



Berkshire Healthcare  
NHS Foundation Trust

# Hope College brochure

January - March 2019

[www.slough.gov.uk](http://www.slough.gov.uk)  
**Slough**  
Borough Council

Local government in the 21st century







# Slough Mental Health Services

## Service philosophy

'The Circle Works' included: Peer Mentors, clients, carers, Community service providers, CMHT Staff, Recovery Team staff, ASSiST staff, Slough Borough Council commissioners, Clinical Director Slough, Head of Service Slough.

## Our philosophy

Compassion is the foundation of our philosophy and combined with trust and honesty we can thrive in our community together. We want to be allowed to find our own voices and for our own unique individuality to be heard and seen. We would like to be empowered to help ourselves based on support, acceptance and kindness which will enable us to grow as people. We can all learn from each other and we don't always want advice, sometimes it is to be non-judgmentally listened to and validated as human beings. We are not a diagnosis we are people and we would like to be involved in decisions around our mental health, and when this is not possible – to still be treated with utmost respect. Please do not concentrate on 'un-wellness' and find at least a small bit of 'wellness' each day.

'The Circle Works' works and it has no end of which we are a part and this we will defend.

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If you would like to find more about the courses and enrolment. please contact:



**01753 690 950**



**hopecollege@berkshire.nhs.uk**



**www.berkshirehealthcare.nhs.uk**



# Welcome

Welcome to the new January - March 2019 term of Hope College. We have been working hard to listen to what you want and adapt our recovery college to suit the needs of our local community in Slough. If, however, you would like more of something or have an idea for a course or workshop, please do get in touch with Alex Jones (Clinical Lead).

We have a new shared email: [HopeCollege@berkshire.nhs.uk](mailto:HopeCollege@berkshire.nhs.uk) which you can email any of your Hope College specific questions to.

## What does Hope College offer?

We have designed four pathways that offer a variety of opportunities. It is your choice where you decide to start and the pathway you choose, depending on your needs. If you feel you need some guidance to help you navigate through the college, please speak to a member of the team who will allocate you to a volunteer who will support you to complete an individual learning plan.

The pathways are:

1. Life skills
2. Recovery
3. Peer support
4. Working towards recovery

We run our sessions from a variety of locations across Slough and all courses are open to carers and clients of the Community Mental Health Team (CMHT). This brochure details the date, time and locations and also suggests courses which you may like to try after. Signing up to a course does not necessarily mean you have a place. You will need to receive written confirmation of your place in order for you to attend. We are noticing that a few students are signing up for the same course each term. If you have completed a course already, you may not be able to do it again as we need to make space for someone who has not attended it before.

"Attending Hope College, meeting others, interacting, thinking about my challenges, gives me hope to be better"



## Leanne and Derek

### Peer Mentors within Hope College

One of our roles is the 'reception support role' at New Horizons on Thursday mornings between 9.30am-12.30pm.

We introduced this position to provide advice on activities and courses offered by Hope College. This is a way to support and encourage students to get involved with Hope College.

So why not pop along on a **Thursday between 9.30am and 12pm** as we would love to see you.

#### Derek

Since joining the Peer Mentor team four years ago, I have been involved in many events that Hope College have run. I have also co-facilitated workshops and courses which has boosted my self-esteem and self-worth. This has allowed me to regain my confidence.

#### Leanne

Since becoming a Peer Mentor it's given me a lot of confidence and inspiration of doing something positive with my life. Knowing that someone has the belief in my abilities means so much and it has helped me to move forward in my own recovery.

# Life skills pathway

This pathway includes the weekly timetable of activities which are open to you, as well as more structured, educational courses and workshops. These activities are designed to help structure your week, provide social support, and teach life skills that you may need brushing up on.

## This workshop is an introduction to Hope College.

During the workshop you will plan your Recovery journey through the pathways. You will have the chance to meet some of the Peer Mentors and discuss setting goals and the most relevant courses for you to sign up to.

**Date:** Monday 7 January

**Time:** 1pm - 3pm

**Location:** New Horizons, Pursers Court, Slough, SL2 5BX

## Wellbeing for Women

Led by one of our Peer Mentors Helen, this three week course will focus on topics of discussion as well as a chance to go out and socialise as a group, to help reduce social isolation in women.

**Date:** Thursday 17 - 31 January

**Time:** 11am - 1pm.

**Location:** New Horizons, Pursers Court, Slough, SL2 5BX

## Improving self-esteem

This workshop is an introduction to improving your self-esteem and will focus on looking at identifying different tools that will help.

**Date:** Monday 25 February

**Time:** 11am - 1pm

**Location:** New Horizons, Pursers Court, Slough, SL2 5BX

**"Attending this course has made me feel more confident and relaxed".**

## Art with Bill

This is a five week course led by one of our experienced volunteer peer mentors. He will lead a canvas art project with you. You will learn new skills using acrylic paints and have great fun too!

**Date:** Friday 8 February - Friday 8 March.

**Time:** 12.30pm - 2.30pm

**Location:** Adult Learning Centre, Ragstone Road, Chalvey, Slough.



## Singing as a choir

Singing as part of a group can contribute to a sense of personal wellbeing and belonging. These feelings of inclusion and harmony can help promote good mental health.

'Singing as a choir' is an initiative that brings together service users, carers, staff and volunteers to form a community choir. We will have three workshops and one performance this term, with more workshops throughout the year. There will be a final performance scheduled for 10 October 2019 for World Mental Health day.

**Date:** Friday 15 March - 5 April

**Time:** 10.30am - 1pm

**Location:** St Mary's Church, Church St, Slough SL1 1PJ

**"Singing makes me feel like I did before I became unwell. I get myself back".**

## Get into volunteering

Short workshop delivered by Slough CVS who will talk about volunteering in Slough, how to get into volunteering and give examples of local opportunities.

**Date:** Monday 14 January

**Time:** 1pm - 3pm.

**Location:** New Horizons, Pursers Court, Slough SL2 5BX

**You might like to explore a volunteering role or consider signing up the Volunteer induction ready course.**

## Samba drumming sessions

Ever wanted to become a drummer? Build your confidence, creativity and social skills? Come and join our community drumming project. Suitable for all abilities. The six week programme will include African style hand drumming, and Brazilian samba percussion. This is a chance to learn a new skill and meet new friends in an inclusive, fun and relaxed atmosphere.

**Date:** 9 January, 23 January, 6 February, 20 February, 6 March, 20 March.

**Time:** 1.00pm - 2.00pm

**Location:** Arbour Vale, Stoke Road, SL2 5AY

**Why not try another one of our creative courses.**

## Food and Mood

This is a one day workshop which aims to help find ways of improving your mood through the food you eat. It will outline foods which are good and bad for you, as well as help you to make healthier choices.

**Date:** Friday 8 February

**Time:** 10am - 12pm

**Location:** New Horizons, Pursers Court, Slough, SL2 5BX

**"Recommend to others for mental and physical well being"**



# Hope College Activity timetable - life skills pathway

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Gym drop-in</b> 1pm - 2.30pm</p> <p>Montem Gym, Montem Lane, Slough, SL1 2QG</p> <p>To attend this activity, you will need a gym pass which can be organised by the Recovery team. You will also be required to attend an induction session if you have not used Montem Gym before.</p> <p><b>£2 fee</b></p> <p><b>Please speak to the Recovery Team if you would like to enroll to the gym drop- in.</b></p>	<p><b>"I like doing exercise, it helps me with my overall wellbeing."</b></p>	<p><b>Walking for wellbeing</b> 10am - 12pm</p> <p>Meet at Slough bus station</p> <p>Social walking group with the aim of gently increasing your physical fitness and giving you the opportunity to make new friends. The meeting places and destinations change each week but you will be given a schedule when you join.</p> <p><b>Free to join</b></p>	<p><b>Table tennis</b> 11pm - 12pm</p> <p>Montem Gym, Montem Lane, Slough, SL1 2QG</p> <p>Table tennis is great fun and we also have the added bonus of having an expert coach leading you through the session.</p> <p><b>£1 fee</b></p>	<p><b>Coffee and chat social</b> 12.30pm - 2.30pm</p> <p>Alexa's Patisserie, Observatory, Slough</p> <p>A social afternoon run by two people - volunteer peer mentors, Leanne and Sharon. Why not come along and have a coffee and a chat? If you are interested please fill out the enrolment form before you join.</p>
	<p><b>Football</b> 3pm - 4pm</p> <p>Montem Gym, Montem Lane, Slough, SL1 2QG</p> <p>Indoor football practice at Montem gym. Please wear suitable clothing. We have a football coach who runs this activity.</p> <p><b>£1 fee</b></p>	<p><b>Yoga</b> 11am-12pm</p> <p>Kingsway United Reformed Church, 11 Church Street, Slough, SL1 1SZ</p> <p>Yoga is a great way to help you become more fit or flexible, to improve your breathing, and to relax your mind.</p> <p><b>£1 fee</b></p>	<p><b>Badminton</b> 11pm - 12pm</p> <p>Montem Gym, Montem Lane, Slough, SL1 2QG</p> <p>Fun indoor badminton activities are a great way to get fitter and make new friends.</p> <p><b>We have a coach for this activity.</b></p> <p><b>£1 fee</b></p>	



Sport in Mind is an acclaimed independent mental health charity (unaffiliated to Mind) that will provide our participants with fun, weekly drop-in sport and physical activity sessions. The sessions are for people experiencing mental health problems and are available all year round. The activities are delivered by qualified instructors and are open to all abilities. Sport in Mind will provide all the equipment needed to take part so all you need to do is wear comfortable clothing and pop down to the sessions!

# Recovery pathway

Attending Hope College helps me to know that I am not alone and not feel so isolated"

The courses within this pathway are about learning ways of managing your physical and mental health. They are designed to support you to find ways of exploring your own resourcefulness and contribute to your wellbeing. These courses are best for students who are ready to take the next steps towards discharge from the Community Mental Health Team (CMHT).

## Moving forward and managing stress

This four week course can help you to explore the relationship between stress and symptoms of mental distress. It will also help you learn new tools and skills to manage stress more effectively.

**Date:** Thursday 7 - Thursday 28 March

**Time:** 12pm - 2pm

**Location:** New Horizons, Pursers Court, Slough, SL2 5BX

## Introduction to Mindfulness

This workshop is an introduction to mindfulness, learning about the theory of mindfulness practice, as well as giving it a go as a group. It is run by two very experienced volunteer peer mentors.

**Date:** Monday 11 February

**Time:** 11am - 1pm

**Location:** New Horizons, Pursers Court, Slough, SL2 5BX

## Self forgiveness

This workshop will look at what forgiveness is, and how feelings of anger, shame or guilt towards oneself can impact our well-being. We will also look at ways we can begin to forgive ourselves, particularly focusing on acceptance.

**Date:** Tuesday 22 January

**Time:** 2.50pm - 4.20pm

**Location:** Slough CVS, 27 Church St, Slough SL1 1PL

## Planning your future and fulfilling your potential:

This workshop is aimed at reflecting on your time and the skills you have learnt since attending Hope College and how you can use these skills moving forwards. It will help you to map out your recovery journey so far and help you to plan your next steps.

**Date:** Monday 18 March

**Time:** 1pm - 2.30pm

**Location:** New Horizons, Pursers Court, Slough, SL2 5BX

## Keeping safe when feeling unsafe

This workshop will support you to develop awareness of your triggers to crisis and develop an individual plan to support you with this.

**Date:** Tuesday 15 January

**Time:** 2.50pm - 4.20pm

**Location:** Slough CVS, 27 Church St, Slough SL1 1PL

## Read to Recover

Read to Recover is our shared reading project. Each week, a short story and poem will be read aloud, and we will talk about what we have read together. You will not be expected to read aloud, as this group aims to create a welcome space where you feel at ease. Shared reading can promote good mental health by contributing to a sense of belonging, where your feelings and experiences are recognised and valued.

**Date:** Tuesday 29 January - Tuesday 19 February.

**Time:** 1.00pm - 3.00pm.

**Location:** The Curve, Slough Library, SL1 1XY

## Understanding Trauma

This is a two part workshop which aims to help you understand the nature of trauma and how past experiences can cause current symptoms. The following topics will be covered: What is Trauma, Trauma Symptoms and the Brain, Dissociation and Flashbacks. Coping strategies for managing distressing symptoms will also be covered.

**Date:** Tuesday 19 & 26 March

**Time:** 2.50pm - 4.20pm

**Location:** Slough CVS, 27 Church St, Slough SL1 1PL.

## Understanding Medication

This workshop aims to help students understand mental health medication better. It is led by a pharmacist who will discuss mental health medication which will be followed by a question and answer session

**Date:** Wednesday 16 January

**Time:** 1pm - 2.30pm

**Location:** New Horizons, Pursers Court, Slough, SL2 5BX





# Peer support

The Peer Support Programme offers a unique opportunity for you to use your own experiences of mental health difficulties to support others. If you feel able to manage your mental health and are ready for a challenge, you could apply to become a Volunteer Peer Mentor. All of our Volunteer Peer Mentors are required to attend our 10 week Volunteer Ready induction course which covers topics such as communication, boundaries and confidentiality. As well as preparing you for your role, the course provides you with the opportunity to meet new people and make new friends. Once you have completed the course, you could use your skills to:

- Provide peer support to service users attending Hope College groups, course and activities
- Develop ideas for new services
- Facilitate/co-facilitate Hope College courses and workshops
- Provide 1:1 support to individual service users

For more information and an informal chat, please contact **Vickie Miller** (Community Development Co-ordinator) on **01753 690 950**.



## Volunteer peer mentor

If you feel that you would benefit from receiving extra support from someone who has had experience of mental health difficulties themselves, please contact the Recovery Team. A volunteer peer mentor can offer:

- A listening ear
- Hope and inspiration
- Support and encouragement
- New ideas and strategies to manage your mental health
- Support to help build confidence and self esteem
- Support to explore courses /education or volunteering opportunities.

## Here are some quotes from people who use and run this service...

### Mentee quotes

*"Seeing Bill is the highlight of my week"*

*"My Volunteer Peer Mentor has given me strength and hope that one day, I can be in a better place."*

### Volunteer Peer Mentor Quotes:

*"Attending the course has taught me about myself and made me feel more positive about my own continued journey"*

*"I found learning alongside others who have a shared experience the most useful aspect of attending the Volunteer Induction ready course"*

# Carers support

**Carers and family members of those who use Slough CMHT** services are also welcome to attend any of the courses delivered by Hope College. There are a number of other ways in which carers and family members can be supported through Hope College.

**The Carer Pathway Lead for Slough CMHT** is Yureena Suman. She can be contacted on **01753 690 950**.

**The Carer Café** is a new initiative being held once every two months at New Horizons, Pursers Court, Slough, SL2 5BX. The Carer Cafe dates for 2019 will be confirmed in due course. If you would like further information please contact Yureena Suman on **01753 69 950**.

**The Carer Training programme** is aimed at those who are caring for someone who has experienced, or is experiencing mental health issues, such as: psychosis (including paranoia, hearing voices, odd beliefs, difficulties with concentration, motivation and sleep), depression or other mood-related problems, or an anxiety disorder. The course covers a range of topics, including medication, communication, stress and coping techniques, and relapse prevention. If you are interested please get in contact with on **Yureena Suman 01753 690 950**.

**Have you had a carers assessment?** Carers are entitled to a carers' assessment of your own needs. This could lead to your own support plan or prevention plan depending on need. Carers' assessments are carried out by Yureena Suman, Carer Pathway Lead, at New Horizons. If you would like a carers' assessment you can request one either by asking your psychiatrist, care co-ordinator, or the duty team to refer you, or contact **Yureena Suman** directly on **01753 690 950**.

**Written information** about a variety of topics useful to carers and family members can be accessed at New Horizons (please see the carer noticeboard on the first floor) or can be sent to your address on request. You can find out information about medications at the following website: [www.choiceandmedication.org/berkshirehealthcare](http://www.choiceandmedication.org/berkshirehealthcare). Please do put your details on an enrolment form, including an email if you have one, in order for us to contact you.

**Slough Carers Support** is a helpline that provides advice, guidance or support on **01753 303 428**. Or you can register with them online at [www.sloughcarerssupport.co.uk](http://www.sloughcarerssupport.co.uk).

**Crossroads Care Slough** support carers by providing respite or a sitting service, giving carers time to attend appointments or do the things they need to do. You can call them on **01753 525 796**.

**Events which may benefit carers and family members** of those with mental health problems often take place in Slough and the surrounding area. If you would like to be contacted about these events please ask for a consent form or get in contact with **Yureena Suman** (Carer Pathway Lead) on **01753 690 950**.

**Flu jabs** are freely available to people that care for someone with long term conditions, you can ask at your GP for more information.

## Are you a young carer?

**A young carer is someone under the age of 19 who helps to look after a relative who has a condition, such as a disability, illness, mental health condition, or a drug or alcohol problem. The following services can offer help and support to young carers in Slough:**

**Aik Saath** (Together As One) is a voluntary group for young people. They run a Young Carers' Café amongst other initiatives. You can contact them at 29 Church Street, Slough, SP1 1PL. Call **01753 574 780**.

**Beehive Foundation** helps vulnerable young people access services they might not otherwise be able to get involved in. If your caring responsibilities are making it difficult for you to access an opportunity, such as sports, arts, or community activity, then this could help. You can email Clare at [clare@thebeehivefoundation.co.uk](mailto:clare@thebeehivefoundation.co.uk) for more information.

**Youth Engagement Slough (YES)** delivers a wide range of free sessions for young people across Slough, including arts, sports and social activities. Visit [www.yesslough.org.uk](http://www.yesslough.org.uk) to find out what's available.

**Slough Young People's Service** supports young people to realise their potential and to make the most of opportunities available to them. They can help with finding something to do, support with finding a job, exploring education and training options or support with other issues that concern you. Call **01753 875 510** or email [youngcarers@slough.gov.uk](mailto:youngcarers@slough.gov.uk).

# Employment support

To help support people who want to find paid work, we have set up the Individual Placement and Support (IPS) employment service in Slough. Work is good for your physical and mental health and can play a vital role in the recovery of people with mental health conditions. Experience has shown that many people are able to work and pursue careers if they are properly supported. The main key to success in finding paid employment is a desire to work, and for people with the motivation to start paid work.



## Introducing Barinder Sodhi our new employment specialist...

"I have just joined the Recovery Team as an Employment Specialist and am looking forward to helping as many people as possible who want to find paid employment".

### Thinking about work?

If you are motivated and ready to start looking for paid employment, and are receiving support from Slough Community Mental Health Team, you are eligible for help from our Employment Service. You must also be unemployed to receive our support.

To refer yourself, fill in the enrolment form and hand it in or post it to New Horizons or if you have any queries, please contact **Barinder Sodhi** on **01753 690 950**.

# Hope College student charter

## What we expect from you

- Enrol on the course/workshop/activity that you would like to attend
- Attend courses punctually and let us know if you are unable to attend a course/workshop for any reason
- Be considerate of other students and staff members of Hope College
- Treat others with dignity and respect and maintain confidentiality at all times
- Make the most of your experience with Hope College and work towards achieving your goals
- Ask for clarification if you are unsure of something
- Follow the group contracts and rules during the course/workshop/activity that you are attending
- Don't use alcohol or drugs while attending courses/workshops. All sites are smoke free

## What you can expect from us

- Provide you with a warm and professional welcome at all times
- Make sure that we provide courses that promote hope, opportunity and control
- Provide information and guidance about the courses, workshops and activities that we offer
- Provide a safe and healthy learning environment, free from discrimination and stigma
- Respect your personal beliefs, religious and cultural practices and traditions
- Information shared during courses/workshop/activities will remain confidential unless we believe somebody is at risk
- Welcome your ideas about how we can improve the college and what we offer in the future





# Meet the Recovery team

**Alex Jones:** Clinical Lead

**Kosar Khan:** Team lead

**Vickie Miller:** Community Development Coordinator

**Emily Johnson:** Occupational Therapist

**Yureena Suman:** Carer Lead

**Daria Georgievskaya:** Recovery Support Worker

**Rukayah Koyratty :** Recovery Team Administrator

**Abdi Jama**

– Volunteer Peer Mentor

**Ade Adewumi**

– Volunteer Peer Mentor

**Anthea Husbands**

– Volunteer Peer Mentor

**Anthony Blackwell**

– Volunteer Peer Mentor

**Bill Day**

– Volunteer Peer Mentor

**Derek Wiblin**

– Volunteer Peer Mentor

**Elizabeth Roberts**

– Volunteer Peer Mentor

**Helen Purslow**

– Volunteer Peer Mentor

**Leanne Ellaway**

– Volunteer Peer Mentor

**Manny Vadher**

– Volunteer Peer Mentor

**Noor Al-Basri**

– Volunteer Peer Mentor

**Shahnaz Paxton**

– Volunteer Peer Mentor

**Sharon Darroux**

– Volunteer Peer Mentor

**Shuhab Hamid**

– Volunteer Peer Mentor

**Sharon Tizzard**

– Volunteer Peer Mentor

**Viesha Okon**

– Volunteer Peer Mentor

