

Spring/Summer 2024
Prospectus



RECOVERY COLLEGE

HOPE • CONTROL • OPPORTUNITY



Western Health
and Social Care Trust



A Message From our College Co-ordinator



Welcome to the 2024 WHSCT Recovery College Prospectus. I am excited to join the Recovery College team and take up the role of Co-ordinator at the start of this new term. I believe the College has an important role to play in the recovery and maintaining of our mental health and wellbeing and I am happy to be a part of that.

We look forward to starting this new term and new year with the theme of hope. Hope rings through as one of the key concepts in recovery as without hope there can be little or no change.

The Recovery College continues to offer mental health and wellbeing education and learning programmes for everyone throughout the Western Trust area – whether you have a diagnosis of mental health issues or not; whether you care for someone with mental health difficulties or whether you want to increase your knowledge and skills around looking after your mental health and wellbeing. All our courses are co-produced and co-facilitated by people with lived experience and mental health professionals, which provides an understanding of mental health from a wider angle. We continue to be so grateful for the support, time, experiences and knowledge that is given from our students, peer educators and staff within the community and Western Trust who help make the Recovery College so meaningful.

As we move into the first term for 2024 we look forward with the knowledge that the Recovery College offers hope to everyone who attends within the community.

Nicola McGarvey

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 have the potential to improve our mental health and wellbeing – everyone is most welcome at the College.

Bernadette Donaghy

Lead 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 spring/summer prospectus and I really hope you join us at the courses, the best part is the learning from each other!

Joanne McMaster

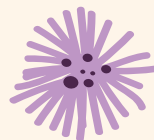
Peer Educator



Hi Everyone, welcome to our new spring programme. We have a lovely selection of educational courses this term to help learn about and maintain good mental health and wellbeing. Here at the Recovery College everyone's knowledge and wisdom is valued and it is through both shared experience and learning that we can grow into a healthier version of ourselves. Looking forward to meeting you all.

Christine Devine

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.



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 easy to do:

Telephone: 028 8225 2079

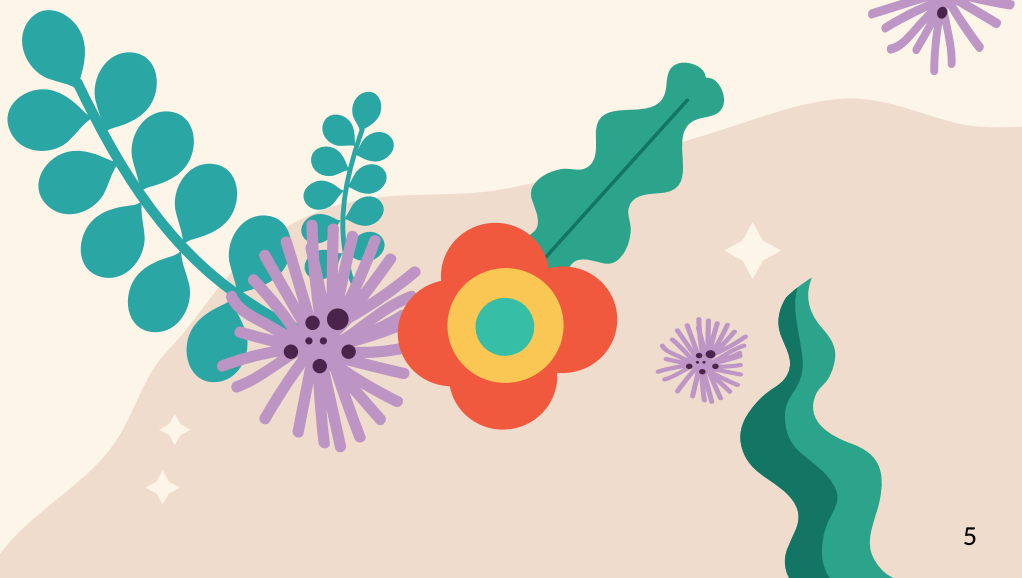
Post: Complete the Enrolment Form at the back of the prospectus and send it to:

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



E-mail: recoverycollege@westerntrust.hscni.net

Places are allocated on a strictly first come, first served basis and whilst early enrolment is recommended, you can apply for a workshop up until the day before it is scheduled to run.



Spring/Summer 2024 Prospectus



OUR COURSES

HOPE • CONTROL • OPPORTUNITY

Coaching Tools for Wellness

Single **2 Hour** Session

Coaching has been used very successfully in the business and sporting worlds but it can also be applied to wellbeing. This workshop will introduce some simple coaching tools that can give you the confidence to work towards your own mental health and emotional wellbeing goals.

Tuesday 16 April, 10.30am – 12.30pm, Omagh

Friday 26 April, 10.30am – 12.30pm, Derry/Londonderry

Wednesday 8 May, 10.30am – 12.30pm, Enniskillen

Thursday 16 May, 10.30am – 12.30pm, Limavady

Thursday 23 May, 11am – 1pm, Strabane



Exploring Our Thoughts

Single **2 Hour** Session

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 re-framed. In this way, our thoughts can come to have a more positive impact on how we feel about ourselves, and the world around us.

Tuesday 19 March, 10.30am – 12.30pm, Omagh

Wednesday 20 March, 10.30am – 12.30pm, Enniskillen

Thursday 21 March, 11am – 1pm, Strabane

Friday, 22 March, 10.30am – 12.30pm, Derry/Londonderry

Thursday 28 Mar, 10.30am – 12.30pm, Limavady



Finding Hope after Bereavement

Single **2 Hour** Session

Coping with bereavement can be one of the most difficult journeys we have to take in life. Understanding how bereavement can impact us is important in helping us to make sense of our grief and to be able to cope with our loss.

Please note that this course may not be suitable for those people who are recently bereaved.

Thursday 11 April, 11am – 1pm, Strabane

Friday 3 May, 10.30am – 12.30pm, Derry/Londonderry

Tuesday 28 May, 10.30am – 12.30pm, Omagh

Wednesday 5 June, 10.30am – 12.30pm, Enniskillen

Getting a Good Night's Sleep

Single **2 Hour** Session

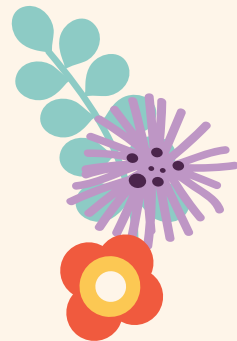
This workshop is designed to help those who are experiencing difficulty sleeping. Sleep is essential to our general health and wellbeing, and a lack of sleep can lead to difficulties coping with daily life. Participants will be introduced to a range of evidence backed strategies that can help them achieve a better night's sleep.

Tuesday 9 April, 10.30am – 12.30pm, Omagh

Thursday 18 April, 10.30am – 12.30pm, Limavady

Wednesday 1 May, 10.30am – 12.30pm, Enniskillen

Friday 17 May, 10.30am – 12.30pm, Derry/Londonderry



Living Beyond Depression and Low Mood

Single **2 Hour** Session

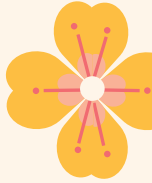
Depression can happen to anyone and is more common than people think – one in four of us will experience it at some point in our lives. This workshop explores the strategies and self-management techniques that can be used to help you manage your depression and low mood more effectively. Facilitators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

Tuesday 26 March, 10.30am – 12.30pm, Omagh

Wednesday 10 April, 10.30am – 12.30pm, Enniskillen

Friday 19 April, 10.30am – 12.30pm, Derry/Londonderry

Thursday 25 April, 11am – 1pm, Strabane



Living Well with Bipolar Disorder

Single **2 Hour** Session

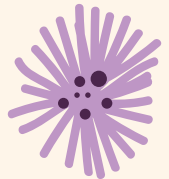
This workshop is for those people who have a diagnosis of bipolar disorder (also known as bipolar affective disorder or manic depression) and their family, friends and other supporters. It aims to help participants gain a better understanding of what bipolar disorder is, and help you to develop strategies 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.

Friday 12 April, 10.30am – 12.30pm, Derry/Londonderry

Tuesday 23 April, 10.30am – 12.30pm, Omagh

Thursday 2 May, 10.30am – 12.30pm, Limavady

Wednesday 15 May, 10.30am – 12.30pm, Enniskillen



Managing Setbacks

Single **2 Hour** Session

Setbacks are a part of life and learning – they are not necessarily in themselves a problem: it's more how we react to setbacks that makes the difference to the impact they have. This workshop explores ways to manage the inevitable ups and downs of life through planning for potential setbacks, making the most of our individual strengths and resilience, and using our experience of meeting previous challenges.

Tuesday 7 May, 10.30am – 12.30pm, Omagh

Wednesday 12 June, 10.30am – 12.30pm, Enniskillen

Managing the Challenge

6 Weeks, **2 ½ Hour** Session

Managing the Challenge is an innovative self-management programme that empowers participants to successfully manage all aspects of living with a long-term health condition and pain. It has been designed with the help of healthcare professionals from the WHSCT with proven experience of providing support to those in pain. At the end of the six weeks you will understand your condition and symptoms better and have learned new techniques to manage and improve your health.

Wednesday 8 May – Wednesday 12 June, 10.30am – 1.00pm, Omagh



Mindfulness Based Stress Reduction

8 Weeks, **2 ½ Hour** Session

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.

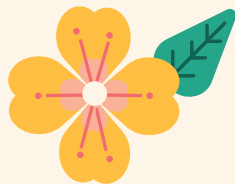
As participants will be working to change unhelpful patterns of mind, they will be asked to invest considerable time and effort. The invitation is therefore to approach these 8 weeks with a spirit of patience and persistence – committing yourself to put the time and effort into the practice whilst accepting 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.

Thursdays 11 April – 30 May, Derry/Londonderry

Everyone who wishes to enrol for this 8 week course is required to attend the Introductory Session on Tuesday 19 March, 10.30am – 1pm

Resilience for Carers

Single **2 Hour** Session



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.

Friday 7 June, 10.30am – 12.30pm, Derry/Londonderry

Understanding and Managing Anxiety

Single **2 Hour** Session

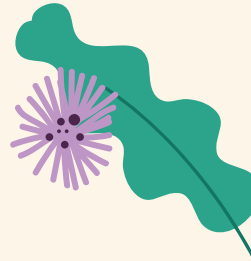
Anxiety is a normal part of everyday life but it becomes a problem when it is frequent, overwhelming and stops us doing the things we would like to be able to do. During this workshop we will explore what is happening when we experience anxiety; the links between our thoughts feelings and behaviour in relation to anxiety; as well as looking at some simple strategies to help us manage our anxiety.

Wednesday 27 March, 10.30am – 12.30pm, Enniskillen

Friday 29 March, 10.30am – 12.30pm, Derry/Londonderry

Tuesday 30 April, 10.30am – 12.30pm, Omagh

Thursday 9 May, 11am – 1pm, Strabane



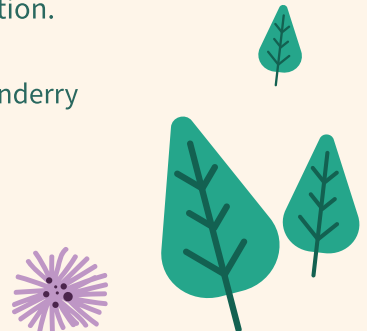
Understanding Medication for Mental Health

Single **2 Hour** Session

For some people medication can be a short-term strategy to help get through a difficult time, while for others it can be a longer-term treatment. 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 questions, and to guide us to reliable and easily accessible sources of information.

Friday 10 May, 10.30am – 12.30pm, Derry/Londonderry

Tuesday 4 June, 10.30am – 12.30pm, Omagh



Understanding Trauma

Single **2 Hour** Session

Post-Traumatic Stress Disorder (PTSD) may emerge months or sometimes years after a traumatic experience, affecting our ability to lead our lives as we would like. This introductory course aims to provide participants with an understanding of the causes and symptoms of trauma, along with information on what help is available in the Western Trust area, and how to access it. The course is co-facilitated by a specialist practitioner from the Regional Trauma Team.

Wednesday 29 May, 10.30am – 12.30pm, Enniskillen

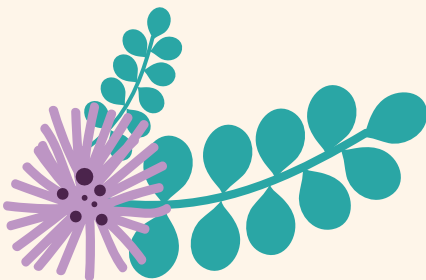
Walking to Wellness

12 Weeks, **1 Hour** Session

Exercise has proven benefits not just for our physical health, but our mental health as well. Walking is a great low impact activity and this walking group is suitable for people with all levels of fitness. 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. Walkers are welcome at any stage of the term. We meet at the Recovery College at 11am, and return for 12noon.

Thursdays 21 March – 13 June, 11am – 12noon, Omagh

No walking Group Thursday 4 April.



Wellness Recovery Action Plan (WRAP)

2 **Full** Days

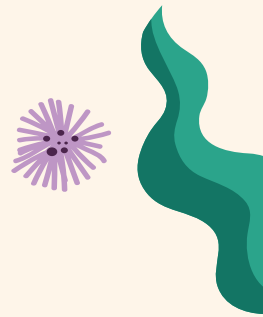
Whatever mental and emotional wellness means to you, WRAP can help you achieve it, step-by-step. On this two-day interactive course, we will look at the everyday things that help keep us well, and that increase our feelings of hopefulness, and improve our quality of life. As you complete your own WRAP booklet you will learn how to create positive change in the way you feel, and better understand and manage your mental health.

Wednesday 17 April & 24 April, 10am – 4pm, Enniskillen

Tuesday 14 & 21 May, 10am – 4pm, Omagh

Friday 24 & 31 May, 10am – 4pm, Derry/Londonderry

Thursday 6 June & 13 June, 10am – 4pm, Limavady



Wellness Tools

Single **2 Hour** Session

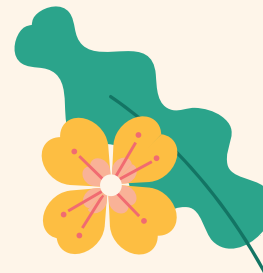
Wellness tools are those strategies, activities and resources that help us to cope with and get through tough times, as well as helping us to improve and maintain our mental and emotional wellness. It's a good idea to have a range of wellness tools at your disposal e.g. activities that help you to relax when you're feeling anxious or worried; things that are motivating or energising when you're feeling tired or can't get started. This course will help you to discover what wellness tools you might want to include as part of your daily or weekly activities.

Wednesday 22 May, 10.30am – 12.30pm, Enniskillen

Thursday 30 May, 11am – 1pm, Strabane

Tuesday 11 June, 10.30am – 12.30pm, Omagh

Friday 14 June, 10.30am – 12.30pm, Derry/Londonderry





COURSES AT A GLANCE

HOPE • CONTROL • OPPORTUNITY

Derry/Londonderry

Exploring Our Thoughts

Friday 22 March, 10.30am – 12.30pm

MBSR Introductory Session

Monday 19 March, 10.30am – 1.00pm

Understanding and Managing Anxiety

Friday 29 March, 10.30am – 12.30pm

MBSR (1)

Thursday 11 April, 10.30am – 1.00pm

Living Well with Bipolar Disorder

Friday 12 April, 10.30am – 12.30pm

MBSR (2)

Thursday 18 April, 10.30am – 1.00pm

Living Beyond Depression and Low Mood

Friday 19 April, 10.30am – 12.30pm

MBSR (3)

Thursday 25 April, 10.30am – 1.00pm

Coaching Tools for Wellness

Friday 26 April, 10.30am – 12.30pm

MBSR (4)

Thursday 2 May, 10.30am – 1.00pm

Finding Hope after Bereavement

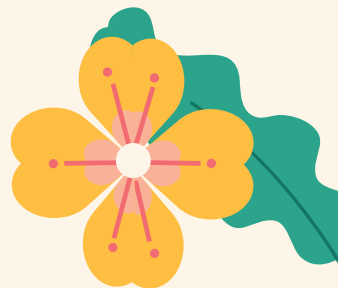
Friday 3 May, 10.30am – 12.30pm

MBSR (5)

Thursday 9 May, 10.30am – 1.00pm

Understanding Medication

Friday 10 May, 10.30am – 12.30pm



MBSR (6)

Thursday 16 May, 10.30am – 1.00pm

Getting a Good Night's Sleep

Friday 17 May, 10.30am – 12.30pm

Wellness Recovery Action Plan (1)

Friday 24 May, 10am – 4.00pm

Wellness Recovery Action Plan (2)

Friday 31 May, 10am – 4.00pm

MBSR (7)

Thursday 23 May, 10.30am – 1.00pm

Resilience for Carers

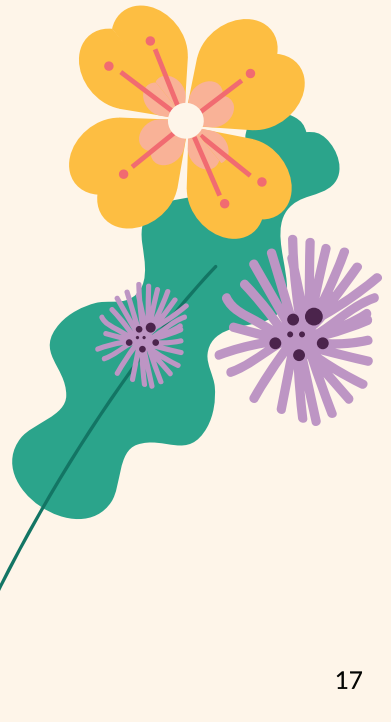
Friday 7 June, 10.30am – 12.30pm

MBSR (8)

Thursday 30 May, 10.30am – 1.00pm

Wellness Tools

Friday 14 June, 10.30am – 12.30pm



Enniskillen

Exploring Our Thoughts

Wednesday 20 March, 10.30am – 12.30pm

Understanding and Managing Anxiety

Wednesday 27 March, 10.30am – 12.30pm

Living Beyond Depression and Low Mood

Wednesday 10 April, 10.30am – 12.30pm

Wellness Recovery Action Plan (1)

Wednesday 17 April, 10.00am – 4.00pm

Wellness Recovery Action Plan (2)

Wednesday 24 April, 10.00am – 4.00pm

Getting a Good Night's Sleep

Wednesday 1 May, 10.30am – 12.30pm

Coaching Tools for Wellness

Wednesday 8 May, 10.30am – 12.30pm

Living Well with Bipolar

Wednesday 15 May, 10.30am – 12.30pm

Wellness Tools

Wednesday 22 May, 10.30am – 12.30pm

Understanding Trauma

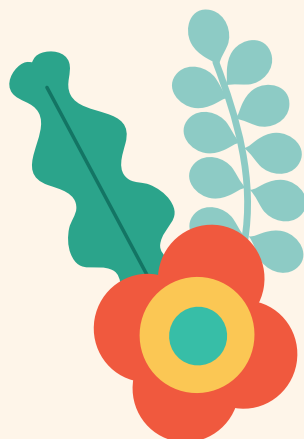
Wednesday 29 May, 10.30am – 12.30pm

Finding Hope after Bereavement

Wednesday 5 June, 10.30am – 12.30pm

Managing Setbacks

Wednesday 12 June, 10.30am – 12.30pm



Omagh

Exploring Our Thoughts

Tuesday 19 March, 10.30am – 12.30pm

Living Beyond Depression and Low Mood

Tuesday 26 March, 10.30am – 12.30pm

Getting a Good Night's Sleep

Tuesday 9 April, 10.30am – 12.30pm

Coaching Tools for Wellness

Tuesday 16 April, 10.30am – 12.30pm

Living Well with Bipolar Disorder

Tuesday 23 April, 10.30am – 12.30pm

Understanding and Managing Anxiety

Tuesday 30 April, 10.30am – 12.30pm

Managing Setbacks

Tuesday 7 May, 10.30am – 12.30pm

Managing the Challenge (1)

Wednesday 8 May, 10.30am – 1.00pm

Wellness Recovery Action Plan (1)

Tuesday 14 May, 10.00am – 4.00pm

Managing the Challenge (2)

Wednesday 15 May, 10.30am – 1.00pm

Wellness Recovery Action Plan (2)

Tuesday 21 May, 10.00am – 4.00pm

Managing the Challenge (3)

Wednesday 22 May, 10.30am – 1.00pm

Finding Hope after Bereavement

Tuesday 28 May, 10.30am – 12.30pm

Managing the Challenge (4)

Wednesday 29 May, 10.30am – 1.00pm

Understanding Medication

Tuesday 4 June, 10.30am – 12.30pm

Managing the Challenge (5)

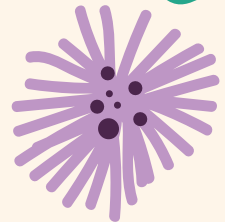
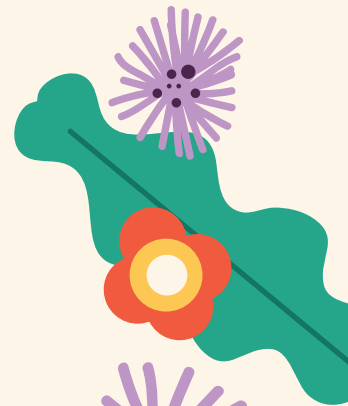
Wednesday 5 June, 10.30am – 1.00pm

Wellness Tools

Tuesday 11 June, 10.30am – 12.30pm

Managing the Challenge (6)

Wednesday 12 May, 10.30am – 1.00pm



Limavady

Exploring Our Thoughts,

Thursday 28 March, 10.30am – 12.30pm

Getting a Good Night's Sleep

Thursday 18 April, 10.30am – 12.30pm

Living Well with Bipolar Disorder

Thursday 2 May, 10.30am – 12.30pm

Coaching Skills for Wellness

Thursday 16 May, 10.30am – 12.30pm

Wellness Recovery Action Plan (1)

Thursday 6 June, 10am – 4pm

Wellness Recovery Action Plan (2)

Thursday 13 June, 10am – 4pm

Strabane

Exploring Our Thoughts

Thursday 21 March, 11am – 1pm

Finding Hope after Bereavement

Thursday 11 April, 11am – 1pm

Living Beyond Depression and Low Mood

Thursday 25 April, 11am – 1pm

Understanding and Managing Anxiety

Thursday 9 May, 11am – 1pm

Coaching Skills for Wellness

Thursday 23 May, 11am – 1pm

Wellness Tools

Thursday 30 May, 11am – 1pm



Venues

Derry/Londonderry

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

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

Strabane

Melvin Sports Complex
Melvin Road
Strabane
Co Tyrone
BT82 9PP



NOTES

WHSCT Recovery College Enrolment Form

Forename

Surname

Address

Postcode

Telephone No.

Email

Date of Birth

Gender

Female

Male

Other



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.





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Omagh
Co.Tyrone
BT79 7BP

T: 028 8225 2079

E: recoverycollege@westerntrust.hscni.net

 Western Health
and Social Care Trust

 Public Health
Agency

Project supported by the PHA