



MINDSPACE
RECOVERY COLLEGE

November 2021 Programme

■ Places available ■ Course already underway

For course information and to book a place, visit our website

www.mindspacepk.com

Alternatively phone 01738 639657 or come in person to

18 - 20 York Place, Perth PH2 8EH

MON	TUE	WED	THU	FRI	SAT
<p>1</p> <p>10am-12pm: Connect Course (ZOOM)</p> <p>2pm: Podcast Group (ZOOM)</p>	<p>2</p> <p>10:30am: Introduction to Sophrology (ZOOM)</p> <p>2pm: The Art of Sleeping</p> <p>6pm: Good Food. Good Mood (ZOOM)</p>	<p>3</p> <p>10am-12pm: Letham Group</p> <p>2pm: Muirton Group</p>	<p>4</p> <p>9:30am: PDA Peer Support (ZOOM)</p> <p>10:30am: Understanding Medication</p> <p>2pm: Finding Happiness</p>	<p>5</p>	<p>6</p> <p>11am: Tai Chi</p>
<p>8</p> <p>10am-12pm: Connect Course (ZOOM)</p> <p>2pm: Podcast Group (ZOOM)</p> <p>3pm: Books Mad (BLEND)</p>	<p>9</p> <p>10:30am: Introduction to Sophrology (ZOOM)</p> <p>2pm: The Art of Sleeping</p> <p>6pm: Good Food. Good Mood (ZOOM)</p>	<p>10</p> <p>10am-12pm: Letham Group</p> <p>2pm: Muirton Group</p>	<p>11</p> <p>9:30am: PDA Peer Support (ZOOM)</p> <p>10:30am: Understanding Medication</p> <p>10.30am-12:30pm: My Life/My Story (Theatre)</p> <p>2pm: Finding Happiness</p>	<p>12</p> <p>11am: Understanding Depression (ZOOM)</p>	<p>13</p> <p>11am: Tai Chi</p>
<p>15</p> <p>10am-12pm: Connect Course (ZOOM)</p> <p>2pm: Podcast Group (ZOOM)</p>	<p>16</p> <p>10:30am: Introduction to Sophrology (ZOOM)</p> <p>2pm: The Art of Sleeping</p> <p>6pm: Good Food. Good Mood (ZOOM)</p>	<p>17</p> <p>10am-12pm: Letham Group</p> <p>2pm: Muirton Group</p>	<p>18</p> <p>9:30am: PDA Peer Support (ZOOM)</p> <p>10.30am-12:30pm: My Life/My Story (Theatre)</p> <p>2pm: Finding Happiness</p>	<p>19</p> <p>11am: Understanding Depression (ZOOM)</p>	<p>20</p> <p>11am: Tai Chi</p>
<p>22</p> <p>10am-12pm: Connect Course (ZOOM)</p> <p>2pm: Podcast Group (ZOOM)</p>	<p>23</p> <p>10:30am: Introduction to Sophrology (ZOOM)</p> <p>2pm: The Art of Sleeping</p> <p>6pm: Good Food, Good Mood (ZOOM)</p>	<p>24</p> <p>10am-12pm: Letham Group</p> <p>2pm: Muirton Group</p>	<p>25</p> <p>9:30am: PDA Peer Support (ZOOM)</p> <p>10.30am-12:30pm: My Life/My Story (Theatre)</p> <p>2pm: Finding Happiness</p>	<p>26</p> <p>11am: Understanding Depression (ZOOM)</p>	<p>27</p> <p>11am: Tai Chi</p>
<p>29</p> <p>10am-12pm: Connect Course (ZOOM)</p> <p>2pm: Podcast Group (ZOOM)</p>	<p>30</p> <p>10:30am: Introduction to Sophrology (ZOOM)</p> <p>2pm: The Art of Sleeping</p> <p>6pm: Good Food, Good Mood (ZOOM)</p>	<p>For more information about each of our courses, and to book your place, please visit our website www.mindspacepk.com/services/recovery-college</p> <p>Call us on 01738 639657 or email admin@mindspacepk.com</p>			



- **PodCast Group** – This is held online on Zoom every week at 2-3pm.

Each week the group will listen to various podcasts on mental health and wellbeing. There will be discussion around the podcast listened to during the group. Any recommendations of future podcasts to listen to will always be welcomed.

- **The Art of Sleeping** – This will be held face-to-face within Mindspace.

This six-week course is aimed at helping you to understand the importance and benefits of sleep. How to identify and manage your own sleep issues, and to make a personal plan that enables better sleep.

- **Introduction to Sophrology** – This group will be held on Zoom.

Sophrology is a mental wellbeing practice that uniquely combines breathing, relaxation, gentle movement, meditation and visualisation techniques to quieten the mind and ground you in the body. For this group, having a comfortable space to carry out the sessions and perhaps a pen and paper to write down how each technique makes you feel.

- **Good Food, Good Mood** - Step by step recipes given and demonstrated by Rizwana, co-produced with Julie and Katie from Adult Recovery College via zoom.

For those of you who want some inspiration in the kitchen about quick and easy meals to try. Included are some tasty treats that aim to make you feel good. There are several foods which are known to be good for your mood too. Recipes will be posted on our website weekly and emailed to those that register.

- **Understanding Medication** – This group will be held face-to-face. Understanding Medication consists of various videos that address the issue of mental health medication and an opportunity to discuss in a group any concerns and questions that may arise.

- **Finding Happiness** – This group will be face-to-face; This group will look at some of the misconceptions around finding happiness and helps you plan to achieve your own happiness.

- **Tai Chi** – Tai Chi with Alexander & Recovery College

Tai Chi will be held face-to-face at the bowling club at the North Inch (Free Parking) on Saturday Mornings at 11am till 12pm. For coming along to this group, comfortable clothes are recommended and bring some refreshments for during the session.

There are 20 Spaces available, Social Distancing will be maintained and the use of a mask will be encouraged. Come and try this ancient practice which dates back thousands of years, this gentle flowing movement exercise has multiple benefits for both young and old which connects the Body, Mind & Soul.

These are just some of the Core Benefits:

Increases, Maintains & Boost Flexibility / Coordination / Muscle Strength

Helps Controls Stress & Sustains Balance

It Has Strong Anti-Aging Effects, Great for Joint Pain Osteoarthritis & Tendonitis, Fatigue, Low Energy & Trouble Sleeping, also suitable for Learning disabilities including ADHD

- **Muirton Group** – The group is held at the Muirton food exchange shop on the Dunkeld Road. It is an informal group setting for discussions around anxiety and depression, with Mindspace facilitators there to support the conversation.

- **Letham Group** — This group is facilitated by Letham4All at the bowling club in Letham on a Wednesday morning. Mindspace will be there every week for an informal chat and discussion around well-being. This group has two sessions which run from 10-11am and 11-12pm.

Here at the group there is filled rolls and a cup of tea or coffee available and the opportunity to chat and meet other people who come along. For more information on this group please have a look at Letham4all's website <https://letham4all.org.uk/>

- **My Life/My Story** — Do you want to write about your experiences, but don't know where to start?

Have you started writing about your life and you're unsure about how to develop it further?

HORSECROSS ARTS & MIND SPACE are offering the opportunity to participate in creative writing workshop on your life stories (and possibly individual mentorship).

The workshops will explore how to draw upon life experiences and create stories you want to be read and / or heard.

These workshops are open & free to anyone who has any kind of lived experience of mental health issues. The workshops will take place at Perth Theatre and will be led by Creative Writer & Practitioner, Jane Archer.

- **Understanding depression** — This course offers alternative ways to think about depression and how to manage the feelings that arise and potential management strategies. We will use videos and discussion in the course to promote our understanding