

Spring 2023

MID-TERM UPDATE

New Leaf Recovery and Wellbeing College



NEW COURSE LAUNCH:

CARERS: CHANGE, ACCEPTANCE, AND YOUR WELLBEING

13th March, 10:00am - 1:00pm
20th March, 10:00am - 1:00pm
Everyone Active, Stevenage

>>> ABOUT THE COURSE

Are you helping or supporting someone (not in a professional role) - such as a partner, child, relative or friend - who would not manage without your help? In this two-part course we will discuss and reflect on the many changes that may result from a caring role, including feelings of loss, grief and guilt. We will explore the importance of acceptance, hope, and self-care in personal recovery. You will also learn some practical coping skills to manage your own wellbeing whilst supporting another person.

Learning objectives

- To explore the impact of caregiving on the caregiver/carer
- To discuss the personal impacts of this role
- To understand the various changes which can take place
- To explore feelings of loss and anticipatory grief
- To consider carer burnout and share recovery stories
- To consider our own stress response
- To explore practical ways of building a carer's wellbeing toolkit

**Book your
place**

“My mum is a carer for my brother and I see her daily struggles. I hope to learn ways in which I can support my mum in her caring role, and possibly pass on some information that she can use to manage her wellbeing whilst she supports my brother.”

“I am hoping to learn more about the challenges that i'll face when I begin caring for a family member and ways to build coping skills.”

“
WHAT STUDENTS ARE
LOOKING FORWARD
TO ABOUT THE NEW
CARERS COURSE

**CARERS: CHANGE,
ACCEPTANCE, AND
YOUR WELLBEING**

IN-CLASS COURSES

➤➤➤ **BOOK NOW WHILST PLACES ARE AVAILABLE**

Students are reporting that in-class sessions are having a positive impact on their mental health, including making stronger connections with others, reduced isolation, and social contact benefits. The following courses are all taking place face-to-face in one of our [venues](#). Click a course to find out more.

13/02

[Understanding and managing anxiety](#)

Hemel Hempstead

27/02

[Understanding and managing depression](#)

Watford

7/03

[Self-compassion for daily living](#)

Bishop's Stortford

12/03

[Building Opportunities](#)

Watford

13/03

[Carers: change, acceptance, and your wellbeing](#)

Stevenage

20/03

[Carers: change, acceptance, and your wellbeing](#)

Stevenage

26/03

[Practising Self-Care](#)

Hemel Hempstead

NEWSLETTER SUBMISSIONS

➤➤➤ **SUBMIT NOW FOR THE SUMMER**

Being in the moment is essential for mental health. It's also important to have hope. Hope for the future, for new life, new beginnings, and all that spring has to offer. If you'd like to submit your poems, prose, blogs, pictures, or your hopes and dreams for spring 2024, email your pieces to newleaf.wellbeingcollege@nhs.net.

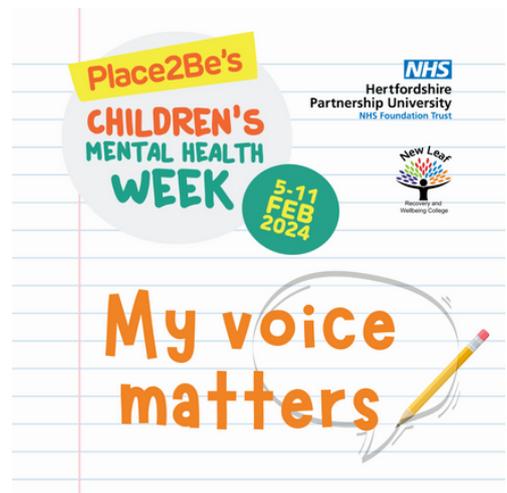
You can submit pieces at any time. To be considered for the summer issue, please send to us by the end of February.

CHILDREN'S MENTAL HEALTH WEEK

5TH - 11TH FEBRUARY 2024



www.place2be.org.uk



READ THE ARTICLE

6

recovery-focused techniques to help your child speak up about what matters.

➤➤➤ MY VOICE MATTERS

This year's theme for children's mental health week is 'My Voice Matters'.

Children's Mental Health Week is a mental health awareness week that empowers, equips, and gives a voice to all children and young people in the UK. Mental health recovery also empowers people and gives them the skills to advocate for themselves and self-manage their wellbeing. This article discusses recovery-focused techniques that teach your children that their voice matters.

Warning...learning about these techniques and doing these for your child will also improve your own wellbeing.

[READ THE ARTICLE ON THE COLLEGE BLOG](#)

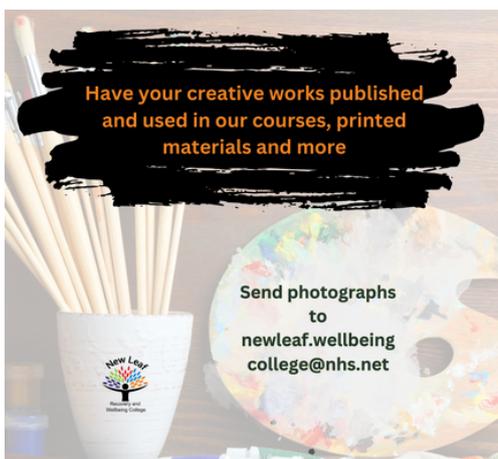
HAVE YOUR CREATIVE WORK PUBLISHED

➤➤➤ CONTRIBUTE TO THE COLLEGES' LIBRARY OF STUDENT IMAGES

How would you like your creative images to be used in our courses, presentations, and other promotional materials?

The college is building a library of student images to represent recovery and wellbeing themes, such as: HOPE, RECOVERY, MINDFUL MOMENT, PEACE, and RELAXATION, and you can share your own photographs of mindful moments (dew drop on a leaf, sunrise, spring buds....) and artwork/crafts.

SEND YOUR PHOTOGRAPHS TO NEWLEAF.WELLBEINGCOLLEGE@NHS.NET





Hertfordshire
Partnership University
NHS Foundation Trust

HPFT NHS Mental Health Service & Partners

Mental Health is Everyone's Concern

'Mental Health and the World Today – It's Everyone's Concern'

Robertson House, Stevenage, 14 May 2024

Bookings are open!

This Conference, organised by Hertfordshire Partnership University NHS Foundation Trust (HPFT) and partners, aims to empower and inspire individuals and communities on their journey to mental wellbeing and recovery and to challenge us all to do more to provide better support to people on their personal journey.

This year's Conference, '**Mental Health and the World Today - It's Everybody's Concern**', focuses on the impact of current world events and the day-to-day challenges of modern life on people's mental health and wellbeing. Everyone interested in matters to do with mental health, learning disability and neurodiversity is invited to attend: people with lived experience, people seeking help in services, their carers, the public, and staff working in services.

Every aspect of the Conference, presentations, and workshops are co-produced so that we hear the authentic voice of lived experience throughout. The Conference will also take the opportunity to spread the word about HPFT's relaunch of its Recovery-based approach.

Bookings: Free places through Eventbrite: <https://www.eventbrite.co.uk/e/recovery-2024-tickets-814792204417?aff=oddtcreator> Anybody experiencing difficulties booking or looking for help with booking, please email hpft.recovery@nhs.net or call Andrew Nicholls on 07767 890113.



➤➤➤ YOUR THOUGHTS INFLUENCE CHANGE ⬅️⬅️⬅️

DON'T HOLD BACK

SUBMIT YOUR IDEAS BY PHONE, EMAIL OR FEEDBACK FORM



YOU ASSESS PROGRESS

IT IMPROVES OUR SERVICES

SUPPORTS CONTINUED LEARNING

HELPS OTHERS WITH THEIR RECOVERY

YOU FEEL GOOD (SUPPORTS YOUR RECOVERY)

HELPS US UNDERSTAND WHAT IS OR IS NOT WORKING

MOTIVATES CHANGE (IN AND OUTSIDE OF THE COLLEGE)

MAKES OUR COURSES MORE USEFUL (TO YOU AND OTHERS)

PROMOTES THE BENEFITS OF PERSONAL RECOVERY TO EVERYONE

CONTACT US

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