




## Recovery College @Deepdale

### Courses & Groups – June 2023

<div>As our Spring Terms draws to a close we'd like to invite all of our learners to a special celebration event on the 30<sup>th</sup> of June.</div> <div>Your contributions and feedback are vital to the development of the Recovery College and we simply couldn't do it without you!</div>						Thursday 1 <sup>st</sup>		Friday 2 <sup>nd</sup>	
						Walk & Talk Group	10:15am/ 11:30am	Naturewell - Finding Meaning in Nature (Online)	10:00am/ 12:00pm
						Visit your community Garden with Let's Grow Preston	1:00pm/ 2:30pm		
						ME/CFS Support Group	1:00pm/ 3:00pm		
Monday 5 <sup>th</sup>		Tuesday 6 <sup>th</sup>		Wednesday 7 <sup>th</sup>		Thursday 8 <sup>th</sup>		Friday 9 <sup>th</sup>	
Recovery College Enrolment Day	10:00am/ 4:30pm	Our team is training this morning and we will be opening at 1pm		Our team is training this morning and we will be opening at 1pm		Walk & Talk Group	10:15am/ 11:30am	Personal Values	11:00am/ 1:00pm
		Mental Health Awareness	2:00pm/ 3:30pm	Tree Of Life	2:00pm/ 4:00pm				
Monday 12 <sup>th</sup>		Tuesday 13 <sup>th</sup>		Wednesday 14 <sup>th</sup>		Thursday 15 <sup>th</sup>		Friday 16 <sup>h</sup>	
Living With ADHD	10:30am/ 12:00pm	Understanding Depression	2:00pm/ 3:00pm	Understanding Anxiety	10:30am/ 12:00pm	Walk & Talk Group	10:15am/ 11:30am	Self-Regulation	11:00am/ 1:00pm
						Cooking for Wellbeing with Recycling Lives	10:30am/ 12:30pm		
						ME/CFS Support Group	1:00pm/ 3:00pm		
						Advisory Group (online)	1:00pm/ 2:30pm		
Monday 19 <sup>th</sup>		Tuesday 20 <sup>th</sup>		Wednesday 21 <sup>st</sup>		Thursday 22 <sup>nd</sup>		Friday 23 <sup>rd</sup>	
Recovery College Enrolment Day	10:00am/ 4:30pm	Counting Sheep	2:00pm/ 3:30pm	Dementia Hub	11:00am/ 1:00pm	Walk & Talk Group	10:15am- 11:30am	Understanding our emotional responses	10:30am/ 12:00pm
						Cooking for Wellbeing with Recycling Lives	10:30am/ 12:30pm	Co-Production Lab	1:30pm/ 3:30pm
Monday 26 <sup>th</sup>		Tuesday 27 <sup>th</sup>		Wednesday 28 <sup>th</sup>		Thursday 29 <sup>th</sup>		Friday 30 <sup>th</sup>	
Understanding Stress	10:30am/ 12:00pm	Introduction To Deaf Awareness	10:00am/ 1:00pm	Gratitude & Joy	2:00pm/ 3:30pm	Walk & Talk Group	10:15am/ 11:30am	<div>Spring Term – Learner Celebration</div> 	10:00am- 4:00pm
		Introduction To Deaf Awareness	1:30pm/ 4:30pm			Cooking for Wellbeing with Recycling Lives	10:30am/ 12:30pm		
						ME/CFS Support Group	1:00pm/ 3:00pm		

**We welcome all to our Advisory Group to help us develop the college, so come along to have your say!**

Recovery College@Deepdale, Lowthorpe Road, Deepdale,  
Preston, PR1 6SB

Please call us with any enquires on – 01772 695365

For online Recovery College Sessions, please visit  
[www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559](http://www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559)



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If you're looking for one to one support in regards to a range of social and wellbeing support, we host our popular drop-in sessions. Simply turn up on the day to speak to an expert about a range of subjects including volunteering opportunities, digital devices, financial support and active community participation.

As these are drop-in sessions, please be aware you may have to wait as we operate a first come, first served approach. You will, of course, be offered a drink while you wait and you're welcome to speak to one of the team about what else may be of interest.

Weekly Community Support Drop in sessions – June 2023			
Tuesday 6 <sup>th</sup>		Wednesday 7 <sup>th</sup>	
LSCFT Senior Peer Team	9:30am/4:30pm	Digital Skills	10:00am/12:00pm
Preston Citizens	10:00am/12:00pm		
Financial Inclusion drop in	1:00pm/3:00pm		
Tuesday 13 <sup>th</sup>		Wednesday 14 <sup>th</sup>	
LSCFT Senior Peer Team	9:30am/4:30pm	LSCFT Volunteering Team	10:00am/2:00pm
Preston Citizens	10:00am/12:00pm		
Financial Inclusion drop in	1:00pm/3:00pm		
Tuesday 20 <sup>th</sup>		Wednesday 21 <sup>st</sup>	
LSCFT Senior Peer Team	9:30am/4:30pm	Digital Skills	10:00am/12:00pm
Preston Citizens	10:00am/12:00pm		
Financial Inclusion drop in	1:00pm/3:00pm		
Tuesday 27 <sup>th</sup>		Wednesday 28 <sup>th</sup>	
LSCFT Senior Peer Team	9:30am/4:30pm	LSCFT Volunteering Team	10:00am/2:00pm
Preston Citizens	10:00am/12:00pm		
Financial Inclusion drop in	1:00pm/3:00pm		

 LSCFT Recovery College

 @LSCFTCollege

 [www.lscft.nhs.uk/Lancashire-recovery-college](http://www.lscft.nhs.uk/Lancashire-recovery-college)

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