

New Leaf Recovery and Wellbeing College

Online course timetable



Discover more: www.newleafcollege.co.uk

Inspiring Hope, Opportunity and Control
FREE educational courses in Hertfordshire



3	Welcome
4	Who are we
	Our Values
	Testimonials
	College ethos
	About co-production
6	How to enrol / why join
8	Inspiring student stories
9	Booking our new courses
10	Code of conduct
11	Our courses
18	Course dates and times
22	Peer involvement opportunities
24	Contact and social media details

Table of Contents

Welcome

Welcome to New Leaf Recovery and Wellbeing College.

We understand sometimes life can be hard. Here at the New Leaf Recovery and Wellbeing College we can help you on to the road of recovery. This means leading a happy and fulfilling life despite life's challenges.

We offer a range of FREE short educational courses that can help you better manage your wellbeing. The College is available to anyone over the age of 18 living in Hertfordshire.

Enrol today to take that first step at www.newleafcollege.co.uk.



www.

'A prescription for happiness.'

Who are we?

New Leaf Recovery and Wellbeing College offers a range of free educational courses that give people the practical skills and theoretical knowledge to better manage their own wellbeing; whilst giving them the opportunity to reflect upon their own situation and consider their own wellbeing and lifestyle. Short courses are taught in a friendly and relaxed environment.

Our values

Hope- inspiring hope for the future despite life's challenges

Opportunity- hearing the experiences of others to help you learn

Control- providing you with the knowledge and skills to make the changes that are right for you

College ethos

Our key principle is that recovery is based around self-management. With this in mind all of our courses are strengths-based and person-centred, which encourages individuals to identify their personal goals and to develop self-management skills.

Read more about recovery online!



newleafcollege.co.uk/blog

'Providing an opportunity to reflect and learn from others'

**New Leaf
Wellbeing College
Students**

'I highly recommend all of these courses and have found them so helpful during my recovery.'

Co-production

We believe people are experts in their own recovery and wellbeing. All of our courses are co-produced and co-delivered. This means people with lived experience and professionals are equal partners. By co-producing our courses our aim is to produce relevant and beneficial content to help people better manage their recovery and wellbeing.

Read more online or visit [p26](#) to see how you can get involved with co-producing our courses.

How to enrol

Before you can book onto our courses, you will need to enrol in the College.

The quickest and easiest way to enrol is via our website (www.newleafcollege.co.uk). If you prefer, you can talk to a member of the College team at **01442 864966**. All the information collected will remain confidential.

By enrolling, you will be taking the first steps towards your recovery! Find out more about recovery via our website, and you can read what others have gained from joining our courses in our why join section.

Know someone who needs support to enrol?

The College encourages people to enrol online when possible, as it is part of our College ethos that people are expert in their own wellbeing and recovery. However, we do appreciate that trying something new can be stressful, and some people may require a little support and encouragement to access our courses.

If you know a potential student for the College who would benefit from an educational approach to managing their wellbeing, you can make an expression of interest on their behalf, with their consent.

Please contact us with the potential students' information at newleaf@nhs.net and we will get in touch with them directly to discuss the College and their possible learning experiences.

Student Success

Some of our student's have reported benefiting from our courses by:

- Feeling better about things they cannot change
- Feeling empowered to change their situation
- Learning how to feel more in control
- Overcoming fears and anxieties
- Learning life skills to cope with pressure
- Identifying and eliminating stressors in their life
- Lifting their depression
- Having the time to reflect
- Feeling accomplished
- Becoming more creative
- Learning how to improve relationships with others
- Feeling less isolated and gaining new friends
- Improving self-awareness and mindfulness
- Starting new or rediscovering favourite hobbies
- Building opportunities within their existing situation
- Getting involved with the College (p22)

Student success story

“The courses at the college helped me regain control over my life and have enabled me to change my own outlook and situation. Since joining the college, I’ve rediscovered my identity, improved my sleep, I’ve taken on new opportunities and personal challenges, explored boundaries, overcome relationship barriers and regained my sense of purpose.

Meeting others on the course reduced the isolation I was feeling. I’m grateful for the caring tutors as well as the peers and friends I have made on the courses, who have become an incredible support network outside of the College too.

- Louisa, Student and volunteer

**Read more successful recovery stories
via our blog: www.newleafcollege.co.uk/blog**

New venue: Online (Zoom)

For the safety of everyone, all our courses will be online only versions for the summer term. Our normal tutors will be delivering these courses via Zoom. Find more information about Zoom on www.zoom.us.

Booking online courses

Please proceed to book your place in the usual way by going to www.newleafcollege.co.uk/courses/course-booking. You will be sent a confirmation email, as normal, followed by a second email with a link to the Zoom classroom, nearer the time of the course.

We encourage students to save the link and access the Zoom classroom 10 minutes before the session starts to ensure Zoom is working.

As these are online only courses, please prepare by:

- Using a notepad/paper and a pen during the session
- Using a PC, tablet or any mobile device to access zoom via the link in the email. If you are using a tablet or phone, you may need to download the zoom app.
- Reading our Zoom guide for more information about how to make the most out of the session and for technical support - located on the home page.

It is important that all our students complete the course evaluation, and a link will be sent. The tutors will explain how to complete them during the session.

The safety of our students and staff is our top priority. Therefore places will be limited and all students will be required to pre-book in advance. Students who have not booked their place will not be able to access the zoom classroom.

Code of conduct

It is expected that all of our students, staff and tutors comply with the college code of conduct below:

No one has to share anything at all about their personal or professional life, their history or their health issues. But if anyone does share anything, please treat what is discussed confidentially.

We ask people to:

Respect - everyone's rights, choices, identity, beliefs, opinions and environment.

Value - everyone's voice and participation.

Interact - in a responsible manner that fosters mutual respect and understanding between all members of the college.

Take responsibility - for their own self-care, both physically and emotionally. Ask for help and support if needed.

Be ready to learn - be punctual, prepared & inform the college by phone or email if you are unable to attend.

When attending college activities, please refrain from the use and/or possession of alcohol and illegal substances. The college operates a non-smoking policy, but if you wish to smoke please abide by the venue policy. The college will not tolerate any form of discrimination, bullying or violence; you will be suspended and may be permanently excluded.

Our courses

Dates and times can be located on page 18

Our face to face courses typically take 3 hours, however our online versions are 2.5 hours per session, with breaks in-between.

Some of our longer courses, such as a the new keeping well during social isolation course, will be spread over multiple sessions.

Building Healthy Relationships

(2.5 hours)

Connecting with others can have a positive effect on our wellbeing. This course explores the physiological and psychological benefits of having meaningful relationships. You will gain an understanding of how to form new relationships and build on skills to maintain relationships you already have in your life.

Learning objectives:

1. To understand how having healthy relationships can improve your wellbeing.
2. To explore how to form and maintain healthy relationships.

Daring to dream

(2.5 hours)

Achieve your dreams! Everyone has dreams, but reaching them can sometimes be tricky. On this short course you will learn how to set effective and achievable goals to help you reach your dreams. Explore how to think creatively to overcome challenges that may get in the way of achieving your goals.

Learning objectives:

1. Develop the capacity to 'dream' and set achievable goals
2. Learn to think creatively to overcome obstacles

NEW: Keeping well during social isolation

(5 hours over 2 sessions)

Understand how social isolation can affect your recovery journey and learn strategies to overcome some of the practical and emotional difficulties you may be facing.

Learning objectives:

1. To learn ways to keep well and stay healthy during periods of change
2. To understand how change and loss can affect our physical, emotional, mental & spiritual well being
3. To learn ways to manage change, isolation and loss
4. To learn what sources of help and information are available in your local area

Mindfulness for every day living

(7.5 hours over 3 sessions)

Break away from the cycle of negative thinking, critical thoughts and anxiety about the future. Over three sessions you will learn how to live in the 'here and now', as you step out of your normal thinking, giving you the opportunity to see the world around you differently.

Learning objectives:

1. To understand what mindfulness is and its benefits
2. To learn different mindfulness practices and to understand how they can be incorporated into daily life

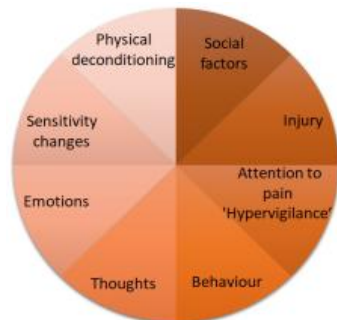
Pain explained

(2.5 hours)

Have you ever questioned what 'pain' actually is and how it affects your wellbeing? In this session you will look at how pain responses are produced by the brain. You will also learn how the autonomic motor and immune systems respond when you have an injury, and why pain can continue after tissues have had plenty of time to heal. You will learn that everyone is different!

Learning objectives:

1. Gain a deeper understanding of persistent pain.
2. Learn how to manage persistent pain



Self compassion for every day life

(2.5 hours)

Learn about the importance of self-compassion and how it can be used to improve your wellbeing. Discover new tools to help you learn how to be self-compassionate in your everyday life.

Learning objectives:

1. Recognise how self-compassion enhances wellbeing
2. Learn how to practice self-compassion at home and in your everyday life



Sleeping well

(2.5 hours)

Tired of getting a bad night's sleep? Good quality sleep is crucial for living a healthy lifestyle, although aspects of life can sometimes prevent you from sleeping well. This course looks at the different stages of sleep, as well as the physiological and psychological benefits sleep has on functioning. You will also explore different strategies that can be used at home to improve your sleep.

Learning objectives:

1. To understand the psychological and physiological benefits of sleep.
2. To learn strategies to improve your sleep

Spiritual self-care

(2.5 hours)

This course helps you explore the different aspects of spirituality and what it means to you. Discover different practices of spirituality; and how it can be incorporated into your life (such as by singing and meditating), to help you better manage your wellbeing. This course is made up of several open group discussions.

Learning objectives:

1. To explore what 'spirituality' is and identify what it means to you
2. To understand how taking care of your spiritual self can contribute to your wellbeing
3. To understand how spiritual health practices can be incorporated into your life to improve your wellbeing

Understanding anxiety

(2.5 hours)

Experiencing anxiety is normal in daily life, but when this anxiety happens often and causes you to feel nervous or upset it can become a problem. During this short course you will gain knowledge of what anxiety is and the methods that can be used outside of the course to better manage your own situation.

Learning objectives:

1. To understand what anxiety is.
2. To understand what methods can be used to make living with anxiety more manageable.



Understanding depression

(2.5 hours)

Depression is often more than feeling unhappy or sad, and it can affect different aspects of your life. This course helps you understand the psychological, physiological and biological causes of depression and explores effective strategies for each of the triggers to help you better manage your depression.

Learning objectives:

1. To understand what depression is
2. To understand what methods can be used to make living with depression more manageable

Understanding stress

(2.5 hours)

Stress is a reaction that is becoming more prevalent in today's fast-paced society. This short course will increase your knowledge of what the effects of stress are on you psychologically and physiologically. You will also explore the practical ways to reduce and manage the stressors in your life.

Learning objectives:

1. To understand what stress is and the common causes and signs of stress.
2. To become aware of coping strategies for stress and how to apply them to your life.



Wellbeing and creativity

(2.5 hours)

Creativity isn't just about making things, but also a way of thinking. In this session you will see how creative thinking can be used to problem solve and improve your wellbeing. You'll try new techniques that will inspire you to become more creative in your everyday life.

Learning objectives:

1. Gain practical experience of taking part in creative exercises
2. To learn about using creativity to improve wellbeing
3. To unlock creative potential

Writing creatively for wellbeing

(2.5 hours)

For centuries people have used writing as a therapeutic tool. Discover different forms of writing including poetry, journalling and letter writing. You will also learn why writing daily can have a tremendous positive effect on your mental health. Alternatives to writing are also explored as you try different forms of practical activities in class.

Learning objectives:

1. To explore different forms of creative writing
2. To understand how writing can improve your wellbeing

Course dates and time

See below a list of all the courses available this semester. Courses are three hours long and take place over one session unless stated otherwise.

MAY		
online only	Keeping well during social isolation	Wed 20th May 1:30pm - 4:00pm
	(5 hours over 2 sessions)	Thur 21th May 1:30pm - 4:00pm
	Wellbeing and creativity	Thur 21st May 10:00am - 12:30pm
	Understanding anxiety	Wed 27th May 10:00am - 12:30pm
	Keeping well during social isolation	Wed 27th May 1:30pm - 4:00pm
	(5 hours over 2 sessions)	Thur 28th May 1:30pm - 4:00pm
	Mindfulness for daily living	Thur 28th May 10:00am - 12:30pm
	(7.5 hours over 3 sessions)	Thur 4th June 10:00am - 12:30pm Thur 11th June 10:00am - 12:30pm

JUNE

**Keeping well during
social isolation**

**Mon 1st June
10:00am - 12:30pm**

**(5 hours over 2
sessions)**

**Tue 2nd June
10:00am - 12:30pm**

Pain Explained

**Wed 3rd June
12:00pm - 2:30pm**

**Understanding
anxiety**

**Wed 3rd June
10:00am - 12:30pm**

Spiritual self-care

**Thur 4th June
1:30pm - 4:00pm**

**Writing creatively
for wellbeing**

**Mon 8th June
10:00am - 12:30pm**

Understanding stress

**Wed 10th June
1:30pm - 4:00pm**

Wellbeing and creativity

**Tue 16th June
10:00am - 12:30pm**

**Self compassion for
everyday life**

**Wed 17th June
1:30pm - 4:00pm**

Daring to to dream

**Wed 17th June
1:30pm - 4:00pm**

**Understanding
depression**

**Thur 18th June
1:30pm - 4:00pm**

June Cont. overleaf

June Continued

Mindfulness for daily living

(7.5 hours over 3 sessions)

**Tue 23rd June
10:00am - 12:30pm**

**Tue 30rd June
10:00am - 12:30pm**

**Tue 7th July
10:00am - 12:30pm**

July

Understanding depression

**Mon 6th July
1:30pm - 4:00**

Understanding stress

**Tue 7th July
10:00am - 12:30pm**

Building healthy relationships

**Wed 8th July
1:30pm - 4:00**

Sleeping well

**Wed 8th July
10:00am - 12:30pm**

Spiritual self-care

**Mon 13th July
1:30pm - 4:00**

Daring to to dream

**Mon 15th July
10:00am - 12:30pm**

Self compassion for everyday life

**Tue 21st July
10:00am - 12:30pm**

Understanding depression

**Tue 21st July
1:30pm - 4:00**

Spiritual self-care

**Wed 29th July
1:30pm - 4:00**

FAQ'S?

Each students journey is unique, however many experience similar feelings and emotions.

You can enrol, book, find more detailed course descriptions and read our **FAQ'S** online at: www.newleafcollege.co.uk/faq's

Further help

Online

- Get crisis support
- Watch videos
- Read additional tips and resources,
- Access inspiring stories

Direct

Email: info@newleafcollege.co.uk

Phone: 01442 864966

WATCH OUT FOR:

The release of our new website!

New features, search functions, friendlier interface and more!

Peer **Involvement**



Our ethos includes involving students in all we do. We offer a number of opportunities that you can get involved in.

Involvement and mentoring workshops -

Our involvement can help you:

- **Build on your exiting abilities**
- **Inspire and encourage each other**
- **Discover, explore and expand your potential**

Rediscover recovery. This includes goal setting and learning how to tell your story so the audience becomes the hero to influence change. You will discover what self esteem and self-confidence are and how to embrace them. We also practice active listening, look at boundaries and learn how not to be a 'rescuer'.

Inspire Encourage Belong

Take your recovery further - make friends - discover more opportunities



Co-production -

help create new courses, involvement workshops and changes to our website.

Shaping the college - be a voice for our students. You can join the student council and be a critical voice to make sure the college meets the needs of students.

Curriculum board - have an authority over the courses being developed to make sure they are recovery focused, give tools to self-manage and have up to date evidence.

Volunteering - this includes setting goals and discussing how the college can support you. You can become a classroom support or get involved with administration in the office.

Share your story - reap the rewards from sharing your experiences and inspiring your audience to become their own hero. You can:

- Provide testimonials for our website and timetables
- Explore your creative writing skills and share your stories on our blog
- Speak about your recovery journey at meetings, conferences and events to inspire professionals and other potential students to seek support from our college

Find out more:

Go online: www.newleafcollege.co.uk

Call **01442 864966**

Email students@newleafcollege.co.uk

New Leaf Recovery Wellbeing College provides a range of free of charge educational courses to enable you to take better control of your wellbeing. Courses teach you practical skills and provide an opportunity for self-reflection to see how you can build on your strengths to achieve better wellbeing.

Our courses are available to anyone aged over 18 living in Hertfordshire. Courses are offered from various campuses across the county.



Enrol online, by email or by phone
www.newleafcollege.co.uk
students@newleafcollege.co.uk
01442 864966



@newleafcollege

New Leaf Recovery and Wellbeing College is delivered by Hertfordshire Partnership University NHS Foundation Trust (HPFT)

