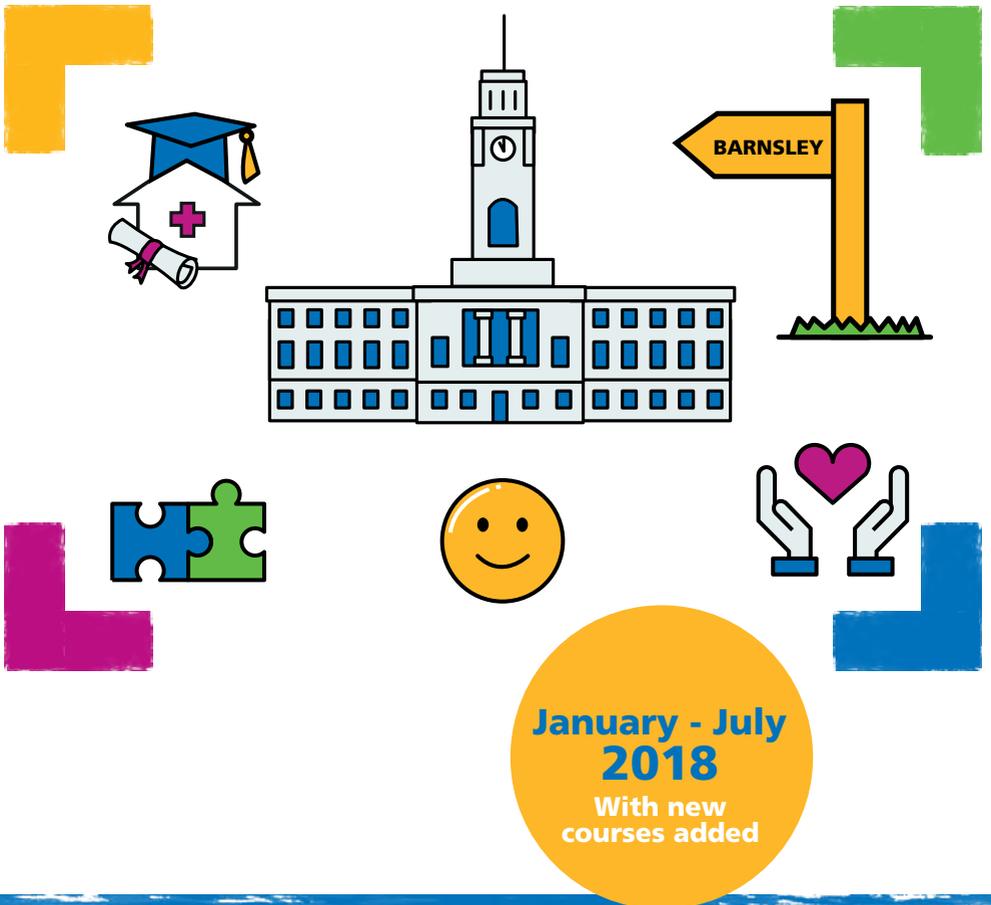


# The Exchange

Recovery and wellbeing College, Barnsley



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# Welcome to The Exchange

**Welcome to The Exchange, our growing recovery and wellbeing college in Barnsley.**

We offer a range of courses and one off workshops with the aim of improving wellbeing through learning.

Our courses focus on being mentally and physically healthy, staying well and developing the knowledge and strength to overcome the challenges that we can all face at times in our lives. We focus on building our personal resilience and developing the confidence and self-esteem to be able to make decisions and to believe in ourselves.

The courses we offer are co-designed and co-delivered by people with real life experience of mental health and recovery who work in conjunction with NHS health professionals, education providers and trainers to share what works for them.

Courses aren't therapy – our aim is to provide you with a positive learning approach in which we all share knowledge and provide you with the space to reflect on your own health and understanding.



## Open days and inset days

### Open days

Find out more about The Exchange, the courses we offer and meet some of our team. Our information days are open to all and there is no need to book.

**Friday 9th February 2018 : 11am – 3pm**

### 2018 Celebration of learning

Our annual celebration of learning recognises the achievements made by our learners who have attended the college in this academic year.

**Friday 6th July 2018 : 11am – 2pm**

### 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 days:

**Friday 16th March 2018**

**Friday 18th May 2018**

**Friday 20th July 2018**

#### School holidays:

##### Spring term:

**w/c Monday 1 January (for 1 week)**

**Monday 12 February (for 1 week)**

##### Summer term:

**w/c Monday 26 March (for 1 week)**

**Monday 2 April (for 1 week)**

**Monday 28 May (for 1 week)**

##### Summer holidays:

**w/c Monday 23 July (for 6 weeks)**

## How do I enrol?

You are not referred to the recovery college, simply enrol for any of the courses that are of interest to you.

Our courses are open to all adults and we welcome carers, supporters and professionals too. If you are new to the college we will invite you to an induction session where you will find out more about how we work, the courses on offer and we can answer any questions that you may have.

Please contact us on **01226 730433** or email [Barnsley.Recovery@swyt.nhs.uk](mailto:Barnsley.Recovery@swyt.nhs.uk) for course bookings and further information.

## Feeling apprehensive?

Are you unsure about attending The Exchange?

Some people may be concerned that they will find it difficult to talk in front of others or to participate in a group. This could be due to things like a loss of confidence, feelings of anxiety or other health or learning needs.

If you have concerns like these, our development and support mentors can arrange to meet with you on a one-to-one basis to discuss any additional support you may need.



# Course and workshop list

## 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
- Renew you, course outline
- Introduction to WRAP: what does recovery mean to me?
- Mindfulness, pre course meeting
- Facilitation skills: Train the trainer - course overview

## Health and wellbeing: Seminars

Short information based sessions which aim to provide you with useful information and techniques to aid your development, personal recovery or work with others.

- Exploring OCD
- What is psychosis?
- Personality disorders
- Mental resilience
- Understanding mental health medication better
- What is autism?
- Anatomy and physiology: exercising for health
- Diet and nutrition

## Developing my health and wellbeing

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

- Renew you
- Assertiveness, Confidence and Communication
- Feel the fear: Exploring anxiety
- Managing depression
- Mindfulness
- Helpful habits for sleep
- WRAP: Wellness Recovery Action Planning
- Exploring resilience
- Supporting people in a caring role
- Talking about men's health
- Evening WRAP: Wellbeing after work
- Alternatives to violence project
- Men's wellbeing: Tackle your health

## Maintaining me: Wellbeing workshops and day retreats

Experiential workshops which provide the space and time to reflect on you and your emotional resilience.

- Embracing change
- The four agreements
- For those who give too much: Everyday stress
- Being positive and valuing your sensitive self
- Appreciation and compliments, laughter and health
- Wellbeing retreat
- Quietening the inner critic

## Exploring other interests

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

- Baking
- Aromatherapy for beginners
- Digital resilience: online basics
- Introduction to creative writing
- Creative writing
- Journaling
- ReVive: Exploring your creativity
- Art for wellbeing

## Taking control in recovery and life

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

- Personal development skills
- Communicate with confidence? Create a debate
- Facilitation skills: Train the trainer
- Road map to your move on
- Citizen workshops: Preparing to volunteer or work within a mental health setting

# 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 informal introductory session aims to give you a positive introduction to The Exchange. 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 we offer at The Exchange.

After the session we offer the opportunity to view some of our training rooms, complete course enrolment forms and answer any individual questions that you may have about attending the college.

We recommend attending this session to people looking at enrolling at the college and also family, friends and professionals.

### Date and time:

Wed. 31st Jan: 10 – 11 am

Tues. 6th Feb: 2-3pm

Tues. 20th Mar : 1-2pm

Thurs. 22nd Mar: 10 – 11am

Wed. 23rd May: 1-2pm

### Cost:

This course is free to attend.

**'This was the first time I have left my house in years, apart from walking the dog and essential shopping, I was absolutely terrified. From the very first contact I began to develop confidence and this has continued to grow'.**



## Renew you, course outline

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 6 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.

### Date and time:

Mon. 29th Jan: 10:30 -11:30 am or 1-2pm

Mon. 4th Jun: 10:30 -11:30 am or 1-2pm

### Cost:

This course is free to attend.

## 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 like when you are well, the things that improve your wellbeing, your personal triggers and crisis planning.

### Date and time:

Tue. 20th Mar: 5:30 -6:30pm

Thurs. 12th Jul: 1-3pm

### Cost:

This course is free to attend.

## Mindfulness, pre-course meeting

This friendly introductory session introduces the concept of mindfulness, what it is and what it can be used for.

You will explore the idea of wellness and mindful practice and try out some straight forward mindfulness exercises.

This session is offered as an introduction to our longer Mindfulness courses.

### Date and time:

Please contact the Recovery College for our next session dates.

### Cost:

This course is free to attend.

## Facilitation skills: Train the trainer - course overview

In this one off introductory session will provide a summary of our longer facilitation skills course which explores some of the key themes behind effective group delivery.

In this session we will review the course content, delivery methods used and discuss common concerns or reservations that people may have.

### Date and time:

Thurs 19 July: 1 – 2:30pm

### Cost:

This course is free to attend.

# Health and wellbeing: seminars

Short knowledge based sessions which aim to provide you with useful information and techniques to aid your development, personal recovery or work with others.



## What is psychosis?

Psychosis is a mental health problem that can affect anyone and causes people to perceive or interpret things differently from those around them. This might involve hallucinations or delusions. In this one off session we will explore some of the key issues about this condition and its impact on the person and their support network.

### Date and time:

Wed. 7 March: 1 – 4pm

### Cost:

This course is free to attend.

## Exploring OCD

Explore the reality of Obsessive Compulsive Disorder (OCD), an anxiety disorder characterised by frequent unwanted and intrusive thoughts, impulses, images, urges and doubts – often accompanied by compulsive and ritualistic behaviours.

### Date and time:

Thurs. 19th Apr: 1- 3:30pm

### Cost:

This course is free to attend.

## Mental resilience

Stress is a fact of modern life - seemingly everywhere and all the time. With so many factors that can cause stress over time, the cumulative effects of multiple stressors, small and large, can combine to wear you out before you've had a chance to get started. There is no escaping stress, but in this exploratory session we consider the ways you can learn to handle stress better and how to 'bounce back' faster from its impact.

### Date and time:

Fri. 4th May: 10-1pm

### Cost:

This course is free to attend.

## Personality disorders

A person with a personality disorder can think, feel, behave or relate to people very differently from others. There are several different types of personality which can vary dependant on the individual. In this one off workshop we will consider some of the common features of this condition and how the persons presentation can often be misjudged.

### Date and time:

Thurs. 10th May: 1- 4pm

### Cost:

This course is free to attend.

## Understanding mental health medication better

Using medication can be a short term strategy or a long term life decision. Find out about the main types of mental health medication prescribed, their impact on the body, benefits and potential side effects. We will then focus on how anti-depressants and anti-psychotics work and ways that you are able to support their treatment.

### Date and time:

Wed. 27 Jun: 1- 3pm

### Cost:

This course is free to attend.

## What is Autism?

Autism is a difference in the way a person thinks, perceives and therefore understands the world and others around them. This results in difficulties or differences in communication, social interaction, thinking and in sensitivity of the senses. However, the way autism impact on each individual is unique with no two people are exactly the same. 'Autism Spectrum Condition' is used to describe the range of the autism spectrum, including Asperger syndrome. In this one-off workshop we will look at the core features these conditions and their impact on the person and the world around them.

### Date and time:

Please contact the recovery college for new dates.

### Cost:

This course is free to attend.



## Anatomy and physiology: Exercising for health

Explore how your whole body responds to and is affected by fitness and exercise. This theory based session incorporates both information on our internal systems (cardio respiratory , energy and nervous systems) and how safe fitness practices support our skeleton, joints, and muscles groups.

### Date and time:

Wed. 17 Jan:10- 3pm  
Wed. 21st Feb: 10-3pm  
Wed. 18th Apr. 10-3pm  
Wed. 20th Jun: 10- 3pm

### Cost:

This course is free to attend.

## Diet and nutrition: Fitness and health

This workshop will cover subjects relating to functions of fat, carbohydrates and protein, vitamins and GI (glycaemic index). It also offers awareness around diets including starvation mode and includes an optional practical measuring body composition

### Date and time:

Wed. 7th Feb: 10- 3pm  
Wed. 14th Mar: 10- 3pm  
Wed. 16th May: 10- 3pm  
Wed. 11th Jul: 10- 3pm

### Cost:

This course is free to attend.



# Developing my mental health and wellbeing

Longer courses 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.

### Date and time:

Mon. 19th Feb: 10-12:30am for 5 weeks  
Mon. 18th Jun: 10-12:30am for 6 weeks

### Cost:

This course is free to attend.

## 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.
- Explore different communication styles and common behaviours.
- Reflect on how we communicate with others and respond to different situations.

### Date and time:

Tue. 9th Jan: 1-3pm for 6 weeks  
Tue. 10th Apr: 1-3pm for 7 weeks

### Cost:

This course is free to attend.

**Keen to develop your confidence in communication? Our Create a debate course is a great follow on to this course**

## 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.

### Date and time:

Mon. 8th Jan: 10:30-12:30pm for 5 weeks.  
Wed. 10th Jan: 1:30- 3:30pm for 5 weeks.

Mon. 19th Feb: 10:30-12:30pm for 5 weeks.  
Wed. 21st Feb: 1:30-3:30pm for 5 weeks.

Mon. 9th Apr: 10:30 – 12:30pm for 6 weeks.  
Wed. 11th Apr: 1:30 – 3:30pm for 6 weeks.

Mon. 4th Jun : 10:30 – 12:30pm for 6 weeks.  
Wed. 6th Jun: 1:30 – 3:30pm for 6 weeks.

### Cost:

This course is free to attend.

## Managing depression

Sometimes the simplest things are the hardest, the minor tasks that take major effort.

Getting out of bed, answering the phone, making a decision - what to eat, what to wear, what to watch? Leaving the house.

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

This course is not about stopping depression, but it may help you to 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).

### Date and time:

Mon. 8th Jan : 1:30-3:30pm for 5 weeks.  
Mon. 19th Feb: 1:30-3:30pm for 5 weeks.

Mon. 9th Apr : 1:30-3:30pm for 6 weeks.  
Mon. 4th Jun : 1:30-3:30pm for 6 weeks.

### Cost:

This course is free to attend.



**'I am no different to others that suffer with depression.**

**We are all similar in our thoughts when unwell. This normalises the illness for me, which is huge.'**

*Due to the reflective nature of course's in this section, partners, relatives or friends that would like to attend the course together are encouraged to enrol on different course dates.*

## Mindfulness

Mindfulness is an ability that all human beings possess - to be attentively present with their experience as it unfolds in the here and now.

Mindfulness has been used to help people to cope with many of life's challenges. These include chronic anxiety, stress, recurrent depression, addiction problems and chronic pain.

This five week course offers a gentle introduction to the practices of mindfulness. Each week we will explore:

- What it means to step out of automatic pilot
- Becoming more curious about our experience
- Getting creative
- Developing our resilience and acceptance
- Mindfully looking after ourselves

### Date and time:

Thurs. 11th Jan: 2 – 4pm for 5 weeks.

### Cost:

This course is free to attend.

## 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.

### Start dates and time:

Mon. 8th Jan: 1:30 – 3:30pm for 5 weeks.  
Mon. 9th Apr: 1:30 – 3:30pm for 6 weeks.

### Cost:

This course is free to attend.

## 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 is a 12 week course designed to help you stay as well as you can, support you to develop a list of activities for everyday wellbeing, help you identify triggers and early warning signs to create action plans and improve your resilience and enable you to make meaningful changes.

This course is facilitated by people who use their own WRAP plan and together will enable you to create your own in a fun, supportive and non-judgmental group.

### Date and time:

Thurs. 12th Apr: 1 – 4pm for 12 weeks.

### Cost:

This course is free to attend.

## Evening WRAP: Wellbeing at work

We all respond differently to the stresses and strains that are a part of our working life. At times maintaining our mental health at work can be difficult.

Are you returning to work after a period of time away? Or keen to maintain and improve your emotional health at work?

Join us for an evening edition of the wellness recovery action planning course. Over 12 sessions we will focus on things that help you to stay as well as you can, the everyday activities that support mental wellbeing, the triggers and early warning signs linked to your personal stressors and create meaningful action plans to help improve both your personal and professional resilience.

### Date and time:

Tue. 17th Apr: 5:30 – 7:30pm

### Cost:

This course is free to attend.



**'I now feel that I have the confidence to finally put in place everything that I have learnt and can finally start to help myself and begin to overcome my fears.'**

## AVP level one workshop: Alternatives to violence project

The alternatives to violence project (AVP) is for everyone who wants to handle conflict. Whether you have experienced conflict in the family, on the streets, in your workplace or somewhere else, an AVP workshop will help you learn how to deal with it better.

Our workshops are not lectures, people learn from one another through group activities, discussion and role-play, drawing on real-life situations where conflict might happen, and exploring different ways to handle them.

AVP level one is run over a full weekend, with a pre course meeting on Friday evening and the course running through Saturday and Sunday. The course will focus on developing beneficial skills and attitudes for handling conflict, such as: understanding and believing in yourself, respecting others, communicating, and managing strong feelings like anger.

### Date and time:

This course is dependant on a minimum number of people to run. **Please register your interest with the recovery college so that we are able to arrange course dates.**

### Cost:

£15 per person, which includes resources pack and light refreshments through the weekend. Please bring your own lunch with you.

For further information about AVP please visit [avpbritain.org.uk](http://avpbritain.org.uk)

## Supporting people in a caring role

Providing support and assistance to another person can be a difficult and challenging juggling act. Advocating for someone else, taking on the additional responsibilities and looking after yourself and your own needs can be hard.

The conflicting demands of health professionals, medication, caring duties, finances and that internal feeling of 'have I done enough?' can all take its toll.

This course is specifically aimed at people who take on a caring role or have caring responsibilities – this may be to a family member, friend or neighbour and has been designed directly from the input and feedback of carers.

Over 5 weeks we will consider the common challenges of the role and the importance of looking after ourselves when caring for somebody else.

### Date and time:

Thurs. 25th Jan: 10:30 – 12:30 for 5 weeks

### Cost:

This course is free to attend.

## Men's wellbeing: Tackle your health

One in four of us will experience a mental health problem each year. For men in particular, it can be an awkward subject to talk about. In the UK one in eight men have experienced a mental health problem and when faced with a physical health problem men are less likely to seek professional advice.

This course is designed to help you cope with the challenges of managing your health and wellbeing as a 21 century man.

We will focus both 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 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.

### Date and time:

This course is dependent on a minimum number of people to run. **Please register your interest with the recovery college so that we are able to arrange course dates.**

### Cost:

This course is free to attend.

## Exploring resilience

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

Over 6 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.

### Date and time:

Wed. 11th Apr: 1 – 3:30pm for 6 weeks.

### Cost:

This course is free to attend.



# Maintaining me: Wellbeing workshops and day retreats

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

## Embracing 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 make change easier and more positive.

### Date and time:

Tue. 16th Jan : 10-12:30pm  
Tue. 19th Jun: 10- 12:30pm

### Cost:

This workshop is free to attend.

## 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:

Wed. 6th Jun: 1-4pm

### Cost:

This workshop is free to attend.



## Quietenng the inner critic

Do you ever feel like you are not enough? That you should be different?

Brighter... kinder... stronger... healthier...?

We can be are own worst critic at times, giving ourselves a hard time about what we should have done, how we should have behaved, what we should have said.

Join us as we consider our own inner critic, where it comes from and our mistaken beliefs about its views. We'll explore techniques to calm our fault-finding messages and consider how we better care for ourselves.

### Date and time:

Friday 23rd March: 1 – 4pm  
Friday 13th July: 1 – 4pm

### Cost:

This workshop is free to attend.

## Being positive, valuing your sensitive self

Taking time out to show kindness to ourselves and attend to our own needs is transformative. It energises us and provides us with the fuel we need to go on.

Join us as we create a space in which to relax and recharge. We will focus on qualities of healthy self esteem, our own thought patterns and the beliefs that underpin them.

We will practice appreciation of self and others and consider ways in which to develop a positive self image and value our sensitive self.

### Date and time:

Fri. 2nd Feb: 1 – 4pm  
Fri 18th May: 1- 4pm

### Cost:

This workshop is free to attend.

## Appreciation and compliments, laughter and health

Many of us have grown up believing that it is more noble to give appreciation and compliments than to receive them.

Recognising the needs and feelings of others is an honourable quality so why do we find it so hard when others do the same for us?

In this one-off workshop we will explore how we like to be appreciated and why we may resist compliments.

We will then look at the benefits of laughter and its impact on our health and emotional wellbeing.

### Date and time:

Fri. 9th Mar: 10- 3pm  
Sat. 23rd Jun: 10- 3pm

### Cost:

£5 (including refreshments and light lunch)  
Please note any dietary requirements and payment are requested when enrolling to secure your booking .

## For those who 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:

Sat. 26th May: 10- 3pm  
Fri. 29th Jun: 10-3pm

### Cost:

£5 (includes refreshments and light lunch)

Please note any dietary requirements and payment are requested when enrolling to secure your booking .

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



## Wellbeing retreat

Spend the day with us at The Exchange as we encourage you to refuel and replenish.

Take part in an informal workshop to consider what is important to us and our emotional health. Look at some simple tips to boost our physical and mental wellbeing and enjoy a relaxation class and a one to one complementary therapy treatment. With refreshments throughout the day and a light lunch all included.

Incorporated into the day;

- 1 x 25 minute treatment (Swedish massage, Hopi ear candle or Indian head massage)
- Wellbeing workshop
- Relaxation class
- Refreshments and light lunch

### Date and time:

Sat: 10th Feb: 10-4pm

Sat: 10th Mar: 10-4pm

Sat: 19th May: 10-4pm

Sat: 7th Jul: 10-4pm

### Cost:

£20 per person. Please note, we require a £10 non-refundable deposit to secure your booking.

**'A lovely day from start to finish, everyone friendly, good activities and a wonderful massage.'**



**Complementary therapies at The Exchange. See page 39 for further information about booking a one to one treatment.**

# Exploring other interests

**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 or kneading a batch of dough can help calm feelings of stress or tension.

Over 12 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:

Thurs. 11th Jan: 10:30-1pm for 12 weeks

Thurs. 26th Apr: 10:30 - 1pm for 12 weeks

### Cost:

A charge of £3 is made per session.

## ReVive: Exploring your creativity

Join us for a revitalising and friendly session where you can give your brain a break from your day to day life. Over 5 weeks, try out a range of activities to consider how creativity and relaxation aids your wellbeing.

Each session includes time for relaxation and mindfulness as well an opportunity for group discussion and exploration of your own creativity.

This course is offered at The Exchange by Qdos Creates who have been delivering workshops and accredited courses regionally and nationally for young people and adults since 1995.

### Date and time:

Thurs. 11th Jan: 1- 3pm for 5 weeks

### Cost:

This course is free to attend.



# Enrolment form

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

# The Exchange Barnsley Recovery College – ENROLMENT FORM

## Form guidelines:

- Fill in the form with as much detail as possible.
- Fill in all the fields marked with an\*.
- Write as clearly as possible.
- If you have any questions, please do not hesitate to ask.

## LEARNER DETAILS

Title*: .....		Name*: .....		Do you have contact with Mental Health Services?  <input type="checkbox"/> Yes <input type="checkbox"/> No  If yes, which service?  .....	
Gender*: .....		Preferred name:.....			
Address (including postcode)*: ..... ..... .....		Date of birth*: .....		How often do you have contact with this service? ..... .....	
Home phone*: .....		Mobile phone*: .....		Email address: .....	

Have you served in the Armed Forces as a regular or reservist or are you a dependant of someone who is/has been? If so please tick the box on the right.

## COURSE DETAILS

Term:	Course:	Start date:

## EMERGENCY CONTACT DETAILS

Who*:	Relationship to you*:	Contact number*:
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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\*:

What can we do at The Exchange to support and help you learn?	What can you do for yourself to support your learning?
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If you would like to discuss any issues or concerns in regards to your health and your learning needs, we can arrange for a recovery coach to contact you over the phone. If you would like us to do this, please tick the box on the right.

Where did you hear about The Recovery College?

## 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*:
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## 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.

## 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:

Thurs. 22nd Feb: 10- 1pm for 5 weeks

Please register you interest with The Exchange, future course dates to be arranged.

### Cost:

This course is free to attend.

## Aromatherapy for beginners

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.

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

### Start dates and time:

Wed. 10th Jan: 10:30-12:30 for 5 weeks

Wed. 21st Feb: 10:30- 12:30 for 5 weeks

### Cost:

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



## Introduction to creative writing

Not only is writing enjoyable, but it can be a useful tool to creatively explore your thoughts, feelings and imaginative ideas.

This introductory course will introduce you to some fun and thought provoking writing techniques to begin your writing journey.

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

### Start dates and time:

Tue. 9th Jan: 10:30-1pm for 5 weeks

### Cost:

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

## 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 literary forms as you develop your own voice and story telling ability.

### Start dates and time:

Tue. 20th Feb: 10:30-12:30pm for 5 weeks.

### Cost:

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

**'I thoroughly enjoyed the course, the facilitators were really engaging and the discussions – great!'**

## Art for Wellbeing

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 time:

Thurs. 11th Jan: 10-12pm for 5 weeks

Thurs. 22nd Feb: 10-12pm for 5 weeks

### Cost:

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



# 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.

## Personal development skills

Personal development is a lifelong process. It's a way for people to assess their skills and qualities, consider their aims in life and set goals in order to realise and maximise their potential.

This course will help you to identify the skills you need, whether you are a volunteer, someone who is seeking employment or if you are looking to progress and develop as a person.

The course will include a week by week practical toolkit of skills that will help assist you to reach your goals and improve your opportunities in life.

Topics include:

- Organising your time
- Producing a personal CV or resume
- Undertaking a skills appraisal
- Looking at your transferable skills
- Overcoming barriers to learning a new skill
- Interviewing and application skills
- Completing online applications

### Date and time:

Wed. 21st Feb: 10:30-12:30pm for 5 weeks  
Mon. 20th Jun: 10:30-12:30pm for 5 weeks

### Cost:

This workshop is free to attend.

## Communicate with confidence: Create a debate

At times we can all struggle communicating our point of view to another person. If it's to a person who we feel has authority over us or it's within a group situation it can be even harder.

If you would like to develop your communication skills, feel more confident in sharing your views and cultivate your tolerance of opposing views this course is just for you.

This course is designed to aid communication and get people talking about new and interesting topics that form part of our daily lives.

Through debate we aim to demonstrate how the use of language, tone and sharing rational and reasoned views will benefit your interaction with others.

### Start dates and time:

Tues. 9th Jan: 1-3pm for 5 weeks  
Tues. 5th Jun: 1-3pm for 5 weeks

### Cost:

This course is free to attend.

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



## Facilitation skills: Train the trainer - course overview

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

By attending this course there is no obligation to deliver sessions with the recovery college.

### Date and time:

Thursday 19th July: 1 – 2:30pm

### Cost:

This workshop is free to attend.

## Road map to your move on

In this one-off workshop we will investigate some of the local organisations that offer further education and vocational opportunities.

From starting a new course in adult education or distance learning to looking at what organisations offer voluntary opportunities and where to start.

We will consider what personal goals are important to us and look at some of the steps we can take to make it happen.

### Date and time:

Fri. 23rd Feb: 10-3pm

### Cost:

This workshop is free to attend.



Interested in sharing  
your personal or  
professional experience  
as a volunteer  
with The Exchange?  
Please see page  
42 for details.

## Citizen workshops: Preparing to volunteer or work in a mental health setting

*These six stand alone sessions will introduced key topics needed if you are preparing to volunteer or thinking of a career within a mental health setting.*

### Health and Safety

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

### Date and time:

Fri. 26th Jan: 10-1pm & Fri. 13th Jul: 10-1pm

### Cost:

This course is free to attend

### Suicide Awareness

Regardless of experience, many people look for reassurance about how to help someone who may be having suicidal thoughts. Often starting a conversation and offering a supportive and listening ear can help in starting to support these experiences. In this informal workshop we will discuss how we may be able to aid someone who has disclosed these feelings.

### Date and time:

Fri 3rd March 10-1pm & Fri. 22nd Jun: 10-1pm

### Cost:

This course is free to attend

### Professionalism

Professionalism describes the skills, qualities and competence that are expected of you in your paid or voluntary role. It's the behaviours that you demonstrate and how you communicate and interact with others. Join us as we explore these key qualities within the health care and voluntary sector.

### Date and time:

Fri. 23rd Feb: 1:30- 4pm

### Cost:

This course is free to attend

### Safeguarding adults

This awareness session focuses on what is safeguarding is and how it affect each and every one of us? We will consider different types and indicators of abuse and the different roles and responsibilities of professionals who are involved in safeguarding adults.

### Date and time:

Fri. 9th Mar: 10-1pm

### Cost:

This course is free to attend

### Equality and diversity

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 mean and how they affect you. It looks at some of the barriers that can prevent equality from being realised and the legislation and organisational policies that uphold it.

### Date and time:

Fri. 18th May: 10-1pm

### Cost:

These workshops are free to attend.

# 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.

Whatever your view, we offer all learners (and Trust staff) the opportunity to have up to 6 one-to-one complementary sessions per academic year at a discounted rate of £5.

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

### Reiki (30 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 (30 minutes)

Reflexology is a therapeutic method of relieving pain by stimulating pre-defined pressure points on the feet, incorporating a lower leg and foot massage.

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



## Frequently asked questions

### *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 ask 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.

**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 development team

Physical fitness is very important for good health. It helps to improve the quality of your life and reduce the risk of serious physical health conditions. Regular exercise helps you to control stress better and can help you feel better about yourself.

The physical activity development team, based at The Exchange run a range of events that could help you develop and maintain your physical fitness.

### The gym

Improve your physical fitness and stamina at our onsite gym. All new starters receive a personalised induction and training plan delivered by qualified fitness specialists. Supervised gym sessions run weekly, for times and pricing please contact The Exchange for further details.

### Community sports groups and activity sessions

Getting active can be difficult, but we are here to help. Working with health trainers, fitness professionals and volunteers we support a range of accessible sport and activity groups to help you get moving and increase your physical stamina.

To find out more about our walking football, evening netball, Zumba, boxercise and inclusive cricket (including table cricket and walking cricket) groups please contact The Exchange on 01226 730433 or email [hannah.burton@swyt.nhs.uk](mailto:hannah.burton@swyt.nhs.uk)

### Step right up: 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 door step, and make new friends.

Regular walks run through the week and on the weekend from The Exchange and across the Barnsley district. They are free to join. Call us on 01226 730433 or email [ian.henry@swyt.nhs.uk](mailto:ian.henry@swyt.nhs.uk) for more information.



## EASI world cup 2018

**11th - 15th June 2018**

The European Association for Sport and Social Integration (EASI) is made up of health and community groups from 12 European countries. EASI promote sport to help improve the wellbeing of people with mental health issues and those with learning disabilities.

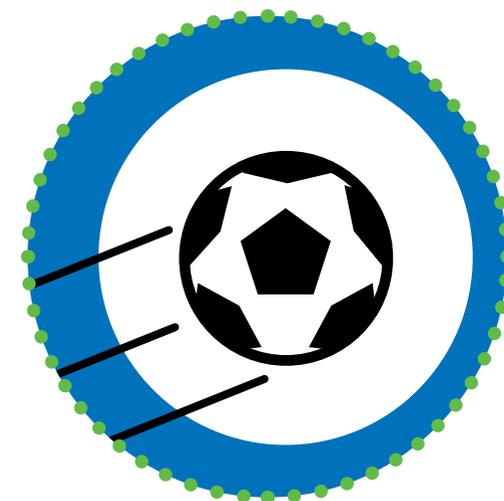
Each year, EASI hold a football tournament which brings together more than 25 teams from across Europe to complete in a week long tournament.

In June 2018, led by the physical activity and development team, England will host the EASI World Cup at Barnsley Football Club.

If you are;

- keen to volunteer your time to support the event,
- are a local team that would like to take part
- able to provide corporate sponsorship support

...we would like to hear from you. Please contact us on; 01226 730433 or email [hannah.burton@swyt.nhs.uk](mailto:hannah.burton@swyt.nhs.uk)



# Development and Support

Whether you need a little extra help to get the most from your experience at the college, are developing plans to move on to other things or thinking of volunteering with us we are keen to hear from you.

## Development and Support Mentors

Our development and support mentors use both personal and professional experience of mental health and recovery to offer one to one mentoring support.

## Additional learning support

Some people may be concerned that they will find it difficult to talk in front of others or to participate in a group. This could be due to things like a loss of confidence, feelings of anxiety or other health or learning needs.

If you feel that you would benefit from meeting someone on a one to one basis before the course starts to discuss any additional needs you may have, please ask us about our development and support mentors.

## Ready to take those next steps, but unsure how to get there?

Your development and progression is not just about what you do when you're at The Exchange, it's part of your daily life and outside of the recovery college too.

Identifying those next steps can be difficult, especially when you are unsure about what you'd like to achieve. If you would benefit from some extra help in planning your next steps, our development and support mentors can provide one-to-one mentoring sessions to help you achieve your goals.

From attending an academic course, joining a new group or gym, or considering volunteering, they are able to work with you for up to 12 sessions. This could be to support you to develop a plan of action, helping to arrange and take those initial steps or providing that reassurance to see how you are getting on.

To find out more about what our development and support mentors are able to offer please contact us on 01226 730433 or speak to our reception team.

## 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.

Hi, I am Mark and I have been a volunteer at The Exchange recovery college for the past two years. I first started as learner and completed courses which helped me to cope with my own mental health issues. They encouraged me to feel more optimistic about the future.

It's fair to say that I am passionate about men's health and in my volunteer role I deliver health promotion workshops that encourage men to talk about their issues and learn more about how to stay healthy and well.

The Exchange has helped me to change my life and as a volunteer I am able to help others to do the same. I am enthusiastic about sharing my experiences and I do this by also acting as an ambassador for the college, speaking at community groups about the positive work I am engaged in.

Volunteering has enabled me to overcome barriers to learning, improve my confidence and given me the opportunity to stretch myself to achieve personal goals.

Volunteering has also helped me in my own personal development. I have attended NHS training courses, developed links with other educational providers like Northern College and given me a firm foundation from which to build on.

**For more information about volunteering opportunities with the Trust and The Exchange please contact us on 01226 730433 or email [Nick.Sennitt@swyt.nhs.uk](mailto:Nick.Sennitt@swyt.nhs.uk)**



## 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.

*'Do I need to pay for a course?'*

The majority of our courses are free to access. On occasion due to funding there may be a small charge made to learners. This will be clearly stated on all course publicity.

*'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.

# Course dates

## *'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.

## *'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 maybe 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](http://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'.

## January 2018

Course	Date	Time	No. of sessions	Cost
Feel the fear	Mon. 8th Jan	10:30 - 12:30pm	5	Free
Helpful habits for sleep	Mon. 8th Jan	1:30 - 3:30pm	5	Free
Managing depression	Mon. 8th Jan	1:30 - 3:30pm	5	Free
Intorduction to creative writing	Tues. 9th Jan	10:30 - 1pm	5	Dependent on qualifying benefit
Assertiveness, confidence and communication	Tues. 9th Jan	1 - 3pm	6	Free
Communicate with confidence? Create a debate	Tues. 9th Jan	1 - 3pm	5	Free
Aromatherapy for beginners	Wed. 10th Jan	10:30 - 12:30pm	5	Dependent on qualifying benefit
Feel the fear	Wed. 10th Jan	1:30 - 3:30pm	5	Free
Baking	Thurs. 11th Jan	10:30 - 1pm	12	£3 per session
Art for wellbeing	Thurs. 11th Jan	10 - 2pm	5	Dependent on qualifying benefit
ReVive: Exploring your creativity	Thurs. 11th Jan	1 - 3pm	5	Free
Mindfulness	Thurs. 11th Jan	2 - 4pm	5	Free
Embracing change	Tues. 16th Jan	10 - 12:30pm	1	Free
Anatomy and physiology: Excercising for health	Wed. 17th Jan	10- 3pm	1	Free
Supporting people in a caring role	Thurs. 25th Jan	10:30- 12:30pm	5	Free
Citizen workshop: Health and safety	Fri. 26th Jan	10- 1pm	1	Free
Renew you, course outline	Mon. 29th Jan	10:30- 11:30am	1	Free
Renew you, course outline	Mon. 29th Jan	1- 2pm	1	Free
Introduction to The Exchange	Wed. 31st Jan	10 - 11am	1	Free

## February 2018

Course	Date	Time	No. of sessions	Cost
Introduction to The Exchange	Tue. 6th Feb	2 - 3pm	1	Free
Diet and nutrition	Wed. 7th Feb	10 - 3pm	1	Free
Recovery College Open Day (Fri. 3rd Feb between 10 - 3pm)				
Wellbeing retreat	Sat. 10th Feb	10 - 4pm	1	£20
Half term				
Renew you	Mon. 19th Feb	10 -12:30pm	5	Free
Feel the fear	Mon. 19th Feb	10:30 -12:30pm	5	Free
Managing depression	Mon. 19th Feb	1:30 - 3:30pm	5	Free
Creative writing	Tue. 20th Feb	10:30 - 12:30pm	5	Dependant on qualifying benefit
Anatomy and physiology: Exercising for health	Wed. 21st Feb	10 - 3pm	1	Free
Aromatherapy for beginners	Wed. 21st Feb	10:30 - 12:30pm	5	Dependant on qualifying benefit
Personal development skills	Wed. 21st Feb	10:30 - 12:30pm	5	Free
Feel the fear	Wed. 21st Feb	1:30 - 3:30pm	5	Free
Digital resilience	Thurs. 22nd Feb	10 - 1pm	5	Free
Road map to your move on	Fri. 23rd Feb	10 - 1pm	1	Free
Citizen workshop: professionalism	Fri. 23rd Feb	1:30 - 4pm	1	Free

## March 2018

Course	Date	Time	No. of sessions	Cost
Citizen workshop: Suicide awareness	Fri. 2nd Mar	10 - 1pm	1	Free
What is psychosis?	Wed. 7th Mar	1 - 4pm	1	Free
Appreciation and compliments, laughter and health	Fri. 9th Mar	10 - 3pm	1	£5
Citizen workshop: Safeguarding adults	Fri. 9th Mar	10 - 1pm	1	Free
Wellbeing retreat	Sat. 10th Mar	10 - 4pm	1	£20
Diet and nutrition	Wed. 14th Mar	10 - 3pm	1	Free
Introduction to The Exchange	Tue. 20th Mar	1 - 2pm	1	Free
Introduction to WRAP	Tue. 20th Mar	5:30 - 6:30pm	1	Free
The four agreements	Wed. 21st Mar	1 - 4pm	1	Free
Introduction to The Exchange	Thurs. 22nd Mar	10 - 11am	1	Free
Quietenng the inner critic	Fri. 23rd Mar	1 - 4pm	1	Free
Being positive, valuing your sensitive self	Fri. 23rd Mar	1 - 4pm	1	Free
Half term				

## April 2018

Course	Date	Time	No. of sessions	Cost
Feel the fear	Mon. 9th Apr	10:30 - 12:30pm	6	Free
Helpful habits for sleep	Mon. 9th Apr	1:30 - 3:30pm	6	Free
Managing depression	Mon. 9th Apr	1:30 - 3:30pm	6	Free
Assertiveness, confidence and communication	Tue. 10th Apr	1 - 3pm	7	Free
Exploring resilience	Wed. 11th Apr	1 - 3:30pm	6	Free
Feel the fear	Wed. 11th Apr	1:30 - 3:30pm	6	Free
WRAP: Wellness recovery action planning	Wed. 12th Apr	1 - 4pm	12	Free
Evening WRAP: Wellbeing at work	Tue. 17th Apr	5:30 - 7:30pm	12	Free
Anatomy and physiology: Exercising for health	Wed. 18th Apr	10 - 3pm	1	Free
Exploring OCD	Thurs. 19th Apr	1 - 3:30pm	1	Free
Baking	Thurs. 26th Apr	10:30 - 1pm	12	£3 per session

## May 2018

Course	Date	Time	No. of sessions	Cost
Mental resilience	Fri. 4th May	10 - 1pm	1	Free
Personality disorders	Thurs. 10th May	10 - 4pm	1	Free
Diet and nutrition	Wed. 16th May	10 - 3pm	1	Free
Citizen workshop: Equality and diversity	Fri. 18th May	10 - 1pm	1	Free
Being positive, valuing your sensitive self	Fri. 18th May	1 - 4pm	1	Free
Wellbeing retreat	Sat. 19th May	10 - 4pm	1	£20
Introduction to The Exchange	Wed. 23rd May	1 - 2pm	1	Free
For those who give too much	Sat. 26th May	10 - 3pm	1	£5
Half term				

## June 2018

Course	Date	Time	No. of sessions	Cost
Feel the fear	Mon. 4th Jun	10:30 - 12:30pm	6	Free
Renew you, course outline	Mon. 4th Jun	10:30 - 11:30pm	1	Free
Renew you, course outline	Mon. 4th Jun	1 - 2pm	1	Free
Managing depression	Mon. 4th Jun	1:30 - 3:30pm	6	Free
Communicate with confidence? Create a debate	Tue. 5th Jun	1- 3pm	5	Free
The four agreements	Wed. 6th Jun	1- 4pm	1	Free
Feel the fear	Wed. 6th Jun	1:30 - 3:30pm	6	Free
<b>EASI world cup 2018</b>				
Renew yourself	Mon. 18th Jun	10 - 12:30pm	6	Free
Embracing change	Tue. 19th Jun	10 -12:30pm	1	Free
Anatomy and physiology: Exercising for health	Wed. 20th Jun	10 - 3pm	1	Free
Personal development skills	Wed. 20th Jun	10:30 - 12:30pm	5	Free
Citizen workshop: Suicide awareness	Fri. 22nd Jun	10 - 1pm	1	Free
Appreciation and compliments, laughter and health	Sat. 23rd Jun	10 - 3pm	1	£5
Understanding mental health medication better	Wed. 27th Jun	1 - 3pm	1	Free
For those who give too much	Fri. 29th Jun	10 - 3pm	1	£5
Understanding mental health medication better	Wed. 27th Jun	1-3pm	1	Free
For those who give too much	Fri. 29th Jun	10- 3pm	1	Free

## July 2018

Course	Date	Time	No. of sessions	Cost
Wellbeing retreat	Sat. 7th Jul	10 - 4pm	1	£20
Diet and nutrition	Wed. 11th Jul	10 - 3pm	1	Free
Introduction to WRAP	Thurs. 12th Jul	1 - 3pm	1	Free
Quietenng the inner critic	Fri. 13th Jul	1 - 4pm	1	Free
Citizen workshop: Health and safety	Fri. 13th Jul	10- 1pm	1	Free

## People we work with...

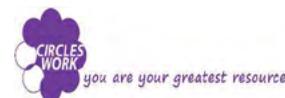


### Northern College

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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.walkingforhealth.org.uk/walkfinder/walk-well-barnsley)

### 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

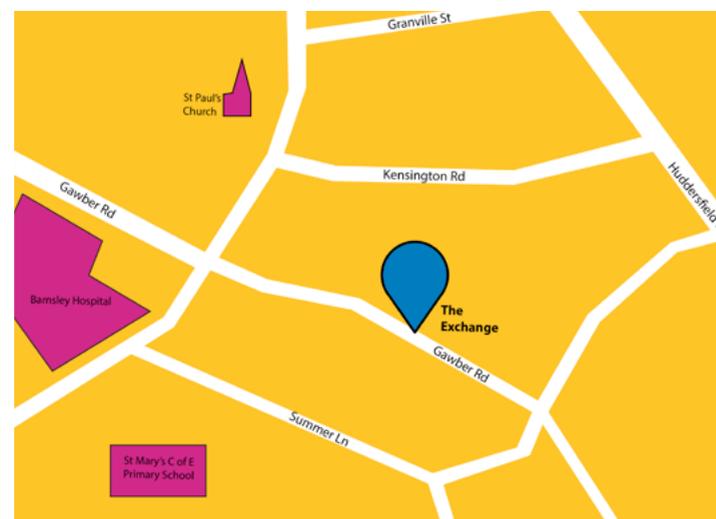
We are situated on Gawber Road. If you are coming from the town centre or from the bus stop on Gawber Road, keep walking towards the Hospital (away from the town centre). You will pass Sykes Avenue on your right and we are on the corner of Wellfield Road. You will pass a row of residential terrace houses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







**The Exchange Recovery College**

**33 Gawber Road, Barnsley S75 2AH**

**Tel: 01226 730433**

**Email: [Barnsley.Recoverycollege@swyt.nhs.uk](mailto:Barnsley.Recoverycollege@swyt.nhs.uk)**

**Web: [www.barnsleyrecoverycollege.co.uk](http://www.barnsleyrecoverycollege.co.uk)**

**Find us on Facebook: [The Exchange, Recovery College Barnsley](#)**

