



## ENTRY LEVEL

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# FOOD FROM AROUND THE WORLD

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## COURSE DESCRIPTION

Food from Around the World is an entry-level course designed for those with little or no experience in a kitchen environment. The aim of the course is to provide you with basic skills and knowledge to become more self-sufficient in the kitchen.

The course material has been designed to provide a fun and relaxed way of discovering new meals that you can easily prepare in the future.

To celebrate your successful completion of the course, you will be involved in organising a showcase event for other patients and staff.

The course has been created and developed by previous course participants and an external teacher with a wealth of experience in working with people with mental health conditions. The course is co-facilitated by patients who have previously completed the course, so you will benefit from the experience of peers who have already successfully completed the course.

## ENROLMENT

If you wish to enrol on this course, we ask that you commit to completing the full 5 weeks. You must also have full kitchen access. Sharps access is not required for this session.

## PROGRESSION

When you enrol on this course, you can also complete Food Hygiene Level 1, and use the course as a stepping-stone to access the Fakeaway Vs. Takeaway Course in the future (subject to availability).

## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

**DATES TO BE CONFIRMED**

# Food From Around The World



Learn basic cooking skills to cook food from different countries.



Complete Food Hygiene Level 1 Course.



Dates to be confirmed



Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.



## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

## INTERMEDIATE

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# FAKEAWAY VS TAKEAWAY

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## COURSE DESCRIPTION

Fakeaway Vs. Takeaway is a course designed for people with previous kitchen experience to explore how to recreate their favourite takeaways for a fraction of the cost and a fraction of the calories.

The course is a combination of practical and theoretical work in a small group of likeminded people. It is a very relaxed session.

On this course, you will discover new recipes for popular takeaways, learn new skills in the kitchen and be able to enjoy eating your creations at the end of each session. To celebrate the completion of the course, you will also work together to host a "Big Cheswold Fake-Off".

The course has been created and developed by previous course participants and an external teacher with a wealth of experience in working with people with mental health conditions. The course is co-facilitated by patients who have previously completed the course, so you will benefit from the experience of peers who have already successfully completed the course.

## PROGRESSION

When you enrol on this course, you can also complete Food Hygiene Level 1, and use the course as a stepping-stone to access other catering ventures in the future both within and external to the hospital.

## ENROLMENT

If you wish to enrol on this course, we ask that you commit to completing the full 7 weeks. You must also have full kitchen access including sharps access.

**DATES TO BE CONFIRMED**

# Fakeaway Vs Takeaway



**Learn to cook healthy food.**



**Learn to cook your own takeaways.**



**Dates to be confirmed**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**



## ENTRY LEVEL

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# INTRODUCTION TO SIGN LANGUAGE

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## COURSE DESCRIPTION

This 6 session course aims to introduce students to basic sign language. The course covers 5 key areas

- Finger Spelling
- Numbers
- Greetings
- Simple Conversation and questioning
- Colours

The course has been developed by individuals with lived experience of hearing difficulties and is delivered in a relaxed and friendly environment. The sessions are very interactive, with plenty of practical work. You will also be provided with resources to allow you to practice in your own time. As part of the course there will also be presentations about living with a hearing difficulty that give a startling insight into the reality of hearing impairment in today's society.

No prior experience of sign language is required to enjoy this course, so don't let that be a barrier to learning a new skill.

## PROGRESSION

Once completed, this course will allow you to access the "Next Steps in Sign Language Course"

## ENROLMENT

We would like students to attend the full course where possible in order to get the best out of the course.

## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

**DATES TO BE CONFIRMED**

# Introduction To Sign Language



Learn simple finger spelling and numbers in sign language.



Learn greetings and colours in sign language.



Dates to be confirmed



Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.

INTERMEDIATE

# ORIGAMI

## COURSE DESCRIPTION

Discover the ancient art of origami with this fascinating 6 week course that looks at the basics of origami. Each session begins with a short mindfulness exercise, before exploring the different techniques required to make some incredible creations. You do not need to provide any materials for this course, as everything will be provided for you. You will also have the opportunity to take your creations away with you at the end of the session. The sessions have been designed to be both relaxing and enjoyable, and we welcome students of all ability levels. Origami has been a popular pastime for hundreds of years, and once you have completed this course, we hope you understand why.

## PROGRESSION

Once completed, this course will allow you to access the "Advanced Origami" course.

## ENROLMENT

We would like students to attend the full course where possible in order to get the best out of the course.

## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

**DATES TO BE CONFIRMED**

# Origami



**Learn the basics of origami.**



**Learn to use mindfulness.**



**Dates to be confirmed**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**

**BEGINNER**

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# RHYTHM & DRUMS

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## **COURSE DESCRIPTION**

The Rhythm and Drums course is aimed at students with a love of music. People often say that they are "tone deaf" or "have no rhythm, but this course aims to overcome those myths. During the course you will learn about the basics of keeping to a rhythm as well as some basic drum beats.

Music has been proved to be a major factor in promoting positive mental health and wellbeing, and we hope that this course helps you understand why. While the course is aimed at beginners, we welcome students of all ability levels, and all that is required is a love of music.

If you are feeling adventurous, then why not try drumming along to your favourite song?!

## **ENROLMENT**

We would like students to attend the full course where possible in order to get the best out of the course.

## **HOW DO I ENROL ONTO THIS COURSE?**

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

**DATES TO BE CONFIRMED**

# Rhythm and Drums



**Learn the basics of drumming.**



**Learn the basics of rhythm.**



**Dates to be confirmed**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**

**BEGINNER**

# PHOTOGRAPHY

## COURSE DESCRIPTION

Ever fancied trying your hand at photography? Then this is the course for you! You may have already tried out our "Introduction to Photography" pop up class, and this course is the next step.

On this course, students will learn the basics of operating a professional camera, handy hints and useful tips on how to compose the perfect photograph and explore how to take a beautiful landscape photograph.

The aim of the course is to produce at least 2 photographs that can be displayed around the hospital. Photographs that are produced during this course will also form part of a coffee table book.

No previous experience or knowledge around photography is required to join this course, and all materials will be provided by Recovery College.

We would ask that students who enrol on this course either have Section 17 Leave to the pond, or is able to get this from their MDT, but this is not essential as the course can be adapted if required to accommodate every student.

## PROGRESSION

Once completed, this course will allow you to access the "Intermediate Photography".

## ENROLMENT

We would like students to attend the full 5 weeks where possible in order to get the best out of the course.

## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

**DATES TO BE CONFIRMED**

# Photography



**Learn the basics of photography.**



**Take photographs to be put up around the hospital.**



**Dates to be confirmed**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**



## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

**BEGINNER**

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# SIGN LANGUAGE HALF DAY COURSE

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## COURSE DESCRIPTION

Due to popular demand, we have adapted our "Introduction to Sign Language" course to deliver it over the course of a half day. This course will cover the basics of British Sign Language (BSL) including finger spelling, numbers, greetings and conversation questions. The session is very interactive and students are encouraged to take part in practical activities and will be supported throughout by facilitators with lived experience in hearing difficulties.

You do not need to have any previous experience in using sign language to enjoy this course, and you will be provided with supporting materials to allow you to practice your new found skill.

## PROGRESSION

Once completed, this course will allow you to access the "Next Steps in Sign Language Course"

**DATES TO BE CONFIRMED**

# Sign Language Half Day Course



**Half Day Course.**



**Learn the alphabet and numbers in sign language**



**Dates to be confirmed**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**

# MEN'S HEALTH POP-UP

## COURSE DESCRIPTION

Men's Health Pop Up is a series of 3 sessions designed to discuss and explore key aspects of male physical health. This mini-course started off as an on-ward session, and course material has been developed and created based on the feedback received during the initial delivery.

On the course, we will explore 3 areas of Men's Health;

- Self Examination
- Does Size Matter
- STI and Sexual Health

Whilst the subjects are sensitive, the course is designed to be fun, interactive and light hearted to help break down the barriers around talking about sensitive subjects. We would ask that all students come with an open mind, are respectful of others and maintain the confidentiality of the group.

## COURSE DATES

To be confirmed – Session times and dates will be advertised on wards and throughout the hospital including on the Recovery College notice board and Education Room.

If you would like to be notified directly when this course is running, please complete a "Course Interest" form to be added to the waiting list.

## ENROLMENT

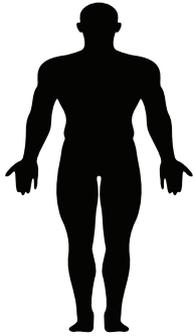
We would like students to attend the full three weeks where possible in order to get the best out of the course.

## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

**DATES TO BE CONFIRMED**

# Men's Health Pop-Up



Discuss and explore Men's physical health.



Learn about sexual health and how to examine yourself.



Dates to be confirmed



Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.

## INTERMEDIATE

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# ENTERPRISING MINDS

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## COURSE DESCRIPTION

Enterprising Minds is an ongoing course that will enable you to get involved in an enterprise project. Our ultimate goal is to make a profit, and to learn how to do this along the way.

We look at basic business skills, including planning, market research, analysis, profit and loss, costing and marketing and branding. We'll look at how all these skills can be used to develop and grow a successful business, but also to allow us to reflect on any problems that may occur and learn from these.

Whether you're with us from the start of the business, or joining us half way through, we are confident that you will learn some invaluable skills. You will also have the opportunity to gain qualifications and skills through our education team.

## COURSE DATES

This course does not have any set dates. We aim to meet most Thursday afternoons to discuss our progress and make any necessary plans. Times/dates will be confirmed on a week by week basis. This course will be ongoing, depending on the success of the enterprise.

## ENROLMENT

To join this course, we would like you to have completed one of our other courses with Recovery College.

## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

**DATES TO BE CONFIRMED**

# Enterprising Minds



**Work as a team**



**Learn basic business skills**



**Dates to be confirmed**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**

# EXPLORING AUTISM

## COURSE DESCRIPTION

Our Exploring Autism course does exactly what it says on the tin! It will give you a chance to learn more about Autism Spectrum Condition (ASC), what that means in today's society and how we can support people with ASC in our day to day lives. The course is split in to two sections with a theory element and a practical element.

As part of this course, you will have the opportunity to work towards an AQA Award in ASC Awareness, but this is not mandatory, and you are welcome to join the course simply to improve your knowledge and awareness.

The practical element of the course will involve taking the knowledge that you gain and put it in to practice by developing our Sensory Garden at Cheswold Park, where you will be involved in designing, creating and maintaining all aspects of this space for all to use and enjoy. Please be aware that you DO NOT need to have completed the AQA Award offered with this course in order to be involved in the designing of our Sensory Garden.

## COURSE DATES

This course does not have any set dates. We aim to meet most Thursday afternoons to discuss our progress and make any necessary plans. Times/dates will be confirmed on a week by week basis. This course will be ongoing, depending on the success of the enterprise.

## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

**DATES TO BE CONFIRMED**

# Exploring Autism



**Learn about Autism**



**Work towards an AQA Award in ASC Awareness**



**Dates to be confirmed**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**

ENTRY LEVEL

# NEWS & CURRENT AFFAIRS

## COURSE DESCRIPTION

Our News & Current Affairs discussion group is a low-key, relaxed session to provide you with an opportunity to socialise with like minded students and discuss the issues and stories in the media. The course is designed to be enjoyed as either a social opportunity or to help build your confidence and social skills in groups. Each week, we will elect a volunteer to lead the next session, and it will be up to that person to collect some news items to discuss at the next group.

If you are working on social skills or confidence building, you will have the opportunity to spend some one to one time with a member of the Recovery College team to set some goals to work towards as part of this course. This information will not be shared with the rest of the group.

## COURSE DATES

Dates and duration to be confirmed.

## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

**DATES TO BE CONFIRMED**

# News & Current Affairs



**Discuss news and social media**



**Build confidence and social skills**



**Dates to be confirmed**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**



## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

**BEGINNER**

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# WHAT'S IN THE NAME?

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## COURSE DESCRIPTION

Ever wondered where your surname comes from? Ever wondered where Smith, Jones or Peterson come from? If the answer to either of these questions is "Yes", then this is the pop-up for you! Our "What's in a Name" pop-up session explores and discusses the origin of surnames and looks at how history has dictated what we do today.

You will also have the opportunity to research and present what your own surname means during the session if you would like to do so.

This session is ideal for those who want to develop social skills or improve their confidence in speaking around others. It's also perfect for those with an interest in the subject. We welcome students of all abilities and levels.

## COURSE DURATION

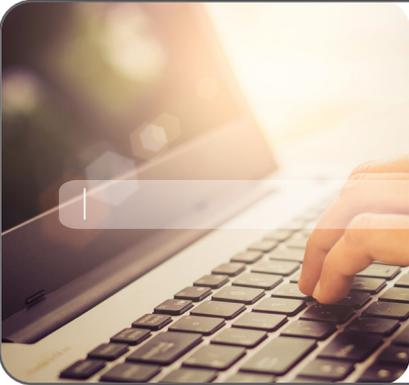
Dates to be confirmed – The session lasts approximately 60 minutes. This includes a short refreshment break.

**DATES TO BE CONFIRMED**

# What's In The Name?



Explore the origin of names



Research your own name



Dates to be confirmed



Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.