

<https://humberrecoverycollege.nhs.uk/>

Recovery and Wellbeing College

Live Online Schedule

 HftRecoveryCol

 Humber Recovery College

Yoga for Health

Join us with empowering coping strategies for mental and physical well-being through Yoga. It's FREE! And anyone can take part regardless of age, fitness, ability, or mobility.

Why are these sessions of benefit?

Sometimes we want to participate in Yoga, but it doesn't feel safe but through a gentle choice-based practice, focusing on sensations, you are welcome to investigate how Yoga shapes can work for you, connecting and re-connecting mind with body aided by a practitioner, Tristessa Moore, who is a registered certified Yoga Therapist (CNHC) and in Trauma-sensitive Yoga.

Yoga has also been proven to reduce stress, and pain, and help those with Chronic and Inflammatory Health conditions.



Yoga Live Session Schedule

Weekly (8 Week Programme)

You can join this at any point during the 8 weeks.

Start Date	End Date	Time (Duration)	Platform
01/07/2021	19/08/2021	2pm – 3pm (1hr)	MS Teams



Yo Yoga Soul
YOGA THERAPY HULL



Sign up Today

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Art Circle

Calling all artists, designers, writers and dreamers! Grab a brew and some materials and let's get creative together!

Work with your own arts materials or on your projects whilst chatting to other creatives in this informal, unstructured, participant-led virtual session. You can use this space to look for creative advice, find inspiration and feedback from your peers, as well as simply using the opportunity to dedicate some time each week to nurture your creativity.



Art Circle Live Session Schedule

Formally called *Wellbeing through creativity*

(Happening weekly every Tuesday)

Start Date	End Date	Time (Duration)	Platform
15/07/2021	Ongoing	10am – 12pm (2hr)	MS Teams

Sign up Today

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Tai Chi or Health

With roots in ancient Chinese martial arts Tai chi and Qigong are a set of exercises designed to cultivate balance, control, flexibility, joint health and vitality.

Be guided through a series of simple, gentle flowing movements with the aim of experiencing deep relaxation and a feeling of inner peace and wellbeing.

Over the eight weeks, students will learn an eight movement Tai chi form, variety of qigong exercises and a basic introduction to various meditation techniques.



Tai Chi Live Session Schedule

Weekly (8 Week Programme)

You can join this at any point during the 8 weeks

Start Date	End Date	Time (Duration)	Platform
09/07/2021	27/08/2021	10.30am – 11.30am (1hr)	MS Teams



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Medication in Mental Health.

Do you want to understand more about your medication and how it can be optimised to get the best results for your recovery?

Join our live informal session and have opportunity to ask about or discuss medications for mental health conditions with our specialist mental health pharmacist.



Medication in MH Live Session Schedule

Date	Time(Duration)	Streaming Platform
14/07/2021	1.30pm – 3pm (1.5hr)	MS Teams
11/08/2021	1.30pm – 3pm (1.5hr)	MS Teams
08/09/2021	1.30pm – 3pm (1.5hr)	MS Teams
13/10/2021	1.30pm – 3pm (1.5hr)	MS Teams

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Living with Dementia

All are welcome (including healthcare professionals or those with dementia in their lives) to this workshop with Wendy Mitchell, author of Sunday Times Bestseller *'Somebody I Used To Know'*, who also lives with dementia, alongside a member of the Trust's Research Team.



Living with Dementia Live Session Schedule

Date	Time(Duration)	Streaming Platform
12/07/2021	10.30am – 12.30pm (2hr)	MS Teams
24/11/2021	10.30am – 12.30pm (2hr)	MS Teams

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Recovery Club Online

The Recovery club is a weekly discussion based, live online stream which aims to bring you informative content around topic like recovery and mental health.

Jump in via video link to interact with the guests and presenters or simply sit back in a comfortable chair with a cup of tea/coffee. Put your feet up listen or have your say. The choice is yours. Engage with the community, give feedback, interact with healthcare professionals and share your successes with the recovery club.



Recovery Club Online Live Session Schedule Coming soon to Recovery College.

Get involved. What topic around mental health would like us to feature? Have your say. Email us on HNF-TR.humberrecoverycollege@nhs.net or send us a message on our facebook (search for **Humber Recovery College**) and twitter page. (**HftRecoveryCol**).

Sign up Today

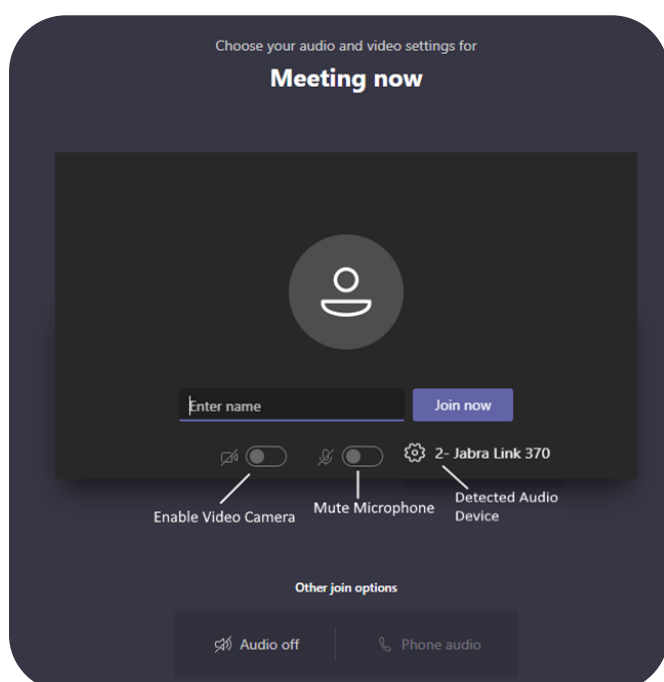
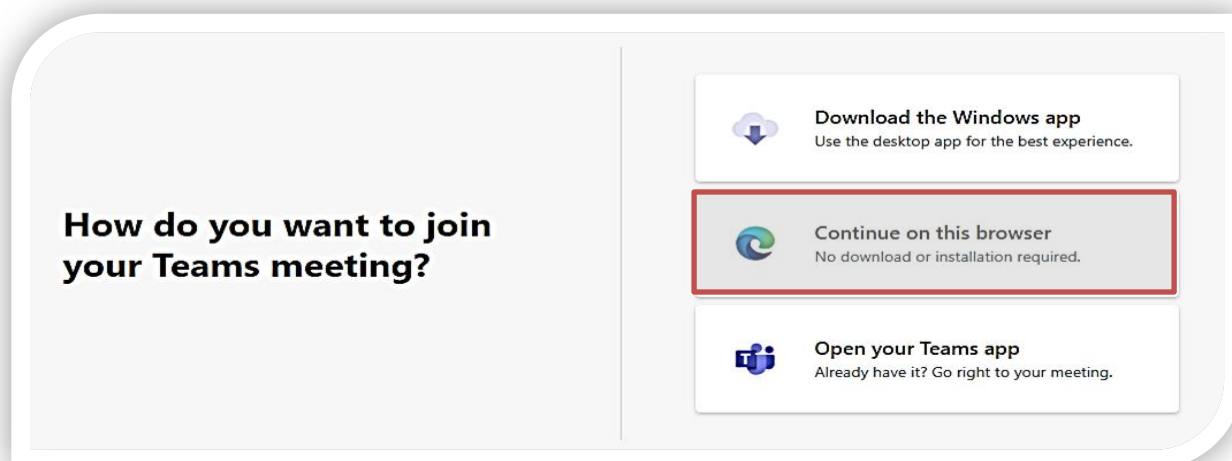
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JOINING MS TEAM MEETING OR COURSE.

You can join a Teams meeting anytime, from any device, whether or not you have a Teams account. If you don't have an account, follow these steps to join as a guest.

Note: Some meetings don't allow people to join as guests

1. Go to the meeting or course invite and select: [Join Microsoft Teams Meeting](#).
2. That'll open a web page, where you'll see two choices: **Download the Windows app** and **Join on the web instead**. If you join on the web, you can use either Microsoft Edge or Google Chrome. Your browser may ask if it's okay for Teams to use your mic and camera. Be sure to allow it so you'll be seen and heard in your meeting.

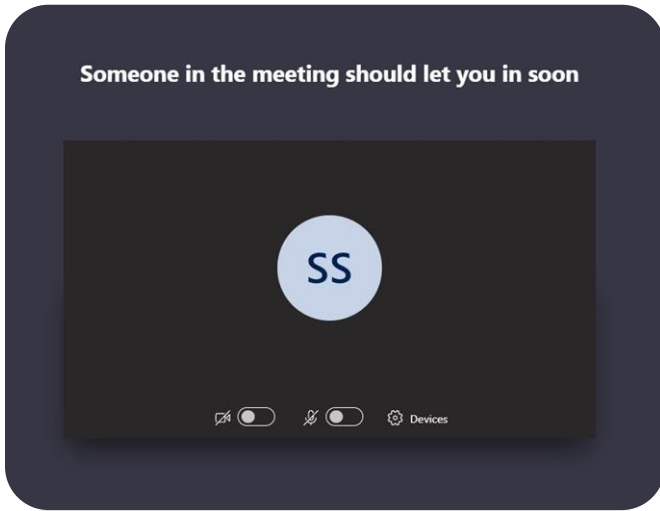


3. Enter your name and choose your audio and video settings.

If the meeting or course has already started choose **Audio off** to avoid disrupting. Select **Phone audio** if you want to listen to the meeting on your mobile phone.

4. When you're ready, hit:

Join now



- 5.** This will bring you into the meeting or course lobby. The meeting organizer will be notified that you're there, and someone in the meeting or course can then admit you.

Note:

- If no one admits you to the meeting within 15 minutes, you'll be removed from the lobby. If that happens, you can try joining again.
- Some features of Teams meetings aren't available to guests

Join now