Contents

Welcome message 3
What does recovery mean? 3
What is a recovery college? 4
How we work 4

Recovery
What is recovery? 7
Recovery through Activity! 7
Life beyond the PlayStation 8
Sleep Hygiene 8

Healthy Living
Oral Hygiene 9
Male self-care 9
Hand Washing 10
Calories Calories Calories 10
Calories less calories 11
Yoga 11

Productivity
House Health 12
Ready for Work 12
Applications and CVs 13
Interview Workshop 13

Apply now! 14
Contact 16
Welcome Message

Welcome to the Mildmay Oaks Recovery College. We hope you find this booklet helpful and can find a course that is useful to you.

Our team will work with you to develop the skills needed for you to thrive in the community through individual goal setting.

What does recovery mean?

We use the term recovery to describe your personal journey and life experience as an individual working towards having a meaningful and satisfying life.
What is a Recovery College?

A recovery college is a course of workshops aimed to increase awareness and understanding of recovery and what it means to that person.

Courses aim to improve health and wellbeing and provide education and skills development opportunities through workshops on a range of subjects.

Courses are developed and delivered by people with lived experience of mental illness, physical illness or learning disabilities, alongside health professionals.
Mildmay Oaks Recovery College

The Mildmay Oaks Recovery College is for people who currently reside at Mildmay Oaks.

We want the service to be inclusive ensuring that our students are a part of the recovery planning meetings of our college.

This means that we value your opinions and encourage your full participation in the process of organising and co-ordinating the Recovery College.

Our Aims

- To support students to understand the principles and journey of recovery
- To work together to develop a programme of recovery-focused workshops
- Enable students to work towards a meaningful and satisfying life
- To learn through education and skills development activities

Our Objectives
• To increase students understanding of the principles of recovery and what recovery means to them as individuals
• For students to co-devise and co-deliver recovery workshops
• Students will work as a group to promote a shared understanding and exchange of skills and ideas
• Use workshops to increase students’ levels of self-management and coping in relation to their recovery goals

How we work
• Our sessions will run weekly and on time
• Use our strengths and share our ideas
• Group members will listen to and be respectful of each other
• Try your best, whether helping or learning
• Give you easy read work books if you need them
• Give help when asked

Recovery
What is recovery?
Start the journey in just one session.
In this workshop we learn about:
- Recovery Principles
- Recovery Toolbox
- Recovery Support Systems
- Wellness Recovery Action Plans

Recovery through activity!
What activities make you tick!
In this workshop we learn about:
- Why activity is important
- What it means to you
- Trying new activities
- Reflection
Life beyond the PlayStation

You’re good at something, let’s find it!

In this workshop we learn about

- Balanced lifestyle
- How balanced is your day
- What else you might enjoy
- Reflection

Sleep Hygiene

How to get a better night’s sleep

In this workshop we learn about

- Why we need good sleep
- Sleep habits
- Calming activities
- Making a sleep plan

Healthy Living
Oral Hygiene

How to keep your mouth nice and clean

In this workshop we learn about

- Why is it important?
- Tools for the job
- How to use the tools
- Making an oral care plan

Male self-care

Helping you to look after yourself

In this workshop we learn about

- Why is it important?
- Aspects of self-care
- What can we check?
- How I can look after myself
Handwashing

How to keep your mitts clean

In this workshop we learn about

- Why is it important?
- When should we do it
- How well do you wash your hands?
- Potential changes

Calories, calories, calories

Know a bit more about your food

In this workshop we learn about

- What are calories?
- How many should we have a day?
- Calories in takeaways
- What can you change?
Calories less calories
Learn how to eat healthier
In this workshop we learn about
- Calories in and calories out
- What’s a balanced diet
- Food swaps
- Make your own snack

Yoga
Exercise to relax-ercise
In this workshop we learn about
- What yoga is
- How it can help us
- Basic poses
- Adding it into your daily routine
House Health

Look after your space so it can look after you

In this workshop we learn about

- Why is it important?
- Tools for the job
- Where and how often
- How to get into routine

Ready for Work

Learn about the first steps into work

In this workshop we learn about

- What is work
- Why work anyway?
- What it means to you
- Voluntary and paid work
CV and Work Applications
Look at how you can apply for jobs
In this workshop we learn about

- Work preferences
- What are your strengths
- How to write a CV
- How to fill in forms

Interview Workshop
Build confidence and get that job
In this workshop we learn about

- What does an employer look for?
- How to present yourself
- How to sell yourself
- Practise, practise, practise!

Course Enrollment
Name  Ward

Please tick the box if you are interested in learning about any of these

<table>
<thead>
<tr>
<th>Workshops</th>
<th>Interested?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Recovery</strong></td>
<td></td>
</tr>
<tr>
<td>What is recovery?</td>
<td></td>
</tr>
<tr>
<td>Recovery through Activity!</td>
<td></td>
</tr>
<tr>
<td>Life beyond the PlayStation</td>
<td></td>
</tr>
<tr>
<td>Sleep Hygiene</td>
<td></td>
</tr>
<tr>
<td><strong>Healthy Living</strong></td>
<td></td>
</tr>
<tr>
<td>Oral Hygiene</td>
<td></td>
</tr>
<tr>
<td>Male self-care</td>
<td></td>
</tr>
<tr>
<td>Hand Washing</td>
<td></td>
</tr>
<tr>
<td>Calories Calories Calories!</td>
<td></td>
</tr>
<tr>
<td>Calories Less Calories!</td>
<td></td>
</tr>
<tr>
<td>Yoga</td>
<td></td>
</tr>
<tr>
<td><strong>Productivity</strong></td>
<td></td>
</tr>
<tr>
<td>House Health</td>
<td></td>
</tr>
<tr>
<td>Ready for Work</td>
<td></td>
</tr>
<tr>
<td>Applications and CVs</td>
<td></td>
</tr>
<tr>
<td>Interview Workshop</td>
<td></td>
</tr>
</tbody>
</table>
Do you think there are any other workshops that might be helpful? Please write them in the spaces below.

<table>
<thead>
<tr>
<th>What session?</th>
<th>Tell us about what you want to learn</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I would like to be involved in planning meetings for Recovery College
(Circle) YES or No

I would like to help deliver some of the workshops
(Circle) YES or No
Contact Information

If you have any other questions please talk to one of the OT team.

Recovery College
Mildmay Oaks
Odiham Road
Winchfield
Hampshire
RG27 8BS