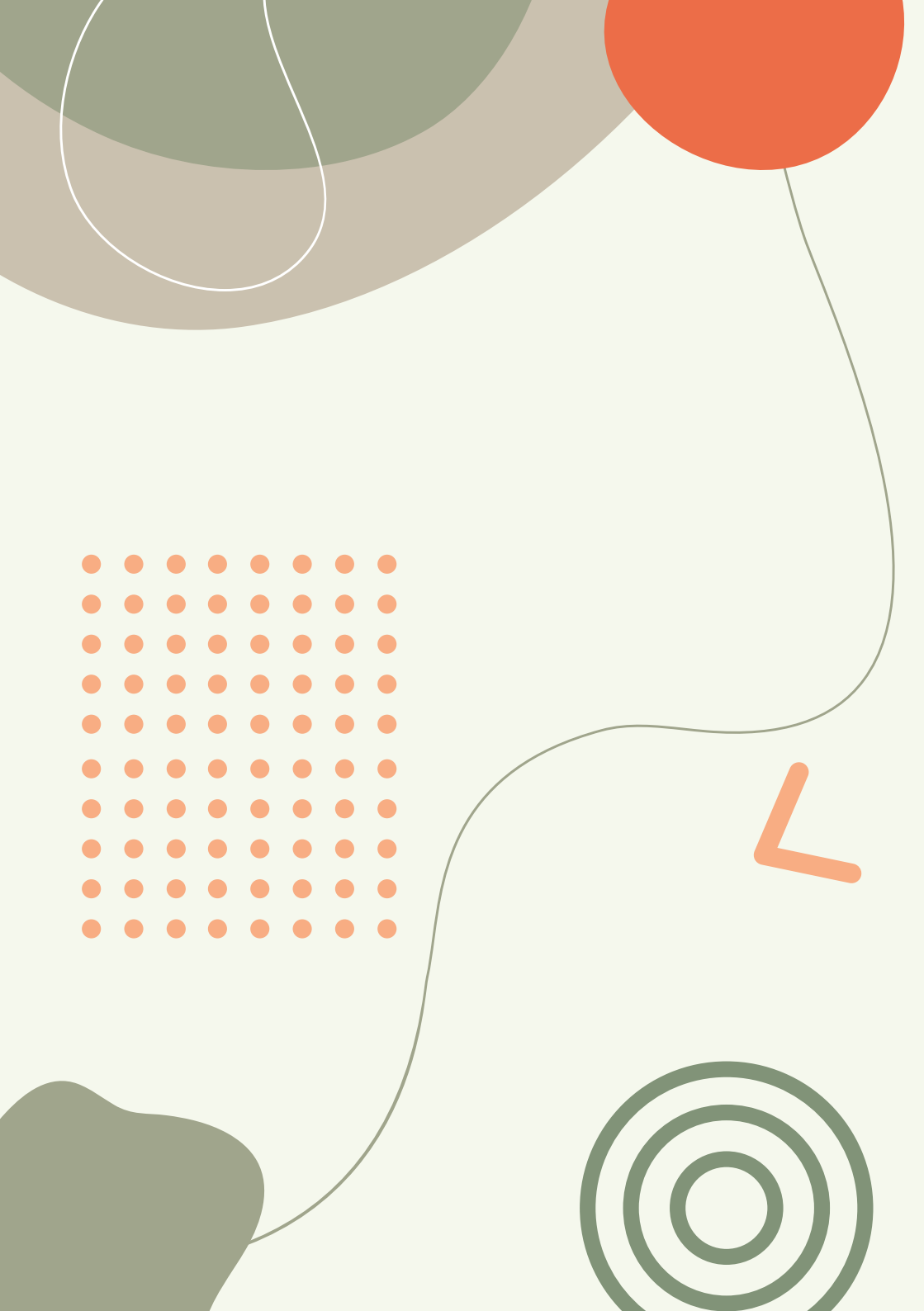


Autumn 2021
Prospectus



RECOVERY COLLEGE

HOPE • CONTROL • OPPORTUNITY



A Message From our College Co-ordinator



Hello and welcome to our new prospectus for Autumn 2021.

We are eagerly looking forward to the start of the new term and meeting up with all of our students again after so long.

The need to embrace new ways of communicating and staying connected is not lost on us, and so we will continue to deliver some of our courses online, which we feel will greatly enhance our ability to reach out to and support as many people as we can, to help them understand and look after their mental health and emotional wellbeing.

As well as our face to face courses and those delivered online, we also have a range of very helpful and informative resources on the Recovery College page on the WHSCT website, which can be accessed at any time.

We hope that you will enjoy your time at the College and wish you all well

Olive Young

WHSCT Recovery College Co-Ordinator

Meet the Team



Everyone deserves good mental health and the opportunity to lead a meaningful life and here at the College we want to equip you with the confidence and skills to do just that. I'm looking forward to getting back to being in the same room as our students and facilitators this term - the best learning comes about when we're together.

Bernadette Donaghy

Lead Peer Educator



I'm the friendly face people meet when they first get in touch with the Recovery College and I'm also responsible for the letters, telephone calls and text messages that students receive. I love the variety of the work within the College and of course interacting with all the students.

Clare Johnson

Recovery College Administrator



A special mention must go to the dedicated volunteers – our experts by experience, some of whom work behind the scenes, and the others who co-facilitate workshops and share their own lived experience of mental health issues – and of course, all the WHSCT staff who also contribute their time and knowledge.

We very much appreciate everything you all do.



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: recoverycollege@westerntrust.hscni.net

Online: Download an enrolment form at
[https://westerntrust.hscni.net/
service/recovery-services/recovery-college/](https://westerntrust.hscni.net/service/recovery-services/recovery-college/)

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



- We will have carried out risk assessments on all the venues we use and take all reasonable measures to limit the risk of transmission of the coronavirus.
- Students will be contacted before attendance to ensure that they are well enough to attend the College.
- Students will have their temperatures checked before entering the workshop.
- Students will be required to complete a Covid-19 checklist on the day of 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, and there will be a break during each workshop.



Autumn 2021 Prospectus



OUR COURSES

HOPE • CONTROL • OPPORTUNITY

Asserting Yourself



Single **2 Hour** Session - Face to Face

You have the right to stand up for yourself, and assertiveness is a skill anyone can learn. This practical workshop explores how to recognise your own boundaries, how to communicate them to others and how to assert yourself when you need to.

Monday 1 November, 2.00pm - 4.00pm, Lisnamallard, Omagh

Tuesday 2 November, 10.30am - 12.30pm, Holywell Trust
Derry/Londonderry

Wednesday 3 November, 10.30am - 12.30pm, Fermanagh House,
Enniskillen

Thursday 4 November, 11.00am - 1.00pm, Strabane



Building Healthy Relationships

Single **2 Hour** Session - Face to Face

Caring and supportive relationships are important for our mental health and wellbeing, and especially when we are recovering from mental ill-health. Sometimes though, our self-esteem can be affected when we have mental health challenges, and this can lead to issues in our relationships with loved ones, friends, family and colleagues. This course will explore both healthy and unhealthy relationships, how to set boundaries and help you to identify and improve the positive, supportive relationships you already have.

Monday 8 November, 2.00pm - 4.00pm, Lisnamallard, Omagh

Tuesday 9 November, 10.30am - 12.30pm, Holywell Trust
Derry/Londonderry

Wednesday 10 November, 10.30am - 12.30pm, Fermanagh House,
Enniskillen

Thursday 11 November, 11.00am - 1.00pm, Strabane



Cognitive Therapy Based Mindfulness

8 Week Course - **2 ½ Hour** Sessions - Face to Face

Participants on this course will learn how to use aspects of both cognitive behavioural therapy and mindfulness to manage feelings of depression. This is different from many traditional psychological approaches in that it does not involve fixing problems but rather allowing things to be just as they are in order to see more clearly how best to respond.

We would ask that students are able to commit to all 8 weeks, and daily practice of the techniques covered in each workshop.

While the focus of this particular course is on depression, the techniques learned can easily be adapted to manage stress, anxiety, grief etc.

Friday 24 September - Friday 12 November, 10.30am - 1.00pm,
Lisnamallard Omagh

Creative Writing

6 Week course - **1 ½ Hour** Sessions - 6 Weeks Face to Face or 4 Weeks via Zoom

Creative writing is a fantastic tool for coping with mental health issues and of course, recovery. This course will give participants the opportunity to reflect, be present or perhaps look ahead in a relaxed and supportive group, facilitated by the WHSCT's writer in Residence for Arts Care, Michelle Young.

Thursday 30 September - Thursday 4 November, 11.00am - 12.30pm
Zoom

Thursday 11 November - Thursday 2 December, 11.00am - 12.30pm,
Lisnamallard, Omagh

Food and Mood

Single **2 Hour** Session - Face to Face and via Zoom

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.

Thursday 21 October, 11am - 1pm, Strabane

Tuesday 9 November, 7.00pm - 8.00pm, Zoom

Getting a Good Night's Sleep

Single **2 Hour** Session - via Zoom

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

Tuesday 16 November, 7.00pm - 8.00pm, Zoom



Living Beyond Depression and Low Mood

Single **2 Hour** Session - Face to Face and via Zoom

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.

Monday 25 October, 2.00pm - 4.00pm, Lisnamallard, Omagh

Tuesday 26 October, 10.30am - 12.30pm, Holywell Trust
Derry/Londonderry

Tuesday 26 October, 7.00pm - 8.00pm, Zoom

Wednesday 27 October, 10.30am - 12.30pm, Fermanagh House,
Enniskillen

Thursday 28 October, 11.00am - 1.00pm, Strabane

Living Well With Bipolar

Single **2 Hour** Session - Face to Face and via Zoom

This short 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.

Tuesday 5 October, 10.30am - 12.30pm, Holywell Trust,
Derry/Londonderry

Tuesday 5 October, 7.00pm - 8.00pm, Zoom

Monday 11 October, 2.00pm - 4.00pm, Lisnamallard, Omagh

Wednesday 13 October, 10.30am - 12.30pm, Fermanagh House,
Enniskillen

Living With and Managing Anxiety

Single **2 Hour** Session - Face to Face and via Zoom

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 20 September, 2pm - 4pm, Lisnamallard, Omagh

Tuesday 21 September, 10.30am - 12.30pm, Holywell Trust,
Derry/Londonderry

Tuesday 21 September, 7pm - 8pm, Zoom

Wednesday 22 September, 10.30am - 12.30pm, Fermanagh House,
Enniskillen

Thursday 23 September, 11.00am - 1.00pm, Strabane

Managing Setbacks

Single **2 Hour** Session - Face to Face and via Zoom

For many people it can feel as if their mental health difficulties are completely beyond their control. Recovery involves finding the personal resourcefulness and resilience to take back control over your life and what happens to you. This workshop explores how to manage the ups and downs, how to cope in a crisis and what can help get you back on track.

Monday 27 September, 2pm - 4pm, Lisnamallard, Omagh

Tuesday 28 September, 10.30am - 12.30pm, Holywell Trust,
Derry/Londonderry

Tuesday 28 September, 7pm - 8pm, Zoom

Wednesday 29 September, 10.30am - 12.30pm, Fermanagh House,
Enniskillen

Thursday 30 September, 11.00am - 1.00pm, Strabane



Money Matters

Single **2 Hour** Session - Face to Face

Money management is a skill we can all benefit from. This workshop will explore how poor mental health can affect our ability to best manage finances and likewise, when our finances are causing us concern, it can impact on our mental wellbeing. We will introduce some easy tools and tips to help us make the most of our money, such as spending diaries, budgeting and money wheels, and explain where and how to seek further support and information.

Thursday 18 November, 11.00am - 1.00pm, Strabane

Printing with Nature

2 Week course - **2 Hour** Sessions - Face to Face

Using the simple technique of mono-printing, participants will have the opportunity to express themselves creatively using the many textures, shapes and colours found in natural objects. All materials provided.

Friday 15 October & Friday 22 October, 10.30am - 12.30pm Fermanagh House, Enniskillen

Towards Wellness and Recovery

4 Week course - **2 Hour** Sessions - Face to Face

It can seem like a challenge to live with mental ill-health or a diagnosis, and likewise, the pressures of modern life can put a strain on our emotional health and wellbeing. Whether you are looking to cope with a specific mental health issue, or simply want to feel more positive then this 4 week course is for you. We will introduce some simple evidence based strategies that can help you learn how to best support your wellness and/or recovery.

Friday 19 November - Friday 10 December, 10.30am - 12.30pm
Lisnamallard, Omagh

Train the Trainer

2 Full Days - Face to Face

Many people who have attended the Recovery College feel inspired to get involved, and one option is to become a trainer with the College. This fun, practical and interactive workshop provides a safe and friendly environment to start to build your confidence in planning and delivering courses with the Recovery College. Topics over the 2 days include working together, understanding the different learning styles, and the use of visual and audio aids. We would ask that students thinking about enrolling in this course have previously attended a number of courses at the College, and preferably have completed their own personal Wellness Recovery Action Plan (WRAP).

Dates and venue to be confirmed

Understanding Disordered Eating

Single **2 Hour** Session - Face to Face

Disordered eating refers to a wide range of eating habits and behaviours, many of which are similar to those that form part of an actual eating disorder. This workshop will help participants understand how disordered eating compares to an eating disorder; how disordered eating can impact a person's wellbeing and explore what treatment and support options are available.

Tuesday 30 November, 10.30am - 12.30pm, Holywell Trust,
Derry/Londonderry

Thursday 9 December, 11.00am - 1.00pm, Strabane

Understanding Obsessive Compulsive Disorder (OCD)

Single **2 Hour** Session - Face to Face and via Zoom

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.

Monday 18 October, 2.00pm - 4.00pm, Lisnamallard, Omagh

Tuesday 19 October, 10.30am - 12.30pm, Holywell Trust,
Derry/Londonderry

Tuesday 19 October, 7.00pm - 8.00pm, Zoom

Wednesday 20 October, 10.30am - 12.30pm, Fermanagh House,
Enniskillen

Understanding Personality Disorder

Single **2 Hour** Session - Face to Face

Managing relationships and stressful situations may be more difficult for people who have been diagnosed with a personality disorder. During this workshop you will have the opportunity to learn about the reality and misconceptions surrounding personality disorders, what treatments are available, self-management strategies, and hear how people who live with a personality disorder manage.

Monday 22 November, 2.00pm - 4.00pm, Lisnamallard, Omagh

Tuesday 23 November, 10.30am - 12.30pm, Holywell Trust,
Derry/Londonderry

Understanding Psychosis

Single **1 Hour** Session - via Zoom

The experience of psychosis, for example, hearing voices or having altered perceptions is surprisingly common. In this workshop we will explore what psychosis is, share lived experiences of psychosis and also learn how people manage their own symptoms of psychosis.

Tuesday 23 November, 7.00pm - 8.00pm, Zoom

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 your ability to lead your life as you would like. This introductory course aims to provide participants with an understanding of the causes and the symptoms of trauma and tells you what help is available in the Western Trust area, and how to access it. Please note that this course is not intended to replace trauma therapy.

Monday 4 October, 2.00pm - 4.00pm, Lisnamallard, Omagh

**Tuesday 12 October, 10.30am - 12.30pm, Holywell Trust,
Derry/Londonderry**

Understanding Traumatic Grief

Single **2 Hour** Session - Face to Face



Any bereavement or loss can be traumatic, and especially so if it has been sudden, violent or unexpected. Those affected can often experience feelings of having no control over events. This workshop will provide participants with an overview of the normal grief process and also the difference when someone has experienced traumatic grief in their life. We will also explore what is available in terms of services for people experiencing traumatic grief.

Monday 15 November, 2.00pm - 4.00pm, Lisnamallard, Omagh

Tuesday 16 November, 10.30am - 12.30pm, Holywell Trust,
Derry/Londonderry



Wellness Recovery Action Plan (WRAP)

2 Full Days - Face to Face



WRAP is a simple, self-management tool, designed to help people better understand and manage their wellbeing and recovery. It is for anyone who wants to create positive change in the way they feel and increase their enjoyment in life. On this two day interactive course, we will look at the everyday things that help keep us well and how to make the most of our strengths and resources. We will also explore personal triggers and warning signs, how to make plans to help ourselves and when to seek support.

Wednesday 1 December & Wednesday 8 December, 10.30am - 4.00pm,
Fermanagh House, Enniskillen

Monday 6 December & Monday 13 December, 10.30am - 4.00pm,
Lisnamallard, Omagh

Tuesday 7 December & Tuesday 14 December, 10.00am - 3.30pm,
Holywell Trust, Derry/Londonderry



Yoga for Beginners

6 Week Course - **1 Hour** Sessions - Face to Face

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing. There's some evidence that regular yoga practice is beneficial for people who experience depression and stress. This course for beginners moves at a very gentle pace. Numbers limited to a maximum of 10 participants.

Monday 20 September - Monday 25 October, 11.00am - 12.00pm,
Lisnamallard, Omagh



Workshops delivered via Zoom

Creative Writing

Thursdays 30 September - 4 November, 11.00am - 12.30pm

Food and Mood

Tuesday 9 November, 7.00pm - 8.00pm

Getting a Good Night's Sleep

Tuesday 16 November, 7.00pm - 8.00pm

Living Beyond Depression and Low Mood

Tuesday 26 October, 7.00pm - 8.00pm

Living Well With Bipolar

Tuesday 5 October 7.00pm - 8.00pm

Living With and Managing Anxiety

Tuesday 21 September, 7.00pm - 8.00pm

Managing Setbacks

Tuesday 28 September, 7.00pm - 8.00pm

Understanding Obsessive Compulsive Disorder

Tuesday 19 October, 7.00pm - 8.00pm

Understanding Psychosis

Tuesday 23 November, 7.00pm - 8.00pm





COURSES AT A GLANCE

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Derry/Londonderry

Tuesday 21 September, 10.30am - 12.30pm

Living With and Managing Anxiety

Tuesday 28 September, 10.30am - 12.30pm

Managing Setbacks

Tuesday 5 October, 10.30am - 12.30pm

Living Well with Bipolar

Tuesday 12 October, 10.30am - 12.30pm

Understanding Trauma

Tuesday 19 October, 10.30am - 12.30pm

Understanding Obsessive Compulsive Disorder

Tuesday 26 October, 10.30am - 12.30pm

Living Beyond Depression and Low Mood

Tuesday 2 November, 10.30am - 12.30pm

Asserting Yourself

Tuesday 9 November, 10.30am - 12.30pm

Building Healthy Relationships

Tuesday 16 November, 10.30am - 12.30pm

Understanding Traumatic Grief

Tuesday 23 November, 10.30am - 12.30pm

Understanding Personality Disorder

Tuesday 30 November, 10.30am - 12.30pm

Understanding Disordered Eating

Tuesday 7 December, 10.00am - 4.00pm

Wellness Recovery Action Plan (Day 1)

Tuesday 14 December, 10.00am - 4.00pm

Wellness Recovery Action Plan (Day 2)



Enniskillen

Wednesday 22 September, 10.30am - 12.30pm

Living With and Managing Anxiety

Wednesday 29 September, 10.30am - 12.30pm

Managing Setbacks

Wednesday 13 October, 10.30am - 12.30pm

Living Well with Bipolar

Friday 15 October, 10.30am - 12.30pm

Printing with Nature (Day 1)

Wednesday 20 October, 10.30am - 12.30pm

Understanding Obsessive Compulsive Disorder

Friday 22 October, 10.30am - 12.30pm

Printing with Nature (Day 2)

Wednesday 27 October, 10.30am - 12.30pm

Living Beyond Depression and Low Mood

Wednesday 3 November, 10.30am - 12.30pm

Asserting Yourself

Wednesday 10 November, 10.30am - 12.30pm

Building Healthy Relationships

Wednesday 24 November, 10.30am - 12.30pm

Understanding Trauma

Wednesday 1 December, 10.00am - 4.00pm

Wellness Recovery Action Plan (Day 1)

Wednesday 8 December, 10.00am - 4.00pm

Wellness Recovery Action Plan (Day 2)



Monday 20 September, 2.00pm - 4.00pm

Living With and Managing Anxiety

Friday 24 September, 10.30am - 1.00pm

CBT based Mindfulness (Week 1)

Monday 27 September, 2.00pm - 4.00pm

Managing Setbacks

Friday 30 September, 10.30am - 1.00pm

CBT based Mindfulness (Week 2)

Monday 4 October, 2.00pm - 4.00pm

Understanding Trauma

Friday 8 October, 10.30am - 1.00pm

CBT based Mindfulness (Week 3)

Monday 11 October, 2.00pm - 4.00pm

Living Well With Bipolar

Friday 15 October, 10.30am - 1.00pm

CBT based Mindfulness (Week 4)

Monday 18 October, 2.00pm - 4.00pm

Understanding Obsessive Compulsive Disorder

Friday 22 October, 10.30am - 1.00pm

CBT based Mindfulness (Week 5)

Monday 25 October, 2.00pm - 4.00pm

Living Beyond Depression and Low Mood

Friday 29 October, 10.30am - 1.00pm

CBT based Mindfulness (Week 6)

Monday 1 November, 2.00pm - 4.00pm

Asserting Yourself

Friday 5 November, 10.30am - 1.00pm

CBT based Mindfulness (Week 7)



Monday 8 November, 2.00am - 4.00pm

Building Healthy Relationships

Thursday 11 November, 11.00am - 12.30pm

Creative Writing (Week 1)

Friday 12 November, 10.30am - 1.00pm

CBT based Mindfulness (Week 8)

Monday 15 November, 2.00pm - 4.00pm

Understanding Trauma Grief

Thursday 18 November, 11.00am - 12.30pm

Creative Writing (Week 2)

Friday 19 November, 10.30am - 12.30pm

Towards Wellness and Recovery (Week 1)

Monday 22 November, 2.00pm - 4.00pm

Understanding Personality Disorder

Thursday 25 November, 11.00am - 12.30pm

Creative Writing (Week 3)

Friday 26 November, 10.30am - 12.30pm

Towards Wellness and Recovery (Week 2)

Thursday 2 December, 11.00am - 12.30pm

Creative Writing (Week 4)

Friday 3 December, 10.30am - 12.30pm

Towards Wellness and Recovery (Week 3)

Monday 6 December, 10.30am - 4.00pm

Wellness Recovery Action Plan (Day 1)

Friday 10 December, 10.30am - 12.30pm

Towards Wellness and Recovery (Week 4)

Monday 13 December, 10.30am - 4.00pm

Wellness Recovery Action Plan (Day 2)

Strabane

Thursday 23 September, 11.00am - 1.00pm

Living With and Managing Anxiety

Thursday 30 September, 11.00am - 1.00pm

Managing Setbacks

Thursday 14 October, 11.00am - 1.00pm

Living Well with Bipolar

Thursday 21 October, 11.00am - 1.00pm

Food and Mood

Thursday 28 October, 11.00am - 1.00pm

Living Beyond Depression and Low Mood

Thursday 4 November, 11.00am - 1.00pm

Asserting Yourself

Thursday 11 November, 11.00am - 1.00pm

Building Healthy Relationships

Thursday 18 November, 11.00am - 1.00pm

Money Matters

Thursday 9 December, 11.00am - 1.00pm

Understanding Disordered Eating



Venues

Derry/Londonderry

Holywell Trust
10-14 Bishop Street,
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

Venue to be confirmed



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

WHSC 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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Western Health
and Social Care Trust



Public Health
Agency

Project supported by the PHA