

# Welcome

Solent Recovery College (SRC) offers a fresh way of working that draws on the experiences and skills of people who have used mental health services and the staff who work in them.

Whether you use mental health services in Portsmouth, support someone who does, or work within them, we offer you the opportunity to learn about recovery and feel inspired to take control of your life.

We focus on education and have developed a range of programmes and short sessions that will enable you to manage your own recovery or support someone else with their recovery journey. We will be introducing new opportunities for people living with a range of long-term conditions. Information will be available as these are developed.

We believe that education offers new hope and the opportunity for you to learn more about recovery, coping skills, practical skills, living with on-going symptoms and how to get the best from the mental health services.

Our courses aren't therapy. They can help you become an expert in managing your own life – and be at the centre of your own recovery journey.

We aim to:

- **Enable you to take control of your life**
- **Use education as a route to recovery**
- **Improve your experience of mental health services**
- **Share your journey**
- **Inspire you to live a life that's worth living – with or without on-going symptoms.**

## Programmes and Sessions



Over the next pages you will find information about our courses and programmes, frequently asked questions, opportunities within Solent Recovery College, key steps in your journey and how to enrol.

We use the word 'course' to describe a session lasting between 60 minutes to half a day and 'programme' to describe a series of sessions over a number of weeks. All sessions include a taught component with time to reflect and discuss.

We have grouped the sessions and programmes into four progression levels so that you can build on your learning over time:

### **What is recovery?**

#### **Understanding recovery**

#### **Developing your knowledge and skills**

#### **Moving forward**

We also timetable regular tutorials for you to review your learning, let us know your experiences and decide your next steps.

Details of dates and times are provided separately. This allows us to develop our timetable each term in response to student need. This can include evening courses.

Our courses are held at the University of Portsmouth and at the SRC Student Hub:

University of Portsmouth Campus location:

**Room 2.12 Nuffield Centre  
St Michaels Road  
PO1 2BH**

**SRC Student Hub  
Cambridge Road  
PO1 2EF**

You can drop in to the SRC Student Hub to register at the college every Tuesday between 10am-2pm.

*"It was good to hear your (Peer worker) story – good and bad bits – it's difficult to make sense of it myself, it helped hearing someone else say it "* - SRC Student



## College Enrolment

### Introduction – What is Recovery?

#### Progression 1 – Understanding Recovery

Supporting Someone Else's Recovery	First Steps to Recovery lectures	Understanding Anxiety
Understanding Depression	Understanding Psychosis and Schizophrenia	Understanding Personality Disorder
Understanding Self-Harm	Understanding Obsessive Compulsive Disorder	Skills for Life: Introduction to the 12-part programme.
Understanding Bipolar Disorder	Understanding Mindfulness	Mind and Body
Understanding Dementia		Understanding Personality Disorder

#### Progression 2 – Developing Knowledge and Skills

Living with anxiety – 3-part programme	Living with bipolar disorder – 3-part programme	First steps to recovery lectures – 7 sessions
Developing mindfulness – 5-part programme	Mental health and addiction	Skills for Life – 12-part programme
Developing a wellness plan – 2-part programme	Coping in a crisis	Knowing your rights – an introduction to mental health law
Living with psychosis and schizophrenia	Living with personality disorder – 3-part programme	Writing your recovery narrative
Understanding Dementia		Mind and Body: Making a Change

#### Progression 3 – Moving Forward

Goal setting for the future	Preparing for work	Developing a peer support group
Updating your wellness plan		



## Frequently Asked Questions (FAQ's)

### What is Solent Recovery College?

Solent Recovery College offers a range of programmes and short sessions for people with mental health problems, as well as their family friends and carers.

SRC is different because we focus on education to promote hope, control and opportunity for people with mental illness.

SRC has been developed as an exciting new partnership between Solent NHS Trust, The University of Portsmouth and the Solent Mind Peer Trainers.

The programmes and sessions have been designed by professionals and people who have lived with mental illness, and draw on the experience and expertise of both. Working together we can help you to determine your own recovery journey.

### Who can attend?

Solent Recovery College is open to people who use mental health services in the PO1 to PO6 area. Our programmes are also for friends and supporters of those who use services, and staff within the partnership organisations. Everyone who enrolls with Solent Recovery College will be thought of as a 'student' – no-one is labelled as a service-user or 'professional'.

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

No. You do not need to be referred. As a student, you simply enrol and discuss the courses which best suit you. Your attendance is not noted or recorded by the mental health service.

### I care for someone who uses mental health services – can I enrol?

Yes of course. We aim to increase awareness of recovery and mental health issues – you are an important part of this. You can attend with the person you support, or in your own right.

### I don't have a mental health issue – can I come to Solent Recovery College?

We will be introducing new opportunities for people living with a range of long-term conditions. Information will be available as soon as these are developed.

### Do I need any qualifications to attend Solent Recovery College?

No. We appreciate that many of our students will have missed out on education, and may have been unhappy at school or college. Our courses range from brief,



introductory 'taster' sessions to programmes running over a few weeks. There are no formal entry requirements for any of our courses.

### **What if I need some support with studying, once the programme has begun?**

Solent Recovery tutors will be happy to provide advice and support if students feel they need additional help.

### **Will I need to pay for the session or programme?**

All our programmes are free for people who work, use or care for someone who uses Solent NHS Trust mental health services.

### **Where will I learn and who will teach me?**

Solent Recovery College operates a blended learning approach with courses taken place between the University of Portsmouth, the SRC Student Hub on Cambridge Road and online. All courses are delivered by 2 trainers – one who has expertise through learnt knowledge in adult mental health and one who has expertise through having experienced mental health issues themselves. Having both forms of knowledge is a really important principle of Solent Recovery College. On the very rare occasion that both trainers are not able to attend, we may need to rearrange the course.

### **I don't want to go back to school or college – is that what this is?**

Our programmes aren't traditional college or school subjects, like Maths and English. We aren't providing therapy either. And don't worry, it won't be like school. You won't find yourself sitting in a classroom listening to a teacher talk while you try to take notes. Instead, you will have opportunities to discuss subjects that interest you, learn at your own pace and develop your own Personal Learning Plan.

### **What happens if I don't attend the whole of a programme?**

Don't worry. We understand that you may become unwell during a programme or be unable to attend for other reasons. Solent Recovery College team will discuss with you any problems you might have in attending, although we do ask that you do your best to attend. In some circumstances we may not be able to hold places open for people who repeatedly fail to attend any or all sessions in a programme.

### **What is a Personal Learning Plan?**

We want to inspire your potential and make the most of your opportunities. We offer individual and group tutorials to discuss your personal goals, both short and long term, and look at your strengths and what you would like to improve. This will help you to think about what you want to do and what skills you would like to develop. We will then support you to achieve these goals.



## How many other students will be on the programme with me?

Class sizes tend to vary. Although we try to keep face-to-face classes kept small so that you have the best chance of learning and can develop your knowledge and understanding of moving beyond mental illness in a supportive environment. Online class sizes may contain up to 24 students, but we use breakout rooms to split class into much smaller groups for discussions.

## Do I have to take any tests or exams at Solent Recovery College?

No. There are no exams or tests.

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

Yes. We are happy for students to attend with a carer/supporter or staff member from their team. Please note that your supporter must register, enrol and participate as a student during the programme or session.

## What should I expect at my first class?

All courses are taught online or in a classroom setting. They include a mixture of taught material and discussion. It would be helpful to bring a pen if you would like to make your own notes.

## What happens once I have finished my programme?

One of our aims is to give you the time and space to decide your next step – and the confidence to take it. It might be that you would like to move on to another programme at college, or look for work. Whatever your life goal, we are here to help you achieve it.

## Where can I find out more information?

For further information please contact the team at Solent Recovery College on:

Email: [SRC@solentmind.org.uk](mailto:SRC@solentmind.org.uk)

Phone: 07971348555

Or visit us at our webpage for more information about classes:

<https://www.solentmind.org.uk/our-services/portsmouth-support-and-recovery-service/solent-recovery-college/>



## **What measures have SRC put in place to protect students against COVID-19?**

- **We now offer a new digital stream where courses will be taught via ZOOM.**
- **Smaller classes with chairs laid out in guidance of social distancing rules.**
- **We ask students not to arrive too early to class and to make use of the hand sanitizer stations that will be set up.**
  - **Students are asked not to attend if they feel unwell.**
  - **Masks will need to be worn in the buildings, unless an exemption for medical reasons has been given.**
- **Students can contact us if they feel anxious about attending class or assessing our digital services.**



## Introduction

This is every student's first course. It will introduce you to Solent Recovery College.

### What is Recovery?

This session provides an ideal stepping stone for further recovery programmes at the college and introduces the concept of recovery in mental health. The session gives you an opportunity to explore your own attitudes and beliefs about recovery and looks at the major factors for achieving or supporting recovery in mental health.

## Progression 1 – Understanding Recovery

Develop your understanding of frequently discussed topics by attending our short, introductory sessions. This is a good place to start for anyone who is thinking about joining Solent Recovery College. Attendance at some of these sessions is recommended before you enrol on a longer programme.

### Understanding Anxiety

Length of class: 2 hours. Single one-off class.

One of our most popular courses, Understanding Anxiety explores how and why we feel anxiety, and possible treatments and support. This is the introductory class to Living with Anxiety.

### Understanding Depression

Length of class: 2 hours. Single one-off class.

This course is designed for anyone who has experienced depression or is working with or caring for someone who has, and discusses the myths and realities of depression, as well as the possible treatments and support available. This is the introductory class to Living with Depression.

### Supporting Someone Else's Recovery

Length of class: 2 hours. Single one-off class.

If you are supporting someone through their experience of a mental health problem, this class can help you understand what may be happening, both for you and the individual, and provide key ways for you to effectively support them and take care of yourself.

### Understanding Bipolar

Length of class: 2 hours. Single one-off class.

For those who wish to learn more about Bipolar, the myths and realities of life with the disorder, and the possible treatments and support available. This is the





introductory class to Living with Bipolar Disorder.

### Understanding Mindfulness

Length of class: 2 hours. Single one-off class.

The class looks at the mind-body approach that involves paying attention to thoughts, feelings and bodily sensations in a way that increases awareness and compassion in order to manage difficult experiences and make wise choices. This is the introductory class to Developing Mindfulness.

### Understanding Personality Disorder

Length of class: 2 hours. Single one-off class.

For a better understanding of the various diagnoses of Personality Disorder, including possible treatments and practical methods to help overcome or minimise the effects of Personality Disorder.

### Understanding Psychosis and Schizophrenia

Length of class: 2 hours. Single one-off class.

This class will be useful for anyone who has experienced psychosis or schizophrenia, or works with or cares for someone who has. The session will explore the facts and fiction, and give more information on treatment and support.

### Understanding Self-Harm

Length of class: 2 hours. Single one-off class.

Self-harm can be difficult for many people to understand. By attending this class, you can increase your ability to manage in

different ways and/or support someone. The class will also look at the many myths surrounding self-harm.

### Understanding Mind & Body

Length of class: 2 hours. Single one-off class.

This class links together physical and mental health, and how the two can interact and influence each other.

### Understanding Obsessive Compulsive Disorder (OCD)

Length of class: 2 hours. Single one-off class.

This class is for anyone who has experience OCD or anyone who is working with or caring for someone that has. It will look at the different behaviours and thought patterns, as well as practical methods of support to help overcome or minimise the effects of OCD.

### Understanding Dementia

Length of class: 2 hours. Single one-off class.

### Skills for Life

Length of class: 2 hours per class, 13 classes total including the Introduction.

The first introductory class will introduce why the life skills in the full program are important to develop your ability to identify and manage emotions. The following 12 classes will focus on the skills that can enable you to manage your life more easily, designed for those who have overwhelming difficulty coping with rapid changes in emotion, and to help get on with others and tolerate distress.



## Adjusting to Life After Lockdown \*NEW\*

Length of course: 2 hours per class.  
Single one-off course.

A new course aiming to help students navigate daily life after the pandemic. We will look at stress management and coping measures; combating pressures such as isolation, mask wearing and a range of anxieties we might be facing as a society.

## Understanding Eating Disorders \*NEW\*

Length of course: 2 hours per class.  
Single one-off course.

This course is designed for anyone who has experienced - or is suffering from - an eating disorder. This course would also help those working with or caring for someone who has an eating disorder. We will be discussing the myths and realities of eating disorders, as well as the possible treatments and support available. We hope to encourage sufferers in the belief that full recovery is absolutely possible.



## Progression 2 – Developing your Knowledge and Skills

This series of more focused sessions and programmes provides you with the tools and skills to increase your understanding of recovery and create new opportunities to self-manage your experiences or support someone else. *(Please note that for two-or-more-part programmes, a commitment to enrol for the whole programme is required.)*

### Living with Anxiety

Length of class: 2 hours per class, 3 classes total.

Must attend Understanding Anxiety first.

A more in-depth look at anxiety and practical methods/exercises on how to live alongside it, as well as further information on possible treatments and support.

### Living with Depression

Length of class: 2 hours per class, 3 classes total.

Must attend Understanding Depression first.

A more detailed explanation of depression, including looking at practical methods to help overcome or minimise the effects of depression.

### Living with Bipolar

Length of class: 2 hours per class, 3 classes total.

Must attend Understanding Bipolar Disorder first.

Expands in further detail the challenges faced when living with Bipolar Disorder, and provides more in-depth information on possible treatments and support.

### Developing Mindfulness

Length of class: 2 hours per class, 5 classes total.

Must attend Understanding Mindfulness first.

A further study of Mindfulness, to practice and hone the skills learnt in the Understanding Mindfulness class.

### Mind & Body – Making a Change

Length of class: 2 hours per class, 3 classes total.

Must attend Understanding Mind & Body first.

A further look at how physical and mental health link together, and how improving one can influence the other. Also, practical support on how to improve mind & body health.

### First Steps to Recovery

Length of class: 2 hours per class, 8 classes total including the Introduction.

The first introductory class will introduce why the key skills in the full program are important in gaining a sense of control over commonly experienced difficulties. The following 7 classes will focus on Sleep, Stress Less, Food & Mood, Communication, Medication, Problem Solving and Balanced Lifestyle.



## Substance Misuse & Impact on Mental Health

Length of class: 2 hours. Single one-off class.

This class examines the nature of the link between substance use and mental health. The session can help you to recognise when substance use becomes unhelpful, and suggests possible treatments and support available.

## Knowing Your Rights – Intro to Mental Health Law

Length of class: 2 hours. Single one-off class.

An overview of the most common aspects of the Mental Health Act (1983/2007) and the Mental Capacity Act (2005). The class looks at how the Acts are used in practice to help and protect people, and provides important information about the patient and carer rights.

## Developing a Wellness Action Plan

Length of class: 2 hours per class, 2 classes total.

Through understanding and recognising changes that take place as you start to feel unwell, it becomes easier to know what you or others around you can do to regain control and wellbeing. Provides the opportunity to develop your own WAP or Early Warning Signs plan.

## Coping in a Crisis

Length of class: 2 hours. Single one-off class.

This class can help make sense of a crisis experience. Through exploring personal resource and treatment preferences, you will be supported to develop a plan to

prepare you and inform others about how they can best support you in future times of distress.

## Exploring Spirituality & Wellbeing

Length of class: 2 hours per class, 2 classes total.

These classes explore the link between mental health and spirituality, including plenty of opportunity for discussion with time and space to explore how to meet your own spiritual needs and, in turn, how this can support your recovery.

## Writing Your Recovery Narrative

Length of class: 2 hours per class, 3 classes total.

Recovery narratives are individual personal stories of recovery, showing the movement towards making sense of your personal experiences. You will be given the opportunity to learn from and develop your own recovery narrative, by teaching you the basic principles and helping you find imaginative ways that suit you to tell your story.

## Living with Personality Disorder \*NEW\*

Length of class: 2 hours per class, 3 classes total.

Expands in further detail the challenges faced when living with personality disorder and provides more in-depth information on possible treatments and support.



## Progression 2 – Developing your Knowledge and Skills

This series of more focused sessions and programmes provides you with the tools and skills to increase your understanding of recovery and create new opportunities to self-manage your experiences or support someone else. *(Please note that for two-or-more-part programmes, a commitment to enrol for the whole programme is required.)*

### Developing a Peer Support Group

Length of class: 2 hours. Single one-off class.

Would you like to set up your own peer-led support group? Receive practical advice and guidance on the factors that ensure a successful group, such as safety, good communication, and planning/maintaining the group.

### Goal Setting for the Future

work. You'll look at how to identify and search for jobs, how to apply, preparing for interviews and whether to disclose

Length of class: 2 hours. Single one-off class.

An opportunity to think about the future, your goals and how you might achieve them. You will have the time and space to explore what a life worth living might look like for you – and begin to plan for it.

### Preparing for Work

Length of class: 2 hours. Single one-off class.

Essential information and support if you are considering starting or returning to your health history. You can also learn about local specialist services who can support you with this.



# Programmes and Sessions

**These sessions build on your learning from previous sessions and programmes and focus on how you can take control of your life – and enjoy a life that's worth living!**

## Goal Setting for the future

This session draws upon work you have completed in other programmes. The session provides an opportunity for you to think about the future, your goals and how you might achieve these. You will have the time and space to explore what a life worth living might look like for you – and begin to plan for it.

## Preparing for work

Essential information and support if you are considering a return to work. You will look at how to identify and search for jobs, how to apply, preparing for interviews, and whether to disclose your health history. You can also learn about local specialist services who can support you back to work, from first steps to you first day – and beyond.

## Developing a peer support group

Would you like to set up your own peer-led support group? This session provides practical advice and guidance on the factors that ensure a successful group, such as safety, good communication and the practicalities of planning and maintaining an on-going meeting or forum.

## Updating your wellness plan

Drawing on work you have completed in other programmes; this session reviews your wellness plan. You could update it, identify and explore new activities and opportunities available to you and seek support from a wider range of people or services. This could be in preparation for moving beyond mental health services, or changing the way you receive support from them. Please note that attendance at the 'Developing a wellness plan' and 'Coping in a crisis' sessions is required before joining this session.



*“It’s the first time I’ve helped myself other than getting tablets from the doctor – it’s good to be in control.” – SRC Student*

## Starting your SRC Journey

Attend an appointment to enrol

Make us aware of any support needs you may have, and what you hope to learn

Let us know your availability for courses

Agree your timetable

Attend a tutorial



## I'm interested - what next?

If you are interested in any of our programmes and sessions, would like to know more about how you can become an expert in your own recovery, or if you would like to check eligibility you can contact the Solent Recovery College team on:

**Phone | 07971348555**

**Email | [SRC@solentmind.org.uk](mailto:SRC@solentmind.org.uk)**

**Address | SRC Student Hub, Cambridge Road, Portsmouth PO6 2EF**

Alternatively, you can find digital versions of our information such as course lists and timetables by visiting:

[www.solentmind.org.uk/solent-recovery-college](http://www.solentmind.org.uk/solent-recovery-college)

Your interest or attendance is not noted or recorded by the mental health service.





## About us

Solent Recovery College has been developed as a partnership between Solent NHS Trust, Solent Mind and The University of Portsmouth.

### Solent NHS Trust

- Working In partnership to deliver better health and local care
- The integrated workforce of Portsmouth City Council and Solent NHS Trust are the main provider of mental health services for people living in Portsmouth. The Trust put individuals and their families at the heart of our decision making. By working in partnership with other organisations, our service users benefit from local, integrated community solutions that provide the highest quality care to our patients.



Tel 0800 013 2319

Email [snhs.solentfeedback@nhs.net](mailto:snhs.solentfeedback@nhs.net)

Web [www.solent.nhs.uk](http://www.solent.nhs.uk)

### University of Portsmouth

- Working in partnership to give students support for their mental health wellbeing



Tel (023) 9284 8484

Email [info@port.ac.uk](mailto:info@port.ac.uk)

Address University House, Winston Churchill Avenue,  
Portsmouth, PO1 2UP

### Solent Mind

- Providing advice and support to empower anyone experiencing a mental health problem

We're Solent Mind, the leading mental health charity across Hampshire. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support. We offer a range of high-quality services that aim to improve mental wellbeing and we campaign to raise awareness and improve understanding of mental health. We're here so that no one in our diverse community has to face a mental health problem alone.



Tel (023) 8202 7810

Email [info@solentmind.org.uk](mailto:info@solentmind.org.uk)

Web [www.solentmind.org.uk](http://www.solentmind.org.uk)

Address SRC Student Hub, Cambridge Road, PO1 2EF



## Courses I have attended:

### Progression 1 - Understanding Recovery

- Understanding Anxiety
- Understanding Depression
- Understanding Personality Disorder
- Understanding Mindfulness
- Understanding Dementia
- Understanding Psychosis and Schizophrenia
- Understanding Self-Harm
- Understanding Obsessive Compulsive Disorder (OCD)
- Understanding Bipolar Disorder
- Supporting Someone else's Recovery
- Mind and Body: Understanding Physical and Mental Health
- Skills for Life: Introduction

### Progression 2 - Developing your Knowledge and Skills

- Skills for Life: Weeks 1-12
- Developing Mindfulness
- First Steps to Recovery Lectures
- Mental Health and Addiction
- Knowing your Rights - an Introduction to Mental Health Law
- Coping in a Crisis
- Mind and Body - Making a Change
- Living with Anxiety
- Living with Personality Disorder
- Living with Bi-polar Disorder
- Developing a Wellness Plan
- Writing your Recovery Narrative



## Progression 3 - Moving Forward

- Goal Setting for the Future
- Preparing for Work
- Developing a Peer Support Group
- Updating your Wellness Plan

