



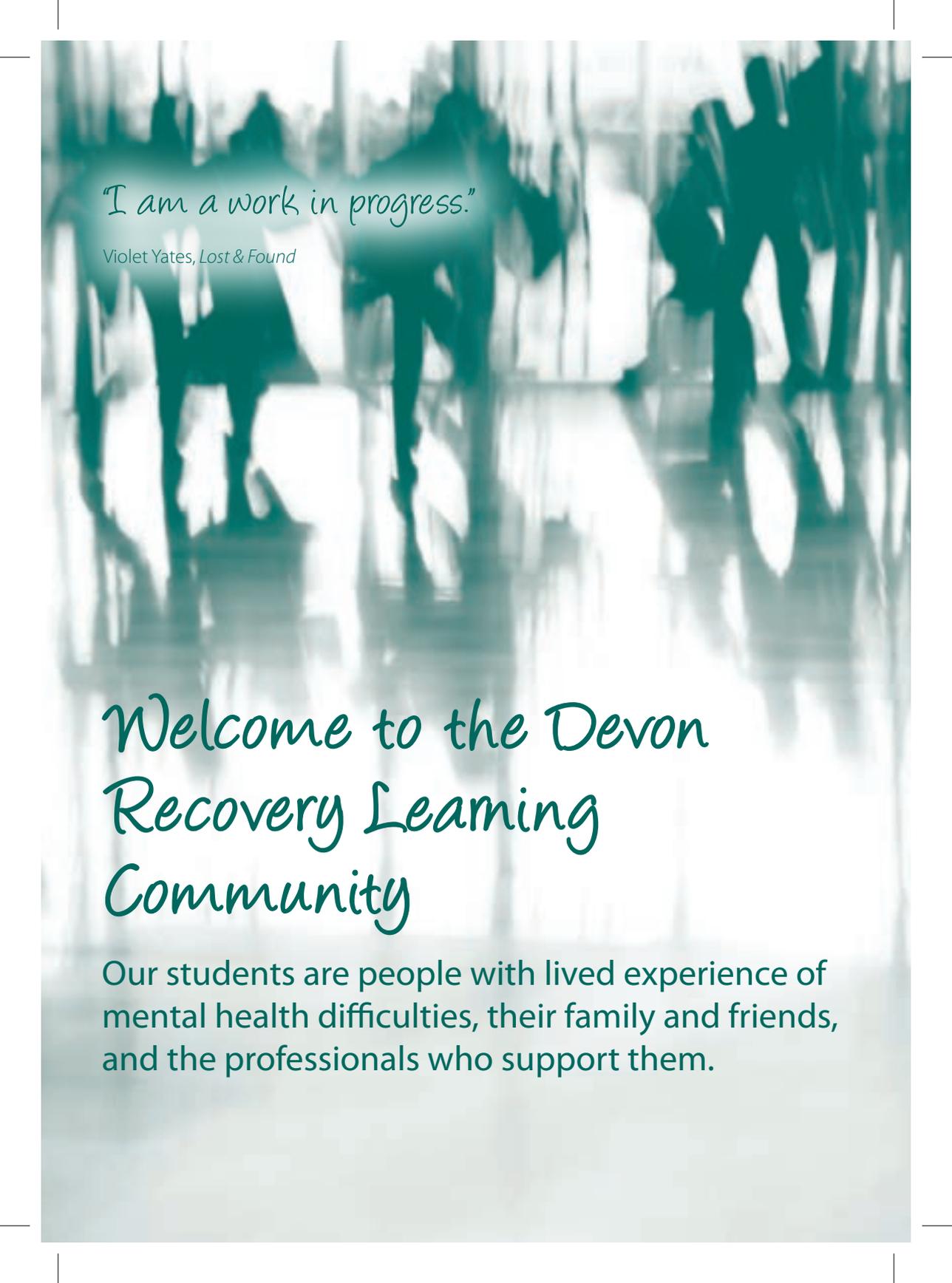
Devon Recovery Learning Community
Courses March - August 2017

"The goal of recovery is not to become normal. The goal is to embrace the human vocation of becoming more deeply, more fully human."

Patricia E. Deegan, *Recovery as a Journey of the Heart*

www.devonrlc.co.uk



A blurred, teal-tinted photograph of several people walking away from the camera in a brightly lit hallway. The figures are out of focus, creating a sense of movement and a busy environment. The floor is highly reflective, mirroring the people above.

"I am a work in progress."

Violet Yates, Lost & Found

Welcome to the Devon Recovery Learning Community

Our students are people with lived experience of mental health difficulties, their family and friends, and the professionals who support them.

Welcome to the Devon Recovery Learning Community

The Devon Recovery Learning Community offers opportunities to learn about mental health and recovery by providing a unique curriculum designed to increase your knowledge, understanding and skills to equip you with the tools to live a meaningful, productive and fulfilling life. Our aim is to promote hope, opportunity and choice. We want to help you take control and become an expert in your own wellbeing and recovery in order that you can get on with your life despite any mental health challenges you might face

Those leading the recovery movement are clear that it is neither about an unrealistic hope of magical transformation, nor about the impossible prospect of returning to whatever preceded illness. Instead, it is an open-ended and cautiously optimistic process of sketching out a path forward and developing hope for a more satisfactory life alongside whatever remains of the illness."

Glenn Roberts and Paul Wolfson, *The Rediscovery of Recovery: Open to All*

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For all Summer courses which start from 1st June to 31st August, enrolment opens on May 1st. Summer courses are identified by a: 

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About the Devon Recovery Learning Community

Our students are people with lived experience of mental health difficulties, their family and friends, and the professionals who support them. People enrol on our courses as students, not patients, and they do not need a referral from a health practitioner or be using mental health services to access our courses.

Our tutors are required to bring a range of expertise to the courses they deliver including: an in-depth understanding of recovery values and principles, specialist knowledge, teaching or training experience, experience of working in the field of mental health, together with relevant lived experience of mental health issues.

Our approach is educational, informed by the values and principles of recovery that aim to instill hope, opportunity and control. We believe that through education people can learn how to take care of themselves, and others, more effectively.

Our courses are open access for Devon residents over the age of 18 and are free of charge. Our courses are not an alternative to therapy and we do not provide clinical treatments or interventions. We are a Recovery College supported by Devon Partnership NHS Trust together with a range of partners across Devon to provide educational opportunities so you can learn more about what you can do to live well. We are not a clinical service, therefore, we do not take referrals from health professionals and students do not have to be using the mental health services to enrol on any our courses.

Our Recovery curriculum aims to promote learning for the wellbeing of the whole person by supporting personal journeys of recovery in several different areas, including:

Rebuilding Your Life

- around what we mean by Recovery and what it might mean for you
- around planning ahead for your wellbeing
- around exploring ways to get your life back on track, either through work, volunteering, or other activity that is meaningful for you

Knowledge and Understanding

- about the experience of mental distress
- about mental health issues, diagnosis and treatments
- about ways to live well with mental health symptoms

Developing Practical Skills

- that can help you manage moods and emotions
- that can help you manage of stress and anxiety
- that can support you to live life more independently
- that help you lead a productive and meaningful life
- to help you pursue your dreams and desires

Living Well and Enjoying Life

- by trying out and having the chance to experience new things
- by discovering your hidden talents and sharing them with others
- by exploring the benefits of intellectual and creative activity through art, music, creative writing and drama

Opportunity

- to meet other people and share your experience
- to try out and learn new things
- to get involved and make a difference

A Note on Co-production

Co-production is a key value and defining principle of Recovery Education. Students will observe that all our courses are commonly co-delivered by two tutors. Tutors who co-deliver our courses bring to the learning environment a wealth of relevant experience and skills that are not always achieved or even possible were courses taught by one tutor only.

We expect all our courses to be informed by the voice of relevant lived experience together with that of a mental health practitioner, as well as an understanding of recovery values and principles, experience or qualification in teaching or training, specialist subject knowledge and relevant life experience. Understandably, no one tutor would reasonably be expected to deliver on this broad set of skills without the

support of a co-tutor, nor is it always possible or best practice. Co-production and co-delivery allow tutors to draw on the skills in which they are most expert without compromising on those skills a second tutor would be able to bring. The result is teaching that is rich and varied, and a learning environment that is safe, welcoming, recovery-focussed, and personal to its students.

All our tutors are happy to speak about their own experience and what they bring to the courses. Please feel free to contact us if you have any questions. Alternatively, students, prospective students, tutors, family, friends and other supporters are most welcome to attend our Recovery Library and Recovery Drop-In.

Recovery Library and Recovery Drop-In
Open every Wednesday from 1:00pm – 3:00pm

St Sidwell's Community Centre
The Old Chapel
Sidwell Street
Exeter EX4 6NN

"When I' is replaced by 'we', illness becomes wellness."

Shannon Alder

More about the Devon Recovery Learning Community

How much do the courses cost?

All our courses are provided free of charge, but unfortunately we are not able to pay travel costs.

Who are the courses for?

Our courses are for the benefit of everyone one who wants to find new ways to improve their mental health and wellbeing. Therefore, all our courses are for you, your family, friends and other supporters including health professionals and clinicians who regularly enrol on our courses for their professional development as well as their own personal mental health and wellbeing.

Do I need a referral from my GP or be using the mental health services to enrol on courses

We do not take referrals from clinicians and our students do not have to be using mental health services to access any of our courses. We really want you to choose the courses you feel are going the best support your recovery and wellness. Therefore, we encourage you to enrol on courses yourself, or, if necessary, with the support of someone who can help you to complete and send in your enrolment form to us using our contact details below, to assist you to ring to speak with a friendly member of our staff who can help you book courses over the phone or to help you register to book online at www.devonrlc.co.uk

Do I have to have any qualifications to join a course?

No. Each course is self-contained and you can enrol even if you haven't studied the subject before. You don't need any school or academic qualifications to attend.

Will I have to do an exam?

No. Some courses may offer a formal assessment, which you can do if you like, and you will have the opportunity to reflect on what you have learned, but for most courses there is no written exam.

I don't want to do lots of reading and writing. Is there a suitable course for me?

People learn in lots of different ways. The tutors may suggest some reading but there will also be opportunities to learn through talking and listening, activities and exercises. Each session will be different as the students will bring their own individual contribution to the session.

Where do the courses take place?

The courses are run at different venues all over Devon. Addresses are listed in each course description and at the end of the brochure.

How do I enrol on a course?

For most of our courses you can book online at www.devonrlc.co.uk; or email us on dpn-tr.drlc@nhs.net; or phone us on 01392 677067. Some of the courses are managed by our partners and you will find their contact details at the end of the course description.

How can I find out more?

We are always happy to speak with you about anything regarding the courses we offer. For help and advice please call us on: 01392 677067; or email us at: dpn-tr.drlc@nhs.net To speak with a member of our DRLC staff please ring between 10:00am and 2:00pm, Monday – Thursday, except Bank Holidays.

Recovery Library

The Devon Recovery Learning Community Library: is simply a great resource, funded by a grant from Awards for All, that contains exciting books to inform, encourage and inspire people in their personal and professional lives. At the Recovery Library you'll find recovery stories, self-help books, general information about recovery, mental health and much, much more.

Mobile Resources: The Recovery Library is based at St Sidwell's Centre in Exeter and mobile boxes of books are available at our 'hubs' across Devon. Please contact our Librarian to learn more about the availability of our mobile resources.

Library Membership: Anyone is welcome to join the library, and you must be a member to borrow books. Books can be borrowed for four weeks at a time and renewed up to two more times as long as there are no reservations on the title. There are no late fees, but non-returned books will have to be paid for. There is a book returns box in the entrance to St Sidwell's so books can be returned at any time to the St Sidwell's Centre, or sent via Devon Partnership NHS Trust's internal mail system to: Devon Recovery Learning Community, New Leaf, Farm House Rise, Exminster EX6 8AB.

Online catalogue: A searchable catalogue of our resources can be found through the library section of our website at www.devonrlc.co.uk Library members can register to reserve and renew books online. Books reserved online can be delivered free-of-charge on request to any Devon Partnership NHS Trust base across Devon.

Recovery Drop-In: Students, prospective students, tutors, family, friends and other supporters are most welcome to attend our Recovery Drop-In which runs alongside our Recovery Library at St Sidwell's. Come for an informal chat about courses, meet other students and tutors, share information and learning, find out what's on, browse our library, join in some of our ongoing creative activities or just drop-in for a relaxing cuppa! Everyone welcome.

The Recovery Library and Recovery Drop-In are open every Wednesday afternoon from
1:00pm – 3:00pm

The Recovery Library is based at:

St Sidwell's Community Centre
The Old Chapel,
Exeter EX4 6NN

For enquiries or requests please email: library@devonrlc.co.uk

To speak to a member of the DRLC staff please ring us on: 01392 677067

or

Drop by for a chat on a Wednesday afternoon, you'll be very welcome.

Rebuilding Your Life

What is Recovery? An Introduction:

Recovery is possible for everyone. Recovery is not about being symptom-free, but about having the ability to rebuild a meaningful and satisfying life even with any ongoing symptoms of mental ill health. This introductory session offers an overview of the key themes of recovery and explores what recovery and wellbeing mean for individuals, for mental health services, and for the wider community. The session includes a presentation on what recovery means from the personal perspective of a person with lived experience of mental health issues. Students will be offered suggestions and signposting for practical support; activities and group discussion will provide opportunities to explore how we can put recovery into action into our own lives and in the lives of those we might support.

Who is the course for? This course is for anyone wanting to learn what recovery means and what it may mean for you. Everyone is invited to learn what recovery is and how to apply its principles, both personally and in a professional capacity.

Caroline Nicholson and a co-tutor from Westward Housing	 Wednesday 5th April	11:00am – 1:30pm	Mortimer House Grendon Road Exeter EX1 2NL
Caroline Nicholson and a co-tutor from Westward Housing	 Wednesday 3rd May	11:00am – 1:30pm	1 Redworth Terrace Totnes TQ9 5JN
Caroline Nicholson and a co-tutor TBC	 Tuesday 23rd May	1:30pm – 4:00pm	Axminster Hub Pippins Lyme Road (on corner of Stoney Lane) Axminster EX13 5AZ
Caroline Nicholson and a co-TBC	 Thursday 22nd June	11:00am – 1:30pm	Alexandra House 59 Imperial Road Exmouth EX8 1AU

"Whatever situation you are in, that is what is normal for you."

Jo Brand

Rebuilding Your Life

Wellness Recovery Action Planning:

Are you interested in developing a straightforward, no-nonsense and practical plan for your recovery and wellbeing? If so, then you'll want to learn how to design your own Wellness Recovery Action Plan, also known as a WRAP. WRAP is a simple self-management tool that can be used by anyone wishing to have more control of their recovery and wellbeing. By developing your own WRAP, you learn to recognise what you need to do to stay well, and to put into place the things you know that will help you the most if things aren't going so well. The tutors will help you to start a WRAP, giving you advice on what to do with your WRAP once it is written.

Who is the course for? This course is open to all.

Alexandra Cory and a co-tutor TBC	 This 3-week course will meet Tuesdays on: 6th, 13th and 20th June	11:00am – 1:00pm	Torridgeside Link Centre The Old Schoolhouse Higher Gunstone Bideford EX39 2DG
Charlotte Lundrigan and Suz Yates	 This 3-week course will meet Fridays on: 11th, 18th and 25th August	10:30am – 1:30pm	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE

Journey to Wellbeing:

This 5-week course is an opportunity for you to gain an understanding of recovery, what it means and to enable you to embark on that journey to wellbeing. You will be introduced to a variety of tools and techniques that can help you along the way. The course is designed to give you a sense of empowerment, ownership and control and the resources and information necessary to begin to give you a better handle on strategies that can help you to cope when times are tough. There will be creative work, group work and pair work using handouts etc. Finally, you will design collages and make a safe box or treasure box that you can turn to and develop to support you in your journey.

Who is the course for? This course is for anyone who experiences mental distress.

Emily Davey and Eileen O'Hara	 This 5-week course will meet Fridays on: 21st, 28th April, and 5th, 12th and 19th May	10:30am – 12:30pm	Mortimer House Grendon Road Exeter EX1 2NL
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Rebuilding Your Life

5 Ways to Wellbeing with Laughter Yoga:

Laughter Yoga is a group activity. The 5 Ways to Wellbeing encourage you to connect, keep learning, keep active, take notice and give. In this enjoyable session you will have an opportunity to be with people and experience their laughter which will make it easier for you to laugh. Laughter Yoga gives you effortless opportunities to connect with others. Laughter Yoga might be the something new for you to learn to stay well. Laughter Yoga is an active workout. Did you know that the aerobic benefit of 1 minute of hearty laughing (deep belly laughing from the depths of your diaphragm) is equivalent to 10 minutes of rowing or jogging? Laughter Yoga is all about you taking notice – it is spontaneous and allows you to let go and respond to feelings in the present moment. If you share your laughter yoga skills and experiences with those outside of this session then you can give others the benefits you have learned and received.

Who is the course for? This course is for anyone interested exploring healthy and fun new ways to promote wellness for themselves and others.

Nik Sutherland and a co-tutor TBC	 Wednesday 29th March	11:00am – 1:00pm	Axminster Hub Pippins Lyme Road (on corner of Stoney Lane) Axminster EX13 5AZ
Nik Sutherland and a co-tutor TBC	 Tuesday 11th April	6:00pm – 8:00pm	Old Heathcoat School Community Centre 81 King Street Tiverton EX16 5JJ
Nik Sutherland and a co-tutor TBC	 Tuesday 9th May	6:00pm – 8:00pm	Ockment Centre North St Okehampton EX20 1AR
Nik Sutherland and a co-tutor TBC	 Tuesday 13th June	6:00pm – 8:00pm	The Alexander Centre 62 Plymouth Road Tavistock PL19 8BU
Nik Sutherland and a co-tutor TBC	 Tuesday 4th July	6:00pm – 8:00pm	Alexandra House 59 Imperial Road Exmouth EX8 1AU

"Connect, Be Active, Take Notice, Keep Learning and Give."

The 5 Ways to Wellbeing: New Economics Foundation

Rebuilding Your Life

Tree of Life:

The Tree of Life uses a tree as a metaphor for someone's life; different parts of the tree represent different aspects of an individual's life. For example, the roots are about where we come from both physically and in terms of the values and commitments that influence us. The trunk represents our skills and resources, the branches our hopes and dreams. Leaves are those people who are important and influential in our lives. The fruits are the gifts we have received from others – not necessarily material; these could simply be gifts of love and tolerance. In this half-day workshop Everyone in the session will create their own tree and together these will form a 'forest', allowing us to reflect on the strengths and resources of the group.

Who is the course for? This course is for anyone wishing to explore resources of personal strength through creativity.

Catherine Crebbin and Clair Pearson	 Wednesday 10th May	2.30pm-5.30pm	Alexandra Road Resource Centre 19c Alexandra Road Barnstaple EX32 8BA
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"Metaphors be with you!"

poetrylive.com

Finding Your Way to Work

If you are off sick, unemployed or just not happy with your current work situation, these two sessions will give you some time to think about the path you are on and the route you would like to take to find meaningful employment. We will spend the first session exploring where you are and where you would like to be with regard to work. We will look at mapping out your path and finding out which way you would like to go. In the second session, we will look in more detail at how to progress on your path to work. We will explore employment legislation, interview techniques, what to say to employers, and anything else that you feel will help you reach your personal employment goals.

Who is the course for? Anyone who is thinking about work.

Matt Crosbie and Emily Davey	 This 2-week course will meet Fridays on: 16th and 23rd June	10:30am – 1:00pm	St Sidwell's Community Centre Hennis Room Sidwell Street Exeter EX4 6NN
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Rebuilding Your Life

Welfare Reform and Simple Introduction to Universal Credit:

Living Options Devon and The Citizens Advice Bureau are working together to offer people help with understanding Welfare Reforms. This single session course aims to support people eligible for benefits, their family, carers and support workers to increase in confidence and to enable them to understand and help manage Welfare Reform changes better. This course will outline the Welfare Reforms and introduce Universal Credit, a new benefit system that is replacing many of the current benefits and tax credits. It is for individuals and families of working age whether they are working or not. Universal Credit is a single payment intended to meet different types of living costs; it is being introduced to simplify the benefits system. The tutors of this course are not connected to the Job Centre or the Department of Work and Pensions (DWP) and so will be able to share their knowledge about the benefits system in a confidential and safe space.

Who is the course for? The course welcomes anybody who wants to know more about Welfare Reform and Universal Credit.

This course is being delivered by Citizens Advice in Partnership with Living Options and the YMCA	 Thursday 13th April	2:30pm – 4:30pm	Newcourt Community Centre Blakeslee Drive Newcourt EX2 7FN
This course is being delivered by Citizens Advice in Partnership with Living Options and the YMCA	 Monday 17th July	2:30pm – 4:30pm	St Sidwell's Community Centre Rougemont Room Sidwell Street Exeter EX4 6NN

"Nothing is impossible. Even the word says I'm possible."

Audrey Hepburn

Understanding Mental Health Issues and Treatments

Understanding Your Medication:

The aim of this single session course is to give you a chance to learn all about medicines used in mental health and beyond. We will cover a range of topics, from how the brain works, different types of medicines, minimizing side-effects, how you can manage their use more effectively or come off medications safely. You will learn the possible benefits of medicines, as well as covering the most common side-effects and learn simple ways to overcome them. We will show you where to go to get access to reliable information on the internet, as well as who to contact if you have any questions. We will also have an of open question and answer session.

Who is the course for? This course is for anyone who wants to know more about medication used in mental health and how to manage their use or come off safely.

James Lee and Eileen O'Hara	 Monday 27th March	1:30pm – 4:30pm	Mortimer House Grendon Road Exeter EX1 2NL
James Lee and Eileen O'Hara	 Wednesday 23rd August	1:30pm – 4:30pm	Ockment Centre North Street Okehampton EX20 1AR

Positive Sleep Patterns:

To understand positive and healthy sleep management techniques and look at strategies for overcoming problems such as sleep deprivation, managing nightmares, day time fatigue/napping, over thinking and sensory issues that affect sleep (such as a light or noisy bedroom).

Who is the course for? This course is for anyone wanting to learn ways to identify positive sleep patterns and a variety of different practices that are necessary to have normal, quality night-time sleep and full daytime alertness.

Laura Smith and Charlotte Lundrigan	 This 5-week course will meet Thursdays on: 6th, 13th, 20th, 27th April and 4th May	2:00pm – 4:00pm	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE
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"Recovery is not about finding a miracle cure or returning to how things used to be. It's about finding a happier, healthier, more sustainable life that recognises the past, accepts the limitations of the present and is full of hope for the future."

Simon Heyes

Understanding Mental Health Issues and Treatments

Understanding and Living Well with Anger:

In this 5-week course students will acquire an understanding of anger and its positive uses, together with strategies to manage anger when it becomes a problem. Topics on this course will include: identifying the uses of anger, types of anger, and how anger can mask other emotions. This is a practical course that will help you identify your triggers and challenge negative thoughts, offering you opportunities to identify strategies that may help you manage anger safely and effectively.

Who is the course for? This course is for anyone who wants to understand their anger better and learn strategies to manage their feelings more effectively.

Laura Smith and Charlotte Lundrigan	 This 5-week course will meet Thursdays on: 6th, 13th, 20th, 27th April and 4th May	10:30am - 12:30	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE
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"Be a rainbow in somebody else's cloud."

Maya Angelou

Understanding Mental Health Issues and Treatments

Exploring Happiness:

This 5-week course will be a fascinating exploration of ideas of happiness in popular culture, positive psychology and secular spirituality. It will consider mindfulness practice and other approaches that aim to promote happiness and will challenge our personal and cultural assumptions and expectations of happiness to facilitate ways of looking at life in potentially helpful new ways. The tutors on the course will share their personal experience of what helps us laugh and the benefits of humour. The course will look more closely at how we can integrate suffering whilst living well and things we can do to cultivate joy. The course aims to create a safe and welcoming environment in which participants develop trust and feel supported in sharing their thoughts, values, interests and (maybe) forgotten passions and talents to find deeper meaning in what truly makes us happy.

Who is the course for? This course is for anyone with an interest in exploring the subject of happiness and what happiness might mean for them.

<p>Heike Hollerung and Sam Randall</p> <p>Applications for a place on this course can only be made through Sue Dart at Exeter College. Please contact Sue on 01392 400920 or suedart@exe-coll.ac.uk</p>	<p> This 5-week course will meet Tuesdays on: 18th and 25th April and 2nd, 9th and 16th May</p>	<p>2:00pm – 4:00pm</p>	<p>Alexandra House 59 Imperial Road Exmouth EX8 1AU</p>
<p>Heike Hollerung and Sam Randall</p> <p>Applications for a place on this course can only be made through Sue Dart at Exeter College. Please contact Sue on 01392 400920 or suedart@exe-coll.ac.uk</p>	<p> This 5-week course will meet Tuesdays on: 6th, 13th, 20th and 27th June and 4th July</p>	<p>1:00pm – 3:30pm</p>	<p>Mortimer House Grendon Road Exeter EX1 2NL</p>

"We need more kindness, more compassion, more joy, more laughter.

I definitely want to contribute to that."

Ellen DeGeneres

Understanding Mental Health Issues and Treatments

Becoming a Mum: The Ups and Downs of Motherhood

This 6-week course aims to support mums who have pre- or postnatal depression and/ or anxiety. This course is for you if you are finding pregnancy or being a mum stressful, resulting in feelings of sadness, panic, loneliness, frustration, irritation or anger. By meeting together with other mums in a similar situation, you can have some 'me' time in order to become more positive about life as a mother. During the course we will be exploring why you are feeling the way you do, how you can help yourself and each other, as well as learning new skills and fun activities. Each week will introduce a different theme or activity to promote topics for discussion and to promote wellbeing.

Who is the course for? This course is for women who are struggling with their mood in pregnancy and post birth. Free crèche facilities for up to 6 babies will be available at the Centre. If you need to use the crèche facility you must let us know when you book your place onto the course.

Selina Dare Naomi Gilbert	 This 6-week course will meet Wednesdays on: 19th, 26th April and 3rd, 10th, 17th, 24th May	12:30am – 2:30pm	Zig Zags Children's Centre 32 Market Street Torquay TQ1 3AQ
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Understanding and Living Well with Unusual Experiences:

We understand the term "psychosis" as describing experiences outside of shared reality, most often voices and visions and awareness of other unusual occurrences and hallucinations that may be distressing to the person. In this 4-week course, we will explore some psychological ideas for making sense of these kinds of hallucinations and unusual experiences and look at strategies that have been found to support recovery, or living well with psychosis. We aim to inspire hope through sharing personal experience of recovery from psychosis, support exploration of different ways of understanding and coping with psychosis through group discussion, and teach some practical coping strategies, which we will ask people to try out as homework.

Who is the course for? This course is for people who have experienced psychosis, their friends, family, supporters and other mental health workers.

Laura Smith and Suz Yates	 This 4-week course will meet Thursdays on: 11th, 18th and 25th May and 1st June	11:00am – 1:00pm	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE
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Understanding Mental Health Issues and Treatments

Coming to Terms with PTSD (Post-Traumatic Stress Disorder):

This course offers an introduction to PTSD, how it unravels and presents itself in a person's life, and what impact this has not only on an individual but also on family, friends and other supporters who might themselves become overwhelmed by the behaviour of somebody struggling with PTSD.

This is a two-part course that will run over 3 sessions. There will be an introduction to PTSD delivered over the first 2 sessions. A third session will run at a later date offering students an opportunity to reinforce what they have learned in the first two sessions and to ask any further questions that might have arisen after some time of reflection.

Who is the course for? This course is for anyone wishing to understand PTSD, what it is and how someone can self-manage their symptoms or how others can support them more effectively.

Jason Heath and Marie Ash	 This 3-week course will meet Wednesdays on: 5th and 19th April and 3rd May	1:00pm – 3:00pm	St Sidwell's Centre Sidwell Street Exeter EX4 6NN
Jason Heath and Marie Ash	 This 3-week course will meet Wednesdays on: 12th, 26th July and 9th August	1:00pm – 3:00pm	Alexandra Road Resource Centre 19C Alexandra Road Barnstaple EX32 8BA

Living in the Present, Not in the Past:

This course will encourage students to explore how their past experiences are effecting their present life. Students will explore their own core beliefs and any unhelpful thoughts or thinking patterns which they hold, and will be encouraged to challenge them. Students will explore how past events are re-experienced in the present, for example through flashbacks and opportunities will be provided to begin developing strategies to manage this. Students will have the opportunity to discuss sleep disturbance, panic attacks and any effects their past experiences are having upon their current emotional reactions. Avoidance reactions will be explored and students will be encouraged to look at facing fears. There will be a brief reflection on how the students' self-esteem has been effected by past experiences. Opportunities will be provided for creativity throughout the course with students developing their own self-help resources to take away with them.

Who is the course for? This course is for students who might wish to challenge unhelpful thoughts that have arisen from their past experiences.

Gemma Makoric and Suz Yates	 This 6-week course will meet Thursdays on: 1st, 8th, 15th, 22nd, 29th June and 6th July	2:00pm – 4:00pm	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE
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Understanding Mental Health Issues and Treatments

Understanding and Living Well with Obsessive Compulsive Disorder:

This 4-week course aims to provide a safe and supportive environment where knowledge, understanding and experiences of OCD (Obsessive Compulsive Disorder) are explored. The course aims to provide an understanding of the symptoms of OCD, to meet other people suffering from OCD and to learn techniques that will help to manage OCD.

Who is the course for? This course is for people who have OCD and who would like to find better ways to manage their symptoms.

Sharon Nott and Jane Eastwood	 This 4-week course will meet Fridays on: 2nd, 9th, 16th and 23rd June	2:30pm – 4:30pm	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE
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Understanding and Managing your Depression:

This 6-week course aims to allow participants to gain a greater understanding of their depression and the way in which it impacts on their daily life. It will look at different coping strategies which can be put in place to support recovery and aid wellness. There will also be opportunities to practice some coping strategies during the course itself so that participants have the skills to help them manage their depression better through life. The course is semi-personalised as the tutors recognise that depression is not the same for everyone; people will have different experiences and circumstances that can impact them in different ways. We do not tell people what their depression feels like or how it affects them, but instead allow them to explore for themselves what may have led to their depression, and what may then help them in their recovery in a way which takes into account their own experiences.

Who is the course for? This course is for anyone who has experienced or who is experiencing depression

Charlotte Lundrigan and Gemma Makoric	 This 6-week course will meet Mondays on: 5th, 12, 19th, 26th June and 3rd and 10th July	2:00pm – 4:00pm	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE
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'Surrender to what is, let go of what was, have faith in what will be.'

Sonia Ricotti

Understanding Mental Health Issues and Treatments

Developing Self-Management Strategies for Anxiety:

This course aims to provide information, practical tools and techniques to support people in overcoming anxiety, to encourage people to develop tools for self-management and to find more positive ways to manage their lives by increasing understanding and confidence. By the end of the course learners will have a better understanding of the physical feelings of anxiety, what might increase these feelings and keep us feeling anxious. We will explore what self-management tools we already have, can learn and can use; we will have the opportunity to practise new skills and build on existing ones initially in a safe group setting. Those in the group will learn that they are not alone, having the chance to meet and share with others.

Who is the course for? This course is for anyone wanting to learn ways to manage their own anxiety.

Gemma Makoric and Charlotte Lundrigan	 This longer 6-week course will meet Fridays on: 19th and 26th May and 2nd, 9th, 16th and 23rd June	10:30am – 12:30pm	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE
Andrew Jeffery and June Kershaw	 This shorter 4-week course will meet Mondays on: 5th, 12th, 19th and 26th June	12:30pm – 2:30pm	Torridgeside Link Centre The Old Schoolhouse Higher Gunstone Bideford EX39 2DG
Andrew Jeffery and June Kershaw	 This shorter 4-week course will meet Wednesdays on: 7th, 14th, 21st and 28th June	3:00pm – 5:00pm	Alexandra Road Resource Centre 19C Alexandra Road Barnstaple EX32 8BA

Understanding Mental Health Issues and Treatments

Developing Self-Management Strategies for Self-Harm:

This 6-week course aims to provide a safe and supportive environment where knowledge, understanding and experiences around self-harming behaviours are shared. We will look at patterns of behaviours and triggers, and how our thoughts, feelings and emotions influence how we behave and can influence those around us. We will look at what we can start to do differently, and also begin to develop some self-management tools to support and increase our well-being.

Who is the course for? This course is for people who currently or have in the past self-harmed and would like to understand their behaviour and what they can do to manage it better.

This course will be delivered by co-tutors from the Community Care Trust	 This 6-week course will meet Wednesdays on: 5th, 12th, 19th and 26th July and 2nd and 9th August	11:00am – 1:00pm	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE
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Understanding Self-Harm for Friends, Family and Other Supporters:

This 2-week course will help you develop a greater understanding and knowledge around self-harming behaviours and introduce some alternative ways to support someone else. The course aims to provide a safe and supportive environment where knowledge, understanding and experiences are shared. We will explore self-harming behaviours looking at patterns and triggers, how someone's thoughts, feelings and emotions can influence how they behave and look at what we can do to support the recovery of someone who self-harms. The course will also consider ways we can look after ourselves and support our own recovery. Course tutors are planning to offer a joint second session with people who currently or have self-harmed in the past together with family and supporters to increase understanding and compassion, develop more effective ways of communicating, and hear what would be helpful to all.

Who is the course for? This course is for friends, family and other supporters who want to gain a better understanding around self-harming behaviours of people they care for.

Jane Eastwood and Gemma Makoric	 This 2-week course will meet Fridays on: 14th and 28th July	10:30am – 1:30pm	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE
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I've learned to celebrate my life, to embrace it. If I have problems, the problems don't have me. They are not something I am ashamed of'

Carrie Fisher

Developing Knowledge and Practical Skills

Exploring Self-Esteem In-Depth:

This longer 6-week course aims to allow participants to gain a greater, more in-depth understanding of the way in which their low self-esteem impacts on their daily life. It is aimed at people who have already attended the 3 or 6 weeks "Self Esteem and Assertiveness" course at Daybreak and is looking to expand and elaborate on this further. The feedback from the previous courses has been that it is beneficial, but that often people would like something a bit more in depth. We have taken this feedback on-board and have come up with this deeper understanding course. We will look at different coping strategies which can be put in place to support recovery and aid wellness. There will also be opportunities to practice some coping strategies during the course itself and there are various "reflective" opportunities for participants to consider how their experiences have affected their life. We encourage active participation as the more you put in to the course, the more you will gain from it. The course will provide a safe space for these reflections and opportunities to develop self-awareness for those who wish to be pro-active in this. The course is not therapy, but it is a more intense scrutiny of the impact our thoughts and behaviours have on our lives and what we can do to change this.

Who is the course for? This course is for people who have already attended the 3 or 6 weeks "Self Esteem and Assertiveness" course at Daybreak or an equivalent course elsewhere and is looking to expand and elaborate on the subject further.

Gemma Makoric and Charlotte Lundrigan	 This 6-week course will meet Mondays on: 13th, 20th, 27th March and 3rd, 10th and 24th April	10:30am – 12:30pm	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE
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"Stay afraid, but do it anyway. What's important is the action. You don't have to wait to be confident. Just do it and eventually the confidence will follow."

Carrie Fisher

Developing Knowledge and Practical Skills

Promoting Our Wellbeing and Emotional Regulation (POWER):

This course runs over two sessions; the first session is a longer and more intensive workshop that will inform students about skills that can help in 'stepping back from' difficult thoughts and emotions, in recognising these thoughts and emotions and in finding more helpful ways to respond to them. The second session is a two-hour top up session which aims to discuss putting the skills from POWER part 1 into practice, and for students to have an opportunity to ask any questions from the handouts given in part 1.

Who is the course for? This course is for anyone with experience of mental health issues, or their friends, family or supporters wanting to learn more about POWER and the skills that can help regulate emotions.

N.B. Session 1: There will be several breaks, but lunch is not provided. Students are therefore kindly asked to bring their own packed lunch.

Selina Dare and Tracy Skelcher	 This 2-week course will meet Fridays on 17th and 31st March	10:30am – 12:30pm	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE
Selina Dare and Tracy Skelcher	 This 2-week course will meet Fridays on 2nd and 16th June	10:30am – 12:30pm	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE

*I am always learning that which I can't do, in order that
I may learn how to do it."*

Pablo Picasso

Developing Knowledge and Practical Skills

Self-Esteem and Assertiveness:

This course will give participants an opportunity to discover why we may lack confidence and self-esteem, what we can do about it, and to practise the skills that help us become more assertive. By the end of the course participants should be able to recognise and change negative thinking patterns that hinder us in our daily lives. When we learn to live and work with confidence and acquire the skills to be assertive, we can help turn our lives around.

Who is the course for? For anyone wanting to boost their self-esteem and to learn to be more assertive.

Gemma Makoric and Charlotte Lundrigan	 This shorter 3-week course will meet Fridays on: 17th, 24th and 31st March	10:30am – 12:30pm	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE
Heike Hollerung and Sam Randall Applications for a place on this course can only be made through Sue Dart at Exeter College. Please contact Sue on 01392 400920 or suedart@exe-coll.ac.uk	 This longer 6-week course will meet Wednesdays on: 19th, 26th April and 3rd, 10th, 17th and 24th May	1:00pm – 3:00pm	Mortimer House Grendon Road Exeter EX1 2NL
Heike Hollerung and Sam Randall Applications for a place on this course can only be made through Sue Dart at Exeter College. Please contact Sue on 01392 400920 or suedart@exe-coll.ac.uk	 This longer 6-week course will meet Wednesdays on: 7th, 14th, 21st, 28th June and 5th and 12th July	3:30pm – 5:30pm	Alexandra House 59 Imperial Road Exmouth EX8 1AU
Rosie Boundy and June Kershaw	 This longer 6-week course will meet Tuesdays on: 20th, 27th June and 4th, 11th, 18th and 25th July	2:00pm – 4:30pm	Alexandra Road Resource Centre 19C Alexandra Road Barnstaple EX32 8BA
Gemma Makoric and Charlotte Lundrigan	 This shorter 3-week course will meet Thursdays on: 3rd, 10th and 17th August	10:30am – 12:30pm	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE

Developing Knowledge and Practical Skills

ReCreate! Developing Creative Skills:

Have a go using new and different tools and techniques to inspire and develop your creative skills. Explore new materials, or use old materials in new ways. In this 4-week course our tutors will provide you with a variety of opportunities to increase your confidence in trying out new ways to express yourself creatively. Tutors will introduce students to a range of materials, tools and techniques that could include: paper craft and die-cut, shrink plastics, 'smart' materials, paints, pigments, adhesives, soldering and wirework, casting, mosaic, upcycling, fabric, and textiles. The aim of the course is boost confidence in trying out new things, inspire fun and curiosity, and develop skills that can expand your creative abilities.

Who is the course for? This course is for students of all abilities who would like an opportunity to try out, play and experiment with different tools and techniques to inspire the artist within and develop creative skills. kindly asked to bring their own packed lunch.

Caroline Nicholson and Cindy Rapson	 This 4-week course will meet Mondays on: 20th and 27th March and 3rd and 10th April	6:00pm – 8:00pm	Gingham Buttons Unit 2 Linkhouse Knightsshayes Estates Office Leat Street Tiverton EX16 5LH
Caroline Nicholson and Cindy Rapson	 This 4-week course will meet Mondays on: 19th, 26th June and 3rd and 10th July	6:00pm – 8:00pm	Gingham Buttons Unit 2 Linkhouse Knightsshayes Estates Office Leat Street Tiverton EX16 5LH

Developing Knowledge and Practical Skills

Mindful Movement for Health and Wellbeing:

This 3-week course uses mindful movement with other approaches to mindfulness to bring about more awareness of our bodies, minds and hearts. We learn to listen to our bodies, expand our emotional intelligence, quieten the mind and connect with an inner sense of joy and well-being. We also learn to connect with each other in a supportive environment and appreciate community. Conscious movement practice can help with all kinds of emotional challenges, including anxiety, isolation, self-image and depression. The course invites participants to find their inner creative self through guided free-style mindful movement exercises. Learners will equip themselves to take creative new ways of well-being into everyday life. This course is open to all abilities and sensibilities and is tailored to individual needs.

Who is the course for? This course is for anyone who wants to experience movement and stillness to promote wellbeing.

Applications for a place on this course can only be made through Mind in Exeter and East Devon. Please either email or call Simon Robinson on simon.robinson@mindex.org.uk or 01392 204497

Aspasia Leledaki and Simon Robinson	 This 3-week course will meet Saturdays on: 25th March and 1st and 8th April	11:00am – 1:00pm	Exeter Community Centre (The Ballroom) 17 St. David's Hill Exeter EX4 3RG
Aspasia Leledaki and Simon Robinson	 This 3-week course will meet Saturdays on: 29th July and 5th and 12th August	11:00am – 1:00pm	Exeter Community Centre (The Ballroom) 17 St. David's Hill Exeter EX4 3RG

Developing Knowledge and Practical Skills

Hidden Gems:

This 13-week course helps people develop and build employment skills. Over the course of the project you will learn how to design, make and sell jewellery and other handcrafted products from recycled and reclaimed metals. During the course, learners will:

- Undertake the Social Enterprise Qualification (QCF recognised) and/or NOCN qualification
- Design, make and market craft products
- Experience real-life work activity
- Be supported to identify and overcome health and personal barriers to employment
- Have access to programmes and resources to improve health and wellbeing including 5 Ways to Wellbeing and Health Awareness
- Build confidence to engage with employment
- Gain valuable and transferable skills
- Acquire new and flexible entrepreneurial skills
- Develop creative skills
- Be supported to search for volunteering and job opportunities
- Be supported to write CV's, disclose convictions and develop interview skills
- Take part in confidence and motivation-building activities

A past participant said this about Hidden Gems:

"I was ill for ages after my operation and I needed to get back to work. Hidden Gems was great! With references from Hidden Gems I was able to get a job placement and get back into factory work. Being in work makes me feel good and that I'm doing something for the community."

Applications for a place on this course can only be made through EDP Drug & Alcohol Services. Please either email or call:

Sarah Kuhl on sarahkuhl@edp.org.uk or 07930 285 030

Rod Burnett on rodburnett@edp.org.uk or 07795 306 235

N.B. The course runs 3 days a week on Mondays, Tuesdays and Wednesdays. Students can attend just one or all three days if they wish.

Sarah Kuhl, Angie Holmes and peer mentors	 This 13-week course starts Monday on: 27th March.	10:00am – 2:00pm	Devon Disability Collective 22 Marsh Green Rd East Exeter EX2 8PQ
Sarah Kuhl, Angie Holmes and peer mentors	 This 13-week course starts Monday 26th June.	10:00am – 2:00pm	Devon Disability Collective 22 Marsh Green Rd East Exeter EX2 8PQ

Developing Knowledge and Practical Skills

Introduction to Mindfulness

A single session introduction to the ideas and some of the techniques of Mindfulness. No experience required. During the session we will have the chance to try out techniques that can be used to help to develop awareness. We will also look at how Mindfulness is being used with very good results in the NHS and how people use this approach to help with a range of mental health problems, recovery and life in general! There will be time for discussion and information about further opportunities to explore Mindfulness in Devon.

Who is the course for? This course is for anyone new to Mindfulness (i.e. beginners) and curious about the benefits that a regular practice of Mindfulness can bring. People who have previously had a taste of Mindfulness are also welcome to refresh their practice.

Aspasia Leledaki and a co-tutor from Westward Housing. Applications for a place on this course can only be made through Sue Dart at Exeter College. Please contact Sue on 01392 400920 or suedart@exe-coll.ac.uk	 Tuesday 4th April	2:00pm – 4:30pm	Mortimer House Grendon Road Exeter EX1 2NL
James Sasse and Theresa Garrett	 Tuesday 2nd May	11:30am – 3:15pm (with a lunch break)	Alex Road Resource Centre 19C Alexandra Road Barnstaple EX32 8BA
Aspasia Leledaki and a co-tutor from Westward Housing. Applications for a place on this course can only be made through Sue Dart at Exeter College. Please contact Sue on 01392 400920 or suedart@exe-coll.ac.uk	 Tuesday 30th May	10:30am – 1:00pm	St Sidwell's Community Centre Sidwell Street Exeter EX4 6NN
James Sasse and Theresa Garrett	 Tuesday 20th June	11:00am – 2:25pm (with a lunch break)	Torridgeside Link Centre The Old Schoolhouse Higher Gunstone Bideford EX39 2DG
Aspasia Leledaki and Kirsty Lane	 Tuesday 11th July	3:00pm – 5:30pm	The Strand Community Centre 32 The Strand Dawlish EX7 9PT

"When you pay attention to boredom it gets unbelievably interesting."

Jon Kabat-Zinn

Developing Knowledge and Practical Skills

Breadmaking:

Help boost your confidence and skills in the kitchen in this practical course on breadmaking. Home-baked bread always tastes better! Over three, 3-hour sessions you will learn to mix, knead and bake at least three different and delicious, healthy home-made breads. You'll learn to make a basic bread recipe that can be adapted in many different ways, giving you the confidence to become master of your own bakery. You'll also explore other breads such as seedy granary loaves, rye or soda bread, crusty pizza bases and create your own yeast starter, for fabulous sourdough.

Who is the course for? This course is for anyone interested in learning to make bread. All ingredients will be provided

Georgina Lee and Dave Wright	 This 3-week course will meet Wednesdays on: 12th, 19th and 26th April	3:00pm – 6:00pm	St Sidwell's Community Centre Sid's Cafe Sidwell Street Exeter EX4 6NN
Georgina Lee and Dave Wright	 This 3-week course will meet Wednesdays on: 9th, 16th and 23rd August	3:00pm – 6:00pm	St Sidwell's Community Centre Sid's Cafe Sidwell Street Exeter EX4 6NN

The art of bread making can become a consuming hobby, and no matter how often and how many kinds of bread one has made, there always seems to be something new to learn.

Julia Child

Developing Knowledge and Practical Skills

Taking Mindfulness Practice Forward:

These longer mindfulness courses offer an introduction to Mindfulness and Mindfulness techniques to help people cope with stress, physical pain and challenging emotions such as anxiety, depression and fear. Mindfulness allows us to be 'in the present moment' by becoming more aware and intimate with our thoughts and feelings without becoming overwhelmed by them. It allows us to be more balanced and not so overwhelmed or distressed by our thoughts or the circumstances we find ourselves in.

Who is the course for? These courses would suit people who have themselves already engaged with Mindfulness to some degree (even if their practice has lapsed and they would like to restart it). If you are interested but unsure whether to apply you are welcome to contact the tutors to discuss the course.

Aspasia Leledaki and a co-tutor TBC Applications for a place on this course can only be made through Sue Dart at Exeter College. Please contact Sue on 01392 400920 or suedart@exe-coll.ac.uk	 This 6-week course will meet Tuesdays on: 18th, 25th April and 2nd, 9th, 16th and 23rd May	2:00pm –4:30pm	Mortimer House Grendon Road Exeter EX1 2NL
Selina Dare and Julie Archer	 This 6-week course will meet Fridays on: 21st and 28th April and 5th, 12th, 19th and 26th May	10:30am- 12 noon	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE
James Sasse and Theresa Garrett	 This shorter 4-week course will meet Tuesdays on: 9th, 16th 23rd May and 6th June	12:30pm – 2:30pm	Alexandra Road Resource Centre 19C Alexandra Road Barnstaple EX32 8BA
James Sasse and Theresa Garrett	 This shorter 4-week course will meet Tuesdays on: 27th June and 4th, 11th and 18th July	1:00pm – 3:00pm	Torridgeside Link Centre The Old Schoolhouse Higher Gunstone Bideford EX39 2DG
Charlotte Lundrigan and Dan Simpson	 This 6-week course will meet Mondays on: 17th, 24th and 31st July and 7th, 14th and 21st August	2:00pm – 4:00pm	Daybreak Day Centre 51 Totnes Road Paignton TQ4 5LE
Aspasia Leledaki and Rosie Dawson	 This 6-week course will meet Saturdays on: 22nd, 29th July, and 5th, 12th, 19th and 26th August	3:00pm – 5:30pm	The Strand Community Centre 32 The Strand Dawlish EX7 9PT

To book: book online at www.devonrlc.co.uk - email us on dpn-tr.drlc@nhs.net - call us on **01392 677067**
(to speak with a member of the DRLC staff please ring between 10am-2pm Monday – Thursday)

Developing Knowledge and Practical Skills

Being Well with Others – Feeling Well Alone:

This 8-week course aims to raise awareness of how we relate to the environment, to other people and to ourselves. It addresses our need for contact and connections as well as for being alone. Learners will be offered different ways to experience themselves in contact with the environment, with one self and with others. Topics will include identities, roles, needs, support, power structures, mutuality, change, control and trust. There will be opportunities to participate in interactive exercises, discussion, creative expression, and mindfulness.

Who is the course for? This course is for anyone who wants to explore the topic of relating and relationships, either as a person affected by mental ill health, or as a relative, friend, or professional.

Applications for a place on this course can only be made through Mind in Exeter and East Devon. Please either email or call Simon Robinson on simon.robinson@mindex.org.uk or 01392 204497.

Richard Dennison and Heike Hollerung	 This 8-week course will meet Fridays on: 21st, 28th, April, and 5th, 12th, 19th, 26th May, and 2nd and 9th June	2:00pm – 4:00pm	Exeter Community Centre 17 St David's Hill Exeter EX4 3RG
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Sew Fun! Sewing Machine Basics:

Learn to use a sewing machine and discover a creative new skill in a friendly, warm and welcoming environment. This 4-week course will cover basic stitching techniques, such as inserting a zip, sewing a button hole, turning corners, finishing off, and much more. We will encourage creativity whilst learning new skills to boost your confidence and sense of satisfaction in producing something both beautiful and useful. Simple projects could include making a tote bag or small zippered glasses case or bring a project of your own or item that needs repair. All materials will be provided.

Who is the course for? This course is designed for beginners and is suitable for both men and women.

Caroline Nicholson and Cindy Rapson	 This 4-week course will meet Mondays on: 24th April and 1st, 8th, 15th May	6:00pm – 8:00pm	Gingham Buttons Unit 2 Linkhouse Knightsshayes Estates Office Leat Street Tiverton EX16 5LH
Caroline Nicholson and Cindy Rapson	 This 4-week course will meet Mondays on: 24th, 31st July and 7th and 14th August	6:00pm – 8:00pm	Gingham Buttons Unit 2 Linkhouse Knightsshayes Estates Office Leat Street Tiverton EX16 5LH

Developing Knowledge and Practical Skills

Know Your Home: Home Maintenance for Beginners:

This super-practical, every-day, skills-based course will help students run their homes more efficiently and cost effectively and will teach basic hand skills. Students will gain confidence, independence and personal control in their living environment and rely less on experts and contractors for basic household repairs. There will be opportunities for progression to further learning in things like decorating, plumbing, and carpentry. At the end of the course, students will be able to identify common faults in a home; understand basic systems eg. drainage; know location of services e.g. utility meters and supply; know how to take remedial actions to fix/repair faults; use a variety of hand skills to maintain home. The course is based at Falcon House, the Construction Training Centre for Exeter College at Sowton Industrial Estate, easily accessible by public transport using bus or rail. Falcon House is an exciting and modern venue that is also welcoming, bright and friendly, where men and women of all ages learn skills for independent living as well as to further their professional careers. Everyone will learn something useful on this course!

Who is the course for? This course is for anyone wanting to learn basic home maintenance skills to support independent living.

Applications for a place on this course can only be made through Sue Dart at Exeter College. Please contact Sue on 01392 400920 or suedart@exe-coll.ac.uk

Matt Keale and James Andrew	 This 3-week course will meet Wednesdays on: 3rd, 10th and 17th May	1:00pm – 4:00pm	Devon and Exeter Construction Training Centre Falcon House Falcon Road Sowton Industrial Estate Exeter EX2 7LB
Matt Keale and James Andrew	 This 3-week course will meet Wednesdays on: 7th, 14th and 21st June	1:00pm – 4:00pm	Devon and Exeter Construction Training Centre Falcon House Falcon Road Sowton Industrial Estate Exeter EX2 7LB

"Home is where the heart is."

Pliny the Elder

Developing Knowledge and Practical Skills

Bringing Wood to Life:

Help boost your confidence and self-esteem in this practical, 4-week course in woodwork. Build on your work tolerance, communication skills and practical skills while attending this instructive short course. On this course, students will learn some basic hand tool use and learn how to cut simple woodwork joints in a friendly and social environment. A final project of a bird/bat box, wild bee house, picture frame or other small woodwork project will be completed by the student to take home.

Who is the course for? This course is for anyone interested in working with wood. Lunch is not provided, so **students are kindly asked to bring their own packed lunch, or else they can order a healthy, hot meal from the New Leaf canteen for a small charge (£3).**

Richard Wellington and a co-tutor TBC	 This 3-week course will meet Mondays on: 8th, 15th and 22nd May	10:30am – 3.30pm (with a one hour break for lunch)	New Leaf Farm House Rise Exminster EX6 8AB
Richard Wellington and a co-tutor TBC	 This 4-week course will meet on Mondays in the Summer, dates TBC	10:30am – 3.30pm (with a one hour break for lunch)	New Leaf Farm House Rise Exminster EX6 8AB

"If opportunity doesn't knock, build a door."

Milton Berle

Simple Suppers

Based at New Leaf in Exminster, with beautiful views overlooking the Exe Estuary, this single session course will help you build your confidence in the kitchen.

Whilst working in a small group, in a friendly, informal environment, you'll have the opportunity to build on your abilities in the kitchen. We will cover health and safety in the kitchen, some basic knife and cooking skills, and create a 3- course simple supper for you to enjoy in our café at the end of the session (or to take home).

Who is the course for? This is a beginner's course open to everyone.

Sally Aggett and Sarah Fox	 Monday 8th May	10:30am – 2:00pm	New Leaf Farm House Rise Exminster EX6 8AB
Sally Aggett and Sarah Fox	 Monday 17th July	10:30am – 2:00pm	New Leaf Farm House Rise Exminster EX6 8AB

Developing Knowledge and Practical Skills

Happy Cupcakes: Cake Decorating Basics:

Have you ever wanted to decorate your cakes to make them a bit more special? In this course students will get to learn basic cake decorating skills by starting small with cupcakes. From learning to make delicious frosting and how to decorate cupcakes with creative piping techniques to shaping sugar paste to make fun decorations, this course is guaranteed to be a treat! All ingredients, materials and equipment will be provided and best of all you get to take your happy cupcake creations home at the end of each class

Who is the course for? This is a beginner's course open to everyone.

Caroline Nicholson and Cindy Rapson	 This 3-week course will meet Mondays on: 22nd, 29th May and 5th June	6:00pm – 8:00pm	Gingham Buttons Unit 2 Linkhouse Knights Hayes Estates Office Leat Street Tiverton EX16 5LH
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'Stressed spelled backwards spells desserts.'

Anon

Sowing the Seeds of Recovery:

Learn to design and create your own hanging basket! Based at New Leaf in Exminster, with beautiful views overlooking the Exe Estuary, this single-session course will help you build your confidence and self-esteem.

Whilst working in a small group, in a friendly, informal environment, you'll have the opportunity to build on your work tolerance and stamina. You will be able to learn basic plant care skills, and create a beautiful hanging basket of your own to take home.

Who is the course for? Beginners course open to everyone

Phil Haydon and a co-tutor TBC	 Tuesday 13th June	10:30am-1:30pm	New Leaf Farm House Rise Exminster EX6 8AB
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*"Give a bowl of rice to a man and you will feed him for a day.
Teach him how to grow his own rice and you will save his life."*

Confucius

Finding Meaning and Living Well

Crafts for Wellbeing:

This 3-week course aims to inspire and develop ideas and skills to promote wellbeing. Students of all abilities are welcome and no prior knowledge of art is required. In this safe and friendly environment you will have the chance to work with a broad selection of materials such as fabric, paper, wool, textiles, ribbons, and buttons. Our tutors will then guide you to learn a range of craft techniques to complete several projects you'll be proud to have made with your own hands and to take home.

Who is the course for? This course is for anyone who wishes to develop creative strategies for wellness. Please wear suitable clothes for messy work!

Joanne Bickel and Caroline Nicholson	 This 3-week course will meet Tuesdays on: 21st, and 28th March and 4th April	3:00pm -5:00pm	The Strand Community Centre 32 The Strand, Dawlish, EX7 9PT
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Sewing Machine Skills Progression: New Stage Bag:

This 3-week course provides an opportunity for you to celebrate a new stage in your life by designing and making your own "tote" bag or "new bag for a new life"

Over three 2-hour sessions you can put your creative ideas to good use and progress your skills using a sewing machine into making something both beautiful and useful celebrate a personal achievement or new stage in your life. Sewing machines and all basic materials will be provided, although you are welcome to bring and use your own fabrics and additional materials you might want to use to decorate your tote bag.

Who is the course for? This course is for both men and women who already have some knowledge of how to use a sewing machine. Tutors will gladly provide additional support if necessary.

Applications for a place on this course can only be made through Mind in Exeter and East Devon. Please either email or call Simon Robinson on simon.robinson@mindex.org.uk or 01392 204497

Natalia Prats and a co-tutor from Mind	 This 3-week course will meet Tuesdays on: 21st, 28th March and 4th April	2:00pm – 4:00pm	St Sidwell's Community Centre The Old Chapel Sidwell Street Exeter EX4 6NN
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"To learn something new is a timeless pleasure and a valuable treasure."

C. Joybell C.

Finding Meaning and Living Well

Flash Fiction is Fun:

In this 3-week course we shall be learning to write mini-stories of under 300 words, as we work through guided exercises on forming characters, plot, point of view and dialogue. By the end of the course, students will have the satisfaction of creating pieces of finished work. Sharing by reading aloud is optional and it is not essential to attend all four sessions. A fun course, with a social and confidence-building aspect.

Who is the course for? This course is for anyone who would like to play with words and create mini-stories. No experience required.

Rachel Schaufield and Trish Leake	 This 3-week course will meet Tuesdays on: 28th March and 4th and 11th April	Session 1: 3:00pm-5:00pm (Hennis Room) Session 2 and 3: 2:00pm -4:00pm (St James Room)	St Sidwell's Community Centre The Old Chapel Sidwell Street Exeter EX4 6NN
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Sewing Machine Skills Progression: Chrysalis Garments

This 3-week course provides a creative opportunity for you to convert an old garment into a new one by altering, designing and making changes and adding your own embellishments. Over three 2-hour sessions you can put your creative ideas to good use and progress your skills using a sewing machine for transforming something old into making something new - everything deserves a second chance! Sewing machines and all basic materials will be provided, although you will want to bring an item from home such as an old garment, cushion cover or throw that you want to convert into something new. You are also welcome to bring any additional fabrics or materials that you might want to use.

Who is the course for? This course is for both men and women who already have some knowledge of how to use a sewing machine. Tutors will gladly provide additional support if necessary.

Applications for a place on this course can only be made through Mind in Exeter and East Devon. Please either email or call Simon Robinson on simon.robinson@mindex.org.uk or 01392 204497

Natalia Prats and a co-tutor from Mind	 Tuesdays 11th, 18th and 25th April	2:00pm – 4:00pm	St Sidwell's Community Centre The Old Chapel Sidwell Street Exeter EX4 6NN
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"Creativity involves breaking out of established patterns in order to look at things in a different way."

Edward de Bono

Finding Meaning and Living Well

Mark Making:

This one and a 1/2 hour course hopes to inspire and educate. During the session we will be making marks on paper using various materials and methods as a means to express our creativity that produces an artistic result. The course also aims to build self-confidence and trust, both individually and in a group setting. By the end of the workshop learners will demonstrate an understanding of therapeutic techniques to assist with relaxation through the creative expression with simple materials you might have about home. All materials are provided. This course is produced in consultation.

Who is the course for? For anyone that has ever been told they are not an artist! This course will enthuse and foster the inner artist in you.

Lisa Clapton and Sarahlee Gray	 Monday 24th April	11:30am – 1:00pm	Torridgeside Link Centre The Old Schoolhouse Higher Gunstone Bideford EX39 2DG
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Pottery for Fun:

This introduction to pottery allows the student to become familiar with some simple and ancient clay skills in a supportive and friendly environment. Students will be able to explore the therapeutic power of working with an elemental material in a fully equipped pottery studio. Using pinch pots and slabs each student will have the chance to create a small fish or bird and 2 tiles decorating these with different techniques. This is a hands-on experience and all materials, tools, aprons and equipment will be provided. Items will be fully fired and glazed by the tutors to be collected at a later date giving a permanent reminder of the course.

Who is the course for? This introductory course is for anyone with an interest in working with clay.

Sarah Wynn and Eve White	 This 3-week course will meet Mondays on: 8th, 15th and 22nd May	2:00pm – 4:00pm	Devon Community Opportunities 2-4 Meeting Street Exmouth EX8 1LN
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"A drawing is simply a line going for a walk."

Paul Klee

Finding Meaning and Living Well

Journeys with Art and What They Can Bring:

Art is for everyone, no previous art skills or experience required, just a willingness to explore with support from a couple of artists who know about the value of art and how it can help us in our recovery. In a safe and relaxed environment, students will be encouraged and supported to explore a range of techniques and approaches for creative activity. The course will be about noticing and building on what happens when we can let go of the everyday and involve ourselves in the stimulation of 'doing' art and becoming aware of our response to it.

Who is the course for? This course is for anyone who wishes to explore creativity in a small group.

Alexandra Reed and a co-tutor TBC	 This 2-week course will meet Mondays on: 15th and 22nd May	10:30am – 12:30pm	Torridgeside Link Centre The Old Schoolhouse Higher Gunstone Bideford EX39 2DG
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Finding Meaning and Living Well

Printmaking: Creativity as a Means to Explore Meaning and Memories of the Devon County Mental Hospital:

This 5-week course offers an opportunity to learn about the history and heritage of the former Devon County Mental Hospital at Exminster through the creative process of printmaking, using techniques such as monoprint, collagraph and drypoint. The course will be based at New Leaf in Exminster offering spectacular views over the Exe Estuary. The tutors delivering the course bring an extraordinary wealth of knowledge and expertise: Dr Nicole Baur is based at the Centre for Medical History at Exeter University and has been researching Exminster Hospital since 2007; Fiona Lovell is an artist and printmaker who tutors for Double Elephant Print Workshop; and Sarah Trickett has a degree in Fine Arts and brings to the course her lived experience of mental ill health and the benefits of the creative process to her recovery and wellbeing. Students on the course will have an opportunity to visit and learn about the architecture and grounds of the hospital site, and consider the impact the environment had on its patients and staff. They will also have the chance to learn about hospital life through oral history, photographs and case histories. This information will provide the source of inspiration for the creative process to take place through various techniques of printmaking and use of colour. All materials will be provided.

Who is the course for? This course is for anyone with an interest in the history and heritage of mental health in Devon and who would like to explore printmaking as a creative process to express meaning and memory.

N.B. Accessing the course venue at New Leaf and visiting the site and the former hospital buildings will involve some walking. Therefore, transport options will be provided for anyone with mobility needs. When booking onto this course please let us know if you have mobility needs so we can make any necessary arrangements.

Nicole Baur, Fiona Lovell and Sarah Trickett	 This 5-week course will meet Wednesdays on: 17th, 24th, 31st May and 7th and 14th June	Session 1: 1:00pm – 4:00pm Session 2-5: 1:00pm – 3:30pm	New Leaf Farm House Rise Exminster EX6 8AB
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Finding Meaning and Living Well

Thinking Creatively:

Have you ever heard of Winston Churchill's "black dog" or seen Edvard Munch's "The Scream"? Does music make you want to move or move you to tears? In this six-week course we will look at creative ways to make sense of experiences and emotions that we sometimes feel unable to express or explain. We will explore how other people have used words, art and music to express themselves, and we will have a go at expressing ourselves in creative ways and see what happens! This will be a chance to explore creatively in a safe environment.

Who is the course for? This course is for everyone, there is no need for any previous knowledge or expertise.

Emily Davey and Rose Ellis	 This 6-week course will meet Thursdays on: 8th, 15th, 22nd, 29th June and 6th and 13th July	10:30am – 12:30am	St Sidwell's Community Centre The Old Chapel Sidwell Street Exeter EX4 6NN
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Sensational Sonnets!

This 3-week is about having fun with words. We use words every day to communicate with each other and to go about our daily lives. This course offers you the opportunity to explore your world further by using words to create poems to describe what it is you see and feel around you. Your tutors will guide you to embrace and explore your environment (possibly talking a short walk even outside the classroom) – and then to find and acquire words that you feel associate themselves with the images, colours and feelings you experience from your surroundings .

You will have the chance to create something of a word bank, just as an artist has a palette of colours - to create a verbal image of what you 'see'. The course will explore rhyme and rhythm and consider various poetic forms such as haiku, quatrain and cinquain before finally creating a sonnet of your own

Who is the course for? This course is for anyone who has an interest in words and poetry and some enthusiasm for finding creative new ways to express the things we see, feel and hear around us. No previous writing experience or knowledge of poetry necessary.

Applications for a place on this course can only be made through Sue Dart at Exeter College. Please contact Sue on 01392 400920 or suedart@exe-coll.ac.uk

Sam Watson and Emily Davey	 This 3-week course will meet Wednesdays on: 28th June and 5th and 12th July	10:00am – 12:00 noon	St Sidwell's Community Centre The Old Chapel Sidwell Street Exeter EX4 6NN
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Finding Meaning and Living Well

Writing to Relax:

This 3-week course is about using the many everyday prompts we have lying about to create short stories and vignettes. This may be about own environment, the people around us or ourselves.

This course not only aims to develop your descriptive talents but also to connect with the world around you through the beauty of written language. Through writing we'll have opportunities to re-look at ourselves with the aid of various prompts in the environment around us. We will be using everyday household objects, references to colour and a variety of pictures and images.

The aim is to consider what makes us happy and/or relaxed. Images, associations, memories, people can all contribute to the writing process and it is intended that students on the course will build a diverse 'word bank' which they will be able to 'dip' into in order to capture a feeling or sentiment that the chosen prompt inspires.

Who is the course for? This course is for anyone who has an interest in writing and for exploring how images, colours and pictures and the words we use to describe them can affect how we feel. No previous writing experience necessary.

Applications for a place on this course can only be made through Sue Dart at Exeter College. Please contact Sue on 01392 400920 or suedart@exe-coll.ac.uk

Sam Watson and Eileen O'Hara	 Tuesdays: 6th, 13th and 20th June	10:am – 12 noon	St Sidwell's Community Centre, Sidwell Street, Exeter. EX4 6NN
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Finding Meaning and Living Well

Sharing Voices:

In this 6-week course, you will have an opportunity to join in performing popular songs, singing and playing musical instruments in a welcoming, friendly and non-judgemental environment. You will have the chance to find a sense of rhythm, to use your voice, and to be helped and supported to learn basic vocal and percussion techniques. There will be plenty of opportunities for both the experienced and inexperienced musician to try out musical instruments and to perform in a group or solo if you wish. This course will be relaxed and informal, providing an enjoyable experience for everyone to share the joys of music and singing together.

Who is the course for? This course is for people of all abilities and experience, who would like a chance to sing and play music with others.

Lisa Clapton and Theresa Garrett	 This 6-week course will meet Thursdays on: 23rd, 30th March and 6th, 13th, 20th and 27th April	1:00pm – 3:30pm	Torridgeside Link Centre The Old Schoolhouse Higher Gunstone Bideford EX39 2DG
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Join My Band:

In this 6-week course, you will have an opportunity to progress from the Sharing Voices course to develop your skills in music composition and performance. As a group, we will be practising and performing popular songs, including pop songs from various decades, singing and playing musical instruments in a non-judgemental environment, with microphones and electrical amplifier. You will be encouraged to share with the group any of your own poetry, lyrics or tunes. For musicians and singers, this course offers an opportunity to bring your own musical instruments, share your own compositions and prepared pieces, as well as joining in a performance with others. Weather permitting, there may be an opportunity to rehearse outdoors. You can join in to whatever extent you can manage, and opt out of the final performance if you wish. Informal style, with individuals able to take a break whenever they need to.

Who is the course for? Priority will be given to students who have already participated in Sharing Voices, but anyone is welcome to enrol. The course is for people of all abilities or those who have had some experience in playing or singing with others.

Theresa Garrett and Lisa Clapton	 This 6-week course will meet Thursdays on: 27th July, 3rd, 10th, 17th, 24th and 31st August	1:00pm – 3:00pm	Torridgeside Link Centre The Old Schoolhouse Higher Gunstone Bideford EX39 2DG
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Getting Involved

Telling Your Story:

We all have a story to tell. Experiencing mental health difficulties can leave you with a sense of not knowing who you are, where you have come from or where you are going. Telling your story can help you to make sense of what has happened and to gain a better sense of who you are now. Over six sessions, we will give you the space to think about your story and what telling it means to you. We will use different creative media to explore emotions and experiences including art and writing, although you do not need to be an artist or a writer. This course is about finding a way of self-expression that fits with you and your experiences. At the end of the course you will be given the opportunity to share your recovery story with the other participants if this feels right for you

Who is the course for? This course is for anyone wanting to explore ways to express their story in a safe and supportive environment.

Emily Davey, Lynn Aggett and Suzanne Balkwill	 This 6-week course will meet Thursdays on: 20th, 27th April and 4th, 11th, 18th and 25th May	10:30am – 1:00pm	St Sidwell's Community Centre The Old Chapel Sidwell Street Exeter EX4 6NN
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"You don't just have a story - you're a story in the making, and you never know what the next chapter's going to be. That's what makes it exciting."

Dan Millman

Wild Things!

Wild Things in the Learning Community: Moorland Walking and Navigation

These single session walking courses will provide a unique opportunity to experience some of the finest walking in Southern England. The moorlands of Devon offer magnificent panoramas, riverside meadows, rocky tors, ancient woodland, crumbling ruins and unspoiled settlements. Each course takes you on a different beautiful walk so you can choose to go on just one or enroll on both. Each session will also offer you the chance to learn useful navigation and map-reading skills. Our tutors will join with experienced guides from Haven Banks to provide you with a walking experience that will be safe and enjoyable, but challenging as well! You will meet at Haven Banks and travel by minibus to moorland locations that could include Dartmoor, Woodbury Common, or a coastal walk at Exmouth.

Who is the course for? This course is for students of all abilities with an interest in trying challenging, new physical activities to support their recovery. **N.B.:** This activity includes travel between Haven Banks and the walking venues by minibus.

Matthew Sherry and Jane Russell	 Wednesday 3rd May	2:00pm – 4:30pm (including travel by minibus to and from the Centre)	Haven Banks Outdoor Education Centre Haven Road Exeter EX2 8DP
Matthew Sherry and Jane Russell	 Wednesday 19th July	2:00pm – 4:30pm (including travel by minibus to and from the Centre)	Haven Banks Outdoor Education Centre Haven Road Exeter EX2 8DP

Wild Things in the Learning Community: Kayaking Skills Progression

Have you ever wondered what the difference is between a kayak and a canoe? Well, officially, you sit in a kayak and should kneel in a canoe and a kayak uses a double-bladed paddle and a canoe a single bladed paddle. There's your first lesson in kayaking!

This 3-week kayaking course offers students an opportunity to learn basic kayaking skills on the historic Exeter ship canal and River Exe. The course will include some progression from flat-water kayaking in sheltered inland water to manoeuvring through moving water on the weir at Haven Banks consolidating and progressing the skills you have learnt.

Who is the course for? This course is for students of all abilities with an interest in trying challenging, new physical activities to support their recovery.

Darren Sheldon and Jane Russell	 This 3-week course will meet alternate Saturdays on: 8th and 22nd April and 6th May	2:00pm – 4:30 (including travel by minibus to and from the Centre)	Haven Banks Outdoor Education Centre Haven Road Exeter EX2 8DP
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Wild Things!

Wild Things in the Learning Community: Exploring Exmoor National Park

This 3-week course will provide a unique opportunity to experience a range of exciting outdoor activities across Exmoor National Park. Students will be picked up in Barnstaple and then travel on to Pinkery, or catch the bus to Lynton. From Pinkery, students will have opportunities to experience the high moorland, learning about conservation and the environment with the National Park rangers. This course will be very relaxed and take into account students' experience, interest and ability. Students will develop their skills in walking and navigation, conservation, and wildlife management and opportunities will be provided to visit different work places and meet different people in a variety of jobs. Volunteering opportunities will also be discussed for those interested in opening up new life choices. Locations you might visit could include: Pinkery Pond, Simonsbath, Lynmouth Beach and Pavilion, Lynton and the Valley of the Rocks.

Who is the course for? This course is for students of all abilities with an interest in learning more about Exmoor National Park, and willingness to amble around some wonderful countryside. N.B.: This activity includes the cost of travel between Barnstaple Link Centre and Pinkery and other sites on Exmoor by minibus or as a group using public transport.

Lunch is not provided, therefore students are kindly asked to bring their own packed lunch.

Tony Barstow, a co-tutor TBC and a Ranger from Exmoor National Park	 This 3-week course will meet Tuesdays on: 25th April and 2nd and 9th May	10:30am – 5:00pm (including travel by minibus to and from Pinkery Centre, Minehead/ public transport to/ from Lynton and Lynmouth)	Alexandra Road Resource Centre 19c Alexandra Road Barnstaple EX32 8BA
Tony Barstow, a co-tutor TBC and a Ranger from Exmoor National Park	 This 3-week course will meet Tuesdays on: 1st, 8th and 15th August	10:30am – 5:00pm (including travel by minibus to and from Pinkery Centre, Minehead/ public transport to/ from Lynton and Lynmouth)	Alexandra Road Resource Centre 19c Alexandra Road Barnstaple EX32 8BA

"Rivers know this: there is no hurry. We shall get there some day."

A. A. Milne

Wild Things!

Wild Things in the Learning Community: Getting Active with Mindfulness:

Here's a great way to get active in a whole new sort of way through Mindfulness! When we integrate Mindfulness with physical activity, like walking or other forms of exercise we begin to find pleasure in movement. We learn how to intentionally immerse ourselves in the feeling of moving and in the particulars of our environment (people, nature, equipment etc.), which often leads to experiencing more satisfaction and enjoyment during the activity and in our every-day lives. The quality of being present with our immediate experience while being active, allows us to listen deeply to ourselves and the environment. This sensibility can create an opening to more joyfulness and an appreciative heart for the power of nature, movement, community and life.

In this 4-week course, you will meet as a group and have an opportunity to take part in physical activities available at your course venue and which could be indoors or outdoors in nature dependent on weather. During the course you will begin to apply Mindfulness techniques as you undertake physical activity in your daily life.

Who is the course for? This course is suited to those new to Mindfulness and for those who want to practise Mindfulness approaches more regularly. The course is especially suited for people who want to get active and who want to empower their mental and physical health and well-being through movement.

<p>Aspasia Leledaki and a co-tutor TBC (Applications for a place on this course can only be made through Sue Dart at Exeter College. Please contact Sue on 01392 400920 or suedart@exe-coll.ac.uk</p>	 This 4-week course will meet Thursdays on: 4th, 11th, 18th and 25th May	<p>1:30pm – 3:30pm</p>	<p>Hedley Way Centre Manor Row Manor Gardens Brook St Dawlish EX7 9AG</p>
<p>Aspasia Leledaki and a co-tutor TBC (Applications for a place on this course can only be made through Sue Dart at Exeter College. Please contact Sue on 01392 400920 or suedart@exe-coll.ac.uk</p>	 This 4-week course will meet Fridays on: 5th, 12th, 19th, and 26th May	<p>3:30pm – 5:30pm</p>	<p>Sylvania Community Hall Mincinglake Country Park Exeter EX4 7DR</p>
<p>Aspasia Leledaki and a co-tutor TBC (Applications for a place on this course can only be made through Sue Dart at Exeter College. Please contact Sue on 01392 400920 or suedart@exe-coll.ac.uk</p>	 This 4-week course will meet Fridays on: 14th, 21st and 28th July and 4th August	<p>3:30pm – 5:30pm</p>	<p>Sylvania Community Hall Mincinglake Country Park Exeter EX4 7DR</p>

Wild Things!

Wild Things in the Learning Community: Discover the World of Scuba Diving:

Ever wondered what it is like to breathe underwater? To feel as though you are weightless and glide along virtually effortless? Over three weeks, this amazing course will teach you all about the underwater world. You will learn about the dive equipment, communicating under the water, basic safety and dive skills. Best of all you'll get to scuba dive! All of this will be held in the safety and comfort of a private indoor swimming pool. This course is a great chance to get active, learn new skills, meet and dive with new "buddies. This course is not a qualification, but upon completion it can count toward a full scuba diving qualification. All equipment provided. No swimming experience needed.

Who is the course for? This course is for students of all abilities with an interest in trying challenging, new physical activities to support their recovery. You do not need to know how to swim to take this introductory course

Darren Sheldon and Mike Whitbread	 This 3-week course will meet Saturdays on: 13th, 20th and 27th May	1:00pm – 3:00pm	Session 1: Divers Down Dive Centre 139 Babbacombe Road Torquay TQ1 3SR Session 2&3: Bubbles Swim School Rowdens Road Torquay TQ2 5AZ
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Wild Things!

Wild Things in the Learning Community: Exploring the Grand Western Canal

This course offers three separate sessions of guided walks along different stretches of the Grand Western Canal. Our experienced tutors will be accompanied by a Canal Ranger providing Participants on the course opportunities to learn about the history of the canal, its wildlife and the work involved to maintain and preserve it. Students can attend one, two or all three sessions, but must specify at the time of enrolment which of the sessions they wish to attend.

Session one: Circular Walk from walk along old railway line to Manley Bridge and back along the canal to the Canal Basin.

Session two: A linear walk starting in Sampford Peverell Picnic Site walking out to Ebear Dragonfly Panel back along towpath to Ayshford Chapel and back to Sampford Peverell

Session three: an evening bat walk from Tidcombe

Who is the course for? This course is for anyone. Walking is mostly flat and level along the canal towpath.

Tony Barstow, a co-tutor TBC and Jo Roberts	 Session 1: Tuesday 16th May	10:30am – 1:00pm	Tiverton: from the Blundell's roundabout turn off onto Old Road and meet at the little car park alongside Old Road near St James's Roman Catholic Church EX16 4HJ
Tony Barstow, a co-tutor TBC and a Canal Ranger	 Session 2: Tuesday 20th June	10:30am – 1:00pm	Meet at: Sampford Peverell Picnic Site EX16 7BT
Tony Barstow, a co-tutor TBC and a Canal Ranger	 Session 3: Tuesday 18th July	8:00pm until dark	Meet at the bus stop in Tidcombe Lane

'Walking is man's best medicine.'

Hippocrates

Wild Things!

Wild Things in the Learning Community: Coasteering

Coasteering is a dynamic mix of climbing, traversing, scrambling, jumping and swimming in tidal waters and along the rocky sea level which is both physically challenging and mentally exhilarating. Choose from one of three single, half-day sessions on which students can either travel by minibus from Exeter or meet the group at Anstey's Cove on the Torbay coastline. Our tutors will guide you along, up, in and through some challenging coastal terrain on this half-day adventure challenge. Wetsuits and all safety equipment is provided

Who is the course for? This course is for students of all abilities with an interest in trying challenging, new physical activities to support their recovery.

Maheson Balasundaram and a co-tutor TBC	 Wednesday 21st June	2:00pm – 4:30 (including travel by minibus to and from the Centre)	Haven Banks Outdoor Education Centre Haven Road Exeter EX2 8DP
Matthew Sherry and a co-tutor TBC	 Wednesday 5th July	2:00pm – 4:30 (including travel by minibus to and from the Centre)	Haven Banks Outdoor Education Centre Haven Road Exeter EX2 8DP

Wild Things in the Learning Community: Sailing

Learn to sail at beautiful Starcross! Whether you are a beginner or an expert, we will literally "show you the ropes" so that you are sailing comfortably and confidently under the power of the wind alone. In this 3-week course you will learn to sail with a crew member on a Laser Stratos and enjoy a relaxing journey on a Drascombe Longboat. This course will provide you with an opportunity to enjoy the thrilling experience of sailing at Starcross. There is nothing better or more relaxing than helming your own sailboat. Not only will you experience the thrill of sailing at Starcross, you will also get to enjoy some spectacular off-shore views of Devon or outstanding geological, botanical and ornithological interest.

Who is the course for? This course is for students of all abilities with an interest in trying challenging, new physical activities to support their recovery.

Andy Gibbons and Aaron Hornewood	 This 3-week course will meet Wednesdays on: 26th July and 16th and 30th August	2:00pm – 4:30 (including travel by minibus to and from the Centre)	Haven Banks Outdoor Education Centre Haven Road Exeter EX2 8DP
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'Sailing a boat calls for quick action, a blending of feeling with the wind and water as well as with the very heart and soul of the boat itself. Sailing teaches alertness and courage, and gives in return a joyousness and peace that but few sports afford.'

George Matthew Adams

Wild Things!

Wild Things in the Learning Community: Tag Rugby

Tag Rugby is a safe, fun and exciting form of a non-contact rugby union sport. Tag rugby is suitable for both male and females of all age groups. As such, all players can learn the basic aspects of how to pass, how to catch and to work as a team to score tries. This course is aimed as an introduction to Tag. The participations will learn about the equipment required to take part and the dimensions of a Tag pitch. They will learn how to pass and catch the rugby ball using various handling drills. They will learn how to work as a team to attack their opposition team's line to score tries. They will learn how to successfully complete a tag and how to defend as a team. They will then put these elements together and play as teams against one another to score tries in a live game. Most important of all this is a social and fun course.

Clothing Required: t-shirt; shorts and a good pair of sports trainers

Who is the course for? This course is for beginners to tag rugby and is suitable for male and female adults of all ages.

Maheson Balasundaram, and Jason Heath	 This course is planned to meet several times during the Summer half of the term at rugby pitches across Devon, with a final match in August. Dates TBC. Please contact the Devon Recovery Learning Community to express an interest which will help with planning.	Times TBC	Possible locations could include: Topsham, South Molton, Tiverton, Okehampton
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"The journey of a thousand miles begins with a single step."

Lao Tzu

Groups, Drop-Ins and Other Opportunities

Recovery Library Reading Group:

As part of the Recovery Library, we run a drop-in reading and listening group the 1st and 3rd Wednesday of each month from 12:00 noon – 1:00pm. This is an informal group where we explore different texts from the library, and maybe other sources too, and spend time listening, reading aloud and talking. It's also an opportunity to spend time with other people, discovering new books and re-discovering old books.

You can attend and just listen or if you wish you can share something to read aloud to the rest of the group. There is no set book or text, and no one would be expected to come having read anything in advance or to read aloud. This can just be a restful time to listen to a reading and take part in a discussion if that was something that felt comfortable for you to do. Everyone is welcome!

The Recovery Library Reading Group meets on:
1st and 3rd Wednesday of every month, 12 noon – 1:00pm
St Sidwell's Community Centre
The Old Chapel
Exeter EX4 6NN

The Recovery Library and Drop-In:

The Recovery Library also hosts an informal drop-in where students can meet other students or prospective students, discuss course materials with tutors, browse the library and talk to our Librarian, share stories, exchange ideas, or just come for a cuppa and a chat. The drop-in also provides a friendly, welcoming space for creative activity where you can colour, draw, paint, sew using machines at the Centre, knit, and learn crochet. We have a supply of basic creative materials or bring a project of your own!

Opening times: Wednesdays, 1:00pm – 3:00pm
The Recovery Library and Drop-In is held at:
St Sidwell's Community Centre
The Old Chapel
Sidwell Street
Exeter EX4 6NN

"The more that you read, the more things you will know. The more that you learn the more places you'll go."

Dr Seuss

Groups, Drop-Ins and Other Opportunities

RISE Recovery Cafes

RISE have a permanent recovery café at our premises in Exeter and 'pop up' recovery cafes throughout the county. Recovery cafes are a safe place for people with lived experience of mental health issues, problematic use of drugs and alcohol or who have an interest in recovery and living well. The cafes offer an informal and welcoming opportunity to come together and share what's happening for you in your recovery as well as offer and receive mutual support from peers with lived experience.

The cafes are also a great place where you can make things happen in your local recovery community, for example, the setting up of anything from a creative writing group to an activity group such as badminton. This can often happen in partnership with other organisations and in the true spirit of co-production is a great opportunity to get involved in the delivery of recovery focused events and groups in your local area. The national initiative of the 5 Ways to Wellbeing is at the heart of everything we do.

You will be made to feel most welcome.

RISE Recovery cafes are located in:

Exeter

Mondays, Tuesdays & Fridays from 10:00am-2:00 at:

RISE Recovery, Uplands, 81 Heavitree Road, Exeter, EX1 2LX

Tiverton

Fridays from 1.30pm -3.30pm at:

The Old Heathcoat School Community Centre Cafe, 81 King Street, Tiverton, EX16 5JJ

Barnstaple

Mondays & Fridays from 10:00am-12:00 noon at:

RISE Recovery, Unit 6, Riverside Court, Barnstaple, EX31 1DR

Newton Abbot

Monday, Tuesday & Wednesday from 10:00am -2:00pm at:

RISE Recovery, Templar House, Scott Close, Newton Abbot, TQ12 1GJ

Coming soon in 2017 we will have Recovery Cafes at:

Bideford & Axminster

For further information or for help in setting up a Recovery Café in your area, please call:

Nik Sutherland, Peer Mentor Co-ordinator with RISE Recovery on

07738 716625 or email niksutherland@riserecovery.org.uk or visit: riserecovery.org.uk

Groups, Drop-Ins and Other Opportunities

St Sidwell's Community Centre, Exeter

St Sidwell's is a lively community hub that offers lots of opportunities to get involved with volunteering, to learn new skills and to meet new people in a supportive and welcoming environment. Some of the activities we offer include:

- Volunteer gardening group meets every Friday afternoon from 12 noon
- Baking Club every Thursday at 3:00pm
- Waste Not Want Not – help to fight against food waste by making chutneys and jams out of surplus produce from local supermarkets. Regular sessions on Wednesdays and Saturdays, phone for details.
- Café, caretaking and admin volunteers always needed
- Heritage research group to help with our project to revive forgotten local history.

For more information email
volunteer@stsidwells.org.uk, phone 01392 666222
or just pop in.
St Sidwell's Community Centre
The Old Chapel
Exeter EX4 6NN

"The things that make me different are the things that make me."

A. A. Milne

Groups, Drop-Ins and Other Opportunities

Westward Housing

Is a provider of supported housing in Devon. Their approach is personalised and recovery-based, based on hope and creating the conditions in which all people can feel empowered to grow and realise their potential and develop their wellbeing. It is a whole-person focus which is sensitive to and values the diversity of peoples' individual backgrounds and needs.

Westward Housing wants to share this safe, active and fun opportunity that they run in Exeter:

Dance in the Dark

Dance in the Dark takes place on the first Thursday of every month from 9:00pm to 10:00pm.

Dance as if no one's watching. Actually they're not – it's too blooming dark! Everyone is welcome. No need to book – just turn up. Lots of people have said it's a great place where you can move just as you wish and are totally free to be yourself. To some it becomes a form of moving meditation and to others it's more of a workout. Everyone agrees it's really liberating to dance like this. The playlist is varied - some tracks are slow and relaxed and other tracks are wild and upbeat. Entry is by donation to cover costs and £3 is suggested but if you don't have a penny you will still be welcomed.

Dance in the Dark is located in the dance studio at:

Phoenix Arts Centre
Gandy Street
Exeter EX4 3LS

For further information contact Laurence on
0771 363 7294

Groups, Drop-Ins and Other Opportunities

Devon Association of Ringers: Bell Ringing

The Devon Association of Ringers would like to share with residents across the Devon an opportunity to learn to ring bells! Bell ringing is fun and sociable and it is not as difficult as you might think. There are bell towers all across Devon and there are experienced and enthusiastic volunteers who are willing to provide you with a taster session to see if this is something for you.

Church Bell Ringing is an art that has been practised predominantly in the UK and the colonies since the 1600s. It combines moderate physical activity and hand-eye co-ordination with mental alertness, team working and a lot of fun!

You don't have to be incredibly strong, or particularly musical, even though you will learn to play the largest musical instruments in the world. Once you can ring in time with your team, you can ring the bells for all sorts of events from calling people to worship at their local church to national celebrations such as a royal wedding.

Bell ringing in Devon is organised at a local level, with your nearest tower possibly being affiliated to either the **Devon Association of Ringers** or the **Guild of Devonshire Ringers**. If you think Bell Ringing might be an activity that you could spend a few hours a week first learning, then practicing, please contact Victoria Tucker, Devon Association of Ringers, for more information regarding a taster session.

Email publicity-officer@devonbells.co.uk or call 07769 571263

The Devon Recovery Learning Community wishes to thank the Devon Association of Ringers for welcoming our students to explore this singular opportunity to learn to ring bells in churches across Devon.

Groups, Drop-Ins and Other Opportunities

YMCA Exeter Community Job Club:

YMCA Community Job Clubs aim to equip people with the tools and the confidence they need to find work. We run a variety of Community Job Clubs every week and each one is a safe and compassionate environment where trained staff and volunteers provide hands on advice and guidance to job seekers.

Each club offers help for people in searching and applying for paid employment, training courses or volunteering positions. This includes help with putting together a C.V. or cover letter, preparation for interviews and also benefits advice. Additionally we offer free workshops for adults of all abilities which aim to reduce anxiety around a range of work-related topics, such as budgeting or computer skills.

Are you in need of employment support and advice? Then please come along to any of our Community Job Clubs or get in touch with us by ringing: 01392 410530 ext. 212 or you can email us on: cjc@ymcaexeter.org.uk Everybody is welcome to attend, no need to call in advance.

The YMCA Job Club meets every Monday 10am-12pm and Wednesday 2.30pm – 4.30pm at:
St Sidwell's Community Centre
Rougemont Room
Sidwell Street
Exeter EX4 6NN

Venues

How to find your course:

Alexandra House

59 Imperial Road
Exmouth EX8 1AU
☎ 01395 279702

Alexandra Road Resource Centre

19c Alexandra Road
Barnstaple EX32 8BA
☎ 01271 322 943

Axminster Hub

Pippins Lyme Road
Axminster EX13 5AZ

Daybreak Day Centre

51 Totnes Road
Paignton TQ4 5LE
☎ 01803 557 801

Devon and Exeter Construction Training Centre

Falcon House
Falcon Road
Sowton Industrial Estate
Exeter EX2 7LB
☎ 01392 400 391

Devon Community Opportunities

2-4 Meeting Street
Exmouth EX8 1LN
☎ 01395 224 166

Devon Recovery Learning Community

New Leaf
Farm House Rise
Exminster EX6 8AB
☎ 01392 677 067

Exeter Community Centre

17 St. David's Hill
Exeter EX4 3RG
☎ 01392 420 549

Grand Western Canal Country Park & Local Nature Reserve

The Moorings
Canal Hill
Tiverton, Devon,
EX16 4HX
☎ 01884 254072

Haven Banks Outdoor Education Centre,

Haven Road,
Exeter,
Devon EX2 8DP
☎ 01392 400 150

Mortimer House

Grendon Road
Exeter EX1 2NL
☎ 01392 259 992

New Leaf

Farm House Rise
Exminster EX6 8AB
☎ 01392 823 720

Newcourt Community Centre

Blakeslee Drive
Newcourt, EX2 7FN
☎ 01392 873 560

Ockment Centre

North St
Okehampton EX20 1AR
☎ 01837 53276

Venues

How to find your course:

Old Heathcoat School Community Centre

81 King Street
Tiverton EX16 5JJ
☎ 01884 251 155

RISE Recovery

Axminster Hub
Pippins Lyme Road (on
corner of Stoney Lane)
Axminster EX13 5AZ

St Sidwell's Community Centre

Sidwell Street
Exeter EX4 6NN
☎ 01392 666 222

Sylvania Community Hall

Mincinglake Country
Park
Exeter EX4 7DR
☎ 07806 305 633

The Hedley Way Centre

Manor Row
Manor Gardens
Brook St
Dawlish EX7 9AG
☎ 01626 863 679

The Oak Room

2C St Peter St
Tiverton EX16 6NU
☎ 01884 257 136

The Strand Community Centre

32 The Strand
Dawlish EX7 9PT
☎ 01626 889 038

Torridgeside Link Centre

The Old Schoolhouse
Higher Gunstone
Bideford EX39 2DG
☎ 01237 421 590

Westward Housing

1 Redworth Terrace
Totnes TQ9 5JN
☎ 01237 421 590

Zig Zags Children's Centre

32 Market Street
Torquay TQ1 3AQ
☎ 01803 210 200

*"What day is it?" "It's today," squeaked Piglet.
"My favourite day," said Pooh.*

A. A. Milne

"The beautiful thing about learning is that nobody can take it away from you."

B. B. King

“Recovery is a deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills and roles. It is a way of living a satisfying, hopeful and contributing life, even with the limitations caused by illness. Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness.”

Bill Anthony

The Devon Recovery Learning Community would like to express its thanks to its partners:



I am still learning.'
Michelangelo

Find us online at www.devonrlc.co.uk

email us on dpn-tr.drlc@nhs.net

call us on **01392 677067**

(to speak with a member of the DRLC staff please
ring between 10am-2pm Monday – Thursday)

© Devon Recovery Learning Community
New Leaf
Farm House Rise
Exminster
EX6 8AB



LOTTERY FUNDED