



RAMH
recovery across mental health



CURRICULUM

WWW.RAMH.ORG



WELCOME

Welcome to the 2023/2024 edition of the curriculum brochure of RAMH North Ayrshire Recovery College. It will provide information to potential students and to those who are curious and interested about what we do and what opportunities are available. The Recovery College is funded by North Ayrshire & Social Care Partnership (H&SCP) and is one of only four Recovery Colleges in Scotland. Recovery College is all about self-management for mental health, learning together, with a strengths based approach, to build individual's wellbeing and recovery. You will be encouraged to engage in some creativity to enhance your recovery and increase your quality of life.

It is a 'college' structure with three semesters a year and a summer school offering a variety of courses, workshops and activities both face to face and online. There are no exams or assignments and there is a relaxed and supportive environment. People enrol as 'students', students of their own wellbeing. When college places are offered we expect people to be committed to their own learning, to attend their courses and work to achieve their individual learning goals. Tutors who are experts in their field deliver courses alongside Peer Volunteers. Peers have a lived mental health experience, they have previously been students and they will inspire and support you.

The Recovery College Staff team will work through a student application form with you and guide you in registering for courses to meet your learning needs. You will be invited to a Welcome Induction session to meet other new students and gain understanding of how you can maximise your experience. Many students before you have experienced personal growth, enhanced their self-management skills and made new friends.

The staff are passionate about what they do, are keen to share your successes and achievements and will do all they can to support your development. If you want to enrol as a student telephone the office on 01294 447355 or email our administrator louise.mathieson@ramh.org. I wish you every success in your learning and recovery.

Jeanette Allan
Recovery College Manager

Courses are designed to enable students to gain an increased:

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

“When I first phoned the Recovery College I was nervous but soon felt at ease. I was listened to & given more information on services and resources in the community than I had in months.”

TRACK 2 STUDENT

“I have been able to develop new coping skills and I have enjoyed the opportunities to work on my recovery through creativity”

TRACK 2 STUDENT

JEANETTE ALLAN
RECOVERY COLLEGE MANAGER

LAINY MCKINLAY
RECOVERY COLLEGE CO-ORDINATOR

LOUISE MATHIESON
ADMINISTRATOR

CAROL BOSWELL
HSCP SELF-HELP WORKER

LINDA HULL
HSCP SELF-HELP WORKER

LAURA STEVENSON
PEER VOLUNTEER TRAINER
ARTS AND CREATIVITY

TIM RYLAND
PEER VOLUNTEER TRAINER
SELF-MANAGEMENT

JANET SMITH
PEER VOLUNTEER TRAINER
PEER DEVELOPMENT

GRAEME NEIL
PEER VOLUNTEER TRAINER

JUSTYNA PAWELSKI
PEER VOLUNTEER TRAINER

KEVIN MURDOCH
PEER VOLUNTEER TRAINER



CELEBRATE CARE
NORTH AYRSHIRE
PARTNERSHIP AWARDS



LAINY, LOUISE AND JEANETTE

RAMH Wellbeing & Recovery College are delighted to be awarded the Winner of 'Innovative Team' at the 2023 North Ayrshire HSCP Partnership Awards.

A FEW HIGHLIGHTS FROM THE NOMINATIONS:

"I began to notice my wellbeing increasing and my way of thinking began to change. I was learning new things to help me manage my mental health in fun and creative ways. They really celebrated my achievements. I believe in myself and my confidence has increased so so much. I will never be able to say enough about the College, their amazing and different ideas to support people in their recovery. I felt I had no future and now I am managing my physical illness and my mental health so much better, I have a hope and I feel I can dream again."

"The Recovery College team is indeed an "Innovative Team" – they thrive on ideas and skills to support our recovery journeys and organise many creative events each year. Empathy and compassion are always at the forefront of everything the team does. The sense of community empowerment that comes from the Recovery College team has undoubtedly been a huge factor in improving the mental wellbeing of many people in recent years, and I believe they deserve to be celebrated with recognition for these efforts."

Yes, within Recovery College you are a student. To enrol as a student you will speak to one of our Student Services Team who will work through an application with you, discuss your learning needs, complete some wellbeing scales and guide you to courses to progress your recovery. There may be waiting lists for some courses according to demand.

A RECOVERY COLLEGE HAS FOUR PRINCIPLES:

CO-PRODUCTION	Co-Production courses developed with experts
EDUCATION	Learning for self-management
INCLUSION	Open to all
RECOVERY FOCUS	Focus on wellbeing

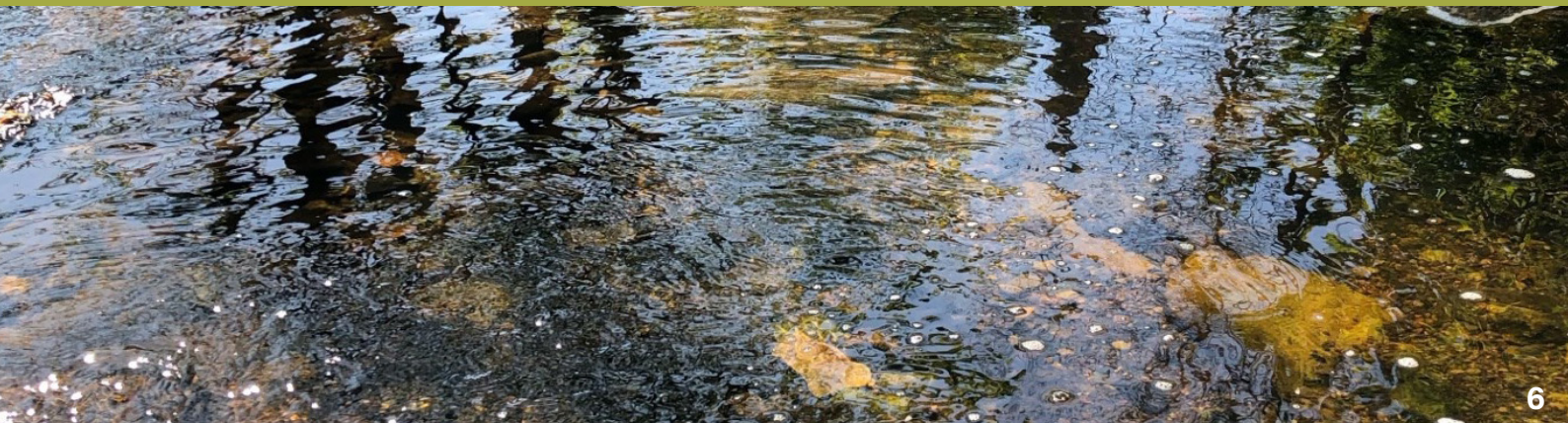
FOUR VALUES:

CELEBRATION	Celebrating success
EMPOWERMENT	Taking control
PERSON CENTRED	Individual journey
STRENGTHS BASED	Building on existing strengths



“During my time at Recovery College I have been encouraged and supported and felt I am a person of value and worth. All interaction with the staff has been positive and affirming”

FORMER STUDENT



CONNECTEDNESS

Computers they are taking over the world these days

You can use them in so many ways

With social media you can keep in touch from your own house

Download the App with the click of your mouse

Which one did you choose

WhatsApp, Snapchat, Zoom or FaceTime

So many to pick from now you're online

**How do you feel when you
are connected to others?**

#CHIMETORECOVER

Talk away, see each other and have your work meetings

Or catch up with family and friends to pass on your greetings

You can work on spreadsheets, databases or write a letter

Click on file and save them in your folder you might be better

Print your documents, send by fax, scan them or send by email

They are all ways to keep in touch even when you are a bit frail

Computers and technology let you achieve so much

It takes getting used to and can sound double dutch

One thing to finish, I would like to say

It's nice to receive post

through the letterbox

In the old fashioned way

WHAT IS RECOVERY?

There is no single definition of recovery. It does involve self-management and recovery from a health condition. It's also about recovering a life worth living and regaining those things that may have been lost due to mental or physical illness or disability.

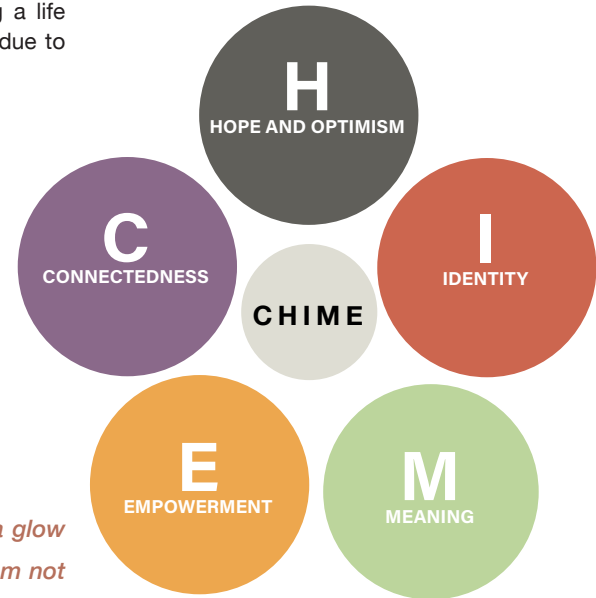
Those could include:

Confidence, purpose, meaning, life opportunities, education, employment.

The acronym CHIME is a helpful framework: You will develop strategies to Build Connection, Discover Hope, Explore your Identity, Find Meaning and Experience Empowerment.

The 'Exploring Recovery' Course explores how we can increase CHIME in our lives.

"After just one session of Exploring Recovery - it gave me a glow in my heart, realising other people feel the same and that I am not alone" TRACK 1 STUDENT





NAWARC works in partnership with a number of different organisations, independent tutors and peer trainers who deliver the training and workshops within the curriculum.

NAWARC is keen to develop new partnerships so please get in touch if there is an opportunity for joint working.

An essential feature of NAWARC is the role and value of Peer; people who have a lived experience of mental health, who have progressed their recovery and are willing to share their learning with others. A team of Peer Volunteers, co-facilitate courses and share their stories and recovery journeys. You will be inspired by team as they support your learning and growth.

"I joined the Peer Pathway in Track 3 and learned how to support others and how to facilitate courses. Students have approached me after hearing 'My Story'. They said it gave them hope, this has made me feel that my time at Recovery College has not only been useful to me but also to others."

PEER VOLUNTEER



Courses are designed to enable students to progress and in Track 1 we have foundational recovery focussed courses that we encourage all students to complete first. Some courses have been tried and tested and others evolve in response to students needs and will be co-produced with subject experts and people who are experts by experience.

Learning tracks will support students to identify courses to suit your current learning needs, your stage of recovery and your progression.

TRACK 1 I'm interested in learning about recovery.
I am starting out...and need some support.

TRACK 2 I'm progressing in my recovery and building
on my self-management skills.

TRACK 3 I'm establishing my recovery and ready to go
deeper in my learning and personal development.
I can also support others in their recovery.

HOPE

**What is your hope
for a new normality?**

#CHIMETORECOVER

Getting us up in the morning
The voice inside us,
Compelling us to explore
Discovering trust, dreams & desires
Seeing light through the darkness
Finding happiness in yourself
We all need Hope



Website:

www.ramh.org



Facebook:

RAMH North Ayrshire Wellbeing & Recovery College



Youtube:

North Ayrshire Wellbeing & Recovery College



Online:

Variety of online courses.

We endeavour to create an environment conducive to learning, ensuring you have all the support and guidance you need to achieve success. The Code of Conduct is a guide to highlight what we expect from students so we can help you all to achieve that success.

As a student at North Ayrshire Wellbeing & Recovery College we expect:

1. RESPECT:

Treat everyone with compassion, dignity and respect. Respect other students' rights, choices, beliefs and opinions. All forms of bullying are taken seriously and may lead to a student being excluded from the college. Respect the wellbeing and property of the other members of the college and report any health and safety concerns to college staff.

2. DISCRIMINATION:

Avoid offensive, racist or sexist language at all times and not discriminate against or harass other students or staff.

3. APPEARANCE:

Dress appropriately for a learning environment, and not wear logos, football colours or slogans that could be deemed offensive to others.

4. CONFIDENTIALITY:

Maintain confidentiality; any personal information shared within the college environment is not to be referred to or shared elsewhere. You can share your experience but not that of others. Take care what you share of yourself on social media and use the internet in a responsible manner.

5. PARTICIPATION:

Take an active part in your own learning and use the resources made available to you and come prepared if any self-directed learning is requested.

Provide us with any information we need to support your enrolment, including any personal detail changes. Attend courses punctually and let us know if you are unable to attend. Certificates of completion will be awarded to you when have you have attended at least 80% of the course you have enrolled on. Advise us of things that may be preventing you from getting the most from your learning experience.

6. BEHAVIOUR:

Do not use, or be under the influence of alcohol and illicit substances while attending the college. Please do not use mobile phones during courses.

7.ZOOM ETIQUETTE:

Join early – up to 5-10 minutes before the session start time, it gives you time to connect and chat. Courses will start on time.

Have your video on unless you are experiencing connection issues. Set your mic to mute if you are not talking.

- Be aware of your background environment, be sitting as if you would in a learning space. Avoid sitting in front of or a near windows, be appropriately dressed. Enjoy a coffee but don't eat your lunch!
- Adjust your camera to be at around eye level if possible, take note of the angle of your laptop screen if using the built-in camera.
- Be aware of confidentiality. If anyone else is in the house it is recommended you use headphones. Headphones cut out background noise.

If we consider you have breached the Student Code of Conduct, we will discuss this with you and try to find a way forward. However, in some circumstances this may lead to exclusion from North Ayrshire Wellbeing & Recovery College.



COMPLAINTS PROCEDURE

The RAMH Recovery College Manager undertakes to resolve fairly any complaints and difficulties you may have while you study with us. Where possible every attempt will be made to resolve the matter locally, informally and quickly. Concerns should be raised with the manager informally first.

Formal concerns can be raised through the complaints handling procedure which can be found online at: www.ramh.org.

All complaints, both verbal and written will be acknowledged and resolved as sensitively as possible by The RAMH Recovery College Manager in accordance with RAMH policy.



WHAT ABOUT NEXT STEPS?

Recovery College is about enabling people to move forward and move on in their life to achieve personal goals. Students may do one course for their personal development or continue learning with us for up to two years. We can support you towards paid work alongside other partner organisations and if you are in work we will support you to 'work well'. Students who are stable in their recovery can complete peer training and apply for a Volunteer role within NAWARC.

Your Goals could include:

- Peer Volunteer Trainer
- Going into education
- Volunteering in your community
- Joining community activities
- Gaining paid employment or returning to your job

WELLBEING CAFE:

Students who are nearing the end of involvement in Recovery College are invited to join former students who hold a monthly Wellbeing Cafe, the second Wednesday of each month, usually at Saltcoats Train Station Cafe. It is an opportunity to build friendship and support each other while enjoying a varied programme of activities to maintain CHIME.

"The Recovery College has changed my life and has made me feel and learn my life is worth living. The college offers a wide variety of courses for students in a safe and supportive environment set out to meet the students learning needs. They support you when you are coming to the end of your college journey preparing you for your next steps when you move on. I'm so glad I joined the Recovery College and grateful to everyone involved in my journey it has been amazing and I will never forget my time with the college. Thank you to you all for the amazing work you do." GRADUATED STUDENT

IDENTITY

What makes you unique?

#CHIMETORECOVER

**Lockdown,
Deep frown,
Feel down.
Nightgown,
Eiderdown...**

**Leaving room,
Impending doom.
Sweeping broom!
Finding Zoom
Lifting gloom.**

**Setting free.
Take the knee.
Can't you see?
I am ME.
Let me Be!**



NAWARC PEER PATHWAY



ARTS, CREATIVITY AND WELLBEING

There is significant evidence that involvement in the arts and creativity enhances wellbeing. A number of creative courses are offered across the year and we encourage all students to try at least one arts and wellbeing focussed course. Creative courses may include: Poetry, Journaling, Art, Song Writing, Photography, Drama, Drumming and Filming making.

The National Scottish Mental Health Arts Festival takes place each year in October. Recovery College gets involved in offering a week of arts events to promote wellbeing and recovery for students and the general public an art exhibition to show case their art work.

DRUM 4UR LIFE

You will be offered the opportunity to try drumming for wellbeing. Drum 4UR Life was birthed from Recovery College and remains a key partner of NAWARC. Some students are supported to progress to becoming Drum Circle Facilitators and will be offered training with Village Music Circle UK PlayShop. The developing peer facilitators are part of a mentor programme.

‘Being involved on the Story Trees course has enabled me to reflect on my life story and to create a beautiful wire tree that I am proud to share with my family.I am going to miss fellow creatives when the course ends’ TRACK 2 STUDENT



COURSES

EXPLORING RECOVERY

A foundational course based around the CHIME recovery model exploring how Connectedness, Hope, Sense of Identity, Meaning and Empowerment can support recovery. The course includes:

What is recovery?

What is self-management?

What can I do to get well and stay well?

Full of tips, techniques and strategies and is co-facilitated by one of our Peer Volunteer Trainers who will share their personal story and experience of recovery.

PEER POSSIBILITIES

The role of peer experience is fundamental to any recovery college. This introductory course will embed your understanding of your contribution as a peer within the college. We all have an individual journey and an individual story. You will meet and hear from some of our Peer Volunteer Trainers who will offer hope and inspiration for your recovery.

I MATTER

POWWOWs are Penumbra's workshops on wellbeing. With an informal discussion format we will share knowledge and experience.

The 5 sessions: Anxiety Matters, I Matter, Assertiveness Matters, Fitness Matters, Sleep Matters.

FROM TRAUMA TO RECOVERY - LEVEL 1

We know that Adverse Childhood Experiences (ACEs), toxic stress, trauma, and distress are all incredibly common. This course is about recovery and DOES NOT require the sharing of trauma stories. Instead we explore the knowledge and skills that enable us to take the lead role in our own recovery.

The shift from "what is wrong with you?" to "how to deal with what happened to you" opens the door to possibilities and hope. You will have the chance to visualise the future you desire and the steps in how to realise it.

WOODLAND WAKE UP

In the beautiful surroundings of the outdoors, there will be campfire cooking, mindfulness activities and philosophical discussion, enjoy some hammock time, and natural crafting and tool work, explore the woods and have a go on a rope swing.

WELLBEING WORKSHOPS

A series of workshops to enhance your wellbeing with interesting topics and guest speakers sharing community resources. Workshops may include: Mindfulness, Meditation & Relaxation, Personal Security, Goal Setting, Green Spaces, StressLess Strategies.

WRITE TO RECOVERY

The course generates inspiring conversations and discussions and provides an opportunity for participants to write and reflect on their own story. Each session has a different theme such as: Surviving & Thriving, What Makes me Happy, Letter from the Wise One, Inner Critic - The Case for the Defence, Vulnerability as Power and The Hero's Journey.

MENTAL HEALTH AWARENESS

Delivered in partnership with North Ayrshire Link Workers this practical course aims to:

1. Raise Awareness of mental health improvement
2. Identify what is needed for a healthy mental health environment
3. Provide information and self-help tools that are effective in promoting mental health improvement.

WELLBEING WALK

A weekly walk in partnership with KA Leisure for physical wellbeing and building connection. It is a gentle walk suitable for all fitness levels.



LIVING LIFE TO THE FULL

Based on the principles of Cognitive Behavioural Therapy (CBT), this course covers how to manage low mood, stress and anxiety. Exploring topics such as: 'Why do I feel so bad?' 'I'm not good enough', 'Why does everything always go wrong?' 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.

DARE TO BE HAPPIER

Based on the book 'Dare to be Happier' by Caroline Johnstone. A structured programme, using journaling, that explores what happiness means to people and deals with a number of key areas that get in the way of happiness, leading up to encouraging steps/changes to help students move on with their lives with a lot of tools and resources. Each module is a combination of teaching theory, practical examples and exercises, individual work, group discussion and ends with a gentle meditation. Workshops include: Optimism and Gratitude, Self-Compassion & Kindness, Boundaries and Assertion, Happiness & Thinking.

CREATIVE RECOVERY

Facilitating a creative approach to recovery exploring themes of Identity, Boundaries, Inner Critic V Inner Warrior and Connecting with Self/Others/Nature/Culture. Each workshop will involve some making or creating using different mediums to consolidate our learning. The course will include a socially engaged art project taking our recovery messages into our community.

CONFIDENT & ASSERTIVE

Acknowledge what makes you absolutely unique and work towards the best version of yourself by learning skills in:

- Communication
- Knowing my human rights
- Handling criticism well
- Asking for what I want
- Be clear about my boundaries
- Respect myself and respect others
- Work on Win/Win solutions to problems.

WELL @ WORK

A new course in development to support people who may be struggling with work to develop strategies to manage stress, become more assertive within the workplace and understand your employment rights. Work on a Wellness Recovery Action Plan for Work.

"My unexpected learning outcome was how much more I am able to use all the tips I have learnt from courses the college have provided and I can use them at home which helps me to relax even more now"

TRACK 3 STUDENT

AND BREATHE

Have you been told to calm down? Are you tired of being wound up, stressed, ready to explode? Here's how to let that tension out, to calm your mind and relax your body.

We'll be using body-based techniques, some sitting quietly, some gentle movements, which can be done seated or standing; Tia Chi, tapping, breathing, mindfulness, imagery. You will discover how your mind body connection works and why the techniques help. You'll be learning techniques you can do at home, on the bus, in the office to keep you calm and relaxed, better able to enjoy life. Find what works for you.

FROM TRAUMA TO RECOVERY 2

Building on the learning from 'From Trauma to Recovery' Level 1, we reflect on what's now better and we tackle the question of what needs to be different to let you know you are achieving your potential. Despite the serious nature of trauma participants report the course as being engaging, empowering and even fun.

Both levels of this course involve short but powerful videos to support the learning. You will not be asked to share your personal experience of trauma.

THINKING ABOUT WORK?

Identify your hopes and dreams for paid work, set goals and connect with organisations that can support you to move towards or into paid work. Find out what you can earn if you are on health benefits. Think about CVs and how best to deal with interviews. Support each other and share learning.

“Just a big thank you for helping me come away from the darkness and seeing the light and that I am important in this world and I can achieve anything I need or want. I have gained many friends and I hope that my next chapter in life will be just as fun and challenging and that I can work with you all in the future for other events.”

TRACK 2 STUDENT

YOU MATTER ALWAYS 'ALL THAT YOU ARE'

YMA adopts a peer support/education approach to empowering people to take a more active role in managing aspects of their own health, wellbeing and recovery. You will work on your own YMA cards, strengths-based tools of self-management, empowerment, encouragement and enlightenment. We are all important, we matter... always. You will recognise that you do matter always.

LISTENING & EMPATHY

Reflect on the importance of Listening and Empathy in our relationships by investigating the different models and levels of listening. Learn to recognise the negative and positive impact of poor and active listening. You will improve your active listening and understand how we can create better spaces to listen and think.

CO-PRODUCTION

Learn about the principles and practice of co-creation in the development of courses, learning theory and group dynamics. It brings together experts in subject alongside people with a lived mental health experience. The course will look at the Potential development of new courses.

WRAP 'WELLNESS RECOVERY ACTION PLAN'

Discover a simple and powerful process for creating the life and wellness you want. With WRAP, you can discover simple, safe, and effective tools to create and maintain wellness. Develop a daily plan to stay on track with your life and wellness goals. Identify what throws you off track and develop a plan to keep moving forward. Gain support and stay in control even in a crisis.

The WRAP process supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life. All along the way, WRAP helps you incorporate key recovery concepts and wellness tools into your plans and your life.

PEER 2 PEER

A course for people with experience of providing peer support, either in a paid post or voluntary role or someone who is stable in recovery and aspires to offer peer support.

It will increase understanding of recovery approaches, personal recovery and peer support to help participants develop skills central to the peer support relationship and enable peer workers and volunteers to practice effectively and safely in the role. There is an application process for this course and a 'student placement' to put theory into practice.

SUICIDE AWARENESS & PREVENTION

An introduction to what to do if someone's expressing suicidal thoughts by following the easy to remember TALK steps – Tell, Ask, Listen and Keep-safe. These practical steps offer immediate help to someone having thoughts of suicide and helps you both move forward to connect with more specialised support.

PERSONAL LEADERSHIP PROGRAMME

Designed to support established students towards the end of their Recovery College learning to move from a recovery mind set to a personal development and personal leadership. Taking responsibility for identifying next steps in life. Within a framework of Nancy Kline's 'Time to Think' model you will: Create your own Leadership Compass, explore communication styles through the Transactional Analysis model and discover your Key Strengths. In workshops, thinking spaces with peer mentors you will also engage in self-directed learning.

BEYOND RECOVERY COLLEGE

Gather together all your tools and learning and reflect on your emotions around graduation. Acknowledge and share your highlights and celebrate your achievements. Create a vision board and set goals for the future.

FACILITATION SKILLS

Gain skills to facilitate learning for others in shared learning spaces which are held by Nancy Kline's Rules of Engagement. These sessions are peer led.

Topic include: Developing 'Blue mind', Seeing yourself as a Facilitator: Personal Purpose and understanding yourself and others through the framework of Transactional Analysis. The Facilitation Process: Emotions of Change, Powerful Questions, Flipping & Reframing, Reflective Practice and Appreciative Inquiry. You will do personal learning between workshops as you access the 'Blue Box' website that hosts all the learning resources.

PEER PRACTICE DEVELOPMENT FORUM

To offer ongoing learning and practice for peer working, facilitation and course development. These sessions are for Peer Trainee's, Peer Volunteers, Peer Workers and Peer Tutors. This monthly forum will involve sharing learning and reflective practice and contributing to NAWARC developments.

"The key learning on the PLP course was recognising my strengths and understanding my behaviours through Transactional Analysis. I have learnt I am more in control of changing my situation positively than I have ever given myself credit for."



“I think the main highlight for me has been able to be a peer trainee whilst still learning about my own mental health as well and how it is a journey we are on together by attending course.”

TRACK 2 STUDENT

‘I would never have got back to work if it was not for the Recovery Course, the courses and staff are all amazing and really believed in me and supported me to get here.’

TRACK 3 PEER PATHWAY STUDENT

WISDOM OF STORY

Wisdom of Story is based on a different story each session, as a focus for discussion of self-help strategies that can lead to positive wellbeing and recovery. An ongoing craft activity is also included in every session.

Workshops include: “Being Me” emphasises the importance of valuing yourself, “Try Something New” focuses on strategies that could help you on your wellbeing and recovery journey. “Keep On Keeping On” looks at why we sometimes give up and what may help us to keep going. “The Kindness Within” is about self - care and being kind to yourself.

BULLET JOURNALING

Track the Past, Organise the Present & Plan for the Future. So what is Bullet Journaling... It can essentially be whatever you want & need it to be. To put it simply, Bullet Journaling is a method to organise your life in a notebook, customised to your own needs, style & life.

DRUM CIRCLE FACILITATORS

MENTOR PROGRAMME

A programme for drummers who are developing as drum circle facilitators and bringing a peer prospective to Drum Circle Facilitators.

You will embed the Village Music Circle model; Dictator, Director, Facilitator, Conductor, developing your skills and confidence while reflecting on your practice.

FILMMAKING FOR BEGINNERS

You will learn the process of creating and editing short films using your own mobile phone. Discover the basics of how to use lighting, editing, artistic direction and more to create eye-catching film.

While learning practical skills, participating in group projects and shooting opportunities you will gain experience in using tools such as gimbals, tripods and stabilizers. You will create at least one short film and may be involved in screening and sharing your work on social media platforms.

POETRY IN MIND

Writing can help us express our stories in a new way, heal and move forward. No previous writing experience required. We will read poems and use them to inspire our own writing using a variety of writing exercises. Students will be encouraged to share ideas and their writing and while there's no pressure to do that, it's hoped that the supportive feedback will encourage everyone to do so.

STORY TREES

You will reflect on your key life events, significant connections and hopes and dreams for the future. This will shape the conversations and you will create a story tree with wire and embellishments to represent your story.

ZEN MINDFUL PHOTOGRAPHY

Practice mindfulness by using photography in the context of self-exploration, communication, creative expression and personal development. Photography can help people increase self-knowledge and develop their self-esteem. It can also be empowering and improve resilience. The simple process of taking a picture provides an opportunity to be present in the moment, to be attentive to your mind and connect with your thoughts and emotions. Only a phone with camera is needed. Some of the photographs pictured in this curriculum are from a previous course.

DRUMMING FOR WELLBEING

Recovery College partners with 'Drum 4ur Life' to offer students an experience of drumming. People who attend the introductory course are welcome to continue to be part of Drum 4ur Life.

Many students have been surprised at the benefits of drumming to their mental health and wellbeing and for building confidence and connection with others. There is something unique and exhilarating about being part of the drum circle so give it a try. Everyone has a heartbeat so everyone can drum on a djembe drum!

SONG WRITING

Maureen Malcolm Gourley, a singer song writer with lived experience who teaches music students at The Conservatoire in Glasgow. Our hope is to create at least one song that may be recorded.



HEALTH & WELLBEING - LEVEL 3

Participants will explore a range of health and wellbeing topics with a view to participating in straightforward activities. These are aimed at raising participant's awareness of health and wellbeing choices that can impact on life chances and opportunities.

Activities include:

Keeping an activity diary

Exploring diet and hydration

Exploring positive psychologies

On completion participants will be able to:

Use practical skills in managing negative thoughts and moods and be ready to take the next step towards employability.

BASIC PC KEYBOARD SKILLS AND WORD

For Individuals who have zero or very limited knowledge/ skills in using computers of any kind. To provide participants with the basic skills to use a computer to communicate. In particular, participants will be introduced to word processing, internet and email.

THE EMPLOYABILITY AWARD

Be able to look at your existing skills and experience, and how these might apply at work. You will consider the sort of employment you would like and practical skills needed to find employment, such as filling in application forms and writing a CV.

VOLUNTEER AWARD

AIMS OF THE COURSE ARE:

To introduce learners to a world of volunteering including volunteering organisations and volunteering activity, and provide opportunities to gain actual volunteering experience.

COURSE CONTENT:

Self-evaluation activities

Learn about the context of volunteering

Plan a volunteering placement

Participate in a volunteering opportunity

Review and reflect on their own skills and volunteering experience

Complete an investigative project.

"I am very grateful to everyone involved with the college students and tutors alike and am more than aware that we are lucky to have access to the college. It has made a significant impact on my wellbeing and outlook for the future and I'd like to thank everyone."

TRACK 2 STUDENT

MENTAL HEALTH & WELLBEING - LEVEL 4

To address gaps in knowledge and to improve understanding of mental health questions and as a result, work towards removing the stigma attached to mental health, as this frequently stops individuals from seeking help because they feel embarrassed or are fearful of being judged.

COURSE CONTENT INCLUDES:

Developing an understanding of the terms 'mental health' and 'wellbeing'. Discovering a range of mental health issues. Factors which affect mental health and wellbeing.

ON COMPLETION PARTICIPANTS WILL BE ABLE TO:

Understand the terms 'mental health' and 'wellbeing' for individuals and society.

Describe a range of mental health issues and begin to understand the role of the brain in relation to mental health and wellbeing.

Have knowledge of factors that may influence mental health and wellbeing in individuals.

"Thank you all for providing such an amazing service I didn't know North Ayrshire had prior to joining. You all make me feel we come and I'm currently growing my ability to letting myself feel genuine connection to others due to feeling like I'm in a safe space, which is all thanks to the staff at the recovery college."

TRACK 1 STUDENT

MEANING

**Name two things
that give your life
meaning?**

#CHIMETORECOVER

Look outside, what do you see?
Birds, beetles or bumblebee.
Watch them fly into the sky
Reaching up so very high.

Listen out to hear birds sing,
Mother Nature doing her thing.
Wind and showers in the air,
One with the world if you dare.

Whether you're inside
Or whether you're out
So much to appreciate all about
Hold in your hands; feel on your face,
Missed opportunities such a disgrace.

We're all very special in every way,
Yesterday, tomorrow and today.
Senses help us all to connect
With care, love and respect.



“BEAUTY FROM ASHES”

WRITTEN BY SONIA BELL

GRADUATE STUDENT

A childhood of loneliness,
A time of abuse and neglect,
Feelings of isolation and emptiness,
All led to invisibility and disrespect.
An adult life of ups and downs,
Losses of lives and of self,
A continuous wave that slowly drowns,
Recovery unreachable on the highest shelf.

A faith and friends gave me a helping hand,
My recovery journey I've now found,
Finding hope, strength and an ability to stand,
Being seen, heard and no longer underground.
I was once lost and NOWhere,

For me recovery means I'm NOWhere.

“I hope my poem can help or inspire another to know that recovery is possible, that beauty can come from ashes and the real you can be free to shine in the world, I am not ashamed anymore and am proud to be seen and heard.”

TRACK 1 COURSES	✓
Exploring Recovery	
Peer Possibilities	
I Matter	
Wellbeing Workshops	
From Trauma to Recovery – Level 1	
Write 2 Recovery	
Mental Health Awareness	
Wellbeing Walks	
Woodland Wakeup	

TRACK 2 COURSES	✓
Living Life to the Full	
Dare To Be Happier	
Confident & Assertive	
Creative Recovery	
Well @ Work	
And Breathe	
Thinking About Work?	

AYRSHIRE COLLEGE COURSES	✓
Health & Wellbeing – Level 3	
Volunteer Award	
Basic PC Keyboard Skills and Word	
Mental Health & Wellbeing Level 4	
The Employability Award	

CREATIVE COURSES	✓
YMA 'All That You Are'	
Listening & Empathy	
WRAP (Wellness Recovery Action Plan)	
Peer 2 Peer	
Co-Production	
Suicide Awareness & Prevention	
Personal Leadership Programme	
Beyond Recovery College	
Facilitation Skills	

CREATIVE COURSES	✓
Wisdom of Story	
Bullet Journaling	
Filmmaking for Beginners	
Poetry	
Zen Mindful Photography	
Drumming for Wellbeing	
Story Trees	
Song Writing	
Drummers Mentor Programme	
Wisdom of Story	

EMPOWERMENT

**I am empowered
when I...?**

#CHIMETORECOVER

Empowerment Is...

Being given the right tools to be successful

Being told that it's okay

Accepting yourself as being good enough

Knowing your value and your own worth,

The ingredient that allows me to succeed

Knowing that 'I am enough'

EVALUATION OF NORTH AYRSHIRE WELLBEING & RECOVERY COLLEGE

In 2021 Dr Jean McQueen undertook an independent evaluation of NAWARC. Focus groups included the Student Services Team, Tutors, Tracks 1-3 students and Peers to formulate some qualitative data. Quantitative data was produced from Wellbeing Scores of students and were analysed over time of their involvement in NAWARC. The report is due to be published and here are some key outcomes of the evaluation.

STUDENTS WELLBEING SCORES INCREASED:

Data from standardised validated wellbeing assessments undertaken at regular timepoints show significant changes in NAWARC students mean wellbeing scores showing wellbeing increased as they progressed through the college track style curriculum.

STUDENT'S REFLECT ON THE POSITIVE IMPACT OF THEIR INVOLVEMENT IN RECOVERY COLLEGE:

Students perceived the college to have a focus on learning and self-discovery as a compelling factor in their decision to engage rather than a focus on the treatment of their mental health challenges. The students valued the peer support, the importance of a sense of identity as a student and the importance of feeling part of a community. Some of the students spoke about the opportunity to become peer supporters and peer tutors further enhancing their confidence. As they progressed through the curriculum students spoke of learning to manage their mental health challenges using the skills developed to enhance their daily lives.

STUDENT'S PROGRESS TO POSITIVE DESTINATIONS:

Data from the recovery college suggests many students progressed to positive destinations such as work, further training and cited the recovery college as being a catalyst for change and positive mental wellbeing.

IMPACT ON RECOVERY:

Results from the validated assessments and focus groups suggest NAWARC had a significant Impact on personal recovery, mental wellbeing, connectivity, hope and optimism. In addition the impact of the college was felt wider than individual student with students emphasising how improvements in their wellbeing had a positive impact on those around them particularly their family.

OUR PARTNERS



HELPFUL CONTACTS

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breathingspace.scot

Samaritans
116 123

samaritans.org

NHS 24
111
nhs24.com

Text SHOUT
to 85258
giveusashout.org

