

North Ayrshire HSCP

# Wellbeing & Recovery College

Jeanette Allan

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Lynne Shakespeare



STRESSED?

FEELING LOW?

CURIIOUS?

**IS IT TIME TO TAKE BACK CONTROL?**

Find out about a range of courses on our website [www.nawarc.com](http://www.nawarc.com)



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**NAWARC** (North Ayrshire Wellbeing & Recovery College)  
**in Year 3**

**Funded by North Ayrshire HSCP  
Current 18 month Test of Change,  
delivered in partnership with RAMH**

For anyone who is:

16 +, lives, works or studies in North Ayrshire



## **OBJECTIVES**

### **Enable students to gain an increased ability in:**

- Coping and self-management skills
- Sense of empowerment
- Sense of connectedness with others
- Sense of hope and optimism for the future
  
- Develop a Peer Pathway
- Expand geographical area
- Minimum of 15 courses per semester
- Pathway from in-patient services into Recovery College/ from Primary Care
- Work in partnership



# GOVERNANCE

## Steering Group: drives agenda, reporting, evaluation

**Chair:** Service Manager, Adult Community Mental Health Service

HSCP professionals

Third sector representation

Student Representatives

RAMH Management and Co-ordinators

SRN (Scottish Recovery Network) Representative



# **A Student's Experience**

Ms Lynne Shakespeare

**In small groups discuss:**

**Examples of the 'Peer Role' in  
your service delivery or  
service development**

**8 mins**

# Jeanette Allan

Co-ordinator North Ayrshire Wellbeing &  
Recovery College

## A Recovery College has: 4 PRINCIPLES

**Co-production- courses developed by experts by expertise and experts by lived experience**

**Education- learning for self-management**

**Inclusion- open to all**

**Recovery Focus- focus on wellbeing**

## 4 VALUES

**Celebration- celebrating success**

**Empowerment- student's taking control**

**Person Centred- an individual journey**

**Strength Based- building on existing strengths**



# Partnership Working Tutor Support



## Living Life



# Individual Learning Plan & Pre wellbeing scores

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

TRACK 1	TRACK 2	TRACK 3
What is Recovery & Intro to Self Management (5 sessions)	Living Life to the Full (8 sessions)	Mind & Body
Write to Recovery (8 sessions)		
Crafty Corner Beginners (6 sessions)	Crafty Corner Advanced (6 sessions)	Creative Recovery (12 sessions)
Tackling Stigma (workshop)	I Matter (4 sessions)	You Matter Always (6 sessions)
Sleep Well Be Well		Present Well (workshop)
They Love Me, They Love me Not (2 sessions)	Managing Emotions	Co-production & Facilitation of Learning
Maintaining my 'Appyness'	It's not about me, its what happened to me that matters (5 sessions)	It's not about me, it's what happened to me that matters Advanced (5 sessions)
CAP Money (4 sessions)	Thinking about Work (workshop)	Peer 2 Peer (12 sessions)
CAP Lifeskills (6 sessions)	Food & Mood (workshop)	WRAP (Wellness Recovery Action Plan (2 days/4 sessions)
Community Drumming (12 sessions)	Building Resilience (workshop)	Group Facilitation Skills (8 sessions)
Recovery College Reads Book Club	Health & Wellbeing Award (12 sessions)	Mental Health & Wellbeing Award (20 weeks)
Film & Wellbeing Film programme	Volunteering Award	Behind the Screens (curating a film programme/festival, 4 sessions)

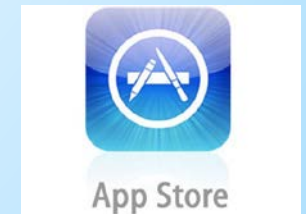
## TRACK 1 EXAMPLES



**They Love Me, They Love Me Not** 2 x 2 hour sessions,  
Focus on understanding relationships.



**Maintaining your own 'Appyness'** workshop  
Explore how you can use of apps for Wellbeing and Mental Health.



**Crafty Corner Beginners & Advanced Courses** 6 sessions  
Build confidence while making and taking away a different craft  
each session

## TRACK 1 EXAMPLES



### Sleep Well, Be Well Workshop

### Tackling Stigma Workshop

#### **I Matter** 4 sessions

- Anxiety Matters,
- I Matter,
- Assertiveness Matters
- Fitness Matters.



## TRACK 1 EXAMPLES



### **African Drumming with The Buddy Beat** 12 workshops

- Experience how to use drumming for social and community development.
- 2 students being trained in drum circle facilitation

### **Write to Recovery** SRN 5 sessions



## TRACK 2 EXAMPLES

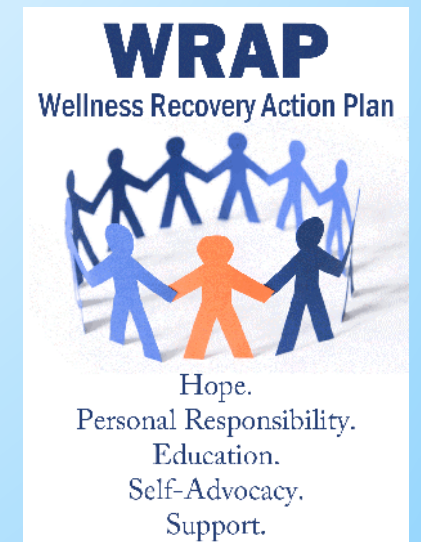


### **Living Life to the Full** 8 sessions

Based on Cognitive Behavioural Therapy, Develop the life skills to tackle problems, build confidence, get going again, feel happier and stay calm.

### **WRAP (Wellness Recovery Action Plan)** 2 day course

Develop an effective self-designed prevention and wellness tool



## TRACK 2 EXAMPLES



### **You Matter Always** 6 sessions

Conversation, connection, inclusion, self-discovery and personal growth.  
Working on developing strengths-based self-management tools, empowerment, encouragement and enlightenment.

### **It's Not What's Wrong With Me, It's What Happened To Me That Matters** 5 weeks Beginners & Advanced courses

Offers hope and recovery, covers the knowledge, evidence and best practice around ACEs and trauma.

Enables and empowers participants to be leaders in their own recovery journey.  
You will not be asked to share your personal experiences as part of this course.



## TRACK 2 EXAMPLES



### **Thinking about Work?** Workshop

Discover what you can do and what support is available to support you in the process of getting back into work.

### **Mental Health & Wellbeing Award** (Level 3 Ayrshire College)

12 weeks

Gain a qualification and enhance your knowledge and understanding of Mental Health and Wellbeing

## LEVEL 3 EXAMPLES



### **Peer 2 Peer SRN** 12 sessions

Develop skills central to the peer support relationship

Enable peer workers and volunteers to practice effectively and safely in the role.

### **Mind & Body** 3 workshops

Unpacking how the mind and body are connected through our nervous, immune and mechanical systems while exploring scientifically proven ways we can get them back into balance.

**LEVEL 3 EXAMPLES  
PEER PATHWAY**



**Co-Production & Facilitation of Learning**

4 sessions + 4 sessions

Learning together and developing future courses.

**Group Work Facilitation**

Learning skills to co-facilitate training

**Present Well Workshop**

You know your subject but want a bit more confidence in delivering a presentation, workshop or training?



# Courses in Development

## Co-production working groups

- What is Recovery & Introduction to Self Management
- Creative Recovery
- Visual Arts Project & Exhibition 'Recovery Perspectives on Coasts & Waters'
- What makes me tick?
- Well at Work
- 'Behind the Screens' Film & Wellbeing programme



## Peer Pathway

- Peer Pal Role (helper to a tutor and students)
- Co-production, new course development
- 3 Peer Volunteer Trainer posts: Creative Arts, Self management, Peer Support development

# **INCREASING CONNECTION/ COMMUNITY**

## **Films for Wellbeing**

Monthly programme and 2 day film festival in May 2020 (SMHAF)

**Book Club** in partnership with libraries

**Visual Arts Project** and Exhibition in SMHAF 2020



# Films for Wellbeing 'The Visitor'

## Tues 26 Nov 2019 6.30pm

- A pre screening mini drum workshop
- A post screening guest panel and discussion, exploring the themes of the film.
- Raises issues of grief, loneliness, refugees and the joy of friendship & djembe drumming.



# THE VISITOR FILM EVENT



Pre-screening drum workshop

Post-screening panel discussion



**In small groups discuss:**

**Share how you encourage  
self-management within your  
practice/services**

**8 mins**

Ms Linda Hull  
HSCP Self Help Worker

Practitioner to Co-producer

*“In order to give power, I had to give  
up some of mine”*

**In small groups discuss:**

**What are your challenges in sharing  
'power' with service users?**

**8 mins**

Outcomes July – Nov 2019	TARGET	CURRENT OUTCOME
No of students	150 in 18 months	130 in 5 months
No of courses	15+ per semester	29: Autumn 2019 23: Jan-April 2020
Average course attendance		80%
Peer Pathway		13 completed Co-production
Posts to be advertised for Peer Volunteer Trainers		3 to be offered
Geographical Expansion		Arran, Kilbirnie, Largs

## **Evaluation in Progress:**

Individual student Reviews

Reviewing Course Evaluations

Reflecting with Tutors

Influencing next semester's curriculum

# Student Post Course Feedback

*“Recovery College has saved my life, 3 months ago I was isolated, suicidal and self-harming”*

*“I was taken aback by first class, so much information but could not wait till the next week”*

*“I am learning so much about drumming and my confidence has increased”*

*“I loved the course, it really gave me something to look forward to”*

*“I found the course challenging and it got me thinking about myself”*

*“Living Life to the Full has transformed my life, I can now set realistic goals”*

*“I look at film in such a different way and notice all the themes raised in the film”*

*“I now appreciate my strengths and don't focus on weakness or negative comments”*

*“I think I believe for the first time that I really do matter”*



**Questions ?**