

THE
recoveryhub

Recovery College
Prospectus
2017-18

Welcome to our 2017/2018 prospectus

We are looking ahead to a busy year during which we will move to our new location. This will almost certainly be in a building which is close to the Hounslow/Ealing border. Transport links are good and we will have lots of daylight and even a garden so we are really looking forward to that! We will continue to rent space in Hammersmith to run courses there regularly.

We are not certain yet when we will move, but it is likely to be towards the Spring Term in 2018. For this reason we have marked course venues in 2018 as 'to be confirmed' (TBC).

We want to work with students to design the look and feel of our new space, so please call us and register your interest if you would like to be involved.

As part of a successful application to the Quality, Service Improvement and Redesign (QSIR) Programme, a small group of peer trainers and College staff have been looking at ways to measure the impact that coming to courses has on the lives of our students. This has been really exciting and has given us lots of ideas. You will see changes in our registration, evaluation forms and Individual Learning Plans (ILPs). Again, we will keep you informed and plan to produce a newsletter which will explain more as well as give updates on our move.

In the meantime, keep in touch and here's to a good year of learning and new friendships!

The Recovery College team.

How the programme can support your recovery journey

We understand that people will want to use the programme in different ways.

For some, they may want to just access one-off courses here and there, because they have a particular interest in that topic. For others, they would like a more structured approach to their learning that explicitly supports their personal recovery journey.

We offer all students the opportunity to complete an Individual Learning Plan (ILP), to help to inform their choices. If you are interested in completing an ILP, please contact our Administration Team on 020 8483 1456.

WE ARE MOVING!

We will be moving in the New Year - keep an eye out for more details.

The Recovery Hub

134 – 136 The Broadway, West Ealing, W13 0TL
(Entrance at rear on Singapore Road)

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Welcome to the Recovery College

We offer a training programme that draws on the experiences and skills of people who have used mental health services and those who support them.

The college follows an educational model that seeks to give people the tools and skills to become architects of their own recovery or to support someone else with their journey.

The college conveys messages of hope, empowerment, possibility and aspiration. It celebrates diversity and recognises strengths and successes rather than problems.

We offer a wide range of courses. Participants gain a better understanding of mental health issues and develop their life skills. Courses vary from one-off workshops to ones that run for up to 10 weeks.

Courses are 'co-produced' and 'co-delivered'. This means that groups of service users, carers and staff work together to develop courses. They are delivered by a staff member and at least one peer trainer, recognising the expertise of lived experience equally with that derived from professional training.

The college is situated in West Ealing. We run courses in Hounslow and Hammersmith & Fulham as well.

How learning can support recovery

The aim of the programme is to help people map out their recovery journey, explore new possibilities and develop new skills. Users of mental health services often become trapped in a dependency-making system. By attending these courses, people begin to recognise and make use of their talents beyond the mental health system. Through this process, people begin to make sense of their experiences and become experts in managing their own lives.

The role of peer trainers

All of our courses are co-facilitated by a person with lived experience of mental health problems, who has been trained to deliver courses on our programme. All of our Peer Trainers have been involved in course development and have attended courses run by others. To this end, they have an expert knowledge of recovery by virtue of their own experiences within the mental health system and through their involvement with the college.

Meeting the needs of carers, friends and families

We welcome carers, friends and families to our courses. Carers are welcome to attend courses to support a friend or loved one and can participate fully. There is a specific Carers' Training programme that runs every term. More details can be found on Page 10.

Meeting the needs of staff

There is a perception that our courses are only for service users and carers. This is not the case. It is vital that staff are familiar with the principles, philosophy and practice of recovery. Attending our courses is an excellent way for staff to increase their knowledge and skills, both professionally and personally.

We also invite staff to attend courses with service users they work with. We have heard powerful stories of how working together in a learning environment, staff and patients have seen great benefits in terms of the quality of their relationships and levels of satisfaction in the care that is provided.

How to book onto a course

If you are interested in booking onto any of our courses, please contact us on **020 8483 1456** or at:

bookings.recoverycollege@wlmht.nhs.uk

We will book you onto your chosen course if there are spaces still available.

NB We can only take bookings for the current term – no further ahead. This is to ensure that everyone has an equal chance of getting a place. Booking is necessary so we know in advance if there are enough people to run the course and to ensure we have sufficient materials for all participants. Course information and booking details can also be found on our website at:

www.wlmhtrecoverycollege.co.uk

If you are a member of staff and would like to ask us about running one of our courses for your colleagues, service users or carers, please contact the college to discuss further.

Cancellations

We appreciate that unexpected things happen in life, but if you are unable to attend the course you've booked, please let us know as soon as possible.

Many of our courses now have waiting lists. If you do not turn up without letting us know, someone else wanting to do the course may miss out on the opportunity. Please let us know if you are unable to attend a course you have booked. We have included a "My courses" sheet on page 25 which you may find helpful as a reminder of courses you have booked.

Locations and dates

Please contact us for locations of course if they are not stated, remember we are moving so you will need to bear with us.

Course times

We try to vary the times of our courses to make them as accessible to as many people as possible. If you have any specific requests about course times, do let us know. Please note that this programme lists courses for a whole year: Autumn Term 2017, and Spring and Summer Terms 2018, therefore you will need to look carefully at the dates under each course listing.

Understanding mental health issues and treatment

Understanding Bipolar Disorder

This workshop will help people to gain a better understanding of what it means to have a diagnosis of bipolar disorder and the various treatment options available. It will begin to explore people's personal experiences and ways to stay well.

Date & Times:

Monday 5th March 2018
1.30pm - 4pm
Venue TBC

Managing Bipolar Disorder sessions 1 and 2

These workshops follow on from the Understanding Bipolar Disorder workshop. We will discuss strategies and techniques people find helpful to manage their symptoms and stay well while living life to the full. It is important that you are able to attend both workshops.

Dates & Times:

Session 1
Monday 12th March 2018
1.30pm - 4pm
Venue TBC

Session 2
Monday 19th March 2018
1.30pm - 4pm
Venue TBC

Anxiety Management

Anxiety is a normal part of everyday life, but it becomes a problem when it is frequent, overwhelming and stops us doing things we'd like to be able to.

This course will explore what makes us anxious and why. The course will look at a variety of tools that can be used to help

manage anxiety. This is an interactive course with a mixture of discussion, activities and sharing.

Dates & Times:

6 Thursdays from 2nd November 2017 to Thursday 7th December 2017
10am - 12pm
The Recovery Hub

Understanding Psychosis 1: Introduction & Medical Overview Understanding Psychosis 2: Psychological Perspectives

These workshops will help people to gain a better understanding of what it means to have psychosis and how it is diagnosed. They will explore the main treatments available and discuss strategies to stay well. They are the first two of a series of four workshops and it is important that you are able to attend all four sessions.

Date & Times:

Session 1
Wednesday 8th November 2017
1.30pm - 4pm
Grove Neighbourhood Centre

Session 2
Wednesday 15th November 2017
1.30pm - 4pm
Grove Neighbourhood Centre

Managing Psychosis 1 and 2

These two workshops will follow on from the previous sessions about psychosis. We will look further at a wide range of approaches which can help people manage their symptoms, alleviate the impact on their lives and promote a

Understanding mental health issues and treatment

meaningful recovery. It is important that you are able to attend both workshops.

Dates & Times:

Session 1

Wednesday 22nd November 2017

1.30pm – 4pm

Grove Neighbourhood Centre

Session 2

Wednesday 29th November 2017

1.30pm – 4pm

Grove Neighbourhood Centre

Understanding Personality Disorder

This workshop will explore what is meant by the term personality disorder and how the condition is diagnosed. It will also look at the treatments available, as well as ways people can help themselves.

Date & Times:

Monday 26th February 2018

1.30pm – 4.30pm

Venue TBC

Understanding Self-Injury

This is a three-part course which provides a broad overview of self-injury and considers the reasons why someone might feel compelled to harm themselves. The workshops are suitable for anyone who would like to know more about the topic.

It is important that you are able to attend all three sessions.

Date & Time:

Session 1

Monday 27th November 2017

1.30pm – 4pm

The Recovery Hub

Managing Self-Injury

These are the second and third workshops following on from the Understanding Self-Injury session. Here we focus on strategies and techniques to help someone manage their life whilst living with self-injuring behaviour. These workshops are suitable for anyone who would like to know more on this topic.

Dates & Times:

Session 2

Monday 4th December 2017

1.30pm – 4pm

The Recovery Hub

Session 3

Monday 11th December 2017

1.30pm – 4pm

The Recovery Hub

Understanding mental health issues and treatment

Understanding Dementia

A course for anyone who would like to improve their understanding of dementia. The course will provide an overview of the different types of dementia and how they affect people. It will also provide practical advice on ways that we can work together to improve the lives of anyone affected by dementia.

Dates & Times:

4th December 2017
10am - 12pm
The Recovery Hub

17th July 2018
2pm - 4pm
Venue TBC

Understanding Depression

This session will outline the different types of depression. It will explore the ways it affects us and will consider the wide reaching impact it can have on people's lives. It will also look at practical steps that people have found useful in managing their experiences.

Date & Time:

Monday 4th June 2018
2pm - 4.30pm
Venue TBC

Managing Depression

In these follow-on sessions from Understanding Depression, we will look at a variety of ways to better manage a depressive episode. This will include identifying triggers and early warning signs, communicating with family, friends and professionals, and being more proactive in our own care. We will do some short exercises in Cognitive Behavioural Therapy, mindfulness and relaxation. It

is important you are able to attend both sessions.

Dates & Times:

Session 1
Monday 11th June 2018
2pm - 4.30pm
Venue TBC

Session 2
Monday 18th June 2018
2pm - 4.30pm
Venue TBC

Carer Training Programme

This is a seven-week programme for carers of people with mental health problems.

The topic sessions are:

- Mental health problems and early warning signs
- Medication and other treatments
- Enhancing communication with loved ones
- Dealing with crises, carers' rights and navigating the mental health system
- Problems in caring and how to tackle them
- Dual diagnosis
- Promoting your own recovery and well-being

The training has been co-developed and is co-facilitated by carers and staff along with visiting speakers.

Please call for more information. A trainer will contact you to check that this course is right for you.

Understanding mental health issues and treatment

Learning About Thinking, Emotions and Relationships (LATER) – Using Skills From A Mixture of Psychological Therapies

This is a 10-week course (90 minutes per week). It's right for you if you:

- Feel that others don't understand or value you
- Feel that sometimes it's a struggle to cope with your emotions and you feel overwhelmed
- Have suicidal thoughts, thoughts about self-harming with alcohol or drugs, or struggle with eating or over-eating
- Find that you have problems keeping friends or maintaining family relationships
- Find yourself repeating patterns that are unhelpful
- Think that your problems have become a part of who you are
- Your difficulties have affected you most or all of your adult life

Using skills taken from Mentalisation-Based Therapy (MBT), Dialectical Behavioural Therapy (DBT), Art Therapy and Psychodynamic Psychotherapy you will:

- Gain a better understanding of why you have these difficulties
- Learn how to ask for help and get support
- Begin to manage your feelings better
- Develop some strategies to help predict and prepare for future difficulties
- Develop ways to keep yourself safer
- Learn tools to manage these difficulties and change these unhelpful

patterns so you can better manage your emotions.

If you want to find out more before you commit to attending, you can come to a question and answer session. These are held one week before training starts at the same venue at the same times as the courses.

Dates & Times:

The Autumn Term Question & Answer session is on:

Wednesday 4th October 2017
10.30am – 12.30pm
The Recovery Hub

The course then runs for 10 Wednesdays, starting Wednesday 18th October 2017 to Wednesday 20th December 2017.

10.30am – 12.30pm
The Recovery Hub

The Spring Term Question & Answer session is on:

Wednesday 17th January 2018
10.30am – 12.30pm
Venue TBC

The course then runs for 10 Wednesdays, starting Wednesday 24th January 2018 to 28th March 2018.

10.30am – 12.30pm
Venue TBC

The Summer Term Question & Answer session is on:

Wednesday 2nd May 2018
10.30am – 12.30pm
Venue TBC

The course then runs for 10 Wednesdays, starting 9th May 2018 to 18 July 2018 excluding 30th May 2018 (half term)

10.30am – 12.30pm
Venue TBC

Introduction to Recovery

This half day workshop offers an introduction to the philosophy and practice of recovery.

It covers the history of the recovery movement and also seeks to dispel a number of commonly held myths about mental health. The day will provide a foundation for thinking about personal recovery and will act as a basis for further exploration of recovery themes and practice.

Dates & Times:

Thursday 21st September 2017
2pm – 4.30pm
The Recovery Hub

Thursday 18th January 2018
2pm – 4.30pm
Venue TBC

Thursday 10th May 2018
2pm – 4.30pm
Venue TBC

Planning Recovery

This course is intended to follow on from the 'Introduction to Recovery'. It provides an overview of the recovery based approach to wellbeing and asks participants to consider how they might plan their recovery journey. It examines different ways of doing this and includes practical exercises to help start the process.

Dates & Times:

Friday 22nd September 2017
2pm – 4.30pm
The Recovery Hub

Friday 19th January 2018

2pm – 4.30pm

Venue TBC

Friday 11th May 2018

10am – 4.00pm

Venue TBC

Implementing Recovery

This session is intended to follow on from 'Planning Recovery' and will look at barriers to implementing recovery and specific strategies to overcome them. It will also look at ways to capitalise on natural supports in the community and to become less dependent on services.

Dates & Times:

Monday 25th September 2017
10am – 4pm
The Recovery Hub

Monday 22nd January 2018
2pm – 4.30pm
Venue TBC

Monday 14th May 2018

10am – 4pm

Venue TBC

Mindfulness and Self-Compassion

This six-week course is best suited to those who have come some way on their recovery journey. The sessions will incorporate meditation, breathing work, self-acceptance and focus on living in the present moment.

The course will help you to be more mind and body aware, and to start being a better friend to yourself. As well as being able to commit to all six sessions, participants need to set aside some time

Building your life

to practice during the week and will need to have access to a CD player, computer or smart phone (in order to access guided meditation practices at home).

Dates & Times:

6 Thursdays from 5th October 2017 to 16th November 2017 excluding Thursday 26th October (half term)
10am-12pm
The Recovery Hub

6 Wednesdays from 24th January 2018 to 7th March 2018 excluding Wednesday 14th February (half term)
2pm-4pm
Venue TBC

6 Wednesdays from 9th May 2018 to 20th June 2018 excluding Wednesday 20th June 2018 (half term)
2pm-4pm
Venue TBC

Exploring Spirituality in Recovery

This two session course provides an opportunity to explore the place of spirituality and religion within wellness and recovery. The two part course will look at the role of spirituality within recovery journeys and discuss how different belief systems can help some people and possibly conflict with a medical understanding of mental health.

Dates & Times:

Session 1
Tuesday 5th December 2017
10am – 1pm
The Recovery Hub

Session 2
Tuesday 12th December 2017
10am – 1pm
The Recovery Hub

Session 1
Tuesday 3rd July 2018
1pm – 4pm
Venue TBC

Session 2
Tuesday 10th July 2018
1pm – 4pm
Venue TBC

Learning Relaxation Techniques

This six-week course will cover relaxation techniques like visualisation, breathing exercises and progressive muscular relaxation.

Sessions will be practical and will cover different methods of relaxation each week, allowing time for discussion as well as practicing.

Date & Time:

6 Thursdays from Thursday 22nd February 2018 to Thursday 29th March 2018
2pm – 4pm
Venue TBC

Building your life

Building Your Confidence

These sessions will present a range of different confidence building techniques particularly helpful in working through difficult issues in relation to recovery planning. Participants will be asked to try out and experiment with some of these techniques and share their findings.

Date & Time:

3 Wednesdays: 4, 11 and 18 July 2018
1.30pm – 4pm
Venue TBC

Developing Positive Relationships

Have you experienced difficulties in maintaining relationships? Do you sometimes struggle to form relationships? Relationships with people, be it our family, our friends or people we are meeting on courses or at work can be very tricky.

This workshop seeks to explore what is a 'positive relationship.' We will then go on to think about what skills we all need to help us develop and maintain good relationships.

Dates & Times:

Wednesday 25th April 2018
1.30pm – 4pm
Venue TBC

Tapping into Emotional Wellbeing

This is a taster course where you will be shown a simple yet effective self-help tool to manage stress and anxiety.

Emotional Freedom Technique (EFT) is based on the same principles as acupuncture, but instead of using needles, we gently tap on the meridian points.

The act of tapping while expressing how you feel can bring a sense of calm and may help to relax the mind and body.

Dates & Times:

4 Mondays from 2nd October 2017 to 13th November 2017, excluding 23rd October 2017 (half term)
2pm – 4pm
The Recovery Hub

Please note, this course will run every two weeks.

Managing Holidays and Anniversaries

Holidays, anniversaries and birthdays can be difficult, bringing up painful emotions for some people especially if your support network feels fragile. This workshop allows space to explore the difficulties and share ideas and strategies to help you manage them and feel better.

Date & Time:

Wednesday 13th December 2017
1.30pm – 4.30pm
The Recovery Hub

Building your life

Your Wellbeing

This is a six week course which will cover topics such as goal setting, healthy eating (mood and food), heart health, physical exercise and diabetes awareness.

There will also be an opportunity for participants to have a personal lifestyle assessment.

Dates & Times:

6 Mondays from 2nd October 2017 to 13th November 2017 excluding Monday 23rd October 2017 (Half term)
10am – 12pm
The Recovery Hub

6 Tuesdays from 5th June 2018 to 10th July 2018
10am – 12pm
Venue TBC

Telling Your Story

The experience of having significant mental health difficulties can mean a complete change in direction that may be difficult to come to terms with.

Telling your story is a way of making sense of what has happened and aims to help you to gain a better sense of who you are now. By finding ways to express, accept and celebrate it can help to heal and put things in perspective.

Students will be introduced to a variety of creative approaches as part of the course, but do not need to be 'good' at art or writing at all. There will be an optional opportunity to share stories at the end of the course.

The course is aimed at people who have used or continue to use WLMHT services.

Dates & Times:

6 Fridays from 6th October 2017 to 17th November 2017
Excluding 27th October (Half term)
10am – 12pm
The Recovery Hub

Disclosure of Mental Health Problems: To Tell Or Not To Tell

This workshop provides space to think and debate the issues around whether or not to disclose a mental health issue to a prospective or current employer. The afternoon will include the legal position and is important for anyone working or planning to return to work. The session won't be needed for anyone attending the Employment Skills course as the information will be covered as part of the programme.

Date & Time:

Monday 21st May 2018
10am – 1pm
Venue TBC

Skills for Employment

This is a seven-week course for people considering starting or returning to work. It will help you identify your existing skills, as well as helping with practical topics such as CV writing, interview skills and job hunting.

You will also have an opportunity to explore issues around what to disclose to prospective employers, as well as learning about your rights. There will also be opportunities to consider how to build on your strengths as a worker, increase your resilience at work and meet workplace challenges with confidence.

We ask that you are able to commit to attend all seven sessions. You will receive a telephone call from one of the trainers beforehand to make sure this is the right course for you.

Dates & Times:

7 Tuesdays, starting 26th September 2017 to 14th November 2017, excludes 24th October (Half term)
10 – 4 pm
The Recovery Hub

7 Thursdays, Starting 7th June 2018 to 19th July 2018
10am – 4pm
Venue TBC

Speaking Out:

An Introduction to Being Assertive

This course covers the basics of assertiveness – what it is and the challenges people face being assertive. It will provide people with the tools and skills needed to think and act more assertively, and will help them to develop their own personal style for communicating in a confident and positive way.

Dates & Times:

3 Thursdays, from 5th October 2017 to 19th October 2017
1.30pm – 4pm
The Recovery Hub

Developing life skills

Personal Independence Payments (PIP)

This workshop will help you to understand the differences between Disability Living Allowance (DLA) and PIP, the basic qualifying conditions for PIP and how you will be transferred from DLA to PIP.

You will also get some guidance on how to complete the form to include consideration of your mental health condition.

Dates & Times:

Thursday 28th September 2017
10am – 4pm
The Recovery Hub

Tuesday 15th May 2018
10am – 4pm
Venue TBC

Work/Life Balance: Getting it right

On this course we will look at what the work/life balance means to you. We will also help you to understand how looking after your work/life balance can help your wellbeing and provide you with tools and strategies to make improvements.

Date & Time:

Wednesday 14th March 2018
1.30pm – 4pm
Venue TBC

Understanding Universal Credit (UC)

Universal Credit (UC) is the new benefit that is bringing together Job Seekers Allowance, Employment Support Allowance (ESA) (Income-based), Income

Support, Child Tax Credit, Working Tax Credit and Housing Benefit.

You may want to claim UC if you are not working or in work and on a low income once it is introduced locally. This workshop will help you understand how UC works and prepare you for the change in advance, as it will require you to manage your money differently in some ways.

Dates & Times:

Monday 20th November 2017
11am – 4pm
The Recovery Hub

Monday 16th July 2018
11am – 4pm
Venue TBC

Understanding Permitted Work

Did you know that those who receive health-related out of work benefits (e.g. Employment Support Allowance, Incapacity Benefit and Severe Disablement Allowance) can do a certain amount of paid work without it affecting their benefit entitlement?

This half-day course for service users, staff and carers is designed to clarify:

- The different levels and types of Permitted Work and related earnings
- Rules around Permitted Work and the current benefits structure
- Expected changes to Permitted Work under Universal Credit.

Date & Time:

Wednesday 6th December 2017
1.30pm – 4.30pm
The Recovery Hub

Recruitment Training

The trust aims to have service user and carer representation in the selection of staff at all levels across the organisation. This one day training equips you with the skills to participate in this process. The session is delivered by a member of the recruitment team, with support from the local involvement lead, and a service user or carer with experience of sitting on interview panels.

Course participants will learn about:

- How to select applicants for interview
- The processes for setting up and running interview panels
- How to structure and score interview questions
- Interview techniques to help select the best candidates
- Deciding on the best candidate and the importance of confidentiality
- The role of involvement leads in locating service users and carers

Participants will need to be nominated by their Local Involvement Lead in order to attend this course.

Please contact The Recovery College with any queries.

2017

Course	Location	Day	Date	Time
SEPTEMBER				
Introduction to Recovery	Hub	Thursday	21-Sep-2017	2pm - 4.30pm
Planning Recovery	Hub	Friday	22-Sep-2017	2pm - 4.30pm
Implementing Recovery	Hub	Monday	25-Sep-2017	10am - 4pm
Skills for Employment: 1	Hub	Tuesday	26-Sep-2017	10am - 4pm
Personal Independence Payments (PIP)	Hub	Thursday	27-Sep-2017	10am - 4pm
OCTOBER				
Your Wellbeing: 1	Hub	Monday	2-Oct-2017	10.30am - 12pm
Tapping into Emotional Wellbeing: 1	Hub	Monday	2-Oct-2017	2pm - 4pm
Skills for Employment: 2	Hub	Tuesday	3-Oct-2017	10am - 4pm
Q&A: Learning About Thinking, Emotions & Relationships	Hub	Wednesday	4-Oct-2017	10.30am - 12.30pm
Mindfulness and Self-Compassion: 1	Hub	Thursday	5-Oct-2017	10am - 12pm
Speaking Out: 1	Hub	Thursday	5-Oct-2017	1.30pm - 4pm
Telling Your Story: 1	Hub	Friday	6-Oct-2017	10am - 12pm
Your Wellbeing: 2	Hub	Monday	9-Oct-2017	10am - 12pm
Skills for Employment: 3	Hub	Tuesday	10-Oct-2017	10am - 4pm
Mindfulness and Self-Compassion: 2	Hub	Thursday	12-Oct-2017	10am - 12pm
Speaking Out: 2	Hub	Thursday	12-Oct-2017	1.30pm - 4pm
Telling your story: 2	Hub	Friday	13-Oct-2017	10am - 12pm
Your Wellbeing: 3	Hub	Monday	16-Oct-2017	10am - 12pm
Tapping into Emotional Wellbeing: 2	Hub	Monday	16-Oct-2017	2pm - 4pm
Skills for Employment: 4	Hub	Tuesday	17-Oct-2017	10am - 4pm
LATER 1	Hub	Wednesday	18-Oct-2017	10.30am - 12.30pm
Mindfulness and Self-Compassion: 3	Hub	Thursday	19-Oct-2017	10am - 12pm
Speaking Out: 3	Hub	Thursday	19-Oct-2017	1.30pm - 4pm
Telling your story: 3	Hub	Friday	20-Oct-2017	10am - 12pm
HALF TERM WEEK		Monday - Friday	23-Oct-2017 - 27-Oct-2017	

Course	Location	Day	Date	Time
LATER 2	Hub	Wednesday	25-Oct-2017	10.30am - 12.30pm
NOVEMBER				
Your Wellbeing: 4	Hub	Monday	30-Oct-2017	10am - 12pm
Tapping into Emotional Wellbeing: 3	Hub	Monday	30-Oct-2017	2pm - 4pm
Skills for Employment: 5	Hub	Tuesday	31-Oct-2017	10am - 4pm
LATER 3	Hub	Wednesday	01-Nov-2017	10.30am - 12.30pm
Mindfulness and Self-Compassion: 4	Hub	Thursday	02-Nov-2017	10am - 12pm
Anxiety Management: 1	Hub	Thursday	02-Nov-2017	2pm - 4pm
Telling Your Story: 4	Hub	Friday	03-Nov-2017	10am - 12pm
Your Wellbeing: 5	Hub	Monday	06-Nov-2017	10am - 4pm
Skills for Employment: 6	Hub	Tuesday	07-Nov-2017	10am - 4pm
LATER 4	TBC	Wednesday	08-Nov-2017	10.30am - 12.30pm
Understanding Psychosis: 1	Grove NC	Wednesday	08-Nov-2017	1.30pm - 4pm
Mindfulness and Self-Compassion: 5	Hub	Thursday	09-Nov-2017	10am - 12pm
Anxiety Management: 2	Hub	Thursday	09-Nov-2017	2pm - 4pm
Telling Your Story: 5	Hub	Friday	10-Nov-2017	10am - 12pm
Your Wellbeing: 6	Hub	Monday	13-Nov-2017	10am - 12pm
Tapping into Emotional Wellbeing: 4	Hub	Monday	13-Nov-2017	2pm - 4pm
Skills for Employment: 7	Hub	Tuesday	14-Nov-2017	10am - 4pm
LATER 5	Hub	Wednesday	15-Nov-2017	10.30am - 12.30pm
Understanding Psychosis: 2	Grove NC	Wednesday	15-Nov-2017	1.30pm - 4pm
Mindfulness and Self-Compassion: 6	Hub	Thursday	16-Nov-2017	10am - 12pm
Anxiety Management: 3	Hub	Thursday	16-Nov-2017	2pm - 4pm
Telling Your Story: 6	Hub	Friday	17-Nov-2017	10am - 12pm
Understanding Universal Credit	Hub	Monday	20-Nov-2017	11am - 4pm
LATER 6	TBC	Wednesday	22-Nov-2017	11am - 12.30pm
Managing Psychosis: 1	Grove NC	Wednesday	22-Nov-2017	1.30 - 4pm
Anxiety Management: 4	Hub	Thursday	23-Nov-2017	2pm - 4pm
Self Injury 1	Hub	Monday	27-Nov-2017	1.30pm - 4pm

Course	Location	Day	Date	Time
LATER 7	Hub	Wednesday	29-Nov-2017	11am - 12.30pm
Managing Psychosis: 2	Hub	Wednesday	29-Nov-2017	1.30pm - 4pm
Anxiety Management: 5	Hub	Thursday	30-Nov-2017	2pm - 4pm
DECEMBER				
Understanding Dementia	Hub	Monday	04-Dec-2017	10am - 12pm
Self Injury: 2	Hub	Monday	04-Dec-2017	1.30pm - 4pm
Spirituality: 1	Hub	Tuesday	05-Dec-2017	10am - 1pm
LATER 8	Hub	Wednesday	06-Dec-2017	10.30am - 12.30pm
Understanding Permitted Work	Hub	Wednesday	06-Dec-2017	1.30pm - 4.30pm
Anxiety Management: 6	Hub	Thursday	07-Dec-2017	2pm - 4pm
Self Injury 3	Hub	Monday	11-Dec-2017	1.30pm - 4pm
Spirituality: 2	Hub	Tuesday	12-Dec-2017	10am - 1pm
LATER 9	Hub	Wednesday	13-Dec-2017	10.30am - 12.30pm
Managing Holidays and Anniversaries	Hub	Wednesday	13-Dec-2017	1.30pm - 4.30pm
LATER 10	Hub	Wednesday	20-Dec-2017	10.30am - 12.30pm
CHRISTMAS BREAK				

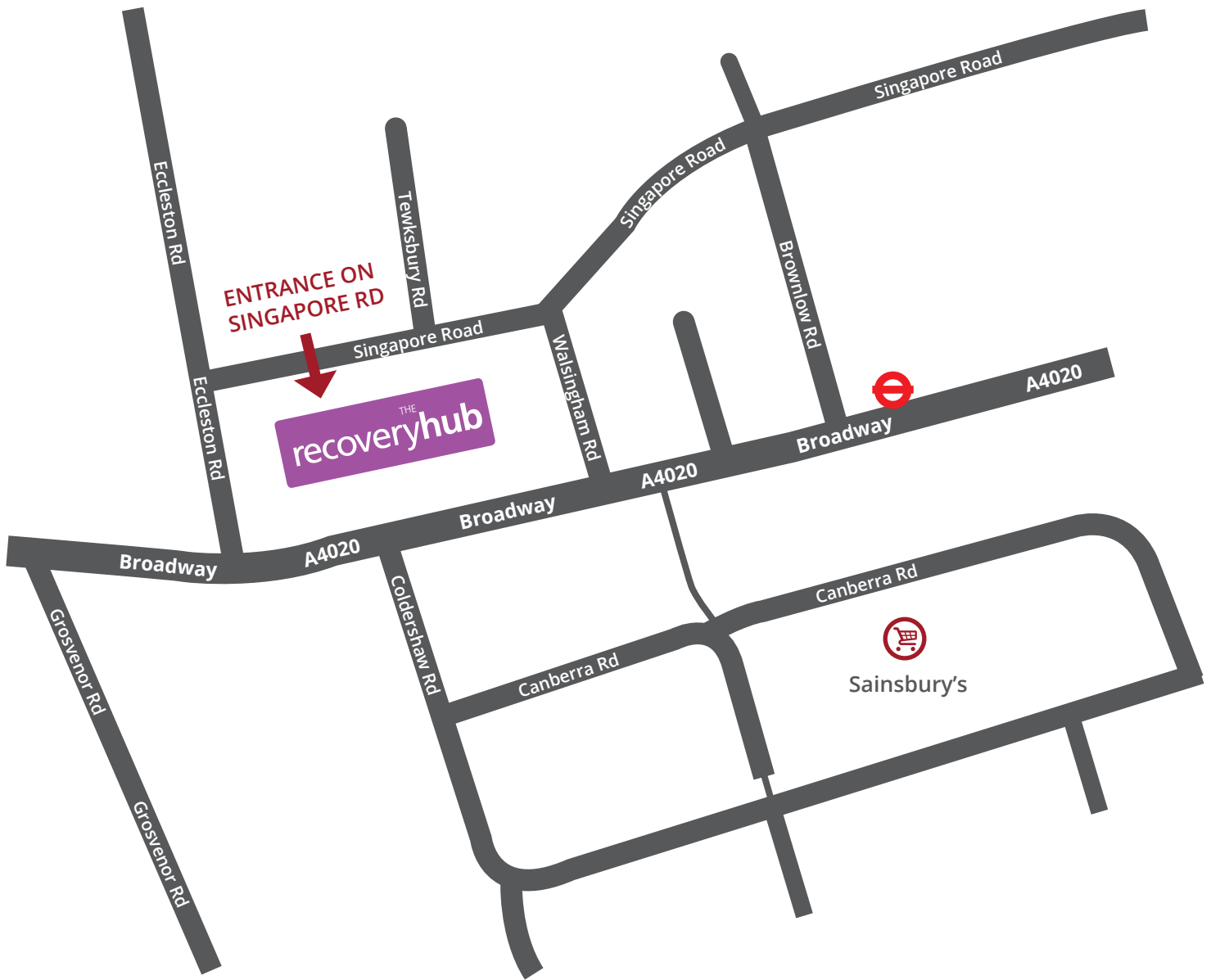
2018

Course	Location	Day	Date	Time
JANUARY				
Q&A: Learning About Thinking, Emotions & Relationships	TBC	Wednesday	17-Jan-2018	10.30am - 12.30pm
Introduction to Recovery	TBC	Thursday	18-Jan-2018	2pm - 4.30pm
Planning Recovery	TBC	Friday	19-Jan-2018	2pm - 4.30pm
Implementing Recovery	TBC	Monday	22-Jan-2018	10am - 4pm
LATER 1	TBC	Wednesday	24-Jan-2018	10.30am - 12.30pm
Mindfulness and Self-Compassion: 1	TBC	Wednesday	24-Jan-2018	2pm - 4pm
LATER 2	TBC	Wednesday	31-Jan-2018	10.30am - 12.30pm
Mindfulness and Self-Compassion: 2	TBC	Wednesday	31-Jan-2018	2pm - 4pm
FEBRUARY				
LATER 3	TBC	Wednesday	07-Feb-2018	10.30am - 12.30pm
Mindfulness and Self-Compassion: 3	TBC	Wednesday	07-Feb-2018	2pm - 4am
HALF TERM WEEK		Monday - Friday	12-Feb-2018 - 16-Feb-2018	
LATER 4	TBC	Wednesday	14-Feb-2018	10.30am - 12.30pm
LATER 5	TBC	Wednesday	21-Feb-2018	10.30am - 12.30pm
Mindfulness and Self-Compassion: 4	TBC	Wednesday	21-Feb-2018	2pm - 4pm
Learning Relaxation Techniques: 1	TBC	Thursday	22-Feb-2018	2pm - 4pm
Understanding Personality Disorders	TBC	Monday	26-Feb-2018	1.30pm - 4.30pm
LATER 6	TBC	Wednesday	28-Feb-2018	10.30am - 12.30pm
Mindfulness and Self-Compassion 5	TBC	Wednesday	28-Feb-2018	2pm - 4pm
MARCH				
Learning Relaxation Techniques: 2	TBC	Thursday	01-Mar-2018	2pm - 4pm
Understanding Bi-Polar	TBC	Monday	05-Mar-2018	1.30pm - 4pm
LATER 7	TBC	Wednesday	07-Mar-2018	10.30am - 12.30pm
Mindfulness and Self-Compassion: 6	TBC	Wednesday	07-Mar-2018	2pm - 4pm
Learning Relaxation Techniques: 3	TBC	Thursday	08-Mar-2018	2pm - 4pm

Course	Location	Day	Date	Time
Managing Bi-Polar Disorder: 1	TBC	Monday	12-Mar-2018	1.30pm - 4pm
LATER 8	TBC	Wednesday	14-Mar-2018	10.30am - 12.30pm
Work/Life Balance	TBC	Wednesday	14-Mar-2018	1.30pm - 4.30pm
Learning Relaxation Techniques: 4	TBC	Thursday	15-Mar-2018	2pm - 4pm
Managing Bi-Polar Disorder: 2	TBC	Monday	19-Mar-2018	1.30pm - 4pm
LATER 9	TBC	Wednesday	21-Mar-2018	10.30am - 12.30pm
Learning Relaxation Techniques: 5	TBC	Thursday	22-Mar-2018	2pm - 4pm
LATER 10	TBC	Wednesday	28-Mar-2018	10.30am - 12.30pm
Learning Relaxation Techniques: 6	TBC	Thursday	29-Mar-2018	2pm - 4pm
EASTER BREAK				
APRIL				
Developing Positive Relationships	TBC	Wednesday	25-Apr-2018	1.30pm - 4pm
MAY				
Q&A: Learning About Thinking, Emotions & Relationships	TBC	Wednesday	02-May-2018	10.30am - 12.30pm
BANK HOLIDAY		Monday	07-May-2018	
LATER 1	TBC	Wednesday	09-May-2018	10.30am - 12.30pm
Mindfulness and Self-Compassion: 1	TBC	Wednesday	09-May-2018	2pm - 4pm
Introduction to Recovery	TBC	Thursday	10-May-2018	2pm - 4.30pm
Planning Recovery	TBC	Friday	11-May-2018	2pm - 4.30pm
Implementing Recovery	TBC	Monday	14-May-2018	10am - 4pm
Personal Independence Payments (PIP)	TBC	Tuesday	15-May-2018	10am - 4pm
LATER 2	TBC	Wednesday	16-May-2018	10.30am - 12.30pm
Mindfulness and Self-Compassion: 2	TBC	Wednesday	16-May-2018	2pm - 4pm
Disclosure of Mental Health problems: To Tell or Not to Tell	TBC	Monday	21-May-2018	10am - 1pm
LATER 3	TBC	Wednesday	23-May-2018	10.30am - 12.30pm
Mindfulness and Self-Compassion: 3	TBC	Wednesday	23-May-2018	2pm - 4pm
HALF TERM WEEK		Monday - Friday	28-May-2018 - 01-Jun-2018	

Course	Location	Day	Date	Time
JUNE				
Understanding Depression	TBC	Monday	04-Jun-2018	2pm - 4.30pm
Your Wellbeing: 1	TBC	Tuesday	05-Jun-2018	10am - 12pm
LATER 4	TBC	Wednesday	06-Jun-2018	10.30am - 12.30pm
Mindfulness and Self-Compassion: 4	TBC	Wednesday	06-Jun-2018	2pm - 4pm
Skills for Employment: 1	TBC	Thursday	07-Jun-2018	10am - 4pm
Managing Depression: 1	TBC	Monday	11-Jun-2018	2pm - 4.30pm
Your Wellbeing: 2	TBC	Tuesday	12-Jun-2018	10am - 12pm
LATER 5	TBC	Wednesday	13-Jun-2018	10.30am - 12.30pm
Mindfulness and Self-Compassion: 5	TBC	Wednesday	13-Jun-2018	2pm - 4pm
Skills for Employment: 2	TBC	Thursday	14-Jun-2018	10am - 4pm
Managing Depression: 2	TBC	Monday	18-Jun-2018	2pm - 4.30pm
Wellbeing: 3	TBC	Tuesday	19-Jun-2018	10am - 12pm
LATER 6	TBC	Wednesday	20-Jun-2018	10.30am - 12.30pm
Mindfulness and Self-Compassion: 6	TBC	Wednesday	20-Jun-2018	2pm - 4pm
Skills for Employment: 3	TBC	Thursday	21-Jun-2018	10am - 4pm
Wellbeing: 4	TBC	Tuesday	26-Jun-2018	10am - 12pm
LATER 7	TBC	Wednesday	27-Jun-2018	10.30am - 12.30pm
Skills for Employment: 4	TBC	Thursday	28-Jun-2018	10am - 4pm
JULY				
Wellbeing: 5	TBC	Tuesday	03-Jul-2018	10am - 12pm
Spirituality: 1	TBC	Tuesday	03-Jul-2018	1pm - 4pm
LATER 8	TBC	Wednesday	04-Jul-2018	10.30am - 12.30pm
Building your Confidence: 1	TBC	Wednesday	04-Jul-2018	1.30pm - 4pm
Skills for Employment: 5	TBC	Thursday	05-Jul-2018	10am - 4pm
Wellbeing: 6	TBC	Tuesday	10-Jul-2018	10am - 12pm
Spirituality: 2	TBC	Tuesday	10-Jul-2018	1pm - 4pm
LATER 9	TBC	Wednesday	11-Jul-2018	10.30am - 12.30pm
Building your Confidence: 2	TBC	Wednesday	11-Jul-2018	1.30pm - 4pm
Skills for Employment: 6	TBC	Thursday	12-Jul-2018	10am - 4pm
Understanding Universal Credit	TBC	Monday	16-Jul-2018	11am - 4pm
LATER 10	TBC	Wednesday	18-Jul-2018	10.30am - 12.30pm
Building your Confidence: 3	TBC	Wednesday	18-Jul-2018	1.30pm - 4pm
Skills for Employment: 7	TBC	Thursday	19-Jul-2018	10am - 4pm

The Recovery Hub

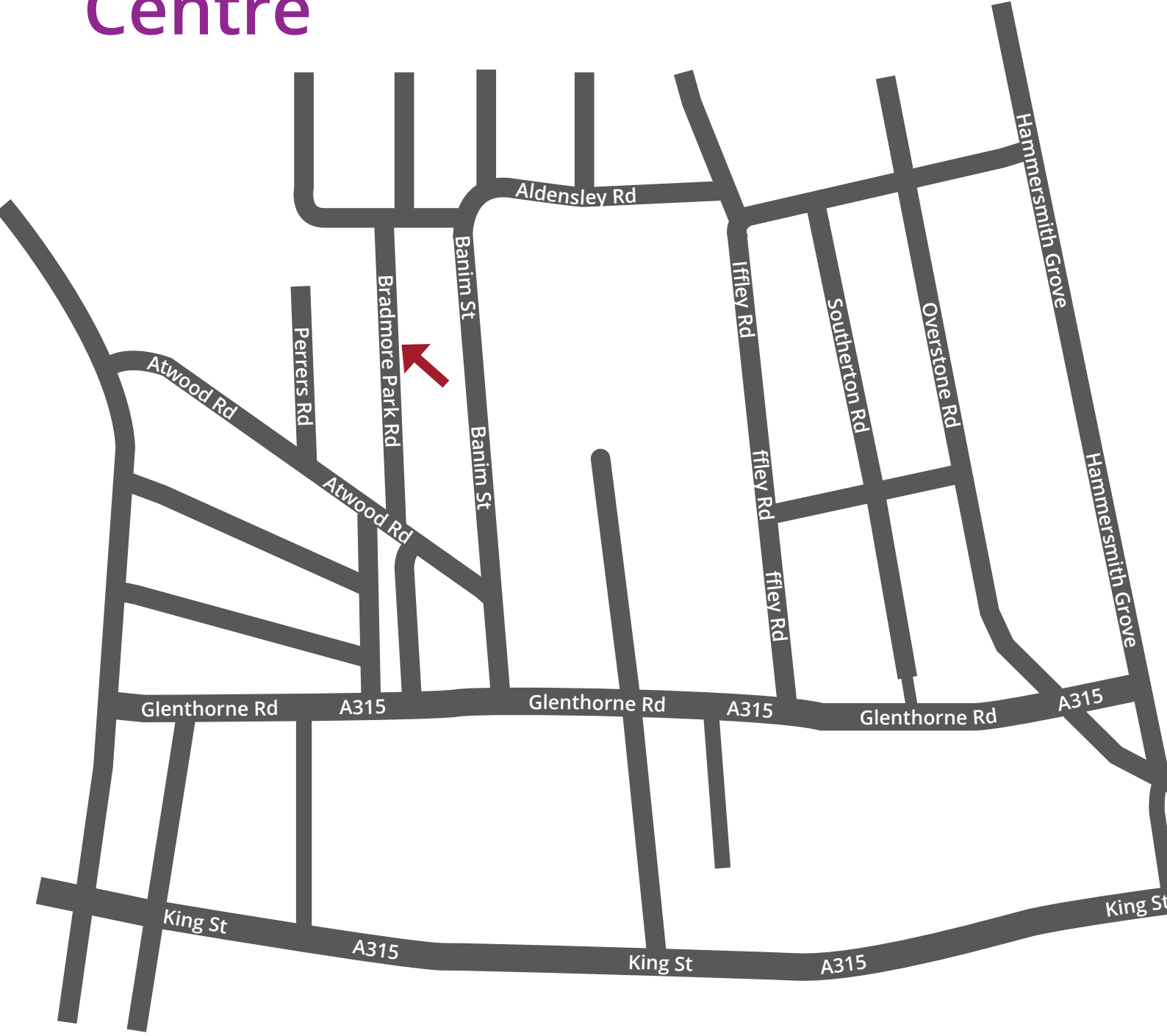


E3, E8, 207, 427, 483, 607

**134 - 136 The Broadway
West Ealing
W13 0TL**

Entrance at rear on
Singapore Road

Grove Neighbourhood Centre



266, 190, 267, 27, 391

**7 Bradmore Park Road
Hammersmith
W6 0DT**



West London Mental Health
NHS Trust

THE recoveryhub

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ENTRANCE AT REAR ON SINGAPORE ROAD

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and wellbeing
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