



Jan – April 2020 Curriculum

Office Base

RAMH

North Ayrshire Wellbeing & Recovery College

The Michael Lynch Centre for Enterprise

71 Princes St, Ardrossan KA22 8DG 01294 447355



Welcome to the North Ayrshire Wellbeing & Recovery College!

The RAMH Team (Recovery Across Mental Health) started at the beginning of July 2019 and are leading the college for an 18-month period, working closely with North Ayrshire HSCP and The Steering Group. RAMH is a charity which promotes recovery from mental ill health, and empowers people to build independent, fulfilled lives.

Recovery College Team:

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What is the North Ayrshire Wellbeing & Recovery College (NAWARC)?

The college is open to anyone who is over 16 years old and lives, works or studies in North Ayrshire. The college offers educational courses to support mental, physical and emotional wellbeing in shared learning environments in the community. It supports people to identify and build on their own strengths, make sense of their experiences and to take responsibility, where possible, to self-manage their mental health and wellbeing.

A Recovery College has four principles:

Co-production	courses developed by experts with lived experience
Education	learning for self-management
Inclusion	open to all
Recovery Focus	focus on wellbeing

Four Values:

Celebration	Celebrating success
Empowerment	Taking control
Person Centred	Individual journey
Strengths Based	Building on existing strengths

We strive to enable students to gain an increased:

- ability in coping and self-managing skills
- sense of empowerment
- sense of connectedness with others
- sense of hope and optimism for the future

What is recovery?

There is no single definition! It involves self-management, recovery from a health condition and is also about recovering a life worth living and regaining those things that may have been lost due to mental or physical illness and/or disability. These would include confidence, purpose and meaning, life opportunities through to education and employment.

Who are the tutors?

The College works in partnership with several different organisations who deliver training and workshops with the curriculum. The tutors are supported by the Student Services Team.

How are the courses decided?

Some courses have been tried and tested over the last two years and others are evolving through discussion in response to students' needs. Courses, in principle, will be co-produced with tutors and with people who are experts by experience.

I'm a student?!

Yes, within the Recovery College you are a student - you identify your learning needs and choose courses to meet those needs. An application form is completed, and your preferred courses identified. The website will be updated with information about all forthcoming courses. Please note, that a waiting list may be created for popular courses and we will endeavour to run an additional course the following term, where there is demand.

Learning tracks will help you decide where you are on your recovery and learning journey which will make it easier to select the courses to suit your current needs and progression.

<input type="checkbox"/> TRACK 1	I'm interested in learning about recovery. I am starting out.... and need some support.
<input type="checkbox"/> TRACK 2	I'm progressing in my recovery and building on my self- management skills.
<input type="checkbox"/> TRACK 3	I'm ready to go deeper in my learning and in establishing my recovery. I can also support others on their recovery journey.

TRACK 1	TRACK 2	TRACK 3
What is Recovery (1 session)	Living Life to the Full (8 sessions)	Mind & Body (3 sessions)
Write to Recovery (9 sessions)	Crafty Corner Advanced (6 sessions)	Creative Recovery (including Creative Perspectives) (16 sessions)
Crafty Corner Beginners (6 sessions)	They Love Me, They Love Me Not (2 sessions)	You Matter Always (6 sessions)
Tackling Stigma (workshop)	It's not about me, it's what happened to me that matters (5 sessions)	Present Well (workshop)
Sleep Well Be Well (workshop)	Thinking about Work (workshop)	Co-production & Facilitation of Learning
I Matter (5 sessions)	Health & Wellbeing Award (12 sessions)	It's not about me, it's what happened to me that matters Advanced (5 sessions)
Maintain your own 'App-yness workshop)	SQA SCQF Level 4 Award in Volunteering (14 sessions)	Peer 2 Peer (12 sessions)
Getting Well, Staying Well (4 sessions)	Building Resilience (2-part workshop)	WRAP (Wellness Recovery Action Plan (2 days/4 sessions)
Community Drumming (12 sessions)	SQA SCQF Level 4 Health & Wellbeing Award (12 sessions)	Group Facilitation Skills (8 sessions)
Recovery College Reads Book Club (4 sessions)	CAP Money (4 sessions)	SQA SCQF Level 4 Mental Health & Wellbeing Award (20 weeks)
Film & Wellbeing Film programme	CAP Lifeskills (8 sessions)	Behind the Screens (curating a film programme/festival, 4 sessions)
Food & Mood (workshop)		

What's Next?

All students are asked to identify their learning needs and supported to select courses to meet their needs. We also ask for student's long-term goal and encourage people to work towards that goal. It may be to become a Volunteer Peer Facilitator, to go into further education, to volunteer, join a community group, to gain paid employment or something else.

The Courses

They Love Me, They Love Me Not

This course will be delivered by North Ayrshire Women's Aid and focuses on understanding and maintaining relationships. The first session supports participants to gain a sense of what their own personal boundaries are, and what it feels like when boundaries are stepped over. It will identify healthy and productive ways of communicating with an emphasis on learning how to listen. The second session looks at unhealthy dynamics in relationships and explores options for dealing with conflict through communication. It will explore passive, aggressive and assertive communication techniques as well as tips for resolving conflict with healthy assertiveness.

WRAP (Wellness Recovery Action Plan)

The Wellness Recovery Action Plan or WRAP, is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It was developed in 1997 by a group of people who were searching for ways to overcome their own mental health issues and move on to fulfilling their life dreams and goals. It is now used extensively by people in all kinds of circumstances, and by health care and mental health systems all over the world to address all kinds of physical, mental health and life issues. This course supports participants to develop their own wellness toolbox, and a daily maintenance plan.



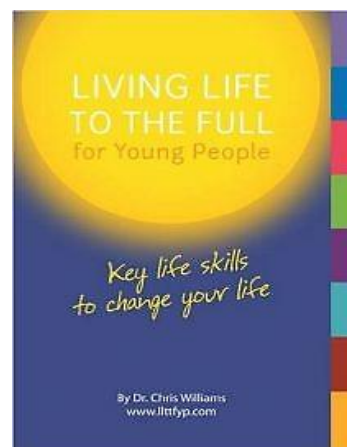
Write to Recovery



Everyone has a story. Writing it down can help you in many ways. If you've ever put pen to paper to work through difficult feelings, you might already know how powerful words can be. The sharing of life stories can create lasting bonds between people, support personal growth and give people the chance to view their journey in a different light. This series of writing workshops focuses on the promotion of self-management for people experiencing emotional difficulties or mental ill-health. The discussion and writing undertaken at Write to Recovery groups aims to invoke, in participants, a recognition of their strengths and positive aspirations.

Living Life to the Full

This course covers "low mood and stress and all of the common linked problems this causes". It allows for participants to work out why they feel as they do, how to develop the life skills to tackle problems, build confidence, get going again, feel happier, stay calm, tackle upsetting thinking, and more". The course is interactive, with mini booklets designed to encourage specific and realistic goal setting. It is effective in guiding and supporting people as they work to change their lives. The 8-week course is based on Cognitive Behavioural Therapy. It was commissioned by the Scottish NHS and written by a psychiatrist.



African Drumming with The Buddy Beat

'Living with a mental health condition creates so many barriers for communication both real and imagined. I find attending Buddy Beat allows me to step around these, to communicate and connect to others through music, to feel a part of something more, something larger. Even in my darkest days this allows just a little light to shine through the clouds, however heavy they may be. Indeed, without this, managing my condition becomes much more difficult.' – Ian

The Buddy Beat is a well-established, award winning, drumming group in Renfrewshire who have been working with North Ayrshire Wellbeing and Recovery College over the last 12 weeks delivering a African/Djembe drumming course, whilst also training two local musicians to continue to development of the workshops, using drumming as a social and community development. This is a fun, interactive course which allows you to find your groove!

It's Not What's Wrong with Me, It's What Happened To Me That Matters

Trauma Informed Practice and the science of Adverse Childhood Experiences (ACEs) is now at the forefront of mental health, wellbeing and recovery. The knowledge base around this offers hope and recovery both in terms of mental and physical health. This 5-week course covers the knowledge, evidence and best practice around ACEs and trauma. It will enable and empower participants to be leaders in their own recovery journey. You will not be asked to share your personal experiences as part of this course.

Maintain your own App-yness

These days so many of us use apps in our everyday life for entertainment, travel, shopping and many more. This course investigates the use of apps for Wellbeing and Mental Health. There are many apps which can be used daily for general wellbeing and specific areas of mental health. So, what do you do if you lack time and resources and want some additional help? On this course, we will be able to identify key apps which might be useful for you.

Food & Mood

Explores the relationship between what you eat and how you feel, including tips on how to incorporate healthy eating into your life.

Crafty Corner Beginners & Advanced Courses

A series of 6 craft workshops will run, with a different craft being offered in each one. By the end of each session you will be able to take home with you what you have made during the workshop.

I Matter

POWWOWs are Penumbra's workshops on wellbeing. A group of people with a shared interest in an area of wellbeing come together to share knowledge and experience. It is a discussion format and will take place over 4 sessions, each of which lasting 2 hours. The session will cover 4 topics: Anxiety Matters, I Matter, Assertiveness Matters and Fitness Matters



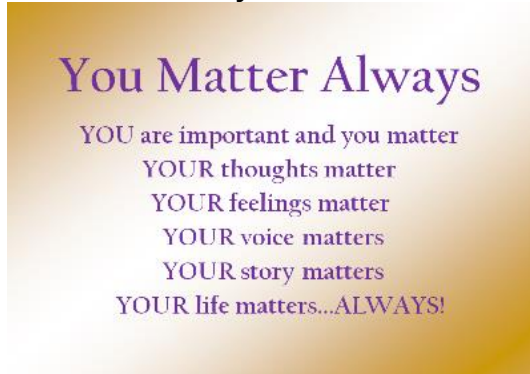
Sleep Well, Be Well

Explore your sleep routine and the habits or factors that reduce your ability to have a restful sleep. Share tips and ideas for how to improve sleep quality.

Tackling Stigma

Explore what stigma is and what creates it. Look at our own stigma, where it comes from and how to let it go.

You Matter Always



You Matter Always (health and wellbeing), provides means for conversation, connection, inclusion, self-discovery and personal growth. YMA adopts a peer support/education approach to meeting need, acknowledging rights and empowering people to take a more active role in managing aspects of their own health, wellbeing and recovery. Love is inclusive, not exclusive! You will work on your own YMA cards, strengths-based tools of self-management, empowerment, encouragement and enlightenment.

Each, compact card cherishes messages and memories from loved ones and appreciates that people can often hear the positive things that people are saying, but struggle to feel them. A wee reminder of how important we all are and how much we matter always. Over 6 x 2-hour sessions you will recognise that you do matter always.

Mind and Body

In these three workshops of 1½ hours, we'll have fun unpacking how the mind and body are connected through our nervous, immune and mechanical systems. We will explore scientifically proven ways we can get them back into balance. We know the science of what's going on in our minds and bodies when we have a panic attack, fibromyalgia, depression, ME, post-traumatic stress disorder, chronic pain, anxiety or insomnia. Using this knowledge, you can take back control. Join us if you'd like to start making lasting changes by using your mind to help our body and your body to help your mind.

Thinking about Work?

A workshop style session which will give opportunities to think about work and discover what you can do and what support is available to support you in the process of getting back into work. No expectation to take it any further but perhaps something to think about for the future. Attendance is confidential.

Films for Wellbeing

A series of film evening each term will be screened, followed by an after-show discussion, with a guest panel, exploring the themes of the film. The films are selected and curated by Recovery College students.

Recovery College Reads

A monthly book club, with a mental health and wellbeing theme. The books will be available from the library in print, large print and audible versions. The group will review the book and discuss the topics that it highlights. There is also an opportunity to discuss the book on the college Facebook page.

Building Resilience

In this two-part workshop, we will consider and explore the importance of resilience in our lives - with reference to the management of our overall mental health and wellbeing.

Students will also assess their own situations and develop an awareness of a range of support services, coping and self-management strategies - aimed at helping them connect more effectively with family, friends, fellow students, work colleagues, community, and the 'world at large'.

Creative Recovery

A new eight-week course that has been co-produced with students to facilitate people to progress their recovery using a variety of creative mediums and methods. Each session will have a theme which will facilitate self-awareness and self-expression, provide opportunities to empower each other and our communities. A journal/sketch book will be a medium to capture the experience and learning through course. The course will lead onto a Visual Arts project, 'Recovery Perspectives: Coasts & Waters' culminating in an Exhibition in SMHAF May 2020 in Harbour Arts Centre.

Recovery Perspectives: Coasts & Waters Visual Arts Project

An eight-week adventure using coasts and waters as metaphors of recovery visually exploring personal recovery journeys, creating individual art pieces, accompanying stories/poems and a large group collective piece of work. The medium of fibre, wools and felting will be harnessed and new skills will be taught so no previous experience required.

The work produced will be curated and hung by Harbour Arts Centre with an exhibition launch during the Scottish Mental Health Arts & Film Festival.

What Is Recovery

This is a single session that allows students to explore their own definition of recovery, gain personal awareness, understand the principles of self-management, feel empowered to make changes, gain confidence to move forward and plan their own recovery journey.

Getting Well, Staying Well – A Self-Management CBT Approach

Over four sessions, students will be introduced to self-management using a CBT approach and the "five areas" cycle. Students will be able to complete their own five areas and understand how these connect. The course will look at what maintains symptoms and how to break the cycle through making cognitive and behavioural changes.

CAP Money

This course will help you to get control of your finances, so you can save, give and prevent debt. The Money course is devised by the award winning debt counselling charity, Christians Against Poverty. It is a free course that will teach you budgeting skills and a simple, cash-based system that works. In just a few weeks you will get to grips with your finances so you can budget, save and prevent debt.

CAP Lifeskills

The Christians Against Poverty Life Skills course has four main themes: **Money** - Identifying and lifting the pressure to spend by teaching you how to budget, how to save money and how to shop on a budget.

Organisation and taking control - It's hard to make good choices about our money, health and wellbeing if we are disorganised. We will look at planning your shopping and meals as well as thinking about supermarket tips and tricks. **Health and Wellbeing** - It's easy to neglect our physical and mental health yet we need our bodies and minds to function. We will look at ways to cook and eat healthily on a budget to improve your physical and mental wellbeing. **Relationships** - Healthy You, Healthy Relationships.

Relationships influence how we feel and we will look at building healthy relationships, communicating well and forgiving ourselves and others. There is a religious element in the course content.

Courses continued from 2019:

COURSE	DATES/TIMES	VENUE	LEVEL
African/Djembe Drumming 6 sessions	Wed 8 Jan until 12 Feb 1.30 – 3pm	Nazarene Church Glasgow St, Ardrossan KA22 8EU	1
Peer 2 Peer 6 sessions	Tues 7 Jan until 11 Feb 6pm – 9pm	Michael Lynch Centre 71 Princes Street, Ardrossan, KA22 8DG	3
Mental Health and Wellbeing Award	Tues 6 Jan until 28 April 2020 9:30am – 12:30pm	Michael Lynch Centre 71 Princes Street, Ardrossan,	3

Winter/Spring 2020

COURSE	DATES/TIMES	VENUE	LEVEL
Sleep Well, Be Well 1 session	Wed 15 Jan 1pm – 3pm	Kilwinning Fire Station, Stevenson Road, Kilwinning, KA20 3DA	1
Tackling Stigma 1 session	Wed 22 Jan 1pm – 3pm	Kilwinning Fire Station, Stevenson Road, Kilwinning, KA20 3DA	1
I Matter 4 sessions	Wed 29 Jan until Feb 19 1pm – 3pm	Beith Community Centre, Bellman's Close, Beith KA15 2BQ	1
They Love Me, They Love Me Not 2 sessions	Thurs 6 Feb & Thurs 13 Feb 2pm – 4pm	Brooksby Medical Centre, 31 Brisbane Road, Largs, KA30 8LH	2
Write to Recovery 9 sessions	Mon 3 Feb until 30 March 1pm – 3pm	Ayrshire College, Kilwinning Campus, Lauchlan Way, Kilwinning KA13 6DE	1
Write to Recovery (INPATIENTS ONLY) 4 sessions x 2	Fri 7 Feb until 28 Feb 10am – 12pm	Woodland View, Ayrshire Central Hospital, Kilwinning Road, KA12 8SS	1
Living Life to the Full 4 sessions	Tues 14 Jan until Tues 4 Feb 11:30am – 1pm	Largs Library, 26 Allanpark Street, Largs, KA30 9AG	2
Living Life to the Full 8 sessions & 1 follow up session	Tues 11 Feb until Tues 31 March Follow up session: 21 April 1pm – 3pm	Fullerton ConneXions, Church Street, Irvine, KA12 8PE	2
Building Resilience 2 sessions	Thurs 13 Feb & Thurs 20 of Feb 10am – 12pm	Michael Lynch Centre 71 Princes Street, Ardrossan, KA22 8DG	2
WRAP (Wellness Recovery Action Plan) 2 sessions	Fri 17 Jan & Fri 24 Jan 9:30am – 4:30pm	Michael Lynch Centre 71 Princes Street, Ardrossan, KA22 8DG	3
WRAP (Wellness Recovery Action Plan) 2 sessions	Wed 19 Feb & Wed 26 Feb 9:30am – 4:30pm	TBC	3
Maintain your own 'App-yness'	Thurs 5 March 10am – 12pm	Michael Lynch Centre, 71 Princes Street, Ardrossan, KA22 8DG	1
You Matter Always 6 sessions	Fri 6 March until 10 April 1pm – 3pm	Michael Lynch Centre, 71 Princes Street, Ardrossan, KA22 8DG	3

Creative Recovery 8 weeks	Thurs 16 Jan to Thurs 5 Mar 1.15 – 3.30pm	Harbour Arts Centre, 114 – 116 Harbour Road, Irvine, KA12 8PZ	3
Recovery Perspectives: Coasts & Waters Visual Arts Project & Exhibition	Thurs 12 Mar to Thurs 30 April 1.15 – 3.30pm	Harbour Arts Centre, 114 – 116 Harbour Road, Irvine, KA12 8PZ	2
Thinking About Work	Fri 21 Feb 10am – 12pm OR Fri 3 April 10am – 12pm	Michael Lynch Centre, 71 Princes Street, Ardrossan, KA22 8DG	2
Recovery College Reads 1 x monthly	Thurs 30 Jan Thurs 27 Feb Thurs 26 March Thurs 30 April 2pm – 4pm	Saltcoats Library, 32 Springvale Place, Saltcoats, KA21 5LS	1
Food and Mood 1 session	Tues 10 March 1pm – 3pm	Michael Lynch Centre, 71 Princes Street, Ardrossan, KA22 8DG	1
It's not what's wrong with me, it's what happened to me that matters (Level 1) 5 sessions	Thurs 12 March until 9 April 10:30am – 1pm	Fullerton ConneXions, Church Street, Irvine, KA12 8PE	2
Crafty Corners (Beginners) 6 sessions	Fri 17 January until 21 February 10am-12pm	Harbour Arts Centre, 114 – 116 Harbour Street, Irvine, KA12 8PZ	1
Crafty Corners (Advanced) 6 sessions	Friday 28 February until 3 April 10am-12pm	Harbour Arts Centre, 114 – 116 Harbour Street, Irvine, KA12 8PZ	2
Films for Wellbeing 1 x monthly	Tues 18 Feb Tues 17 March Tues 7 April 6pm – 9pm	Ardrossan Nazarene Church, Glasgow Street	1
Mind & Body 3 sessions	Tues 19 May until 2 June 1pm – 3pm	Fullerton ConneXions, Church Street, Irvine, KA12 8PE	3
What is Recovery? 1 session	Mon 13 Jan 1pm – 3pm	Michael Lynch Centre for Enterprise, 71 Princes Street, Ardrossan, KA22 8DG	1
Getting Well, Staying Well 4 sessions	Mon 20 Jan until 10 Feb 1pm – 3pm	Michael Lynch Centre for Enterprise, 71 Princes Street, Ardrossan, KA22 8DG	1
African/Djembe Drumming Taster (INPATIENTS ONLY)	TBC	Woodland View, Ayrshire Central Hospital, Kilwinning Road, KA12 8SS	1

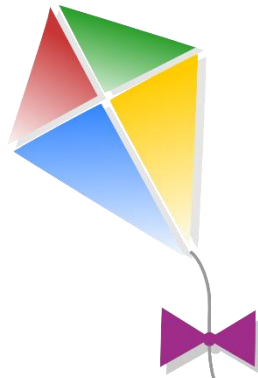
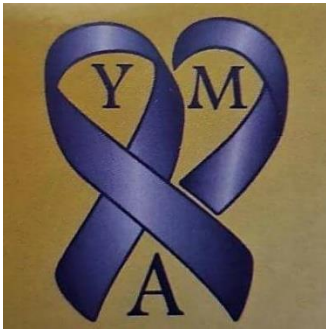
CAP Money	TBC	Michael Lynch Centre for Enterprise, 71 Princes Street, Ardrossan, KA22 8DG	2
CAP Lifeskills	TBC	Michael Lynch Centre for Enterprise, 71 Princes Street, Ardrossan, KA22 8DG	2
'Behind the Screens' Film Programming. Students who have completed the Behind the Screens course will now be programming films for regular events and a 2 day film festival (22/23 May) at Harbour Arts Centre	Thurs 9 Jan – 13 Feb 10am-12pm	Duncan's Bistro at Harbour Arts Centre, Irvine	2



Complaints

The Recovery College undertakes to try and resolve fairly any complaints and difficulties you may have while you study/volunteer with us. Where possible every attempt will be made to resolve the matter locally, informally and quickly. Concerns should be raised with the Co-ordinator informally first. Formal concerns can be raised through the complaints handling procedure which can be found online at: <https://ramh.org/contacting-ramh/suggestions-complaints-concerns/>.

Our Partners:



Write to Recovery

