



Lancashire Recovery College Timetable

October Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday 1st	Friday 2nd	Saturday 3rd
	<p>We are proud to bring you another jam-packed programme of activities. Whether you are looking to find out more about mental health, take control of your finances, or try out our art for well being courses; this month we have it all!</p>			<p>The Phoenix Project Creativity for Healing 10am</p>	<p>The Phoenix Project Creative Drawing/Illustration for Mental Health 10am</p>	
				<p>The Phoenix Project Clay Sculpture: 5 weeks, 5 ways 12pm</p>	<p>The Phoenix Project What's Your Story? 10am</p>	<p>The Phoenix Project Small Beginnings Journal 10am</p>
				<p>The Phoenix Project Magic Potatoes - see Eventbrite for details</p>	<p>The Phoenix Project A Flock of Phoenixes 2pm</p>	<p>Menhear CIC Group 2pm</p>

See end pages for colour code



Lancashire Recovery College Timetable

October Week 2

Sunday 4th	Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th	Saturday 10th
<p>Do you have trouble sleeping? This week we are bringing you our brand new to online, Counting Sheep course.</p>	Finding Positives in Challenging Times 10am	The Phoenix Project Mind Maps 11:45am	Counting Sheep Session 1 5pm	The Phoenix Project Creativity for Healing 10am	The Phoenix Project Creative Drawing/Illustration for Mental Health 10am	Menhear CIC Group 2pm
	The Phoenix Project The Gratitude Gallery 10am	The Phoenix Project Cryptocartographies 1pm	The Phoenix Project Photographing Love Beyond Loss 7pm	MyPlace: Online Ecotherapy - Nature to Nurture 11am	Living With ADHD 12pm	
	The Phoenix Project Memory Cusions 2pm	Menhear CIC Group 2pm	SWLICAN Income/ Expenditure	The Phoenix Project Clay Sculpture: 5 weeks, 5 ways 12pm	The Phoenix Project Immersive Painting - see Eventbrite for details	
		The Phoenix Project Photographing Love Beyond Loss 7pm	The Phoenix Project Immersive Painting - see Eventbrite for details			

See end pages for colour code



Lancashire Recovery College Timetable

October Week 3

Sunday 11th	Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th	Saturday 17th
The Phoenix Project Small Beginnings Journal 10am	The Phoenix Project The Gratitude Gallery 10am	The Phoenix Project Cryptocartographies 1pm	The Phoenix Project Soap Carving 10:30am	Finding Positives in Challenging Times 10am	The Phoenix Project Creative Drawing/Illustration for Mental Health 10am	
	Intro to Chair Based Exercise 10am	Menhear CIC Group 2pm	5 Ways to Improve Your Mental Wellbeing 1pm	Intro to Microwave Cookery 10am	Living With Addiction 10:30am	Menhear CIC Group 2pm
The Phoenix Project Photographing Love Beyond Loss 7pm			The Phoenix Project Soap Carving 2pm			
	The Phoenix Project Mind Maps 11:45am	The Phoenix Project Photographing Love Beyond Loss 7pm	Counting Sheep Session 2 5pm	The Phoenix Project Clay Sculpture: 5 weeks, 5 ways 12pm	The Phoenix Project Immersive Painting - see Eventbrite for details	
	5 Ways to Improve Your Mental Wellbeing 1pm	The Phoenix Project Comics & Personal Wellbeing - see Eventbrite for Details	SWLICAN Utilities/Water/ Phone	The Phoenix Project Comics & Personal Wellbeing - see Eventbrite for Details	PERMA - Introduction 1:30pm	

See end pages for colour code



Lancashire Recovery College Timetable

October Week 4

Sunday 18th	Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd	Saturday 24th
<p>The return of Coffee Pods! A friendly and welcoming group where we discuss all things podcast.</p>	Intro to Chair Based Exercise 10am	Understanding EUPD 12pm	5 Ways to Improve Your Mental Wellbeing 1pm	Finding Positives in Challenging Times 10am	The Phoenix Project Creative Drawing/Illustration for Mental Health 10am	Menhear CIC Group 2pm
	5 Ways to Improve Your Mental Wellbeing 1pm	Menhear CIC Group 2pm		The Phoenix Project Comics & Personal Wellbeing 10am		
	Coffee Pods 12:30pm	SWLICAN Gas/Electric	Self-Compassion 10:30am	PERMA - Positive Emotions 1:30pm		
	The Phoenix Project Memory Cusions 2pm	The Phoenix Project Comics & Personal Wellbeing - see Eventbrite for Details	MyPlace: Online Ecotherapy - Nature to Nurture - see Eventbrite	Understanding Anxiety 2pm		
						See end pages for colour code




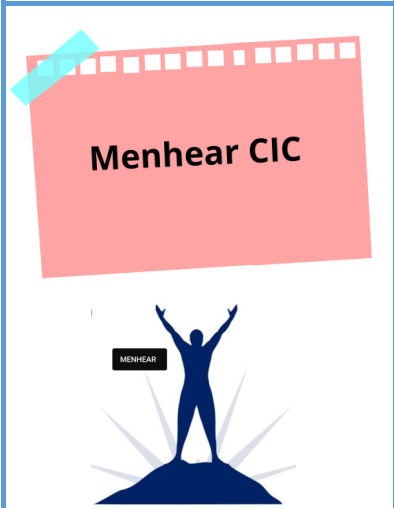
Lancashire Recovery College Timetable

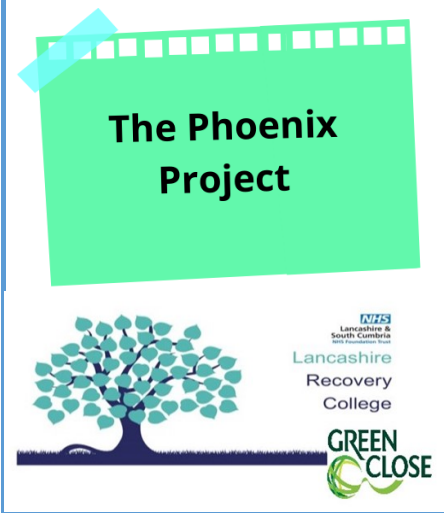

October Week 5



Sunday 25th	Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th	Saturday 31st
<p>Would you like to be more financially secure? SWLICAN are running a fantastic course to help you with exactly that.</p>	<p>Living With ADHD 11am</p>	<p>Menhear CIC Group 2pm</p>	<p>Living With Addiction 2pm</p>	<p>Self-Compassion 10:30am</p>	<p>PERMA - Engagement 1:30pm</p>	<p>Menhear CIC Group 2pm</p>
	<p>The Phoenix Project Immersive Painting - see Eventbrite for details</p>			<p>Coffee Pods 12:30pm</p>		

See end pages for colour code

Lancashire Recovery College Timetable

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
	<p>Lancashire Recovery College online courses include PERMA, Living with ADHD, Mental Health Awareness, and Understanding EUPD, as well as our brand new Coffee Pods group.</p>	<p>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.</p>	<p>Log onto www.eventbrite.co.uk and search Lancashire Recovery College, or use this link: www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559</p> <p>Alternatively, follow us on Twitter (@collegelcft) or Facebook (Lancashire Recovery College L&SCFT).</p>
	<p>Menhear group CIC— Men's Group Zoom Sessions</p>	<p>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.</p>	<p>Visit www.facebook.com/menhearcic/ for the link.</p>

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 <p>The Phoenix Project</p>	<p>The Phoenix Project</p>	<p>Green Close is working in partnership with Lancashire Recovery College to deliver a new visual art mental health and well being programme The Phoenix Project providing a range of free, online and interactive workshops, accessible from home. At a time when many people will be feeling socially isolated, these sessions will test the effectiveness of delivering visual arts online to increase positive mental health and wellbeing, and in some instances help people manage pre-existing conditions.</p>	<p>Through the Recovery College Eventbrite page; www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559 Or through the Greenclose website; www.greenclose.org/the-phoenix-art-health-project</p>
 <p>Lancashire Adult Learning</p>	<p>Lancashire Adult Learning</p>	<p>Lancashire Adult Learning aims to provide learning opportunities for all adults across the region. LAL currently offers an extensive range of subjects to learners, with over 2000 courses delivered through more than 300 venues across Lancashire. This helps over 14,500 learners, many of whom have very diverse motivations for engaging with LAL's offer, and makes LAL one of the UK's largest Adult Community Learning Providers.</p>	<p>Log onto www.eventbrite.co.uk and search Lancashire Recovery College, click on the link: www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559 or follow us on Facebook (Lancashire Recovery College L&SCFT) and click on the links there.</p>

Colour Code & Logo	Event Name & Organiser	Organiser Description	Contact Details/How to Participate
 <p>South West Lancashire Independent Community Advice Network (SWLICAN or ICAN for short).</p>	<p>South West Lancashire Independent Community Advice Network (SWLICAN or ICAN for short).</p>	<p>South West Lancashire Independent Community Advice Network (SWLICAN or ICAN for short.) is a driver of social inclusion through the provisions of accessible resources, training and social activities for individuals and local Voluntary, Community and Faith organisations in West Lancashire. ICAN's basic philosophy is the empowerment of people to be active citizens who are able to help themselves, either by accessing services or volunteering and employment opportunities. We want people to be able to solve their problems themselves by providing them with the necessary life skills, confidence, resources and facilities to do so.</p>	<p>To book, or if you have any questions please call 01695 726269, or email admin@swlican.org. Alternatively you can use the contact panel on the website http://www.swlican.org/coureses.php to contact the team.</p>
 <p>Online Ecotherapy – Lancashire Recovery College (hosted by Myplace).</p>	<p>Online Ecotherapy – Lancashire Recovery College (hosted by Myplace).</p>	<p>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.</p>	<p>Log onto www.eventbrite.co.uk and search Lancashire Recovery College or click on the direct link below; www.eventbrite.co.uk/o/lancashire-recovery-college-18333378559</p>