

Clarendon Recovery College
Online course timetable
April – July 2021

Understanding mental health issues and their treatment

Course title	Description	Day	Dates	Duration	No of sessions	Venue
Building healthy relationships	In this course you will learn about these skills and gain insight into why people misunderstand us or respond the way they do. Explore ways to move forward in the direction that you choose as well as look at ways of keeping safe and how to get the most out of relationship.	Monday	April 26 - 7 June (No course on 3 and 31 May - bank holidays)	1.30am-3.30pm	5	Online
A Good Night's Sleep	Sleep is a condition of body and mind which typically recurs for several hours every night, in which the nervous system is inactive, the eyes closed, the postural muscles relaxed, and consciousness practically suspended. Sleep is essential to physical and mental well-being. Healthy sleep equals good sleep habits. Lack of sleep can result in added stress, lack of concentration, moodiness, memory loss, lower	Thursday	27 May - 1 July	11am-1pm	6	Online

	motivation, obesity, and fatigue and can weaken the immune system.					
Training the trainer	If you think people are impossible to understand, you may change your mind on completion of this course. To have a good relationship or to improve an existing one requires us to use tools and skills that enable us to understand communication styles and perspectives.	Wednesday	12 May 19 May 26 May 2 June	1.30pm-3.30pm	4	Online
Creative writing	This course is for improving creative writing skills. Students will learn how to use their experiences and imaginations to develop poems and stories.	Friday	30 April - 2 July	2pm-4pm	10	Online
Women's group	It is normal to feel anxious and afraid while we deal with the effects of this pandemic. We know this situation is stressful for everyone; people living with mental illness may be finding it especially difficult to cope. This group aims to bring women together virtually and, in the building, to support each other through the pandemic. A space to be acknowledged and listened to, building each other up and cheering each other on.	Friday	23 April - 23 July	1pm-2.30pm	14	Online

<p>Understanding psychosis and schizophrenia</p>	<p>This co-produced course could be for you if you are interested in gaining an awareness of what the experience of 'psychosis' and 'schizophrenia' may mean to you or someone you care about. We will explore issues relating to the process of diagnosis, possible treatment options and what has been reported as effective. We will also explore personal experiences of psychosis and some of the useful ways people have found to manage their own experiences.</p>	<p>Monday</p>	<p>24 May 14 June</p>	<p>2pm-4pm</p>	<p>2-hour sessions</p>	<p>Online</p>
<p>Coping with psychosis and schizophrenia</p>	<p>Psychotic symptoms can be heightened in a time of wide-reaching stress and would not be unexpected or uncommon for new psychotic symptoms to occur or for current psychotic symptoms to worsen in relation to concerns about COVID-19. This course will help you to develop effective strategies for coping with psychotic symptoms and enable you to explore further ways in which you can take back control and manage your challenges.</p>	<p>Monday</p>	<p>21 June 5 July</p>	<p>2pm-4pm</p>	<p>2-hour sessions</p>	<p>Online</p>
<p>Understanding depression</p>	<p>This is an introductory co-produced course for service users, carers and staff who would like to know more about depression. By the end of the course, we aim for you to leave with a good understanding of depression. Explore how periods of low mood can be maintained and the links</p>	<p>Wednesday</p>	<p>23 June</p>	<p>1pm-3pm</p>	<p>2-hour session</p>	<p>Online</p>

	<p>between our thoughts, feelings, and behaviours. Meet people who have similar difficulties and learn how they might have overcome them. An opportunity to discuss personal experiences and receive support and encouragement.</p>					
Coping with depression	<p>This session will explore depression, signs and symptoms and its causes. It will provide you with effective skills for managing your own day-to-day mood and experience such as: Reactivating your life; Thinking realistically; Solving problems. By the end of the session, you will be able to develop your own depression management plan.</p>	Wednesday	21 July	1pm-3pm	2-hour session	Online
Understanding voices	<p>This is an introductory 2-hour course. Hearing Voices (and other hallucinations) is a more commonplace experience than many people realize, and it is not necessarily a sign of mental ill health. People have different experiences of hearing voices with widely varying impacts on their health. This course is for anyone who wants to understand more. It will include:</p> <ul style="list-style-type: none"> • Different theories and ideas • Coping strategies • Sources of support, advice, and information • An introduction to the Hearing Voices Network 	Thursday	20 May	11am-1pm	2-hour session	Online

Understanding Mental Health	This 2-hour course will introduce and explore mental health at both an educational level and from an experienced perspective. The course aims to educate students, carers, family, and friends about the symptoms, causes and treatment options associated with mental health. Reflection and self-awareness are key aspects taught on this course.	Friday	7 May 28 May	2pm- 4pm	2-hour sessions	Online
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Tutored Courses – Computers

Course title	Description	Day	Dates	Duration	Sessions	Venue
Internet for beginners	For learners who have completed the beginner's course or can demonstrate knowledge to that level. Learn how to access the Internet using popular web-browsing software. By the end of the course, you will be able to: navigate to your favourite websites using the address bar; bookmark your favourite websites; use a search engine to find content on the World Wide Web; set up an email account, compose a new email and reply to messages. You will also learn how to add attachments to an email.	Friday	23 April 28 May 4 June 16 July	9.30am - 11am	3 students per session	Online
How to use Zoom/Microsoft Teams	These can run on various devices: iPad, iPhone, Android tablet, Android phone and Windows PC/laptop. You will learn to install the Zoom and Microsoft app on a smart device, how to use Zoom via the internet, and how to join and participate in class sessions. You will learn how to join course sessions and participate during sessions via video and microphone, turn video/ microphone on/off during sessions, ask questions during the sessions	Friday	23 April 28 May 4 June 16 July	11am- 1pm	3 students per session	Online

	by using your microphone and by text (chat), send messages directly to your tutor and classmates and messages to everyone during an online session.					
Digital skills	Using the Internet to find information via presentations and discussions. Using emails/attachments.	Friday	23 April 28 May 4 June 16 July	2pm-3pm	3 students per session	Online
Word processing	For learners who have completed the beginner's course or can demonstrate knowledge to that level. You will learn how to use word processing software to create professional looking documents. By the end of the course, you will know how to: apply basic formatting; select and manipulate text using cut, copy and paste; add items to the header and footer; preview your documents and send them to a printer. You will also learn how to proofread your work and use a spell checker to correct your mistakes.	Friday	23 April 28 May 4 June 16 July	3.30pm-4pm	3 students per session	Online

If you have any queries, please contact us by phone 0208-4894860 or email enrol.crc@haringey.gov.uk