

Autumn 2022
Prospectus



RECOVERY COLLEGE

HOPE • CONTROL • OPPORTUNITY



Western Health
and Social Care Trust



A Message From our College Co-ordinator



I am delighted to take up the role of Co-Ordinator having been involved with the Recovery College since its inception, and always interested in the concepts, philosophy and practice of recovery within mental health and wellbeing.

The College grows from strength to strength and I am excited to formally welcome two new Peer Educators to our team. Dermot Brady and Joanne McMaster, whom some of you may already know from their volunteer work in the past, took up their posts in March 2022.

We are eagerly looking forward to the start of the Autumn 2022 term and to meeting our new students and welcoming back familiar faces. Our courses are free and open to everyone in our community – whether you have a diagnosis of a mental health issue or not; staff; are a carer or supporter; or simply want to know how to look after your mental health and emotional wellbeing. As always, courses are co-designed and co-facilitated by people with lived experience of the topic along with a health professional so a broad perspective and understanding is offered. We are so grateful to all those individuals who have given, and continue to give their time, experience, knowledge to the Recovery College – who feel compelled to share the messages of recovery – hope, control and opportunity.

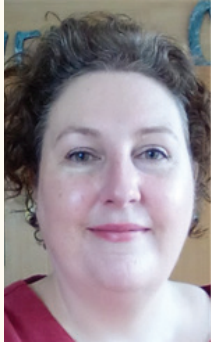
Feedback on what we offer at the College has been very encouraging, and based on this we will continue to deliver some courses via ZOOM, as it provides an important means of connection to people who are unable to attend during the day due to work or caring responsibilities, or who are not quite ready for face-to-face gatherings – yet. We are also introducing some newly developed courses that will run over a few weeks: Therapeutic Parenting, Understanding Hoarding and Menopause Matters.

As we move closer to the change in seasons and the new term, let's look forward to the opportunities that this brings – sure in the knowledge that all of us at the Recovery College will be there with you on your journey.

Yvonne Cairns
Recovery College Co-Ordinator



Meet the Team



Enrolling at the College can be the first step towards gaining the skills and confidence to manage your mental health and emotional wellbeing, but we never underestimate just how momentous an undertaking it can be when you're living with mental health challenges. We all have mental health, and we all learn together and support each other at the Recovery College – everyone is most welcome.

Bernadette Donaghy
Lead Peer Educator



Hello everyone, I am really looking forward to the new Autumn term and all the courses that we are offering. I feel privileged to be working with the Recovery College Team and started my new post in March. I previously volunteered with the College for a few years and find it very beneficial in my recovery and maintaining my mental health. I really look forward to meeting with you over the Autumn months or even over Zoom.

Dermot Brady
Peer Educator



Hi, my name is Joanne and I am delighted to have taken up a role as Peer Educator within the WHSCT Recovery College. I have previously attended both as a student, and then volunteered with the college for a couple of years and it really has given me so much confidence and hope for the future. I love meeting people and look forward to seeing you all in the new term and enjoying the courses along the way.

Joanne McMaster
Peer Educator

Meet the Team



I'm looking forward to meeting all of the students in the coming months and welcoming you to the College.

Clare Johnson
Recovery College Administrator

A Special Mention

We are very lucky to be able to depend on dedicated volunteers – people who share their own experience of living with and managing mental health challenges to inspire hope in others; those who co-produce our workshops and courses; and the many others who do the vital work that goes on behind the scenes. We would also of course like to thank all of the amazing WHSCT staff who contribute their time and knowledge throughout the term.

We really appreciate everything you do.

Recovery College Charter

Whilst attending the Recovery College you can expect us to:

- Handle your enquiries in a friendly and professional manner.
- Provide a learning environment that is safe and welcoming, where everyone is treated with respect and dignity, and all expertise is valued equally.
- Maintain a focus on learning, rather than treatment or therapy.
- Treat all information shared within the College as confidential.
- Respect and listen to you, and respond to feedback.
- Signpost you to other appropriate sources of support as necessary.

We expect you to:

- Be considerate and respectful to all who use the College.
- Provide us with the information we need to help you get the most from your time at the College.
- Be mindful when sharing information within courses and workshops, and respect the confidentiality of others.
- Attend courses punctually and let us know if you are running late, or cannot attend.



COVID 19 Precautions



- We will have carried out risk assessments on all the venues we use and take all reasonable measures to limit the risk of transmission of the coronavirus.
- Students will be contacted by telephone the day before attendance to ensure that they are well enough to attend the College - for this reason it is **essential** that you provide us with a contact telephone number.
- Students will have their temperatures checked before entering the workshop.
- Students will be required to complete a Covid-19 checklist on the day of the workshop.
- Face-coverings should be worn as per current guidelines and regulations, unless medical exemptions apply.

Please note that these guidelines are subject to change at short notice, and in line with the relevant guidelines and regulations – with your co-operation we can keep each other safe – Thank You.



Course Enrolment

Enrolment for courses and workshops is essential, and there are **four** easy ways to do so:

Telephone: 028 8225 2079

Post: Recovery College Enrolment
Lisnamallard
5b Woodside Avenue
Omagh
Co. Tyrone
BT9 7BP



E-mail: recoverycollege@westerntrust.hscni.net

Online: Download and print a prospectus at:
[https://westerntrust.hscni.net/
service/recovery-services/recovery-college/](https://westerntrust.hscni.net/service/recovery-services/recovery-college/)

Complete the form and return it to us by post or email at the addresses above.

Early enrolment is recommended as courses fill up quickly, and places are allocated on a strictly first come, first served basis. Places will be confirmed approximately 2 weeks before the beginning of each course. Invites for Zoom workshops will be sent out one or two days beforehand.

**Autumn 2022
Prospectus**



OUR COURSES

HOPE • CONTROL • OPPORTUNITY

Chi Me

10 Week Course, **1 Hour** Session - Face to Face

Would you like to improve your strength, flexibility, balance and co-ordination? Then Chi Me may be just for you. Based on Tai Chi, it is low impact and light intensity and suitable for students with all levels of fitness. It has been shown that the slow, flowing movements of Chi Me can help us to relax, and when practiced regularly can improve our mental and emotional wellbeing. This course is facilitated by a Community Coach from Fermanagh and Omagh District Council.

Thursday 29 September, 11.00am - 12.00pm, Fermanagh House, Enniskillen - (No Class Thursday 10 & 17th November)

Coping with Christmas

Single **2 Hour** Session - Face to Face or **1 Hour** via Zoom

Christmas can be one of the most exciting and joyful times of the year. For some though it can be a more challenging time, especially for those of us with mental health difficulties. Others may not have family and friends nearby; are struggling financially; or are dealing with loss. The aim of this workshop is to help participants to think about what their particular concerns around Christmas are, and what steps they might put in place to make the festive season more manageable.

Tuesday 22 November, 10.30am - 12.30pm, Holywell Trust, Derry/Londonderry

Tuesday 22 November, 7.00pm - 8.00pm, Zoom

Wednesday 23 November, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Thursday 24 November, 11.00am - 1.00pm, Melvin Sports Complex, Strabane

Friday 25 November, 10.30am - 12.30pm, Lisnamallard, Omagh



Exploring Our Thoughts

Single **2 Hour** Session - Face to Face

Our thoughts influence our feelings and actions, and automatic thoughts are the thoughts that automatically arise in our minds throughout the day. Often though, we can be completely unaware we are even having thoughts, or be especially unaware of the extent of our negative thinking. This workshop is designed to help us to become more aware of, and to identify patterns in our thinking. In doing so we can decide whether or not our thoughts are valid and helpful, or if they deserve some scrutiny or could be reframed. In this way, our thoughts can come to have a more positive impact on how we feel about ourselves and the world around us.

Monday 26 September, 11.00am - 1.00pm, Roe Valley Arts & Cultural Centre, Limavady

Tuesday 27 September, 10.30am - 12.30pm, Holywell Trust, Derry/Londonderry

Wednesday 28 September, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Thursday 29 September, 11.00am - 1.00pm, Melvin Sports Complex, Strabane

Friday 30 September, 10.30am - 12.30pm, Lisnamallard, Omagh

Food and Mood

Single **2 Hour** Session - Face to Face

This workshop aims to provide an overview of the impact food can have on our mood. You will learn about foods which have proven mood enhancing benefits and how these can easily be included in your daily diet.

Monday 5 December, 11.00am - 1.00pm, Roe Valley Arts & Cultural Centre, Limavady



Getting a Good Night's Sleep

Single **2 Hour** Session - Face to Face or **1 Hour** via Zoom

This workshop is designed to help those who are experiencing difficulty sleeping. Sleep is essential to our general health and wellbeing, and a lack of sleep can lead to difficulties coping with daily life. Participants on this course will be introduced to tips and get advice on how to achieve a better night's sleep.

Tuesday 11 October, 7.00pm - 8.00pm, Zoom

Monday 24 October, 11.00am - 1.00pm, Roe Valley Arts and Cultural Centre, Limavady

Introducing and Exploring Mindfulness

Single **2 Hour** Session - Face to Face

Paying more attention to the present moment, to our feelings, and to the world around us can improve our mental health and emotional wellbeing. This introductory workshop will safely explore what mindfulness is, how it can help your recovery and look at a variety of simple ways to start being more mindful in our daily life, such as guided meditation, being in nature and mindful eating.

Monday 12 December, 11.00am - 1.00pm, Roe Valley Arts and Cultural Centre, Limavady

Joys of Journaling

6 Week Course, **1 ½ Hour** via Zoom

This course is designed as an introduction that explores using journaling as a tool for wellbeing. Participants will learning how to use the 4 key journaling techniques that make up a journaling practice - how to choose and use prompts, mindfulness teachings and guided visualizations. The course is facilitated by a qualified journal therapist.

Thursday 29 September - 3 November, 10.30am - 12.00pm, Zoom



Living Beyond Depression and Low Mood

2 Hour Sessions - Face to Face

Depression can happen to anyone and is more common than people think, one in four of us will experience it at some point in our lives. This workshop explores the strategies and self-management techniques that can be used to help you manage your depression and low mood more effectively. Facilitators will share their own experiences of living with depression, what has helped them in their recovery and signpost to other useful sources of support.

Monday 3 October, 11.00am - 1.00pm, Roe Valley Arts & Cultural Centre, Limavady

Tuesday 4 October, 10.30am - 12.30pm, Holywell Trust, Derry/Londonderry

Wednesday 5 October, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Thursday 6 October, 11.00am - 1.00pm, Melvin Sports Complex, Strabane

Friday 7 October, 10.30am - 12.30pm, Lisnamallard, Omagh

Living Well with Psychosis

3 Week Course, 2 Hour Sessions - Face to Face

The experience of psychosis, for example, hearing voices or having altered perceptions is surprisingly common. In these workshops we will explore what it means to live with a diagnosis of psychosis, what the most common signs and symptoms are, look at treatments and keeping well strategies and hear how people with lived experience manage their psychosis.

Monday 7,14 & 21 November, 11.00am - 1.00pm, Roe Valley Arts and Cultural Centre, Limavady



Looking After You

Single **2 Hour** Session - Face to Face

Being a carer or supporter can be challenging, and sometimes it may impact on your own health and wellbeing. During this session we will explore the caring role, give you the opportunity to share your own experiences and look at some easy and practical strategies that you can use to build your own emotional resilience.

Wednesday 16 November, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Wednesday 23 November, 10.30am - 12.30pm, Lisnamallard, Omagh

Manage Your Panic

Single **2 Hour** Sessions - Face to Face

Everyone experiences feelings of anxiety and panic at certain times in their life. It is a natural response to stressful or dangerous situations. However, for some of us with panic disorder, feelings of anxiety, stress and panic can occur regularly, and at any time for no apparent reason. This workshop aims to help us understand what actually happens when we experience panic; the different forms it can take and explores some coping strategies that might be useful.

Monday 17 October, 11.00am - 1.00pm, Roe Valley Arts & Cultural Centre, Limavady

Tuesday 18 October, 10.30am - 12.30pm, Holywell Trust, Derry/Londonderry

Tuesday 18 October, 7.00pm - 8.00pm, Zoom

Wednesday 19 October, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Thursday 20 October, 11.00am - 1.00pm, Melvin Sports Complex, Strabane

Friday 28 October, 10.30am - 12.30pm, Lisnamallard, Omagh

Menopause Matters

2 Week Course, **2 Hour** Sessions - Face to Face

Whilst the menopause is a natural process that all women experience, it is sometimes approached with trepidation because of common myths and misunderstandings. The purpose of this introductory two week course is to provide students with the necessary information to enable them to manage the physical, mental and emotional changes as best they can, and to make the informed choices about their very personal and unique journey from perimenopause, through menopause and on to the post-menopause stage.

Tuesday 8 & 15 November, 10.30am - 12.30pm, Holywell Trust, Derry/Londonderry

Friday 11 & 18 November, 10.30am - 12.30pm, Lisnamallard, Omagh

Mindfulness Based Stress Reduction

8 Week Course, **2½ Hour** Sessions - Face to Face

The aim of this course is to increase our awareness and to learn to live more fully, responding to situations with choice rather than reacting automatically. We do this by paying attention to all our experiences - bodily sensations, thoughts, moods and emotions and to the small changes within them.

As participants will be working to change unhelpful patterns of mind, they will be asked to invest considerable time and effort. The invitation is therefore to approach these 8 weeks with a spirit of patience and persistence - committing yourself to put the time and effort into the practice whilst accepting with patience that our efforts may not bear fruit straight away. This course will be particularly beneficial to people experiencing stress that is having a significant impact on how they manage day to day.

Fridays 9 September - 28 October, 10.30am - 1.00pm, Holywell Trust, Derry/Londonderry

Money Matters

Single **2 Hour** Sessions - Face to Face, or **1 Hour** via Zoom

Money management is a skill we can all benefit from. This workshop will explore how poor mental health can affect our ability to best manage finances and likewise, when our finances are causing us concern, it can impact on our mental wellbeing. We will introduce some easy tools and tips to help us make the most of our money, such as spending diaries, budgeting and money wheels, and explain where and how to seek further support and information

Monday 10 October, 11.00am - 1.00pm, Roe Valley Arts & Cultural Centre, Limavady

Wednesday 12 October, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Thursday 13 October, 11.00am - 1.00pm, Melvin Sports Complex, Strabane

Friday 14 October, 10.30am - 12.30pm, Lisnamallard, Omagh

Tuesday 25 October, 7.00pm - 8.00pm, Zoom

Printing with Nature

2 Week Course, **3 Hour** Sessions, or 1 Single **2 Hour** Session - Face to Face

Using the simple technique of mono-printing, participants will have the opportunity to express themselves creatively using the many and varied textures, shapes and colours found in natural objects. All materials provided.

Friday 4 & 11 November, 10.30am - 1.30pm, Holywell Trust, Derry/Londonderry

Thursday 3 & 10 November, 10.30am - 1.30pm, Lisnamallard, Omagh

Thursday 17 November, 11.00am - 2.00pm, Melvin Sports Complex, Strabane

Wednesday 7 & 14 December, 10.30am - 1.30pm, Fermanagh House, Enniskillen



Resilience for Carers

Single **2 Hour** Session - Face to Face

Carers and supporters play a vital role in enabling their family member, friend or loved one make the journey to recovery from mental ill-health. This workshop explores how carers can build their resilience to meet the various challenges of the caring role, and put in place simple strategies to maintain their own mental and emotional wellbeing.

Thursday 15 December, 11.00am - 1.00pm, Melvin Sports Complex, Strabane

Therapeutic Parenting

4 Week Course, **2 Hour** Sessions - Face to Face

The pressures of parenting can be felt by us all whether we are caregivers for our own children or others, and across the different age spans the challenges change and test us in many different ways. Whether you are looking to learn how to cope with parenting challenges, or simply want to feel more equipped to parent, then this 4 week course is for you. We will introduce some simple evidence based strategies to help you learn how to best fulfil your role of parent/guardian; learn from the experiences of parents who have struggled with the transition to parenthood; and learn from children who found themselves struggling with poor mental health as they grew into adulthood; and discover what helped them both.

Mondays 7 - 28 November, 1.00pm - 3.00pm, Lisnamallard Omagh



Understanding Disordered Eating

Single **2 Hour** Session - Face to Face

Disordered eating refers to a wide range of eating habits and behaviours, many of which are similar to those that form part of an actual eating disorder. This workshop will help participants understand how disordered eating compares to an eating disorder; how disordered eating can impact a person's wellbeing and explore what treatment and support options are available.

Thursday 8 December, 11.00am - 1.00pm, Melvin Sports Complex, Strabane

Understanding Hoarding

2 Week Course, **2 Hour** Sessions - Face to Face, or **1 Hour** via Zoom

Hoarding is a condition where a person has a tendency to collect and save things excessively and has difficulty in getting rid of items. All this stuff can get in the way to the extent that it causes disruption to a person's everyday life, space and often causes distress. There is no single reason why individuals hoard.

On this two day course, we aim to bring a level of understanding about the causes and impact of hoarding behaviours. We will also explore and discuss some strategies, techniques and resources for people who might be hoping to make changes in their home and life. This course will also be helpful for individuals who wish to know more about this condition in order to support others.

Tuesday 6 & 13 December, 10.30am - 12.30pm, Holywell Trust, Derry/Londonderry

Tuesday 6 December, 7.00pm - 8.00pm, Zoom

Friday 9 & 16 December, 10.30am - 12.30pm, Lisnamallard, Omagh

Understanding Medication

Single **2 Hour** Session - Face to Face

Understanding how medication works and why it has been prescribed for us can enable us to use them most effectively, for both the benefit of our recovery and maintaining our mental health and wellbeing. The aim of this workshop is to give us the opportunity to learn more about the types of medication that are commonly prescribed for various mental health conditions. WHSCT Mental Health Pharmacists will be there to answer participant's questions, and to guide us to reliable and easily accessible sources of information.

Friday 21 October, 10.30am - 12.30pm, Lisnamallard, Omagh

Tuesday 25 October, 10.30am - 12.30pm, Holywell Trust,
Derry/Londonderry

Thursday 10 November, 11.00am - 1.00pm, Melvin Sports Complex,
Strabane

Understanding Obsessive Compulsive Disorder

Single **2 Hour** Session - Face to Face, or **1 Hour** via Zoom

Obsessive Compulsive Disorder (OCD) is a common anxiety disorder, and there are lots of different types of compulsions. At its worst, OCD can be extremely debilitating. In this workshop we will explore the signs and symptoms of the condition, what treatment options are available, and also hear from those who have their own lived experience of OCD.

Monday 28 November, 11.00am - 1.00pm, Roe Valley Arts & Cultural
Centre, Limavady

Tuesday 29 November, 10.30am - 12.30pm, Holywell Trust,
Derry/Londonderry

Tuesday 29 November, 7.00pm - 8.00pm, Zoom

Wednesday 30 November, 10.30am - 12.30pm, Fermanagh House,
Enniskillen

Thursday 1 December, 11.00am - 1.00pm, Melvin Sports Complex,
Strabane

Friday 2 December, 10.30am - 12.30pm, Lisnamallard, Omagh



Understanding Schizoaffective Disorder

Single **2 Hour** Session - Face to Face

Schizoaffective disorder is a condition where symptoms of both psychotic and mood disorders are present together during one episode, or within a two week period of each other. In this short session we will explore the most common symptoms, and look at the self-care strategies and available treatments that help people to manage and live with a diagnosis of schizoaffective disorder..

Tuesday 11 October, 10.30am - 12.30pm, Holywell Trust,
Derry/Londonderry

Wednesday 26 October, 10.30am - 12.30pm, Fermanagh House,
Enniskillen

Thursday 27 October, 11.00am - 1.00pm, Melvin Sports Complex,
Strabane

Understanding the Experience of Hearing Voices

Single **2 Hour** Session - Face to Face, or **1 Hour** via Zoom

Hearing voices is more common than many people realise. This workshop will help us to understand more about the experience, and will explore what hearing voices might mean for you or for someone you care for or support. Many people live with voices that have little impact on their lives, but for others it can be very distressing, and so we will also look at strategies that others have found helpful in managing hearing voices.

Thursday 3 November, 11.00am - 1.00pm, Melvin Sports Complex,
Strabane

Friday 4 November, 10.30am - 12.30pm, Lisnamallard, Omagh

Tuesday 8 November, 7.00pm - 8.00pm, Zoom



Understanding Trauma

Single **1 Hour** Session - via Zoom

Post-traumatic stress disorder (PTSD) may emerge months or sometimes years after a traumatic experience, affecting your ability to lead your life as you would like. This introductory course aims to provide participants with an understanding of the causes and the symptoms of trauma and tells you what help is available in the Western Trust area, and how to access it.

Please note that this course is not intended to replace trauma therapy.

Tuesday 15 November, 7.00pm - 8.00pm, Zoom

Walking to Wellness

Omagh: 12 Weeks - Ongoing Drop-In-Group, **1 Hour** Sessions

Strabane: 9 Weeks - Ongoing Drop-In Group, **1 Hour** Sessions

Exercise has proven benefits not only for our physical health but our mental health as well. Walking is a great low impact activity and this walking group is suitable for all people with all levels of fitness. It's a weight bearing exercise so great for muscle and bone strength as well as heart health, is a great stress reliever and can boost your mood. Walks will be led by a qualified Community Coach from the District Council We would love you to join us for a stroll, take the opportunity and time to notice the changing seasons, and to connect with others in a relaxed and friendly group. On days when the weather is not suitable for walking we have the option of taking part in an alternative low impact physical activity indoors. Walkers are welcome at any stage of the term, the group meets at the Recovery College or Melvin Sports Centre at 11am and returns by 12noon.

Thursdays 29 September to 15 December, 11.00am - 12.00pm,
Lisnamallard, Omagh

Wednesdays 5 October to 30 November, 11.00am - 12.00pm,
Melvin Sports Complex, Strabane

Wellness Recovery Action Plain (WRAP)

2 Full Days - Face to Face

WRAP is a simple, evidence based self-management tool, designed to help people better understand and manage their wellbeing and recovery. It is for anyone who wants to create positive change in the way they feel and increase their enjoyment in life. On this two day interactive course, we will look at the everyday things that help keep us well and that increase our feelings of hopefulness, and improve our quality of life. We will also explore personal triggers and early warning signs; how to make plans to help ourselves; and when to seek support – all of which will empower us to feel more in control of our mental health and emotional wellbeing.

Wednesday 2 & 9 November, 10.00am - 4.00pm, Fermanagh House, Enniskillen

Thursday 24 November & 1 December, 10.00am - 4.00pm, Lisnamallard, Omagh

Wednesday 7 & 14 December, 10.00am - 4.00pm, Holywell Trust, Derry/Londonderry





COURSES AT A GLANCE

HOPE • CONTROL • OPPORTUNITY

Derry/Londonderry - Holywell Trust

Mindfulness Based Stress Reduction

Friday 9 September - 28 October, 10.30am - 1.00pm

Exploring Our Thoughts

Tuesday 27 September, 10.30am - 12.30pm

Living Beyond Depression and Low Mood

Tuesday 4 October, 10.30am - 12.30pm

Understanding Schizoaffective Disorder

Tuesday 11 October, 10.30am - 12.30pm

Manage Your Panic

Tuesday 18 October, 10.30am - 12.30pm

Understanding Medication

Tuesday 25 October, 10.30am - 12.30pm

Printing with Nature

Friday 4 & 11 November, 10.30am - 1.30pm

Menopause Matters

Tuesday 8 & 15 November, 10.30am - 12.30pm

Coping with Christmas

Tuesday 22 November, 10.30am - 12.30pm

Understanding Obsessive Compulsive Disorder

Tuesday 29 November, 10.30am - 12.30pm

Understanding Hoarding

Tuesday 6 & 13 December, 10.30am - 12.30pm

Wellness Recovery Action Plan

Wednesday 7 & 14 December, 10.00am - 4.00pm



Enniskillen - Fermanagh House

Exploring Our Thoughts

Wednesday 28 September, 10.30am - 12.30pm

Chi Me

Thursday 29 September - 15 December, 11.00am - 12.00pm

Living Beyond Depression and Low Mood

Wednesday 5 October, 10.30am - 12.30pm

Money Matters

Wednesday 12 October, 10.30am - 12.30pm

Manage Your Panic

Wednesday 19 October, 10.30am - 12.30pm

Understanding Schizoaffective Disorder

Wednesday 26 October, 10.30am - 12.30pm

Wellness Recovery Action Plan

Wednesday 2 & 9 November, 10.00am - 4.00pm

Looking After You

Wednesday 16 November, 10.30am - 12.30pm

Coping with Christmas

Wednesday 23 November, 10.30am - 12.30pm

Understanding Obsessive Compulsive Disorder

Wednesday 30 November, 10.30am - 12.30pm

Printing with Nature

Wednesday 7 & 14 December, 10.30am - 1.30pm

Limavady - Roe Valley Arts & Cultural Centre

Exploring Our Thoughts

Monday 26 September, 11.00am - 1.00pm

Living Beyond Depression and Low Mood

Monday 3 October, 11.00am - 1.00pm

Money Matters

Monday 10 October, 11.00am - 1.00pm

Manage Your Panic

Monday 17 October, 11.00am - 1.00pm

Getting a Good Night's Sleep

Monday 24 October, 11.00am - 1.00pm

Understanding Obsessive Compulsive Disorder

Monday 28 November, 11.00am - 1.00pm

Living Well with Psychosis

Monday 7,14 & 21 November, 11.00am - 1.00pm

Food and Mood

Monday 5 December, 11.00am - 1.00pm

Introducing and Exploring Mindfulness

Monday 12 December, 11.00am - 1.00pm

Omagh - Lisnamallard

Exploring Our Thoughts

Friday 30 September, 10.30am - 12.30pm

Living Beyond Depression and Low Mood

Friday 7 October, 10.30am - 12.30pm

Money Matters

Friday 14 October, 10.30am - 12.30pm

Understanding Medication

Friday 21 October, 10.30am - 12.30pm

Manage Your Panic

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Thursday 3 & 10 November, 10.30am - 1.30pm

Understanding the Experience of Hearing Voices

Friday 4 November, 10.30am - 12.30pm

Therapeutic Parenting

Mondays 7 - 28 November, 1.00pm - 3.00pm

Menopause Matters

Friday 11 & 18 November, 10.30am - 12.30pm

Looking After You

Wednesday 23 November, 10.30am - 12.30pm

Wellness Recovery Action Plan

Thursday 24 November & 1 December, 10.00am - 4.00pm

Coping with Christmas

Friday 25 November, 10.30am - 12.30pm

Understanding Obsessive Compulsive Disorder

Friday 2 December, 10.30am - 12.30pm

Understanding Hoarding

Friday 9 & 16 December, 10.30am - 12.30pm



Strabane - Melvin Sports Complex

Exploring Our Thoughts

Thursday 29 September, 11.00am - 1.00pm

Living Beyond Depression and Low Mood

Thursday 6 October, 11.00am - 1.00pm

Money Matters

Thursday 13 October, 11.00am - 1.00pm

Manage Your Panic

Thursday 20 October, 11.00am - 1.00pm

Understanding Schizoaffective Disorder

Thursday 27 October, 11.00am - 1.00pm

Understanding The Experience of Hearing Voices

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Understanding Medication

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Coping with Christmas

Thursday 24 November, 11.00am - 1.00pm

Understanding Obsessive Compulsive Disorder

Thursday 1 December, 11.00am - 1.00pm

Understanding Disordered Eating

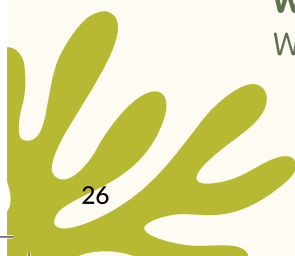
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Resilience For Carers

Thursday 15 December, 11.00am - 1.00pm

Walking to Wellness - Ongoing Drop-in-Group

Wednesday 5 October - 30 November, 11.00am - 12.00pm



Zoom

Joys of Journaling

Thursday 29 September - 3 November, 10.30am - 12.00pm

Getting a Good Night's Sleep

Tuesday 11 October, 7.00pm - 8.00pm

Manage Your Panic

Tuesday 18 October, 7.00pm - 8.00pm

Money Matters

Tuesday 25 October, 7.00pm - 8.00pm

Understanding The Experience of Hearing Voices

Tuesday 8 November, 7.00pm - 8.00pm

Understanding Trauma

Tuesday 15 November, 7.00pm - 8.00pm

Coping with Christmas

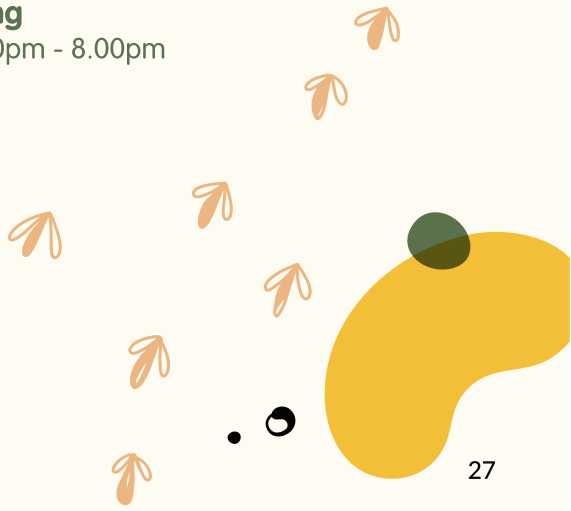
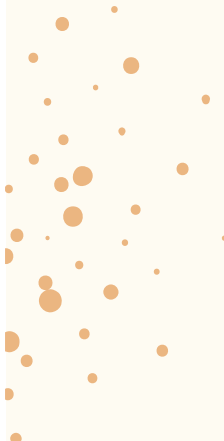
Tuesday 22 November, 7.00pm - 8.00pm

Understanding Obsessive Compulsive Disorder

Tuesday 29 November, 7.00pm - 8.00pm

Understanding Hoarding

Tuesday 6 December, 7.00pm - 8.00pm



Venues

Derry/Londonderry

Holywell Trust
10-14 Bishop Street
Co Londonderry
BT48 6PW

Enniskillen

Fermanagh House
Broadmeadow Place
Enniskillen
Co Fermanagh
BT74 7HR

Omagh

Recovery College
Lisnamallard
5b Woodside Avenue
Omagh
Co Tyrone
BT79 7BP

Strabane

Melvin Sports Complex
Melvin Road
Strabane
Co Tyrone
BT82 9PP

Limavady

Roe Valley Arts and Cultural Centre
24 Main Street
Limavady
Co Londonderry
BT49 0FJ



NOTES

NOTES

WHSCT Recovery College Enrolment Form

Forename

Surname

Address

Postcode

Telephone No.

Email

Date of Birth

Gender Female Male Non Binary



Courses you would like to attend

Course Title

Venue

Course Title	Venue

Please tell us whether you are (tick all that apply)

Person with lived experience Health Professional
Carer/Supporter (including Family & Friends)
Student Prefer not to say Other

How did you hear about the WHSCT Recovery College

I am a Previous Student GP
Mental Health Professional Other Health Professional
Community/Voluntary Service Family/Friends
Social Media/Local Press Leaflet/Poster/Prospectus



Please also let us know if there are any reasonable adjustments required to facilitate your attendance at the College. We will make every effort to support your needs.

Signature

Date

Please note: Under UK GDPR Legislation, by enrolling with the WHSCT Recover College you are agreeing to us holding your personal information. It will not be used for any reason other than for the purpose of running the College, will be securely stored and securely disposed of after ten years.





HOPE • CONTROL • OPPORTUNITY

RECOVERY COLLEGE

Lisnamallard
5b Woodside Avenue
Omagh
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Western Health
and Social Care Trust



Public Health
Agency

Project supported by the PHA