

Autumn / Winter 2025  
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



As the leaves begin to fall and we step into the quieter, reflective seasons of autumn and winter, I am delighted to welcome you to a brand new term at the WHSCT Recovery College. Whether you're joining us for the first time, returning from our previous term, or reconnecting after a break, we are so pleased to have you as part of our community.

This term, we continue to build on the values at the heart of the Recovery College – hope, empowerment, connection and lifelong learning. Our Autumn/Winter prospectus offers a wide range of workshops, designed and delivered in partnership with those who have lived experience and those working in mental health services. Together, we create a safe and supportive space for shared learning, self-discovery and recovery.

We know that the colder months can be challenging, but they can bring opportunities for slowing down, reconnecting with ourselves and nurturing new growth. Whether you are looking to develop new skills, explore your mental health journey, or find a sense of community and belonging - there's a place for you here.

Thank you for taking the time to read our prospectus. I hope you find a workshop that will support your journey. I can't wait to welcome you into our new term, and walk alongside you through this season of change and possibility.

Warm wishes,

***Roisin O'Hanlon***

Recovery College Co-ordinator

# Meet the Team



Autumn is a season of change and reflection, an ideal time to check in with ourselves and take positive steps forward. This term brings opportunities to explore your wellbeing, connect with others who understand and grow in confidence at your own pace. Our courses offer a safe, relaxed environment where lived experience is valued and recovery is always possible. I am looking forward to welcoming new and returning students to the College this term.

## ***Bernadette Donaghy***

Lead Peer Educator



The Recovery College is a very special place-with an underpinning message of Hope that things can and will get better. What I love about our workshops is that there is an opportunity to learn new skills and tools that we can each use on our own recovery journey to allow us to live a rewarding and fulfilling life. Coming to a workshop for the first time can be a daunting experience as I know only too well, but please be assured that you will always receive a really warm welcome. It would be really lovely to see you at our workshops this term.

## ***Helen Harkness***

Peer Educator



Hello everyone, I hope you all had a nice summer and I would like to welcome you to our new autumn prospectus. Hopefully you can find a course(s) that you would be interested in attending. I look forward to seeing you at our various locations and taking part alongside everyone on the different topics this semester.

## ***Dermot Brady***

Peer Educator



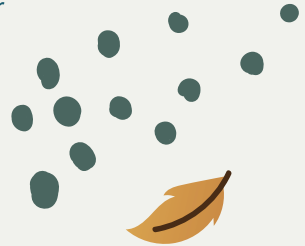
# Meet the Team



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 for a brand 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



# *An Ode to The Recovery College- Elevation*


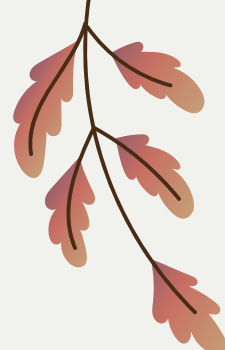
*I recognised the feelings  
The darkness of my mind  
Falling down that black hole  
Becoming entangled and entwined*

*Exhausted, I withdrew from life  
Confusion, worries, guilt and fear  
Were my companions, my shackles  
Holding me captive, keeping me near*



*I am building walls around me  
Made by anxiety, failure, shame  
Silent suffering, burdens, crisis  
Tears drowning my internal flame*

*Unexpectedly, I was given hope  
Promises of understanding and knowledge  
Should I try this? Can I trust?  
What is this Recovery College?*






*Somehow, I mustered up courage  
Hoping to blend in with the background  
Greeted and welcomed with smiles and coffee  
What a gem I have found!*





*The understanding I encountered  
Outlook, guidance, enlightenment  
Gentle encouragement, respectful support  
In such a warm and safe environment*


*I became aware of my transitioning  
Small steps across that bridge  
Healing, repairing, gaining purpose  
Tenderly pulling me back from the ridge*



*Mending, resting recuperating  
Heard and held by non-judgemental people  
Convalescing, growing, finding balance  
Their lifeline became my steeple*



*The joy that I experience  
From this thoughtfulness and care  
Their commitment, creativity patience  
Had been the answer to my prayer*



*I have become well again  
Through such trusted communication  
With self-esteem, belief, identity  
The Recovery College has been my ELEVATION!*

*By TP*



# 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:

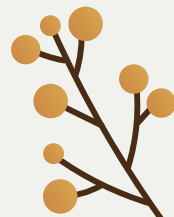
Recovery College Enrolment  
Lisnamallard  
5b Woodside Avenue  
Omagh  
Co. Tyrone  
BT79 7BP

**E-mail:** [recoverycollege@westerntrust.hscni.net](mailto:recoverycollege@westerntrust.hscni.net)

**Online:** Scan QR code or enter URL to enrol  
<https://forms.office.com/e/QgZH2upHUm>



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.





# 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.

**Please note this course has been rescheduled from our Spring/Summer 2025 term due to unforeseen circumstances, those who originally applied will be offered a place first.**

**Derry/Londonderry**, Friday 24 October, 10.30am – 12.30pm

*“An engaging and informative course to introduce the topic...  
great to have input from volunteers...keeping it real”*

## Coping with Christmas

Single **2 Hour** Session

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 think about what steps they might put in place to make the festive season more manageable.

**Omagh**, Monday 3 November, 10.30am -12.30pm

**Limavady**, Tuesday 4 November, 10.30am - 12.30pm

**Enniskillen**, Wednesday 5 November, 10.30am - 12.30pm

**Strabane**, Thursday 6 November, 10.30am - 12.30pm

**Derry/Londonderry**, Friday 7 November, 10.30am – 12.30pm



*“Very Interactive... great course and very well presented”*

# 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.

**Omagh**, Monday 15 September, 10.30am – 12.30pm

**Limavady**, Tuesday 16 September, 10.30am – 12.30pm

**Enniskillen**, Wednesday 17 September, 10.30am – 12.30pm

**Strabane**, Thursday 18 September, 10.30am – 12.30pm

**Derry/Londonderry**, Friday 19 September, 10.30am – 12.30pm



*“Very well presented, lots of interesting facts. Learned a lot”*

## 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 affect 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.**

**Omagh**, Monday 6 October, 10.30am – 12.30pm

*“This was a lovely course, it was much better than I expected”*

# Food and Mood

Single **2 Hour** Session

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.

**Omagh**, Monday 13 October, 10.30am – 12.30pm

**Derry/Londonderry**, Friday 17 October, 10.30am – 12.30pm

*“Very interactive, got so much from it”*

## Getting a Good Night’s Sleep

**2 Week** Course, **2 Hour** Sessions

This course 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 based strategies that can help everyone achieve a better night’s sleep.

**Please note, this workshop is run across two weeks, and students must be able to attend both sessions.**

**Strabane**, Thursday 2 & 9 October, 10.30am – 12.30pm

**Derry/Londonderry**, Friday 3 & 10 October 10.30am – 12.30pm

*“It is a very good course, has helped me so much”*



# 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.

**Limavady**, Tuesday 9 December, 10.30am – 12.30pm

**Strabane**, Thursday 11 December, 10.30am – 12.30pm

*“Really want to help. I am going so sign up to volunteer”*

## Learning to Like Yourself

2 Weeks, **2 Hour** Sessions

Having feelings of low self-worth can negatively affect our mental health and emotional wellbeing. Learning how to improve our self-esteem is an important aspect of resilience 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 and balanced view of yourself.

**Please note, this workshop is run across two weeks, and students must be able to attend both sessions**

**Limavady**, Tuesday 7 & 14 October, 10.30am – 12.30pm

*“Excellent course, thank you. Definitely helpful having two sessions”*



# Life after Receiving a Mental Health Diagnosis

Single **2 Hour** Session

Receiving a mental health diagnosis can bring a range of emotions – relief, confusion, fear and hope. This reflective and empowering workshop creates a safe space to explore what a diagnosis means to you, how it can shape your self-understanding and fit into your recovery journey. We will explore the journey of receiving a diagnosis, and ways to challenge stigma. Whether your diagnosis is new, something you’ve lived with for years, or you want to support a loved one’s diagnosis journey, this session will support you to move forward with confidence and self-compassion.

**Limavady**, Tuesday 21 October, 10.30am - 12.30pm

**Omagh**, Monday 17 November, 10.30am - 12.30pm

**Derry/Londonderry**, Friday 28 November, 10.30am - 12.30pm

## 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.

**Omagh**, Monday 22 September, 10.30am - 12.30pm

**Derry/Londonderry**, Friday 26 September 10.30am - 12.30pm

*“Really beneficial, not only in a professional capacity but personally! Great workshop”*



# 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.

**Strabane**, Thursday 16 October, 10.30am – 12.30pm

*“Very informative and helpful, thank you”*

# Living Well with Obsessive Compulsive Disorder (OCD)

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.

**Limavady**, Tuesday 11 November, 10.30am – 12.30pm

*“Excellent course - doorway of information opened to help me understand OCD a bit more”*



# 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

**Limavady**, Tuesday 30 September, 10.30am - 12.30pm

**Omagh**, Monday 10 November, 10.30am - 12.30pm

*"I found it very beneficial in a lovely relaxed setting"*

## Masquerade

5 Week Course, **1.5 Hour** Session

Join the Masquerade! Take time out for yourself in this 5-week creative writing and craft project led by Michelle Young.

It is only human to wear a mask sometimes to hide how we truly feel on the inside. This course will give you time to reflect, explore and express your thoughts and self-talk within your head verses what you show to the outside world as well as giving you an opportunity to connect with others within an authentic, nurturing space. During this time, you will take part in reflective writing activities which will follow on to creating your own multi-media, mask art piece full of colour, words and flare!

**Please be aware this course has been rescheduled from our Spring/Summer 2025 term, those who originally enrolled with have priority to a place on this workshop**

**Derry/Londonderry**, Monday 22 & 29 September, 6, 13 & 20 October,

10.30am - 12.00pm

*"I found it very beneficial in a lovely relaxed setting"*

# Mindful Christmas Crafting

3 Weeks, **2 Hour** Sessions

Slow down, get creative, and soak up the joy of the season. This 3 week course combines festive crafting with gentle mindfulness, helping you stay present and grounded in what can be a busy time of year. No experience needed and all materials provided. Participants must be available to attend all 3 sessions.

**Enniskillen**, Wednesday 12, 19 & 26 November, 10.30am - 12.30pm

**Limavady**, Tuesday 18, 25 November & 2 December, 10.30am - 12.30pm

**Strabane**, Thursday 20, 27 November & 4 December, 10.30am - 12.30pm

## Mindfulness Based Stress Reduction (MBSR)

8 Weeks, **2.5 Hour** Session

This innovative workshop 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.

Introduction session -

**Derry/Londonderry**, Thursday 18 September, 10.30am - 1.00pm

**8 Week Programme**, Thursday 9, 16 & 23 October, 6, 13, 20 & 27 November & 4 December, 10.30am - 1.00pm

**Everyone who wishes to enrol for this 8 week course is required to attend the Introductory Session on Thursday 18 September, 10.30am – 1pm**

*"I felt the course had brilliant continuity and built upon the themes each week. I have gained so much"*



## Nurturing Your Voice

Single **2 Hour** Session

Your voice matters. In this workshop we will explore what self-advocacy means - speaking up for yourself, making informed choices and feeling confident to express your needs, values and boundaries. Whether you're navigating mental health services, everyday life or personal relationships, this session will help you build skills, language and self-belief to support yourself.

**Enniskillen**, Wednesday 1 October, 10.30am - 12.30pm

**Strabane**, Thursday 13 November, 10.30am - 12.30pm



## Personalise Your Wellness Toolbox

**3 Week** Course, **2 Hour** Sessions

Join us for a fun 3-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. All boxes and craft materials will be provided.

**Omagh**, Monday 24 November, 1 & 8 December, 10.30am – 12.30pm

*“Can't wait for the next one to come along”*

## Recognising and Recovering from Burnout

Single **2 Hour** Session

Burnout can leave us feeling emotionally drained, disconnected and unsure of how to move forward. In this workshop we will explore what burnout is, how to recognise the early signs and how it impacts our lives. Together we will look at strategies to aid recovery and prevention, by rebuilding energy, setting boundaries, reconnecting with yourself and taking small steps towards balance and wellbeing.

**Enniskillen**, Wednesday 15 October, 10.30am - 12.30pm

**Derry/Londonderry**, Friday 14 November, 10.30am - 12.30pm

# 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 help us identify where we might make changes in order to maintain and improve our mental health and emotional wellbeing.

**Limavady**, Tuesday 23 September, 10.30am - 12.30pm

**Enniskillen**, Wednesday 24th September, 10.30am - 12.30pm

**Strabane**, Thursday 23 October, 10.30am - 12.30pm

*"I have learned about what I am doing well, and what I need to work on. Looking forward to trying the new strategies"*



## 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.

**Enniskillen**, Wednesday 22 October, 10.30am – 12.30pm

*"The course is helpful and the topic is vast!"*



# Understanding Medication for Mental Health

Single **2 Hour** Session

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. This course is co-facilitated by WHSCT Mental Health Pharmacists, who will also be able to answer participant's questions, and to guide us to reliable and easily accessible sources of information.

**Enniskillen**, Wednesday 8 October, 10.30am – 12.30pm

*“Excellent information, valuable. Dispelling stigma”*

# Understanding the Experience of Hearing Voices

Single **2 Hour** Session

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 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.

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

*“Very interesting and informative. Feel better able to cope with hearing voices in the future”*



# 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 session we will explore the links between our thoughts, feelings and actions, and offer some simple strategies to help you better understand and manage your anxiety.

**Strabane**, Thursday 25 September, 10.30am – 12.30pm

**Omagh**, Monday 29 September, 10.30am - 12.30pm

*“Well paced ... good delivery and enjoyed listening to your personal experiences”*

## 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.

**Omagh**, Monday 20 October, 10.30am – 12.30pm

*“Absolutely fantastic, very thorough and professional- down to earth, easy to understand”*

# Walking to Wellness

**1 Hour** Session, 12 Weeks

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 for 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, meeting at Lisnamallard and walking in the surrounding area.

**Please note, prior to starting this workshop all attendees will be asked to complete a 1 to 1 health questionnaire with Recovery College Coordinator.**

**Omagh**, Every Thursday starting 18 September, finishing 11 December,  
2.30pm - 3.30pm (excluding 30 October)



## 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.

**Enniskillen**, Wednesday, 3 & 10 December, 10.00am – 4.00pm

**Derry/Londonderry**, Friday 5 & 12 December, 10.00am – 4.00pm

*“Very informative course, I feel really confident that I can use this both for myself and my work”*





# 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:

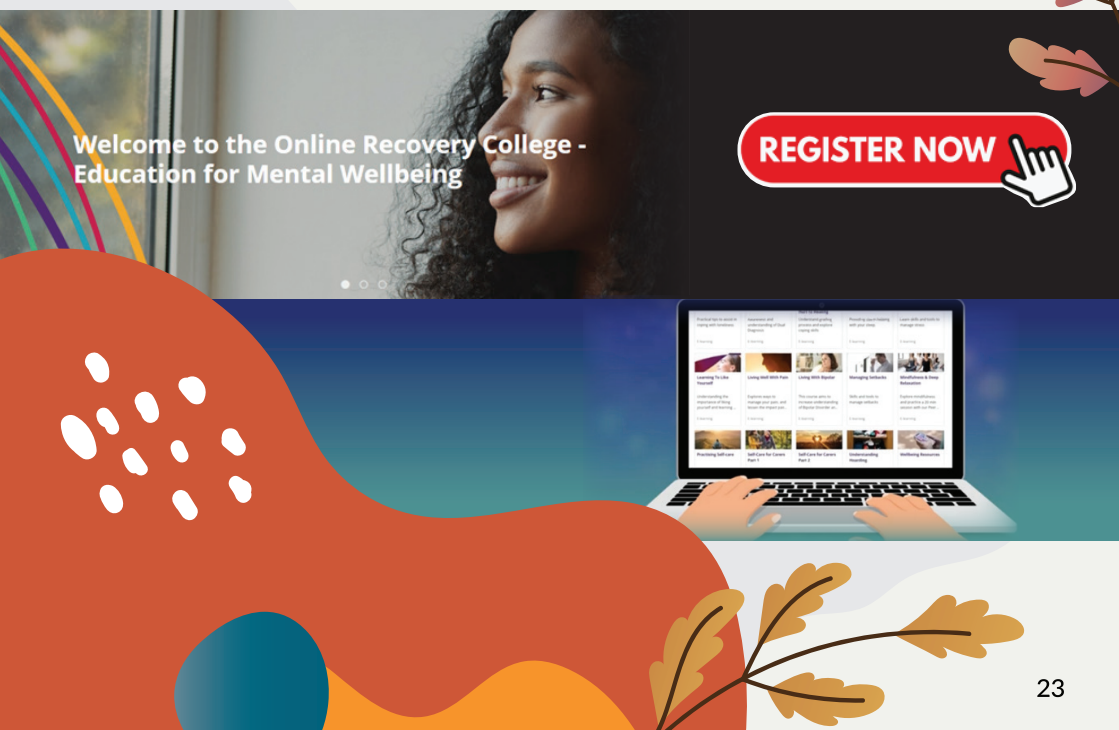
Visit [mymentalhealthrecovery.com](https://mymentalhealthrecovery.com)

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)



Welcome to the Online Recovery College -  
Education for Mental Wellbeing

REGISTER NOW



# COURSES AT A GLANCE

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## **Derry/Londonderry**

### **Mindfulness Based Stress Reduction Introduction Session,**

Thursday 18 September, 10.30am - 1.00pm

### **Exploring Our Thoughts,**

Friday 19 September, 10.30am - 12.30pm

### **Masquerade Week 1,**

Monday 22 September, 10.30am - 12.00pm

### **Living Beyond Depression and Low Mood,**

Friday 26 September, 10.30am - 12.30pm

### **Masquerade Week 2,**

Monday 29 September, 10.30am - 12.00pm

### **Getting a Good Night's Sleep Week 1,**

Friday 3 October, 10.30am - 12.30pm

### **Masquerade Week 3,**

Monday 6 October, 10.30am - 12.00pm

### **Mindfulness Based Stress Reduction Week 1,**

Thursday 9 October, 10.30am - 1.00pm

### **Getting a Good Night's Sleep Week 2,**

Friday 10 October, 10.30am - 12.30pm

### **Masquerade Week 4,**

Monday 13 October, 10.30am - 12.00pm

### **Mindfulness Based Stress Reduction Week 2,**

Thursday 16 October, 10.30am - 1.00pm

### **Food and Mood,**

Friday 17th October, 10.30am - 12.30pm

### **Masquerade Week 5,**

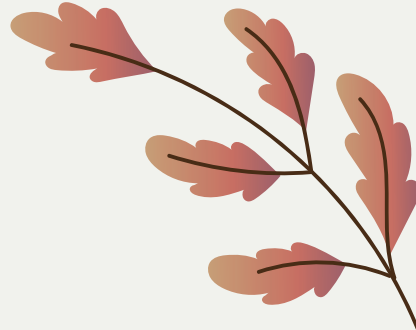
Monday 20 October, 10.30am - 12.00pm

### **Mindfulness Based Stress Reduction Week 3,**

Thursday 23 October, 10.30am - 1.00pm

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

Friday 24 October, 10.30am - 12.30pm



## **Derry/Londonderry**

### **Mindfulness Based Stress Reduction Week 4,**

Thursday 6 November, 10.30am - 1.00pm

### **Coping with Christmas,**

Friday 7 November, 10.30am - 12.30pm

### **Mindfulness Based Stress Reduction Week 5,**

Thursday 13 November, 10.30am - 1.00pm

### **Recognising and Recovering from Burnout,**

Friday 14th November, 10.30am - 12.30pm

### **Mindfulness Based Stress Reduction Week 6,**

Thursday 20 November, 10.30am - 1.00pm

### **Understanding the Experience of Hearing Voices,**

Friday 21 November, 10.30am - 12.30pm

### **Mindfulness Based Stress Reduction Week 7,**

Thursday 27 November, 10.30am - 1.00pm

### **Life after Receiving a Mental Health Diagnosis,**

Friday 28 November, 10.30am - 12.30pm

### **Mindfulness Based Stress Reduction Week 8,**

Thursday 4 December, 10.30am - 1.00pm

### **Wellness Recovery Action Plan (WRAP) Week 1,**

Friday 5 December, 10.00am - 4.00pm

### **Wellness Recovery Action Plan (WRAP) Week 2,**

Friday 12 December, 10.00am - 4.00pm



## Enniskillen

### **Exploring Our Thoughts,**

Wednesday 17 September, 10.30am - 12.30pm

### **Recovery Through Activity,**

Wednesday 24 September, 10.30am - 12.30pm

### **Nurturing Your Voice,**

Wednesday 1 October, 10.30am - 12.30pm

### **Understanding Medication for Mental Health,**

Wednesday 8 October, 10.30am - 12.30pm

### **Recognising and Recovering from Burnout,**

Wednesday 15 October, 10.30am - 12.30pm

### **Resilience for Carers,**

Wednesday 22 October, 10.30am - 12.30pm

### **Coping with Christmas,**

Wednesday 5 November, 10.30am - 12.30pm

### **Mindful Christmas Crafting Week 1,**

Wednesday 12 November, 10.30am - 12.30pm

### **Mindful Christmas Crafting Week 2,**

Wednesday 19 November, 10.30am - 12.30pm

### **Mindful Christmas Crafting Week 3,**

Wednesday 26 November, 10.30am - 12.30pm

### **Wellness Recovery Action Plan (WRAP) Week 1,**

Wednesday 3 December, 10.00am - 4.00pm

### **Wellness Recovery Action Plan (WRAP) Week 2,**

Wednesday 10 December, 10.00am - 4.00pm



### **Exploring Our Thoughts,**

Tuesday 16 September, 10.30am - 12.30pm

### **Recovery Through Activity,**

Tuesday 23 September, 10.30am - 12.30pm

### **Living Well with Psychosis,**

Tuesday 30 September, 10.30am - 12.30pm

### **Learning to Like Yourself Week 1,**

Tuesday 7 October, 10.30am - 12.30pm

### **Learning to Like Yourself Week 2,**

Tuesday 14 October, 10.30am - 12.30pm

### **Life after Receiving a Mental Health Diagnosis,**

Tuesday 21 October, 10.30am - 12.30pm

### **Coping with Christmas,**

Tuesday 4 November, 10.30am - 12.30pm

### **Living Well with Obsessive Compulsive Disorder (OCD),**

Tuesday 11 November, 10.30am - 12.30pm

### **Mindful Christmas Crafting Week 1,**

Tuesday 18 November, 10.30am - 12.30pm

### **Mindful Christmas Crafting Week 2,**

Tuesday 25 November, 10.30am - 12.30pm

### **Mindful Christmas Crafting Week 3,**

Tuesday 2 December, 10.30am - 12.30pm

### **Getting Involved at the Recovery College,**

Tuesday 9 December, 10.30am - 12.30pm



## Omagh

### **Exploring Our Thoughts,**

Monday 15 September, 10.30am - 12.30pm

### **Walking to Wellness Week 1,**

Thursday 18 September, 2.30pm - 3.30pm

### **Living Beyond Depression and Low Mood,**

Monday 22 September, 10.30am - 12.30pm

### **Walking to Wellness Week 2,**

Thursday 25 September, 2.30pm - 3.30pm

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

Monday 29 September, 10.30am - 12.30pm

### **Walking to Wellness Week 3,**

Thursday 2 October, 2.30pm - 3.30pm

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

Monday 6 October, 10.30am - 12.30pm

### **Walking to Wellness Week 4,**

Thursday 9 October, 2.30pm - 3.30pm

### **Food and Mood,**

Monday 13 October, 10.30am - 12.30pm

### **Walking to Wellness Week 5,**

Thursday 16 October, 2.30pm - 3.30pm

### **Understanding Trauma,**

Monday 20 October, 10.30am - 12.30pm

### **Walking to Wellness Week 6,**

Thursday 23 October, 2.30pm - 3.30pm

### **Coping with Christmas,**

Monday 3 November, 10.30am - 12.30pm

### **Walking to Wellness Week 7,**

Thursday 6 November, 2.30pm-3.30pm



### **Living Well with Psychosis,**

Monday 10 November, 10.30am - 12.30pm

### **Walking to Wellness Week 8,**

Thursday 13 November, 2.30pm - 3.30pm

### **Life after Receiving a Mental Health Diagnosis,**

Monday 17 November, 10.30am - 12.30pm

### **Walking to Wellness Week 9,**

Thursday 20 November, 2.30pm-3.30pm

### **Personalise Your Wellness Toolbox Week 1,**

Monday 24 November, 10.30am - 12.30pm

### **Walking to Wellness Week 10,**

Thursday 27 November, 2.30pm - 3.30pm

### **Personalise Your Wellness Toolbox Week 2,**

Monday 1 December, 10.30am - 12.30pm

### **Walking to Wellness Week 11,**

Thursday 4 December, 2.30pm - 3.30pm

### **Personalise Your Wellness Toolbox Week 3,**

Monday 8 December, 10.30am - 12.30pm

### **Walking to Wellness Week 12,**

Thursday 11 December, 2.30pm - 3.30pm





## Strabane

### **Exploring Our Thoughts,**

Thursday 18 September, 10.30am - 12.30pm

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

Thursday 25 September, 10.30am - 12.30pm

### **Getting a Good Night's Sleep Week 1,**

Thursday 2 October, 10.30am - 12.30pm

### **Getting a Good Night's Sleep Week 2,**

Thursday 9 October, 10.30am - 12.30pm

### **Living Well with Bipolar,**

Thursday 16 October, 10.30am - 12.30pm

### **Recovery through Activity,**

Thursday 23 October, 10.30am - 12.30pm

### **Coping with Christmas,**

Thursday 6 November, 10.30am - 12.30pm

### **Nurturing Your Voice,**

Thursday 13 November, 10.30am - 12.30pm

### **Mindful Christmas Crafting Week 1,**

Thursday 20 November, 10.30am - 12.30pm

### **Mindful Christmas Crafting Week 2,**

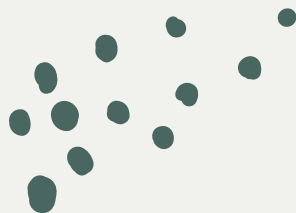
Thursday 27 November, 10.30am - 12.30pm

### **Mindful Christmas Crafting Week 3,**

Thursday 4 December, 10.30am - 12.30pm

### **Getting Involved at the Recovery College,**

Thursday 11 December, 10.30am - 12.30pm



# Venues

## **Derry/Londonderry**

Holywell Trust  
10-14 Bishop Street  
Co Derry/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**

Strabane Library  
1 Railway Street  
Strabane  
Co Tyrone  
BT82 8EF

## **Limavady**

Roe Valley Arts and Cultural Centre  
24 Main Street  
Limavady  
Co Derry/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 ☐    Prefer not to say ☐

## Courses you would like to attend (no maximum)

Course Title	Venue

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

Person with lived experience	<input type="checkbox"/>	Health Professional	<input type="checkbox"/>
Carer/Supporter (including Family & Friends)	<input type="checkbox"/>		
Student	<input type="checkbox"/>	Prefer not to say	<input type="checkbox"/>
		Other	<input type="checkbox"/>

**How did you hear about the WHSCT Recovery College**

I am a Previous Student	<input type="checkbox"/>	GP	<input type="checkbox"/>
Mental Health Professional	<input type="checkbox"/>	Other Health Professional	<input type="checkbox"/>
Community/Voluntary Service	<input type="checkbox"/>	Family/Friends	<input type="checkbox"/>
Social Media/Local Press	<input type="checkbox"/>	Leaflet/Poster/Prospectus	<input type="checkbox"/>



**We will be in contact to confirm your enrolment, would you prefer**

Letter	<input type="checkbox"/>	Email	<input type="checkbox"/>
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Please let us know if you have any health conditions that we need to be aware of (e.g. allergies, epilepsy etc.).

Please also let us know of any reasonable adjustments required to facilitate your attendance at the college (e.g. large print handouts, seat at front etc).

We will make every effort to support your needs.

Signature

Date





# RECOVERY COLLEGE

HOPE • CONTROL • OPPORTUNITY

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

**T: 028 8225 2079**

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



Western Health  
and Social Care Trust



Public Health  
Agency

Project supported by the PHA