

Welcome to the

Wellbeing and Recovery College

Summer 2024
Term Guide



Please check the URL to make sure it looks authentic and it is the intended site. All courses and workshops advertised here are free and you should not be asked for payment to attend.

Welcome to the Wellbeing and Recovery College Summer Term 2024

The West London Wellbeing and Recovery College is open to everyone eighteen and over, living, working and studying in Ealing, Hounslow and Hammersmith & Fulham.

Our educational courses and workshops are free and focus on physical, mental and emotional wellbeing and recovery. We believe hope, empowerment, possibility and aspiration are central to good mental health and wellbeing.

Courses and workshops are developed and delivered using a combination of lived and professional experience. This co-production process is at the heart of everything we do.

For existing students, we apologise for the disruption and last minute changes we've experienced this term. This has been outside our control and we are really sorry if you have been affected but appreciate your understanding.

We are unable to access Brentford Football Club Community Sports Trust space at the moment. Where it is possible, we will move courses to online learning. However, for those courses that require in person sessions we will be sourcing alternative local training spaces.

We look forward to welcoming new and returning students who want to learn about their mental health and wellbeing in a friendly, supportive environment. We are available, if needed, to answer questions and help you decide which courses or workshops might be right for you.

For more information or to book our Workshops/Courses, please contact us on:

**07483950910 / 020 8483 1456 or
bookings.recoverycollege@westlondon.nhs.uk**

Web

www.westlondon.nhs.uk/our-services/adult/mental-health-services/recovery-college

C = Courses with multiple sessions

W = Workshops with single session.

Wellbeing

Low Mood - How it can affect us **W**

In this workshop we will discuss low mood and its associated symptoms. We will consider why we might be experiencing low mood and identify what can help as well as outlining other support available. **Tue Apr 23rd 2.00pm – 4.00pm Venue: Online**

Introduction to Anxiety Management **W**

This workshop will briefly explore how being anxious affects us. We will look at some of the reasons for this and practice a number of techniques that can relieve anxiety. The workshop will provide an overview of the Anxiety Management course, for those interested in the longer course but wanting more information. **Thurs Apr 25th 2.00pm – 4.00pm Venue: Online**

Nature and Wellbeing **W**

Being in nature is proven to support our mood, sleep and general wellbeing. Never has it been more important to explore the natural world around us. This 2 hour workshop will briefly explore the science and help us to engage in everyday nature whilst living in an urban environment. **Mon Apr 26th 2.00pm – 4.00pm Venue: Online**

Mindfulness: Learning to be Present **C**

These 6 sessions are best suited to those who feel they have come some way along their recovery journey. The sessions will incorporate meditation, self-reflection exercises and group interaction focused on living in the present moment with more ease. **Starts Tue Apr 30th 2.00pm – 3.30pm for 6 weeks Venue: Online**

Anxiety Management **C**

These 6 sessions will explore when, why and how we experience anxiety. We will look at a variety of tools that can be used to help manage both the physical and psychological

difficulties associated with having anxiety. **Starts Tue Apr 30th 2.00pm - 4.00pm for 6 weeks Venue: Online**

Learning About Thinking, Emotions and Relationships (LATER) **C**

This is an 11 week course for 2 hours per week. The course teaches skills and theory from Mentalisation Based Therapy (MBT), Dialectical Behaviour Therapy (DBT), Art Psychotherapy and Attachment Theory to help manage thoughts, feelings and relationships differently. **Starts Wed May 1st 10.00am - 12.00pm for 11 weeks Venue: ICC**

An Introduction: Low Mood and Anxiety **C**

In this 2 part course we will explore what we mean by low mood and anxiety, how best to support ourselves and when to look for extra help. We will also signpost to other courses and talk about what else is on offer in the local community. **Starts Wed May 1st 11.00am – 1.00pm for 2 weeks Venue: Online**

Understanding the Connection between our Thoughts, Feelings and Behaviours **W**

This 2 hour workshop will explore how our thoughts, feelings and behaviours are linked using the framework of the Cognitive Behavioural Model. This overview would also be helpful for anyone wanting to do the Coping Skills course. **Wed May 8th 2.00pm - 4.00pm Venue: online**

Understanding and Managing Depression **C**

These 3 sessions will look at depression and the ways in which it can affect us. It will explore practical steps that people have found useful in managing their experiences. This will include discussions about how we look after ourselves, identifying triggers, early warning signs, and communicating with people in our lives. **Starts Thus May 9th 11.00am - 1.00pm for 3 weeks Venue: Online**

Wellbeing

Grief and Loss C

Grieving is a highly individual experience; how we grieve and the effects it will have on us will depend on many factors. These 2 sessions will explain the grieving process and investigate the complex feelings that can be involved. It will look at the differences between grief and depression as well as outlining coping strategies to help us navigate the future. **Starts Tue May 14th 10.15am - 1.15pm for 2 weeks Venue: St Andrew's Church Centre**

Exploring Body Image C

These 4 sessions will explore why body image is important and how cultural ideals, gender and other factors can shape the way we feel about our bodies. We will investigate the impact of social media and ways in which body positivity and self-acceptance can enhance our wellbeing. We welcome anyone who would like to learn more about body image or would like to start thinking about how to develop a better relationship with their body. **Starts Mon May 20th for 3 weeks 11.00am - 1.00pm Venue: Online**

Memory Strategies for all W

We are all forgetful at times. This workshop will provide information about memory function and what can impact it. It will also outline practical strategies and helpful techniques we can use day to day. **Wed May 22nd 2:00pm – 4.00pm Venue: St Andrew's Church Centre**

Complex Emotional Needs: Understanding the theory and changing terminology W

This workshop will provide an overview of what is meant by complex emotional needs (associated with Personality Disorder). We will discuss the theory behind the changing terminology and the ways this can help to challenge perceptions by us and others. Discussions from the workshop will be fed into our coproduction café (see Page) which will shape future workshops to help us have a

better understanding around complex emotional needs. **Starts Wed June 5th 1.00pm - 4.00pm for 2 weeks Venue: Fulham Football Club**

Hearing Voices and Unusual Beliefs W

This workshop explores voice-hearing and unusual beliefs. The objective is to look at solution based options that may be beneficial to those who attend. We will also signpost to local Hearing Voices Groups. **Thu June 6th 11.00am - 1.00pm Venue: Online**

Tapping into Emotional Freedom C

Emotional Freedom Technique (EFT) is based on the same principles as acupuncture, but instead of using needles, we gently tap on the meridian points on the face and upper body. During the 5 sessions we will learn this tapping technique to help manage any physical or psychological symptoms and increase our sense of wellbeing. **Starts Fri June 7th 10.00am - 12.30pm for 5 weeks Venue: Online**

Relaxation Techniques C

This 4 part course will be a space to learn how to relax. We will practise a variety of relaxation techniques including visualisation, breathing exercises, and progressive muscular relaxation. **Starts Fri June 7th 11.00pm - 12.30pm for 4 weeks Venue: Online**

Exploring Spirituality C

This course is an opportunity to explore the role spirituality plays in our wellbeing. Over 3 sessions we will look at the role of spirituality within the context of mental and physical health. We will discuss the differences and commonalities between spirituality and religion, and explore how spiritual resources can help develop resilience and promote wellbeing. **Starts Mon June 10th 1.00pm – 4.00pm for 3 weeks Venue: St Andrew's Church Centre**

Wellbeing

Menopause – Lets Talk **W**

A brief introduction to the menopause for anyone who would like to improve their understanding. This workshop will allow a safe place for discussion, questions and general chat for anyone approaching or going through the menopause, or has a loved one who is. We don't promise to have all the answers but can signpost you to other resources, and it will be a good place to share experiences and learn together. **Tue June 11th 2.00pm - 4.00pm**
Venue: Online

Exploring Values and Self Compassion **C**

This 3 part course will explore the role of emotions and how we can learn to accept them, even if they are uncomfortable. We will also consider the role that our core values play in relation to wellbeing, and practice mindfulness techniques as a way of helping us to become kinder and more compassionate towards ourselves. This course incorporates self reflective exercises and is best suited to those who feel they have come some way along their mental health journey. **Starts Tue June 18th 1.00pm - 4.00pm for 3 weeks**
Venue: ICC

Raising Children whilst Caring for Yourself **C**

Parenting can be hard work. This 2 part course is aimed at parents with babies and young children and will help us to acknowledge that being a 'perfect parent' all the time is not possible. We will look at the importance of mental health and wellbeing, as well as recognising when stress levels are rising and consider things we can do to help. The course will also outline what support and services are available. **Starts Wed June 19th 11.00am – 1.00pm for 2 weeks**
Venue: Online

Coping Skills **C**

This 6 part course looks at managing our mental health as well as improving our wellbeing and quality of life. We will cover a variety of topics that give us tools to help with

managing our thoughts and difficult emotions, developing more helpful behaviours, coping with stress and worry, and getting a better night's sleep. **Starts Wed June 19th 2.00pm – 4.00pm for 6 weeks**
Venue: Online

Forest Bathing - 'Shinrin Yoku' **C**

Forest bathing is an ancient Japanese process of relaxation known as 'Shinrin Yoku'. The simple method of being calm and quiet amongst the trees. Breathing deeply whilst observing nature can help us de-stress and boost health and wellbeing. Join us in Gunnersbury park to find out more! **Starts Wed June 19th 2.00pm - 4.00pm or 2 weeks**
Venue week 1: Online
Venue week 2: Gunnersbury Park

Understanding Obsessive Compulsive Disorder (OCD) **W**

This workshop will explore the symptoms of OCD and how it affects people and their ability to live day to day. The session will also look at some of the ways people can manage thoughts and compulsive behaviours and will provide signposting for those wishing to seek further support. **Thu June 20th 11.00am - 1.00pm**
Venue: Online

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Men's Wellbeing **C**

Explore what men's mental wellbeing and masculinity means to you. Beyond Equality will provide a brave and compassionate space for open conversations about the ways we respond to our own mental wellbeing, what role gender has to play in seeking help and how we can go from 'surviving' to 'thriving'. We will look at the different ways to build supportive communities around these important issues including overcoming discomfort in order to seek help. N.B. This is designed to be a men-only group. **Starts Thurs June 27th 2.00pm - 4.00pm for 3 weeks**
Venue: Fulham FC

Wellbeing

How our Early Lives can Shape Us and Our Relationships: Dipping into some Theory! **C**

Offering a whistle stop tour of Attachment Theory. From its origins in the 1950s up to present day we will uncover various studies that helped to develop the attachment model. This course will explain in everyday language the main attachment types and look at how they may impact human relationships. **Starts Thurs July 4th 10.00am –1.00pm for 2 weeks Venue: ICC**

Nature and Recovery **C**

Over 3 sessions we will look at the science behind why nature is so beneficial for our mental wellbeing and the importance of spending time outside. It will also look at ways we can connect with nature every day, whilst living in an urban environment.

Starts Thurs July 4th 11.00am –1.00pm

Venue Week 1: Online

Venue Week 2: Local Walk

Venue Week 3: Kew Gardens

Improving our Relationship with Food **C**

Food plays a significant role in our daily lives and is central to human culture and family life. This 3 part course will delve into the question of why we eat the way we do, explore what a healthy relationship with food can look like, and will take a closer look at the role of social media and nutritional misinformation.

Starts Fri July 5th 2.00pm - 4.00pm for 3 weeks Venue: Online

To Keep or not to Keep: Learning about Decluttering **C**

In these 3 sessions we will look at our thoughts and feelings around letting go, and identify healthy ways to release our attachments to objects that may hold meaning for us. We will explore decluttering techniques and improve our decision making skills. This process may lead to us being able to free up physical and emotional space.

Starts Mon July 8th 11.00am -1.00pm for 3 weeks Venue: Online

Speaking Out: An Introduction to being Assertive **C**

These 3 sessions cover the basics of assertiveness; what it is, and the challenges that we can face when we struggle to be assertive. We will explore how we can communicate more effectively in order to get our needs met and identify tools and skills that can help us to think and act more assertively in our everyday lives. **Starts Wed July 10th 1.00pm - 4.00pm for 3 weeks Venue: ICC**

Discovering Self-Compassion **C**

Do you find it hard to make time to look after yourself? Do you criticise yourself and treat yourself more harshly than you would other people? This 2 session course will help you to learn to look after yourself and understand that being kinder to yourself is possible for everyone. **Starts Fri July 12th 11.00am - 1.00pm for 3 weeks Venue: Online**

Introduction to Drug and Alcohol Awareness **W**

This workshop will take an introductory look at: what is substance abuse, commonly abused substances, why people use substances, attitudes to substance misuse, harm reduction, overdose, chemsex, and how to access further support. **Thurs July 18th 2.00pm - 4.00pm Venue: Online**

Staying Well at Work **W**

In this workshop we will look at what wellness means to us and how we can stay well in general and at work. We will start to create our own wellbeing plans, and will look at how to use these effectively and will signpost to other organisations that can help going forward. **Tue July 23rd 2.00pm - 4.00pm Venue: Online**

Confidence Building **C**

Many of us feel we might be lacking in confidence or self-esteem.

Over these 3 sessions we will look at a range of confidence building techniques, we will try out and experiment to see which ones we find helpful. **Please contact us for more info.**

Physical Wellbeing

Walking Football **C**

A non-contact sport, similar to regular football except walking not running.

It is an excellent way of staying fit and healthy and everyone is welcome regardless of age, ability and gender. This 6 week course will include 60 minutes of Walking Football and 30 minutes of training on a different topic each week including Low Mood, Stress, Nature and Wellbeing.

Starts Tue June 4th 12.00pm - 2.00pm for 6 weeks Venue: Power League Shepherd's Bush (QPR)

Your Physical Wellbeing **C**

In these 4 sessions we will learn about different aspects of physical health. We will look at barriers we may face and how to make positive changes, set goals and increase motivation to help you improve your overall wellbeing.

Starts Mon July 1st 2.00pm - 4.00pm for 4 weeks Venue: TBC

Managing Fatigue **C**

This course will cover some of the causes and effects of fatigue (feeling very tired or exhausted most of the time, possibly as a result of illness or long term condition). We will explore strategies to help manage energy levels and things you can do that may help reduce the impact of fatigue day to day. There will be opportunities to share experiences and tips in a supportive group. **Starts Mon July 8th 2.00pm - 4:00pm for 2 weeks Venue: Online**

Later Life

Memory Strategies **W**

A workshop for individuals with early stage dementia, as well as family, friends and staff. It will provide information about memory function and what can affect it. It will provide practical strategies for coping with memory difficulties, both for the individual and those around them.

Tue June 25th 2:00pm – 4.00pm Venue: TBC

Understanding Dementia **W**

This workshop is for anyone who would like to improve their understanding of dementia. It will provide an introduction to the different types of dementia and what the impacts may be. As well as practical advice around communicating and supporting people with dementia, the session will include information about local services and support.

Wed July 3rd 2:00pm - 4.00pm Venue: St Andrew's Church Centre

Lunch and Learn (LL)

Learn simple tools to relax and unwind with these 45 minute **online** workshops.

Stress and the Stress Bucket

Recognise the signs of stress levels rising, and identify strategies which can help managing stress. **Wed Apr 24th 12:30pm – 1:15pm**

Mindful Movement

Learn to focus on gentle body movements to help release tension and strengthen the mind-body connection.

Thurs May 9th 12:30pm – 1:15pm

Forest Visualisation

During this session we will relax and unwind and take a trip to the forest (in our minds)

Wed May 15th 12:30pm – 1:15pm

Heart Breathing

An ancient style of meditation which focuses on the breath and the heart centre.

Thurs June 6th 12:30pm – 1:15pm

Mindfulness

An overview of Mindfulness principles to help manage distress and overwhelming feelings.

Thurs June 13th 12:30pm – 1:15pm

Body Scan

This meditation will help you release physical tension in your body, allowing you to feel more relaxed.

Thurs June 20th 12:30pm – 1:15pm

Gratitude and Grounding

Recognising things we are grateful for can help us to feel less stressed. We will close with a grounding exercise.

Thurs June 27th 12:30pm – 1:15pm

Beach Visualisation

During this session we will relax and unwind and take a trip to the beach (in our minds)

Wed July 24th 12:30pm – 1:15pm

Evening Courses (EC) and Workshops (EW)

Telling your Employer about your Mental Health and Reasonable Adjustments **EW**

This workshop looks at why we might want or not want to tell our employer about our mental health. We discuss how and when to tell them, who to tell at work and how much information you might want to give. We consider reasonable adjustments and what this could mean for you. We also discuss discrimination at work and how the Equality Act 2010 can help you. **Mon June 3rd 6:00pm – 8:00pm**

Venue: Online

Mindfulness **EC**

Mindfulness is the ability to be fully present and not overwhelmed by what's going on around us. These 5 sessions will teach simple but effective techniques to help us to feel more calm, be kinder to ourselves and focus on what's happening in the current moment.

Starts Thurs June 6th 6:00pm – 7:00pm For 5 weeks Venue: Online

Creativity

Seasonal Sounds – Music & Wellbeing **W**

Join a fun and friendly community music group based at Kew Gardens for a monthly workshop. Learn about Kew's rare and endangered plants and musical styles from around the world. Take part in hands-on learning activities and explore the wellbeing benefits of collective music making.

Tue Apr 23rd 10.30am -12.30pm

Tue May 7th 10.30am -12.30pm

Tue June 18th 10.30am -12.30pm

Tue July 15th 10.30am -12.30pm

Venue: Kew Gardens



Creative Writing **C**

Join professional writers from Write-London for a new poetry based creative writing project. This 6 week course, will explore various forms of poetry that provide everyone an opportunity to express their creativity.

While looking at some forms and technique we will also look closely at creative practise, examining and exploring various ways in which writing can be approached. **Starts Thu**

May 9th 11.00am - 1.00pm for 6 weeks

Venue: ICC

Using Art to Better Understand our Emotions **C**

This 4 session course will explore our wellbeing through simple art techniques. It will include increasing our understanding of emotions, how they link with our thoughts, and how they influence our behaviour and relationships. You don't need to be good at art or have any previous experience.

Starts Mon June 3rd 10.30am – 12.30pm for 4 weeks Venue: Water & Steam Museum



Royal Literary Fund

Writing for Self Expression **C**

Over 4 sessions we will be exploring various short stories and poems by famous writers, we will then start the expressive writing process. Expressive writing is not creative writing or therapy, but a form of self-expression which helps a person to think about their life and put their thoughts and feelings into words. It is personal freestyle writing that fosters self-awareness and wellbeing.

Starts Mon June 7th 11.00am – 1.00pm for 4 weeks Venue: TBC

Ongoing groups and forums

Coproduction Café

The Wellbeing and Recovery College is passionate about coproduction being at the core of everything we do. We would like to start discussions around some of the complexities surrounding Complex Emotional Needs (CENs) associated with a diagnosis of Personality Disorder, and how we can feed your views into our developing timetable.

If you are interested in these sessions please contact us.

Have Your Say at the Recovery College

Working together is at the heart of what we do at the Recovery College. Co-production means using combined expertise from students, including families, friends and mental health professionals to develop what we do. As well as our evaluation forms, we are planning regular sessions to share ideas and gather opinions to help us shape the courses we deliver and where/how we deliver them.

Please contact us for more information

Additional Courses

Four Corners of Kew C

Over 4 sessions we will explore Kew Gardens, practicing techniques including breathing, mindfulness and grounding. These sessions will be a space for people to come together to relax, unwind and appreciate being in nature. If you would like more information please contact us. **Starts Mon Apr 22nd 11.00am -13.00pm for 4 weeks Venue: Kew Gardens**

Volunteering at West London NHS Trust W

Come and join us to learn more about volunteering with the Trust. Volunteering can help you build skills, increase your understanding of the NHS and make a real difference to patient care. It can also be a good stepping stone into employment if that is your goal. **Tue May 7th 11.00pm –12.30pm Venue: Online**

Starting to Think about Volunteering, Training and Work Event W

This workshop will explore options for job seeking, training and volunteering and how they can help with your mental health and wellbeing. We will have guest speaker (s) and will hold space for questions. **Wed May 22nd 2.00pm - 4.00 pm Venue: Online**

Intro to Trans Awareness W

This session will explain what 'trans' means and describe the diversity of those who might use the term. As well as offering simple, practical approaches to managing terms and language, it will introduce key concepts crucial to understanding trans people and outline ways to become a trans ally. The workshop will touch on current legislation and provide links to further resources. **Tue June 4th 1.00pm – 4.30pm Venue: Please contact us for details.**

What is Peer Support and Peer Training? W

There are volunteering and paid roles where you can use your lived experience of mental health difficulties. This 2 hour workshop will outline Peer support and Peer training roles. It will give a brief historical context as well as discuss the plans for future development of Peer roles within our services. **Tue July 9th 1:30pm - 4:00pm Venue: Online**

Deaf Awareness W

This workshop will introduce us to some of the barriers faced by the deaf community and will help dispel some of the myths we might hold. The workshop will include some basic British Sign Language and give information about places to learn more if you are interested . **Thurs July 18th 2.00pm - 4.00pm Venue: St Andrew's Church Centre**



Community Sports Trust

Football for Thought

Supported by experienced football and talking therapy coaches, these sessions focus on mental health and wellbeing, providing an outlet in a secure and trusted environment. These sessions are open to men aged 18-55 (of any footballing ability).

Every Monday 6.30pm - 7.30pm (excluding bank holidays)

Venue: Heston Pools and Fitness 4g pitch, New Heston Road, Hounslow, TW5 0LW

For info and to sign up please email: health@brentfordfcst.com

Timetable April - July 2024

		Week 4					page
April	22	Mon	11.00 -1.00	Four Corners of Kew Week 1	C	Kew Gardens	p10
April	23	Tue	10.30 - 12.30	Seasonal Sounds	W	Kew Gardens	p9
April	23	Tue	2.00 - 4.00	Low Mood - How it can Affect Us	W	Online	p3
April	24	Wed	12.30 - 1.15	Stress & The Stress Bucket	LL	Online	p8
April	25	Thu	2.00- 4.00	Introduction to Anxiety Management	W	Online	p3
April	26	Fri	2.00 - 4.00	Nature & Wellbeing	W	Online	p3
		Week 5					
April	29	Mon	11.00 -1.00	Four Corners of Kew Week 2	C	Kew Gardens	p10
April	30	Tue	2.00 - 3.30	Mindfulness: Learning to be Present Week 1	C	Online	p3
April	30	Tue	2.00 - 4.00	Anxiety Management Week 1	C	Online	p3
May	1	Wed	10.00 - 12.00	LATER Week 1	C	ICC	p3
May	1	Wed	11.00 - 1.00	An Introduction to Low Mood and Anxiety Week 1	C	Online	p3
		Week 6					
May	6	Mon		BANK HOLIDAY			
May	7	Tue	10.30 - 12.30	Seasonal Sounds	W	Kew Gardens	p9
May	7	Tue	11.00- 12.30	Volunteering at West London NHS Trust	W	Online	p10
May	7	Tue	2.00 - 3.30	Mindfulness: Learning to be Present Week 2	C	Online	p3
May	7	Tue	2.00 - 4.00	Anxiety Management Week 2	C	Online	p3
May	8	Wed	10.00 - 12.00	LATER Week 2	C	ICC	p3
May	8	Wed	11.00-1.00	An Introduction to Low Mood and Anxiety Week 2	C	Online	p3
May	8	Wed	2.00 - 4.00	Understanding the connection between our Thoughts, Feelings and Behaviours	W	Online	p3

May	9	Thu	11.00 - 1.00	Creative Writing Week 1	C	ICC	p9
May	9	Thu	11.00- 1.00	Understanding and Managing Depression Week 1	C	Online	p3
May	9	Thu	12.30 - 1.15	Mindful Movement	LL	Online	p8
		Week 7					
May	13	Mon	11.00 - 1.00	Four Corners of Kew Week 3	C	Kew Gardens	p10
May	14	Tue	10.15 - 1.15	Grief and Loss Week 1	C	St. Andrew's	p4
May	14	Tue	2.00 - 3.30	Mindfulness: Learning to be Present Week 3	C	Online	p3
May	14	Tue	2.00 - 4.00	Anxiety Management Week 3	C	Online	p3
May	15	Wed	10.00- 12.00	LATER Week 3	C	ICC	p3
May	15	Wed	12.30 - 1.15	Forest Visualisation	LL	Online	p8
May	16	Thu	11.00- 1.00	Understanding and Managing Depression Week 2	C	Online	p3
May	16	Thu	11.00 - 1.00	Creative Writing Week 2	C	ICC	p9
		Week 8					
May	20	Mon	11.00 - 1.00	Four Corners of Kew Week 4	C	Kew Gardens	p10
May	20	Mon	11.00 - 1.00	Exploring Body Image Week 1	C	Online	p4
May	21	Tue	10.15 - 1.15	Grief and Loss Week 2	C	St. Andrew's	p4
May	21	Tue	2.00 - 3.30	Mindfulness: Learning to be Present Week 4	C	Online	p3
May	21	Tue	2.00 - 4.00	Anxiety Management Week 4	C	Online	p3
May	22	Wed	10.00 - 12.00	LATER Week 4	C	ICC	p3
May	22	Wed	2.00 - 4.00	Memory Strategies for All	W	St. Andrew's	p4
May	22	Wed	2.00 - 4.00	Starting to think about Work/ Training/Volunteering	W	Online	p10
May	23	Thu	11.00 - 1.00	Creative Writing Week 3	C	ICC	p9
May	23	Thu	11.00 - 1.00	Understanding and Managing Depression Week 3	C	Online	p3

		Week 9		27th - 31st May HALF TERM			
		Week 10					
June	3	Mon	10.30 - 12.30	Using Art to Better Understand our Emotions Week1	C	Steam Museum	p9
June	3	Mon	11.00 - 1.00	Exploring Body Image Week 2	C	Online	p4
June	3	Mon	6.00 - 8.00	Telling your Employer about your Mental Health & Reasonable Adjustments	EW	Online	p8
June	4	Tue	12.00 - 2.00	Walking Football Week 1	C	QPR	p7
June	4	Tue	2.00 - 3.30	Mindfulness: Learning to be Present Week 5	C	Online	p3
June	4	Tue	2.00 - 4.00	Anxiety Management Week 5	C	Online	p3
June	5	Wed	10.00 - 12.00	LATER Week 5	C	ICC	p3
June	5	Wed	1.00 - 4.00	Complex Emotional Needs Week 1	C	Fulham FC	p4
June	6	Thu	11.00 - 1.00	Creative Writing Week 4	C	ICC	p3
June	6	Thu	11.00 - 1.00	Hearing Voices and Unusual Beliefs	W	Online	p4
June	6	Thu	12.30 - 1.15	Heart Breathing	LL	Online	p8
June	6	Thu	6.00 - 7.00	Mindfulness Evening Week 1	EC	Online	p8
June	7	Fri	10.00 - 12.30	Tapping into Emotional Freedom Week 1	C	Online	p4
June	7	Fri	11.00 - 12.30	Relaxation Techniques Week 1	C	Online	p4
June	7	Fri	11.00 - 1.00	Writing for Self Expression Week 1	C	TBC	p9
		Week 11					
June	10	Mon	10.30 - 12.30	Using Art to Better Understand our Emotions Week 2	C	Steam Museum	p9
June	10	Mon	11.00 - 1.00	Exploring Body Image Week 3	C	Online	p4
June	10	Mon	1.00 - 4.00	Exploring Spirituality Week 1	C	St. Andrew's	p4
June	11	Tue	12.00 - 2.00	Walking Football Week 2	C	QPR	p7
June	11	Tue	2.00 - 3.30	Mindfulness: Learning to be Present Week 6	C	Online	p3

June	11	Tue	2.00 - 4.00	Anxiety Management Week 6	C	Online	p3
June	11	Tue	2.00 - 4.00	Menopause: Let's Talk	W	Online	p10
June	12	Wed	10.00 - 12.00	LATER Week 6	C	ICC	p3
June	12	Wed	1.00 - 4.00	Complex Emotional Needs Week 2	C	Fulham FC	p4
June	13	Thu	11.00 - 1.00	Creative Writing Week 5	C	ICC	p9
June	13	Thu	12.30 - 1.15	Mindfulness	LL	Online	p8
June	13	Thu	6.00 - 7.00	Mindfulness Evening Week 2	EC	Online	p8
June	14	Fri	10.00 - 12.30	Tapping into Emotional Freedom Week 2	C	Online	p4
June	14	Fri	11.00 - 12.30	Relaxation Techniques Week 2	C	Online	p4
June	14	Fri	11.00 - 1.00	Writing for Self Expression Week 2	C	TBC	p9
		Week 12					
June	17	Mon	10.30 - 12.30	Using Art to Better Understand our Emotions Week 3	C	Steam Museum	p9
June	17	Mon	1.00 - 4.00	Exploring Spirituality Week 2	C	St. Andrew's	p4
June	18	Tue	10.30 - 12.30	Seasonal Sounds	W	Kew Gardens	p9
June	18	Tue	12.00 - 2.00	Walking Football Week 3	C	QPR	p7
June	18	Tue	1.00 - 4.00	Exploring Values and Self-compassion Week 1	C	ICC	p5
June	19	Wed	10.00 - 12.00	LATER Week 7	C	ICC	p3
June	19	Wed	11.00 - 1.00	Raising Children whilst Caring for Yourself Week 1	C	Online	p5
June	19	Wed	2.00 - 4.00	Coping Skills Week 1	C	Online	p5
June	19	Wed	2.00 - 4.00	Forest Bathing Week 1	C	Online	p5
June	20	Thu	11.00 - 1.00	Creative Writing Week 6	C	ICC	p9
June	20	Thu	11.00 - 1.00	Understanding OCD	W	Online	p7
June	20	Thu	12.30 - 1.15	Body Scan	LL	Online	p8
June	20	Thu	6.00 - 7.00	Mindfulness Evening Week 3	EC	Online	p6

June	21	Fri	10.00 - 12.30	Tapping into Emotional Freedom Week 3	C	Online	p4
June	21	Fri	11.00 - 12.30	Relaxation Techniques Week 3	C	Online	p4
June	21	Fri	11.00 - 1.00	Writing for Self Expression Week 3	C	TBC	p9
		Week 13					
June	24	Mon	10.30 - 12.30	Using Art to Better Understand our Emotions Week 4	C	Steam Museum	p10
June	24	Mon	1.00 - 4.00	Exploring Spirituality Week 3	C	St. Andrew's	p4
June	25	Tue	12.00 - 2.00	Walking Football Week 4	C	QPR	p7
June	25	Tue	1.00 - 4.00	Exploring Values and Self-compassion Week 2	C	ICC	p5
June	25	Tue	2.00 - 4.00	Memory Strategies – Later life	W	TBC	p7
June	26	Wed	10.00 - 12.00	LATER Week 8	C	ICC	p3
June	26	Wed	11.00 - 1.00	Raising Children whilst Caring for Yourself Week 2	C	Online	p5
June	26	Wed	2.00 - 4.00	Coping Skills Week 2	C	Online	p5
June	26	Wed	2.00 - 4.00	Forest Bathing Week 2	C	Gunners-bury	p5
June	27	Thu	12.30- 1.15	Gratitude & Grounding	LL	Online	p8
June	27	Thu	2.00 - 4.00	Men's Wellbeing week 1	C	Fulham FC	p5
June	27	Thu	6.00 - 7.00	Mindfulness Evening Week 4	EC	Online	p8
June	28	Fri	10.00 - 12.30	Tapping into Emotional Freedom Week 4	C	Online	p4
June	28	Fri	11.00 - 12.30	Relaxation Techniques Week 4	C	Online	p4
June	28	Fri	11.00 - 1.00	Writing for Self Expression Week 4	C	TBC	p9
		Week 14					
July	1st	Mon	2.00 - 4.00	Physical Wellbeing Week 1	C	TBC	p7
July	2	Tue	12.00 - 2.00	Walking Football Week 5	C	QPR	p7
July	2	Tue	1.00 - 4.00	Exploring Values and Self-compassion Week 3	C	ICC	p5
July	3	Wed	10.00 - 12.00	LATER Week 9	C	ICC	p3

July	3	Wed	2.00 - 4.00	Coping Skills Week 3	C	Online	p5
July	3	Wed	2.00 - 4.00	Understanding Dementia	W	St. Andrew's	p7
July	4	Thu	10.00 - 1.00	How our Early Lives can shape us and our Relationships? Week 1	C	ICC	p6
July	4	Thu	11.00 - 1.00	Nature & Recovery Week 1	C	Online	p6
July	4	Thu	2.00 - 4.00	Men's Wellbeing Week 2	C	Fulham FC	p5
June	4	Thu	6.00 - 7.00	Mindfulness Evening Week 5	EC	Online	p8
July	5	Fri	10.00 - 12.30	Tapping into Emotional Freedom Week 5	C	Online	p4
July	5	Fri	2.00 - 4.00	Improving our Relationship with Food Week 1	C	Online	p6
		Week 15					
July	8	Mon	11.00 - 1.00	To Keep or Not to Keep: Learning about Decluttering Week 1	C	Online	p6
July	8	Mon	2.00 - 4.00	Managing Fatigue Week 1	C	Online	p7
July	8	Mon	2.00 - 4.00	Physical Wellbeing Week 2	C	TBC	p7
July	9	Tue	12.00 - 2.00	Walking Football Week 6	C	QPR	p7
July	9	Tue	1.30 - 4.00	What is Peer Support and Peer Training?	W	Online	p10
July	10	Wed	10.00 - 12.00	LATER Week 10	C	ICC	p3
July	10	Wed	1.00 - 4.00	Speaking Out: An Introduction to being Assertive Week 1	C	ICC	p6
July	10	Wed	2.00 - 4.00	Coping Skills Week 4	C	Online	p5
July	11	Thu	10.00 - 1.00	How our Early Lives can shape us and our Relationships? Week 2	C	ICC	p6
July	11	Thu	11.00 - 1.00	Nature & Recovery Week 2	C	Local Walk	p6
July	11	Thu	2.00 - 4.00	Men's Wellbeing Week 3	C	Fulham FC	p5
July	12	Fri	11.00 - 1.00	Discovering Self-Compassion Week 1	C	Online	p6

July	12	Fri	2.00 - 4.00	Improving our Relationship with Food Week 2	C	Online	p6
		Week 16					
July	15	Mon	11.00 - 1.00	To Keep or Not to Keep: Learning about Decluttering Week 2	C	Online	p6
July	15	Mon	2.00- 4.00	Managing Fatigue Week 2	C	Online	p7
July	15	Mon	2.00 - 4.00	Physical Wellbeing Week 3	C	TBC	p7
July	15	Tues	10.30- 12.30	Seasonal Sounds	W	Kew Gardens	p9
July	17	Wed	10.00 -12.00	LATER Week 11	C	ICC	p3
July	17	Wed	1.00 - 4.00	Speaking Out: An Introduction to being Assertive Week 2	C	ICC	p6
July	17	Wed	2.00 - 4.00	Coping Skills Week 5	C	Online	p5
July	18	Thurs	11.00- 1.00	Nature & Recovery Week 3	C	Kew Gardens	p6
July	18	Thurs	2.00 - 4.00	Deaf Awareness	W	St. Andrew's	p10
July	18	Thurs	2.00 - 4.00	Introduction to Drug and Alcohol Awareness	W	Online	p6
July	19	Fri	11.00 - 1.00	Discovering Self-Compassion Week 2	C	Online	p6
July	19	Fri	2.00 - 4.00	Improving our Relationship with Food Week 3	C	Online	p6
		Week 17					
July	22	Mon	11.00 - 1.00	To Keep or Not to Keep: Learning about Decluttering Week 3	C	Online	p6
July	22	Mon	2.00 - 4.00	Physical Wellbeing Week 4	C	TBC	p7
July	23	Tue	2.00 - 4.00	Staying Well at Work	W	Online	p6
July	24	Wed	1.00 - 4.00	Speaking Out: An Introduction to being Assertive Week 3	C	ICC	p6
July	24	Wed	12.30 - 1.15	Beach Visualisation	LL	Online	p8
July	24	Wed	2.00 - 4.00	Coping Skills Week 6	C	Online	p5
July	26	Fri	11.00 - 1.00	Discovering Self-Compassion Week 3	C	Online	p6

Venues for Face to Face Training

ICC - Irish Cultural Centre
5 Black's Rd
London W6 9DT

St. Andrew's Church Centre
Mount Park Road
Ealing
W5 2RS

QPR Stadium (Power League)
41 South Africa Rd
London W12 7RW

London Museum of Water & Steam
Green Dragon Lane
Brentford
London TW8 0EN
W6 6HH

Fulham Football Club
Craven Cottage
Stevenage Rd
London SW6 6HH

Riverside Vineyard
Air Park Way
Feltham
Middx
TW13 7LX

How to book our courses and workshops

Step 1: new students should complete the Online Registration Form at:

www.westlondon.nhs.uk/our-services/adult/mental-health-services/recovery-college

-Scroll down the page

-In the purple menu, click on the tab: Enrol Online

-The form can be completed from any device with an internet connection

-If you do not have online access or need support with enrolment contact us on **07483950910/020 8483 1456**

Step 2: after completing enrolment form, or if you are a returning student, contact us to book courses/workshops:

07483950910 / 020 8483 1456 or bookings.recoverycollege@westlondon.nhs.uk