



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 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 is sent to your registered email address. This will be 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
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.	1 st April & 8 th April.	11am
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.	2 nd April	11am
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.	7 th April	2pm
Impact of Covid on daily life and routine	Do you feel stuck in a rut? This course will help you to examine the positive and negative changes to your daily routine brought about by the events of the past year. The course will help you to manage the uncertainty and associated feelings resulting from the disruption to your daily life and support you to identify what you want to focus on going forward.	8 th April	2pm
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 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.	13 th & 14 th April	11am
Introduction to Psychological Therapies	Different styles of therapy can suit different individuals, situations and times, so further information may help to make the best choice.	16 th April	2pm

	Staff who attend may want a better understanding of psychological therapies for themselves, or to help when considering a referral to psychological therapies for someone they are working with		
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.	15 th April	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.	20 th & 27 th April	11am
Living with Bi Polar	Bi-Polar Affective Disorder is not just about experiencing the ups and downs of everyday life. It's about experiencing extreme highs and lows that seems to take on a life of their own, independent of events around you. This course will discuss the experience of living with Bi-Polar for students; its causes, triggers, treatment options and ways of preventing relapse. The aim is to help students to deal with the impact of this disorder on one's daily life. We shall try to address some of the questions you may have regarding this disorder.	21 st & 28 th April	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	21 st April	2pm
Introduction to Psychological Therapies	Different styles of therapy can suit different individuals, situations and times, so further information may help to make the best choice. Staff who attend may want a better understanding of psychological therapies for themselves, or to help when considering a referral to psychological therapies for someone they are working with	30 th April	2pm

We encourage all students to turn on their cameras to improve the overall student learning experience.



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.