

# Welcome to Lincolnshire Recovery College

Autumn Term Timetable from 2nd November to 16<sup>th</sup> December 2022

To attend any course, please complete a registration form and we will be in touch with more information about your booked courses.

Please make sure to book early as face to face group sizes are limited to ensure we can provide a personalized and interactive experience for all.

**Let's talk about it – Stress**

Weds 2<sup>nd</sup> Nov at 2pm-3.30pm  
Weds 7<sup>th</sup> Dec at 7pm-8.30pm

**Let's talk about it – EUPD**

Thu 3<sup>rd</sup> Nov at 2pm-3.30pm  
Tues 13<sup>th</sup> Dec at 2pm-3.30pm

**Let's talk about it – Mental Health**

Tues 8<sup>th</sup> Nov at 10-11.30am  
Thu 15<sup>th</sup> Dec at 10am-11.30am

**Let's talk about it – Depression**

Tues 8<sup>th</sup> Nov at 2pm-3.30pm

**Overcoming unhelpful thoughts and worries**

Wed's 9<sup>th</sup> Nov at 2pm-3.30pm  
Louth Weds 30<sup>th</sup> Nov 10am-12pm

**Let's talk about it – Anxiety**

Weds 9<sup>th</sup> Nov at 7pm-8.30pm  
Weds 7<sup>th</sup> Dec at 10am-11.30am

**Building Routine**

Thu 10<sup>th</sup> Nov at 2pm-3.30pm

**Growing our self-compassion**

Fri 11<sup>th</sup> Nov at 10am-11.30am

**Bouncing Back – Growing our resilience**

Tues 15<sup>th</sup> Nov at 10am-12pm  
Louth 30<sup>th</sup> Nov at 1pm-3pm

**Journaling for wellbeing**

Tues 15<sup>th</sup> Nov at 7pm-8.30pm

**Let's talk about it – Anti-depressants**

Weds 16<sup>th</sup> Nov at 10am-11.30am

**Introduction to Equality, Diversity and Inclusion**

Weds 16<sup>th</sup> Nov at 2pm-3.30pm

**5 ways to wellbeing**

Thu 17<sup>th</sup> Nov at 10am-11.30am

**Creative connections**

Fri 18<sup>th</sup> Nov at 2pm-3.30pm  
Tues 13<sup>th</sup> Dec at 10am-11.30am

**Let's talk about it – Bipolar Disorder**

Tues 22<sup>nd</sup> Nov at 10am-11.30am

**Drama for wellbeing**

Tues 22<sup>nd</sup> Nov at 2pm-3.30pm

**Growing our self-esteem**

Weds 23<sup>rd</sup> Nov at 10am-11.30am

**Living more in the moment**

Weds 23<sup>rd</sup> Nov 7pm-8.30pm

**Who is a Carer?**

Thu 24<sup>th</sup> November at 10.30am-12pm

**Food 'n' mood**

Thu 24<sup>th</sup> Nov at 2pm-3.30pm

**Living well with perfectionism**

Starts Tues 29<sup>th</sup> Nov at 2pm-3.30pm

**Dreaming of a better sleep**

Tues 29<sup>th</sup> Nov at 7pm-8.30pm

**Cancer – How are you feeling?**

Thu 1<sup>st</sup> Dec 10am-12pm

**Working for my wellbeing – Overcoming the barriers to employment**

Thu 1<sup>st</sup> Dec 2pm-3.30pm

**Let's talk about it – Carer's compassion fatigue**

Gainsborough Fri 2<sup>nd</sup> Dec at 10am-12pm

**Working for my wellbeing – Making successful job applications**

Thu 8<sup>th</sup> Dec at 2pm-3.30pm

**Poetry and mental health workshop**

Fri 9<sup>th</sup> Dec at 2pm-3.30pm

**Let's talk about it – Depression**

Tues 13<sup>th</sup> Dec at 7pm-8.30pm

**Thriving in winter**

Weds 14<sup>th</sup> Dec at 10am-11.30am

**Understanding LGBTQ+**

Weds 14<sup>th</sup> Dec at 2pm-3.30pm

**Working for my wellbeing – Preparing for a job interview**

Thu 15<sup>th</sup> Dec 2pm-3.30pm

*All new students will need to complete a new registration form to book onto courses.*



Website:  
[www.lpft.nhs.uk](http://www.lpft.nhs.uk)



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