



Autumn Semester 2024



01463 236507

connection | hope | belonging

[centred.scot/
discoverycollege](https://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: susan.lyons@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

connection | hope | belonging

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 - Autumn

Open Day

Come along to the Discovery College and meet our Peer supporters and others involved in the work we do. Get a coffee and a snack whilst you have a chat about the sessions we offer and a look round at our wonderful College space. We are excited about supporting you on your recovery journey so come and see if you can take advantage of the free sessions we offer, no referral is necessary

Come see what's happening, come for a cuppa and a biscuit, talk to our peers about upcoming sessions

DATES: 12/10

TIME: 10AM - 3PM

LOCATION: Inverness

Challenge Poverty Week

The first Challenge Poverty Week was launched by the Poverty Alliance in 2013 to highlight the injustice of poverty in Scotland, and to show that collective action based on justice and compassion can create solutions. This week is an opportunity for us to raise our voices against poverty and unite with others in calling for a just and equal Scotland. For us at Centred and the Discovery College we know that poverty unfairly affects people living with poor mental health or addiction. In Highland, rurality can make the isolation and shame that comes with poverty worse.

DATES: 7/10 to the 11/10

TIME: 10:00 AM - 4:00 PM

LOCATION: Discovery College, Inverness

SESSIONS: 2

Nature Photo Project

Getting out into nature is recognised as a way of boosting our mental wellbeing. This online project will encourage you to get outside and take photos to share online in a closed group. On the First Wednesday of every month there will be a chance to meet up via zoom to chat with each other and share the stories behind your photos of the beautiful and interesting places we live and visit.

No photography experience necessary and you will be able to use a smart phone or digital camera.

DATES: 01/10, 5/11, 3/12, 7/1, 4/2, 4/3

TIME: 10:00 AM - 11:30 AM

LOCATION: Online

SESSIONS: 6

Writing for Recovery

Writing for Recovery is for anyone who has ever experienced some sort of distress, emotional difficulty or mental ill-health. The sessions will offer a safe, non judgemental and supportive space where participants can explore how to shape their own stories through poetry, fiction and lived experience writing.

DATES: 31/10, 14/11, 28/11, 5/12, 19/12

TIME: 12.30 PM - 2:30 PM Fortnightly

LOCATION: Discovery College, Inverness

SESSIONS: 5

Course schedule - Autumn

Need a Warm Space

Struggling to keep warm or charge your phone? Every day the Discovery College is open you can pop along, find a quiet place to sit and charge your phone or laptop, get a hot drink, read a book, and find a judgement free place to just be.

DATES: Wednesdays, Thursdays, Fridays

TIME: 10:00 AM - 4:00 PM

LOCATION: Discovery College, Inverness

SESSIONS: Various

Clarity Walks

Switch off, relax and connect with others without distraction with our 1-2 hour guided walks in the Highlands. Our walks provide you with accountability to motivate you to walk regularly without digital devices to significantly improve your mental wellbeing. These are 1-2 hour digital detox walks that focus on connection rather than fitness so we have walks for all abilities, including one for those with mobility restrictions.

To book visit: <https://claritywalk.co.uk/book-online/>

DATES: Various

TIME: Various

LOCATION: Various

SESSIONS: Various

Crafting Connections

Lots of people enjoy crafts and this session offers an opportunity to get together through activities. Meet others and develop new skills in different crafts and have some fun. Materials will be provided and people will be able to take home their work. For crafters and those interesting in discovering more about crafting, come along to learn new skills.

DATES: 30/10, 6/11, 13/11, 20/11, 27/11, 4/12, 11/12, 18/12

TIME: 10:00 AM - 12:00 PM Weekly

LOCATION: Discovery College, Inverness

SESSIONS: 8

Blether by the Fire

These sessions are men only sessions. Getting together over food around an open fire is a way of offering a space for men to chat and get support from each other. Sharing favourite stories, experiences and laughter will offer a chance for men to unwind and enjoy the company of other men in a safe and stigma free environment.

DATES: 28/10, 4/11, 1/11, 18/11, 25/11, 2/12, 9/12

TIME: TBA

LOCATION: Caithness – Dunnet, Castletown and Lybster

SESSIONS: 7



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

Course schedule - Autumn

LGBTQIA Community Connections

Discovery College is offering a safe space for people from the LGBTQIA community in Caithness to come together for friendship and support. There are a variety of opportunities to do this and if you could send your details to discoverycollege@centred.scot we will contact you to see what it is you are looking for and how we can help.

DATES: Every Second Friday

TIME: 10:30 AM - 1:30 PM

LOCATION: Caithness

SESSIONS: Various

Friendship Fridays

Join us for Friendship Fridays. Whether you come alone or with friends, we will be there to greet you and introduce you to the group. This is a self directed session to participants will be able to choose the activities that are offered

DATES: 4/10, 18/10, 1/11, 15/11, 29/11

TIME: Fortnightly 10.30 AM – 12.30 PM

LOCATION: The Youth Community Hub, Wick

SESSIONS: 5

A Cup of friendship

Join us for our wee Cup of Friendship sessions. Whether you come alone or with friends, we will be there to greet you and introduce you to the group. A relaxed social space, this is a self directed session so those of you joining us will have the chance to decide what activities you would like to do.

DATES: 4/10, 18/10, 1/11, 15/11, 29/11, 13/12

TIME: Fortnightly 10.00 AM – 12.00 PM

LOCATION: Discovery College, Inverness

SESSIONS: 6



"We are all here together"
Harry

What people are saying...

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

Debbi



Course schedule - Autumn

Digital Winter Wellness

Winter can often feel isolating, overwhelming, and lonely. However, did you know that managing life's necessities, accessing essential health resources, and staying socially connected can all be done from inside your home? Through our Digital Winter Wellness support sessions, we will explore how digital devices can be used to reduce stress and improve mental wellbeing over the festive period. Please note that if you do not have a digital device at home, we can support you to get set up with one (including free data). You will be able to lend this from us for an agreed amount of time, free of charge. Please bring your digital device if you do have one (phone, laptop, iPad or Tablet).

DATES: 14/11, 21/11, 28/11, 6/12

TIME: 12:00 PM -2:00 PM (every week)

LOCATION: Discovery College, Inverness

SESSIONS: 4

Digital Winter Wellness Outreach

Winter can often feel isolating, overwhelming, and lonely. However, did you know that managing life's necessities, accessing essential health resources, and staying socially connected can all be done from inside your home? We are setting up our remote support service for those who are unable to access the Discovery College during the winter, but still require support on a consistent or one-off basis.

DATES: 5/11, 12/11, 19/11, 26/11

TIME: 11am-12pm

LOCATION: Online (Zoom, or Near Me room)

SESSIONS: 4

Tech Tea Party

Ever feel like your digital devices are working against you? Or that everyone but you are digital whizzes? We're here to tell you that you're not alone, and that you have the ability to overcome these challenges. In support of Get Online Week, join us for our first Tech Tea Party, where together, we'll build resilience and sharpen our problem-solving skills over tea and biscuits.

Please note you do not need to own a device to attend. If you require one, please contact Project Lead, Anya, at anya@mhcollective.com, or on 07943927281.

DATES: 17/10

TIME: 12:00 PM - 3:00 PM

LOCATION: Discovery College, Inverness

SESSIONS: 1

Connecting into Care – Digital Support Drop ins

Our free service offers 1:1 support to any adults who are experiencing difficulties with their mental health and are struggling to get online and access digital devices. We also offer a device lending library, where you can borrow a device for an agreed amount of time, complete with free data. As part of our service, you will be supported to confidently use your device and utilise it to manage your wellbeing and overcome barriers to essential healthcare. Book onto our drop-in support sessions to have a chat with our Project Lead, Anya, or simply turn up to the Discovery College during opening hours.

DATES: every Wednesday (weekly) - starting 2nd October - 18th December, starting back up 8th January

TIME: 2-4pm

LOCATION: Discovery College - Inverness

SESSIONS: Various

Course schedule - Autumn

Art Online

Art Online is for anyone who has ever experienced some sort of distress, emotional difficulty or mental ill-health. The sessions will offer a safe, non-judgemental and supportive space where participants can explore how to shape their own stories through art. These sessions will encourage us to think creatively about how we express our feelings and experiences. There will be laughter and an opportunity to get to know others through the art we share.

DATES: 6/11, 4/12, 8/01, 5/02, 5/03

TIME: 1:00 PM - 3:00 PM

LOCATION: Online

SESSIONS: 5

Coping with Christmas

Are you worried about Christmas? Is it a difficult time for you? There are many people who find Christmas a struggle. Why not get ahead of it this year by joining out Coping with Christmas sessions? Come along and plan to have a less stressful and more enjoyable time. Hear from others about what works for them and get support around tricky issues, money, relationships, expectations, food.

These sessions include a session after Christmas to reflect and share successes.

DATES: 20/11, 27/11, 4/12, 11/12, 8/1

TIME: 10:00 AM -2:00 PM

LOCATION: Discovery College, Inverness

SESSIONS: 5

Coping with Christmas

Are you worried about Christmas? Is it a difficult time for you? There are many people who find Christmas a struggle. Why not get ahead of it this year by joining out Coping with Christmas sessions? Come along and plan to have a less stressful and more enjoyable time. Hear from others about what works for them and get support around tricky issues, money, relationships, expectations, food. These sessions include a session after Christmas to reflect and share successes.

DATES: 25/11, 2/12, 9/12, 16/12, 13/1

TIME: 10:00 AM - 2:00 PM

LOCATION: Online

SESSIONS: 5

Peer to Peer Training

Peer2Peer training is an opportunity for people with lived experience of mental health problems to develop peer support skills. Peer support is generally understood to be a relationship of mutual support which provides an opportunity for people with lived experience to learn how to support others in their recovery journey. The peer support role involves:

- Developing mutually empowering relationships
- Sharing experiences in a way that inspires hope
- Offering hope and support as an equal.

DATES: 26/11, 3/12, 10/12, 17/12, 7/1, 14/1, 21/1, 28/1

TIME: 10:00 AM -3:00 PM

LOCATION: Discovery College, Inverness

SESSIONS: 8

Course schedule - Autumn

Introduction to Peer Support

Interested in finding out more about how you can use your own lived experience to help others in their recovery journey? This session will give you the opportunity to hear from Peer Supporters and explore opportunities to develop your own peer support skills for volunteering, employment or to build new skills for life.

DATES: 7/11

TIME: 10:00 AM - 3:00 PM

LOCATION: Inverness

SESSIONS: 1

Gardening for Wellness Project

Would you like to love gardening? Do you like getting into the outdoors and sharing your knowledge or skills? This group are looking at transforming some areas of unloved and untended ground around the Wellington Centre in Wick. Come along and roll up your sleeves and see if you can help bring life back to land that has been forgotten.

DATES: 2/10, 9/10, 16/10, 23/10, 6/11, 13/11, 20/11, 27/11

TIME: 4:00 PM - 6:00 PM

LOCATION: Wick, Wellington Center

SESSIONS: 8



Meet the team



Peer Supporters

Every course has an assigned 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 extra support.

They are 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 and peer supporters are some of our most important subject experts.

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: susan.lyons@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 today.**



What people are saying...

"We are all here together."

Harry





@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**

