



SOUTH EASTERN HSC TRUST

RECOVERY COLLEGE

Prospectus 2018 – 2019

RECOVERY IS...

Destigmatizing
CREATIVE
Unique
Progress
Confidence
Engaging
Supportive
Happiness

EMPOWERING

Inspirational
EDUCATIONAL
Rewarding
Challenging
RESPECT
Self
Management

Individual

YOURS

Hope

Control

Opportunity

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The South Eastern Trust (SET) is smoke free



New Format to the Prospectus

Welcome to the updated South Eastern Recovery College Prospectus!

Accompanying the prospectus will be a timetable for the current semester running. **It is essential that you book onto courses.**

Please read the following updates about this prospectus	
You must book onto courses in case we need to let you know of any changes	There are occasions when some courses may be moved or cancelled. Please ensure that you have provided us with your current contact information so that we can notify you in the event of a course amendment or cancellation.
If you can't attend a course let us know so we can offer it to another student	As the Recovery College is expanding at a rapid rate, we ask that if you cannot attend a course you have booked onto, that you let us know as soon as possible so that we can offer your space to another student on the waiting list.
New Sections New Courses New Student Journey	We have renamed the sections of courses and updated the student journey with information on what each section is about to help you better plan your time at the College.
New Updates: - One to one enrolment - Volunteering opportunities - Student Union	There are many new and exciting developments in this edition of the prospectus. We are now offering one to one enrolment sessions (page 5) , we have expanded opportunities to get involved in volunteering or co-production (page 26- Opportunities at the Recovery College Course) and we are piloting a student union for more social activities (page 29).

We hope you enjoy this prospectus and your time at the Recovery College. We are looking forward to meeting you...

- The Recovery College Team

Recovery College Manager: Anna Chapman

My name is Anna Chapman and I am the manager of SET Recovery College. I am delighted to welcome you to this year's edition of the Recovery College prospectus. I would like to take this opportunity to thank you for your interest and contribution to the Recovery College. We have lots of new and exciting courses that we hope you will enjoy. Many of these courses have been requested by you. This year we are focusing on your feedback and making the most of student journey. I wish you the very best in your learning journey and I look forward to meeting you at Recovery College courses!



SET RECOVERY COLLEGE MISSION STATEMENT

At the Recovery College our vision is to be an educational centre of excellence that nurtures recovery.

We strive to develop a College that is **free from stigma**, is **strengths-based** and always seeks to **realise the person, not the illness**.

WHAT IS A RECOVERY COLLEGE?

SET Recovery College offers educational courses about mental health and recovery which are designed to increase your knowledge and skills and promote self-management.

Each course is co-produced and co-facilitated by Recovery College Tutors.

WHAT IS CO-PRODUCTION?

It is a meeting of two experts, clinician (learned experience) and service user (lived experience), each with their respective knowledge and skills.

Together they share power, to plan and deliver support together, recognising that both have vital contributions to make.

At least one tutor will have lived experience of mental health recovery & the other will have learned experience of the subject area.

Chief Executive of the South Eastern HSC Trust: Hugh McCaughey

I believe the Recovery College has been a fabulous success over the last few years and is helping to change the relationship between healthcare and people who access services. Those who provide care and those who receive care, now design and deliver that care in partnership. This has huge benefits particularly for empowering and enabling people to take greater ownership of their lives and their recovery. When Maureen Bisognano, President Emeritus of IHI, visited the Recovery College last year, she said that she believed what she had seen there, could transform healthcare worldwide. I think she is right and the model of the Recovery College needs to grow and expand.



Defining Recovery

We define Recovery as

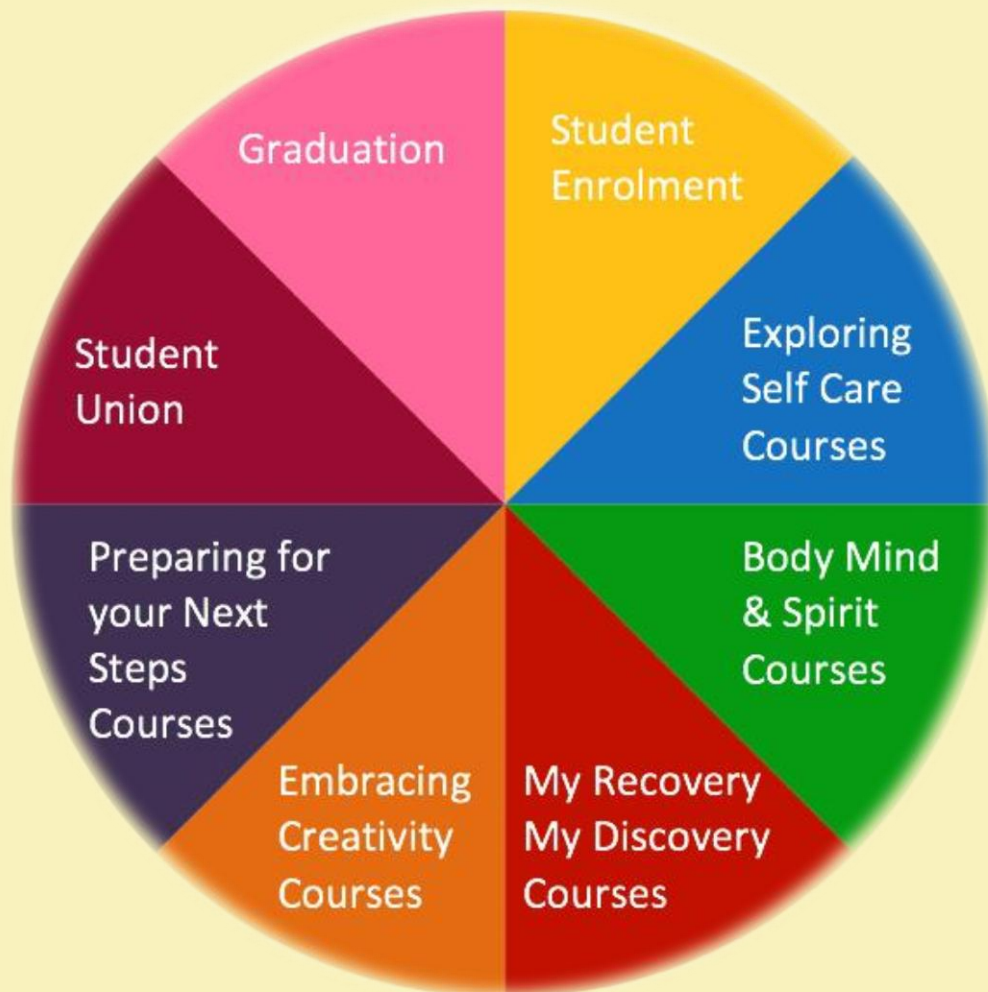
“A way of living a satisfying, hopeful and contributing life even within the limitations caused by illness.”

A deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills and roles.

Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness.”

(Anthony, 1993).

STUDENT JOURNEY



- From your initial enrolment through to your graduation, the Recovery College is here to support you through your student journey
- There is a wide range of learning opportunities available for students
- The Wheel Of Life is a tool used in coaching practice that can help you consider your individual learning goals and help you map out your steps to achieve your hopes for the future
- We have introduced this tool into the Recovery College Prospectus to guide you through your individual student journey. Each section has been updated and courses are displayed under the heading that best reflects their core.

Please see the table on the next page for more information on each section of courses...

STUDENT JOURNEY

Student Enrolment	Meet one to one with a member of the College team, who will guide you through your individual learning plan and support you in defining your goals and choosing the right courses for you.
Exploring Self Care	These courses focus on self-compassion, self-belief and self-management. They will ultimately encourage you to explore your relationship with yourself and in doing so will give you the tools, skills and strategies to achieve your goals and shape your future.
Body Mind & Spirit	These courses will open your heart, mind and body to the possibilities of the future. They will help you find meaning and purpose in your experience and will inspire you to embark on your unique journey of self-discovery. Whether it's exploring spirituality, challenging negative thinking, meditation or physical and social activities, something will catch your curiosity!
My Recovery My Discovery	These courses are designed to encourage and accelerate your quest for self-discovery and self-actualization. Although these courses are personal in essence, they cover a broad range of topics and experiences. They exhibit a fullness in colour and flavour and will surely appeal to one if not all your senses!
Embracing Creativity	These courses embrace your creative spirit and will encourage you to explore your truth through the medium of the arts. They will offer you the opportunity to re-discover your values, set goals and achieve a life balance. They will help you to learn and practice different creative styles and find the ones that work for you.
Preparing for your next steps	These courses are designed to help you prepare for your next steps. Whether its volunteering, considering work or building life skills, these courses will help you to unlock your potential and enlighten your future.
Student Union	You said it - we did it! The student union has evolved from your feedback for more activities and opportunities to get involved. There are a range of different social activities for past and present students that will offer you the opportunity to connect with others and try new things in your local community.
Graduation	Every year the Recovery College has a graduation ceremony. At this ceremony, we will reflect on your time at the College, celebrate your achievements and explore opportunities for the future.

Contact us now to start your Student Journey

Find us on
facebook



Like us on Facebook:
South Eastern
Recovery College



Like us on Facebook to get the latest updates; find out about new courses, recovery videos, events and the exciting new things happening this year in the Recovery College.

Student Enrolment: One to One

What is Student Enrolment?

- Student Enrolment is an opportunity to meet with one of the team and find out more about the Recovery College
- Enrolment offers you the opportunity to book onto courses and to complete an individual learning plan (ILP) to map your journey through the Recovery College.

We are now offering one to one student enrolment sessions

Weekly sessions are available in the Ards & North Down, Downpatrick & Lisburn area

Contact us now to book your enrolment:

Phone - (028) 9041 3872

Email - recovery.college@setrust.hscni.net

What is an Individual Learning Plan?

- An Individual Learning Plan is offered to you at student enrolment and will involve exploring what you would like to learn, what courses suit you best and how to make the most of your time at the Recovery College
- At different stages of your learning journey in the College, we will invite you to attend a review meeting where you will have the opportunity to review your progress so you can keep on track of your learning goals.

If you have any additional learning support needs, please tell us so that we can plan early to do the best we can to support you in your time with the Recovery College.

Exploring Self Care

Avoidance: Short Term Gain; Long Term Pain

- Avoidance comes in different forms. We can all identify with times when we have avoided thinking about something, doing something, or feeling a certain way
- Developing a pattern of avoidance can and does create a range of problems for us including increased fear, lower self-esteem and a restricted lifestyle
- This course is designed to help us understand how avoidance impacts on our wellbeing and to look at how we go about changing those patterns of avoidance.

2 Sessions Course

Building Resilience for Recovery

- Resilience describes our capacity to recover from difficult situations. Everyone can benefit from exploring strategies that can enhance our ability to cope with stressful situations and mental ill-health
- This course aims to teach students skills and strategies that can help them overcome stressful situations and different ways that we can boost our ability to cope with difficult life events.

3 Sessions Course

Coping with Christmas

- Christmas is a time of year that has come to mean different things to different people but often it's a difficult time
- Getting through Christmas is stressful for many of us, with all the money and people pressures that it can bring. However we feel about Christmas, we are surrounded by it
- In this course we will support each other to look at how we may be affected by the different aspects of this festival
- We will work on making our own personal plan to help see us it through.

1 Session Course

Coping with Stress

- This course will explore factors related to stress and how it can affect wellness. It will allow students an opportunity to develop an individual plan to help deal with stress and manage their wellbeing
- This course will explore strategies that can enhance wellness and reduce stress such as; goal-setting and motivation, connecting with others and exploring gratitude.

3 Sessions Course

Goal-Setting for Recovery

- Setting clear, achievable and realistic goals can be both motivating and can help us move forward in our recovery
- This course aims to explore the different ways to set goals and the benefits of goal-setting as a positive strategy for recovery
- The course also aims to encourage you to consider what goals you would like to achieve and how you can begin to plan your next steps.

TBC Sessions

Managing Emotions with Practical Skills

- Research suggests that there are practical skills associated with improving wellbeing and that through practice we can develop strategies to help us feel more in balance with ourselves and our surroundings
- Therefore, this course will explore 4 key skills associated with enhancing wellbeing:
 - Distress intolerance
 - Emotional regulation
 - Interpersonal effectiveness
 - Mindfulness.

4 Sessions Course

Understanding Addictive Behaviours

- In this course, we will look at what leads us into addiction by exploring some of the contributing factors to various forms of addiction. Through an exploration of these factors we will begin to understand the drivers in addictive behaviour
- This course will look at developing some potential strategies for overcoming addictive behaviour, identifying networks and developing a strong sense of hope beyond addiction.

TBC Sessions

Understanding Medication

- The aim of this course is to help you gain an understanding of the medications that are being used to treat mental health conditions through sharing knowledge of this
- The course will help students gain an understanding of how medications work, potential side effects and how to manage these so that students will get the most out of their medications
- Furthermore this course aims to help students make an informed decision about their treatments.

TBC Sessions

Understanding Self Harm

- Self-harm is a way of coping with or expressing overwhelming emotional distress. This course aims to explore factors related to self-harm and to explore recovery strategies that can help you tolerate and accept feelings associated with emotional distress.
- We all experience emotions. Emotions are an important part of being human, and are essential to our survival. As humans we are designed to feel a whole range of emotions, some of which may be comfortable to us, and others may be uncomfortable. In this course we will explore some strategies for dealing with uncomfortable emotions

2 Sessions Course

What is Important to Me?

- What is important to us is often referred to as Values. Values reflect what we consider meaningful in life. They are what you care about, deep down, and what you consider to be important
- Everybody's values are different, and they can change over time. This course aims to explore the link between values, our daily life and our mental health
- Our values can play an important role in recovery. Therefore, this course will also explore the role of values in recovery and aims to encourage you to consider the ways you can begin using your values to enhance your recovery and wellbeing.

2 Sessions Course



Recovery College: Overall Winner of the South Eastern HSC Trust Chairman's Recognition Awards as well as category winner of Stakeholder Engagement 2016

Body Mind & Spirit

Anxiety Management

- The aim of this course is to provide you with some general education about anxiety, to describe the types of symptoms common to anxiety, and to discuss what can cause anxiety
- The course will also explore recovery strategies that can help you deal with worry and manage set-backs
- Each week there is an emphasis on the importance of consistent and continuous practice of recovery strategies for managing anxiety.

5 Sessions Course

Anxiety Management Development Skills (*Refresher*)

- This course will help you further develop your skills in managing anxiety through revising key concepts from the anxiety management programme and practicing skills in this area. Furthermore, this course will help you gain more control of anxiety using skills such as challenging negative thinking and goal-setting for the future.

PLEASE NOTE: This course is only available for students who have already completed the anxiety management course in the Recovery College.

3 Sessions Course

Body Positivity

- Have you ever felt like you are at war with your body? That your life will fall into place once you reach a certain size? Do you constantly compare yourself to others?
- If you want to break free from this destructive thinking then this is the course for you. This course aims to shine some light on where this thinking has potentially come from, to help you develop a healthier relationship with yourself and to create a more positive outlook on your body regardless of size or shape.

TBC Sessions

Exploring Daily Activity

- The aim of this course is to help you improve your health and well-being by making positive changes to your activity levels
- This course will explore the relationships between daily activities and wellbeing
- The course will encourage you to consider what small changes you can make to your daily activity by exploring different types of activities such as; activities that give you a sense of achievement, activities that bring meaning to you, activities you enjoy.

1 Session Course

Exploring My Sensory System

- Are you a pacer, a fidgeter or a doodler? Do you chew gum or even tops of pens when stressed? Do certain smells evoke memories for you? If your space is cluttered does it hold you back from doing what you need to do?
- In this course we will explore the sensory systems and how it works in our bodies to help soothe us, calm us and keep us focused
- This course will enable you to explore your own unique sensory patterns and understand more fully how your body responds to different situations and give you an opportunity to try out techniques that can be used in your life.

3 Sessions Course

Food & Mood

- Research suggests that healthy eating is not defined by 'good' or 'bad' foods. Instead, it is about listening and responding to your body and your mind
- In this course, we will explore the relationship between food and mood
- We will also dispel the myths associated with dieting and encourage you to consider how you will take your learning forward and apply it into your lifestyle.

TBC Sessions

Introduction to Holistic Approaches

- Holistic can be described as an approach that considers the whole body, mind and spirit in the quest for wellness
- Therefore the aim of this course is to explore a range of different holistic approaches that can improve wellbeing and offer you a sense of balance and peace
- Students will explore the evidence and benefits that support holistic strategies and have the opportunity in this course to try different holistic approaches and strategies.

TBC Sessions

Introduction to Mindfulness

- Mindfulness is a skill that you can use to find peace in a frantic world. This course aims to teach students an understanding of mindfulness, about the benefits of focusing on the present and how to incorporate mindfulness strategies into daily life
- The course will also include a discussion on using our senses to understand ourselves and may include a short walk, so please contact the College if you require extra support and please bring a coat in case it rains.

TBC Sessions

Managing Persistent Pain

- Persistent pain is often defined as any pain lasting more than 12 weeks. Whereas acute pain is a normal sensation that alerts us to possible injury, persistent pain is very different. Persistent pain can keep going, often for months or even longer
- This course aims to explore recovery focused approaches to reducing pain, such as introducing the following strategies: exercise, routine or work, physical therapy and sometimes pain relief
- This course aims to promote self-management as a key feature for moving forward in recovery for anyone affected by persistent pain.

TBC Sessions

Physical Activity & Recovery

- Universal research indicates that exercise is a key factor associated with improving wellbeing. This four week course will focus on one area of physical activity, for example walking, dancing, yoga and more. This is a practical course that will encourage you to consider what physical activity has to offer you in your personal recovery
- Furthermore, it will explore both the benefits and challenges associated with making healthier choices in relation to physical activity
- Finally, this course will explore physical activity using a safe, fun and non-competitive approach. Please ensure to contact the office to find out the specific physical activity theme of each course.

4 Sessions Course

Positive Steps

- Positive Steps is a flexible and interactive course based on the 'Take 5 - Ways to Wellbeing'; connecting with others; being active; taking notice; trying something new; and giving
- The course aims to encourage students to consider how they might build some of these strategies into their daily activities - as a way of maintaining wellness and supporting recovery.

6 Sessions Course

Power of Meditation

- Meditation is a discipline of the mind that allows you to let go of your normal 'chattered' thinking style so that a deeper state of awareness and relaxation can occur
- This course will explore the different methods of meditation and how it can be helpful in recovery. It will look at short exercises that can be incorporated into your daily routine as well as introduce some deeper meditation exercises.

TBC Sessions

Sleep Awareness

- This course will explore the benefits of getting a good night's sleep and provide an understanding of why sleep is important for recovery
- This course will identify some of the challenges that can prevent us from getting a good night's sleep and introduce helpful strategies that can be used to support a good night's sleep.

2 Sessions Course

Spirituality for Recovery

- Spirituality can mean many different things to different people but the important element of spirituality is that it is personal
- Some see spirituality as having a faith and believing in a higher order, whereas others see it as a way of understanding ourselves, the world, nature and the journey of life
- If you are someone whose spirituality is important for recovery and you would like to explore more of the concepts associated with spirituality for recovery, then this course may interest you
- This course is open to everyone whatever your background, faith, beliefs or non-beliefs.

4 Sessions Course

Understanding Depression

- This course aims to develop an understanding of depression and the impact it can have on a person's life. It aims to explore recovery strategies you can begin to introduce into your lifestyle
- The course will also explore the small changes that you can make to enhance your wellbeing.

4 Sessions Course

Understanding Emotional Eating

- Are you prone to comfort eating? Do you reach out to food whenever you are feeling stressed/unhappy/anxious? You are not alone. Many people admit they have a complicated relationship with food and use food as a coping strategy
- This course aims to educate students on what maintains unhelpful eating behaviours and increase awareness of factors that can contribute to the development of disordered eating
- The course will explore strategies that can be used to make meaningful changes that can be helpful in managing emotional eating.

1 Day Course



David and Pauline Murdoch at the 2017 Graduation Ceremony in Downpatrick. See their testimonial on page 43.

My Recovery My Discovery

Adjusting to Parenthood

- Having a baby is a big life event and it's natural to experience a range of emotions and reactions during and after child birth
- This course will explore some of the common issues experienced by parents and will provide you with tools and resources that can help you feel more in control of your wellbeing.

TBC Sessions

Assertiveness

- Assertiveness is a communication style. It is being able to express your feelings, thoughts, beliefs and opinions in an open manner that doesn't violate the rights of others
- Assertive behaviour is a life skill which assists us in being able to say no when it is necessary to do so, to deal with criticism, and to stand up for ourselves and our rights
- Students will have the opportunity to develop the ability to use assertive techniques and have the opportunity to practice.

4 Sessions Course

'Being Me Again' – Life after Brain Injury

- One of the common comments from individuals recovering from an Acquired Brain Injury (ABI) is "I just want to get back to being me again"
- This course will explore issues that are common for individuals recovering from an ABI such as –"I can't remember my injury, other people don't understand, I have no energy and I am always tired, I have difficulty remembering day to day things"
- This course allows students to learn from others with ABI in relation to coping strategies and story-telling to support recovery for ABI and to help students take control of their life again.

1 Session Course

Because I'm Worth It

- This course will explore confidence, self-esteem and self-worth
- It will explore various strategies in helping you understand and overcome feelings of low confidence or self-esteem and teach skills that can improve your feelings of self-worth and confidence
- This course will explore strategies that may help you improve your relationship with yourself.

TBC Sessions

Caring for you, Caring for me

Do you care for other people? If so, then this course may be for you.

- This course will explore some of the challenges that Carers may experience when trying to look after themselves and other
- The course will highlight the importance of self-care for Carers and will explore some strategies and techniques that can help you make time for yourself.

TBC Sessions

Exploring Emotions

- This course is inspired by the Disney Pixar film 'Inside Out' which focus on the five emotions; Joy, Sadness, Anger, Fear, Disgust
- The aim of this course is to understand our emotions and what they are telling us
- Sometimes emotions can be very intense and in this course we will explore strategies that can help us manage, understand and respond to our emotions.

2 Day Course

Introduction to Bi-Polar

- Bipolar disorder (also known as bipolar affective disorder or manic depression) is a mental health condition which occurs in around one percent of the population. It is a mental health condition which affects how a person feels in a number of ways
- The course will explore early warning signs, recovery and self-management, doing what works for you, getting support from others and the importance of self-care in relation to living well with bipolar
- This course aims to help students understand bi-polar from a CBT (Cognitive Behavioural Therapy) approach.

1 Session Course

Living with Autism as an Adult

- Autism is a lifelong developmental condition which may be diagnosed any time from early childhood into adulthood. Autism, Asperger Syndrome and high functioning autism are all part of the autistic spectrum
- The course will offer an understanding of the clinical aspects of the condition. It will also consider the experience of living with autism and reflect on the unique skills and strengths that people with autism have to offer
- The course will explore issues that are common for individuals such as navigating the social world, dealing with anxiety and developing independence. We will also provide strategies to deal with some of these challenges.

TBC Sessions

Making the Most of your Medical Appointment

- This course will explore how we can work in partnership with our medical team to get the information needed to help us to make our choices with regards to medication
- The aims of this course are to understand that medication may be one part of a unique journey, to help reduce stigma associated with mental health medication, to encourage students in viewing medication as one aspect of a therapeutic alliance with their treatment team.

1 Session Course

Overcoming OCD (Obsessive Compulsive Disorder)

- Whether you feel the urgency to wash your hands more and more thoroughly or feel the need to keep checking that you've turned off appliances, obsessive worries can be a drain on daily life
- The aims of this course are to understand obsessive thoughts, rituals and routines in the hope of helping students regain a sense of control over their behaviour
- This course aims to help you make sense of these issues, to explore recovery strategies and develop a plan to help you conquer obsessions and compulsions.

TBC Sessions

Overcoming Perfectionism

- Perfectionism is often mistaken for 'being perfect' or 'doing something perfectly'. Many people assume that it must be a good thing. Other people think of being a perfectionist as being something negative and embarrassing. So is it a good or a bad thing?
- There is a big difference between the healthy and helpful pursuit of excellence and the unhealthy and unhelpful striving for perfection
- This course will explore the traits of a perfectionist and how perfectionism can lead to mental health issues. The course will introduce some helpful recovery strategies in overcoming the desire to be perfect all the time.

3 Sessions Course

Self-Advocacy

- Self-Advocacy is when people stand up for themselves with confidence. When you have good self-advocacy skills you can have more control in expressing your views and making the life decisions that are best for you
- The aim of this course is to understand and use self-advocacy skills, understand how to use both verbal and non-verbal communication skills, develop active listening skills, understand the process of conflict resolution and practice assertive communication skills

3 Sessions Course

Sexuality, Identity & Wellbeing

- This two session course will provide a safe and inclusive space to explore notions of identity, gender, sexuality and relationships
- It will offer ideas and strategies to affirm and celebrate diversity through building a 'resilient self'.

2 Sessions Course

Talking to your Children about Mental Health

- Discussing your illness with children can help them make sense of changes they notice in you and your family as well as reducing stigma associated with mental health
- This course aims to encourage parents and staff to consider how they can prepare to talk to children about Mental Health. Talking with children will help them understand and feel empowered about mental health
- This course will explore the benefits of talking to children about mental health, using a family focused approach and to explore some practical tips for parents and staff when discussing mental health with children.

1 Session Course

The "S" Word

- "Speaking the word suicide is not the problem. It is the silence that surrounds it"
- This course aims to de-stigmatize the topic of suicide by exploring some of the issues in a safe and supportive environment
- The course also aims to explore suicide through a recovery focused approach by focusing on life, promoting awareness of the topic and sign-posting students to relevant support and resources
- During the workshop, at least one of the course facilitators will share their experience and story of recovery relevant to the topic.

2 Sessions Course

Understanding Personality Disorders

- Personality disorder is a complex diagnosis that not everyone understands well. The term personality disorder can sound very judgmental and you may be confused about what the diagnosis means. In addition you might find that people hold misunderstandings or have a negative image of personality disorder
- In this course, we will explore a helpful understanding of personality disorders and share information for family and friends. We will explore positive strategies that can help you feel more empowered to self-manage your well-being and recovery
- We will also look at ways you can to learn skills to manage your emotions, for example through learning skills such as Mindfulness and Relaxation.

4 Sessions Course

Understanding Psychosis

- Psychosis occurs when a person perceives or interprets reality in a very different way from people around them. A person who experiences psychosis might be said to 'lose touch' with reality but what they experience is very real to them
- The aim of this course is to help demystify psychosis through sharing knowledge and understanding of the topic area
- Throughout the course, students will explore some of the main treatment options available for psychosis including both medical and psychological interventions. The course also aims to draw on lived and learned experiences to provide knowledge on ways others can help when supporting a person living with psychosis.

4 Sessions Course

What is Recovery?

- Recovery can mean different things to different people, but at the core of everyone's individual definition there are a number of shared principles
- In this course students will learn more about Hope, Control and Opportunity- these are key principles of the Recovery College
- This course aims to encourage you to begin to explore what recovery means to you and to consider strategies that can support your recovery journey.

1 Session Course

Your Journey through Mental Health Services (Core Care Pathway)

- This course has been designed to provide information about how to get the most out of mental health care and can help you prepare for involvement with Mental Health Services.
- This course aims to help you prepare for your involvement with Mental Health Services and will explain each part of the care pathway
- This course aims to support and guide joint decision-making about your recovery and those treatments and/or care options that can help you on your recovery.

Please note: This course replaces the core care pathway training and all staff are encouraged to attend

1 Session Course



A team building day with visitors from Central & North West London Recovery College.

Embracing Creativity

'Act it Out' – Drama for Recovery

- To explore one or many of the arts can have a powerful impact on your wellbeing. This fun and practical course will explore important concepts of recovery and wellbeing through drama
- This course will encourage you to explore yourself and others through the medium of drama. Finally, it will encourage you to consider the importance of self-belief and how this concept might apply to you for your recovery.

TBC Sessions

Creativity & Recovery

- This fun interactive course allows students to explore recovery through creativity
- Each week students will explore different styles of creativity and have the opportunity to practice their learning. Themes will include; photography, creative writing, art
- The aim of this course is to explore the positive impact creativity can have on our mental health and students will have the opportunity to create something meaningful to them.

4 Sessions Course

Jewellery Making & Recovery

- Hobbies and interests can play an invaluable role in enhancing wellbeing and recovery. Making jewellery requires focus, an edge of creativity and a flair of imagination
- In this course, you will create, design and personalise your own jewellery and explore the benefits of this activity in relation to wellbeing.

2 Sessions Course

Journaling for Recovery

- A journal is not just a diary and journaling is not just for writers! The ability to record your thoughts and feelings; whether through doodling, writing, scrapbooking or drawing, can be a great tool in recovery
- The act of taking our feelings and putting them onto paper, in whatever form, can be empowering and freeing
- This course will help you develop ideas for fitting journaling into your recovery plan and your life and will include tips for writing and crafting your journal.

2 Sessions Course

Music for the Soul

- A recent study has suggested that music releases chemicals in the brain. These chemicals play key roles in setting and regulating our moods. Music has the ability to express how we are feeling eg. sad, angry, happy etc
- This course aims to look at the role of music in recovery and wellbeing. Whether it's music to dance to, to listen to, music to sing along to, music to cry to, music to laugh to... this course is all about the effect of music on the soul. Furthermore, this course will explore how music can enhance our wellbeing.

1 Session Course

Visualising my Recovery

- This course will explore the benefits of using the creative arts as a strategy for personalising and prioritising your recovery
- This course will involve practical activities that will encourage you to create your personal visual representation of your recovery - using art, photography and other creative images that are important and enjoyed by you.

TBC Sessions

Preparing for your Next Steps

Coaching for Recovery

- Coaching shifts the focus from why to how? How to move forward? How to achieve your goals? How to live a life that is meaningful to you?
- Coaching is a communication skill that can help you in your relationships with others and with yourself
- This course aims to provide students with an understanding of the key characteristics of coaching for recovery, for example coaching questions, active listening, wheel of life and other practical coaching tools.

1 Day Course

Co-Production Values & Principles

- This course will explore the six Co-Production principles and will further discuss how co-production is impacting the quality of Mental Health Services in the South Eastern HSC Trust
- Co-Production is about facilitating environments with opportunities for personal growth, and most importantly understands that people bring their own set of individual strengths, skills and resources to co-production.

1 Session Course

Exploring Skills for Positive Relationships

- Building healthy relationships with others plays a key role in recovery and well-being
- This course will explore the benefits of connecting with other people and our community and will explore how these relationships play an important part in stabilising our lives
- Students will learn ways of overcoming some of the barriers and difficulties that arise in making connections and develop healthy ways of communicating and negotiating boundaries.

3 Session Course

Getting Involved in a Meeting

- Whether it is your first time or you have attended meetings on several occasions, this can be a stressful experience
- This workshop focuses on some practical and emotional strategies that are helpful for reducing stress associated with attending and participating in meetings
- This course will help you plan for getting involved and will also teach you some skills to help you participate and communicate effectively during a meeting.

1 Session Course

Opportunities in the Recovery College

- This course is for students who have been attending courses at the Recovery College, who would now like to get more involved in other opportunities in the Recovery College
- This course will explore the different roles that are available at the Recovery College. It will help students identify their skills and strengths to the best suited role for them
- This course will also explain the requirements to getting involved as a volunteer or in other roles.

1 Session Course

Overcoming Barriers to Work

- This course aims to explore the benefits of work and having a productive day
- The course will also explore some of the barriers to work and the importance of doing something meaningful to you as an individual
- This course aims to explore the connection between work, our mental health and recovery, while helping you set out meaningful goals that can help overcome set-backs and promote recovery.

1 Session Course

Peer Advocacy

- A Peer Advocate will have experience of being involved in Mental Health Services. Peer Advocates work to help service users speak up, have their voice heard and rights respected
- The aim of the course is to enable the learner to demonstrate a portfolio of the knowledge, skills and competencies required to carry out the Peer Advocacy Role. Students will learn literature and legislation relevant to advocacy and mental health and international and historical background to the development of advocacy.

Please Note: Students MUST attend Self-Advocacy before registering for this course.

Open College Network (OCN) Accredited Level 2 or 3

TBC Sessions

Sharing my Lived Experience

- Sharing our Lived Experience can offer hope to others that recovery is possible. It can help others to reflect and shape improvements in service delivery and celebrate success when things have gone well
- This course will help you to understand the importance of telling your story safely for yourself and those around you
- You will learn the importance of 'sharing with care', confidentiality and debriefing.

1 Session Course

Smart Spending

- People come to budgeting at various stages of their lives and come to realise how supportive it is to one's mental wellbeing. Lack of organisation around money and spending can lead to a great amount of anxiety, a feeling of being out of control and an inability to save money
- The idea of this course is to look at why budgeting is important and factors to think about when making a budget. Each student will then have the opportunity to create their own individual budget.

TBC Sessions

Train the Trainer (T4T)

- This course is for students who want to increase their confidence and skills or are thinking about becoming a trainer
- Students will learn skills such as creating structured learning plans, trainer skills, the different learning styles and the importance of co-production and valuing different perspectives
- This interactive 3 day course will allow students to reflect on their own learning experiences, develop skills in training and will have the opportunity to further their learning by completing the level 3 OCN qualification in this course. *(Level 3 is equivalent to A and AS Levels)*

PLEASE NOTE: Students are required to have experience of attending other courses in the South Eastern Recovery College prior to enrolling on the T4T. (Minimum of attending 3 other courses) Contact us for more details.

3 Day Course



The Service Delivery Board is responsible for the ongoing development of the College, monitoring quality and advises on how resources should be prioritised within the College. The board consists of an equal number of learned and lived experience and partner organisations.

Recovery College Student Union

Trying New
Things

Supporting
Recovery

Getting
Creative

You asked... we did...

- Each month a different theme of activities
- Discover and connect with what's happening in the local community
- Connecting with other students at the Recovery College

For more information please contact us:

Email: recovery.college@setrust.hscni.net

Phone: (028) 9041 3872

Facebook: South Eastern Recovery College

Recovery College Graduation Ceremony

The SET Recovery College has an annual Graduation Ceremony.

The ceremony will be an opportunity for students, tutors, staff, family and friends to reflect on the past year in the Recovery College and celebrate our achievements together.

Please contact us for further information on this year's Graduation Ceremony.



"Where Do I Go?" - Index of Addresses

Please refer to this list of addresses which contains contact information for each venue we use, information on the parking facilities and contact information for public transport.

Address	Contact Number	Parking Facilities	*Public Transport
Bangor			
Bayview Resource Centre 11-13 Ballyholme Road Bangor BT20 5JH	(028) 9127 0352	Free Parking Limited Pay to Park	From Bangor Station Estimated 15 minute walk
YMCA 10-12 High Street Bangor, BT20 5AY	(028) 9145 4290	Free Parking at Queens Parade	From Bangor Station Estimated 10 minute walk
Downpatrick			
Downe Hospital 2 Struell Wells Road Downpatrick BT30 6RL	(028) 4461 3311	Free Parking	Stop outside the Hospital (or from Downpatrick bus station 30 minute walk)
Downshire Hospital Ardglass Road, Downpatrick BT30 6RA	(028) 4461 3311	Free Parking	Stop outside the Hospital (or from Downpatrick bus station 20 minute walk)
*Translink Number - (028) 9066 6630			

Recovery College Contact Details		
Phone	Email	Address
(028) 9041 3872	recovery.college@setrust.hscni.net	Home 3, Ulster Hospital Upper Newtownards Road Dundonald BT16 1RH

"Where Do I Go?" - Index of Addresses

Please refer to this list of addresses which contains contact information for each venue we use, information on the parking facilities and contact information for public transport.

Address	Contact Number	Parking Facilities	*Public Transport
Lisburn			
Derriaghy Education & Social Centre City Business Park, Dunmurry Lisburn, BT17 9GX	(028) 9062 2008	Free Parking	From Derriaghy Train Stop Estimated 5 minute walk From Killeaton Dunmurry Estimated 5 minute walk
LaganView Enterprise Centre 69 Drumbeg Drive, Old Warren Lisburn BT28 1NY	(028) 9267 0055	Free Parking	From Knockmore Stop Estimated 3 minute walk
Newtownards			
Londonderry Park Sports Pavilion Portaferry Road Newtownards BT23 8SG	(028) 9181 0614	Free Parking	From Newtownards Station Estimated 20 minute walk Tesco Castlebawn Estimated 9 minute walk
Lough House / Main Building Ards Community Hospital Newtownards BT23 4AS	(028) 9181 2661	Pay to Park	From Newtownards station Estimated 6 minute walk
*Translink Number - (028) 9066 6630			

Recovery College Contact Details

Phone	Email	Address
(028) 9041 3872	recovery.college@setrust.hscni.net	Home 3, Ulster Hospital Upper Newtownards Road Dundonald BT16 1RH

Recovery College Learning Support Mentor

Roisin Donnelly



It has been said that life is a journey not a destination, a motto commonly used in the Recovery College. My name is Roisin Donnelly and I have been lucky enough to be involved with the Recovery College since the beginning. I have attended training both here and in London to learn how to get things started, as well as the principles of the recovery model, co-production, co-facilitation and its benefits.

My journey has been exciting, unpredictable and at times anxiety provoking as I have navigated my way into unfamiliar territory with no sat nav to say "please turn around when possible". As a volunteer and a student and with support from my colleagues at the college I have found myself doing things I never thought I would have the confidence to do again.

I was asked to take on a role as a **Learning Support Mentor**. A new role which hadn't been tried before. There were no real instructions, just to support students to get the most out of their experience. It was such a confidence boost not just to be asked to take on the role but to be trusted to support other students and to make it my own. It was definitely pushing me out of my comfort zone but it could not only be good for students recovery but for mine also.

Feedback from students and tutors has been very positive. Sometimes I support students who are anxious about coming to training, anxious about asking questions or find things overwhelming and need someone to speak to on a one to one basis without interrupting the group or one of the tutors having to leave. Sometimes I just make sure the room is comfortable, that the fan isn't blowing anyone away and that there is water and refreshments available. I also help the tutors with whatever they may need.

One of the most rewarding things is watching students grow in confidence and returning to attend different courses and then volunteering for different roles within the college.

Despite my fears and worries I have really enjoyed this volunteer role and was even advised by a student to be a counsellor. I take that as a massive complement and although I may be going down some unknown and winding roads I am heading in the right direction. I have been doing this particular role for about 10 months and it has also led to me co-facilitating if one of the tutors can't attend.

I have also recently co-produced and facilitated a course which a few years ago I never thought I would do again. I have to thank the facilitators of the Train the Trainers courses for that and for Anna for believing in me.

So for anyone out there is reading this and thinking of embarking on their own journey but are worried or anxious about where it's going to go or feeling like "**I can't do this**", believe me it's a journey of self-discovery worth going on and "**you can**" do it... I still am.

Other Opportunities in Mental Health

Mental Health Recovery Network

**Mental
Health
Recovery
Network**

MHRN
ecovery

Who are we?

We are a group of people who have experienced various mental health issues, have been in the darkest despair and have managed to find recovery when we didn't think it was possible

What we want to achieve

We want to share our experiences in the hope we can inspire others living with mental health issues to reach out for help. We want to offer peer support, give people a voice within mental health services and encourage people to use the services available.

Why do we do this?

We understand how difficult it can be to live with mental health issues. It can be very isolating and often make you feel like you will never get out of despair. Every experience is different but if there is one thing that connects us all, it is that recovery is possible! We want to promote a positive attitude to mental health. We want to promote dignity, respect and show the capabilities of people with mental health issues and promote human rights by removing stigma

We meet monthly in Ards. To find out more please contact us at:

mentalhealthrecoverynetwork@gmail.com

Find us on

facebook

**Mental Health
Recovery Network**

Eileen
Shevlin:

Service
User
Consultant



"How MHRN developed "

My journey of recovery started in 2014 when I became involved with our Recovery College and I heard about Co-Production and Recovery for the first time. It changed my life and I became so passionate about helping people and coproducing courses with others.

In 2015 I asked some like-minded people if they would be interested in developing the MHRN. It is led and ran by people with lived experience. We now meet every month where we remind each other of the importance of focusing on our strengths and skills.

My motto has become
"Recovery isn't about waiting for the storm to pass it's about learning to dance in the rain".

Now the Peer Recovery Consultant in the South Eastern Trust I feel very privileged to do what I do and I truly believe I have found my mission in life when for a long time I had lost hope of ever being useful again.

South Eastern Trust Peer Advocacy Service

"We are here to offer support and to help you find your voice. I once was where you are now..."



- Advocacy is a process of standing alongside you, speaking up on your behalf and encouraging you to speak up for yourself
- Peer advocates take action to help you understand your rights and represent your interests.
- Peer advocates will have personal experience of Mental Health Services
- The South Eastern HSC Trust Peer Advocacy Service is available to all individuals over the age of 18- accessing In-Patient Mental Health Services within the Trust.

**Peer Advocates available weekly on each Mental Health In-Patient Ward.
Ask staff on the ward for details or contact us on: (028) 9598 8003**

Recovery Stories Project

The Recovery Stories Project is an opportunity to share your experience of Hope, Recovery & Wellbeing through Creativity.



Do you have a Recovery Story you want to share or Strategies that have helped you on your journey?

Are you interested in learning more about the different creative ways you can tell your story?

For further information on how to get involved:

Email: angela.ohara@setrust.hscni.net

Call us: (028) 9041 3872

Visit Facebook Page: SET Recovery College- (ImROC in SET) to view current recovery videos

My Journey...

My Story...

My Recovery...

Stress Control



A FREE 6-week stress management programme

Do you have problems with stress, low mood, panic, anxiety, sleeping difficulties, problems coping at home, work or school, tension?

- The class runs once a week for 6 weeks and teaches skills and techniques for managing stress
- Topics covered include: an overview of what stress is, controlling your body, controlling your thoughts, controlling your actions, getting a good night's sleep and planning for the future
- Stress Control is a class **not** 'group therapy' – you do **not** have to talk about personal difficulties in front of others
- Come along by yourself or feel free to bring a friend or family member with you.

You can find more information about the Stress Control Programme from:

www.setrust.hscni.net

Visit our Facebook page: [stresscontrolni](https://www.facebook.com/stresscontrolni)



The Wellbeing Hub

The Wellbeing Hub is a service in the Lisburn area that provides emotional support and wellbeing interventions for adults via working in partnership with community organisations.



Ask your GP for details or contact the Hub on:

Email: wellbeing.hub@setrust.hscni.net Phone: (028) 9598 8003

Voice of Hope

Voice of Hope Singing Group

Are you interested in Singing?
Do you have a love of music?

Have you ever been told you're not good at singing?

NEWS FLASH



**EVERYONE
CAN SING!**



Singing for Health

Contact Mental Health Recovery Network for more details:

Email: mentalhealthrecoverynetwork@gmail.com

Mental
Health
Recovery
Network

MHRN
ecovery

WRAP® Wellness Recovery Action Plan

2 Day Course in SEHSCT

WHAT IS WRAP®?

WRAP® (Wellness Recovery Action Plan) was created by Mary Ellen Copeland, a mental health service user who developed this recovery approach.

WRAP® is a 'self-management' tool used by many individuals to enable them to take more control over their own wellbeing and recovery. The WRAP® course emphasises that people are the experts in their own experience and is based on the premise that there are no limits to recovery.

Five KEY CONCEPTS OF WRAP®

HOPE	A belief that things will get better.
PERSONAL RESPONSIBILITY	Taking back control of your life.
EDUCATION	Looking at your strengths and rediscovering yourself.
SELF - ADVOCACY	Having a voice for yourself.
SUPPORT	Receiving support from others, and giving support to others.

- The South Eastern Health and Social Care Trust provide 2 day WRAP® courses facilitated by accredited WRAP® Group Facilitators.
- The 2 day Wellness Recovery Action Plan (WRAP®) group provides participants with an opportunity to develop their own WRAP.

Additional information can be found at: www.copelandcentre.com

2 Day WRAP® Course 09.30am-16.30pm	Venue
Thursday 20 & Saturday 22 September 2018	Newtownards
Thursday 4 & Friday 5 October 2018	Lisburn
Friday 16 & Saturday 17 November 2018	Downpatrick
Thursday 6 & Friday 7 December 2018	Newtownards
January 2019 - TBC	Lisburn
Friday 8 & Saturday 9 February 2019	Downpatrick
Thursday 7 & Friday 8 March 2019	Newtownards
Thursday 25 & Friday 26 April 2019	Lisburn

To register a place please contact:

Jessica Melville

Email: jessica.melville@setrust.hscni.net

Frequently Asked Questions

How do I find a course?

Most of the courses are advertised in the prospectus and this can be downloaded from our website <http://www.setrust.hscni.net/services/2960.htm> However, on some occasions new courses may be released and this information is shared with our mailing and distribution lists and on our Facebook page.

How do I enrol onto a course?

Please contact the office for further information (028) 9041 3872. **Please provide us with both a contact number, email address and/or postal address when you register for a course.**

How do I check if there are still places on my chosen course?

Please call the admissions office on (028) 9041 3872 or email us on recovery.college@setrust.hscni.net

I have seen a course that I am interested in advertised in the prospectus but can't see dates for it. Why is this?

We are not always able to offer every course and workshop each term, although we do our best. This is because of a difference in local demand or trainer availability. You can pre-register for courses that don't have dates so that when dates are available a member of the team will contact you.

Are there parking facilities?

Please see page 31 & 32 of the prospectus for further information on parking and public transport information for each course venue.

If I have specific requirements, such as large print, is that possible?

We do everything we can to meet your needs. As long as you let us know in advance of attending your course, we will do all we can.

Who can Access Courses at the Recovery College?

The Recovery College is available to service users, SET staff, families, friends and anyone who is interested in learning more about their Mental Health and Recovery.

*Please Note: If courses are in high demand, priority will be given to students who live within the SET area. **Booking is Essential**

What do I do if I need to cancel my space?

In the event that you are unable to attend a course or workshop for which you have enrolled please contact the main office to let us know as soon as possible.

Where is the Recovery College?

The Recovery College has campuses throughout the South Eastern HSC Trust in the Ards & North Down, Downpatrick and Lisburn areas. For more information about what courses are running in your area please contact the main office for the Recovery College.

What do I do if I need further information about a course?

Please contact the office by phone or email. We will do our best to offer support and guidance in your choice of courses.

Can I access courses in different places?

Yes, you may attend courses at the location of your choice where places are available within the South Eastern HSC Trust area.

Equality & Diversity

At all times we will respect you as an individual and your rights to be given equal opportunity to succeed. The College is committed to providing accessible services to all.

"I find it so helpful that tutors are personable & share their experiences. It gives me hope for my own recovery"

"I feel I have learned some life changing techniques on this course. I have already made some amazing changes in the past few weeks"

"I found this course very valuable, both for my work & for personal reasons. Thank you"

Recovery College: Making a Difference

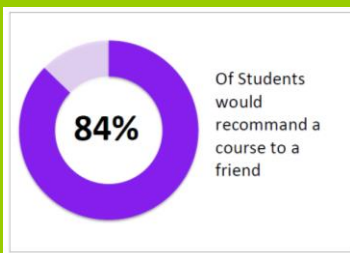
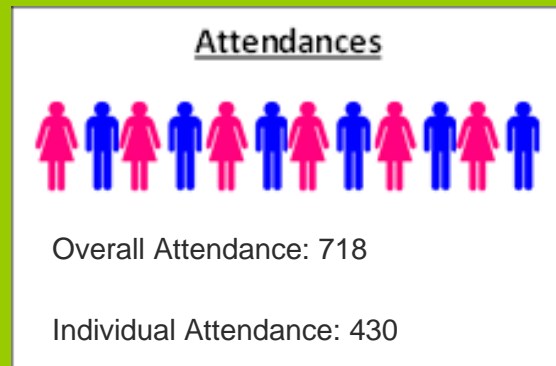
Each year the Recovery College uses 'Outcomes Based Accountability Framework (OBA)' to evaluate the difference the Recovery College has made in people's lives.

OBA focuses on outcomes and in doing so, draws upon 3 key questions. These are:

- How much did we do in 2017-2018?
- How well did we do it?
- Is anyone better off?

How much did we do?

Photo to right: Student Attendance from September 2017 – June 2018

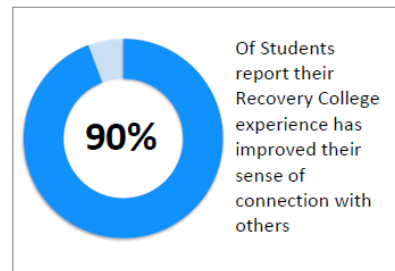
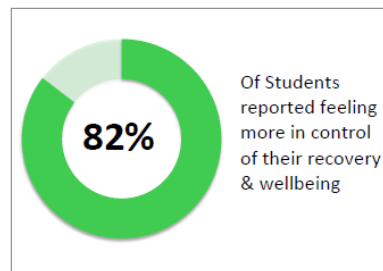
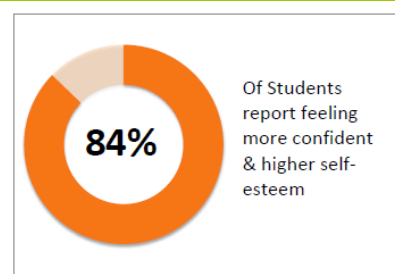
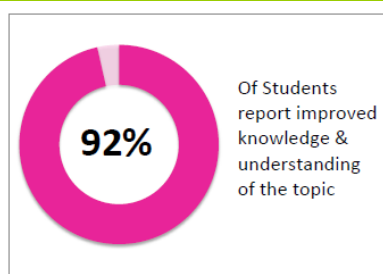


How well did we do it?

Photo on the left: Feedback from students on whether they would recommend the Recovery College.

Is anyone better off?

Photo to right: Feedback from student experience that shows the positive impact that the Recovery College has had and the difference it's made to each individual student



Student Charter

Before you become a student at the SET Recovery College....

You can expect us to:	We expect you to:
<ul style="list-style-type: none"> - Do everything we can to assist you to access our courses including making reasonable adjustments where possible - Deal with your enquiries in an efficient, professional and friendly manner - Provide information, guidance and advice on courses - Send you a text message reminder to inform you that you have enrolled for a course coming up soon. 	<ul style="list-style-type: none"> - Use the enrolment form or session to tell us about any difficulty which may make it harder for you to access our courses. This will give us the opportunity to make adjustments and explore whether you need any additional learning support - Give us the relevant information that we need to enroll you.

Throughout your time at the SET Recovery College...

You can expect us to:	We expect you to:
<ul style="list-style-type: none"> - Make every attempt to ensure the learning is accessible to you - Meet your specific access needs with respect to mental health, learning difficulty or physical disability as long as you tell us about these issues in advance - Provide you with a warm and professional welcome at all times - Ensure that courses are of high quality and promote hope, control and opportunity - Provide a safe and healthy learning environment - Provide an environment free from discrimination - Respect your personal beliefs, life choices, religious and cultural practices and traditions - Give you the opportunity to express your views of the College and its service without fear of recrimination. 	<ul style="list-style-type: none"> - Cancel your place on a course if you are no longer able to attend by phone or email - Be considerate of all students, college staff and others - Make the most of your student experience and your course - Follow the College's policies and procedures - Respect the individual rights of all members of the College - Ask for clarification if you are not sure about anything. <div data-bbox="911 1415 1479 1696" style="border: 2px solid green; border-radius: 50%; padding: 10px; text-align: center; margin-top: 20px;"> <p><i>"I felt supported and listened to throughout my Recovery College journey"</i></p> </div>

Important Information

There are occasions when some courses may be moved or cancelled. Please ensure that you have provided us with your current contact information so that we can notify you in the event of a course amendment or cancellation.

Testimonials

Fiona Dagg: Service Improvement Manager

The Recovery College to me is really very special. It was the first project I worked on when I started in Mental Health and it has been a privilege and honour to watch it evolve from the one course we had in 2013 to the fully functioning college we have today. For me there is something very unique about the Recovery College and it's hard to pin down exactly what that is. It could be that people leave feeling like they understand themselves better; it could be that people feel more in control of their lives; it could also be that they have more confidence and higher self-esteem. But what I've seen is that people make friends at the College, they have fun in the College and people grow, make relationships and connections that change their lives. I hear this all the time from the tutors and students who attend and I've also experience this myself as a tutor and student.



I hope you get out of the College as much as I have – try it out, do something that stretches you...it'll be worth it.



David and Pauline Murdoch: Students

David: Personally for me, the Recovery College was a godsend. Through the courses, I've learned how better to manage my mental health.

Pauline: I originally came to support David, as his wife and carer, since the courses are open to everyone.

Together: We've enjoyed discovering a place where we can learn from tutors with lived experience, with up-to-date knowledge, and from other students in attendance. It's opened us up to fresh ideas and helped us make new friends. We are much better informed now.

Don Bradley: Assistant Director of Mental Health

I am delighted about the very positive feedback that we are receiving from people who have already attended our various recovery college courses over these last few years. The whole approach of Recovery College, as a means of assisting people with their recovery and personal development is still relatively new to Northern Ireland but has already been a significant success. I am confident that, through learning which is based on hope and optimism for the future, you will develop better understanding of self-management and recovery. Many people, regardless of background or reason for choosing a course(s) have, however, gained much more than this from their experience of the College.



Please take that next step and put yourself forward for one or more of the enclosed courses. I am sure you will find something that will benefit you.

"Amazing Course- so insightful and heartfelt."

"Fantastic Tutors, well presented and very relevant to Recovery."

"This course helped me so much, I'll tell everyone about it."

Meet some of the Team...



Alan Dagg: Tutor

Hi, I'm Alan. What I enjoy most about the recovery college is getting to know people. I've learned so much from students, staff and fellow tutors.

I encourage you to enrol in the recovery college when you can and I look forward to meeting and getting to know YOU. Cheers!



Linda Erskine: Tutor

In the Recovery College we all learn together. It's amazing to learn strategies and skills from people who have actually been there and done it. The support you get from others with lived experience is like no other.

It is so inspiring to hear how people move forward in their recovery. After living most of my life with mental ill health, I now feel more in control of my wellbeing.



Ali McHenry: Student to Tutor

Two years ago my life did not extend beyond the walls of my home. I was signposted to the Recovery College, going through the doors was tough but by the end of that workshop I had developed an appetite for information on how to formulate strategies for my Recovery. I was hooked!!

Becoming a tutor is not for everyone, of course, but my particular employment skill-set has been transferable and I have found my new role as tutor has lent me a new lease of life

Like many tutors in the College I wear different hats. The beauty of the College is that I can contribute as a tutor, but also attend courses as a student, when I wish.

Angela O'Hara: Tutor & Prospectus Designer

I am a Tutor in the Recovery College and designer of this prospectus. I am a face you may become familiar with when attending courses in the Recovery College. I deliver on a range of courses both sharing my lived experience and my growing learned experience.

I really look forward to working with students because I became so passionate about mental health education after suffering for so long with my own mental health. Since starting my recovery journey, I have worked on developing my own strategies for wellbeing and recovery and I look forward to supporting you on your own journey with your time at the recovery college.



Prospectus 2018 – 2019

Thank you

We would like to thank everyone who has been involved with the SET Recovery College and for supporting us in making Recovery a reality for all

Getting in Touch with us:

Email: recovery.college@setrust.hscni.net

Phone (028) 9041 3872

Facebook: South Eastern Recovery College

