



HOPE CONTROL OPPORTUNITY



INTERIM WEBINAR PROSPECTUS



A project supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body

WELCOME TO THE BELFAST RECOVERY COLLEGE WEBINAR PROGRAMME

The Belfast Recovery College warmly welcomes you to enrol for our free wellbeing and mental health interim webinar programme. A range of webinar education classes that are open to everyone in the community of Belfast until we can resume our face-to-face courses in the future. We are keeping this under review.

For our webinars all you have to do is enrol!

Follow the easy steps to enrol below.

1
STEP

Contact the Recovery College to request our enrolment form by either: E: RecoveryCollege@belfasttrust.hscni.net
T: **028 9504 3059**

The enrolment form is available for download from the Belfast Recovery College webpage <https://belfasttrust.hscni.net/service/belfast-recovery-college/>

2
STEP

Once you have completed the enrolment form and returned it, you will be a student of the Belfast Recovery College(You will only have to complete this form once)

3
STEP

You can notify us of webinars you wish to enrol in by either email or telephone.

T: **028 9504 3059**

E: RecoveryCollege@belfasttrust.hscni.net

4
STEP

We will send you a reminder text or email before your webinar is due to begin.

If you are unable to attend please let us know ASAP so another student can avail of the place.



Here at the Belfast Recovery College we use Microsoft Teams to deliver our webinars. There are two ways to join our webinars:

1 You can either access it through your internet browser

or

2 Through the free Microsoft Teams application.

Internet Browser (like Chrome /Edge / Explorer /Firefox)

To access it with your web internet browser you need:

- Go to the meeting invite you got in your email from us and select join Microsoft Teams meeting.
- That'll open a web page, where you'll see two choices: Download the Windows app and Join on the web instead.
- Enter your name and choose your audio and video settings.
- When you're ready, hit join now.
- This will bring you into the meeting lobby.
- We'll let you in from there!

To access teams through the application you need







To access the courses in the Teams application you will need to have downloaded the Microsoft Teams application from your device's app store and have a Microsoft account (there is no fee associated with this).

Either way you are most welcome to join our FREE Belfast Recovery webinar!

We recommend accessing our webinars on a PC, Laptop or Mac computer, it may be possible to access our webinars on other devices but we cannot be sure they are compatible with all devices, especially; older or less powerful devices. If you have received confirmation that you have reserved a space on one of our webinars an invitation to join the webinar will be sent to your registered email address on the day shortly before the course is due to run.



Guidance for MS teams

-  ➤ For a better learning experience you can choose to turn on camera ,its your choice, you can change your background before you join by applying background effects.
-  ➤ Mute yourself when you are not speaking to eliminate any background noises during the session.
-  ➤ Please use the 'hand' icon to indicate that you have something to ask/ share with the group. (if you are unable to see a hand icon press the 3 dots as the option may be hidden on different devices)
-  ➤ We encourage you to change your background, you can also apply this in the 3 dots
-  ➤ You can type or follow Comments/Questions in chat function which is visible to everyone, respect confidentiality.
-  ➤ Ensure you press the end call button at the end of the course/video call(not during a break).
- Disclaimer:

Please note any information shared in the Q&A/ chat facility may be viewed by others. Facilitators are not responsible for individual participants throughout the webinar.

Webinar Programme

Course	Course Description	Date	Time
Coping with Loneliness	During this pandemic, many people have felt an increased sense of loneliness. This course is aimed to increase our understanding of loneliness and its consequences, with practical tips to help us overcome feeling lonely.	3 rd February 2021	2pm
Identity and Mental Health	This course will explore what identity means for us personally and how identity can be affected by mental ill health. We will look at ways of discovering our own identities and how to define ourselves in helpful and healthy ways.	5 th February 2021 COURSE FULL	11am
Self-Directed Support	Self-Directed Support (SDS) is the new way the Trusts will be providing Social Services. This workshop will give you information about the range of options available to you such as a Direct Payments, a managed budget, the Trust choosing and arranging a service on your behalf or a mixture of all three. Come along and learn from those who already use SDS.	9 th February 2021	11am
Building Resilience	Resilience plays a key role in wellbeing especially in the challenges and restrictions of Covid19. Resilience is about developing flexibility, acceptance and self-compassion. This educative course will guide the student to an accessible roadmap to developing and maintaining resilience.	10 th February 2021	2pm
Mindfulness & Self-Care	This course will discuss the link between compassion, self-compassion and the importance of self-care in order to nurture our wellbeing	17 th February 2021	2pm
Understanding Anxiety	This two-part webinar will help you develop an understanding of what anxiety is, why we experience it, and how it may affect us. We also explore practical strategies to manage it, including basic cognitive behavioural and relaxation techniques. If you or someone you know struggle(s) with anxiety or panic, including as a result of the Covid-19 pandemic, this course could be for you.	18 th & 25 th February 2021	11am
Understanding Depression	Depression is the "leading cause of disability worldwide" (WHO, 2020) and can potentially affect anyone. This two-part webinar explores signs, symptoms and definitions of depression, stigma, and the condition's	23 rd & 24 th February 2021	11am

	possible causes. We also examine potential treatment and how someone experiencing depression might ask for help. We will also look at basic self-management strategies and cognitive behavioural techniques and briefly examine support for carers.		
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The Innovation Recovery Project is funded by INTERREG VA monies via the Special EU Programmes Body and through the Co-operation and Working Together (CAWT) Partnership.

The Project seeks to increase staffing and courses in conjunction with Recovery Colleges already in place, as well as establish a cross-border Recovery College network between the Republic of Ireland and Northern Ireland to support people in their recovery journey.

As well as our usual co-produced courses, a virtual Recovery College will be established for those who may have difficulty accessing in-person classes.

Belfast Recovery College and Innovation Recovery Project staff are working in tandem as one team to provide the range of courses listed in this prospectus.