Autumn 2023 Prospectus

DISCOVERY RECOVERY

RECOVERY COLLEGE

HOPE • CONTROL • OPPORTUNITY

Western Health and Social Care Trust

About the WHSCT Recovery College

We all have mental health and the WHSCT Recovery College was set up to provide educational workshops that give everyone the opportunity to learn how to look after and manage their mental health and emotional wellbeing.

- The College is free and open to everyone in our community – whether you have a diagnosis of a mental health issue or not; if you work in mental health or are a student; are a carer or supporter; or simply want to know how to look after your mental health and emotional wellbeing.

- We provide workshops that have been co-designed and are co-facilitated by people with the lived experience of the topic alongside health professionals who work in that area, so a broad perspective and understanding is offered.

- Workshops are about learning and are not intended to replace therapy. They are friendly and informal, and students can participate as much or as little as they feel comfortable with.

- We operate a self-referral policy. Staff, carers and supporters are encouraged to sign-post potential students to the College, but students themselves must decide what workshops they are interested in attending.

- Students can enrol on as many or as few workshops as they wish and places are allocated on a first come, first served basis.

A Message From our College Co-ordinator

Hello and welcome to what we hope will be an exciting Autumn 2023 WHSCT Recovery College Prospectus. We welcome everyone to our free mental health and wellbeing education and learning programmes. We have a full timetable of courses and workshops, both face-to-face and online throughout the Trust Area. We continue to offer on-line courses, now through TEAMS as it offers flexibility and provides an outreach service to people unable to travel or able to meet face-to-face.

Valuing the combined lived experience of mental health and professional knowledge, we co-produce and co-facilitate our courses which provides a collective wealth of knowledge, understanding and experience. An important aspect of our work is to try to reduce the stigma of mental ill-health and to do away with any 'them' and 'us' attitudes.

We appreciate all those individuals who give their time, experience, knowledge, and skills to the College; whose passion and dedication are evident and who share the messages of recovery – hope, control and opportunity.

We really appreciate the effort and motivation that is required to attend the College and we endeavour to make our workshops friendly and informal, where we support and learn from each other. All of us at the College are looking forward to meeting our new students and welcoming back familiar faces – we hope that this new term will be one of learning, growth and of course fun.

The theme of this term is **self-compassion**. It's a more recent idea, we are hearing more about and sometimes people worry that it might be considered a form of selfishness, self-pity or weakness. When in fact, self-compassion is the way of relating to who we are with kindness, understanding and acceptance - especially when we 'feel we have failed or feel inadequate'.

You will see that workshops build on the many strategies and skills for cultivating emotional growth and resilience – Finding your Voice, Journaling and even mindful, creative workshops such as Printing with Nature.

Yvonne Cairns

Recovery College Co-Ordinator

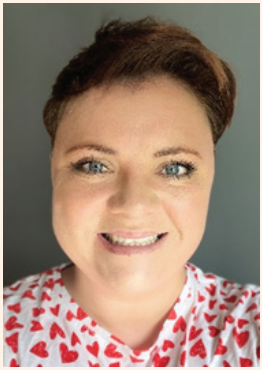
Meet the Team

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

Hi, once again I am delighted to say how wonderful it is to be working with the Recovery College, I would encourage you to come along as it is a wonderful opportunity for us to learn and gain some understanding in various areas of Mental Health. I highly recommend our courses as they may help in our recovery journey.

Dermot Brady
Peer Educator



Hi, I just wanted to say a welcome to new students and welcome back to those who have been with us before!
I hope you enjoy browsing the autumn prospectus and I really hope you join us at the courses, the best part is the learning from each other!

Joanne McMaster
Peer Educator

Meet the Team

Hi everyone, I am delighted to have joined the team here at the Recovery College. With my first term over, I can honestly say it has been a pleasure. All the workshops are about learning in a relaxed and friendly atmosphere, where everyone's knowledge and experience is valued. Our health is our wealth and we have so many wonderful courses that can help us to achieve this. I have enjoyed meeting you all and look forward to welcoming you back this coming term.

Christine Devine
Peer Educator

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

Clare Johnson
Recovery College Adminstrator

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, professional and timely manner
- Treat all information shared with the College as confidential and in adherence with Data Protection legislation
- 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
- Respect and listen to you, and to value 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 punctually and let us know if you are running late – venues are booked for specific times and it is not always possible to stay on, even if the beginning of a workshop was delayed to accommodate latecomers.
- Let us know if you cannot attend – workshop numbers are limited and we can offer your place to someone else

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/

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

Students can enrol on any course up to the day before it runs, although early enrolment is recommended as some courses fill up quickly, and places are allocated on a strictly first come, first served basis.

Online Courses

We use the free Microsoft TEAMS app to deliver our online workshops, which run on **Tuesday evenings, 7pm – 8pm.**

We send the invitation email with a link to each online workshop on Friday, or by Monday afternoons at the latest. If you have not received your link by then please get in touch.

The invitation emails will contain simple instructions on how to access each online workshop.

We would encourage students to practice using TEAMS in advance, as once a workshop has started the facilitators will not be able to admit latecomers. Please contact the College if you would like assistance using TEAMS and we will arrange a practice run through.

COVID 19

It is still possible that Covid 19 regulations and guidelines might be introduced at short notice, and we will keep students informed of how any changes might affect their attendance at the College.

Recovery Café

Now opening in Enniskillen and Limavady

Come along for a cuppa and catch up. The Recovery Café is open to all students who are attending or have attended the College in the past. The Café is a relaxed and informal way to meet others, make new friends and find out what's happening at the College and in the local area.

Omagh:

Tuesdays 11.00am-12.30pm, every week at the Recovery College, Lisnamallard

Limavady:

Wednesdays 2.00pm-3.30pm commencing on 27 September, once a month initially. Phone 028 82252079 for Café details

Enniskillen:

Thursdays 2.00pm-3.30pm commencing on 5 October, Phone 028 82252079 for Café details

Autumn 2023
Prospectus

Our Courses

Hope • Control • Opportunity

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 21 November, 10.30am – 12.30pm, Derry/Londonderry

Tuesday 28 November 7.00pm – 8.00pm, Online

Monday 4 December, 10.30am – 12.30pm, Limavady

Wednesday 6 December, 10.30am – 12.30pm, Enniskillen

Thursday 7 December, 11.00am – 1.00pm, Strabane

Friday 8 December, 10.30am – 12.30pm, Omagh

Exploring Our Thoughts

Single **2 Hour** Session, Face to Face or Single **1 Hour** Session, Online

Our thoughts influence our feelings and actions, and automatic thoughts are those thoughts that automatically arise throughout the day. Often, 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 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 18 September, 10.30am – 12.30pm, Limavady

Tuesday 19 September, 10.30am – 12.30pm, , Derry/Londonderry

Wednesday 20 September, 10.30am – 12.30pm, Enniskillen

Thursday 21 September, 11.00am – 1.00pm, Strabane

Friday 22 September, 10.30am – 12.30pm, Omagh

Tuesday 26 September, 7.00pm – 8.00pm, Online

Finding Your Voice

Single **2 Hour** Session, Face to Face or Single **1 Hour** Session, Online

Being able to express ourselves is key to recovery and to managing our mental health 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 build resilience. This workshop explores how to become more confident about communicating who you are and what you need.

Monday 16 October, 10.30am – 12.30pm, Limavady

Tuesday 17 October, 10.30am – 12.30pm, Derry/Londonderry

Wednesday 18 October, 10.30am – 12.30pm, Enniskillen

Thursday 19 October, 11.00am – 1.00pm, Strabane

Friday 20 October, 2:00pm – 4.00pm, Omagh

Tuesday 24 October, 7.00pm – 8.00pm, Online

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.

This workshop is co-produced and co-presented by specialist trained staff from the Eating Disorder Service.

Friday 27 October, 10:30am-12:30pm, Omagh

Introduction to the ideas of Positive Intelligence & Mental Fitness

Single **2 Hour** Session, Face to Face

This workshop offers the opportunity to understand the concept of Positive Intelligence and Mental Fitness. It helps identify types of 'saboteurs'- Saboteurs are the voices in your head that generate negative emotions in the way you handle life's everyday challenges. They represent automated patterns in your mind for how to think, feel, and respond. They contribute to your stress, anxiety, self-doubt, frustration, restlessness, and unhappiness. They sabotage your performance, wellbeing, and relationships. We will explore how to quiet our inner critical (negative) voices in our head by identifying potential coping strategies to deal with them.

Friday 20 October, 10.30am – 12.30pm, Omagh

Journaling for Wellness

Single **2 Hour** Session, Face to Face or Single **1 Hour** Session, Online

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 6 November, 10.30am – 12.30pm, Limavady

Tuesday 7 November, 10.30am – 12.30pm, Derry/Londonderry

Wednesday 8 November, 10.30am – 12.30pm, Enniskillen

Thursday 9 November, 11.00am – 1.00pm, Strabane

Friday 10 November, 2.00pm – 4.00pm, Omagh

Tuesday 21 November, 7.00pm – 8.00pm, Online

Joys of Journaling with Belinda Bennetts

6 week Course, **1 ½ Hour** Sessions – via Zoom

This course is designed as an introduction that explores using journaling as a tool for wellbeing. Participants will learn 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 Belinda Bennetts, a qualified journal therapist and holistic life coach.

Thursdays 21 September – 26 October, 2.00pm –3:30pm, via Zoom

Living Beyond Depression and Low Mood

Single **2 Hour** Session, Face to Face or Single **1 Hour** Session, Online

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 September 10.30am – 12.30pm, Limavady

Tuesday 26 September, 10.30am – 12.30pm, Derry/Londonderry

Wednesday 27 September, 10.30am – 12.30pm, Enniskillen

Thursday 28 September, 11.00am – 1.00pm, Strabane

Friday 29 September, 10.30am – 12.30pm, Omagh

Tuesday 3 October, 7.00pm – 8.00pm, Online

Manage Your Panic

Single **2 Hour** Session - Face to Face or Single **1 Hour** Session, Online

Everyone experiences feelings of anxiety and panic at certain times in their life. It's 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 of coping strategies that might be useful.

Monday 2 October, 10.30am – 12.30pm, Limavady

Tuesday 3 October, 10.30am – 12.30pm, Derry/Londonderry

Wednesday 4 October, 10.30am – 12.30pm, Enniskillen

Thursday 5 October, 11am – 1.00pm, Strabane

Friday 6 October, 10.30am – 12.30pm, Lisnamallard, Omagh

Tuesday 10 October, 7.00pm – 8.00pm, Online

Mosaic Workshop

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

A series of 4 art workshops in partnership with the Recovery College, will be delivered in the beautiful surroundings of An Creagan, just outside Omagh by local Artist Sharyn Kelly
Creating and designing a mosaic out of glass, ceramic or tiles is extremely enjoyable and an exercise in being present in the moment. Guided by the talented artist and tutor Sharyn - who will go through the process step by step, encouraging all to take inspiration from the beautiful surrounding countryside. All participants will take home your very own mosaic to display in your home.

All materials, equipment and guidance will be provided, just bring along your creativity! We will have ideas and suggestions if you need!

Wednesdays 4, 11, 18 & 25 October, 2.00pm - 4.00pm, An Creagan

Mindfulness Based Stress Reduction

Holywell Trust - Derry/Londonderry

8 Week Course, **2 ½ Hour** Sessions, 10.30am - 1.00pm – 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 the 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.

We are privileged to have the opportunity to offer this innovative, empirically validated eight week workshop again.

"This Course is facilitated by a Mindfulness Practitioner who has undertaken the Mindfulness Teacher Training Pathway at Bangor University, Centre for Mindfulness, Research and Practice."

Friday 13 October – Friday 1 December, 10.30am – 1.00pm for 8 WEEKS, Derry/Londonderry

Everyone who enrols for this 8 week MBSR Course will be asked to attend: - an initial one-off workshop

If you have thought about engaging in MBSR and not sure if it's for you this would be an opportunity to find out what it is about before you commit to an 8 week course will be held on

Monday 2 October, 10:30am - 1.00pm, Holywell Trust Derry/Londonderry

Printing with Nature

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. This will incorporate elements of mindful practice – simply noticing and being present in the moment. All materials are provided.

Thursday 26 October, 11am – 1pm, Strabane

Monday 13 November, 10.30am – 12.30pm, Limavady

Wednesday 15 November, 10.30am – 12.30pm, Enniskillen

Resilience for Carers

Single **2 Hour** Sessions - 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.

Wednesday 25 October, 10.30am – 12.30pm, Enniskillen

Friday 17 November, 10.30am – 12.30pm, Omagh

Self-Compassion and Wellbeing

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

This course is about getting to know yourself and what "emotional self-care" truly looks like to you. Our mental state can be a powerful force for our well-being, and yet, it's often the one we focus on least. Most of us feel compassion for our close friends when they are struggling. What would it be like to receive the same caring attention from yourself when you needed it most? Recognising that as a human being, you, too, are worthy of self-compassion.
Self-compassion involves the capacity to comfort and soothe ourselves, and to motivate ourselves with encouragement, when we suffer, fail or feel inadequate. This workshop brings an awareness of self-compassion and explores self-compassion exercises.

Further elements of 'Self Compassion' are also developed and expanded upon - in the courses **Finding Your Voice AND Journaling for Wellness.**

Monday 9 October, 10.30am – 12.30pm, Limavady

Tuesday 10 October, 10.30am – 12.30pm, Derry/Londonderry

Wednesday 11 October, 10.30am – 12.30pm, Enniskillen

Thursday 12 October, 11.00am – 1.00pm, Strabane

Friday 13 October, 10.30am – 12.30pm, Lisnamallard, Omagh

Tuesday 17 October, 7.00pm – 8.00pm, Online

Understanding Disordered Eating

Single **2 Hour** Sessions - 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.
This workshop is co-produced and co-presented by specialist trained staff from the Eating Disorder Service.

Tuesday 14 November, 10.30am – 12.30pm, Derry/Londonderry

Understanding the Experience of Hearing Voices

Single **2 Hour** Session – Face to Face and **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.

Monday 23 October, 10.30am – 12.30pm, Limavady

Tuesday 24 October, 10.30am – 12.30pm, Derry/Londonderry

Tuesday 14 November, 7pm – 8pm, Online

Thursday 16 November, 11am – 1pm, Melvin Sports Centre, Strabane

Understanding Trauma

Single **2 Hour** Session – Face to Face

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. This course is presented by a specialist practitioner from the Regional Trauma Team.

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

Friday 10 November, 10.30am - 12.30pm, Omagh

Wellness Recovery Action Plan (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 mental and emotional 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.

Monday 20 & 27 November, 10.00am – 4.00pm, Limavady

Wednesday 22 &29 November, 10.00am – 4.00pm, Enniskillen

Friday 24 November & 1 December, 10.00am – 4.00pm, Omagh

Tuesday 28 November & 5 December, 10.00am – 4.00pm, Derry/Londonderry

Walking to Wellness

Omagh 11 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. Walks will be led by a 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. Walker are welcome at any stage of the term, the group meets at the Recovery College at 11am and returns by 12 noon.

Thursday 21 September to 7 December, 11.00am-12.00pm, Omagh

COURSES AT A GLANCE

HOPE • CONTROL • OPPORTUNITY

Limavady - Roe Valley Arts & Cultural Centre

Exploring Our Thoughts
Monday 18 September, 10.30am – 12.30pm

Living Beyond Depression and Low Mood
Monday 25 September, 10.30am – 12.30pm

Manage Your Panic
Monday 2 October, 10.30am – 12.30pm

Self-Compassion and Wellbeing
Monday 9 October, 10.30am – 12.30pm

Finding Your Voice
Monday 16 October, 10.30am – 12.30pm

Understanding the Experience of Hearing Voices
Monday 23 October, 10.30am – 12.30pm

Journaling for Wellness
Monday 6 November, 10.30am – 12.30pm

Printing with Nature
Monday 13 November, 10.30am – 12.30pm

Wellness Recovery Action Plan (WRAP)
Monday 20 November & 27 November, 10.00am – 4.00pm

Coping with Christmas
Monday 4 December, 10.30am – 12.30pm

Derry/Londonderry - Holywell Trust

Exploring Our Thoughts
Tuesday 19 September, 10.30am – 12.30pm

Living Beyond Depression and Low Mood
Tuesday 26 September, 10.30am – 12.30pm

Manage your Panic
Tuesday 3 October, 10.30am – 12.30pm

Self-Compassion and Wellbeing
Tuesday 10 October, 10:30am – 12:30pm

Mindfulness Based Stress Reduction (MBSR) - 8 week
Friday 13th October – Friday 1st December 10:30am- 1:00pm

Introductory Session for all Individuals who enrol –

Monday 2 October 10.30am -1.00pm

Finding your Voice
Tuesday 17 October, 10:30am – 12:30pm

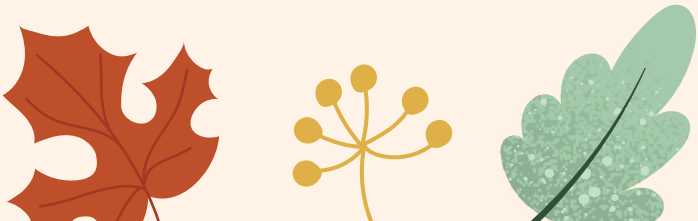
Understanding the Experience of Hearing Voices
Tuesday 24 October, 10:30am- 12:30pm

Journaling for Wellness
Tuesday 7 November, 10:30am – 12:30pm

Understanding Disordered Eating
Tuesday 14 November, 10:30am – 12:30pm

Coping with Christmas
Tuesday 21 November, 10:30am – 12:30pm

Wellness Recovery Action Plan (WRAP)
Tuesday 28 November & 5 December, 10:00am- 4:00pm



Enniskillen - Fermanagh House

Exploring our Thoughts
Wednesday 20 September, 10:30am – 12:30pm

Low Mood and Depression
Wednesday 27 September 10:30am - 12:30pm

Manage your Panic
Wednesday 4 October, 10:30am – 12:30pm

Self-Compassion and Wellbeing
Wednesday 11 October, 10:30am – 12:30pm

Finding your Voice
Wednesday 18 October, 10:30am – 12:30pm

Resilience for Carers
Wednesday 25 October, 10:30am – 12:30pm

Journaling for Wellness
Wednesday 8 November, 10:30am – 12:30pm

Printing with Nature
Wednesday 15 November, 10:30am – 12:30pm

Wellness Recovery Action Plan (WRAP)
Wednesday 22 & 29 November, 10:00am - 4:00pm

Coping with Christmas
Wednesday 6 December, 10:30am – 12:30pm

Strabane - Melvin Sports Complex

Exploring your Thoughts
Thursday 21 September, 11:00am – 1:00pm

Living Beyond Low Mood and Depression
Thursday 28 September, 11:00am – 1:00pm

Manage your Panic
Thursday 5 October, 11:00am - 1:00pm

Self-Compassion and Wellbeing
Thursday 12 October, 11:00am - 1:00pm

Finding your Voice
Thursday 19 October, 11:00am - 1:00pm

Printing with Nature
Thursday 26 October 11:00am - 1:00pm

Journaling for Wellness
Thursday 9 November, 11:00am – 1:00pm

Understanding the Experience of Hearing Voices
Thursday 16 November, 11:00am - 1:00pm

Coping with Christmas
Thursday 7 December, 11:00am – 1:00pm

Omagh - Lisnamallard

Walking to Wellness
Thursday 21 September to 7 December, 11:00am - 12:00pm

Exploring your Thoughts
Friday 22 September, 10:30am – 12:30pm

Living Beyond Low Mood and Depression
Friday 29 September, 10:30am- 12:30pm

Mosaic Workshop
Wednesdays 4, 11, 18 & 25 October, 2:00pm - 4:00pm, An Creagan

Manage your Panic
Friday 6 October, 10:30am – 12:30pm

Self- Compassion and Wellbeing
Friday 13 October, 10:30am – 12:30pm

Introduction to the ideas of Positive Intelligence & Mental Fitness
Friday 20 October, 10:30am – 12:30pm

Finding your Voice
Friday 20 October, 2:00pm – 4:00pm

Food and Mood
Friday 27 October, 10:30am – 12:30pm

Understanding Trauma
Friday 10 November, 10:30am – 12:30pm

Journaling for Wellness
Friday 10 November, 2:00pm – 4:00pm

Resilience for Carers
Friday 17 November, 10:30am – 12:30pm

Wellness Recovery Action Plan (WRAP)
Friday 24 November & 1 December, 10:00am- 4:00pm

Coping with Christmas
Friday 8 December, 10:30am – 12:30pm

Online

Exploring our Thoughts
Tuesday 26 September, 7:00pm – 8:00pm

Living Beyond Low Mood and Depression
Tuesday 3 October, 7:00pm – 8:00pm

Manage your Panic
Tuesday 10 October, 7:00pm – 8:00pm

Self Compassion and Wellbeing
Tuesday 17 October, 7:00pm – 8:00pm

Finding your Voice
Tuesday 24 October, 7:00pm – 8:00pm

Understanding the Experience of Hearing Voices
Tuesday 14 November,7:00pm – 8:00pm

Journaling for Wellness
Tuesday 21 November, 7:00pm – 8:00pm

Coping with Christmas
Tuesday 28 November, 7:00pm – 8:00pm

ZOOM

Joys of Journaling with Belinda Bennetts
6 week Course, 1 ½ Hour Sessions – via Zoom

Thursdays 21 September – 26 October,
2:00pm – 3:30pm, via Zoom

Venues

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

Strabane
Melvin Sports Complex
Melvin Road
Strabane
Co Tyrone
BT82 9PP

Enniskillen
Fermanagh House
Broadmeadow Place
Enniskillen
Co Fermanagh
BT74 7HR

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

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

An Creagán
186 Barony Rd
Omagh
Co.Tyrone
BT79 9AB

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

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.

Recovery College

Hope • Control • Opportunity

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Western Health and Social Care Trust

Public Health Agency

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