

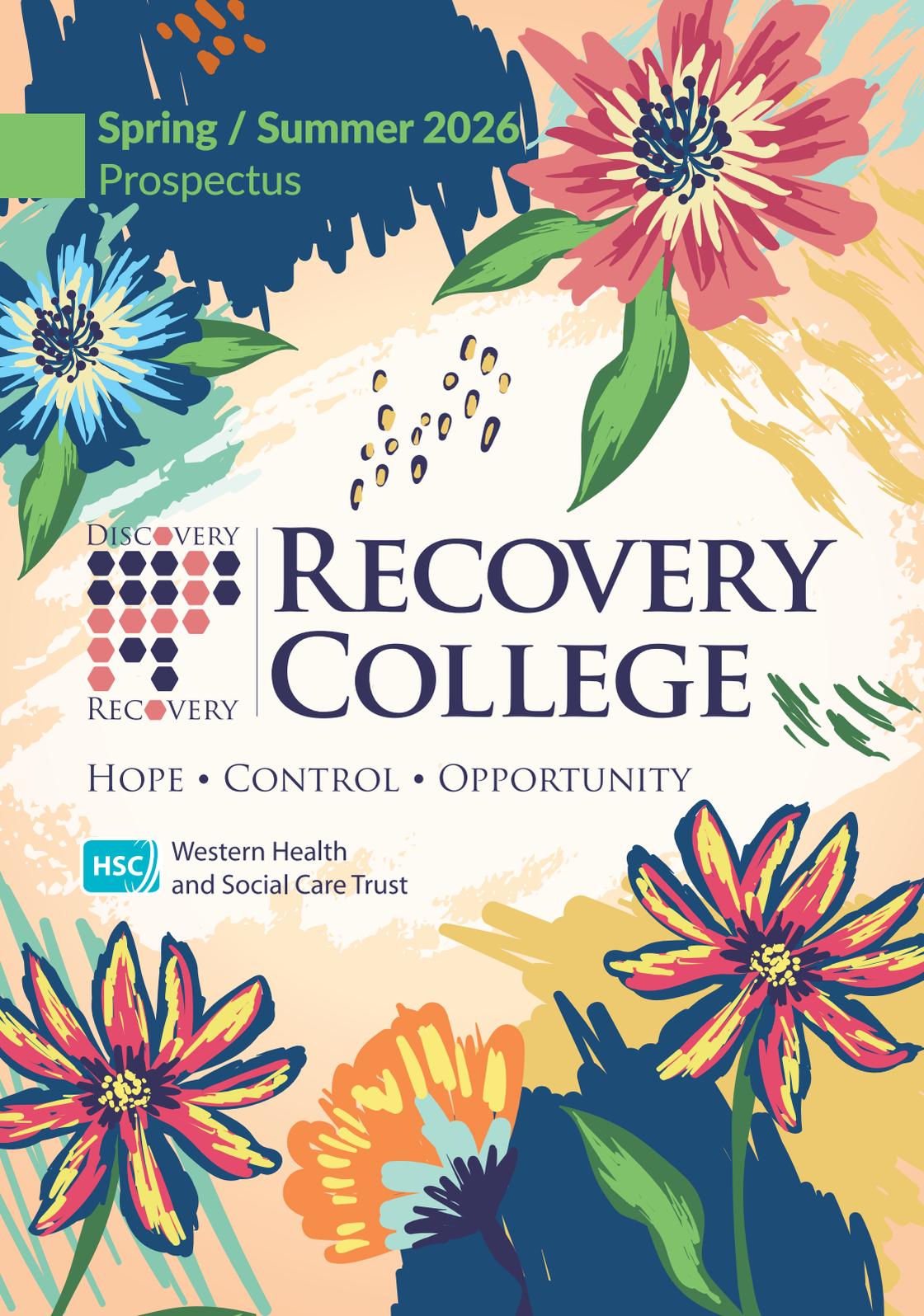
Spring / Summer 2026  
Prospectus



# 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



Welcome to our Spring/Summer Recovery College Prospectus!

At the Recovery College we believe recovery looks different for everyone. It's all about learning what helps you live the life you want, in a way that works for you.

Our workshops are created and delivered by people with lived experience alongside professionals. This means our sessions are practical, helpful and based on real life experiences.

We aim to offer a relaxed, welcoming learning space where everyone's voice matters and no one is judged.

We encourage anyone who is interested in mental health and wellbeing to give our workshops a go. You may be interested in gaining a better understanding of yourself or a loved one. Or possibly to support your job role or studies.

Whether you are joining us for the first time or coming back for a new term, we're glad you're considering attending the College. We know it can take courage to try something new, so please remember you are not alone, and our team is here to help in any way that we can.

I hope you find something in this prospectus that feels right for you, and helps you take a step within your own recovery journey. We are looking forward to learning alongside you this Spring and Summer.



Best Wishes,  
***Roisin O'Hanlon***  
Recovery College Co-Ordinator



# Meet the Team



I am looking forward to all the opportunities that a new term at the Recovery College brings with it - welcoming new students, catching up with familiar faces, and supporting you all as you strive to learn more about yourselves and how to look after your mental health and emotional wellbeing

***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



Hi everyone, I hope you all had a wonderful holiday season and would like to say that you are welcome to attend our workshops here at the Recovery College. This spring prospectus has a good variety of topics which you may find interesting. I hope you can attend as I personally found the Recovery College's workshops so helpful in my own recovery journey. It would be so nice to see you there.

***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



# 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.

**Please note:** Enrolment forms should not be left at venues, but must always be returned to the Recovery College.



# OUR COURSES

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# Chair Based Exercise

6 Weeks, **1 Hour** Sessions, Face to Face

Join us for exercise sessions that offer a safe, effective way to improve strength, flexibility, balance, and mobility using a chair as support. Please wear comfortable clothing that will stretch/move with you and bring a bottle of water with you. Facilitated by Community Coaches from Fermanagh and Omagh District Council.

- **Enniskillen**, Thursdays 14 May – 18 June, 10.30am – 11.30am
- **Omagh**, Fridays 15 May – 19 June, 10.30am – 11.30am

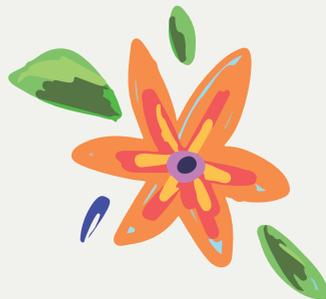
# Chair Yoga

4 Weeks, **1 Hour** Sessions, Face to Face

Chair yoga is a gentle form of yoga that's done while seated or using a chair for balance, which makes the practice more accessible. It is a safe workout for beginners and experienced exercisers alike, and offers benefits like improved strength, flexibility and posture. Please wear comfortable clothing that will stretch/move with you and bring a bottle of water with you.

In Limavady this course will be facilitated by a Coach from the Limavady Neighbourhood Health Improvement Project, and in Derry/Londonderry and Strabane by certified yoga instructor Annie Deery.

- **Limavady**, Wednesdays 25 March – 15 April, 10.30am – 11.30am
- **Derry/Londonderry**, Wednesday 25 March, 1, 8, & 15 April, 10.30am – 11.30am
- **Strabane**, Thursdays 30 April – 21 May, 2.00pm – 3.00pm



# Coaching Tools for Wellness

2 Weeks, **2 Hour** Sessions, Face to Face

Coaching has been used very successfully in the business and sporting worlds but it can also be applied to wellbeing. These workshops will introduce some simple coaching tools that can give you the confidence to work towards your own mental health and emotional wellbeing goals. Students will have the opportunity to try out the tools between sessions.

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

- **Derry/Londonderry**, Friday 29 May & 5 June, 10.30am – 12.30pm

*“Helped me break something overwhelming into manageable steps”  
“Really enjoyed the course – looking forward to putting it into practice”*

## Coping with Change

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

Change is a natural part of life. However, while even a positive change can feel unsettling, unexpected or difficult changes can feel overwhelming. This workshop addresses different types of changes, potential reactions to change, and why we sometimes find change difficult. We will explore tools to help us adapt to changes, strengthen our resilience and look after ourselves during times of transition.

- **Strabane**, Tuesday 5 May, 11.00am – 1.00pm
- **Enniskillen**, Wednesday 6 May, 10.30am – 12.30pm
- **Online**, Wednesday 6 May, 7.00pm – 8.30pm



# Exploring Our Emotions

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

Our emotions have a big impact on our thoughts, behaviours and overall wellbeing. In this new workshop we will focus on ways to recognise and better understand our emotions. We will explore how emotions affect our wellbeing and relationships, and develop practical skills to manage our feelings. Students will have an opportunity to develop confidence around their emotions, and how to respond to emotions in a kind and helpful way.

- **Omagh**, Monday 30 March, 10.30am – 12.30pm
- **Derry/Londonderry**, Friday 17 April, 10.30am – 12.30pm

# Exploring Our Thoughts

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

Our thoughts influence our feelings and actions, and automatic thoughts are those thoughts that automatically arise throughout the day. Often, we can be completely unaware we are even having thoughts, or be especially unaware of the extent of our negative thinking. This workshop is designed to help us become more aware of, and to identify patterns in our thinking. In doing so we can decide whether or not our thoughts are valid and helpful, or if they deserve some scrutiny or could be 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 23 March, 10.30am – 12.30pm
- **Strabane**, Tuesday 24 March, 11.00am – 1.00pm
- **Enniskillen**, Wednesday 25 March, 10.30am – 12.30pm
- **Online**, Wednesday 25 March, 7.00pm – 8.30pm
- **Limavady**, Thursday 26 March, 10.30am – 12.30pm
- **Derry/Londonderry**, Friday 10 April, 10.30am – 12.30pm

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



# Finding Hope after Bereavement

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

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.**

- **Strabane**, Tuesday 14 April, 11.00am – 1.00pm
- **Limavady**, Thursday 30 April, 10.30am – 12.30pm

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

# Getting a Good Night’s Sleep

2 Weeks, **2 Hour** Sessions, Face to Face or Online

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 over two weeks (face to face) and students must be able to attend both sessions.**

- **Limavady**, Thursday 2 & 16 April, 10.30am – 12.30pm
- **Omagh**, Monday 13 April & 20 April, 10.30am – 12.30pm
- **Enniskillen**, Wednesday 22 & 29 April, 10.30am – 12.30pm
- **Online**, Wednesday 22 April, 7.00pm – 8.30pm

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

# Getting Involved at the Recovery College

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

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 to create opportunities for people to make meaningful use of their knowledge, skills and talents. Perhaps you have ideas for new workshops; or you enjoy carrying out 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 and what we can offer volunteers.

- **Omagh**, Monday 15 June, 10.30am – 12.30pm
- **Derry/Londonderry**, Friday 26 June, 10.30am – 12.30pm

# Life after Receiving a Mental Health Diagnosis

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

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.

- **Strabane**, Tuesday 21 April, 11.00am – 1.00pm
- **Enniskillen**, Wednesday 10 June, 10.30am – 12.30pm



# Living Well with Bipolar Disorder

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

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.

- **Limavady**, Thursday 23 April, 10.30am – 12.30pm
- **Enniskillen**, Wednesday 13 May, 10.30am – 12.30pm

*“Very informative and helpful, thank you”*

# Living Well with Low Mood and Depression

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

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

- **Strabane**, Tuesday 31 March, 11.00am – 1.00pm
- **Enniskillen**, Wednesday 1 April, 10.30am – 12.30pm
- **Online**, Wednesday 1 April, 7.00pm – 8.30pm

*“I feel more motivated and less overwhelmed after this course”*

# Living Well with Obsessive Compulsive Disorder (OCD)

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

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.

- **Omagh**, Monday 18 May, 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, Face to Face

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.

- **Derry/Londonderry**, Friday 12 June, 10.30am – 12.30pm

*“I found it very beneficial in a lovely relaxed setting”*



# Menopause Matters

3 Weeks, **2 Hour** Sessions, Face to Face

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.

- **Enniskillen**, Wednesdays 20 & 27 May and 3 June, 10.30am – 12.30pm

*“Excellent course – very informative”*

*“Brilliant. Informative”*

# Mindful Smartphone Photography

4 Weeks, **2 Hour** Sessions, Face to Face

This creative workshop invites you to slow down and be in the present. We will explore how taking photos can help us notice small details, connect with the present moment and express how we’re feeling without needing words. No photography or mindfulness experience required.

**Please note this workshop will take place both in the classroom and outdoors, with some walking/standing while taking photos. Students must also have their own smartphone. If you have any access needs or concerns about this, please get in touch with the college before booking to discuss whether the workshop is right for you.**

- **Omagh**, Fridays 20 March – 17 April, 10.30am – 12.30pm (except 3 April)
- **Derry/Londonderry**, Wednesday 20 May – 10 June, 10.30am – 12.30pm



## Mixed Media Landscapes

6 Weeks, **2 Hour** Sessions, Face to Face

Take some time out to de-stress, learn a new skill and connect with others. Over the course of 6 weeks participants will create a series of beautiful tactile landscape images, using a wide range of mediums and techniques.

From using gelli plates to print your own papers, stencils to create patterns, and fabrics with hand stitched embroidery, we will learn how to build layers and compositions to create a unique piece of mixed media artwork. No previous experience required and all materials will be provided.

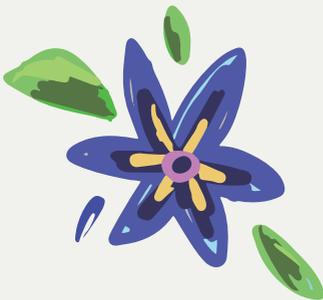
- **Enniskillen**, Wednesday, 1, 8, 15, 22, 29 April & 6 May, 2.00pm – 4.00pm

## Nurturing Your Voice

Single 2 Hour Session, Face to Face

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 relationships, this session will help you build the skills, language and self-belief to support yourself.

- **Derry/Londonderry**, Friday 1 May, 10.30am – 12.30pm
- **Omagh**, Monday 11 May, 10.30am – 12.30pm
- **Limavady**, Thursday 14 May, 10.30am – 12.30pm



# Positive Affirmations

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

We all have particular phrases we repeat to ourselves throughout the day. Often though, they can be negative or based on unhelpful beliefs about ourselves and our situations. Over the course of 3 weeks, participants will explore the benefits of positive affirmations, be guided to come up with their own personal positive affirmation and create a keepsake as a visual reminder of their affirmation. All materials provided.

- **Limavady**, Thursdays 4 – 18 June, 10.30am – 12.30pm

# Recognising and Recovering from Burnout

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

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.

- **Omagh**, Monday 27 April, 10.30am – 12.30pm
- **Limavady**, Thursday 21 May, 10.30am – 12.30pm

*“Really helped me to identify when I am heading/in burnout and how to cope and ground myself”*



# Recovery Through Activity

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

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.

- **Online**, Wednesday 29 April, 7.00pm – 8.30pm
- **Derry/Londonderry**, Friday 15 May, 10.30am – 12.30pm
- **Omagh**, Monday 26 May, 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, Face to Face

Carers and supporters play a vital role in enabling their family member, friend or loved one make the journey to recovery from mental ill-health. This workshop explores how carers can build their resilience to meet the various challenges of the caring role, and put in place simple strategies to maintain their own mental and emotional wellbeing.

- **Omagh**, Tuesday 5 May, 10.30am – 12.30pm

*“The course is helpful and the topic is vast!”*



# Self-Compassion

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

Most of us feel compassion for other people when they are struggling. What would it be like to receive the same caring attention from yourself when you needed it most? This session will help you to recognise that you too, are worthy of self-compassion, which involves the capacity to comfort and soothe ourselves, and to motivate ourselves with encouragement when we suffer, fail or feel inadequate.

- **Strabane**, Tuesday 28 April, 11.00am – 1.00pm
- **Derry/Londonderry**, Friday 8 May, 10.30am – 12.30pm
- **Enniskillen**, Wednesday 17 June, 10.30am – 12.30pm

# Understanding and Managing Anxiety

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

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.

- **Enniskillen**, Wednesday 15 April, 10.30am – 12.30pm
- **Online**, Wednesday 15 April, 7.00pm – 8.30pm
- **Derry/Londonderry**, Friday 24 April, 10.30am – 12.30pm
- **Limavady**, Thursday 7 May, 10.30am – 12.30pm

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



# Understanding Hoarding

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

Hoarding is a condition where a person has a tendency to collect and save things excessively and has difficulty in getting rid of items. All this stuff can get in the way to the extent that it causes disruption to a person's everyday life, space and often causes distress. There is no single reason why individuals hoard. In this workshop we aim to bring a level of understanding about the causes and impact of hoarding behaviours. We will also explore and discuss some strategies, techniques and resources for people who might be hoping to make changes in their home and life. This course will also be helpful for individuals who wish to know more about this condition in order to support others.

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

*“Excellent information, valuable. Dispelling stigma”*

# Understanding Mental Health Medication

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

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.

- **Limavady**, Thursday 28 May, 10.30am – 12.30pm

*“Excellent information and dispelled some of the stigma. I have a better understanding of some of the aspects of medication”*



# Understanding Trauma

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

Post-Traumatic Stress Disorder (PTSD) may emerge months or sometimes years after a traumatic experience, affecting 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.

- **Derry/Londonderry**, Friday 22 May, 10.30am – 12.30pm

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

# Walking to Wellness

10 Weeks, **1 Hour** Sessions, Face to Face

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 10.30am, and return for 11.30am for a cuppa.

- **Omagh**, Thursdays 16 April – 18 June, 10.30am – 11.30am



# Wellness Recovery Action Plan (WRAP)

6 Weeks, **2 Hour** Sessions or 2 Weeks, **2 Full Days**, Face to Face

Whatever mental and emotional wellness means to you, WRAP can help you achieve it, step-by-step. Over the course of 6 sessions, 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.

**Please note, this workshop is run over 6 weeks (face to face) and students must be able to attend all sessions.**

- **Strabane**, Tuesdays 12 May – 16 June, 11.00pm – 1.00pm
- **Omagh**, Monday 1 & 8 June, 10.00am – 4.00pm

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





# COURSES AT A GLANCE.

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# Derry/Londonderry

**Chair Yoga (Week. 1)**, Wednesday 25 March, 10.30am – 11.30pm

**Chair Yoga (Week. 2)**, Wednesday 1 April, 10.30am – 11.30pm

**Chair Yoga (Week. 3)**, Wednesday 8 April, 10.30am – 11.30pm

**Exploring Our Thoughts**, Friday 10 April, 10.30am – 12.30pm

**Chair Yoga (Week. 4)**, Wednesday 15 April, 10.30am – 11.30pm

**Exploring Our Emotions**, Friday 17 April, 10.30am – 12.30pm

**Understanding and Managing Anxiety**, Friday 24 April, 10.30am – 12.30pm

**Nurturing Your Voice**, Friday 1 May, 10.30am – 12.30pm

**Self-Compassion**, Friday 8 May, 10.30am – 12.30pm

**Recovery through Activity**, Friday 15 May, 10.30am – 12.30pm

**Mindful Smartphone Photography (Week. 1)**, Wednesday 20 May, 10.30am – 12.30pm

**Understanding Trauma**, Friday 22 May, 10.30am – 12.30pm

**Mindful Smartphone Photography (Week. 2)**, Wednesday 27 May, 10.30am – 12.30pm

**Coaching Tools for Wellness (Week. 1)**, Friday 29 May, 10.30am – 12.30pm

**Mindful Smartphone Photography (Week. 3)**, Wednesday 3 June, 10.30am – 12.30pm

**Coaching Tools for Wellness (Week. 2)**, Friday 5 June, 10.30am – 12.30pm

**Mindful Smartphone Photography (Week. 4)**, Wednesday 10 June, 10.30am – 12.30pm

**Living Well with Psychosis**, Friday 12 June, 10.30am – 12.30pm

**Understanding Hoarding**, Friday 19 June, 10.30am – 12.30pm

**Getting Involved at the Recovery College**, Friday 26 June, 10.30am – 12.30pm



# Enniskillen

**Exploring Our Thoughts**, Wednesday 25 March, 10.30am – 12.30pm

**Mixed media Landscapes (Week. 1)**, Wednesday 1 April, 2.00pm – 4.00pm

**Living Well with Low Mood and Depression**, Wednesday 1 April, 10.30am – 12.30pm

**Mixed media Landscapes (Week. 2)**, Wednesday 8 April 2.00pm – 4.00pm

**Understanding and Managing Anxiety**, Wednesday 15 April, 10.30am – 12.30pm

**Mixed media Landscapes (Week. 3)**, Wednesday 15 April, 2.00pm – 4.00pm

**Getting a Good Night's Sleep (Week. 1)**, Wednesday 22 April, 10.30am – 12.30pm

**Mixed media Landscapes (Week. 4)**, Wednesday 22 April, 2.00pm – 4.00pm

**Getting a Good Night's Sleep (Week. 2)**, Wednesday 29 April, 10.30am – 12.30pm

**Mixed media Landscapes (Week. 5)**, Wednesday 29 April, 2.00pm – 4.00pm

**Coping with Change**, Wednesday 6 May, 10.30am – 12.30pm

**Mixed media Landscapes (Week. 6)**, Wednesday 6 May, 2.00pm – 4.00pm

**Living Well with Bipolar Disorder**, Wednesday 13 May, 10.30am – 12.30pm

**Chair Based Exercise (Week. 1)**, Thursday 14 May, 10.30am – 11.30am

**Menopause Matters (Week. 1)**, Wednesday 20 May, 10.30am – 12.30pm

**Chair Based Exercise (Week. 2)**, Thursday 21 May, 10.30am – 11.30am

**Menopause Matters (Week. 2)**, Wednesday 27 May, 10.30am – 12.30pm

**Chair Based Exercise (Week. 3)**, Thursday 28 May, 10.30am – 11.30am



# Enniskillen

**Menopause Matters (Week. 3)**, Wednesday 3 June, 10.30am – 12.30pm

**Chair Based Exercise (Week. 4)**, Thursday 4 June, 10.30am – 11.30am

**Living Well with a Mental Health Diagnosis**, Wednesday 10 June, 10.30am – 12.30pm

**Chair Based Exercise (Week. 5)**, Thursday 11 June, 10.30am – 11.30am

**Self-Compassion**, Wednesday 17 June, 10.30am – 12.30pm

**Chair Based Exercise (Week. 6)**, Thursday 18 June, 10.30 – 11.30am



## Limavady

**Chair Yoga (Week. 1)**, Wednesday 25 March, 10.30am – 11.30am

**Exploring Our Thoughts**, Thursday 26 March, 10.30am – 12.30pm

**Chair Yoga (Week. 2)**, Wednesday 1 April, 10.30am – 11.30am

**Getting a Good Night's Sleep (Week. 1)**, Thursday 2 April, 10.30am – 12.30pm

**Chair Yoga (Week. 3)**, Wednesday 8 April, 10.30am – 11.30am

**Chair Yoga (Week. 4)**, Wednesday 15 April, 10.30am – 11.30am

**Getting a Good Night's Sleep (Week. 2)**, Thursday 16 April, 10.30am – 12.30pm

**Living Well with Bipolar Disorder**, Thursday 23 April, 10.30am – 12.30pm

**Finding Hope After Bereavement**, Thursday 30 April, 10.30am – 12.30pm

**Understanding and Managing Anxiety**, Thursday 7 May, 10.30am – 12.30pm

**Nurturing Your Voice**, Thursday 14 May, 10.30am – 12.30pm

**Recognising and Recovering from Burnout**, Thursday 21 May, 10.30am – 12.30pm

**Understanding Mental Health Medication**, Thursday 28 May, 10.30am – 12.30pm

**Positive Affirmations (Week. 1)**, Thursday 4 June, 10.30am – 12.30pm

**Positive Affirmations (Week. 2)**, Thursday 11 June, 10.30am – 12.30pm

**Positive Affirmations (Week. 3)**, Thursday 18 June, 10.30am – 12.30pm



# Omagh

**Mindful Smartphone Photography (Week. 1)**, Friday 20 March, 10.30am – 12.30pm

**Exploring Our Thoughts**, Monday 23 March, 10.30am – 12.30pm

**Mindful Smartphone Photography (Week. 2)**, Friday 27 March, 10.30am – 12.30pm

**Exploring Our Emotions**, Monday 30 March, 10.30am – 12.30pm

**Mindful Smartphone Photography (Week. 3)**, Friday 10 April, 10.30am – 12.30pm

**Getting a Good Night's Sleep (Week. 1)**, Monday 13 April, 10.30am – 12.30pm

**Walking to Wellness (Week. 1)**, Thursday 16 April, 10.30am – 11.30am

**Mindful Smartphone Photography (Week. 4)**, Friday 17 April, 10.30am – 12.30pm

**Getting a Good Night's Sleep (Week. 2)**, Monday 20 April, 10.30am – 12.30pm

**Walking to Wellness (Week. 2)**, Thursday 23 April, 10.30am – 11.30am

**Recognising and Recovering from Burnout**, Monday 27 April, 10.30am – 12.30pm

**Walking to Wellness (Week. 3)**, Thursday 30 April, 10.30am – 11.30am

**Resilience for Carers**, Tuesday 5 May, 10.30am – 12.30pm

**Walking to Wellness (Week. 4)**, Thursday 7 May, 10.30am – 11.30am

**Nurturing Your Voice**, Monday 11 May, 10.30am – 12.30pm

**Walking to Wellness (Week. 5)**, Thursday 14 May, 10.30am – 11.30am

**Chair Based Exercise (Week. 1)**, Friday 15 May, 10.30am – 11.30am

**Living Well with OCD**, Monday 18 May, 10.30am – 12.30pm



# Omagh

**Walking to Wellness (Week. 6)**, Thursday 21 May, 10.30am – 11.30am

**Chair Based Exercise (Week. 2)**, Friday 22 May, 10.30am – 11.30am

**Recovery Through Activity**, Tuesday 26 May, 10.30am – 12.30pm

**Walking to Wellness (Week. 7)**, Thursday 28 May, 10.30am – 11.30am

**Chair Based Exercise (Week. 3)**, Friday 29 May, 10.30am – 11.30am

**WRAP (Week. 1)**, Monday 1 June, 10.00am – 4.00pm

**Walking to Wellness (Week. 8)**, Thursday 4 June, 10.30am – 11.30am

**Chair Based Exercise (Week. 4)**, Friday 5 June, 10.30am – 11.30am

**WRAP (Week. 2)**, Monday 8 June, 10.00am – 4.00pm

**Walking to Wellness (Week. 9)**, Thursday 11 June, 10.30am – 11.30am

**Chair Based Exercise (Week. 5)**, Friday 12 June, 10.30am – 11.30am

**Getting Involved at the Recovery College**, Monday 15 June, 10.30am – 12.30pm

**Walking to Wellness (Week. 10)**, Thursday 18 June, 10.30am – 11.30am

**Chair Based Exercise (Week. 6)**, Friday 19 June, 10.30am – 11.30am



## Online

**Exploring Our Thoughts**, Wednesday 25 March, 7.00pm – 8.30pm

**Living Well with Low Mood and Depression**, Wednesday 1 April, 7.00pm – 8.30pm

**Understanding and Managing Anxiety**, Wednesday 15 April, 7.00pm – 8.30pm

**Getting a Good Night's Sleep**, Wednesday 22 April, 7.00pm – 8.30pm

**Recovery Through Activity**, Wednesday 29 April, 7.00pm – 8.30pm

**Coping with Change**, Wednesday 6 May, 7.00pm – 8.30pm



# Strabane

**Exploring our Thoughts**, Tuesday 24 March, 11.00am – 1.00pm

**Living Well with Low Mood and Depression**, Tuesday 31 March, 11.00am – 1.00pm

**Finding Hope after Bereavement**, Tuesday 14 April, 11.00am – 1.00pm

**Living Well with a Mental Health Diagnosis**, Tuesday 21 April, 11.00am – 1.00pm

**Self-Compassion**, Tuesday 28 April, 11.00am – 1.00pm

**Chair Yoga (Week. 1)**, Thursday 30 April, 2.00pm – 3.00pm

**Coping with Change**, Tuesday 5 May, 11.00am – 1.00pm

**Chair Yoga (Week. 2)**, Thursday 7 May, 2.00pm – 3.00pm

**Wellness Recovery Action Plan (Week. 1)**, Tuesday 12 May, 11.00am – 1.00pm

**Chair Yoga (Week. 3)**, Thursday 14 May, 2.00pm – 3.00pm

**Wellness Recovery Action Plan (Week. 2)**, Tuesday 19 May, 11.00am – 1.00pm

**Chair Yoga (Week. 4)**, Thursday 21 May, 2.00pm – 3.00pm

**Wellness Recovery Action Plan (Week. 3)**, Tuesday 26 May, 11.00am – 1.00pm

**Wellness Recovery Action Plan (Week. 4)**, Tuesday 2 June, 11.00am – 1.00pm

**Wellness Recovery Action Plan (Week. 5)**, Tuesday 9 June, 11.00am – 1.00pm

**Wellness Recovery Action Plan (Week. 6)**, Tuesday 16 June, 11.00am – 1.00pm



# 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

**Please** contact the Recovery College directly with any queries relating to workshops and not the venues – Thank You.



# NOTES

# NOTES



# Recovery College Enrolment Form



Name									
Address									
Postcode									
Telephone									
Email									
Date of Birth									
Gender	Female	<input type="checkbox"/>	Male	<input type="checkbox"/>	Non Binary	<input type="checkbox"/>	Other	<input type="checkbox"/>	
<b>Emergency Contact Name</b>									
Telephone Number									
Relationship to You									
<b>Health conditions</b> that we need to be aware of e.g. epilepsy, allergies									
<b>Reasonable adjustments</b> required to facilitate your attendance e.g. large print handouts, seat at front etc. We will make every effort to support your needs.									

<b>Please tell us whether you are (tick all the apply)</b>						
Person with lived Experience	<input type="checkbox"/>	Health Professional			<input type="checkbox"/>	
Carer / Supporter (including Family & Friends)	<input type="checkbox"/>	Student	<input type="checkbox"/>	Other	<input type="checkbox"/>	
<b>How did you hear about the WHSCT Recovery College?</b>						
I am a previous Student	<input type="checkbox"/>	Mental Health Professional	<input type="checkbox"/>	WHSCT social media	<input type="checkbox"/>	
Family / Friends	<input type="checkbox"/>	Local Press	<input type="checkbox"/>	Community / Voluntary Service	<input type="checkbox"/>	
<b>Courses you would like to attend (no maximum)</b>						
Course Title			Venue			
<b>We will be in contact to confirm your enrolment, would you prefer</b>						
Letter						
Email						
<b>Signature</b>				<b>Date</b>		
<b>Please note:</b> Under UK GDPR Legislation, by enrolling with the WHSCT Recovery College you are agreeing to us holding your personal information. It will not be used for any other reason 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**

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

 Western Health  
and Social Care Trust

 Public Health  
Agency

Project supported by the PHA

DESIGNED BY SIMONJOHNDESIGNS.COM