





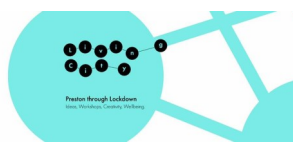

Lancashire Recovery College Online Timetable

August 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>3</div> <div>Morning Motivation 9:00am</div> <div>Chair Yoga 5:00pm</div>	<div>4</div> <div>Morning Motivation 9:00am</div> <div>Wellness & Recovery 1:00pm</div> <div>Menhear CIC - Men's group zoom sessions 2:00pm</div> <div>Slow Moves & Relaxation 6:30pm</div>	<div>5</div> <div>Morning Motivation 9:00am</div> <div>Living with gambling addiction 11:00am</div> <div>Introduction to PERMA 11:00am</div> <div>Energetic Yoga 6:00pm</div>	<div>6</div> <div>Morning Motivation 9:00am</div> <div>Living with anxiety 11:00am</div> <div>Wellness & Recovery 1:00pm</div> <div>Bedtime Relaxation 8:00pm</div>	<div>7</div> <div>Morning Motivation 9:00am</div>	<div>8</div> <div>Menhear CIC - Men's group zoom sessions 2:00pm</div> <div>Dance Fit 4:30pm</div>	<div>9</div>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>10</div> <div>Morning Motivation 9:00am</div> <div>What is addiction 11:00am</div> <div>Coffee Pods Group 1:30pm</div> <div>Chair Yoga 5:00pm</div>	<div>11</div> <div>Morning Motivation 9:00am</div> <div>Wellness & Recovery 1:00pm</div> <div>Menhear CIC - Men's group zoom sessions 2:00pm</div> <div>Slow Moves & Relaxation 6:30pm</div>	<div>12</div> <div>Morning Motivation 9:00am</div> <div>Curriculum Development Group 11:00am</div> <div>Mental Health Awareness 11:00am</div> <div>Writing in Recovery 2:00pm</div> <div>Energetic Yoga 6:00pm</div>	<div>13</div> <div>Morning Motivation 9:00am</div> <div>Wellness & Recovery 1:00pm</div> <div>Bedtime Relaxation 8:00pm</div>	<div>14</div> <div>Morning Motivation 9:00am</div> <div>Understanding Depression 10:30am</div>	<div>15</div> <div>Menhear CIC - Men's group zoom sessions 2:00pm</div> <div>Dance Fit 4:30pm</div>	<div>16</div>
<div>17</div> <div>Morning Motivation 9:00am</div> <div>Coffee Pods Group 1:30pm</div> <div>Chair Yoga 5:00pm</div>	<div>18</div> <div>Morning Motivation 9:00am</div> <div>Menhear CIC - Men's group zoom sessions 2:00pm</div> <div>Slow Moves & Relaxation 6:30pm</div>	<div>19</div> <div>Morning Motivation 9:00am</div> <div>PERMA Positive Emotions 11:00am</div> <div>Writing for Recovery 2:00pm</div> <div>Energetic Yoga 6:00pm</div>	<div>20</div> <div>Morning Motivation 9:00am</div> <div>Online Ecotherapy 10:30am</div> <div>Living with ADHD 11:00am</div> <div>Bedtime Relaxation 8:00pm</div>	<div>21</div> <div>Morning Motivation 9:00am</div>	<div>22</div> <div>Menhear CIC - Men's group zoom sessions 2:00pm</div> <div>Dance Fit 4:30pm</div>	<div>23</div>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<div>24</div> <div>Coffee Pods Group 1:30pm</div>	<div>25</div> <div>Menhear CIC - Men's group zoom sessions 2:00pm</div>	<div>26</div> <div>PERMA Engagement 11:00am</div> <div>Writing in Recovery 2:00pm</div>	<div>27</div>	<div>28</div> <div>Mental Health Awareness 1:00pm</div>	<div>29</div> <div>Menhear CIC - Men's group zoom sessions 2:00pm</div>	<div>30</div>
<div>31</div> <div>Bank Holiday</div>						

	Event Name & Organiser	Organiser Description	Contact Details / How to Participate
	Lancashire Recovery College online courses include PERMA, Living with Anxiety, Mental Health Awareness, Understanding Depression, Living with ADHD, Living with gambling addictions as well as our brand new coffee pods group.	Lancashire Recovery College courses are co-developed with experts by experience and professionals by experience to produce courses that enhance well being and social opportunities within your community. We believe that this approach captures the true value of recovery, hope, opportunity and control.	Log onto www.eventbrite.co.uk and search Lancashire Recovery College or follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&SCFT)
	Wellness & Recovery workshops are for people who experience poor mental health to assist them in developing an effective plan to aid their wellbeing and recovery journey	The Community Prevention and Engagement Team (CPET) aims to involve people in their communities via bespoke 1:1 personalised support. This allows people to improve and maintain their mental health and well being by making community connections, support networks and gain meaningful occupation.	Log onto www.eventbrite.co.uk and search Lancashire Recovery College or follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&SCFT)
	Menhear CIC – Men's group Zoom sessions	Menhear is a new service that aims to try and satisfy the need for mutual support among men in a safe and nurturing environment via group sessions	Visit www.facebook.com/menhearcic/ for the link
	Online Ecotherapy – Lancashire Recovery College (hosted by Myplace)	Myplace is an exciting and innovative ecotherapy project aimed at empowering people to connect with local environments in order to learn new skills, build resilience and improve their mental wellbeing	Log onto www.eventbrite.co.uk and search Lancashire Recovery College
	The Living City, Preston	The Living City Project is an online arts and activity programme to support mental and physical wellbeing and community cohesion during the pandemic and beyond	https://www.themandalapreston.com/online-timetable/ (for event booking) www.facebook.com/Livingcitypreston (for the Facebook page)
	Lancashire Recovery College Online with Yvonne Reddick—Writing in recovery-online-3 week course	Yvonne Reddick lectures in English Literature and creative writing at UCLAN. She has run writing workshops for people who have experienced bereavement for Lancashire Recovery College, at the Harris Museum and at St.Catherine's Hospice. She is a poet, editor and nature writer.	Log onto www.eventbrite.co.uk and search Lancashire Recovery College or follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&SCFT)