

The Exchange

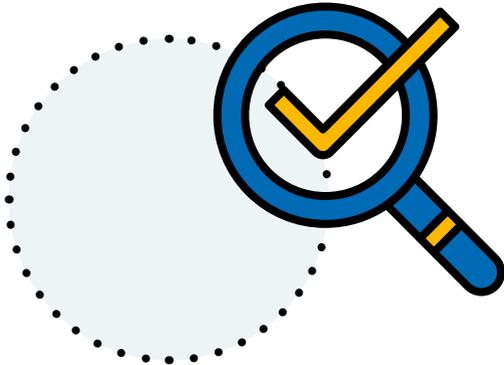
Improving wellbeing through learning



September
2019
-
July
2020

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Welcome to The Exchange

Hello and welcome to our new Annual Prospectus!

This is our sixth year and as you can expect, we're offering a wide range of co-produced courses that support recovery and wellbeing.

If you are new to the Recovery College and it is the first time you have looked in our prospectus, we encourage you to enrol on not only our core courses, but maybe try something creative like Art, Aromatherapy or Baking.

As always, our popular courses to help people manage anxiety and depression will be co-delivered throughout the year and we are also delighted to offer condition specific workshops which explore topics such as psychosis, paranoia, self-harm and personality disorders. All of these workshops are produced and co-facilitated.

I would also like to take this opportunity to welcome Corinne White, who, as part of our Admin Team is working to bring us up to speed with our social media for the college, so please find us on Facebook, Twitter and Instagram where you will be kept up to date with new events and courses throughout the year.

We recognise trying to keep ourselves mentally and physically well can be exhausting and time consuming and we often don't see it as a priority in our lives; indeed sometimes we put others before ourselves. Yet, how many times throughout the day do we check to see if we have enough charge on our mobile phones? We need to remember to re-charge ourselves. The Recovery College provides an opportunity to do this, which is why we offer complementary therapies alongside learning.

We continue to work closely with our volunteers. Please take time to read Julie's testimony, her story is inspiring and demonstrates the possibilities open to you here.

Please note that we have changed how and when you can enrol and we now have an option to enrol online. This will hopefully ensure that everyone has the opportunity to access what we offer without long waiting periods.

Finally, whilst other services can support us in making the right choices for our health and wellbeing, education allows us to become empowered in making those choices for ourselves.



Dates for the diary

Inset days and holidays

The Exchange follows an educational time table and is closed on bank holidays and most school holidays. Over this academic term the college will be closed to learners on;

Inset / Planning days:

Thursday 5th September 2019

Friday 20th December 2019

Monday 17th February 2020

Monday 6th April 2020

Thursday 16th July 2020

Term Times

Term 1

9th Sept 2019 - 25th October 2019 - 7 weeks

Half term - 28th Oct - 1st Nov

Term 2

4th November 2019 - 20th December 2019 - 7 weeks

Christmas 23rd Dec 2019 - 3rd Jan 2020

Term 3

6th Jan 2020 - 14th Feb 2020 - 6 weeks

Half term - 17th Feb 2020 - 21st Feb 2020

Term 4

24 Feb 2020 - 3rd April 2020 - 6 weeks

Easter - 28th Oct - 1st Nov

Term 5

20th April 2020 - 22nd May 2020 - 5 weeks

Half Term - 25th May 2020 - 29th May 2020

Term 6

1st June 2020 - 17th July 2020 - 7 weeks



How do I enrol?

You are not referred to the Recovery College, you can simply enrol yourself, or on behalf of someone for any of our courses that may be of interest to you. Our courses are open to all adults and we welcome carers, supporters and professionals too.

If you have been to the college before, you can simply complete the form included within our prospectus enrol yourself online on our website www.barnsleyrecoverycollege. Please note that courses/workshops close for enrolments two weeks before their start date, with some courses filling up very quickly. Make sure you get your enrolment form in early to avoid disappointment. Please note that online enrolments do not necessarily mean that you have gained a place on the course. You will be notified by text, email or letter.

You will be able to enrol at the following times:

Terms 1 and 2 from August 2019

Terms 3 & 4 from November 2019

Terms 5 & 6 from February 2020

You will also find two other forms (Learner Charter & Equality Impact Form) that you will need to fill in, sign and send back to us either by post or email.

If you are new to the college, you will need to enrol on an "Introduction to the Exchange" session which is roughly an hour long. It's here where you'll be able to find out more about how we work, what's on offer, have a look around the building and answer any questions you may have.

Charges: All our courses and Workshops, unless ran by WEA are free. All WEA courses are means tested and you should be in receipt of a qualifying benefit to get them free. Please contact the college to find out exactly how much.

Development and Support Mentors

Whether you need a little extra help to get the most from your college experience, or require support to realise goals and develop plans, our mentors are here to help throughout your learning journey.

Development and Support use their personal experience of mental health and recovery to offer additional support, with the intention of inspiring hope, overcoming barriers to access, participation and inclusion.

What we offer

- Introductions to the college
- Support for settling in
- Learner support
- Exploring what you hope to gain from the college, navigating through the college prospectus and enrolling on courses
- Exploring goals and move on opportunities
- Support for taking those next steps

For more information please contact the development and support mentors on 07810 482133 or 01226 730433.



01226 730433

Course and workshop list

Pre-course meetings

Find out more about The Exchange and the courses we offer. Our one off sessions provide a taster of some of our longer courses.

- Renew You
- WRAP
- Personality Disorders

Developing my health and wellbeing

Courses and workshops which focus on developing our understanding of recovery and creating opportunities for self-management.

- Feel the Fear
- Helpful habits for sleep
- Renew You
- Exploring resilience
- Managing Depression
- WRAP: Wellness Recovery Action Planning
- Assertiveness, Confidence and Communication
- Men's Wellbeing: Tackle your health
- Exploring Psychosis
- Exploring Personality Disorders Workshop
- A Better Understanding of Self-Harm Workshop
- Paranoia Workshop

Work with other colleges nationally shows that engagement with a recovery college course or workshop can decrease contact with services by 60%



Maintaining me: Wellbeing workshops

Hands-on learning workshops which provide the space and time to reflect on you and your emotional resilience.

- The Four Agreements Workshop
- Accepting Change
- For those that Give too much
Everyday Stress Workshop

Time for me

Practical courses which offer the opportunity to try something new in a informal and supportive environment.

- QDOS Revive!
- Baking
- Introduction to Aromatherapy
- Further Aromatherapy
- Digital Resilience
- Journaling your life story
- Creative Writing
- More Creative Writing
- Scrapbooking
- Art for Wellbeing
- Sugarcraft
- Playing the Ukulele

Taking control in recovery and life

These Citizenship Workshops provide an opportunity for self-development and recognition, sharing your skills and experience. They are particularly useful if you are thinking about becoming a SWYT volunteer as they offer preparation, insight and understanding into what is required for this role.

- Health & Safety Workshop
- Equality & Diversity
- Facilitation Skills
- Professionalism
- A Guide to Goal Setting
- Safeguarding Adults

Introductory workshops

Find out more about The Exchange and the courses we offer. Our one off sessions provide a taster of some of our longer courses.



Introduction to The Exchange

This introductory session is a **requirement** for anyone who is interested in attending the college for the first time.

The aim of this is to give you a positive introduction to The Exchange and provide you with the opportunity to make an informed choice before making a commitment to enrol.

We will explain more about what a recovery college is and how we work in co-production with learners, volunteers and partner organisations.

We will share information about the different courses we have available and the additional services that we offer at The Exchange.

After the session you have the opportunity to look around the college, complete course enrolment forms and answer any individual questions that you may have about attending.

Date and time:

You will have the opportunity to enrol after each session finishes between the following times: 11am-12 noon and 2pm-3pm

Monday	12th August 2019 at 10-11am & 1-2pm
Tuesday	13th August 2019 at 10-11am & 1-2pm
Wednesday	14th August 2019 at 10-11am & 1-2pm
Thursday	15th August 2019 at 10-11am & 1-2pm
Tuesday	20th August 2019 - 6-7pm
Thursday	22nd August 2019 - 10-11pm
Wednesday	28th August 2019 - 1-2pm
Friday	30th August 2019 - 10-11am
Wednesday	02nd October 2019 at 10-11am & 1-2pm
Thursday	03rd October 2019 at 10-11am & 1-2pm and 4-5pm
Wednesday	27th November 2019 at 10-11am and 1-2pm
Thursday	28th November 2019 at 10-11am and 1-2pm
Wednesday	4th December 2019 at 10-11am and 1-2pm
Thursday	5th December 2019 at 10-11am and 1-2pm
Monday	20th January 2020 at 10-11am and 1-2pm
Thursday	23rd January 2020 at 10-11am and 1-2pm
Wednesday	18th March 2020 at 10-11am and 1-2pm and 6-7pm
Thursday	19th March 2020 at 10-11am and 1-2pm
Wednesday	25th March 2020 at 10-11am and 1-2pm
Thursday	26th March 2020 at 10-11am and 1-2pm and 6-7pm
Monday	11th May 2020 at 10-11am and 1-2pm
Wednesday	13th May 2020 at 10-11am and 6-7pm

Renew you, pre-course meeting

How do you see yourself? What roles and labels do you identify with?

It can be easy to fall into the trap of using negative and limiting labels to describe ourselves. In this one off session you'll find out more about our six week Renew you course in which we look at our perception and self-image and explore the values and qualities that are unique to us.

Term 2	Monday	4th November 2019	1 – 2pm
Term 2	Monday	4th November 2019	10:30 – 11:30am
Term 2	Friday	13th December 2019	10:30 – 11:30am
Term 2	Friday	13th December 2019	1 – 2pm
Term 5	Thursday	21st May 2020	10:30 -11:30am
Term 5	Thursday	21st May 2020	1 – 2pm

Introduction to WRAP: what does recovery mean to me?

What do we mean by emotional wellbeing and recovery? What can you do to look after your own mental health?

This stand alone session introduces WRAP our 12 week 'Wellness Recovery Action Planning' course which aims to give you the time and space to reflect on; what you are like when you are well, the things that improve your wellbeing, your personal triggers and crisis planning.

Dates and times:

Term 1	Monday	2nd September 2019	2-3pm
Term 1	Wednesday	4th September 2019	10-11
Term 4	Thursday	26th March 2019	5:30-6:30pm
Term 4	Tuesday	31st March 2019	5:30-6:30pm

Personality disorders pre course meeting

What do we mean when we say personality and how can a personality become a disorder? This pre-course meeting will allow you to explore this. It is particularly useful for you and your supporters if you have a diagnosis of personality disorder and are struggling to understand what this means. We will give you an overview of the course for you to decide if this is appropriate for you at this time.

Dates and times:

Wednesday	23rd October 2019	2:30-3:30pm
Wednesday	1st April 2020	2:30-3:30pm



Developing my mental health and wellbeing

**Courses and workshops which focus on
developing our understanding of recovery and
creating opportunities for self-management.**

Renew you

It can be easy to fall into the trap of using negative and limiting labels to describe ourselves.

In this exploratory course we will look at the values and qualities that are unique to us and consider how we perceive ourselves, view our self image and the roles we adopt.

By attending this course, we aim to provide you with the space and time to reflect on who you are and encourage you to develop a more realistic and balanced perspective of yourself.

Please note attendance of the 'renew you' induction session is required before booking on to this longer course. Due to the nature of this course, your readiness and commitment to attend each session is essential.

Dates and times:

Term 3	Wednesday	8th January 2020	10am – 12.30pm	6 Weeks
Term 6	Wednesday	3rd June 2020	10am – 12:30pm	6 Weeks

Helpful habits for sleep

Sleep plays an important role in keeping us healthy, emotionally strong and better equipped to manage the challenges of daily life.

When we don't have good sleep, our concentration is affected, things become harder and we can feel less like ourselves.

Using a range of technique and sleep tools, this course will support you to evaluate your sleep routine and look at some of the key principles of sleep theory.

Each session will provide you with information on how to develop healthier habits to improve your sleep routine.

Dates and times:

Term 1	Monday	9th September 2019	10:00 – 12Noon	5 Weeks
Term 4	Monday	24th February 2020	1 – 3pm	5 Weeks
Term 6	Monday	1st June 2020	10am – 12Noon	5 Weeks



Assertiveness, confidence and communication

Using a blend of both theory and practice to support your understanding and development of communication and assertiveness skills.

Together we will explore;

- Our understanding of the difference between confidence, assertiveness and self-esteem
- The different communication types and behaviours.
- How and why we communicate with others
- Assertiveness tips
- Conflict management skills

Date and time:

Term 1	Thursday	12th September 2019	10 – 12	7 Weeks
Term 1	Thursday	12th September 2019	5 – 7pm	7 Weeks
Term 2	Thursday	7th November 2019	2-4pm	7 Weeks
Term 3	Tuesday	7th January 2020	1 – 3pm	7 Weeks
Term 4	Tuesday	25th February 2020	1 – 3pm	6 Weeks
Term 4	Wednesday	26th February 2020	10am – 12	6 Weeks
Term 4	Thursday	27th February 2020	5 – 7pm	6 Weeks
Term 6	Tuesday	2nd June 2020	1 – 3pm	7 Weeks

Feel the fear: Exploring anxiety

We can all experience uncertainty, panic and signs of anxiety at times in our lives. For some these feelings can become overwhelming and have significant impact on daily life.

If you experience anxiety for no obvious reason and want to develop your understanding of how anxiety can affect your mind, body and lifestyle – this course could be for you.

We will explore the causes and symptoms of anxiety, look at practical steps and techniques we can use to take more control.

Dates and times:

Term 1	Monday	9th September 2019	10 – 12noon	6 Weeks
Term 1	Wednesday	11th September 2019	1 – 3pm	6 Weeks
Term 1	Thursday	12th September 2019	5 – 7pm	6 Weeks
Term 2	Monday	4th November 2019	10 – 12noon	6 Weeks
Term 2	Tuesday	5th November	1-3pm	6 weeks
Term 2	Wednesday	6th November 2019	10-12 noon	6 weeks
Term 3	Monday	6th January 2020	10am – 12noon	6 Weeks
Term 3	Wednesday	8th January 2020	1 – 3pm	6 Weeks
Term 4	Monday	24th February 2020	10am – 12noon	6 Weeks
Term 4	Wednesday	26th February 2020	1 – 3pm	6 Weeks
Term 4	Thursday	27th February 2020	5 – 7pm	6 Weeks
Term 5	Tuesday	21st April 2020	1 – 3pm	5 Weeks
Term 5	Thursday	23rd April 2020	5 – 7pm	5 Weeks
Term 6	Monday	1st June 2020	10am – 12noon	6 Weeks
Term 6	Wednesday	3rd June 2020	1 – 3pm	6 Weeks

Managing Depression

Sometimes the simplest things are the hardest. The minor tasks that take major effort such as getting out of bed, answering the phone, making a decision, what to eat, what to wear, what to watch or even leaving the house.

That's one of the many pitfalls with depression. Easy becomes complicated. The everyday becomes exhausting.

This course is not about stopping depression, but it may help you develop new ways to help better manage it. We will give you practical information and useful tips to help you live your life and offer you a different perspective of how you view your depression.

This course is based on Acceptance and Commitment Therapy (ACT).

Dates and times:

Term 1	Monday	9th September 2019	1 – 3pm	6 Weeks
Term 2	Monday	4th November 2019	1 – 3pm	6 Weeks
Term 3	Monday	6th January 2020	1 – 3pm	6 Weeks
Term 4	Monday	24th February 2020	1 – 3pm	6 Weeks
Term 5	Wednesday	22nd April 2020	1 – 3pm	5 Weeks
Term 6	Thursday	4th June 2020	5 – 7pm	6 Weeks
Term 6	Monday	1st June 2020	1 – 3pm	6 Weeks

Men's wellbeing

One in four of us will experience a mental health problem each year. We will focus on the physical and mental aspects of staying well, including how we cope with stress and pressure, the impact of identity and self image, common physical health conditions that impact on both general and sexual health. We will look at the importance of reaching out, seeking appropriate advice and talking to the people you trust.

This course is delivered by men, for men.

Dates and times:

Term 2	Thursday	7th November 2019	6 – 8pm	3 Weeks
Term 4	Thursday	12th March 2020	6 – 8pm	3 Weeks



Exploring resilience

Our ability to stay mentally well during those difficult times is what we call 'resilience'. However, resilience is not simply a person's ability to 'bounce back', it also includes our capacity to adapt in the face of challenging circumstances.

Over five weeks, we will think about what it means to be resilient and explore how resilient we are.

We will look at the factors that influence resilience and develop personal strategies to aid our mental and emotional resolve.

Dates and times:

Term 1	Monday	9th September 2019	12:30 - 2:30pm	5 Weeks
Term 3	Wednesday	8th January 2020	10am – 12noon	5 Weeks
Term 4	Thursday	27th February 2020	1 – 3pm	5 Weeks
Term 6	Monday	1st June 2020	10am – 12noon	5 Weeks

"I enjoyed the teacher's sense of humour, my peers and everyone trying to conquer their fears with a few tears. People's emotions were very real and genuine and I now understand the need for resilience!"

WRAP: Wellness Recovery Action Planning

WRAP helps you notice when things don't seem to be quite right in your life and aids you to get back to feeling your best.

This course, run over 2 terms, is designed to help you stay as well as you can. It will support you to develop a list of activities, identify triggers and early warning signs to create action plans and improve your resilience to enable you to make meaningful changes.

This course is facilitated by people who use their own WRAP plan. Together we will support you to create your own plan in a fun and non-judgemental group.

Dates and times:

Term 1	Tuesday	10th September 2019	1-4pm	12 weeks
Term 5	Thursday	23rd April 2020	5:30-8pm	10 weeks

Understanding and supporting individuals who live with Autism

This course hopes to give you a better understanding of autism. You will gain more knowledge about the different characteristics displayed by different individuals and learn how conditions can co-occur with autism and the additional difficulties these can present.

We will explore sensory processing, perception and cognitive differences in individuals who live with Autism. We shall also consider how this is often misinterpreted and misrepresented by the media and the impact this can have on people and their families.

This course will help people to create a better understanding into some of the factors that may influence the behaviour of an individual who lives with autism. We look at ways of developing supportive coping strategies, ways to support people through transitions and life events which can help people fulfil healthier lives.

Together we will consider personal safety and the difficulties facing accessing services, education and employment.

This course is open to anyone who wishes to increase their knowledge around how to support someone living with autism.

Dates and times:

Term 3 Thursday 6th January 2020 10am – 12 Noon 6 weeks

“This course went beyond my awareness of self-harm which will help my work with others. Worthwhile, very informative and well covered”

A better understanding of self-harm

Self-harm can be an area that is embarrassing and uncomfortable to talk about. However, all sorts of people self-harm and it is more common than you think.

Through activities and discussions we aim to create greater awareness of this topic by dispelling myths and considering different techniques that may support an individual that self-harms.

Whilst this workshop can be uncomfortable due to the nature of the discussions, including, where, how and why somebody might self-harm, the supportive environment makes it very rewarding.

Dates and times:

Term 1 Thursday 24th October 2019 4 – 7pm 1 Week
Term 6 Monday 1st June 2020 12.30 – 3.30pm 1 Week



Exploring psychosis workshop

This three hour workshop is for those who live with psychosis and their supporters. We encourage those who want to come together as we aim to normalise this sensitive subject in a supportive environment.

Dates and times:

Term 3 Thursday 16th January 2020 1 – 4pm 1 Week

Exploring personality disorder

A person with a personality disorder can think, feel, behave or relate to people very differently.

There are several different types of personality disorder which can vary dependant on the individual. In this three week Workshop we will consider the main types of personality disorders, their characteristics and how people can feel when they have been given a diagnosis of personality disorder.

Over this three week course we will delve into what we mean by personality and what makes you you. We will explore how a person might be given the diagnosis, the personality disorder cluster system that is used to diagnose and how people feel being labelled and the affects this has on all aspects of life.

Please note attendance of the 'personality disorder' pre course meeting is required before booking on to this course. Due to the nature of this course, your readiness and commitment to attend each session is essential. (Please see page 10 for dates)

Dates and times:

Term 2	Wednesday	6th November 2019	1 – 4pm	3 Weeks
Term 5	Thursday	23rd April 2020	5-8 pm	3 Weeks

Paranoia

Did you hear that person right? When do suspicions become paranoia? Have you done the right thing? Will something bad happen if you go out today?

Most of us have worries from time to time. They can come and go and are relatively harmless. Paranoia turns worries into fears, it can feel like danger is lurking around every corner and can completely alter our behaviour and thoughts. Paranoia is often overlooked as an add-on to other issues we may have.

In this short workshop we will explore paranoia, look at how it might be developed, its effects on people experiencing it, and what we could do if we thought we were experiencing paranoid thoughts.

Dates and times:

Term 1 Thursday 19th September 2019 1-4pm 1 week



Maintaining me: Wellbeing workshops

Hands-on learning workshops which provide the space and time to reflect on you and your own emotional resilience.



Accepting change

Change is a necessary and inevitable part of our daily lives. How we view and respond to these changes has a direct link to our emotional resilience.

The way we deal with each change we face will be different, dependant on size, frequency and impact with lots of factors, including our health and wellbeing influencing how we approach it.

Join us on this new half day workshop as we explore change, how we respond to it, the reasons why we can resist it and what makes change easier and more positive.

Date and time:

Term 5 Friday 8th May 2020 10am – 2pm 1 Week

The four agreements

Explore thinking behind Don Miguel Ruiz's book 'The Four Agreements', which has over 7 years on The New York Times' bestseller list and over 5 million copies in print.

We will reflect on the key principles of being impeccable with your word, avoiding taking anything personally, avoiding making assumptions and always doing your best.

In this half day workshop, through discussion, group work and reflective exercises, we will consider if these principles may work in our daily lives.

Date and time:

Term 5 Monday 20th April 2020 10am – 2pm 1 Week



**"I really enjoyed it,
being in such a nice
place with lovely
people was great.
Relaxing and thought
provoking."**



For those that give too much: Everyday stress

Life can feel pretty relentless at times. There are always things to do, responsibilities to oversee and people to please.

At times we can go to bed cross with ourselves for not getting enough done in the day and vowing that we'll do so much more tomorrow.

In this informal workshop we'll hit our own 'pause button' and explore our own personal stressors and their impact on us.

We will consider what helps to reduce our levels of stress and explore ways of introducing more peace into our lives.

Date and time:

Term 5 Friday 15th May 2020 10am – 2pm 1 Week

"A true eye opener! I now have the necessary understanding to accept myself for who I am and the courage to be happy and free spirited"



These sessions run through lunch, therefore learners are welcome to bring something in to eat

Time for Me

Practical courses which offer the opportunity to try something new in an informal and supportive environment.

Baking

Baking can be a very relaxing and enjoyable pastime. The repetitive motions of weighing the ingredients, the rubbing of butter and sugar and rolling of pastry can help calm feelings of stress and tension.

Over 6 weeks, this practical course will help develop your baking knowledge.

Starting with some basic recipes, we will move on to more complex methods and techniques as we complete both sweet and savoury bakes for you to enjoy at home.

Start dates and time:

Term 1	Thursday	12th Sept 2019	10-12noon	6 Weeks
Term 1	Thursday	12th Sept 2019	1-3	6 Weeks
Term 2	Thursday	7th November 2019	10am – 12noon	6 Weeks
Term 2	Thursday	7th November 2019	1 – 3pm	6 Weeks
Term 3	Thursday	9th January 2020	10am – 12noon	6 Weeks
Term 3	Thursday	9th January 2020	1 – 3pm	6 Weeks
Term 4	Thursday	27th February 2020	10am – 12noon	6 Weeks
Term 4	Thursday	27th February 2020	1 – 3pm	6 Weeks
Term 5	Thursday	23rd April 2020	10am – 12noon	5 Weeks
Term 5	Thursday	23rd April 2020	1 – 3pm	5 Weeks
Term 6	Thursday	4th June 2020	10am – 12noon	6 Weeks
Term 6	Thursday	4th June 2020	1 – 3pm	6 Weeks

Cost: We charge a small weekly fee of £3 for this course.

Digital resilience: online basics

Green about Google? Troubled by Twitter?

Over 6 weeks develop your understanding of the internet and how to use a computer or tablet to complete web searches, keep in touch with email, shop online safely and use web-based public services.

This practical course, delivered with the 'Learn My Way' assisted e-learning programme will provide a good foundation to developing your knowledge and confidence in being online.

This course is offered by Barnsley Council for the recovery college.

Start dates and time:

Term 1	Tuesday	10th September 2019	10 – 12 Noon	6 weeks
Term 3	Monday	6th January 2020	10-12 Noon	6 weeks
Term 6	Thursday	4th June 2020	10-12 Noon	6 weeks



Art for Wellbeing - WEA Course

Over recent years, there has been a growing understanding of the impact that taking part in the arts can have on health and wellbeing. Developing your creativity and focus can help you develop your confidence and understanding of yourself.

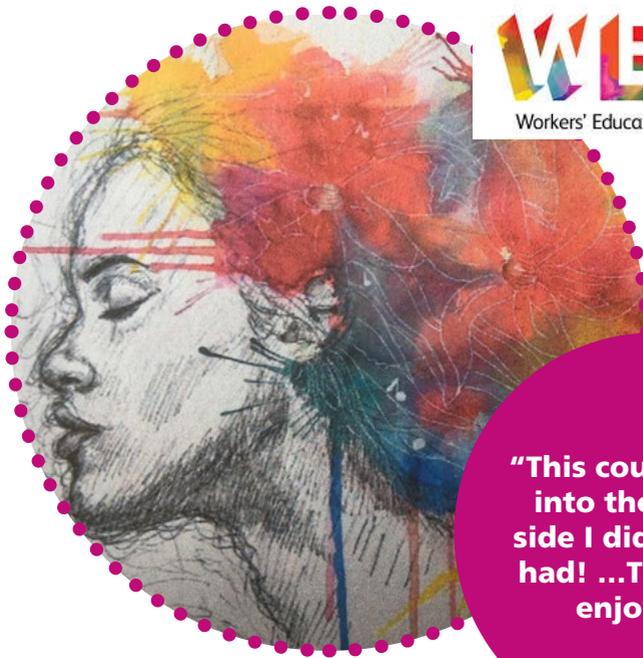
Join us in this friendly and welcoming course as we explore different techniques in drawing and painting.

This course is offered by the WEA for the recovery college.

Start Dates and times:

Term 1	Thurs	12th September 2019	10-12 Noon	7 weeks
Term 2	Thurs	7th November 2019	10-12 Noon	7 weeks
Term 3	Thurs	9th January 2020	10-12 Noon	6 weeks
Term 4	Thurs	27th February 2020	10-12 Noon	6 weeks
Term 5	Thurs	23 April 2020	10-12 Noon	5 weeks
Term 6	Thurs	4th June 2020	10-12 Noon	7 weeks

Cost: This course is free to those on a qualifying benefit. Please contact the Exchange for more information.



"This course tapped into the creative side I didn't know I had! ...Thoroughly enjoyable"

Aromatherapy

Explore the therapeutic and relaxing effects of essential oils and learn how they can be used to help promote a sense of health, wellbeing and balance.

This course will give you practical tips on how to use these oils, what properties they have and how they can enhance your mood to relax, stimulate or to uplift.

We will look at the different systems of the body and the oils which affect its different parts and consider how to aromatherapy may benefit some common health conditions.

Start dates and time:

Term 1	Thursday	12th September 2019	1 – 3pm	6 Weeks
Term 4	Wednesday	26th February 2020	10am – 12noon	6 Weeks
Term 6	Wednesday	3rd June 2020	1 – 3pm	6 Weeks

Advanced Aromatherapy WEA

Come and extend your learning about Aromatherapy for health and wellbeing.

This course follows on from the Aromatherapy course and is run by WEA so is means tested.



Start dates and time:

Term 2	Mon	4th November 2020	10 – 12noon	7 weeks
Term 5	Mon	20th April 2020	10 – 12 noon	5 weeks

Cost: This course is free to those on a qualifying benefit. Please contact the Exchange for more information.



Introduction to Creative Writing

Following on from the introduction to creative writing, this course introduces wider aspects of creative writing including poetry, script writing and characterisation. Explore different writing styles and literacy forms as you develop your own voice and storytelling ability.

Start dates and time:

Term 1	Wednesday	11th September 2019	10 – 12noon	6 Weeks
Term 3	Monday	6th January 2020	12:30- 2:30pm	6 Weeks
Term 5	Thursday	23rd April 2020	1 – 3pm	5 Weeks

More Creative Writing

Following on from the introduction to creative writing, this course introduces wider aspects of creative writing including poetry, script writing and characterisation. Explore different writing styles and literacy forms as you develop your own voice and storytelling ability.

Start dates and time:

Term 2	Wednesday	6th November 2019	10am – 12noon	6 Weeks
Term 4	Monday	24th February 2020	12:30 – 2:30pm	6 Weeks
Term 6	Thursday	4th June 2020	1 – 3pm	6 Weeks

Journaling your life story

A journal is not a diary and journaling is not just for writers! The ability to record your thoughts and feelings can be a great tool in recovery. The act of taking our feelings and putting them onto paper can be empowering and freeing. Sharing your own experiences through storytelling can also help others who may have shared similar experiences.

Start dates and time:

Term 3	Thursday	9th January 2020	1 – 3pm	6 Weeks
Term 6	Wednesday	3rd June 2020	10am – 12noon	6 Weeks

QDOS Revive!

Revive sessions provide a creative and social group for people with mental health issues. The group is designed to be a welcoming friendly place for meeting socially in a positive, supportive environment. The session content includes a variety of relaxation techniques and creative arts and crafts activities based on therapeutic principles for self-expression, reflection and well-being.

Start dates and time:

Term 1	Thursday	12th September 2019	10 – 12noon	7 Weeks
Term 2	Thursday	6th November 2019	10-12 noon	6 weeks



Scrapbooking

This course will give you the chance to connect with your creative side. Scrapbooking is a pastime that has many benefits. It is fun to do and you will be working alongside others in a safe place. It is also known to be a hobby that improves a person's health. Other than getting the satisfaction of putting together a creative product, it also reminds people of what they have accomplished through the things they put into it. (You will be asked to bring personal items such as; photos, pictures, cards or letters along to class that you may wish to add to your scrapbook.) **It is also advisable to purchase a scrapbook of your choice to bring along to the course; we will provide all the other materials needed.**



Start dates and time:

Term 2	Thursday	7th November 2019	1 – 3.30pm	6 Weeks
Term 5	Wednesday	22nd April 2020	10am – 12.30	5 Weeks



Learning to play the Ukulele

Learn the basic chords to Ukulele in a fun and friendly environment then produce and sing along to songs!

You don't need your own Ukulele – this is provided.

Start dates and time:

Term 1	Weds	11th September 2019	4 – 5:30	7 weeks
Term 2	Weds	6th November 2019	4 – 5:30	7 weeks



Sugarcraft

Learn how to make a selection of sugarcraft pieces to and create your very own cake toppers and decoration. No skills, tools or experience needed – just bring yourself and a willingness to learn. You'll be amazed at what you can create – and so will your friends and family when your cake is the centrepiece at celebrations!



Start dates and time:

Term 1	Weds	11th September 2019	1:30 – 3:30	7 weeks
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Individual and learning needs

The Recovery College is committed to supporting all our learners. If you have any disability, mental health condition, learning difficulty, or any other issue that you are aware of, please tell us what it is below and how it affects you in as much detail as possible:

- Please tick:**
- Physical disabilities
 - Mental health diagnosis
 - Learning disabilities
 - Dyslexia
 - Autistic spectrum disorder (including Asperger's syndrome)
 - Allergies (Please give details)
 - Other (Please give details)
- None

How did you hear about us?

- Please tick:**
- Family/friend
 - Event
 - Prospectus
 - Previous Learner
 - Website
 - Flyer/poster/newspaper
 - Job Centre
 - Social media (Facebook/Twitter)
 - Mental health services - if so, which Team?
 - Other (please specify)

Learner's agreement and sharing information

By filling out this form and enrolling on these courses, I am confirming that I will attend these courses and abide by the College's code of

conduct. I understand that failure to attend these courses without contacting the Recovery College beforehand will result in a period of time

where I am unable to attend any courses I have enrolled on or was planning on enrolling on.

I also understand that if I am in danger, or there is a risk to myself or others, the information I have given may be shared with others to

ensure everyone's health and safety. We shall let you know if we have to share this information.

Signature:

Date:

CONTINUED OVERLEAF - PLEASE COMPLETE AND RETURN ALL FOUR PAGES

Equality and diversity monitoring

To ensure that we provide the best service for our community, and not knowingly discriminate against any section of society, it is important for us to gather the following information. You do not have to answer any of these questions, but we would be very grateful if you would.

Date of birth:		I prefer not to say		
Age at enrolment:				
Race (taken from the Census categories 2011)				
White <input type="checkbox"/> English/Welsh/Scottish / Northern Irish/British <input type="checkbox"/> Irish <input type="checkbox"/> Gypsy or Irish Traveller <input type="checkbox"/> Any other White background, write in:	Mixed/multiple ethnic groups <input type="checkbox"/> White and Black Caribbean <input type="checkbox"/> White and Black African <input type="checkbox"/> White and Asian <input type="checkbox"/> Any other mixed/multiple ethnic background, write in:	Asian/Asian British <input type="checkbox"/> Indian <input type="checkbox"/> Pakistani <input type="checkbox"/> Bangladeshi <input type="checkbox"/> Chinese <input type="checkbox"/> Any other Asian background, write in:	Black/African/ Caribbean/Black British <input type="checkbox"/> African <input type="checkbox"/> Caribbean <input type="checkbox"/> Any other Black/ African/Caribbean/ Black British background, write in:	Other ethnic group <input type="checkbox"/> Arab <input type="checkbox"/> Any other ethnic group, write in: <input type="checkbox"/> I prefer not to say
Language		Country of birth		
What is your main language? <input type="checkbox"/> English <input type="checkbox"/> Other (including sign languages) Please specify: If English is not your main language, how well can you speak English? <input type="checkbox"/> Very well <input type="checkbox"/> Well <input type="checkbox"/> Not very well <input type="checkbox"/> Not at all		<input type="checkbox"/> England <input type="checkbox"/> Wales <input type="checkbox"/> Scotland <input type="checkbox"/> N. Ireland <input type="checkbox"/> EU Country <input type="checkbox"/> Non EU Country <input type="checkbox"/> I prefer not to say		
Religion/belief				
<input type="checkbox"/> No religion <input type="checkbox"/> Agnostic <input type="checkbox"/> I prefer not to say	<input type="checkbox"/> Christian (including C of E, Catholic, Protestant and all other denominations)	<input type="checkbox"/> Sikh <input type="checkbox"/> Muslim <input type="checkbox"/> Hindu	<input type="checkbox"/> Buddhist <input type="checkbox"/> Jewish	<input type="checkbox"/> Any other religion/belief, Please specify:
Disability Do you consider yourself to have of the following? (Please tick all that apply)				
<input type="checkbox"/> I do not have a disability <input type="checkbox"/> Long standing illness <input type="checkbox"/> Mental health condition	<input type="checkbox"/> Learning disability <input type="checkbox"/> Physical impairment <input type="checkbox"/> Cognitive impairment (e.g. Dementia, Autism, ADHD)	<input type="checkbox"/> Speech impairment <input type="checkbox"/> Other, please state:		<input type="checkbox"/> I prefer not to say
Gender	Sexual orientation	Caring Responsibilities	Perinatal information	
<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Live in a gender other than that assigned at birth. <input type="checkbox"/> I prefer not to say	<input type="checkbox"/> Heterosexual ("straight") <input type="checkbox"/> Gay (homosexual) <input type="checkbox"/> Lesbian <input type="checkbox"/> Bisexual <input type="checkbox"/> Other (Please specify) <input type="checkbox"/> I prefer not to say	Do you currently look after a relative, neighbour or friend who is ill, disabled, frail or in need of emotional support? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I prefer not to say	Have you had a baby in the last 12 months? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I prefer not to say	
Employment status		Marriage and Civil Partnership status		
<input type="checkbox"/> Employed (full time) <input type="checkbox"/> Employed (part time) <input type="checkbox"/> Unemployed, seeking work <input type="checkbox"/> Student <input type="checkbox"/> Long term sick or disabled	<input type="checkbox"/> Care giver <input type="checkbox"/> Veteran <input type="checkbox"/> Homemaker <input type="checkbox"/> Volunteer <input type="checkbox"/> Retired <input type="checkbox"/> I prefer not to say	(Please tick one box) <input type="checkbox"/> Single <input type="checkbox"/> Married <input type="checkbox"/> Co-habiting <input type="checkbox"/> Widowed <input type="checkbox"/> Divorced <input type="checkbox"/> Separated <input type="checkbox"/> In a same sex civil partnership <input type="checkbox"/> I prefer not to say		

Recovery College Learner Charter

The Recovery College aims to create an environment that encourages learning and where learners feel they are supported. This charter is designed to help learners to understand what is expected from you and of us, whilst accessing the college.

What you can expect from us:

- We will respect you as an individual at all times. We will do this by:
- Provide you with a warm and professional welcome
- Answer your enquires in an efficient manner and providing clear information about our courses and programmes of study
- Provide meaningful courses which promote hope, personal responsibility, self-advocacy, recovery and wellbeing
- Provide access to appropriate resources and equipment and work to best support your specific learning needs
- Provide a safe and supportive learning environment; free from discrimination
- Give you the opportunity to express your views and be involved in developing the college

What we expect from you:

When you enrol with the Recovery College, we expect you to:

- Ask us for clarification about anything you are not sure about
- Act in a responsible manner, offering mutual respect and understanding to other learners
- Respect the rights, beliefs and opinions of others
- Not to act in a way that may be considered threatening or disruptive, or likely to cause physical or emotional harm
- Refrain from the use of alcohol or illegal drugs when attending the Recovery College

The Recovery College considers the following examples to constitute learner misconduct:

- Prevention or disruption of learning or other activities
- Violent, indecent, threatening or offensive behaviour or language
- Use of alcohol or illegal drugs on the premises
- Theft, damage or misuse of college property, or the property of others attending the college
- Action likely to cause injury or impair safety on college premises
- Any act which constitutes a criminal offence
- Sexual, racial or other harassment of any staff member, learner or visitor to the college

Where a learner's health and wellbeing disrupts their own learning or the learning of others, or results in unreasonable demands being placed upon staff, volunteers and or other learners of the college, a learner's fitness to study will be questioned, and the fitness to study policy and procedure followed. To request a copy of this, please approach a member of the team.

I have read and understood the Recovery College Learner Charter and have had the opportunity to discuss any concerns raised from this, with a member of the Recovery College team.

Name.....

Signature.....

Date.....

Please make sure you fill out all sections of this form and return to:
The Exchange Recovery College, 33 Gawber Road, Barnsley S75 2AH

Our Values and beliefs:

- People with lived experience of mental health have a wealth of knowledge and expertise.
- We believe in the effectiveness of working together in delivering courses at the recovery college.
- Everyone has the equal right to enjoy all the opportunities that life can provide.
- The principle that hope, mental health and wellbeing are essential to every person.

We believe in:

- Being honest, open and transparent
- Putting learners first
- A commitment to challenge inequality and discrimination
- Promoting positive mental health and building resilience
- Working in partnership to improve health educational resources

Code of conduct

The recovery college aims to create an environment where learners feel supported. Our code of conduct applies to all learners, volunteers and staff and is based on the ethos of equality. This is to ensure that everyone makes a commitment to conduct themselves in a way that promotes a positive learning environment.

We are all;

- To respect one another. This means that behaviour which compromises or exploits the right of others will not be accepted and information may be shared with appropriate people to uphold this.
- Take responsibility for your own learning and your own health needs.
- Not to behave in a way that is considered offensive, disruptive, violent or threatening.
- Not to use substances (i.e. alcohol, illegal / legal highs) on the premises of The Exchange, or to attend the college where your behaviour is affected by this.

Where this code of conduct is compromised you may be asked to leave the course and refrain from attending the college.

Taking control in life and recovery

One off workshops and longer courses that provide an opportunity for self development and recognition, sharing your skills and experience.

Facilitation skills

This course will provide you with the opportunity to develop your own facilitation and training skills.

We will explore how people learn, interact and retain knowledge and develop our understanding and experience of facilitation and training delivery.

Delivered over six sessions, this course will provide you with some of the basic principles of learning and the opportunity to test out your skills.

There is an expectation for volunteers who complete this course to co-facilitate within the Recovery College.

Date and time:

Term 1	Friday	13th September 2019	9am – 1pm	5 Weeks
Term 3	Friday	10th January 2020	9am – 1pm	5 Weeks
Term 6	Friday	5th June 2020	9am – 1pm	5 Weeks

**'The Exchange
is a place that
plants the seeds
of inspiration for
personal growth'.**



A Guide to Goal Setting

This 3 week course offers guidance to help you set goals that will enable you to move forward in your recovery journey. It will help you to identify any potential barriers you may face while moving towards your goal and how you can effectively problem solve. There will also be a chance for you to complete your own personal plan based on the goals you want to achieve.

While this course is suitable for anyone, it may be particularly beneficial to those who are thinking about their next steps and moving beyond the Recovery College.

Date and time:

Term 4 Tuesday 10th March 2020 1 – 3pm 3 Weeks

Citizen workshops: Preparing to volunteer or work

These four stand-alone sessions will introduce key topics that are needed if you are preparing to volunteer or thinking of a career within a mental health setting.

Health and Safety Workshop

This introductory session provides a practical summary of health and safety, welfare and environmental issues you may face within your voluntary or working role. We will identify our responsibilities and what should be done if people's health and safety is put at risk.

Date and time:

Term 3	Friday	21st February	10-1pm
Term 6	Wednesday	15th July	5-8pm

Professionalism Workshop

Professionalism describes the skills qualities and competencies that are expected of all us in our paid or voluntary roles. In this workshop, we focus on the behaviours that we need to demonstrate. Join us as we explore these key qualities within the healthcare and voluntary sector.

Date and time:

Term 1	Friday	25 October 2019	10am – 1pm
Term 5	Friday	1st May 2020	10am – 1pm



Safeguarding Adults Workshop

This Safeguarding Adult's Workshop aims to provide you with an awareness of the topic.

Together, we will explore;

- The definition of Safeguarding
- Who is considered an Adult at Risk
- The definition of risk and the limitations to confidentiality
- The different types and indicators of abuse
- Where abuse occurs and who from
- Who to contact if you have a concern

Date and time:

Term 4	Friday	3rd April 2020	10am – 1pm
Term 6	Friday	17th July 2020	10am - 1pm

Equality and Diversity Workshop

For most of us, treating people equally and appreciating individual differences is the basis of being a good citizen. This introductory session explores what equality and diversity means, the barriers that can prevent quality from being realised and the legislation and organisational policies that uphold it.

Date and time:

Term 2	Friday	22 November 2019	10am – 3pm
Term 5	Friday	22nd May 2020	10am -1pm



Complementary therapies

Complementary treatments fall outside of mainstream health care and may be used to compliment or as an alternative to medication in supporting your health and wellbeing.

Complementary Therapies

For some, complementary therapies can be seen as an occasional treat or something to do with friends. For others, it may become a part of their self-care routine.

We offer all learners and SWYPFT volunteers and staff the opportunity to have up to six complementary therapy sessions per academic year at a discounted rate of £5 per treatment.

Appointments are available on Fridays (term time only) between 9am – 3pm. Bookings and payments are to be made prior to the treatment taking place.

Reiki (25 minutes)

Reiki is a therapy which originates from Japanese culture and the method of receiving Reiki is simple. As the recipient you remain clothed and either lie or sit down and relax. The practitioner gently places their hands in a series of non-intrusive positions on or near the body. There is no massage or manipulation and the whole person is treated rather than specific areas.

Indian head massage (25 minutes)

Indian head massage is a relaxing holistic treatment that uses acupressure massage on the head, face, neck and shoulders. It's a popular treatment which can aid tension and symptoms of stress.

Massage (25 minutes)

Massage therapy is the manual manipulation of soft body tissues (muscle, connective tissue, tendons and ligaments) to enhance a person's health and well-being.

Basic Reflexology

Reflexology is the therapeutic method of relieving pain by simulating pre-defined pressure points on the feet. This treatment includes a foot soak and a foot massage.

Put a complementary therapies related image on this page please.

For further information or to book an appointment please speak to The Exchange reception team.



Frequently asked questions

What do I need to tell the therapist?

With all complementary therapy treatments it is important to tell us if you have any medical condition, are receiving any treatment or have recently had an operation or injury. We would also ask you to inform us of any allergies that you may have as this may affect the kind of treatment you receive.

Do I have to get undressed?

Treatments can be completed fully clothed. We appreciate that this may be a new experience for you, our therapists have a great deal of experience and will asked you at the start of the treatment what you are comfortable with.

What should I wear?

If possible wear loose-fitting clothing, so that you don't feel restricted or uncomfortable. If you are happy, the therapist may massage your neck and shoulders, so a button up shirt or blouse is generally easier.

I have mobility issues, is this still ok to attend?

Yes, treatments can be adapted to meet individual needs and can be delivered both laying down or seated in a chair. If you have any questions please do not hesitate to speak to a member of the team.

Do I have to be a learner to access complementary therapies?

Yes. To access this service, you need to be a current learner at the college or a SWYPFT member of staff.

For further information or to book an appointment please speak to The Exchange reception team.



Physical activity

Improve your fitness and health with the physical development team, based at The Exchange.



Physical activity

Getting active can be difficult, but we are here to help. Physical fitness is very important for good physical and mental health. It helps to improve the quality of your life and reduces the risk of serious conditions. Regular exercise helps you to control stress and can help you to feel better about yourself.

Please refer to our timetables for the gym, community sports groups and walking for health.

The gym

Improve your physical fitness and stamina at our on-site gym. All new starters receive a personalised induction and training plan delivered by qualified exercise specialists. Supervised gym sessions run weekly and continue throughout the year.

Community sports groups and activity sessions

Working with exercise specialists and trained volunteers, we support a range of accessible sport and activity groups to help you to get moving, improve your mood and increase your physical stamina. For further details, times and prices please contact The Exchange for information.

Walking for health

Take part in regular short walks to help you get active. It's a great way to stretch your legs, explore what's on your doorstep and make new friends.



Volunteers play a essential role in supporting The Exchange.

Whether you've got professional experience within health or education or you're looking to build on your skills and understanding in a work experience capacity, we believe it is important to invest in volunteers and can offer training and coaching to help you get the most from a voluntary role with us.

Name: Julie Putterill

Volunteer role: Co-facilitator.

Length of volunteer placement: 18 months

Volunteer interests: Health and Wellbeing, WRAP and Cooking



Hi, I am Julie, a volunteer at The Exchange Recovery College and I am passionate about health and wellbeing. My own lived experience of mental health has inspired me to volunteer and share my own recovery journey with others. I started out by accessing courses at The Exchange that enabled me to develop mental resilience, coping strategies and play an active part in managing my own health and wellbeing.

In my current volunteer practice I co-deliver the Wellbeing Recovery Action Plan course (WRAP) as this resonated with me as a learner and helped me to maintain positive mental wellbeing. I am currently in the second year of delivering this and I get a real boost when I see other learners benefitting the way I did. This course continues to be an inspiration for me and helps me to maintain a positive outlook on life.

Volunteering has enabled to explore my own skills and talents and develop a keen interest in facilitation, learning and my own personal development. It has given me an opportunity to train and access accredited learning including Level 2 Learner Support Practitioner and Safe and Well Ambassador qualifications.

Moving forward, I am currently involved in the development of an accredited training programme for learners and volunteers at The Exchange, which has involved co-production and working with a local education provider. To sum up, my quality of life has gone from strength to strength and I am looking forward to my future with optimism!

For more information about volunteering opportunities with SWYPFT and The Exchange please contact us on: 01226 730433 or email Nick.Sennitt@swyt.nhs.uk

7 of our 31 volunteers went into employment and 12 into further education last year

Frequently asked questions

'I don't want to go back to school or college. Is that what this is? How are courses delivered?'

Our courses aren't traditional college or school subjects and aren't delivered in a traditional way. We believe that we all have something to learn and we are all on our own recovery journey.

If you attend a course you won't be sitting in a classroom listening to a teacher talk while you take notes. Instead you'll have opportunities to discuss subjects that interest you, learn at your own pace and share your expertise.

'I have some physical mobility problems – is the college accessible?'

Yes. Our classrooms are based on the ground floor and are fully accessible. If you have any concerns about your mobility and attending the college please contact us on 01226 730433.

'Can I bring a supporter or family member with me?'

Yes. We are happy for learners to attend with a carer, supporter or staff member who supports them. However, our development and support mentors maybe able to offer the individual support that you may need.

Please note that courses in the 'Developing my mental health and wellbeing' section may request that you attend separately from your supporter.

'Do I need to be referred by my mental health team?'

No. You do not need to be referred. As a learner, you simply enrol and discuss with us the courses which best suit you.

'Will it affect my benefits?'

The Exchange is totally independent from the DWP and we have no involvement in any decision made about your benefit entitlement.

'What happens if I'm not able to attend the whole course?'

We understand that it may be difficult to attend the full course and ask that you let us know if you are unable to attend.

If you cannot attend 3 sessions out of the full course, we will suggest that you re-book for a future date.

'What if I need some extra support with studying once the course has started?'

Our development and support mentors can meet with you to discuss what support you may need.

This may involve meeting with them on a one to one basis to talk through and discuss the course content or to help you complete any work that you have found difficult to complete in the session.

'Can I come on a course twice?'

No, this isn't usually allowed, only under exceptional circumstances and at the discretion of the course facilitator.



'I'm worried about my IT skills, do I need to use a computer to do a course?'

No, IT skills aren't a requirement, however if you would like to develop your skills in this area, then we offer a digital resilience course or we can signpost you.

'Will I need to complete any tests or exams?'

No. There are no exams or tests.

On occasion we may offer accredited courses - this may require some evidence of learning. This will be discussed with you at the time of enrolment to make sure that you are aware of the course expectations.

'Will I definitely get a place on the course I want?'

Due to popularity, some courses may book up quickly. Where this is the case where possible we will be able to offer alternative dates or suggest a different course.

'What happens once I have finished my course?'

One of our key aims is to provide you with the time and space to decide on your next steps and build the confidence to take them.

This may be moving on to another course with us, a course with someone else or thinking about other steps including moving into volunteering or paid work.

Whatever your next steps, our development and support mentors may be able to offer information and support.

'Where can I find additional information?'

Our prospectus is available online at www.barnsleyrecoverycollege.co.uk and we regularly post updates about our courses and new course dates on our Facebook page 'The Exchange Recovery College Barnsley'.



Course dates

September 2019

Course	Day	Date	Duration	Course length
Intro to WRAP	Monday	2nd September 2019	2-3pm	1 Week
Intro to WRAP	Wednesday	4th September 2019	10-11am	1 Week
Feel the Fear	Monday	9th September 2019	10 – 12noon	6 Weeks
Helpful Habit's for Sleep	Monday	9th September 2019	10:00 – 12noon	5 Weeks
Exploring Resilience	Monday	9th September 2019	12:30 - 2:30pm	5 Weeks
Managing Depression	Monday	9th September 2019	1 – 3pm	6 Weeks
WRAP	Tuesday	10th September 2019	1 – 4pm	7 Weeks
Digital Resilience	Tuesday	10th September 2019	10-12 Noon	6 Weeks
Introduction to Creative Writing	Wednesday	11th September 2019	10 – 12noon	6 Weeks
Feel the Fear	Wednesday	11th September 2019	1 – 3pm	6 Weeks
Playing the Ukulele WEA	Wednesday	11th September 2019	4-5:30pm	7 Weeks
Sugarcraft	Wednesday	11th September 2019	1:30-3:30pm	7 Weeks
Confidence and Assertiveness	Thursday	12th September 2019	10 – 12noon	7 Weeks
QDOS Revive!	Thursday	12th September 2019	10 – 12noon	7 Weeks
Baking	Thursday	12th September 2019	10-12 noon	6 Weeks
Baking	Thursday	12th September 2019	1-3	6 Weeks
Introduction to Aromatherapy	Thursday	12th September 2019	1 – 3pm	6 Weeks
Confidence and Assertiveness	Thursday	12th September 2019	5 – 7pm	7 Weeks
Feel the Fear	Thursday	12th September 2019	5 – 7pm	6 Weeks
Art for Wellbeing WEA	Thursday	12th September 2019	10-12 Noon	7 Weeks
Facilitation Skills	Friday	13th September 2019	9am – 1pm	6 Weeks
Paranoia Workshop	Thursday	19th September 2019	1pm-4pm	1 Week

October 2019

Course Title	Day	Date	Duration	Course Length
Intro to Recovery College	Wednesday	2nd October 2019	10 - 11am	1 Week
Enrolments	Wednesday	2nd October 2019	11 -12noon	1 Week
Intro to Recovery College	Wednesday	2nd October 2019	1 -2pm	1 Week



October 2019 (cont.)

Course Title	Day	Date	Duration	Course Length
Enrolments	Wednesday	2nd October 2019	2 – 3pm	1 Week
Intro to Recovery College	Thursday	3rd October 2019	10 – 11am	1 Week
Enrolments	Thursday	3rd October 2019	11am – 12noon	1 Week
Intro to Recovery College	Thursday	3rd October 2019	1 – 2pm	1 Week
Enrolments	Thursday	3rd October 2019	2 – 3pm	1 Week
Intro to Recovery College	Thursday	3rd October 2019	4 – 5pm	1 Week
Enrolments	Thursday	3rd October 2019	5 – 6pm	1 Week
Introduction to Personality Disorder	Tuesday	23rd October 2019	2:30 - 3:30pm	1 Week
A Better understanding of Self Harm Workshop	Thursday	24th October 2019	4 – 7pm	1 Week
Professionalism Workshop	Friday	25 October 2019	10am – 1pm	1 Week

November 2019

Course	Day	Date	Duration	Course length
Feel the Fear	Monday	4th November 2019	10 – 12noon	6 Weeks
Renew you pre course meeting	Monday	4th November 2019	10:30 – 11:30am	1 Week
Managing Depression	Monday	4th November 2019	1 – 3pm	6 Weeks
Renew you pre course meeting	Monday	4th November 2019	1 – 2pm	1 Week
Art for Wellbeing WEA	Thursday	4th November 2019	10-12 Noon	7 Weeks
Advanced Aromatherapy WEA	Monday	4th November 2019	10-12 Noon	7 Weeks
More Creative Writing	Wednesday	6th November 2019	10am – 12noon	6 Weeks
Personality Disorder Workshop	Wednesday	6th November 2019	1 – 4pm	3 Weeks
Feel the Fear	Wednesday	6th November 2019	10-12 noon	6 Weeks
Qdos Revive	Thursday	6th November 2019	10-12 noon	6 Weeks
Playing the Ukulele	Wednesday	6th November 2019	4-5:30pm	7 Weeks
Baking	Thursday	7th November 2019	10am – 12noon	6 Weeks
Baking	Thursday	7th November 2019	1 – 3pm	6 Weeks



November 2019 (cont.)

Course	Day	Date	Duration	Course length
Confidence and Assertiveness	Thursday	7th November 2019	2 – 4pm	7 Weeks
Scrapbooking	Thursday	7th November 2019	1 – 3.30pm	6 Weeks
Men's Wellbeing	Thursday	7th November 2019	6 – 8pm	3 Weeks
Equality and Diversity Workshop	Friday	22 November 2019	10am – 3pm	1 Week
Intro to Recovery College	Wednesday	27th November 2019	10am – 11am	1 Week
Enrolments	Wednesday	27th November 2019	11 – 12noon	1 week
Intro to Recovery College	Wednesday	27th November 2019	1 – 2pm	1 Week
Enrolments	Wednesday	27th November 2019	2 – 3pm	1 Week
Intro to Recovery College	Thursday	28th November 2019	10 – 11am	1 Week
Enrolments	Thursday	28th November 2019	11am – 12noon	1 Week
Intro to Recovery College	Thursday	28th November 2019	1 – 2pm	1 Week
Enrolments	Thursday	28th November 2019	2-3 pm	1 week

December 2019

Course Title	Day	Date	Duration	Course Length
Intro to Recovery College	Wednesday	4th December 2019	10 – 11am	1 Week
Enrolments	Wednesday	4th December 2019	11am – 12noon	1 Week
Intro to Recovery College	Wednesday	4th December 2019	1 – 2pm	1 Week
Enrolments	Wednesday	4th December 2019	2 – 3pm	1 Week
Intro to Recovery College	Thurs day	5th December 2019	10 – 11am	1 Week
Enrolments	Thursday	5th December 2019	11am – 12noon	1 Week
Intro to Recovery College	Thursday	5th December 2019	1-2 pm	1 Week
Enrolments	Thursday	5th December 2019	2-3 pm	1 Week
Renew you pre course meeting	Friday	13th December 2019	10:30 – 11:30am	1 Week
Renew You pre course meeting	Friday	13th December 2019	1 – 2pm	1 Week

January 2020

Course	Day	Date	Duration	Course length
Feel the Fear	Monday	6th January 2020	10am – 12noon	6 Weeks
Intro to Creative Writing	Monday	6th January 2020	12:30- 2:30pm	6 Weeks
Managing Depression	Monday	6th January 2020	1 – 3pm	6 Weeks



January 2020 (cont.)

Course	Day	Date	Duration	Course length
Digital Resilience	Monday	6th January 2020	10-12 Noon	6 Weeks
Understanding and Supporting Individuals with Autism	Thursday	6th January 2020	10am-12 Noon	6 Weeks
Confidence and Assertiveness	Tuesday	7th January 2020	1 – 3pm	7 Weeks
Renew You	Wednesday	8th January 2020	10am – 12.30	6 Weeks
Exploring Resilience	Wednesday	8th January 2020	10am – 12noon	5 Weeks
Feel the Fear	Wednesday	8th January 2020	1 – 3pm	6 Weeks
Art for Wellbeing WEA	Thursday	9th January 2020	10-12 Noon	6 Weeks
Baking	Thursday	9th January 2020	10am – 12noon	6 Weeks
Baking	Thursday	9th January 2020	1 – 3pm	6 Weeks
Journaling your life Story	Thursday	9th January 2020	1 – 3pm	6 Weeks
Facilitation Skills	Friday	10th January 2020	9am – 1pm	6 Weeks
Exploring Psychosis Workshop	Thursday	16th January 2020	1 – 4pm	1 Week
Intro to Recovery College	Monday	20th January 2020	10 – 11am	1 Week
Intro to Recovery College	Monday	20th January 2020	1 - 2pm	1 Week
Enrolments	Monday	20th January 2020	11am – 12noon	1 Week
Intro to Recovery College	Thursday	23rd January 2020	10 - 11am	1 Week
Intro to Recovery College	Thursday	23rd January 2020	1 - 2pm	1 Week

February 2020

Course	Day	Date	Duration	Course length
Health and Safety Workshop	Friday	21st February 2020	10am – 1pm	1 Week
Feel the Fear	Monday	24th February 2020	10am – 12noon	6 Weeks
More Creative Writing	Monday	24th February 2020	12:30 – 2:30pm	6 Weeks
Helpful Habit's for Sleep	Monday	24th February 2020	1 – 3pm	5 Weeks
Managing Depression	Monday	24th February 2020	1 – 3pm	6 Weeks
Confidence and Assertiveness	Tuesday	25th February 2020	1 – 3pm	6 Weeks
Confidence and Assertiveness	Wednesday	26th February 2020	10am – 12noon	6 Weeks
Intro to Aromatherapy	Wednesday	26th February 2020	10am – 12noon	6 Weeks
Feel the Fear	Wednesday	26th February 2020	1 – 3pm	6 Weeks

February 2020 (cont.)

Course	Day	Date	Duration	Course length
Baking	Thursday	27th February 2020	10am – 12noon	6 Weeks
Baking	Thursday	27th February 2020	1 – 3pm	6 Weeks
Exploring Resilience	Thursday	27th February 2020	1 – 3pm	5 Weeks
Confidence and Assertiveness	Thursday	27th February 2020	5 – 7pm	6 Weeks
Feel the Fear	Thursday	27th February 2020	5 – 7pm	6 Weeks
Art for Wellbeing	Thursday	27th February 2020	10-12 Noon	6 Weeks

March 2020

Course	Day	Date	Duration	Course length
Guide to Goal Setting	Tuesday	10th March 2020	1 – 3pm	3 Weeks
Men's Wellbeing	Thursday	12th March 2020	6 – 8pm	3 Weeks
Intro to Recovery College	Wednesday	18th March 2020	10 – 11am	1 Week
Enrolments	Wednesday	18th March 2020	11am – 12noon	1 Week
Intro to Recovery College	Wednesday	18th March 2020	6 – 7pm	1 Week
Enrolments	Wednesday	18th March 2020	2 – 3pm	1 Week
Intro to Recovery College	Thursday	19th March 2020	10 – 11am	1 Week
Enrolments	Thursday	19th March 2020	11am – 12noon	1 week
Intro to Recovery College	Thursday	19th March 2020	1 – 2pm	1 Week
Enrolments	Thursday	19th March 2020	2 – 3pm	1 Week
Intro to Recovery College	Wednesday	25th March 2020	10 – 11am	1 Week
Enrolments	Wednesday	25th March 2020	11am – 12noon	1 Week
Intro to Recovery College	Wednesday	25th March 2020	12 – 1pm	1 Week
Enrolments	Wednesday	25th March 2020	1 – 2pm	1 Week
Intro to Recovery College	Thursday	26th March 2020	10 – 11am	1 Week
Intro to Recovery College	Thursday	26th March 2020	1 - 2pm	1 Week
Enrolments	Thursday	26th March 2020	11am – 12noon	1 Week
Intro to Recovery College	Thursday	26th March 2020	6-7 pm	1 Week
Enrolments	Thursday	26th March 2020	2-3 pm	1 Week
Intro to WRAP	Thursday	26th March 2020	5.30 - 6.30pm	1 Week
Intro to WRAP	Tuesday	31st March 2020	5.30 - 6.30pm	1 Week



April 2020

Course	Day	Date	Duration	Course length
IntroductiontoPersonalityDisorder	Wednesday	1st April 2020	2.30 - 3.30pm	1 Week
Safeguarding Adults Workshop	Friday	3rd April 2020	10am – 1pm	1 Week
The Four Agreements Workshop	Monday	20th April 2020	10am – 2pm	1 Week
Advanced Aromatherapy WEA	Monday	20th April 2020	10-12 Noon	5 Weeks
Feel the Fear	Tuesday	21st April 2020	1 – 3pm	5 Weeks
Scrapbooking	Wednesday	22nd April 2020	10am – 12.30pm	5 Weeks
Managing Depression	Wednesday	22nd April 2020	1 – 3pm	5 Weeks
Baking	Thursday	23rd April 2020	10am – 12noon	5 Weeks
Baking	Thursday	23rd April 2020	1 – 3pm	5 Weeks
Intro to Creative Writing	Thursday	23rd April 2020	1 – 3pm	5 Weeks
Exploring Personality Disorders	Thursday	23rd April 2020	5-8 pm	3 Weeks
WRAP	Thursday	23rd April 2020	5.30 – 8pm	5 Weeks
Feel the Fear	Thursday	23rd April 2020	5 – 7pm	5 Weeks
Art for Wellbeing	Thursday	23rd April 2020	10-12 Noon	5 Weeks

May 2020

Course	Day	Date	Duration	Course length
Professionalism Workshop	Friday	1st May 2020	10am – 1pm	1 Week
Accepting Change Workshop	Friday	8th May 2020	10am – 2pm	1 Week
Intro to Recovery College	Monday	11th May 2020	10 – 11am	1 Week
Enrolments	Monday	11th May 2020	11am – 12noon	1 Week
Intro to Recovery College	Monday	11th May 2020	1 – 2pm	1 Week
Enrolments	Monday	11th May 2020	2 – 3pm	1 Week
Intro to Recovery College	Wednesday	13th May 2020	10 – 11am	1 Week
Enrolments	Wednesday	13th May 2020	11am – 12noon	1 Week
Intro to Recovery College	Wednesday	13th May 2020	1 – 2pm	1 Week
Enrolments	Wednesday	13th May 2020	2 – 3pm	1 Week
For those that Give too much Every day Stress Workshop	Friday	15th May 2020	10am – 2pm	1 Week
Renew You pre course meeting	Thursday	21st May 2020	10:30 -11:30am	1 Week
Renew You pre course meeting	Thursday	21st May 2020	1 – 2pm	1 Week
Equality and Diversity Workshop	Friday	22nd May 2020	10am -1pm	1 Week



June 2020

Course	Day	Date	Duration	Course length
Exploring Resilience	Monday	1st June 2020	10am – 12noon	5 Weeks
Feel the Fear	Monday	1st June 2020	10am – 12noon	6 Weeks
Helpful Habit's for Sleep	Monday	1st June 2020	10am – 12noon	5 Weeks
A Better Understanding of Self-Harm Workshop	Monday	1st June 2020	12.30 – 3.30pm	1 Week
Managing Depression	Monday	1st June 2020	1 – 3pm	6 Weeks
Confidence and Assertiveness	Tuesday	2nd June 2020	1 – 3pm	7 Weeks
Renew You	Wednesday	3rd June 2020	10am – 12:30pm	6 Weeks
Journaling Your life Story	Wednesday	3rd June 2020	10am – 12noon	6 Weeks
Aromatherapy	Wednesday	3rd June 2020	1 – 3pm	6 Weeks
Feel the Fear	Wednesday	3rd June 2020	1 – 3pm	6 Weeks
Baking	Thursday	4th June 2020	10am – 12noon	6 Weeks
Baking	Thursday	4th June 2020	1 – 3pm	6 Weeks
More Creative Writing	Thursday	4th June 2020	1 – 3pm	6 Weeks
Renew you	Thursday	4th June 2020	5 – 7:30pm	6 Weeks
WRAP	Thursday	4th June 2020	5.30 – 8pm	5 Weeks
Managing Depression	Thursday	4th June 2020	5 – 7pm	6 Weeks
Digital Resilience	Thursday	4th June 2020	10-12 Noon	6 Weeks
Art for Wellbeing WEA	Thursday	4th June 2020	10-12 Noon	7 Weeks
Facilitation Skills	Friday	5th June 2020	9am – 1pm	5 Weeks

July 2020

Course Title	Day	Date	Duration	Course Length
Health and Safety Workshop	Wednesday	15th July 2020	5 - 8pm	1 Week
Safeguarding Adult's Workshop	Friday	17th July 2020	10am - 1pm	1 Week



Our partners



Northern College

Northern College is a residential college dedicated to the education and training of men and women who are without formal qualifications and are seeking to return to learning. It also offers training for those who are active in community and voluntary groups as well as trade unions.

Northern College is committed to equal opportunities for all, and offer an outstanding learning environment in a residential setting, with a high level of support which enables students to make maximum use of their time and facilities available.

www.northern.ac.uk



Circles Work

Circles Work is a community interest company providing high quality, innovative, recovery based courses, training and support groups for people experiencing mental ill health and those wanting to maintain good health.

www.circleswork.weebly.com



WEA (Workers' Educational Association)

The WEA, a registered charity, is the UK's largest voluntary sector provider of adult education and delivers courses both locally and across the UK. WEA offer a wide ranging curriculum, providing positive and supportive learning environments. WEA have successfully carried out various courses supporting mental health and wellbeing at The Exchange over the past three years.

www.wea.org.uk



Creative Minds

Creative Minds is all about the use of creative approaches and activities in healthcare; increasing self-esteem, providing a sense of purpose, developing social skills, helping community integration and improving quality of life.

Creative Minds develop community partnerships to not only co-fund but also co-deliver projects for local people.

www.creativemindsuk.com



Voluntary Action Barnsley

VAB have been providing support to the voluntary and community sector for over 20 years.

VAB provides its members with a full range of services including start-up advice, volunteer recruitment, HR management, accountancy, payroll and training.

VAB works with partners across the borough striving to improve the social and economic wellbeing of Barnsley and the people who live there.

www.vabarnsley.org.uk



Job Centre Plus

Job Centre Plus is a brand used by the UK Department for Work and Pensions for its working-age support service in the United Kingdom, its services offered directly by the Department for Work and Pensions. <https://www.gov.uk>



Barnsley LGBT Forum

In recognition of our ongoing commitment to equality and diversity the Trust has received the Rainbow Tick gold award from the Barnsley LGBT Forum.

The gold award is the highest level of recognition the Barnsley LGBT Forum offer and it recognises the work we have done in recent years to provide an equal and inclusive environment for staff and people who use our services.

www.barnsleylgbtforum.org.uk



Walk Well Barnsley

Walk Well Barnsley is a new Walking for Health scheme covering the Borough of Barnsley.

All our walks are free for people to attend. We particularly encourage people with long-term health conditions to join our walks.

www.walkingforhealth.org.uk/walkfinder/walk-well-barnsley



The Library @ The Lightbox

The Library @ The Lightbox is the new library in the centre of Barnsley



Adult Skills and Community Learning

Adult Skills Community Learning can ease you back into learning with a taster classes and take you right through to gaining a full qualification.

Whether you're looking to gain skills to further your career, help you to get a job, or just to pursue a hobby, we've got something for everyone - adults, families, businesses and community organisations.



Livewell Barnsley

The quickest and easiest place to find information about health, wellbeing, care and support related services.



Barnsley College

We're an award-winning council serving around 227,000 people across the borough. We're a medium sized unitary council, covering a wide range of responsibilities and services, ranging from education, social care and housing, to managing the highway, registering births and deaths and keeping the borough clean - amongst many others.

barnsley.gov.uk



How to find us

The Exchange
33 Gawber Road,
Barnsley S75 2AH

01226 730433

Bus services

Buses leave Barnsley Interchange from stands 4, 5 and 6. Bus service numbers are 92, 93, 93a, 95, 96 and 96a. These services run regularly. You will need to get off at the Junction of Victoria Crescent and Gawber Road immediately after the railway bridge and before Barnsley Hospital.



On foot

We are situated on Gawber Road. If you are coming from the town centre or from the bus stop on Gawber Road, keep walking towards the Hospital (away from the town centre). You will pass Sykes Avenue on your right and we are on the corner of Wellfield Road. You will pass a row of residential terrace houses and The Exchange is set back from the road, behind a tree lined fence.

By car

From the M1 exit at Junction 37 and exit following the signs into Barnsley on Dodworth Road / A628. At the traffic lights, turn left onto Pogmoor Road and stay on this road until you reach the cross roads (Barnsley Hospital) turn right at the cross roads onto Gawber road. The Exchange is on the left hand side.

The college is based in a residential area and on street parking is available directly outside. When parking we ask that you respect our neighbours.



01226 730433



The Exchange Recovery College

33 Gawber Road, Barnsley S75 2AH



01226 730433



Barnsley.Recoverycollege@swyt.nhs.uk



@the_barnsley



The Exchange Recovery College Barnsley

