



Summer Semester 2023



01463 236507

connection | hope | belonging

centred.scot/
discoverycollege



Welcome to the Highland's first **discovery college**

Welcome to **discovery college** the Highland's first college dedicated to helping individuals gain a deeper understanding of wellbeing, mental health, and/or substance use. Our college offers a unique learning experience that provides individuals with the skills and knowledge to improve their overall quality of life.

At **discovery college**, we offer a range of courses continually co-developed and co-delivered by a team of highly qualified subject experts, peer supporters, and individuals with lived experience. Our aim is to empower you to better manage and cope with life's challenges, allowing you to achieve personal growth and a sense of purpose.

Whether you're looking to expand your knowledge, acquire new skills, or simply want to explore opportunities for the future, our college provides a welcoming environment for all. We believe that everyone can benefit from the courses offered at **discovery college**, regardless of where you are on your life's journey. You don't need any qualifications to join us, just an open mind and a willingness to participate.

As a student of discovery college, you will have the opportunity to build connections, experience personal and community empowerment, and develop an underlying sense of hope. So why not enrol today and take the first step towards a brighter future? **We look forward to welcoming you!**

How you can support us

If you would like to become a funding partner of **discovery college** and make a real difference to the wellbeing of the Highlands contact: donna.booth@centred.scot
It takes a huge investment to keep **discovery college** open and accessible to all and we are grateful for any support and donations. **Scan our QR code to donate**



discovery college

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Who is it for?

Everyone!

We are a community led and embedded college open to anyone who wants to find out more about and improve mental health and wellbeing.

No diagnosis or referral is necessary.

What do we do?

Support your Discovery Journey

We offer a range of fully supported courses and development opportunities, from coffee and a chat to peer supporter training and employment opportunities.

Our courses look at all aspects of mental health, wellbeing and recovery and can help you learn more about your own journey while supporting others.

As well as an opportunity for learning, the college offers a sense of connection, hope and belonging.



Course schedule - Summer

College Common Room

Are you up for embarking on a journey filled with endless possibilities? At **discovery college**, you can begin to explore your full potential with our weekly drop-in sessions. Grab a cup of coffee, unwind, and discover all that we have to offer. We would love to chat with you, answer any questions you may have, and even give you a taste of our courses through trial sessions. Plus, you'll get to meet our wonderful team who will accompany you every step of the way. Ready to join us? Let's start exploring and embark on a fantastic journey of discovery together!

START DATE: WEEKLY DROP IN

TIME: Mondays 2-3pm

LOCATION: Online

SESSIONS: Weekly [click here to book!](#)

Self - Care Sessions

We'd love for you to join us on a four-week journey of self-care! Our weekly sessions are two hours long, with a refreshing tea break in between to help you relax and recharge. During our time together, you'll enjoy soothing yoga, engaging mindfulness exercises, and a peaceful meditation to top it all off. This is the perfect opportunity to prioritise some much-needed "me time" while also connecting with new friends.

START DATE: Friday July 7, 2023

END DATE: Friday July 28, 2023

TIME: 10.30 - 12.30

LOCATION: Wick, Caithness

SESSIONS: 4 [click here to book!](#)

Making space for me

Making Space for Me is a course for anyone supporting those living with a mental health or substance use concern. Do you feel guilty when you take time for yourself? It can often be hard to find balance and your needs might end up on the back burner. In this class, you will learn to understand your supports, learn personal coping strategies and be reminded to continue to focus on pursuing your own dreams and ambitions, all through an interactive workshop style.

START DATE: July 4, 2023

END DATE: July 25, 2023

TIME: 10:30-12:30pm

LOCATION: Caithness (exact location tbc)

SESSIONS: 4 [click here to book!](#)

Lean into leadership

If you're excited about taking an active part in **discovery college** and feel that you still have more potential waiting to be unleashed, then we think you'll love this course! It's designed to empower you with valuable skills for building connections with others, sharing your own insights into mental health and recovery, and ultimately helping to shape the future of both discovery college and yourself.

START DATE: July 12, 2023

END DATE: July 26, 2023

TIME: 2 - 4pm

LOCATION: Online

SESSIONS: 4 [click here to book!](#)

"There is hope, even when your brain tells you there isn't."
Sarah

What people are saying...

"There's no pressure. You can dictate your journey."

Debbi



Course schedule - Summer

Listen to support

Samaritans use active listening skills and techniques to support people experiencing emotional crisis, including those who are having suicidal thoughts. This course will explore some of those active listening skills and techniques so that participants will be able use them in supportive conversations with other people. We'll also cover tips for starting a conversation with someone you might be concerned about, how to bring that conversation to a close when needed and – most importantly – keeping yourself safe throughout.

START DATE: July 13, 2023

END DATE: July 13, 2023

TIME: 2-3:30pm

LOCATION: Online

SESSIONS: 1 [click here to book!](#)

Peer Researcher Training

This is a closed course for **discovery college** Peer Supporters to train as Peer Researchers. This training will ensure that our courses are as responsive as possible to the needs of our students. May be available as an open course in future semesters.

START DATE: Closed

END DATE: Closed

LOCATION: various

SESSIONS: Closed [click here to book!](#)

Youth Climate Advocate

The course provides an introduction to the science and impacts of climate change as well as what we all can be doing to address it. Climate change can seem overwhelming, so during this course we emphasise what actions are being taken globally, but particularly in the Highlands, and what you can do to help. Participants will have the opportunity to take part in a college climate project.

START DATE: August 3, 2023

END DATE: August 17th, 2023

TIME: 2-4pm

LOCATION: Online

SESSIONS: 3 [click here to book!](#)

Making space for me

Making Space for Me is a course for anyone supporting those living with a mental health or substance use concern. Do you feel guilty when you take time for yourself? It can often be hard to find balance and your needs might end up on the back burner. In this class, you will learn to understand your supports, learn personal coping strategies and be reminded to continue to focus on pursuing your own dreams and ambitions, all through an interactive workshop style.

START DATE: August 8, 2023

END DATE: August 29, 2023

TIME: 2-4pm

LOCATION: Inverness (exact location tbc)

SESSIONS: 4 [click here to book!](#)

"We are all here together"
Harry

Course schedule - Summer

Self - Care Sessions

We'd love for you to join us on a four-week journey of self-care! Our weekly sessions are two hours long, with a refreshing tea break in between to help you relax and recharge. During our time together, you'll enjoy soothing yoga, engaging mindfulness exercises, and a peaceful meditation to top it all off. This is the perfect opportunity to prioritise some much-needed "me time" while also connecting with new friends.

START DATE: August 11, 2023

END DATE: September 1, 2023

TIME: 10.30 - 12.30

LOCATION: Wick Youth Club, Caithness

SESSIONS: 4 [click here to book!](#)

Lean into leadership

If you're excited about taking an active part in **discovery college** and feel that you still have more potential waiting to be unleashed, then we think you'll love this course! It's designed to empower you with valuable skills for building connections with others, sharing your own insights into mental health and recovery, and ultimately helping to shape the future of both discovery college and yourself.

START DATE: August 16, 2023

END DATE: August 30, 2023

TIME: 2-4pm

LOCATION: Online

SESSIONS: 3 [click here to book!](#)

Laughter Yoga

Laughter yoga is a great way to reduce stress and increase positivity. It helps to improve your mood and provides a natural energy boost. Taking a laughter yoga class can also help boost your immunity and reduce blood pressure. It can be a great way to connect with yourself and others, while promoting good health and wellbeing. Laughter yoga can also help to improve your self-confidence, reduce feelings of loneliness and most importantly, it is fun!

START DATE: August 18th, 2023

END DATE: September 1st, 2023

TIME: 2-3pm

LOCATION: In-Person

SESSIONS: 3 [click here to book!](#)

Managing your inner critic

Are you your own worst critic? Do you find it difficult to think positively about yourself? Join us to understand yourself better and learn tools to practice being kinder to yourself. It can be much easier to be kind to other people than to yourself – in this course we will explore how you talk to yourself and where that might come from. You'll learn tips and tricks to re-train your brain towards more positive thinking and kinder self-talk.

START DATE: August 24, 2023

END DATE: August 31st, 2023

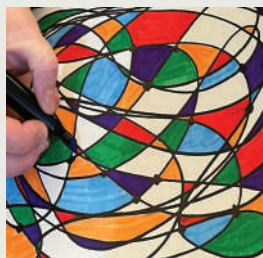
TIME: 10:30-12:30

LOCATION: Online

SESSIONS: 2 [click here to book!](#)

Groups

Go With The Flow



For over a year now, Go with the Flow conversational art groups have been successfully delivered every Monday to Centred Housing support services supported by people at Petty church, and working in partnership with HTSI at the community Café 1668 in Church Street. Last month the group started in HMP Inverness – delivering in E Wing, and with a view to cascading this activity throughout the prison population.

Anne Hunter – Project Development Officer @ **Centred** facilitates these groups, sharing her passion and self-taught knowledge of fluid art and many other easily learned activities, such as neurographica and clay modelling. Assisting with the groups is Lainey Anderson, a Centred Peer Support Volunteer.

We play with fluid acrylic paint using substrates such as canvasses, wood and roof slates. The creative flow of the colours is meditative and induces relaxation, encouraging conversation. Fluid art is an easily demonstrated process, with various techniques that people quickly learn. Folk who have never explored their artistic flair enjoy the vibrant colours and flow of paint – producing beautiful artwork, and bursting with pride at their accomplishments. It is our vision to relocate these groups to our new premises in the Eastgate Centre, and integrate them as part of the **discovery college** curriculum.

Caithness Men's Social Group

Men Matter Social Group Every Friday 13:30-16:30 run by 3 male support workers

A male group supporting individuals to meet personal outcomes for:

- Socialisation with peers & peer support
- Physical activities
- Life skills
- Specialist tasks/skill building
- Days out/lunches
- Group exercise
- Mindfulness
- Identifying personal skills/talents and interest

All individuals attending will be involved in the development of what takes place during sessions. Individuals attending must be referred to **centred** with a personal outcome plan defining personal outcomes.

Individual attending will not be offered alternative days and times if they are unable to attend. Depending on weekly location of activity, travel time may need to be adjusted.

Contact: **Sophie.Bramley@centred.scot** for further info

How you can support us:

If you would like more information about Go With The Flow contact: **anne.hunter@centred.scot**
we are grateful for any support and donations. Scan our QR code to donate.



Meet the team



Donna Booth
discovery college manager

Our **discovery college** Manager, Donna, has a lengthy career in wellbeing, running her own Caithness based practice for 15 years, providing training and support to organisations throughout the UK.

Donna is excited about the potential **discovery college** has to make a difference to the people of the Highlands.



David McKerrow
discovery college co-ordinator

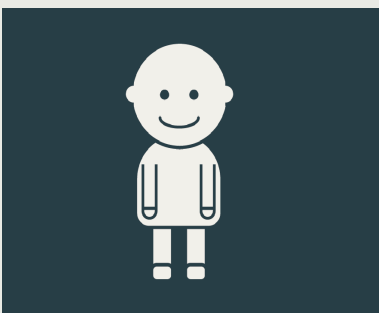
David is based in our Inverness hub and supports the day to day running of the **discovery college**. He has considerable experience in Health and Social Care and also delivers some of our training.



Peer Supporters

Every course has an assignment Peer Supporter. They will contact students before the course to make sure they are ok and to identify any additional needs. They will be a friendly face during sessions and will be there for anyone who needs a little extra support.

They are at the heart of **discovery college**.



Subject Experts

All our courses are delivered by Subject Experts. Every course that is delivered in the college is reviewed and approved by the people it matters to most - our students. You can become part of that development group by joining our Lean into Leadership course.

Our students are some of our most important subject experts.

How you can support us:

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What people are saying...

"We are all here together."

Harry



A stylized illustration of a woman with black hair and glasses, wearing an orange shirt and green pants, standing next to two children. The child on the left is wearing a yellow hat and a brown coat, sitting on a wooden chair. The child on the right is wearing a blue hat and a green coat, holding a cane. In the background, there are rolling green hills, a large orange sun, white clouds, two trees with white blossoms, a brown cow, and a white sheep.

How to be part of **discovery** college



@discoverycoll



@discovery.college.scot



@discovery.college.scot

How to Book

We want to make it as easy as possible to book our courses and the website is probably the easiest way to do that (link below).

You can book for yourself or for someone else but if you're booking for someone else, please make sure you have their permission.

If you are struggling with online booking, contact us through the number or email below and one of our peer supporters will help.

Website: centred.scot/discoverycollege

Email: discoverycollege@centred.scot

Phone: **01463 236 507**

We are grateful for any support and donations. **Scan our QR code to donate today**

