

RECOVERY COLLEGE PROSPECTUS – SUMMARY OF COURSES



Building Healthy Relationships

Single 2 Hour Session

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 workshop 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.

Coaching Skills for Health and Wellbeing Single

3 Hour Session

Coaching has been used very successfully in the business and sporting arenas but it can also be applied to mental health and wellbeing. This 3 hour workshop introduces, and gives you the opportunity to practice some simple coaching tools that can empower you to use your strengths to work towards your own health and wellbeing goals.

Coping with Christmas (NEW)

Single 2 Hour Session

Christmas can be one of the most exciting and joyful times of the year. For some though it can be a more challenging time, especially for those of us with mental health difficulties. Others may not have family and friends nearby, are struggling financially or are dealing with loss. The aim of this workshop is to help participants to think about what their particular concerns around Christmas are, and what steps they can put in place to make the festive season more manageable for themselves.



Exploring Creative Recovery (NEW)

Half Day Session

Taking part in creative activity can be an important aspect of our recovery from mental ill-health and also helps us to maintain our wellbeing, as it offers the opportunity to transform the disarray in our minds into some form of order. Both creativity and recovery involve learning to let go, feeling free to make mistakes, and learning from our experiences. It provides us with a form of self-expression and can draw our attention away from concerns, stresses and anxiety. Creativity is more than just arts and craft, encompassing as it does a varied range of mediums such as fabric, clay, paper, word, music and food. No prior artistic or creative experience is required to participate in this relaxed and interactive workshop, during which we will each make our own unique masterpieces using some of the above mediums.

Exploring Your Options

Single 3 Hour Session

Are you thinking about the next step in your recovery, but not sure where to start or what's out there? Whether you want to make new friendships, explore volunteering opportunities, or are thinking about education or employment, this informative workshop will point you in the right direction!

Finding Your Voice

Single 2Hour Session

Being able to 'speak up' for yourself is key to recovery and self- management, but it is a skill that many of us struggle with. However if you can advocate for yourself and your needs are met, it can inspire and improve your sense of hope, confidence and self-esteem. This course explores the differences between assertive, aggressive and passive behaviours, and we will also discuss techniques that can help you become more confident in expressing yourself.

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.

Getting a Good Night's Sleep

Single 2 Hour Session

This workshop is designed to help those who are experiencing difficulty sleeping. Sleep is essential to our general health and wellbeing and poor sleep can lead to difficulties coping with daily life, and affect our health and wellbeing. Participants on this course will learn various strategies they can use to help them have a 'good night's sleep.'

Introduction to 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.

Getting Involved In Co-Production

Single 3 Hour Session

Co-production is a way of working together which is gaining momentum in many health and social care settings and is at the heart of our Recovery College. It is a strengths based approach which recognises and celebrates all skills and talents whether you are someone who uses mental health services, a staff member or perhaps both. This workshop explores the principles of coproduction, the benefits and challenges that exist and how we can best work together to overall improve services. It may be of particular interest to those who wish to become more involved with the Recovery College.

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Single 2 Hour Session

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Learning to Like Yourself

Single 2 Hour Session

People who experience low self-esteem frequently view themselves in a negative way and this can have a major impact on their lives. Learning how to improve self-esteem is one of the important building blocks of recovery. This short course aims to explore some of the causes and underlying issues of low self-esteem and how you might begin to build and maintain a more positive view of yourself.

Living Beyond Depression and Low Mood

Single 3 Hour Session

Depression can happen to anyone and is more common than people think - one in four of us will experience it at some point in our lives. This interactive workshop follows on from our 'Understanding Depression' course, and explores in more depth 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 useful sources of support.

Living Well With Bipolar

Single 3 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 ways to stay well.

Living Well With Psychosis

Single 3 Hour Session

The experience of psychosis, for example, hearing voices or having altered perceptions is surprisingly common. This workshop aims to increase your awareness of what psychosis is but concentrates on how you can live beyond your diagnosis. You will also hear facilitators sharing their own lived experience and some of the useful ways they have found to manage their own symptoms.

Living With and Managing Anxiety

Single 3 Hour Session

Anxiety is a normal part of everyday life but it become a problem when it is frequent, overwhelming and stops us doing the things we would like to be able to do. During this 3 hour session we will explore the links between our thoughts, feelings and behaviours, and offer some simple strategies to help you understand and manage your anxiety.

Manage Your Panic

Single 2 Hour Session

Everyone experiences feelings of anxiety and panic at certain times during their life. It's a natural response to stressful or dangerous situations. However for some of us with panic disorder, feelings of anxiety, stress and panic occur regularly and can appear at any time for no apparent reason. This workshop aims to help you understand what actually happens when you panic and the different forms it can take, exploring a range of coping methods and strategies that you might find useful.

Money Matters

Single 2 Hour Session

Money management is a skill we can all benefit from. This course will explore how poor mental health can affect our ability to best manage our 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.

Supporting Recovery, Valuing Family and Friends (NEW)

Single 3 Hour Session

Carers can play a vital role in supporting their family member, friend or loved one on their journey to recovery from mental illhealth. This workshop looks at the foundations of recovery itself, and addition, we will explore some aspects of the caring role such as communicating with healthcare professionals, what supports are available for carers within the Western Trust area, and how carers can build their resilience and maintain their own health and wellbeing.

Towards Wellness and Recovery

4 week course, 2 Hour Session

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 your emotional health and wellbeing. Whether you are looking to cope with a specific mental health issue, or simply want to feel more positive and energetic 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.

Train the Trainers

2 Full days

Many people who have come to the Recovery College feel more 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, voice projection and the use of visual and audio aids.

Understanding Antidepressant Medication (NEW)

Single 2 Hour Session

The aim of this new workshop is to give students the opportunity to learn more about antidepressants, such as the potential benefits, how the medications works, and what types are available and usually prescribed. The Western Trust's mental health pharmacist will be there to answer any questions students might have and to signpost them to additional reliable and easily accessible sources of information. We hope that having a better understanding of antidepressant medication will enable our students to use them most effectively, for the benefit of their recovery and the maintenance of their mental health and wellbeing.

Understanding Depression

Single 2 Hour Session

This introductory workshop will help those who have been newly diagnosed with depression understand some of the possible causes and treatments, learn how to manage the symptoms more effectively and also provide some simple strategies that people can use on their recovery journey.

Understanding Personality Disorder

Single 2 Hour Session

Coping with relationships and stressful situations may be more challenging for people who have a personality disorder. During this workshop you will have the opportunity to learn about the reality and misconceptions around personality disorders, what treatments and available, self-management strategies, and hear how people who have a personality disorder successfully manage their day to day life.

WRAP (Wellness Recovery Action Plan)

2 full days or 4 Half Sessions

WRAP is a simple, structured self-management tool, designed to help people understand and manage their wellbeing and recovery. It is for anyone who wants to create a positive change in the way they feel and increase their enjoyment in life. On this interactive course, you will have the opportunity to look at the everyday things that help keep you well and how to make the most of your strengths and resources. You will also have the opportunity to think about your personal triggers, how to make plans to help yourself and when to seek support.

Alcohol, Drugs & Your Mental Health (NEW)

Single 2 Hour Session

Your mental health can be affected by drug and alcohol use but sometimes mental health issues can be a reason why people turn to these substances. This course will examine the relationship between alcohol drugs and your mental health. It will also provide information and advice around improving your mental health and supports available.

Exploring Your Options

Single 3 Hour Session

Are you thinking about the next step in your recovery, but not sure where to start or what's out there? Whether you want to make new friendships, explore volunteering opportunities, or are thinking about education or employment, this new, informative workshop will point you in the right direction!

Finding Hope after Bereavement: From Hurt to Healing (NEW)

Coping with bereavement can be one of the most difficult journeys we have to take in life. Understanding how bereavement can impact on us is important in helping us to make sense of our grief and to be able to cope with our loss. This short course aims to help us get a better understanding of grief and bereavement, suggests ways of coping and outlines the support that is available locally. Please note that this course may not be suitable for those people who are recently bereaved. If you have had a recent bereavement and would like support please contact us and we can give you information on local organisations that can help.

Steps to Appiness: Apps for Beginners (NEW)

3 Week Course

There are hundreds of apps and other digital resources out there to help support us in learning about and managing our mental health. It can be overwhelming trying to figure out what is good and how to work them. This course is for individuals new to apps and wanting to build their confidence in using them. The course aims to introduce a range of quality apps; identify how to safely access apps and digital resources; test them out in a safe space with the support of others and help you compile your own collection of apps to support positive mental health.

Take 5 Steps to Wellbeing

Single 2 Hour Session

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well. There are 5 simple steps to help maintain and improve your wellbeing...connect, be active, take notice, keep learning and give. This session will look at what wellbeing means to each of us personally and explores practical ways to build the 5 steps in our daily lives. Serenity House, Merville,

Towards Wellness and Recovery

4 Week Course, 2 Hour Session

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 your emotional health and wellbeing. Whether you are looking to cope with a specific mental health issue, or simply want to feel more positive and energetic then this new 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.

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.

Walk to Wellness

5 Week Course 2 Hour Session

Exercise has proven benefits not only physical health but also our mental health and wellbeing. This 2 hour, 5 week course puts the 5 steps to wellbeing—Be Active, Connect, Give, Learn and Take notice in to action! Each week we will look at how one the 5 steps can boost our mental health and wellbeing and then head out for leisurely walk around a variety of routes.

Write to Recovery (NEW)

9 Week Course, 2 Hour Sessions

The write to recovery workshop runs over 9 weeks and involves meeting with others interested in mental wellbeing and recovery. Participants will be involved in small groups that generate inspiring conversations. Opportunities will be provided for writing and reflecting on their own story and discovering new tools to get the best out of life. Each session has a different theme eg. Surviving, Thriving and Recovery/what makes me happy/Letter from the wise one/My Fabulous future.