

Spring 2022
Prospectus



RECOVERY COLLEGE

HOPE • CONTROL • OPPORTUNITY



Western Health
and Social Care Trust



A Message From our College Co-ordinator



Hello, and welcome to what we hope will be an exciting Spring 2022 term at the WHSCT Recovery College. As always, our courses are free and open to everyone with an interest in mental health - whether you have a diagnosis of a mental health issue or not; are a carer or supporter; staff; student; or simply want to know how to look after your mental health and emotional wellbeing. All of our courses are written and delivered by people with lived experience of the topic along with staff who work in that area so students get the best of both worlds i.e. the theory and the practice

We constantly strive to be responsive to our students needs and are really glad to be able to introduce new and adapted courses based on their feedback. This term we are running extended versions of Understanding Trauma, Living Well with Psychosis, and Living With and Managing Anxiety as people felt it would be better to explore these subjects over a number of weeks.

The coming months will see big changes for both the College and for myself personally - this will be my last term as Co-Ordinator. I am very much looking forward to my retirement after a long career in mental health, content in the knowledge that the Recovery College is certain to go from strength to strength with the imminent appointment of 3 new Peer Educators and a new Co-Ordinator. I will of course miss the many volunteer peer educators, staff and students it has been my privilege to meet and work with over the last eight years, and know that this way of doing things - recognising the inherent value in everyone's experience, and believing in everyone's potential for a meaningful recovery - has the ability to transform lives and I wish everyone at the college continued success on their journeys.

Olive Young
Recovery College Co-Ordinator



Meet the Team



As always new beginnings bring with them a certain amount of excitement and anticipation of what's ahead. Change, progress and steps backwards, sideways and forward again are all part of life and learning - we're all here to support you on your journey towards recovery and better mental health.

Bernadette Donaghy
Lead Peer Educator



I'm looking forward to the start of another term, and meeting our students - familiar faces and new.

Clare Johnson
Recovery College Administrator

A special mention must go to the dedicated volunteers – our experts by experience, some of whom work behind the scenes, and the others who co-facilitate workshops and share their own lived experience of mental health issues – and of course, all the WHSCT staff who also contribute their time and knowledge.

We very much appreciate everything you all 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.
- 

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
BT79 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.

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.
- We are unable to provide refreshments at this time, but you are welcome to bring your own, and there will be a break during each workshop.



Spring 2022
Prospectus



OUR COURSES

HOPE • CONTROL • OPPORTUNITY



Building Connections

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

Research shows that having supportive relationships has many benefits including helping us to live longer and happier lives with fewer mental health problems. Having close, positive relationships can give us a purpose and sense of belonging, and most of us have become more aware of the importance of our connections to other people over the last while. This workshop will look at how to build and maintain positive and supportive relationships whether that's in a world of social distancing or when current restrictions have eased.

Monday 9 May, 2.00pm - 4.00pm, Lisnamallard, Omagh

Tuesday 10 May, 10.30am - 12.30pm, Holywell Trust, Derry/Londonderry

Thursday 12 May, 11.00am - 1.00pm, Melvin Sports Complex, Strabane

Finding Your Voice

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

Being able to express ourselves is key to recovery and to managing our mental and emotional wellbeing, but it can be a skill that many of us find challenging. However, when you are able to advocate for yourself and have your needs met, it can improve your confidence and resilience. This workshop explores how to become more confident about communicating who you are and what you need.

Monday 16 May, 2.00pm - 4.00pm, Lisnamallard, Omagh

Tuesday 17 May, 10.30am - 12.30pm, Holywell Trust, Derry/Londonderry

Wednesday 18 May, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Thursday 19 May, 11.00am - 1.00pm, Melvin Sports Complex, Strabane

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 currently 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.

Monday 28 February, 2.00pm - 4.00pm, Lisnamallard, Omagh

Tuesday 1 March, 10.30am - 12.30pm, Holywell Trust, Derry/Londonderry

Wednesday 2 March, 10.30am - 12.30pm, Fermanagh House, Enniskillen

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

Tuesday 5 April, 7.00am - 8.00pm, Zoom



Journaling for Wellness

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

Many people find that the practice of keeping a journal is a key aspect of their recovery - it helps them to process their thoughts and feelings. Others use it as one of the ways they maintain their emotional wellbeing. In this workshop you will be introduced to some simple journaling techniques and explore how to use journaling effectively and positively.

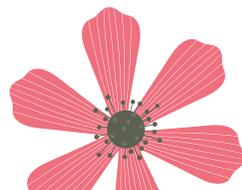
Monday 7 March, 2.00pm - 4.00pm, Lisnamallard, Omagh

Tuesday 8 March, 10.30am - 12.30pm, Holywell Trust, Derry/Londonderry

Tuesday 8 March, 7.00pm - 8.00pm, Zoom

Wednesday 9 March, 10.30am - 12.30pm, Fermanagh House, Enniskillen

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



Learning to Like Yourself

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

Having feelings of low self-worth can negatively impact our mental health and emotional wellbeing. Learning how to improve our self-esteem is an important aspect of resiliency and recovery. In this session we will explore some potential causes of low self-esteem and look at how you might begin to build and maintain a more positive view of yourself.

Monday 23 May, 2.00pm - 4.00pm, Lisnamallard, Omagh

Tuesday 24 May, 10.30am - 12.30pm, Holywell Trust, Derry/Londonderry

Wednesday 25 May, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Thursday 26 May, 11.00am - 1.00pm, Melvin Sports Complex, Strabane

Living Beyond Depression and Low Mood

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

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 25 April, 2.00pm - 4.00pm, Lisnamallard, Omagh

Tuesday 26 April, 10.30am - 12.30pm, Holywell Trust, Derry/Londonderry

Tuesday 26 April, 7.00pm - 8.00pm, Zoom

Thursday 28 April, 11.00am - 1.00pm, Melvin Sports Complex, Strabane



Living Well With Bipolar

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

This short workshop is for those people who have a diagnosis of bipolar disorder (also known as bipolar affective disorder or manic depression) and their family, friends and other supporters. It aims to help participants gain a better understanding of what bipolar disorder is, and help you to develop strategies to manage the fluctuating nature of the condition (the high and low episodes). Participants will also hear facilitators own personal lived experience of bipolar and how they stay well.

Monday 14 March, 2.00pm - 4.00pm, Lisnamallard, Omagh

Tuesday 15 March, 10.30am - 12.30pm, Holywell Trust,
Derry/Londonderry

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

Thursday 5 May, 11.00am - 1.00pm, Melvin Sports Complex, Strabane

Tuesday 22 March, 7.00pm - 8.00pm, Zoom

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.

Wednesday 4 - 18 May, 10.30am - 12.30pm, Holywell Trust,
Derry/Londonderry



Living With and Managing Anxiety

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

Anxiety is a normal part of everyday life but it becomes a problem when it is frequent, overwhelming and stops us doing the things we would like to be able to do. During these sessions we will explore the links between our thoughts, feelings and behaviours, and offer some simple strategies to help you better understand and manage your anxiety.

Monday 21 & 28 March, 2pm - 4pm, Lisnamallard, Omagh

Wednesday 23 & 30 March, 10.30am - 12.30pm, Fermanagh House, Enniskillen

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.

Monday 13 June, 2pm - 4pm, Lisnamallard, Omagh

Wednesday 15 June, 10.30am - 12.30pm, Fermanagh House, Enniskillen



Low Impact Circuit Training

8 Week Course, **1 Hour** Sessions - Face to Face

One of the 5 Ways to Wellbeing is to be active and we are offering this low impact circuit training as an easy and enjoyable introduction to exercise. By the end of the 8 weeks you should notice improvements in your strength and stamina and will have improved your cardiovascular health as well all without straining your joints. Research shows that regular exercise can boost your mood if you are experiencing depression or low mood, and can be a great stress reliever. The course will be led by one of Fermanagh and Omagh District Council's qualified Community Coaches.

Please note there will be no session on Tuesday 17th May.

Tuesday 5 April - 31 May, 11.00am - 12.00pm, Fermanagh House, Enniskillen

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.

Friday 4 March - 22 April, 10.30am - 1.00pm Holywell Trust, Derry/Londonderry



Printing with Nature

Single **3 Hour** Session - Face to Face

Using the simple technique of gel-printing, participants will have the opportunity to express themselves creatively using the many textures, shapes and colours found in natural objects. All materials provided. Please note that the gel plate used is manufactured from non-animal ingredients and suitable for use by vegans.

Date to be confirmed, Melvin Sports Complex, Strabane

Friday 13 May, 10.30am - 1.30pm, Fermanagh House, Enniskillen

Friday 20 May, 10.30am - 1.30pm, Lisnamallard, Omagh

Friday 26 May, 10.30am - 1.30pm, Holywell Trust, Derry/Londonderry

Recovery through Activity

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

Many people find that planning and structuring their day helps them to gain a sense of control and makes it easier to accomplish what they want out of each day. Living with a mental health problem can often have an impact on our day to day life, making even simple daily tasks a bit more difficult, including doing those things that we enjoy and that help us to feel better. This workshop will introduce us to wellness tools, how to use them, and help us to identify where we can make changes in order to maintain and improve our mental health and emotional wellbeing.

Tuesday 24 May, 7.00pm - 8.00pm, Zoom

Thursday 21 April, 11.00am - 1.00pm, Melvin Sports Complex, Strabane



Towards Wellness and Recovery

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

It can seem like a challenge to live with mental ill-health or a diagnosis, and likewise, the pressures of modern life can put a strain on our emotional health and wellbeing. Whether you are looking to cope with a specific mental health issue, or simply want to feel more positive then this 4 week course is for you. We will introduce some simple evidence based strategies that can help you learn how to best support your wellness and/or recovery.

Wednesday 6 April - 27 April, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Understanding Anxiety

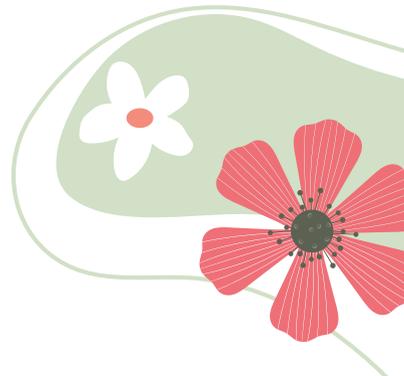
Single **2 Hour** Session - Face to Face or **1 Hour** via Zoom

Anxiety is a normal reaction to stressful events or changes, but for some people it can become a problem that affects their day to day life. This introductory session aims to provide you with an understanding of what anxiety is, some common causes and symptoms and explores simple ways to deal with its effects.

Tuesday 15 March, 7.00pm - 8.00pm, Zoom

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

Thursday 24 March, 11.00am - 12.30pm, Melvin Sports Complex, Strabane



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.

Tuesday 3 May, 10.30am - 12.30pm, Holywell Trust, Derry/Londonderry

Understanding Schizoaffective Disorder

Single **1 Hour** Session - via Zoom

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 31 May, 7.00pm - 8.00pm, Zoom



Understanding Trauma

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

Trauma is a term used to describe the impact on an individual when an event or series of events, is experienced as deeply distressing or disturbing and has lasting adverse effects on that person. Post-traumatic stress disorder (PTSD) is a debilitating anxiety disorder which can result from exposure to a traumatic event or series of events and may emerge months or sometimes years after a traumatic experience. These introductory sessions aim to provide participants with an understanding of the causes and symptoms of trauma, what help is available and how to access it and to provide participants with some practical techniques to manage some of the distressing symptoms that may occur following exposure to trauma.

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

Wednesday 4 May & 11 May, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Tuesday 17 May, 7.00pm - 8.00pm, Zoom

Tuesday 31 May & 7 June, 10.30am - 12.30pm, Holywell Trust, Derry/Londonderry

Walking to Wellness

11 Weeks, 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 one of Fermanagh and Omagh District Council's qualified Community Coaches. 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.

Monday 4 April - 27 June (Except Bank Holidays), 11.00am - 12.00pm,
Lisnamallard, Omagh

Wellness Recovery Action Plan (WRAP)

2 Full Days - Face to Face

WRAP is a simple, 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 how to make the most of our strengths and resources. We will also explore personal triggers and warning signs, how to make plans to help ourselves and when to seek support.

Tuesday 5 April and 12 April, 10.00am - 4.00pm, Holywell Trust,
Derry/Londonderry

Thursday 7 April and 14 April, 10.00am - 4.00pm, Melvin Sports
Complex, Strabane

Monday 30 May and 6 June, 10.00am - 4.00pm, Lisnamallard, Omagh

Wednesday 1 June and 8 June, 10.00am - 4.00pm, Fermanagh House,
Enniskillen



COURSES AT A GLANCE

HOPE • CONTROL • OPPORTUNITY



Derry/Londonderry - Holywell Trust

Building Connections

Tuesday 10 May, 10.30am - 12.30pm

Finding Your Voice

Tuesday 17 May, 10.30am - 12.30pm

Getting a Good Night's Sleep

Tuesday 1 March, 10.30am - 12.30pm

Journaling for Wellness

Tuesday 8 March, 10.30am - 12.30pm

Learning to Like Yourself

Tuesday 24 May, 10.30am - 12.30pm

Living Beyond Depression and Low Mood

Tuesday 26 April, 10.30am - 12.30pm

Living Well with Bipolar

Tuesday 15 March, 10.30am - 12.30pm

Living Well with Psychosis

Wednesdays 4 - 18 May, 10.30am - 12.30pm

Mindfulness Based Stress Reduction

Friday 4 March - Friday 22 April, 10.30am - 1.00pm

Printing with Nature

Friday 27 May, 10.30am - 1.30pm

Understanding Anxiety

Tuesday 22 March, 10.30am - 12.30pm

Understanding Disordered Eating

Tuesday 3 May, 10.30am - 12.30pm

Wellness Recovery Action Plan (WRAP)

Tuesday 5 & Tuesday 12 April, 10.00am - 4.00pm



Enniskillen - Fermanagh House

Finding Your Voice

Wednesday 18 May, 10.30am - 12.30pm

Getting a Good Night's Sleep

Wednesday 2 March, 10.30am - 12.30pm

Journaling for Wellness

Wednesday 9 March, 10.30am - 12.30pm

Learning to Like Yourself

Wednesday 25 May, 10.30am - 12.30pm

Living Well with Bipolar

Wednesday 16 March, 10.30am - 12.30pm

Living with and Managing Anxiety

Wednesday 23 & Wednesday 30 March, 10.30am - 12.30pm

Looking After You

Wednesday 15 June, 10.30am - 12.30pm

Low Impact Circuit Training

Tuesday 5 April - Tuesday 31 May, 11.00am - 12.00pm

Printing with Nature

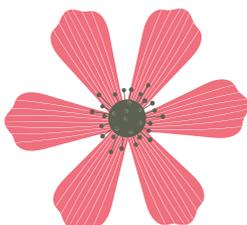
Friday 13 May, 10.30am - 1.30pm

Towards Wellness and Recovery

Wednesday 6 - Wednesday 27 April, 10.30am - 12.30pm

Wellness Recovery Action Plan (WRAP)

Wednesday 1 & Wednesday 8 June, 10.00am - 4.00pm





Omagh - Lisnamallard

Building Connections

Monday 9 May, 2.00pm - 4.00pm

Finding Your Voice

Monday 16 May, 2.00pm - 4.00pm

Getting a Good Night's Sleep

Monday 28 February, 2.00pm - 4.00pm

Journaling for Wellness

Monday 7 March, 2.00pm - 4.00pm

Learning to Like Yourself

Monday 23 May, 2.00pm - 4.00pm

Living Beyond Depression and Low Mood

Monday 25 April, 2.00pm - 4.00pm

Living Well With Bipolar

Monday 14 March, 2.00pm - 4.00pm

Living With and Managing Anxiety

Monday 21 & Monday 28 March, 2.00pm - 4.00pm

Looking After You

Monday 13 June, 2.00pm - 4.00pm

Printing with Nature

Friday 20 May, 10.30am - 1.30pm

Walking to Wellness

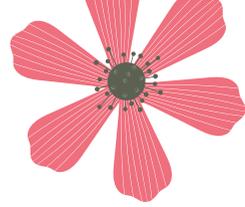
Mondays 4 April - 27 June (Except Bank Holidays),
11.00am - 12.00pm

Wellness Recovery Action Plan (WRAP)

Monday 30 May & Monday 6 June, 10.00am - 4.00pm



Strabane - Melvin Sports Complex



Building Connections

Thursday 12 May, 11.00am - 1.00pm

Finding Your Voice

Thursday 19 May, 11.00am - 1.00pm

Getting a Good Night's Sleep

Thursday 3 March, 11.00am - 1.00pm

Journaling for Wellness

Thursday 10 March, 11.00am - 1.00pm

Learning to Like Yourself

Thursday 26 May, 11.00am - 1.00pm

Living Beyond Depression and Low Mood

Thursday 28 April, 11.00am - 1.00pm

Living Well With Bipolar

Thursday 5 May, 11.00am - 1.00pm

Printing with Nature

Date to be confirmed

Recovery through Activity

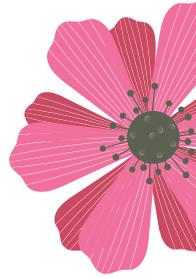
Thursday 2 June, 11.00am - 1.00pm

Understanding Anxiety

Thursday 24 March, 11.00am - 12.30pm

Wellness Recovery Action Plan (WRAP)

Thursday 7 April & Thursday 14 April, 10.00am - 4.00pm



Zoom

Getting a Good Night's Sleep

Tuesday 5 April, 7.00pm - 8.00pm

Journaling for Wellness

Tuesday 8 March, 7.00pm - 8.00pm

Living Beyond Depression and Low Mood

Tuesday 26 April, 7.00pm - 8.00pm

Living Well With Bipolar

Tuesday 22 March, 7.00pm - 8.00pm

Recovery through Activity

Tuesday 24 May, 7.00pm - 8.00pm

Understanding Anxiety

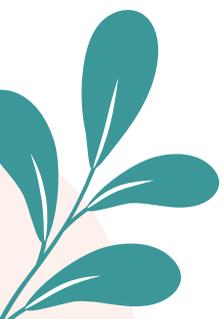
Tuesday 15 March, 7.00pm - 8.00pm

Understanding Schizoaffective Disorder

Tuesday 31 May, 7.00pm - 8.00pm

Understanding Trauma

Tuesday 17 May, 7.00pm - 8.00pm



Venues

Derry/Londonderry

Holywell Trust
10-14 Bishop Street
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



WHSCT Recovery College Enrolment Form



Forename:

Surname:

Address:

Town: Post Code:

Telephone No:

Email:

Date of Birth:

Gender (Please Tick): Male Female Non-defined

Please indicate your preferred method of contact (Please tick):

Email: Mobile: Post:

WHICH COURSES DO YOU WISH TO ATTEND

Course Title	Venue
<input type="text"/>	<input type="text"/>

WHST Recovery College Enrolment Form

PLEASE TELL US WHETHER YOU ARE (Please tick):

Person with Lived Experience:

Health Professional:

Carer/Supporter (including Family & Friends):

Prefer not to say: Other:

HOW DID YOU HEAR ABOUT THE RECOVERY COLLEGE (Please Tick):

GP:

Mental Health Professional:

Community/Voluntary Service:

Social Media:

Family/Friends:

Leaflet/Poster /Prospectus:

Previous Student:

Other Health Professional:

Please also let us know if there any reasonable adjustments (i.e. disability related) required in facilitating your attendance. We will make every effort to support your needs.

PLEASE NOTE: Under GDPR Legislation, by enrolling with the WHST Recovery College you are agreeing to us holding your personal information. It will be securely disposed of after ten years and not used for any other reason other than for the purpose of running the College.

Signature:

Date:





