

Autumn 2020
Prospectus



RECOVERY COLLEGE

HOPE • CONTROL • OPPORTUNITY



A Message From our College Co-ordinator



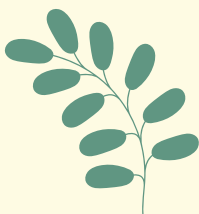
Welcome to our autumn 2020 Prospectus. As this new term approaches, we still find ourselves in the midst of the Covid 19 Pandemic, however our commitment to supporting people to better understand and manage their mental health and emotional wellbeing remains unchanged.

In line with government guidelines at the time of writing, we have introduced some changes to keep you and our facilitators safe, and these are detailed on page 4.

You may have noticed that we are also running a slightly reduced curriculum on this occasion, but we would ask for your understanding as this is only to get us back up and running again under these unprecedented circumstances. We fully anticipate offering our usual number of workshops and courses in the coming terms and hope that there will still be something of interest and benefit to everyone. We will also be offering short online presentations that will complement our "face to face" workshops and be available on the Recovery College page on the WHSCT website.

All of us at the College are looking forward to catching up with all of our students, both new and familiar - we hope that you and your family and friends remain safe and well.

Olive Young
WHSCT Recovery College Co-Ordinator



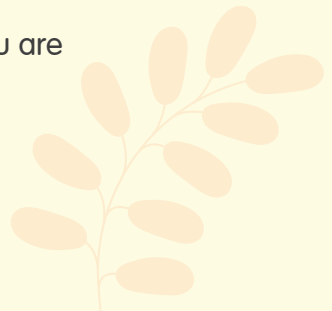
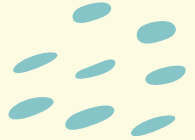
Recovery College Charter

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 there are **four** easy ways to do so:

Telephone: 028 8225 2079

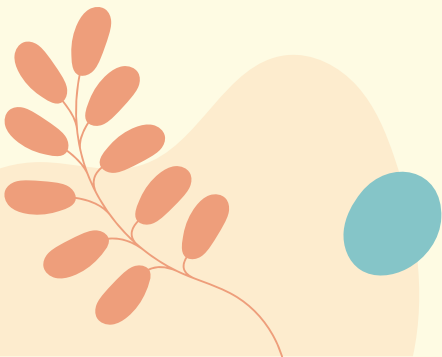
Post: Recovery College Enrolment,
Lisnamallard,
5b Woodside Avenue,
Omagh,
Co. Tyrone,
BT79 7BP

E-mail: olive.young@westerntrust.hscni.net

Online: Download an enrolment form at
www.westerntrust.hscni.net/services/3363.htm

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

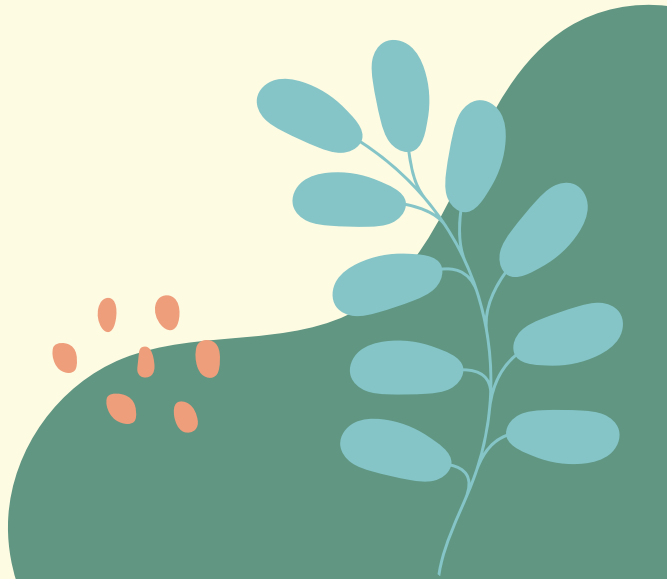
Early enrolment is recommended as courses fill up quickly, and places are allocated on a strictly first come, first served basis. Places will be confirmed approximately two weeks before the beginning of each course.



COVID 19



- Students will be contacted before attendance to ensure that they are well enough to attend the College.
- We will have carried out a risk assessment on the venues we use and take all reasonable measures to limit the risk of transmission of the coronavirus.
- Students will have their temperatures checked before entering the workshop.
- Face-coverings should be worn where possible.
- We are unable to provide refreshments at this time, but you are welcome to bring your own.



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OUR COURSES

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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.

Monday 23 November, 10.30am - 12.30pm, Lisnamallard, Omagh

Tuesday 24 November, 10.30am - 12.30pm, Derry/Londonderry

Wednesday 25 November, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Thursday 26 November, 10.30am - 12.30pm, Strabane

Getting a Good Night's Sleep



Single **2 Hour** Session

This workshop is designed to help those who are currently experiencing difficulty sleeping. Sleep is essential to our general health and wellbeing and a lack of refreshing sleep can lead to difficulties coping with daily life. Participants on this course will learn tips and advice on how to achieve a good night's sleep.

Monday 16 November, 10.30am - 12.30pm, Lisnamallard, Omagh

Tuesday 17 November, 10.30am - 12.30pm, Derry/Londonderry

Wednesday 18 November, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Thursday 19 November, 10.30am - 12.30pm, Strabane



Getting Back on Track

Single **2 Hour** Session

Some of us have found that managing the normal ups and downs of living with mental health issues has been made even more challenging because of the various restrictions relating to Covid 19. This workshop explores how to manage our emotional wellbeing in a time of unprecedented uncertainty, how to rediscover your personal resourcefulness and resilience, and how to gain a sense of control over your life and what happens to you.

Monday 9 November, 10.30am - 12.30pm, Lisnamallard Omagh

Tuesday 10 November, 10.30am - 12.30pm, Derry/Londonderry

Wednesday 11 November, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Thursday 12 November, 10.30am - 12.30pm, Strabane

Introducing and Exploring Mindfulness

Single **2 Hour** Session

Paying more attention to the present moment - to your own thoughts and feelings and to the world around - can improve your mental health and wellbeing. This introductory course will safely explore what mindfulness is, how it can help your recovery, and look at a variety of simple ways to start being more mindful in your daily life such as guided meditation, being in nature, and mindful eating.

Monday 19 October, 10.30am - 12.30pm, Lisnamallard Omagh

Tuesday 20 October, 10.30am - 12.30pm, Derry/Londonderry

Wednesday 21 October, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Thursday 22 October, 10.30am - 12.30pm, Strabane

Living With 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 behaviours, and offer some simple strategies to help you better understand and manage your anxiety.

Monday 12 October, 10.30am - 12.30pm, Lisnamallard Omagh

Tuesday 13 October, 10.30am - 12.30pm, Derry/Londonderry

Wednesday 14 October, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Thursday 15 October, 10.30am - 12.30pm, Strabane

Journaling for Wellbeing



Single **2 Hour** Session

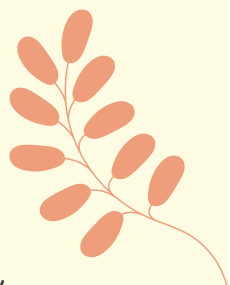
Many people find that the practice of keeping a journal is a key aspect of their recovery – it helps them to process their thoughts and feelings. Others use it as one of the ways they maintain their emotional wellbeing. In this workshop you will be introduced to some journaling techniques and how to use journaling effectively and positively.

Monday 28 September, 10.30am - 12.30pm, Lisnamallard Omagh

Tuesday 29 September, 10.30am - 12.30pm, Derry/Londonderry

Wednesday 30 September, 10.30am - 12.30pm, Fermanagh House, Enniskillen

Thursday 1 October, 10.30am - 12.30pm, Strabane



Living Well With Bipolar

Single **2 Hour** Session

This short course is for those people who have a diagnosis of bipolar disorder (also known as bipolar affective disorder or manic depression) and family, friends and other supporters. It aims to help participants gain a better understanding of what bipolar disorder is, and help you develop strategies to manage the fluctuating nature of the condition (the high and low episodes). Participants will hear facilitators own personal lived experience of bipolar and how they stay well.

Monday 2 November, 10.30am - 12.30pm, Lisnamallard, Omagh

Tuesday 3 November, 10.30am - 12.30pm, Derry/Londonderry

Wednesday 4 November, 10.30am - 12.30pm, Fermanagh House,
Enniskillen

Thursday 5 November, 10.30am - 12.30pm, Strabane

Living With 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 behaviours, and offer some simple strategies to help you better understand and manage your anxiety.

Monday 12 October, 10.30am - 12.30pm, Lisnamallard, Omagh

Tuesday 13 October, 10.30am - 12.30pm, Derry/Londonderry

Wednesday 14 October, 10.30am - 12.30pm, Fermanagh House,
Enniskillen

Thursday 15 October, 10.30am - 12.30pm, Strabane



Understanding Depression

Single **2 Hour** Session

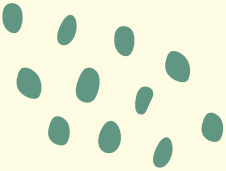
Depression is very common, and one in four of us will experience it in our lifetime. This introductory workshop will help you understand and manage the symptoms of depression, and explore simple strategies that you can use in your recovery.

Monday 5 October, 11.00am - 12.00pm, Lisnamallard, Omagh

Tuesday 6 October, 10.30am - 12.30pm, Derry/Londonderry

Wednesday 7 October, 10.30am - 12.30pm, Fermanagh House,
Enniskillen

Thursday 8 October, 10.30am - 12.30pm, Strabane





COURSES AT A GLANCE

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Courses at a Glance

Derry/Londonderry - venue to be confirmed

Tuesday 29 September, 10.30am - 12.30pm

Journaling for Wellbeing



Tuesday 6 October, 10.30am - 12.30pm

Understanding Depression



Tuesday 13 October, 10.30am - 12.30pm

Living With and Managing Anxiety



Tuesday 20 October, 10.30am - 12.30pm

Introducing and Exploring Mindfulness



Tuesday 3 November, 10.30am - 12.30pm

Living Well With Bipolar



Tuesday 10 November, 10.30am - 12.30pm

Getting Back on Track



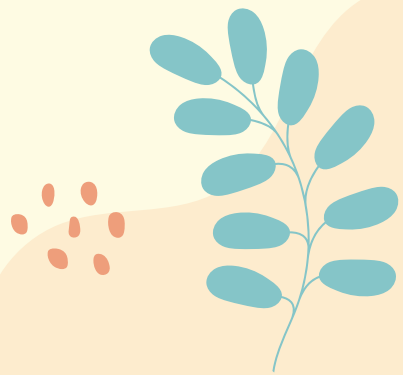
Tuesday 17 November, 10.30am - 12.30pm

Getting a Good Night's Sleep



Tuesday 24 November, 10.30am - 12.30pm

Food and Mood



Courses at a Glance

Enniskillen - Fermanagh House

Wednesday 30 September, 10.30am - 12.30pm

Journaling for Wellbeing



Wednesday 7 October, 10.30am - 12.30pm

Understanding Depression



Wednesday 14 October, 10.30am - 12.30pm

Living With and Managing Anxiety



Wednesday 21 October, 10.30am - 12.30pm

Introducing and Exploring Mindfulness



Wednesday 4 November, 10.30am - 12.30pm

Living Well With Bipolar



Wednesday 11 November, 10.30am - 12.30pm

Getting Back on Track



Wednesday 18 November, 10.30am - 12.30pm

Getting a Good Night's Sleep



Wednesday 25 November, 10.30am - 12.30pm

Food and Mood



Courses at a Glance

Omagh - Lisnamallard

Monday 28 September, 10.30am - 12.30pm

Journaling for Wellbeing



Monday 5 October, 10.30am - 12.30pm

Understanding Depression



Monday 12 October, 10.30am - 12.30pm

Living With and Managing Anxiety



Monday 19 October, 10.30am - 12.30pm

Introducing and Exploring Mindfulness



Monday 2 November, 10.30am - 12.30pm

Living Well With Bipolar



Monday 9 November, 10.30am - 12.30pm

Getting Back on Track



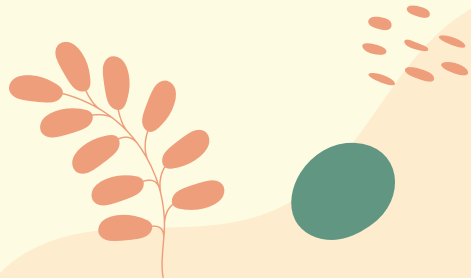
Monday 16 November, 10.30am - 12.30pm

Getting a Good Night's Sleep



Monday 23 November, 10.30am - 12.30pm

Food and Mood




Courses at a Glance


Strabane - venue to be confirmed

Thursday 1 October, 10.30am - 12.30pm 


Journaling for Wellbeing

Thursday 8 October, 10.30am - 12.30pm 


Understanding Depression

Thursday 15 October, 10.30am - 12.30pm 


Living With and Managing Anxiety

Thursday 22 October, 10.30am - 12.30pm 


Introducing and Exploring Mindfulness

Thursday 5 November, 10.30am - 12.30pm 


Living Well With Bipolar

Thursday 12 November, 10.30am - 12.30pm 

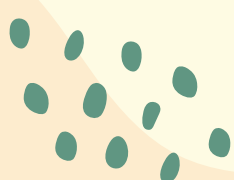
Getting Back on Track

Thursday 19 November, 10.30am - 12.30pm 

Getting a Good Night's Sleep

Thursday 26 November, 10.30am - 12.30pm 

Food and Mood





NOTES

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Notes

Notes

WHSCT Recovery College Enrolment Form

Title (Mr/Mrs/Miss/Ms):

Forename:

Surname:

Address:

Town:

Post Code:

Telephone No:

Mobile No:

Email:

Date of Birth:

Gender (Please Tick): Male

Female

Non-defined

Please indicate your preferred method of contact (Please tick):

Email:

Mobile:

Post:

WHICH COURSES DO YOU WISH TO ATTEND

Course Title	Date



WHSCT Recovery College Enrolment Form

PLEASE TELL US WHETHER YOU ARE (Please tick):

Person with Lived Experience:

Health Professional:

Private Sector Staff:

Public Sector Staff:

Community Voluntary Staff:

Carer (including family & friends):

Prefer not to say:



HOW DID YOU HEAR ABOUT THE RECOVERY COLLEGE (Please Tick):

GP:

Health Professional:

Community/Voluntary Service:

Social Media:

Family/Friends:

Leaflet/Poster /Prospectus:

Please also let us know if there any reasonable adjustments (ie. disability related) required in facilitating your attendance. We will make every effort to support your needs.

PLEASE NOTE: Under the GDPR Legislation, May 2018, by enrolling with the WHSCT Recovery College you are agreeing to us holding your personal information. It will be securely disposed of after ten years and not used for any other reason other than for the purpose of running the College.

Signature:

Date:



RECOVERY COLLEGE

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5b Woodside Avenue
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T: 028 8283 3292



Western Health
and Social Care Trust



Public Health
Agency

Project supported by the PHA