploring WRAP Recovery Themes (8 Sessions)

This course is separate from our Wellness Recovery Action Plan® course, and explores key wellness themes, which are commonly discussed during WRAP courses.

You don't need to have attended a WRAP course to take part in 'being well together', but if you have, this course may be a useful follow up, and help you to take action in prioritising your wellbeing.

- **Starts: Thursday 11th July 12 - 3pm** - Lovell Park Hub (Woodhouse)

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