

**Spring 2023
Prospectus**



RECOVERY COLLEGE

HOPE • CONTROL • OPPORTUNITY



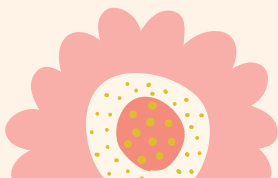
**Western Health
and Social Care Trust**



About the WHSCT Recovery College

We all have mental health and the WHSCT Recovery College was set up to provide educational workshops that give everyone the opportunity to learn how to look after and manage their mental health and emotional wellbeing.

- The College is free and open to everyone in our community – whether you have a diagnosis of a mental health issue or not; if you work in mental health or are a student; are a carer or supporter; or simply want to know how to look after your mental health and emotional wellbeing.
- We provide workshops that have been co-designed and are co-facilitated by people with the lived experience of the topic alongside health professionals who work in that area, so a broad perspective and understanding is offered.
- Workshops are about learning and are not intended to replace therapy. They are friendly and informal, and students can participate as much or as little as they feel comfortable with.
- We operate a self-referral policy. Staff, carers and supporters are encouraged to sign-post potential students to the College, but students themselves must decide what workshops they are interested in attending.
- Students can enrol on as many or as few workshops as they wish and places are allocated on a first come, first served basis.



A Message From our College Co-ordinator



Hello and welcome to the Spring 2023 WHSCT Recovery College Prospectus. We welcome everyone to our free mental health and wellbeing education and learning programmes. We have a full timetable of courses and workshops, both face-to-face and online throughout the Trust Area.

We continue to offer on-line courses, now through TEAMS as it offers flexibility and provides an outreach service to people unable to travel or meet face-to-face.

Valuing the combined lived experience of mental health and professional knowledge, we co-produce and co-facilitate our courses which provides a collective wealth of knowledge, understanding and experience. We appreciate all those individuals who give their time, experience, knowledge, and skills to the College; whose passion and dedication are evident and who share the messages of recovery – hope, control and opportunity.

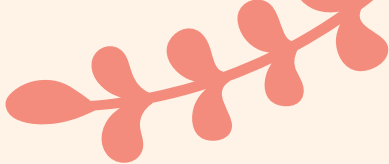
We really appreciate the effort and motivation that is required to attend the College and endeavour to make our workshops friendly and informal, where we support and learn from each other. All of us at the College are looking forward to meeting our new students and welcoming back familiar faces – we hope that this new term will be one of learning, growth and of course fun.

Yvonne Cairns

Recovery College Co-Ordinator



Meet the Team



Everyone is most welcome at the Recovery College - we all have mental health, and sometimes need a bit of guidance or information to help us better manage and look after our mental and emotional wellbeing. That's what we are here for, so do take that first step and get in touch, and come along to one of our courses, or pass our Prospectus on to anyone else you think might also benefit.

Bernadette Donaghy

Lead Peer Educator



Hi Everyone, I'm delighted that my first term with the Recovery College was inspirational and continues to be a wonderful experience. It was wonderful to see some familiar faces and new ones too at our courses. Personally and as a Peer Educator I recommend our courses to all as they are both Educational & Informative and presented in a way we can all understand. Whether it is your first time attending or you are returning for more of our courses. I look forward to welcoming you over the months ahead.

Dermot Brady

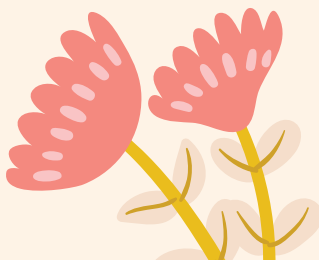
Peer Educator



Hi, I just wanted to say a welcome to new students and welcome back to those who have been with us before! I hope you enjoy browsing the spring prospectus and I really hope you join us at the courses, the best part is the learning from each other!

Joanne McMaster

Peer Educator



Meet the Team



I'm looking forward to meeting all of the students in the coming months and welcoming you to the College.

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.

We really appreciate everything you do.

Recovery College Charter

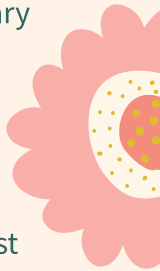


Whilst attending the Recovery College you can expect us to:

- Handle your enquiries in a friendly, professional and timely manner
- Treat all information shared with the College as confidential and in adherence with Data Protection legislation
- 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
- Respect and listen to you, and to value 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 punctually and let us know if you are running late – venues are booked for specific times and it is not always possible to stay on, even if the beginning of a workshop was delayed to accommodate latecomers.
- Let us know if you cannot attend – workshop numbers are limited and we can offer your place to someone else



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 and print a prospectus 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.

Students can enrol on any course up to the day before it runs, although early enrolment is recommended as some courses fill up quickly, and places are allocated on a strictly first come, first served basis.

Online Courses

We use the free Microsoft TEAMS app to deliver our online workshops, which run on **Tuesday evenings, 7pm – 8pm.**

We send the invitation email with a link to each online workshop on Friday, or by Monday afternoons at the latest. If you have not received your link by then please get in touch.

The invitation emails will contain simple instructions on how to access each online workshop.

We would encourage students to practice using Teams in advance, as once a workshop has started the facilitators will not be able to admit latecomers. Please contact the College if you would like assistance using Teams and we will arrange a practice run through.

COVID 19



It is still possible that Covid 19 regulations and guidelines might be introduced at short notice, and we will keep students informed of how any changes might affect their attendance at the College.



Recovery Café

Come along for a cuppa and a catch up. The Recovery Café is open to all students who are attending or have attended the College in the past. The Café is a relaxed and informal way to meet others, make new friends and find out what's happening at the College and in the local area.

Mondays, 11.00am – 12.30pm, Recovery College, Lisnamallard, Omagh

The Recovery College Cafe commences on Monday 3 April.



Spring 2023 Prospectus



OUR COURSES

HOPE • CONTROL • OPPORTUNITY

Exploring Our Thoughts

Single **2 Hour** Session, Face to Face or Single **1 Hour** Session, 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 reframed. In this way, our thoughts can come to have a more positive impact on how we feel about ourselves and the world around us.

Monday 13 March, 10.30am – 12.30pm, Limavady

Wednesday 15 March, 10.30am – 12.30pm, Enniskillen

Thursday 16 March, 11.00am – 1.00pm, Strabane

Friday 24 March, 10.30am – 12.30pm, Omagh

Tuesday 28 March, 7.00pm – 8.00pm, Online

Tuesday 4 April, 10.30am – 12.30pm, Derry/Londonderry

FELTMAKING WITH ANDREA HAYES: Art & Wellbeing - An Creagán

4 Week Course, **2 Hour** Session - Face to Face

A series of 4 art workshops will be delivered in the beautiful surroundings of An Creagán, just outside Omagh by Artist Andrea Hayes. Working with natural wools, participants will be guided through wet felted and needlefelted techniques. Inspiration and foraged elements will be taken from walks at An Creagan and the natural environment around us which will be incorporated into individual felted artworks.

All materials will be provided and no previous art experience is necessary.

Wednesday 19, 26 April & 3, 10 May, 10.30am – 12.30pm, An Creagán

Food and Mood

2 Hour Sessions, Face to Face

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.

Tuesday 20 June, 10.30am – 12.30pm, Derry/Londonderry

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 by creating opportunities for people to make meaningful use their knowledge, skills and talents. Perhaps you have lots of ideas for new workshops, or you love to do research, or maybe you would like to share your experience with others? Come along and find out about the various ways you can use your experience to help others.

Monday 26 June, 10.30am – 12.30pm, Limavady

Tuesday 27 June, 10.30am – 12.30pm, Derry/Londonderry

Wednesday 28 June, 10.30am – 12.30pm, Enniskillen

Thursday 29 June, 11.00am – 1.00pm, Strabane

Friday 30 June, 10.30am – 12.30pm, Omagh

Getting a Good Night's Sleep

Single **2 Hour** Session, Face to Face or Single **1 Hour** Session, Online

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

Tuesday 16 May, 7.00pm – 8.00pm, Online

Tuesday 30 May, 10.30am – 12.30pm, Derry/Londonderry

Friday 9 June, 10.30am – 12.30pm, Omagh

Wednesday 21 June, 10.30am – 12.30pm, Enniskillen

Thursday 27 April, 11.00am – 1.00pm, Strabane

In Your Shoes

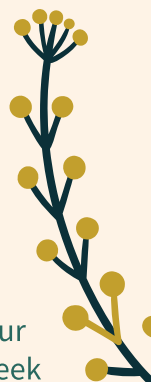
6 Week Course, **1 ½ Hour** Sessions – Face to Face

Life is an individual and personal journey. We have all walked our own path and experienced its highs and lows. In this quirky 6-week programme, participants will take time to reflect on past paths and visualise future avenues. Upcycle a pair of your old shoes to show your unique style, thoughts, choices and identity through design, decoupage, crafty bits & pieces and the power of words. This workshop is facilitated by the Trust's Writer in Residence, Michelle Young.

Participants are asked to bring pen and notebook with them.

Fridays 24 March – 5 May, 1.30pm – 3.00pm, Omagh

(no workshop on Good Friday, 7 April)



Introducing and Exploring Mindfulness

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

Paying more attention to the present moment, to our feelings, and to the world around us can improve our mental health and emotional wellbeing. This introductory workshop 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 our daily life, such as guided meditation, being in nature and mindful eating.

Monday 3 April, 10.30am – 12.30pm, Limavady

Wednesday 5 April, 10.30am – 12.30pm, Enniskillen

Thursday 20 April, 11.00am – 1.00pm, Strabane

Tuesday 2 May, 10.30am – 12.30pm, Derry/Londonderry

Introducing and Exploring Recovery

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

What does recovery mean for people with mental health issues? Can we live a meaningful life and still experience symptoms? How do people recover? How can we help others recover? This introductory workshop will introduce the three key principles of recovery – Hope, Control and Opportunity, and how we can use them in our journey to better mental health and emotional wellbeing.

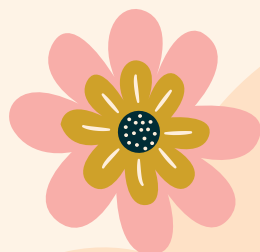
Wednesday 26 April, 10.30am – 12.30pm, Enniskillen

Friday 28 April, 10.30am – 12.30pm, Omagh

Thursday 11 May, 11.00am – 1.00pm, Strabane

Monday 15 May, 10.30am – 12.30pm, Limavady

Tuesday 16 May, 10.30am – 12.30pm, Derry/Londonderry



Learning to Like Yourself

2 Hour Sessions, Face to Face

Having feelings of low self-worth can negatively impact 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.

Thursday 8 June, 11.00am – 1.00pm, Strabane



Living Beyond Depression and Low Mood

Single **2 Hour** Session, Face to Face or Single **1 Hour** Session, 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.

Monday 20 March 10.30am – 12.30pm, Limavady

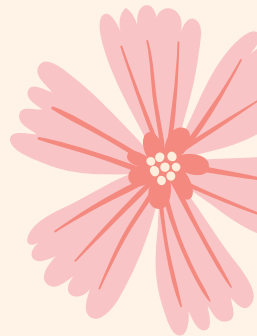
Wednesday 22 March, 10.30am – 12.30pm, Enniskillen

Thursday 23 March, 11.00am – 1.00pm, Strabane

Friday 31 March, 10.30am – 12.30pm, Omagh

Tuesday 4 April, 7.00pm – 8.00pm, Online

Tuesday 18 April, 10.30am – 12.30pm, Derry/Londonderry



Living Well with Bipolar Disorder

Single **2 Hour** Session, Face to Face or Single **1 Hour** Session, Online

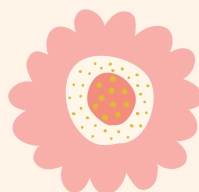
This workshop is for those who have a diagnosis of bipolar disorder (also known as bipolar affective disorder or manic depression) and their families, friends and other supporters. The aim is to help us gain a better understanding of what bipolar disorder is, and how to develop strategies to manage the 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.

Friday 7 April, 10.30am – 12.30pm, Omagh

Wednesday 3 May, 10.30am – 12.30pm, Enniskillen

Tuesday 6 June, 7.00pm – 8.00pm, Online

Thursday 15 June, 11.00am – 1.00pm, Strabane



Living Well with Psychosis

Single **2 Hour** Session, Face to Face or Single **1 Hour** Session, Online

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.

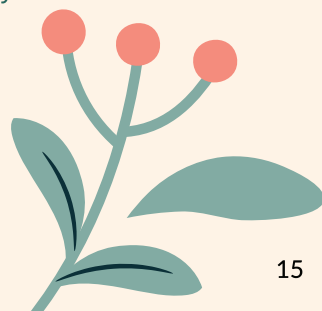
Thursday 6 April, 11.00am – 1.00pm, Strabane

Tuesday 25 April, 7.00pm – 8.00pm, Online

Tuesday 9 May, 10.30am – 12.30pm, Derry/Londonderry

Friday 2 June, 10.30am – 12.30pm, Omagh

Wednesday 14 June, 10.30am – 12.30pm, Enniskillen



Living With and Managing Anxiety

Single **2 Hour** Session, Face to Face or Single **1 Hour** Session, 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 workshop we will explore the links between our thoughts feelings and behaviour in relation to anxiety, as well as looking at some simple strategies to help us better understand and manage our anxiety.

Monday 27 March, 10.30am – 12.30pm, Limavady

Wednesday 29 March, 10.30am – 12.30pm, Enniskillen

Thursday 30 March, 11am – 1pm, Strabane

Tuesday 18 April, 7.00pm – 8.00pm, Online

Friday 21 April, 10.30am – 12.30pm, Omagh

Tuesday 25 April, 10.30am – 12.30pm, Derry/Londonderry

Menopause Matters

2 Week Course, **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 two week 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 the informed choices about their very personal and unique journey from perimenopause, through menopause and on to the post-menopause stage.

Friday 19 & 26 May, 10.30am – 12.30pm, Omagh

Mindfulness Based Stress Reduction



8 Week Course, **2 ½ Hour** Sessions – Face to Face

The aim of this 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.

We are privileged to have the opportunity to offer this innovative, empirically validated eight week workshop again.

“This Course is facilitated by a Mindfulness Practitioner who has undertaken the Mindfulness Teacher Training Pathway at Bangor University, Centre for Mindfulness, Research and Practice.”

Friday 21 April – Friday 9 June, 10.30am – 1.00pm for 8 WEEKS,
Derry/Londonderry



Mini Mindfulness Retreat



Single **3 Hour** Sessions - Face to Face

Facilitated by B Well & Beyond, the aim of these mini retreats is to allow participants to discover and practice a range of wellness, stress reduction and mindfulness techniques in a joyful and uplifting way.

Thursday 23 March, 1.00pm – 4.00pm, Omagh

Thursday 30 March, 1.00pm – 4.00pm, Omagh



Noticing Nature: Art and Wellbeing - An Creagán

4 Week Course, **2 Hour** Sessions – Face to Face

A series of 4 art workshops in partnership with Recovery College, will be delivered in the beautiful surroundings of An Creagán, just outside Omagh by Artist and Therapist Briege McClean. They will include guided nature walks, art demonstrations, and individual tuition to help you explore and create your own nature inspired artwork. Participants will experiment with pencils, pastels, charcoal and ink. You will also make your own botanical mono prints and experience the joy of gelli-printing! "Let your mind be as vast as the sky. Be still. Observe and appreciate. Make your Mark."

All materials will be provided and no previous art experience is necessary.

Wednesday 15, 22, 29 March & 5 April, 2.00pm – 4.00pm, An Creagán

Parenting Through The Years

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

The pressures of parenting can be felt by us all whether we are caregivers for our own children or others, and across the different age spans the challenges change and test us in many different ways. Whether you are looking to learn how to cope with parenting challenges, or simply want to feel more equipped to parent, then this 3 week course is for you. We will introduce some simple evidence based strategies to help you learn how to best fulfil your role of parent/guardian; learn from the experiences of parents who have struggled with the transition to parenthood; and learn from children who found themselves struggling with poor mental health as they grew into adulthood; and discover what helped them both.

Tuesdays 14, 21 & 28 March, 10.30am – 12.30pm, Derry/Londonderry

Printing with Nature

2 Week Course, **1 ½ Hour** Sessions - Face to Face

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

All materials will be provided and no previous art experience is necessary.

Tuesdays 15 & 22 August, 2.00pm – 3.30pm, Omagh

Recovery Through Activity

Single **2 Hour** Session, Face to Face or Single **1 Hour** Session, Online

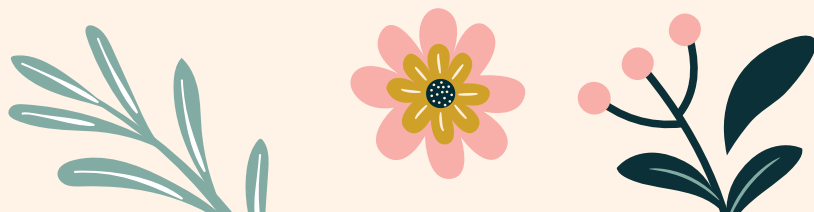
Living with mental health issues can often have an impact on our day to day life, making even simple daily tasks a bit more difficult, including doing those things that we enjoy and that help us to feel better. However, we know that many people find that planning and structuring their day helps them 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.

Friday 5 May, 10.30am – 12.30pm, Omagh

Thursday 18 May, 11.00am – 1.00pm, Strabane

Thursday 23 May, 7.00pm - 8.00pm, Online

Monday 19 June, 10.30am – 12.30pm, Limavady



Relaxation Therapy

3 Week Course, **1 ½ Hour** Sessions - Face to Face

We know that it is important to do what we can to reduce feelings of stress and levels of anxiety if we want to maintain and manage our mental health and emotional wellbeing. Over three weeks students will learn and practice, simple relaxation tools that they can incorporate into their daily lives such as progressive muscle relaxation, guided imagery and breathing techniques.

Please bring a cushion and blanket with you to each workshop.

Friday 2, 9 & 16 June, 11.00am – 12.30pm, Enniskillen

Resilience for Carers

Single **2 Hour** Sessions - 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.

Wednesday 10 May, 10.30am – 12.30pm, Enniskillen

Friday 23 June, 10.30am – 12.30pm, Omagh

Sense of Place Photography Project

3 Week Course, **1 ½ Hour** Sessions – Face to Face

The Recovery College is excited to offer students the opportunity to learn some photography skills and have their work displayed in various mental health facilities in Omagh. Facilitated by local photographer Emer Mimmagh, participants will explore “a sense of place” in locations in Omagh and Enniskillen. As well as gaining new skills and confidence, participants will be able to showcase the places they love in their home towns, and of course contribute in no small way to the wellbeing of people experiencing mental health issues.

No previous experience necessary

Wednesday 19, 26 April & 3 May, 2.00pm – 3.30pm, Enniskillen

Wednesday 17, 24 May & 31 May, 2.00pm – 3.30pm, Omagh

Telling My Story

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

This bespoke workshop shows the value of story in how we see the world and our place in it. Through a series of gentle yet powerful verbal and visual prompts, the facilitator encourages each participant to reflect on what was key to their recovery/where they are now. Although they will gel as a group, each voice is unique, each experience rich and yet there are so many overlaps. Opportunity for discussion will be there for the group to avail of. In this workshop, participants will express themselves in a safe space, be listened to and not judged.

Through finding their own voice and daring to “fly their own kite” each person will find his/her own story and create a personal memento to symbolise their own Recovery Journey.

All materials will be provided and no previous art experience is necessary.

Thursday 25 May & 1 June, 10.30am – 12.30pm, Derry/Londonderry

Understanding Disordered Eating

2 Hour Sessions - 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.

Thursday 4 May, 11.00am – 1.00pm, Strabane

Understanding Hoarding

2 week Course, **2 Hour** Sessions, Face to Face, or **1 Hour** via Zoom

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.

On this two day course, 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.

Wednesday 17 & 24 May, 10.30am – 12.30pm, Enniskillen

Thursday 25 May & 1 June, 11.00am – 1.00pm, Strabane

Monday 5 & 12 June, 10.30am – 12.30pm, Limavady

Tuesday 13 June, 7.00pm – 8.00pm, Online

Understanding 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

Wednesday 19 April, 10.30am – 12.30pm, Enniskillen

Monday 22 May, 10.30am – 12.30pm, Limavady

Friday 16 June, 10.30am – 12.30pm, Omagh



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 give participants an overview of the normal grief process and also the difference when someone has experienced traumatic grief in their life. This workshop is being delivered by the WHSCT Trauma Network, who will also provide details of what services are available in our Trust area.

Please note that this workshop may not be appropriate for those recently bereaved and is not intended to replace therapy.

Friday 12 May, 10.30am – 12.30pm, Omagh

Tuesday 23 May, 10.30am – 12.30pm, Derry/Londonderry



Understanding Trauma

Single **1 Hour** Session, Online



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.

Tuesday 9 May, 7.00pm – 8.00pm, Online



Wellness Recovery Action Plan (WRAP)

2 Full Days – Face to Face

WRAP is a simple, evidence based self-management tool, designed to help people better understand and manage their mental and emotional 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 that increase our feelings of hopefulness, and improve our quality of life. We will also explore personal triggers and early warning signs; how to make plans to help ourselves; and when to seek support – all of which will empower us to feel more in control of our mental health and emotional wellbeing.

Tuesday 28 March & 4 April, 10.00am - 4.00pm Omagh

Monday 17 & 24 April, 10.00am – 4.00pm, Limavady

Wednesday 31 May & 7 June, 10.00am – 4.00pm, Enniskillen

Tuesday 6 & 13 June, 10.00am – 4.00pm, Derry/Londonderry





COURSES AT A GLANCE

HOPE • CONTROL • OPPORTUNITY

Derry/Londonderry - Holywell Trust

Parenting Through the Years,

Tuesdays 14, 21 & 28 March, 10.30am – 12.30pm

Exploring Our Thoughts

Tuesday 4 April, 10.30am – 12.30pm

Living Beyond Depression and Low Mood

Tuesday 18 April, 10.30am – 12.30pm

Mindfulness Based Stress Reduction (MBSR)

Fridays 21 April – 9 June, 10.30am – 1.00pm for 8 WEEKS

Living With and Managing Anxiety

Tuesday 25 April, 10.30am – 12.30pm

Introducing and Exploring Mindfulness

Tuesday 2 May, 10.30am – 12.30pm

Living Well with Psychosis

Tuesday 9 May, 10.30am – 12.30pm

Introducing and Exploring Recovery

Tuesday 16 May, 10.30am – 12.30pm

Understanding Traumatic Grief

Tuesday 23 May, 10.30am – 12.30pm

Telling My Story

Thursday 25 May & 1 June, 10.30am – 12.30pm

Getting a Good Night's Sleep

Tuesday 30 May, 10.30am – 12.30pm

Wellness Recovery Action Plan (WRAP)

Tuesday 6 & 13 June, 10.00am – 4.00pm

Food and Mood

Tuesday 20 June, 10.30am – 12.30pm

Getting Involved at the Recovery College

Tuesday 27 June, 10.30am – 12.30pm

Enniskillen - Fermanagh House

Exploring Our Thoughts

Wednesday 15 March, 10.30am – 12.30pm

Living Beyond Depression and Low Mood

Wednesday 22 March, 10.30am – 12.30pm

Living With and Managing Anxiety

Wednesday 29 March, 10.30am – 12.30pm

Introducing and Exploring Mindfulness

Wednesday 5 April, 10.30am – 12.30pm

Understanding Medication

Wednesday 19 April, 10.30am – 12.30pm

Sense of Place - Photography Project

Wednesday 19, 26 April & 3 May, 2.00pm – 3.30pm

Introduction and Exploring Recovery

Wednesday 26 April, 10.30am – 12.30pm

Living Well with Bipolar Disorder

Wednesday 3 May, 10.30am – 12.30pm

Resilience for Carers

Wednesday 10 May, 10.30am – 12.30pm

Understanding Hoarding

Wednesday 17 & 24 May, 10.30am – 12.30pm

Wellness Recovery Action Plan (WRAP)

Wednesday 31 May & 7 June, 10.00am – 4.00pm

Relaxation Therapy

Friday 2, 9 & 16 June, 11.00am – 12.30pm



Enniskillen - Fermanagh House

Living Well With Psychosis

Wednesday 14 June, 10.30am – 12.30pm

Getting a Good Night's Sleep

Wednesday 21 June, 10.30am – 12.30pm

Getting Involved at the Recovery College

Wednesday 28 June, 10.30am - 12.30pm



Limavady - Roe Valley Arts & Cultural Centre

Exploring Our Thoughts

Monday 13 March, 10.30am – 12.30pm

Living Beyond Depression and Low Mood

Monday 20 March, 10.30am – 12.30pm

Living With and Managing Anxiety

Monday 27 March, 10.30am – 12.30pm

Introducing and Exploring Mindfulness

Monday 3 April, 10.30am – 12.30pm

Wellness Recovery Action Plan (WRAP)

Monday 17 & 24 April, 10.00am – 4.00pm

Introducing and Exploring Recovery

Monday 15 May, 10.30am – 12.30pm

Understanding Medication

Monday 22 May, 10.30am – 12.30pm

Understanding Hoarding

Monday 5 & 12 June, 10.30am – 12.30pm

Recovery through Activity

Monday 19 June, 10.30am – 12.30pm

Getting Involved at the Recovery College

Monday 26 June, 10.30am – 12.30pm



Omagh - Lisnamallard

Noticing Nature - An Creagán

Wednesday 15, 22 & 29 March & 5 April, 2.00pm - 4.00pm

Exploring Our Thoughts

Friday 24 March, 10.00am – 12.30pm

Mini Mindfulness Retreat

Thursday 23 March, 1.00pm – 4.00pm

In Your Shoes

Friday 24 March - 5 May, 1.30pm - 3.00pm (except Good Friday) for 6 weeks

Wellness Recovery Action Plan (WRAP)

Tuesday 28 March & Tuesday 4 April, 10.00am – 4.00pm

Mini Mindfulness Retreat

Thursday 30 March, 1.00pm – 4.00pm

Living Beyond Depression and Low Mood

Friday 31 March, 10.30am – 12.30pm

Living Well with Bipolar

Friday 7 April, 10.30am – 12.30pm

Feltmaking with Andrea Hayes - An Creagán

Wednesday 19 & 26 April & 3 & 10 May, 10.30m – 12.30pm

Living With and Managing Anxiety

Friday 21 April, 10.30am – 12.30pm

Introducing and Exploring Recovery

Friday 28 April, 10.30am – 12.30pm

Recovery through Activity

Friday 5 May, 10.30am – 12.30pm

Understanding Traumatic Grief

Friday 12 May, 10.30am – 12.30pm



Omagh - Lisnamallard

Sense of Place - Photography Project

Wednesdays 17, 24 May & 31 May, 2.00pm – 3.30pm

Menopause Matters

Friday 19 & 26 May, 10.30am – 12.30pm

Living Well with Psychosis

Friday 2 June, 10.30am – 12.30pm

Getting a Good Night's Sleep

Friday 9 June, 10.30am – 12.30pm

Understanding Medication

Friday 16 June, 10.30am – 12.30pm

Resilience for Carers

Friday 23 June, 10.30am – 12.30pm

Getting Involved at the Recovery College

Friday 30 June, 10.30am – 12.30pm

Printing with Nature

Tuesday 15 & 22 August, 2.00pm – 3.30pm



Strabane - Melvin Sports Complex



Exploring our Thoughts

Thursday 16 March, 11am – 1pm

Living Beyond Depression and Low Mood

Thursday 23 March, 11am – 1pm

Living With and Managing Anxiety

Thursday 30 March, 11am – 1pm

Living Well with Psychosis

Thursday 6 April, 11.00am – 1.00pm

Introducing and Exploring Mindfulness

Thursday 20 April, 11am – 1pm

Getting a Good Night's Sleep

Thursday 27 April, 11am – 1pm

Understanding Disordered Eating

Thursday 4 May, 11am – 1pm

Introducing and Exploring Recovery

Thursday 11 May, 11am – 1pm

Recovery through Activity

Thursday 18 May, 11am – 1pm

Understanding Hoarding

Thursday 25 May & 1 June, 11am – 1pm

Learning to Like Yourself

Thursday 8 June, 11am – 1pm

Living Well with Bipolar

Thursday 15 June, 11am – 1pm

Getting Involved at the Recovery College

Thursday 29 June, 11.00pm - 1.00pm



Online

Exploring Our Thoughts

Tuesday 28 March, 7.00pm – 8.00pm

Living Beyond Depression and Low Mood

Tuesday 4 April, 7.00pm – 8.00pm

Living with and Managing Anxiety

Tuesday 18 April, 7.00pm – 8.00pm

Living Well with Psychosis

Tuesday 25 April, 7.00pm – 8.00pm

Understanding Trauma

Tuesday 9 May, 7.00pm – 8.00pm

Getting a Good Night's Sleep

Tuesday 16 May, 7.00pm – 8.00pm

Recovery through Activity

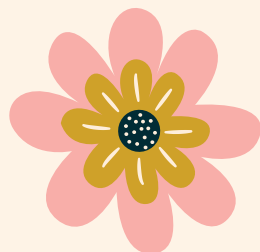
Tuesday 23 May, 7.00pm – 8.00pm

Living Well with Bipolar

Tuesday 6 June, 7.00pm – 8.00pm

Understanding Hoarding

Tuesday 13 June, 7.00pm – 8.00pm



Venues

Derry/Londonderry

Holywell Trust
10-14 Bishop Street
Co Londonderry
BT48 6PW

Enniskillen

Fermanagh House
Broadmeadow Place
Enniskillen
Co Fermanagh
BT74 7HR

Omagh

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

Strabane

Melvin Sports Complex
Melvin Road
Strabane
Co Tyrone
BT82 9PP

Limavady

Roe Valley Arts and Cultural Centre
24 Main Street
Limavady
Co Londonderry
BT49 0FJ

An Creagán

186 Barony Rd
Omagh
Co.Tyrone
BT79 9AB

O



WHSCT Recovery College Enrolment Form

Forename

Surname

Address

Postcode

Telephone No.

Email

Date of Birth

Gender

Female

☐

Male

☐

Non Binary

☐

Courses you would like to attend

Course Title

Venue

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"/>



Please also let us know if there are any reasonable adjustments required to facilitate your attendance at the College. We will make every effort to support your needs.

Signature

Date

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





RECOVERY COLLEGE

HOPE • CONTROL • OPPORTUNITY

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

T: 028 8225 2079

E: recoverycollege@westerntrust.hscni.net



Western Health
and Social Care Trust



Public Health
Agency

Project supported by the PHA