

Autumn / Winter 2024  
Prospectus



# RECOVERY COLLEGE

HOPE • CONTROL • OPPORTUNITY

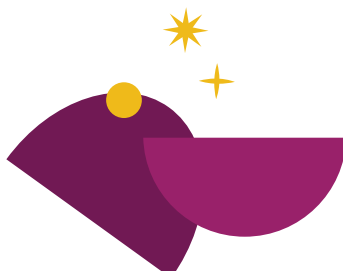
 Western Health  
and Social Care Trust



# 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 the WHSCT Recovery College Prospectus for Autumn 2024. I am delighted to take up the acting role of Co-Ordinator at the Recovery College, as we celebrate our 10 year anniversary.

We welcome everyone to our free mental health and wellbeing education programmes. Our theme for this term is

connection. Fulfilling relationships can positively enhance our wellbeing, and the College offers a safe space for you to meet new people, connect and learn. We really appreciate the strength and courage required to attend the College. Anyone can feel apprehensive, whether they are trying something new or returning, please do not hesitate to contact me if you have any queries or concerns.

As always, our courses are free and open to everyone in our community. Whether you have a mental health diagnosis or not, are new to the College or a past student. We are here to show you new ways to understand and develop mental health and emotional wellbeing, either if this is for yourself or someone you care for. Courses are written and delivered by people with lived mental health experience, alongside professionals, to provide a knowledgeable, holistic and empathetic approach.

This term, we are excited to welcome our new Peer Educator Helen Harkness to our team. We aim to bring new courses while renewing our existing core workshops, to provide learning opportunities for growth and development for everyone.

We are grateful to the individuals who share their time, experience, knowledge, and skills with the College. The Recovery College wouldn't be here without them. We love seeing the passion and dedication in those involved with the College, as they continue to share our message of recovery- Hope, Control and Opportunity.

***Roisin O'Hanlon***

Acting 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 Everyone, welcome to our new Autumn programme – we have a great selection of courses to help you learn about and maintain good mental health and wellbeing. Here at the 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



My name is Helen and I am honoured to join the team here at the WHSCT Recovery College. I am passionate about good mental health, wellbeing and recovery. My own personal journey of recovery was built upon attending Recovery Colleges where seeds of hope were planted in my life for the first time. I know first-hand how daunting walking into a course can be, but rest assured you will be made to feel so welcome. I genuinely hope you are encouraged to join our courses this term-it would be lovely to see you.

## ***Helen Harkness***

Peer Educator

# Meet the Team



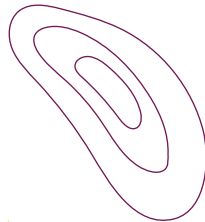
As the Recovery College Administrator, I'm looking forward to meeting all of the students in the coming months and welcoming you to the College at the start of the new term.

**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](mailto:recoverycollege@westerntrust.hscni.net)

Places are allocated on a strictly first come, first served basis except for Mindfulness Based Stress Reduction – please see the course description page. Whilst early enrolment is recommended, you can apply for other workshops up until the day before it is scheduled to run.



# The Moment Will Embrace You

Do you feel that?

That warm sense of peace and calm

Let it permeate through your skin

Radiating through your body and settling in your heart

Let it shine out like a light, clear for everyone to see

Avoid what makes it dim

Take it wherever you go

Refill it with sights, sounds, smells, touch and tastes

Take time to recognise what's around you

Don't let busyness take this moment away

Remember this isn't being self-centred

And when it feels lost in this imperfect world

Just stop, take a breath

And feel it embrace you again and again

This beautiful poem by Melanie, was written as part of the Joys of Journaling. This reflective and inspiring online course is running again this term.

# It's our **10<sup>th</sup>** Birthday!

We would love you to join us as we celebrate 10 years of the WHSCT Recovery College. Past and present Students, Volunteer Peer Educators and Staff Facilitators are cordially invited to a special event on Thursday 10 October 2024 –

**World Mental Health Day.**



**DATE:**  
**Thursday**  
**10 October**  
**2024**

**TIME:**  
**1PM - 3PM**

**VENUE:**  
Recovery College,  
Lisnamallard,  
5b Woodside Avenue,  
**Omagh**





# OUR COURSES

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# Compassion Focused Strategies for Pain and Trauma

Single **2 Hour** Session

This introductory workshop aims to provide participants with some knowledge around how our bodies can be impacted by psychological trauma and how this can often be experienced as chronic and persistent pain. We will look at the link between trauma and pain; how trauma in the brain and trauma in the gut present; and the importance of self-compassion and self-care to manage these presentations. Some pain coping strategies, and the role of self-talk and the inner critic will also be explored. This course is co-facilitated by a specialist practitioner from the Regional Trauma Network.

**Thursday 17 October, 10.30am – 12.30pm, Limavady**

## 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 17 September, 10.30am – 12.30pm, Omagh**

**Wednesday 18 September, 10.30am – 12.30pm, Enniskillen**

**Thursday 19 September, 10.30am - 12.30pm, Limavady**

**Friday 20 September, 10.30am – 12.30pm, Derry/Londonderry**

**Thursday 26 September, 11.00am – 1.00pm, Strabane**



# 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 7 November, 10.30am – 12.30pm, Limavady**

# 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. We will introduce a range of evidence-backed strategies that can help everyone achieve a better night's sleep.

**Wednesday 25 September, 10.30am – 12.30pm, Enniskillen**

**Friday 4 October, 10.30am – 12.30pm, Derry/Londonderry**

**Thursday 14 November, 11.00am - 1.00pm, Strabane**

**Tuesday 26 November, 10.30am – 12.30pm, Omagh**



# Getting Involved in the Recovery College

Single **2 Hour** Session

This workshop will be of interest to anyone thinking about volunteering at the Recovery College. We value the experiences of everyone who attends our workshops whether they have lived or learned experience of mental health issues. One of the ways we can do this is by creating opportunities for people to make meaningful use of their knowledge, skills and talents. Perhaps you have ideas for new workshops; or you love to do research; or maybe you would like to share your experience with others during one of our workshops? Come along and find out about the various ways you can use your experience at the Recovery College.

**Tuesday 3 December, 10.30am – 12.30pm**, Omagh

## Joys of Journaling with Belinda Bennetts

6 weeks, **1½ Hour** Sessions - Online 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 visualisations. The course is facilitated by Belinda Bennetts, who is a qualified journal therapist and counsellor.

**Mondays 14 October – 25 November, 1.00pm – 2.30pm**

**(No workshop 28 October)**, Online



## 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.

**Friday 27 September, 10.30am – 12.30pm, Derry/Londonderry**

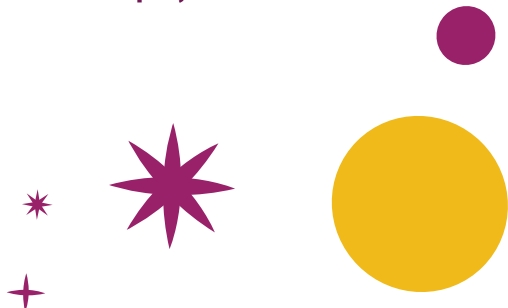
## Living Well with Psychosis

Single **2 Hour** Session

The experience of psychosis, for example, hearing voices or having altered perceptions is surprisingly common. Participants at this workshop will learn what psychosis is and about its potential impacts. Facilitators will share their own lived experience and some of the ways they manage their own symptoms and live beyond their diagnosis.

**Tuesday 24 September, 10.30am – 12:30pm, Omagh**

**Wednesday 9 October, 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.

**Thursday 24 October, 11.00am – 1.00pm**, Strabane

**Friday 15 November, 10.30am – 12.30pm**, Derry/Londonderry

**Thursday 28 November, 10.30am – 12.30pm**, Limavady

## Menopause Matters

3 Week Course, **2 Hour** Sessions

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 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 informed choices about their very personal and unique journey from perimenopause, through menopause and on to the post-menopause stage.

**Tuesdays 5, 12 & 19 November, 10.30am - 12.30pm**, Omagh



## Mindfulness Based Stress Reduction (MBSR)

8 Weeks, 2 ½ Hour Sessions

We are privileged to have the opportunity to offer this innovative workshop, which is facilitated by a mindfulness practitioner who has undertaken the Mindfulness Teacher Training Pathway at Bangor University, Centre for Mindfulness, Research and Practice.

The aim of the 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.

**Mondays 7 October – 2 December, 10.30am – 1pm**  
**(No workshop Halloween Week 28 Oct – 1 Nov), Omagh**



**Everyone who wishes to enrol for this 8 week course is required to attend the Introductory Session on Monday 16 September, 10.30am – 1pm.**

This gives students the opportunity to learn more about mindfulness; practice some of mindfulness exercises; and decide if they are ready for a course of this nature.

**\*\*\*\* Please note the cut-off date for enrolling in this course is \*\*\*\***  
**Friday 13 September**

# Mirror, Mirror

10 Week Course, **1½ Hour** Sessions

Join Arts Care's Writer in Residence for the WHSCT, Michelle Young, to take part in this unique ten-week project of self-reflection, affirmation and creativity.

Participants will tap into the power of words through thoughtful reflective writing in the first half of the project, leading to the upcycling of individual mirrors that reflect empowering, affirmative words to admire at home and use as a boost to your day, every day.

Students are asked to bring along their own mirror – all other materials will be provided.

**Tuesdays 17 September – 26 November, 1.30pm – 3.00pm, Omagh**



# Personalise Your Wellness Toolbox

2 Week Course, Single **2 Hour** Session

Wellness toolboxes can also be called self-care or self-soothe boxes, and even “in case of emergency boxes”. Join us for a fun 2 week workshop where you can decorate and personalise your own Wellness Toolbox for you to fill with wellness tools – items that can help you feel better when you’re feeling low, upset or distressed. Boxes and craft materials will be provided.

**Tuesday 15 & 22 October, 10.30am – 12.30pm, Omagh**

**Friday 18 & 25 October, 10.30am – 12.30pm, Derry/Londonderry**

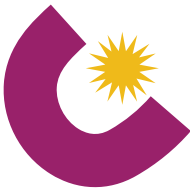
# Recovery through Activity

Single **2 Hour** Session

Living with mental health issues can often have an impact on our day to day life, making even simple daily tasks a bit more difficult, including doing those things we enjoy and that help us to feel better. However, we know that 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. This workshop will introduce wellness tools, why and how to use them, and to help us identify where we might make changes in order to maintain and improve our mental health and emotional wellbeing.

**Tuesday 1 October, 10.30am – 12.30pm, Omagh**

**Wednesday 2 October, 10.30am – 12.30pm, Enniskillen**



# 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.

**Date to be Confirmed.** Strabane

**Thursday 21 November, 10.30am – 12.30pm,** Limavady

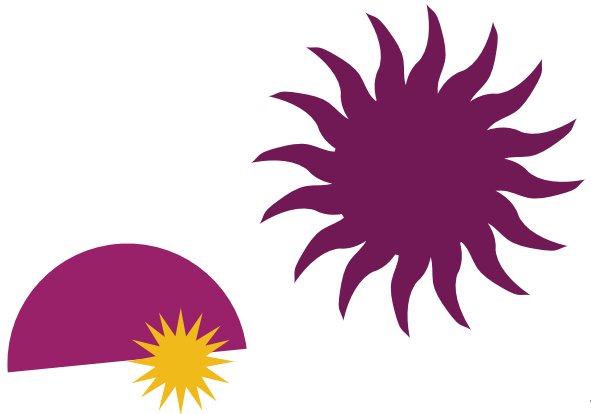


# Understanding and Managing Anxiety

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.

**Thursday 3 October, 10.30am – 12.30pm,** Limavady



# Understanding Obsessive Compulsive Disorder

Single **2 Hour** Session

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.

**Tuesday 8 October, 10.30am – 12.30pm, Omagh**

**Wednesday 16 October, 10.30am – 12.30pm, Enniskillen**

**Friday 8 November, 10.30am – 12.30pm, Derry/Londonderry**

# Understanding Schizoaffective Disorder

Single **2 Hour** Session

Schizoaffective disorder is a condition where a person experiences psychosis as well as mood symptoms. In this short session we will explore the most common symptoms, and look at self-care strategies and available treatments that help people to manage and live with a diagnosis of schizoaffective disorder.

**Friday 11 October, 10.30am – 12.30pm, Derry/Londonderry**



## Walking to Wellness

10 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 26 September – 12 December, 11.00am – 12.00noon**  
**(No Walk 10 October & 31 October), Omagh**

## Wellness in Rhythm

**2 Hour** Sessions, 3 weeks

Drumming has been used therapeutically, throughout the world since ancient times and the benefits of drumming can be enjoyed by all. Drumming in a group puts us right in the present moment and help us experience a state of flow – giving our minds a break from whatever else might be going on in our lives. Join us for this 3 week workshop facilitated by Aidan Dunphy who has over 25 years professional experience as a musician. It promises to be inclusive, fun and accessible for all. No experience necessary and instruments will be provided.

**Wednesday 23 October and 6 & 13 November, 10.30am – 12.30pm,**  
Enniskillen



## 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.

**Thursday 5 December, 10.30am – 12.30pm**, Limavady

## 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 gain a better understanding of how to manage your mental health.

**Wednesday 20 & 27 November, 10.00am – 4.00pm**, Enniskillen

**Friday 22 & 29 November, 10.00am – 4.00pm**, Derry/Londonderry





# Free Online Mental Health and Wellbeing Courses

mymentalhealthrecovery.com offers a free, flexible, online learning experience – providing a range of courses to support mental health and wellbeing.

From ‘Getting a Good Night’s Sleep’ to ‘Coping with Anxiety’ – there are courses suitable for everyone. It is quick and easy to register:

- Visit mymentalhealthrecovery.com
- Create a free account
- Browse e-learning courses

Once registered you will have access to all the online courses on the platform.

[mymentalhealthrecovery.com](https://mymentalhealthrecovery.com)





# COURSES AT A GLANCE

HOPE • CONTROL • OPPORTUNITY

## Omagh

**MBSR Introductory Session,**  
Monday 16 September, 10.30am – 1pm

**Exploring Our Thoughts**  
Tuesday 17 September, 10.30am – 12.30pm

**Mirror, Mirror - Week 1,**  
Tuesday 17 September, 1.30pm – 3.00pm

**Living Well with Psychosis,**  
Tuesday 24 September, 10.30am – 12.30pm

**Mirror, Mirror - Week 2,**  
Tuesday 24 September, 1.30pm – 3.00pm

**Walking to Wellness – Week 1,**  
Thursday 26 September, 11am – 12noon

**Recovery through Activity,**  
Tuesday 1 October, 10.30am – 12.30pm

**Mirror, Mirror - Week 3,**  
Tuesday 1 October, 1.30pm – 3.00pm

**Walking to Wellness – Week 2,**  
Thursday 3 October, 11am – 12noon

**MBSR - Week 1,**  
Monday 7 October, 10.30am – 1pm

**Understanding Obsessive Compulsive Disorder,**  
Tuesday 8 October, 10.30am – 12.30pm

**Mirror, Mirror - Week 4,**  
Tuesday 8 October, 1.30pm – 3.00pm

**MBSR Week 2,**  
Monday 14 October, 10.30am – 1pm

**Personalise your Wellness Toolbox – Week 1,**  
Tuesday 15 October, 10.30am – 12.30pm

**Mirror, Mirror - Week 5,**  
Tuesday 15 October, 1.30pm – 3.00pm

# Omagh

**Walking to Wellness – Week 3,**  
Thursday 17 October, 11am – 12noon

**MBSR - Week 3,**  
Monday 21 October, 10.30am – 1pm

**Personalise your Wellness Toolbox – Week 2,**  
Tuesday 22 October, 10.30am – 12.30pm

**Mirror, Mirror - Week 6,**  
Tuesday 22 October, 1.30pm – 3.00pm

**Walking to Wellness – Week 4,**  
Thursday 24 October, 11am – 12noon

**MBSR - Week 4,**  
Monday 4 November, 10.30am – 1pm

**Menopause Matters - Week 1,**  
Tuesday 5 November, 10.30am – 12.30pm

**Mirror, Mirror - Week 7,**  
Tuesday 5 November, 1.30pm – 3.00pm

**Walking to Wellness – Week 5,**  
Thursday 7 November, 11am – 12noon

**MBSR - Week 5,**  
Monday 11 November, 10.30am – 1pm

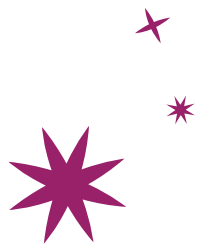
**Menopause Matters - Week 2,**  
Tuesday 12 November, 10.30am – 12.30pm

**Mirror, Mirror - Week 8,**  
Tuesday 12 November, 1.30pm – 3.00pm

**Walking to Wellness – Week 6,**  
Thursday 14 November, 11am – 12noon

**MBSR - Week 6,**  
Monday 18 November, 10.30am – 1pm

**Menopause Matters - Week 3,**  
Tuesday 19 November, 10.30am – 12.30pm



## Omagh

**Mirror, Mirror - Week 9,**  
Tuesday 19 November, 1.30pm – 3.00pm

**Walking to Wellness – Week 7,**  
Thursday 21 November, 11am – 12noon

**MBSR - Week 7,**  
Monday 25 November, 10.30am – 1pm

**Getting a Good Night's Sleep,**  
Tuesday 26 November, 10.30am – 12.30pm

**Mirror, Mirror - Week 10,**  
Tuesday 26 November, 1.30pm – 3.00pm

**Walking to Wellness – Week 8,**  
Thursday 28 November, 11am – 12noon

**MBSR - Week 8,**  
Monday 2 December, 10.30am – 1pm

**Getting Involved in the Recovery College,**  
Tuesday 3 December, 10.30am – 12.30pm

**Walking to Wellness – Week 9,**  
Thursday 5 December, 11am – 12noon

**Walking to Wellness – Week 10,**  
Thursday 12 December, 11am – 12noon



# Enniskillen

**Exploring Our Thoughts,**  
Wednesday 18 September, 10.30am – 12.30pm

**Getting a Good Night's Sleep,**  
Wednesday 25 September, 10.30am – 12.30pm

**Recovery through Activity,**  
Wednesday 2 October, 10.30am – 12.30pm

**Living Well with Psychosis,**  
Wednesday 9 October, 10.30am – 12.30pm

**Understanding OCD,**  
Wednesday 16 October, 10.30am – 12.30pm

**Wellness in Rhythm – Week 1,**  
Wednesday 23 October, 10.30am – 12.30pm

**Wellness in Rhythm – Week 2,**  
Wednesday 6 November, 10.30am – 12.30pm

**Wellness in Rhythm – Week 3,**  
Wednesday 13 November, 10.30am – 12.30pm

**Wellness Recovery Action Plan – Week 1,**  
Wednesday 20 November, 10.00am – 4.00pm

**Wellness Recovery Action Plan – Week 2,**  
Wednesday 27 November, 10.00am – 4.00pm



## Limavady

### **Exploring Our Thoughts,**

Thursday 19 September, 10.30am – 12.30pm

### **Understanding and Managing Anxiety,**

Thursday 3 October, 10.30am – 12.30pm

### **Compassion Focused Strategies for Pain and Trauma,**

Thursday 17 October, 10.30am – 12.30pm

### **Finding Hope after Bereavement,**

Thursday 7 November, 10.30am – 12.30pm

### **Resilience for Carers,**

Thursday 21 November, 10.30am – 12.30pm

### **Managing Setbacks,**

Thursday 28 November, 10.30am – 12.30pm

### **Wellness Tools,**

Thursday 5 December, 10.30am – 12.30pm

## Strabane

### **Exploring Our Thoughts,**

Thursday 26 September, 11am – 1pm

### **Resilience for Carers,**

Date to be Confirmed

### **Managing Setbacks,**

Thursday 24 October, 11am – 1pm

### **Getting a Good Night's Sleep,**

Thursday 14 November, 11am – 1pm



# Derry/Londonderry

**Exploring Our Thoughts,**  
Friday 20 September, 10.30am – 12.30pm

**Living Beyond Depression and Low Mood,**  
Friday 27 September, 10.30am – 12.30pm

**Getting a Good Night’s Sleep,**  
Friday 4 October, 10.30am – 12.30pm

**Understanding Schizoaffective Disorder,**  
Friday 11 October, 10.30am – 12.30pm

**Personalise Your Wellness Toolbox – Week 1,**  
Friday 18 October, 10.30am – 12.30pm

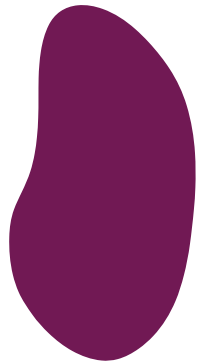
**Personalise Your Wellness Toolbox – Week 2,**  
Friday 25 October, 10.30am – 12.30pm

**Understanding Obsessive Compulsive Disorder,**  
Friday 8 November, 10.30am – 12.30pm

**Managing Setbacks,**  
Friday 15 November, 10.30am – 12.30pm

**Wellness Recovery Action Plan – Week 1,**  
Friday 22 November, 10.00am – 4.00pm

**Wellness Recovery Action Plan – Week 2,**  
Friday 29 November, 10.00am – 4.00pm





## Online

### **Joys of Journaling – Week 1,**

Monday 14 October, 1.00pm - 2.30pm

### **Joys of Journaling – Week 2,**

Monday 21 October, 1pm – 2.30pm

### **Joys of Journaling – Week 3,**

Monday 4 November, 1pm – 2.30pm

### **Joys of Journaling – Week 4,**

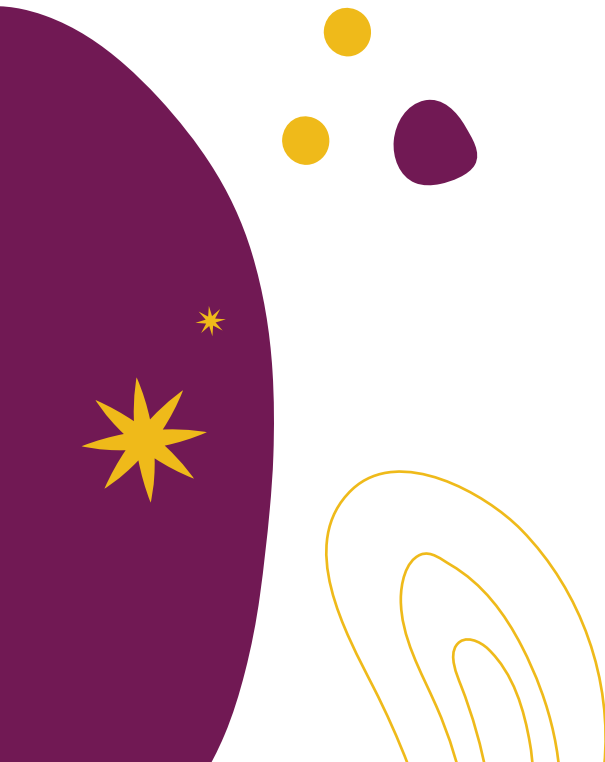
Monday 11 November, 1pm – 2.30pm

### **Joys of Journaling – Week 5,**

Monday 18 November, 1pm – 2.30pm

### **Joys of Journaling – Week 6,**

Monday 25 November, 1pm – 2.30pm



# 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.





# RECOVERY COLLEGE

HOPE • CONTROL • OPPORTUNITY

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

**T: 028 8225 2079**

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Western Health  
and Social Care Trust



Public Health  
Agency

Project supported by the PHA