



RAMH  
recovery across mental health

North Ayrshire Council  
Comhairle Siarachd Air a Tuair

# CURRICULUM

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North Ayrshire  
Wellbeing &  
Recovery College

# WELCOME

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Welcome to the new edition of the curriculum brochure of North Ayrshire Wellbeing & Recovery College (NAWARC). It will provide information to potential students and to those who are curious and interested about what we do and what opportunities are available. The Recovery College is funded by North Ayrshire Health & Social Care Partnership (H&SCP) and is one of only four Recovery Colleges in Scotland. Recovery College is all about learning together with a strengths based approach to build individual's wellbeing and recovery. You will be encouraged to engage in some creativity to enhance your recovery and increase your quality of life.

It is a 'college' structure with three semesters a year and a summer school offering a variety of courses, workshops and activities both face to face and online. There are no exams or assignments and there is a relaxed and supportive environment. People enrol as 'students', students of their own wellbeing. When college places are offered we expect people to be committed to their own learning, to attend their courses and work to achieve their individual learning goals. Tutors who are experts in their field deliver courses alongside Peer Volunteers. Peer have a lived mental health experience, they have previously been students and they will inspire and support you.

The Recovery College Staff team will work through a student application form with you and guide you in registering for courses to meet your learning needs. You will be invited to a Welcome Induction session to meet other new students and gain understanding of how you can maximise your experience. Many students before you have experienced personal growth, enhanced their self-management skills and made new friends.

The staff are passionate about what they do, are keen to share your successes and achievements and will do all they can to support your development. If you want to enrol as a student telephone the office on 01294 447355 or email our administrator [louise.mathieson@ramh.org](mailto:louise.mathieson@ramh.org) I wish you every success in your learning and recovery.

Jeanette Allan

Recovery College Manager

**Courses are designed to 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

**“Since I joined the Recovery College I have learned a lot about myself and learned to communicate with other people. It has given me the ability to do things I did not think was achievable for me.”**

TRACK 1 STUDENT

**“I have been able to develop new coping skills and I have enjoyed the opportunities to work on my recovery through creativity”**

TRACK 2 STUDENT

## NAWARC STUDENT SERVICES TEAM

**JEANETTE ALLAN**  
RECOVERY COLLEGE MANAGER

**LAINIEY MCKINLAY**  
RECOVERY COLLEGE  
CO-ORDINATOR

**LOUISE MATHIESON**  
ADMINISTRATOR

**CAROL BOSWELL**  
HSCP SELF-HELP WORKER

**LINDA HULL**  
HSCP SELF-HELP WORKER

**LAURA STEVENSON**  
PEER VOLUNTEER TRAINER  
ARTS AND CREATIVITY

**TIM RYLAND**  
PEER VOLUNTEER TRAINER  
SELF-MANAGEMENT

**JANET SMITH**  
PEER VOLUNTEER TRAINER  
PEER DEVELOPMENT

Yes, within Recovery College you are a student. To enrol as a student you will speak to one of our Student Services Team who will work through an application with you, discuss your learning needs, complete some wellbeing scales and guide you to courses to progress your recovery. There may be waiting lists for some courses according to demand.

## A RECOVERY COLLEGE HAS FOUR PRINCIPLES:

### CO-PRODUCTION

Co-Production courses developed with experts

### EDUCATION

Learning for self-management

### INCLUSION

Open to all

### RECOVERY FOCUS

Focus on wellbeing

## FOUR VALUES:

### CELEBRATION

Celebrating success

### EMPOWERMENT

Taking control

### PERSON CENTRED

Individual journey

### STRENGTHS BASED

Building on existing strengths



*“There has been a distinct shift in my ability to connect more easily with others  
which is exactly what I needed to achieve as part of the healing process”*

TRACK 1 STUDENT





# CONNECTEDNESS

Computers they are taking over the world these days

You can use them in so many ways

With social media you can keep in touch from your own house

Download the App with the click of your mouse

Which one did you choose

WhatsApp, Snapchat, Zoom or FaceTime

So many to pick from now you're online

**How do you feel when you  
are connected to others?**

**#CHIMETORECOVER**

Talk away, see each other and have your work meetings

Or catch up with family and friends to pass on your greetings

You can work on spreadsheets, databases or write a letter

Click on file and save them in your folder you might be better

Print your documents, send by fax, scan them or send by email

They are all ways to keep in touch even when you are a bit frail

Computers and technology let you achieve so much

It takes getting used to and can sound double dutch

One thing to finish, I would like to say

It's nice to receive post

through the letterbox

In the old fashioned way

# WHAT IS RECOVERY?

There is no single definition of recovery. The acronym CHIME is a helpful framework: Connectedness, Hope, Identity, Meaning and Empowerment.

NAWARC is keen to develop new partnerships so please get in touch if there is an opportunity for joint working

It does involve self-management and recovery from a health condition. It's also about recovering a life worth living and regaining those things that may have been lost due to mental or physical illness or disability.

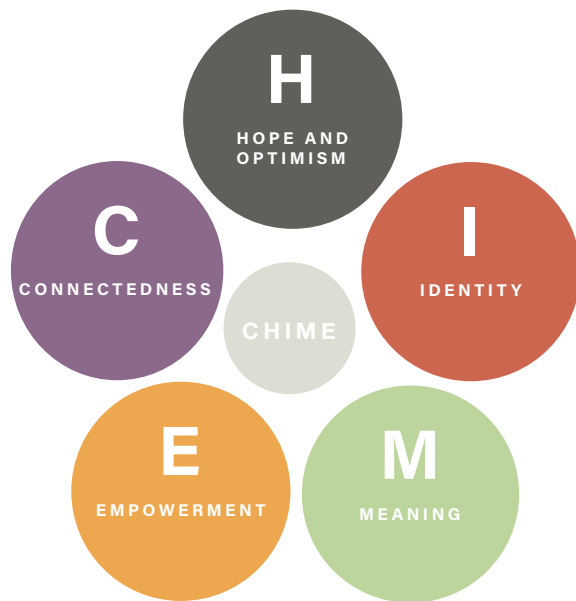
**These could include:**

Confidence, purpose, meaning, life opportunities, education, employment.

The 'Exploring Recovery' Course explores how we can increase CHIME in our lives.

*"After just one session of Exploring Recovery - it gave me a glow in my heart, realising other people feel the same and that I am not alone"*

TRACK 1 STUDENT





## WHO DELIVERS THE COURSES?

NAWARC works in partnership with a number of different organisations, independent tutors and peer trainers who deliver the training and workshops within the curriculum.

An essential feature of NAWARC is the role and value of Peer; people who have a lived experience of mental health, have progressed their recovery and are willing to share their learning with others. A team of Peer Volunteers, co-facilitate courses and share their stories and recovery journeys. You will be inspired by them as they support your learning and growth.

*“I joined the peer pathway and did a lot of courses and discovered strengths in me I did not know existed. When I started as a student I never would have thought I could become a peer volunteer”* PEER VOLUNTEER TRAINER





### TUTORS AND PEER VOLUNTEERS DEVELOPMENT DAY

Courses are designed to enable students to progress and in Track 1 we have foundational recovery focussed courses that we encourage all students to complete first. Some courses have been tried and tested and others evolve in response to students needs and will be co-produced with subject experts and people who are experts by experience.

Learning tracks will support students to identify courses to suit your current learning needs, your stage of recovery and your progression.

**TRACK 1** I'm interested in learning about recovery. I am starting out....and need some support.

**TRACK 2** I'm progressing in my recovery and building on my self- management skills.

**TRACK 3** I'm establishing my recovery and ready to go deeper in my learning and personal development. I can also support others in their recovery

# HOPE

**What is your hope  
for a new normality?**

**#CHIMETORECOVER**

Getting us up in the morning  
The voice inside us,  
Compelling us to explore  
Discovering trust, dreams & desires  
Seeing light through the darkness  
Finding happiness in yourself  
We all need Hope



**Website:**

[www.ramh.org](http://www.ramh.org)



**Facebook:**

[/NorthAyrshireWellbeingRecoveryCollege](https://www.facebook.com/NorthAyrshireWellbeingRecoveryCollege)



**Youtube:**

[North Ayrshire Wellbeing & Recovery College](https://www.youtube.com/NorthAyrshireWellbeingRecoveryCollege)



**Online:**

Variety of online courses.



## WHAT ABOUT NEXT STEPS?

Recovery College is about helping people move forward and move on in their life to achieve personal goals.

Students may do one course for their personal development or continue learning with us for up to two years. We can support you towards paid work alongside other partner organisations and if you are in work we will support you to 'work well'. Students who are stable in their recovery can complete peer training and apply for a Volunteer role within NAWARC.

### Your Goals could include:

- Peer Volunteer Trainer
- Going into education
- Volunteering in your community
- Joining community activities
- Gaining paid employment or returning to your job

*"The Recovery College has changed my life and has made me feel and learn my life is worth living. The college offers a wide variety of courses for students in a safe and supportive environment set out to meet the students learning needs. They support you when you are coming to the end of your college journey preparing you for your next steps when you move on. I'm so glad I joined the Recovery College and grateful to everyone involved in my journey it has been amazing and I will never forget my time with the college. Thank you to you all for the amazing work you do."*

### WELLBEING CAFE:

Students who are nearing the end of involvement in Recovery College are invited to join former students who hold a monthly Wellbeing Cafe, the second Wednesday of each month, usually at Saltcoats Train Station Cafe. It is an opportunity to build friendship and support each other while enjoying a varied programme of activities.

We endeavour to create an environment conducive to learning, ensuring you have all the support and guidance you need to achieve success. The Code of Conduct is a guide to highlight what we expect from students so we can help you all to achieve that success.

**As a student at North Ayrshire Wellbeing & Recovery College we expect:**

## **1. RESPECT:**

Treat everyone with compassion, dignity and respect. Respect other students' rights, choices, beliefs and opinions. All forms of bullying are taken seriously and may lead to a student being excluded from the college. Respect the wellbeing and property of the other members of the college and report any health and safety concerns to college staff.

## **2. DISCRIMINATION:**

Avoid offensive, racist or sexist language at all times and not discriminate against or harass other students or staff.

## **3. APPEARANCE:**

Dress appropriately for a learning environment, and not wear logos, football colours or slogans that could be deemed offensive to others.

## **4. CONFIDENTIALITY:**

Maintain confidentiality; any personal information shared within the college environment is not to be referred to or shared elsewhere. You can share your experience but not that of others. Take care what you share of yourself on social media and use the internet in a responsible manner.

## **5. PARTICIPATION:**

Take an active part in your own learning and use the resources made available to you and come prepared if any self-directed learning is requested.



Provide us with any information we need to support your enrolment, including any personal detail changes. Attend courses punctually and let us know if you are unable to attend. Certificates of completion will be awarded to you when you have attended at least 80% of the course you have enrolled on. Advise us of things that may be preventing you from getting the most from your learning experience.

#### **6. BEHAVIOUR:**

Do not use, or be under the influence of alcohol and illicit substances while attending the college. Please do not use mobile phones during courses.

#### **7. ZOOM ETIQUETTE:**

Join early – up to 5-10 minutes before the session start time, it gives you time to connect and chat. Courses will start on time.

Have your video on unless you are experiencing connection issues. Set your mic to mute if you are not talking.

- Be aware of your background environment, be sitting as if you would in a learning space. Avoid sitting in front of or near windows, be appropriately dressed. Enjoy a coffee but don't eat your lunch!
- Adjust your camera to be at around eye level if possible, take note of the angle of your laptop screen if using the built-in camera.
- Be aware of confidentiality. If anyone else is in the house it is recommended you use headphones. Headphones cut out background noise.

If we consider you have breached the Student Code of Conduct, we will discuss this with you and try to find a way forward. However, in some circumstances this may lead to exclusion from North Ayrshire Wellbeing & Recovery College.



# COMPLAINTS PROCEDURE

The Recovery College undertakes to resolve fairly any complaints and difficulties you may have while you study with us. Where possible every attempt will be made to resolve the matter locally, informally and quickly. Concerns should be raised with the manager informally first.

Formal concerns can be raised through the complaints handling procedure which can be found online at: [www.ramh.org/contacting-ramh/suggestions-complaints-concerns](http://www.ramh.org/contacting-ramh/suggestions-complaints-concerns)

All complaints, both verbal and written will be acknowledged and resolved as sensitively as possible by the manager.

# IDENTITY

**What makes you unique?**

**#CHIMETORECOVER**

Lockdown,  
Deep frown,  
Feel down.  
Nightgown,  
Eiderdown...

Leaving room,  
Impending doom.  
Sweeping broom!  
Finding Zoom  
Lifting gloom.

Setting free.  
Take the knee.  
Can't you see?  
I am ME.  
Let me Be!



North Ayrshire  
Wellbeing &  
Recovery College

SCOTTISH  
MENTAL HEALTH  
ARTS FESTIVAL

[WWW.NAWARC.COM](http://WWW.NAWARC.COM)

POEM BY JACQUI MACCALLUM  
PHOTOGRAPHY BY LINDA GALE



## NAWARC PEER PATHWAY





## ARTS & WELLBEING

There is significant evidence that involvement in the arts and creativity enhances wellbeing. A number of creative courses are offered across the year and we encourage all students to try at least one arts and wellbeing focussed course.

The Scottish Mental Health Arts Festival takes place each year in May. Recovery College gets involved in offering a week of events to promote wellbeing and recovery for students and the general public. In 2022 the theme was 'Gather' and we hosted 'The Big Gather' on Ardrossan Beach, hosted a Film Festival Day and promoted the book 'How Full is your Bucket' in community roadshows.

**“Being involved in ‘The SMHAF Big Gather’ day on Ardrossan beach was brilliant and great fun to be drumming on buckets, doing exercises, connecting with other students and being involved in making a film”**



A wide-angle photograph of a beach at sunset. The sun is a bright, glowing orb on the horizon, partially obscured by soft, wispy clouds. The sky transitions from a pale blue on the left to a warm orange and yellow near the sun. The ocean's surface is dark, with gentle waves lapping at the shore. The wet sand in the foreground is highly reflective, mirroring the sun and the colorful sky. The word "COURSES" is printed in a large, white, sans-serif font, centered horizontally across the middle of the image.

# COURSES

## EXPLORING RECOVERY

A foundational course based around the CHIME recovery model exploring how Connectedness, Hope, Sense of Identity, Meaning and Empowerment can support recovery. The course includes:

What is recovery?

What is self-management?

What can I do to get well and stay well?

Full of tips, techniques and strategies and is co-facilitated by one of our Peer Volunteer Trainers who will share their personal story and experience of recovery.

## PEER POSSIBILITIES

The role of peer experience is fundamental to any recovery college. This introductory course will embed your understanding of your contribution as a peer within the college. We all have an individual journey and an individual story. You will meet and hear from some of our Peer Volunteer Trainers who will offer hope and inspiration for your recovery.

## I MATTER

POWWOWs are Penumbra's workshops on wellbeing. With an informal discussion format we will share knowledge and experience.

The 5 sessions: Anxiety Matters, I Matter, Assertiveness Matters, Fitness Matters, Sleep Matters.

## FROM TRAUMA TO RECOVERY - LEVEL 1

We know that Adverse Childhood Experiences (ACEs), toxic stress, trauma, and distress are all incredibly common. This course is about recovery and DOES NOT require the sharing of trauma stories. Instead we explore the knowledge and skills that enable us to take the lead role in our own recovery.

The shift from “what is wrong with you?” to “how to deal with what happened to you” opens the door to possibilities and hope. You will have the chance to visualise the future you desire and the steps in how to realise it.

## WELLBEING WALK

A weekly walk in partnership with KA Leisure for physical wellbeing and building connection. It is a gentle walk suitable for all fitness levels.

**“It has helped me to know that there are other people who have experienced similar feelings and situations to me. We are all supportive to each other and I am surprised to discover I have creative skills”**

TRACK 2 STUDENT

## WELLBEING WORKSHOPS

A series of workshops to enhance your wellbeing with interesting topics and guest speakers sharing community resources. Workshops may include: Mindfulness, Meditation & Relaxation, Personal Security, Goal Setting, Green Spaces, StressLess Strategies.

## WRITE 2 RECOVERY

The course generates inspiring conversations and discussions and provides an opportunity for participants to write and reflect on their own story. Each session has a different theme such as: Surviving & Thriving, What Makes me Happy, Letter from the Wise One, Inner Critic - The Case for the Defence, Vulnerability as Power and The Hero's Journey.

## MENTAL HEALTH AWARENESS

Delivered in partnership with North Ayrshire Link Workers this practical course aims to:

**This practical workshop aims to:**

1. Raise Awareness of mental health improvement
2. Identify what is needed for a healthy mental health environment
3. Provide information and self-help tools that are effective in promoting mental health improvement.



## LIVING LIFE TO THE FULL

Based on the principles of Cognitive Behavioural Therapy (CBT), this course covers how to manage low mood, stress and anxiety. Exploring topics such as: ‘Why do I feel so bad?’ ‘I’m not good enough’, ‘Why does everything always go wrong?’ The course is interactive, with mini booklets designed to encourage specific and realistic goal setting. It is effective in guiding and supporting people as they work to change their lives.

## DARE TO BE HAPPIER

Based on the book ‘Dare to be Happier’ by Caroline Johnstone. A structured programme, using journaling, that explores what happiness means to people and deals with a number of key areas that get in the way of happiness, leading up to encouraging steps/changes to help students move on with their lives with a lot of tools and resources. Each module is a combination of teaching theory, practical examples and exercises, individual work, group discussion and ends with a gentle meditation. Workshops include: Optimism & Gratitude, Self-Compassion & Kindness, Boundaries & Assertion, Happiness & Thinking.

## CONFIDENT & ASSERTIVE

Acknowledge what makes you absolutely unique and work towards the best version of yourself by learning skills in:

- Communication
- Knowing my human rights
- Handling criticism well
- Asking for what I want
- Be clear about my boundaries
- Respect myself and respect others
- Work on Win/Win solutions to problems.

## CREATIVE RECOVERY

Facilitating a creative approach to recovery exploring themes of Identity, Boundaries, Inner Critic V Inner Warrior and Connecting with Self/Others/Nature/Culture. Each workshop will involve some making or creating using different mediums to consolidate our learning. The course will include a socially engaged art project taking our recovery messages into our community.

*“Thank you so much for everything you do. The Recovery College has and still is helping me, be me. I am starting to see a little light at the end of the tunnel, whereas before I started it was so dark and gloomy.”* TRACK 3 STUDENT

# TRACK 2

## WELL @ WORK

A new course in development to support people who may be struggling with work to develop strategies to manage stress, become more assertive within the workplace and understand your employment rights. Work on a Wellness Recovery Action Plan for Work

## MIND & BODY

Discover how we are connected through our nervous, immune and mechanical systems exploring scientifically proven ways we can get them back into balance. We know the science of what's going on in our minds and bodies when we have a panic attack, fibromyalgia, depression, ME, post-traumatic stress disorder, chronic pain, anxiety or insomnia. Start making lasting changes by using your mind to help our body and your body to help your mind. You will have completed Living Life to the Full first.

## THINKING ABOUT WORK?

Identify your hopes and dreams for paid work, set goals and connect with organisations that can support you to move towards or into paid work. Find out what you can earn if you are on health benefits. Think about CVs and how best to deal with interviews. Support each other and share learning.

## FROM TRAUMA TO RECOVERY 2

Building on the learning from 'From Trauma to Recovery' Level 1, we reflect on what's now better and we tackle the question of what needs to be different to let you know you are achieving your potential. Despite the serious nature of trauma participants report the course as being engaging, empowering and even fun.

Both levels of this course involve short but powerful videos to support the learning. You will not be asked to share your personal experience of trauma.

**“It has helped me to know that there are other people who have experienced similar feelings and situations to me. We are all supportive to each other and I am surprised to discover I have creative skills”**

TRACK 2 STUDENT



## YOU MATTER ALWAYS 'ALL THAT YOU ARE'

YMA adopts a peer support/education approach to empowering people to take a more active role in managing aspects of their own health, wellbeing and recovery. You will work on your own YMA cards, strengths-based tools of self-management, empowerment, encouragement and enlightenment. We are all important, we matter...always. You will recognise that you do matter always.

## LISTENING & EMPATHY

Reflect on the importance of Listening and Empathy in our relationships by investigating the different models and levels of listening. Learn to recognise the negative and positive impact of poor and active listening. You will improve your active listening and understand how we can create better spaces to listen and think.

## CO-PRODUCTION

Learn about the principles and practice of co-creation in the development of courses, learning theory and group dynamics. It brings together experts in subject alongside people with a lived mental health experience. The course will look at the Potential development of new courses.

## WRAP (WELLNESS RECOVERY ACTION PLAN)

Discover a simple and powerful process for creating the life and wellness you want. With WRAP, you can discover simple, safe, and effective tools to create and maintain wellness. Develop a daily plan to stay on track with your life and wellness goals. Identify what throws you off track and develop a plan to keep moving forward. Gain support and stay in control even in a crisis.

The WRAP process supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life. All along the way, WRAP helps you incorporate key recovery concepts and wellness tools into your plans and your life.

## PEER2PEER

A course for people with experience of providing peer support, either in a paid post or voluntary role or someone who is stable in recovery and aspires to offer peer support.

It will increase understanding of recovery approaches, personal recovery and peer support to help participants develop skills central to the peer support relationship and enable peer workers and volunteers to practice effectively and safely in the role. There is an application process for this course and a 'student placement' to put theory into practice.

## SUICIDE AWARENESS & PREVENTION

An introduction to what to do if someone's expressing suicidal thoughts by following the easy to remember TALK steps – Tell, Ask, Listen and Keep-safe. These practical steps offer immediate help to someone having thoughts of suicide and helps you both move forward to connect with more specialised support.

## PERSONAL LEADERSHIP PROGRAMME

Designed to support established students towards the end of their Recovery College learning to move from a recovery mind set to a personal development and personal leadership. Taking responsibility for identifying next steps in life. Within a framework of Nancy Kline's 'Time to Think' model you will: Create your own Leadership Compass, explore communication styles through the Transactional Analysis model and discover your Key Strengths. In workshops, thinking spaces with peer mentors you will also engage in self-directed learning.

## BEYOND RECOVERY COLLEGE

Gather together all your tools and learning and reflect on your emotions around graduation. Acknowledge and share your highlights and celebrate your achievements Create a vision Board and set goals for the future

## FACILITATION SKILLS

Gain the skills to facilitate learning for others as we co-create with you in an Adult-to-Adult learning and development environment, and this will provide a space where real practical learning can take place. This learning will include challenge and support, fun and creativity, individual and group activities, and a need to be fully present and engaged. The learning spaces that are shared will be held using 'Rules of Engagement', created by Nancy Kline and will be peer led.

Topics include: Developing 'blue mind', Seeing yourself as a Facilitator: Personal Purpose and understanding yourself and others through the framework of Transactional Analysis, The Facilitation Process: Emotions of Change, Powerful Questions, Flipping & Reframing, Reflective Practice and Appreciative Inquiry. There is an expectation that you will do personal learning between workshops as you access the 'Blue Box' website that hosts all the learning resources.

## PRACTICE DEVELOPMENT FORUM

To offer ongoing learning and practice for peer working, facilitation and course development. These sessions are for Peer Trainee's, Peer Volunteers, Peer Workers and Peer Tutors. This monthly forum will involve sharing learning and reflective practice and contributing to NAWARC developments.



Students on the ‘In Flow Oil Painting Course’ proudly sharing their paintings.

“I loved the In Flow Oil Painting course’, I loved everyone’s paintings and how different they were and still beautiful. The tutor has great patience and easily understood. The class has motivated me to be more creative again and definitely uplifted me.”

‘I would never have got back to work if it was not for the Recovery Course, the courses and staff are all amazing and really believed in me and supported me to get here.’

TRACK 3 PEER PATHWAY STUDENT

## WISDOM OF STORY

Wisdom of Story is based on a different story each session, as a focus for discussion of self-help strategies that can lead to positive wellbeing and recovery. An ongoing craft activity is also included in every session. Workshops include: "Being Me" emphasises the importance of valuing yourself, "Try Something New" focuses on strategies that could help you on your wellbeing and recovery journey. "Keep On Keeping On" looks at why we sometimes give up and what may help us to keep going. "The Kindness Within" is about self - care and being kind to yourself.

## BULLET JOURNALING

Track the Past, Organise the Present & Plan for the Future. So what is Bullet Journaling... It can essentially be whatever you want & need it to be. To put it simply, Bullet Journaling is a method to organise your life in a notebook, customised to your own needs, style & life.

Bullet Journaling will help give you an outlet to explore, experiment & express your own creativity. You'll learn more about yourself & your own patterns. You'll learn how to use Mood & Habit trackers, a valuable tool for self-management. You'll learn about the value of taking time for daily personal reflection & how daily Gratitude can change your way of thinking. All whilst helping to reduce anxiety & becoming more organised.

## FILMMAKING FOR BEGINNERS

You will learn the process of creating and editing short films using your own mobile phone. Discover the basics of how to use lighting, editing, art direction and more to create eye-catching film.

While learning practical skills, participating in group projects and shooting opportunities you will gain experience in using tools such as gimbals, tripods and stabilizers. You will create at least one short film and may be involved in screening and sharing your work on social media platforms.

## POETRY IN MIND

Writing can help us express our stories in a new way, heal and move forward. You don't need any previous writing experience to get involved - and don't let school experience deter you! Each session of the course will see us read poems and using them to inspire our own writing using a variety of writing exercises. Students will be encouraged to share ideas and their writing and while there's no pressure to do that, it's hoped that the supportive feedback will encourage everyone to do so. Please bring paper and a pen or pencil each week.

## ZEN MINDFUL PHOTOGRAPHY

Practice mindfulness by using photography in the context of self-exploration, communication, creative expression and personal development. Photography can help people increase self-knowledge and develop their self-esteem. It can also be empowering and improve resilience. The simple process of taking a picture provides an opportunity to be present in the moment, to be attentive to your mind and connect with your thoughts and emotions. Only a phone with camera is needed. Some of the photographs pictured in this curriculum are from a previous course.

## DRUMMING FOR WELLBEING

Recovery College partners with 'Drum4urLife' to offer students an experience of drumming. People who attend the introductory course are welcome to continue to be part of Drum4urLife.

Many students have been surprised at the benefits of drumming to their mental health and wellbeing and for building confidence and connection with others. There is something unique and exhilarating about being part of the drum circle so give it a try. Everyone has a heartbeat so everyone can drum on a djembe drum!

## GET IN FLOW OIL PAINTING

Nourish our creative side through oil and canvas, silence the chatter and discover that anyone can paint. Get 'in flow' by switching to your creative right sided brain. Begin to look around you, noticing shadow and light, texture and detail and transfer what you see to canvas.





### HEALTH & WELLBEING - LEVEL 3

Participants will explore a range of health and wellbeing topics with a view to participating in straightforward activities. These are aimed at raising participant's awareness of health and wellbeing choices that can impact on life chances and opportunities.

#### Activities include:

Keeping an activity diary

Exploring diet and hydration

Exploring positive psychologies

On completion participants will be able to:

Use practical skills in managing negative thoughts and moods and be ready to take the next step towards employability.

### BASIC PC KEYBOARD SKILLS AND WORD

For Individuals who have zero or very limited knowledge/skills in using computers of any kind. To provide participants with the basic skills to use a computer to communicate. In particular, participants will be introduced to word processing, internet and email.

### VOLUNTEER AWARD

#### AIMS OF THE COURSE ARE:

To introduce learners to a world of volunteering including volunteering organisations and volunteering activity, and provide opportunities to gain actual volunteering experience.

#### COURSE CONTENT:

Self-evaluation activities

Learn about the context of volunteering

Plan a volunteering placement

Participate in a volunteering opportunity

Review and reflect on their own skills and volunteering experience

Complete an investigative project.

#### ON COMPLETION PARTICIPANTS WILL:

Understand the concept and benefits of volunteering and how it can increase confidence and an awareness of the job market. Develop a range of skills and personal development experiences which will help to prepare them for responsibility, further education and employment.

## MENTAL HEALTH & WELLBEING - LEVEL 4

To address gaps in knowledge and to improve understanding of mental health questions and as a result, work towards removing the stigma attached to mental health, as this frequently stops individuals from seeking help because they feel embarrassed or are fearful of being judged.

### COURSE CONTENT INCLUDES:

Developing an understanding of the terms 'mental health' and 'wellbeing'. Discovering a range of mental health issues. Factors which affect mental health and wellbeing.

### ON COMPLETION PARTICIPANTS WILL BE ABLE TO:

Understand the terms 'mental health' and 'wellbeing' for individuals and society.

Describe a range of mental health issues and begin to understand the role of the brain in relation to mental health and wellbeing.

Have knowledge of factors that may influence mental health and wellbeing in individuals.

“The staff and tutors at all the courses are very supportive, helpful & informative. I can relate to what other students on the courses are saying which I have found useful and beneficial”

TRACK 1 STUDENT

“I am really enjoying doing the courses and learning so much about myself and my behaviours and making changes. I am very grateful for the opportunity”

TRACK 2 STUDENT

# MEANING

**Name two things  
that give your life  
meaning?**

**#CHIMETORECOVER**

Look outside, what do you see?  
Birds, beetles or bumblebee.  
Watch them fly into the sky  
Reaching up so very high.

Listen out to hear birds sing,  
Mother Nature doing her thing.  
Wind and showers in the air,  
One with the world if you dare.

Whether you're inside  
Or whether you're out  
So much to appreciate all about  
Hold in your hands; feel on your face,  
Missed opportunities such a disgrace.

We're all very special in every way,  
Yesterday, tomorrow and today.  
Senses help us all to connect  
With care, love and respect.



# “BEAUTY FROM ASHES”

WRITTEN BY SONIA BELL

TRACK 3 STUDENT

A childhood of loneliness,  
A time of abuse and neglect,  
Feelings of isolation and emptiness,  
All led to invisibility and disrespect.  
An adult life of ups and downs,  
Losses of lives and of self,  
A continuous wave that slowly drowns,  
Recovery unreachable on the highest shelf.

A faith and friends gave me a helping hand,  
My recovery journey I’ve now found,  
Finding hope, strength and an ability to stand,  
Being seen, heard and no longer underground.  
I was once lost and NOWhere,  
For me recovery means I’m NOWhere.

“I hope my poem can help or inspire  
another to know that recovery is possible,  
that beauty can come from ashes and the  
real you can be free to shine in the world,  
I am not ashamed anymore and am proud  
to be seen and heard.”



TRACK 1 COURSES ✓	
Exploring Recovery	
Peer Possibilities	
I Matter	
Wellbeing Workshops	
From Trauma to Recovery - Level 1	
Write 2 Recovery	
Mental Health Awareness	
Wellbeing Walk	

TRACK 2 COURSES ✓	
Living Life to The Full	
Dare To Be Happier	
Confident & Assertive	
Creative Recovery	
Well @ Work	
Mind & Body	
Thinking About Work?	
From Trauma to Recovery 2	

AYRSHIRE COLLEGE COURSE ✓	
Health & Wellbeing - Level 3	
Volunteer Award	
Basic PC Keyboard Skills and Word	
Volunteer Award	
Mental Health & Wellbeing -Level 4	

TRACK 3 COURSES ✓	
YMA 'All That You Are'	
Listening & Empathy	
WRAP (Wellness Recovery Action Plan)	
Peer 2 Peer	
C-Production	
Suicide Awareness & Prevention	
Personal Leadership Programme	
Beyond Recovery College	
Facilitation skills	
Practice Development Forum	

CREATIVE COURSES ✓	
Wisdom Of Story	
Bullet Journaling	
Filmmaking for Beginners	
Poetry In Mind	
Zen Mindful Photography	
Drumming For Wellbeing	
Get In the Flow Oil Painting	



# EMPOWERMENT

**I am empowered  
when I...?**

**#CHIMETORECOVER**

**Empowerment Is...**

**Being given the right tools to be successful**

**Being told that it's okay**

**Accepting yourself as being good enough**

**Knowing your value and your own worth,**

**The ingredient that allows me to succeed**

**Knowing that 'I am enough'**

# EVALUATION OF NORTH AYRSHIRE WELLBEING & RECOVERY COLLEGE

In 2021 Dr Jean McQueen undertook an independent evaluation of NAWARC. Focus groups included the Student Services Team, Tutors, Tracks 1-3 students and Peers to formulate some qualitative data. Quantitative data was produced from Wellbeing Scores of students and were analysed over time of their involvement in NAWARC. The report is due to be published and here are some key outcomes of the evaluation.

## **STUDENTS WELLBEING SCORES INCREASED:**

Data from standardised validated wellbeing assessments undertaken at regular timepoints show significant changes in NAWARC students mean wellbeing scores showing wellbeing increased as they progressed through the college track style curriculum.

## **STUDENT'S REFLECT ON THE POSITIVE IMPACT OF THEIR INVOLVEMENT IN RECOVERY COLLEGE:**

Students perceived the college to have a focus on learning and self-discovery as a compelling factor in their decision to engage rather than a focus on the treatment of their mental health challenges. The students valued the peer support, the importance of a sense of identity as a student and the importance of feeling part of a community. Some of the students spoke about the opportunity to become peer supporters and peer tutors further enhancing their confidence. As they progressed through the curriculum students spoke of learning to manage their mental health challenges using the skills developed to enhance their daily lives.

## **STUDENT'S PROGRESS TO POSITIVE DESTINATIONS:**

Data from the recovery college suggests many students progressed to positive destinations such as work, further training and cited the recovery college as being a catalyst for change and positive mental wellbeing.

## **IMPACT ON RECOVERY:**

Results from the validated assessments and focus groups suggest NAWARC had a significant Impact on personal recovery, mental wellbeing, connectivity, hope and optimism. In addition the impact of the college was felt wider than individual student with students emphasising how improvements in their wellbeing had a positive impact on those around them particularly their family.

# OUR PARTNERS



