



A **safe space** for people to learn new skills, expand on existing ones, and attend **FREE COURSES** developed to support **mental health recovery**...

February/March Courses

Self Care tools for Anxiety and Stress		Weds 28 Feb	12:30 – 1:45pm	Online via Microsoft Teams
Finding and Retaining Employment		Wed 6 Mar	11:30 – 2:00pm	Maldon Town Hall, Market Hill, Maldon CM9 4RL
Understanding Domestic Abuse and its Complexity (Part 1)		Thurs 7 Mar	10:00 – 12:00pm	Online via Microsoft Teams
Introduction to Recovery		Fri 8 Mar	12:30 – 1:45pm	Online via Microsoft Teams
Stepping Stones to Wellbeing		Wed 13 Mar and Wed 20 Mar	1:30 – 3:30pm	Fullbridge Church 27 Fullbridge Maldon CM9 4LE
The Ripple Effect of Domestic Abuse (Part 2)		Thurs 21 Mar	10:00 – 12:00pm	Online via Microsoft Teams
Introduction to Therapeutic Filmmaking and Photography		Thurs 21 Mar	1:00 - 2:30pm	Online via Microsoft Teams

For more information or to book onto any of our courses

Visit our Eventbrite page at MidEssexRecoveryCollege.eventbrite.com

Scan the QR code



Email: provide.midessexrc@nhs.net

Telephone: 07751 571431

Co-production

Co-production is a core feature of Recovery College ethos; our courses are all co-produced by experts by experience (individuals with lived experience of mental health), as well as individuals with professional experience of working for mental health services.

If you would like to know more about the Mid Essex Recovery College and its work or would be interested in co-producing a course with us please email us.

Individual Learning Plan (ILP)

When you register with the College we will offer you the opportunity to create an Individual Learning Plan (ILP). An ILP aims to enhance and support your recovery and wellbeing during your time with the College.

Completing an ILP helps identify specific learning goals and to reflect on progress. Goals can include ambitions that you have for your personal learning and recovery journey and is completed with a member of the College Team.

Understanding Domestic Abuse and its Complexity (Part 1)

This session looks at the broad spectrum that the term 'domestic abuse' encompasses as well as the different ways in which it impacts on an individual. The aim is to build an understanding of matters such as psychological abuse, coercive controlling behaviour, economic abuse, physical violence, stalking and harassment.



The Ripple Effect of Domestic Abuse (Part 2)

****It is advisable to attend the session Understanding Domestic Abuse and its complexity before this workshop.****

This session looks on the impact that domestic abuse may have in two specific areas:

1. The impact on children living in a home where abuse is occurring as well as on other family members.
2. The impact on a victim/survivor to be independent and maintain employment because of the abuse.



Please be aware that the two Domestic Abuse workshops contain detailed descriptions of domestic abuse told through the stories of people with lived experience.

Finding and Retaining Employment

This workshop is aimed at those people looking to find work and those currently employed who have or have had mental ill health. The workshop is co designed and presented by an Employment Specialist and a Peer Support Worker with lived experience and is designed to empower people to find employment, how to sustain that employment and what support is available to help them.



Introduction to Recovery

'Recovery' is the process of rebuilding a satisfying, hopeful and contributing life after receiving a mental health diagnosis. Recovery can be as challenging as it is rewarding, with each person's journey being different. In this introductory session we will explore both the concept and reality of recovery, through videos, examples of personal stories and discussions. The course looks at what recovery means in the context of mental health, and where the ideas originated from. We will also discuss how different people around the individual might support them to live a more hopeful and empowered life this may include, professionals, friends, family, carers. The session will explore how Recovery colleges can support individuals.



Stepping Stones to Wellbeing

A two-session introductory workshop supporting students to explore the nature of change & providing opportunities to create effective change to their wellbeing. The course will support students to create small changes in their everyday lives, that will gradually empower them to manage their wellbeing. In an informal & supportive group setting, students can identify habits that work well versus those that do not. Learners will also explore opportunities to make personal goals & build on their wellbeing.



Self Care tools for Anxiety and Stress

An interactive group session allowing attendees to learn several self-care tools (from the Managing Health Programme) that can help with 'day to day' feelings of anxiety and stress. You will have the opportunity to participate in breathing techniques and activities that support mindfulness.



Introduction to Therapeutic Filmmaking and Photography

Providing an overview of the principles and techniques for utilising filmmaking and photography as a therapeutic tool. The session is designed to provide students with an understanding of using these art forms and their applications in promoting mental health and wellbeing. This is a basic introduction and students will be able to progress to the longer four day course.

