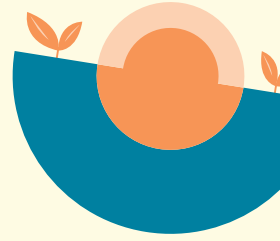
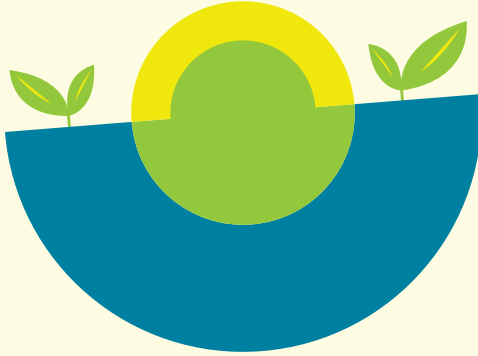
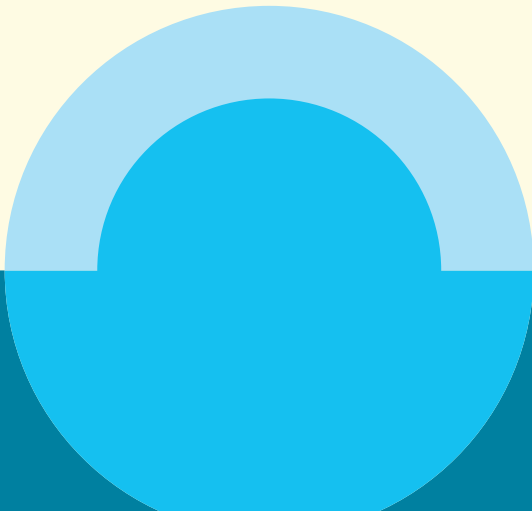
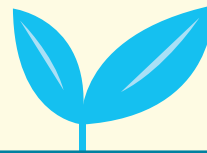


SPRING 2020  
PROSPECTUS



# RECOVERY COLLEGE

HOPE • CONTROL • OPPORTUNITY







## A Message From our College Co-ordinator

Welcome to our Spring 2020 Prospectus. With Spring itself just around the corner, and the fresh perspective that a New Year and indeed new decade brings, we are delighted to be able to offer an ever-expanding range of courses and workshops to support people to better understand, and manage their mental health and emotional wellbeing.

Newly developed courses include 'Understanding Trauma' and 'Introduction to Journaling for Wellbeing', both of which were suggestions from our students, who are the motivation behind everything we do.

As always, our courses are all co-designed and co-facilitated by people who have the lived experience of mental health issues, along with health professionals. Courses are free and open to all – service users, people with mental health issues whether diagnosed or otherwise, carers and supporters, students, health professionals – in fact anyone who is interested in good mental health. We really appreciate the effort and motivation that is required to attend the College, and strive to make our workshops friendly and informal, where we support and learn from each other.

All of us at the College are looking forward to meeting our new students and welcoming back familiar faces – we hope that this new term will be one of learning, achievement, and of course fun!

**Olive Young**  
WHSCT Recovery College Co-Ordinator

# Recovery College Charter

## **Whilst attending the Recovery College you can expect us to:**

- Handle your enquiries in a friendly and professional manner
- Provide a learning environment that is safe and welcoming, where everyone is treated with respect and dignity, and all expertise is valued equally
- Maintain a focus on learning, rather than treatment or therapy
- Treat all information shared within the College as confidential
- Respect and listen to you, and respond to feedback
- Signpost you to other appropriate sources of support as necessary

## **We expect you to:**

- Be considerate and respectful to all who use the College
- Provide us with the information we need to help you get the most from your time at the College
- Be mindful when sharing information within courses and workshops, and respect the confidentiality of others
- Attend courses punctually and let us know if you are running late, or cannot attend

## Our Courses

Our Courses are split into 3 categories – **Getting Started**, **Building on Your Learning**, and **Continuing Your Journey**. Please see a description of each below and the symbol representing the level of learning within the prospectus:



**Getting Started** – courses and workshops that might be a good place to start if you are not sure what you would like to learn with us, although you don't have to begin with these.



**Building on Your Learning** – courses and workshops that help you gain further knowledge and skills about mental health and self-management.



**Continuing Your Journey** – courses and workshops that will help you prepare for your next steps, whether that is returning to education, volunteering, employment, or perhaps even getting more involved with the Recovery College as a Peer Educator.

## Course Enrolment

Enrolment for courses and workshops is essential, and there are **four** easy ways to do so:

**Telephone:** 028 8283 3292

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**Post:** Complete the form at the back of the prospectus and return to:

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

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**E-mail:** [olive.young@westerntrust.hscni.net](mailto:olive.young@westerntrust.hscni.net)

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**Online:** Download an enrolment form at  
[www.westerntrust.hscni.net/services/3363.htm](http://www.westerntrust.hscni.net/services/3363.htm)

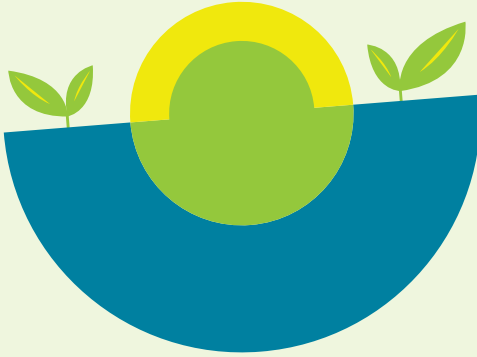
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Complete the form and return it to us by post or email at the addresses above.

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**Early enrolment is recommended as courses fill up quickly, and places are allocated on a strictly first come, first served basis. Places will be confirmed approximately two weeks before the beginning of each course.**

SPRING 2020  
PROSPECTUS



# OUR COURSES

HOPE • CONTROL • OPPORTUNITY



## Asserting Yourself

Single 2 Hour Session

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

Central Library, Derry/L'derry,  
Tuesday, 24 March, 10.30am – 12.30pm

Fermanagh House, Enniskillen,  
Wednesday, 22 April, 10.30am – 12.30pm

Omagh Library,  
Friday, 24 April, 10.30am – 12.30pm

## Building Healthy Relationships

Single 2 Hour Session

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

Melvin Sports Complex, Strabane,  
Thursday, 30 April, 11.00am – 1.00pm



## Exploring Apps for Mental Health and Wellbeing



Single 3 Hour Session

There are thousands of apps to help support us in learning about and managing our mental health. It can be overwhelming though, trying to figure out which of them are accurate and really helpful. Whether you are new to apps and want to build your confidence in using them, or you already make use of them, this course should prove of real benefit. We will introduce you to a range of quality apps designed for various mental health issues, and guide you on how to use them to support and maintain your mental health.

Lisnamallard, Omagh,  
Wednesday, 6 May, 6.00pm – 8.00pm

Melvin Sports Complex, Strabane  
Thursday, 28 May, 11.00am – 1.00pm

## Exploring Your Options



Single 3 Hour Session

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

Omagh Library,  
Friday, 5 June, 10.00am – 1.00pm

# Finding Hope After Bereavement:

## From Hurt to Healing

Single 3 Hour Session

Coping with bereavement can be one of the most difficult journeys we have to take in life. Understanding how bereavement can impact on us is important in helping us to make sense of our grief and to be able to cope with our loss.

**Please note that this course may not be appropriate for those people who are recently bereaved.**

Fermanagh House, Enniskillen,  
Wednesday, 8 April, 10.00am – 1.00pm

Omagh Library,  
Friday, 29 May, 10.30am – 12.30pm

# Food and Mood

## Single 2 Hour Session

This workshop aims to provide an overview of the impact food can have on our mood. You will learn about foods which have proven mood enhancing benefits and how these can easily be included in your daily diet.

Fermanagh House, Enniskillen,  
Thursday, 26 March, 10.30am – 12.30pm

Central Library, Derry/L'derry,  
Tuesday, 5 May, 10.30am – 12.30pm

## Getting a Good Night's Sleep

Single 2 Hour Session

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

Fermanagh House, Enniskillen,  
Wednesday, 18 March, 10.30am – 12.30pm

Melvin Sports Complex, Strabane,  
Thursday, 7 May, 11.00am – 1.00pm

## Getting the Most From Your Appointment

Single 2 Hour Session

It can be challenging at the best of times to navigate the health care system and especially so if we are coping with mental health issues. This course aims to provide participants with simple strategies to make the best use of the time allocated to appointments with health care professionals. Topics will include communication, providing and seeking information, managing expectations, and sources of support.

Melvin Sports Complex, Strabane,  
Thursday, 23 April, 11.00am – 1.00pm

Fermanagh House, Enniskillen,  
Wednesday, 20 May, 10.30am – 12.30pm

## Introducing and Exploring Mindfulness

Single 2 Hour Session

Paying more attention to the present moment – to your own thoughts and feelings and to the world around – can improve your mental health and wellbeing. This introductory course will safely explore what mindfulness is, how it can help your recovery, and look at a variety of simple ways to start being more mindful in your daily life such as guided meditation, being in nature, and mindful eating.

Lisnamallard, Omagh,  
Wednesday, 25 March, 2.00pm – 4.00pm

Melvin Sports Complex, Strabane,  
Thursday, 2 April, 11.00am – 1.00pm

## Introducing and Exploring Recovery

Single 2 Hour Session

What does recovery mean for people with mental health issues? How do people recover? How do we help others recover? This introductory workshop will examine the three key principles of recovery - hope, control and opportunity. There will also be the opportunity to hear recovery stories from some of our facilitators, and to learn more about the Recovery College and what it offers to support you on your own road to recovery.

Melvin Sports Complex, Strabane,  
Thursday, 12 March, 11.00am – 1.00pm

## Journaling for Wellness

Single 3 Hour Session



Many people find that the practice of keeping a journal is a key aspect of their recovery – it helps them to process their thoughts and feelings. Others use it as one of the ways they maintain their emotional wellbeing. In this workshop you will be introduced to some journaling techniques and how to use journaling effectively and positively.

Fermanagh House, Enniskillen,  
Wednesday, 27 May, 10.00am – 1.00pm

## Living Beyond Depression and Low Mood

Single 3 Hour Session



Depression can happen to anyone and is more common than people think. This interactive workshop, which follows on from our 'Understanding Depression' course, explores in more depth the strategies and self-management techniques that can be used to help manage depression and low mood more effectively. Facilitators will share their own experiences of living with depression, what has helped them in their recovery, and signpost to other useful sources of support.

Central Library, Derry/L'derry,  
Tuesday, 3 March, 10.00am – 1.00pm

Omagh Library,  
Friday, 6 March, 10.00am – 1.00pm

## Living Well With Bipolar

Single 3 Hour Session

This short course is for those people who have a diagnosis of bipolar disorder (also known as bipolar affective disorder or manic depression) and their family, friends and other supporters. It aims to help participants gain a better understanding of what bipolar disorder is, and help you develop strategies to manage the fluctuating nature of the condition (the high and low episodes). Participants will hear facilitators own personal lived experience of bipolar and how they stay well.

Melvin Sports Complex, Strabane,  
Thursday, 21 May, 11.00am – 2.00pm

## Living Well With Psychosis

Single 3 Hour Session

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

Central Library, Derry/L'derry,  
Tuesday, 28 April, 10.00am – 1.00pm

Lisnamallard, Omagh,  
Wednesday, 29 April, 1.30pm – 4.30pm

## Living With and Managing Anxiety



Single 3 Hour Session

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

Omagh Library,

Friday, 13 March, 10.00am – 1.00pm

Fermanagh House, Enniskillen,

Wednesday, 1 April, 10.00am – 1.00pm

Central Library, Derry/L'derry,

Tuesday, 7 April, 10.00am – 1.00pm

## Managing Setbacks



Single 2 Hour Session

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

Central Library, Derry/L'derry,

Tuesday, 10 March, 10.30am – 12.30pm

Fermanagh House, Enniskillen,

Wednesday, 11 March, 10.30am – 12.30pm

Melvin Sports Complex,

Strabane, Thursday, 26 March, 11.00am – 1.00pm

## Money Matters



Single 2 Hour Session

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

Melvin Sports Complex, Strabane,  
Thursday, 19 March, 11.00am – 1.00pm

Central Library, Derry/L'derry,  
Tuesday, 12 May, 10.30am – 12.30pm

## Supporting Recovery, Valuing Family and Friends



Single 3 Hour Session

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

Central Library, Derry/L'derry,  
Tuesday, 19 May, 10.00am – 1.00pm



## Train the Trainers

2 Full days

Many people who have come to the Recovery College feel more inspired to get involved and one option is to become a trainer with the College. This fun, practical and interactive workshop provides a safe and friendly environment to start to build your confidence in planning and delivering courses with the Recovery College. Topics over the 2 days include working together, understanding the different learning styles, voice projection and the use of visual and audio aids. It is anticipated that this course will run in September 2020 in Enniskillen, and anyone who enrolls this term will be contacted closer to the time.

## Understanding Antidepressant Medication

Single 2 Hour Session

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

Central Library, Derry/L'derry,  
Tuesday, 31 March, 10.30am – 12.30pm

## Understanding Depression

Single 2 Hour Session

Depression is very common, and one in four of us will experience it in our lifetime. This introductory workshop will help you understand and manage the symptoms of depression, and explore simple strategies that you can use in your recovery.

Fermanagh House, Enniskillen,  
Wednesday, 4 March, 10.30am – 12.30pm

Melvin Sports Complex, Strabane,  
Thursday, 14 May, 11.00am – 1.00pm

## Understanding Obsessive Compulsive Disorder (OCD)

Single 2 Hour Session

Obsessive Compulsive Disorder (OCD) is a common anxiety disorder, and there are lots of different types of compulsions. At its worst, OCD can be extremely debilitating. In this workshop we will explore the signs and symptoms of the condition, what treatment options are available, and also hear from those who have their own lived experience of OCD.

Omagh Library,  
Friday, 22 May, 10.30am – 12.30pm

## Understanding Personality Disorder

Single 2 Hour Session

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

Fermanagh House, Enniskillen,  
Wednesday, 13 May, 10.30am – 12.30pm

## Understanding Trauma

Single 3 Hour Session

Post-traumatic stress disorder (PTSD) may emerge months or sometimes years after a traumatic experience, affecting your ability to lead your life as you would like. This introductory course aims to provide participants with an understanding of the causes and the symptoms of trauma and tells you what help is available in the Western Trust area, and how to access it.

**Please note that this course is not intended to replace trauma therapy.**

Omagh Library,  
Friday, 3 April, 10.00am – 1.00pm

Central Library, Derry/L'derry,  
Tuesday, 21 April, 10.00am – 1.00pm

## Walking to Wellness

5 Week Course, 2 Hour Session



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

Lisnamallard, Omagh,

Wednesdays 6 May – 6 June, 12.30pm – 2.30pm

## WRAP (Wellness Recovery Action Plan)

2 full days



WRAP is a simple structured self-management tool, designed to help people better understand and manage their wellbeing and recovery. It is for anyone who wants to create positive change in the way they feel and increase their enjoyment in life. On this 2 day interactive course, you will have an opportunity to look at the everyday things that help keep you well and how to make the most of your strengths and resources. You will also explore your personal triggers and warning signs, how to make plans to help yourself and when to seek support.

Lisnamallard, Omagh,

Wednesday, 1 and 8 April, 10.00am – 4.00pm

Fermanagh House, Enniskillen,

Wednesday, 29 April and 6 May, 10.00am – 4.00pm



## RECOVERY CAFE

All Recovery College students are invited to attend one of our Recovery Cafés which meet regularly in Derry /Londonderry, Enniskillen, Omagh and

Strabane. The cafes are a relaxed and informal way to meet fellow students and new friends, hear what's happening at the College and find out about events in your local area. You can find out when the Café in your area is on from your workshop facilitator, or the Recovery College Co-ordinator. Everyone is welcome and we look forward to seeing you there!

# Courses at a Glance

## Derry/Londonderry

3 March	Living Beyond Depression and Low Mood, Central Library, 10.00am – 1.00pm	
10 March	Managing Setbacks Central Library, 10.30am – 12.30pm	
24 March	Asserting Yourself Central Library, 10.30am – 12.30pm	
31 March	Understanding Antidepressant Medication Central Library, 10.30am – 12.30pm	
7 April	Living With and Managing Anxiety Central Library, 10.00am – 1.00pm	
21 April	Understanding Trauma Central Library, 10.00am – 1.00pm	
28 April	Living Well with Psychosis Central Library, 10.00am – 1.00pm	
5 May	Food and Mood Central Library, 10.30am – 12.30pm	
12 May	Money Matters Central Library, 10.30am – 12.30pm	
19 May	Supporting Recovery, Valuing Family and Friends Central Library, 10.00am – 1.00pm	

# Courses at a Glance

## Enniskillen

4 March	Understanding Depression Fermanagh House, 10.30am – 12.30pm	
11 March	Managing Setbacks Fermanagh House, 10.30am – 12.30pm	
18 March	Getting a Good Night's Sleep Fermanagh House, 10.30am – 12.30pm	
26 March	Food and Mood Fermanagh House, 10.30am – 12.30pm	
1 April	Living With and Managing Anxiety Fermanagh House, 10.00am – 1.00pm	
8 April	Finding Hope After Bereavement Fermanagh House, 10.00am – 1.00pm	
22 April	Asserting Yourself Fermanagh House, 10.00am – 4.00pm	
29 April	WRAP (2 Weeks, Week 1) Fermanagh House, 10.00am – 4.00pm	
6 May	WRAP (2 Weeks, Week 2) Fermanagh House, 10.00am – 4.00p	
13 May	Understanding Personality Disorder Fermanagh House, 10.30am – 12.30pm	
20 May	Getting the Most Out of Your Appointment Fermanagh House, 10.30am – 12.30pm	
27 May	Journaling for Wellness Fermanagh House, 10.00am – 1.00pm	

# Courses at a Glance


## Omagh


6 March	Living Beyond Depression and Low Mood Omagh Library, 10.00am – 1.00pm	
13 March	Living With and Managing Anxiety Omagh Library, 10.00am – 1.00pm	
25 March	Introducing and Exploring Mindfulness Lisnamallard, 2.00pm – 4.00pm	
1 April	WRAP (2 Weeks, Week 1) Lisnamallard, 10.00am – 4.00pm	
3 April	Understanding Trauma Omagh Library, 10.00am – 1.00pm	
8 April	WRAP (2 Weeks, Week 2) Lisnamallard, 10.00am – 4.00pm	
24 April	Asserting Yourself Omagh Library, 10.30am – 12.30pm	
29 April	Living Well with Psychosis Lisnamallard, 1.30pm – 4.30pm	
6 May	Walking to Wellness (5 Weeks, Week 1) Lisnamallard, 12.30pm – 2.30pm	





## Courses at a Glance


### Omagh (Continued)


6 May Exploring Health and Wellbeing Apps   
Lisnamallard, 6.00pm – 8.00pm


13 May Walking to Wellness (Week 2)   
Lisnamallard, 12.30pm – 2.30pm


20 May Walking to Wellness (Week 3)   
Lisnamallard, 12.30pm – 2.30pm

22 May Understanding OCD   
Omagh Library, 10.30am – 12.30pm

27 May Walking to Wellness (Week 4)   
Lisnamallard, 12.30pm – 2.30pm

29 May Finding Hope After Bereavement   
Omagh Library, 10.30am – 1.30pm

3 June Walking to Wellness (Week 5)   
Lisnamallard, 12.30pm – 2.30pm

5 June Exploring Your Options   
Omagh Library, 10.30am – 1.30pm

# Courses at a Glance

## Strabane

12 March	Introducing and Exploring Recovery Melvin Sports Complex, 11.00am – 1.00pm	
19 March	Money Matters Melvin Sports Complex, 11.00am – 1.00pm	
26 March	Managing Setbacks Melvin Sports Complex, 11.00am – 1.00pm	
2 April	Introducing and Exploring Mindfulness Melvin Sports Complex, 11.00am – 1.00pm	
23 April	Getting the Most from Your Appointment Melvin Sports Complex, 11.00am – 1.00pm	
30 April	Building Healthy Relationships Melvin Sports Complex, 11.00am – 1.00pm	
7 May	Getting a Good Night's Sleep Melvin Sports Complex, 11.00am – 1.00pm	
14 May	Understanding Depression Melvin Sports Complex, 11.00am – 1.00pm	
21 May	Living Well with Bipolar Melvin Sports Complex, 11.00am – 2.00pm	
28 May	Exploring Apps for Mental Health and Wellbeing Melvin Sports Complex, 11.00am – 1.00pm	

## Venues

### **Derry/Londonderry**

Central Library  
35 Foyle Street  
Derry/Londonderry  
BT48 6AL

### **Enniskillen**

Fermanagh House  
Broadmeadow Place  
Enniskillen  
Co. Fermanagh  
BT74 7HR

### **Omagh**

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

Omagh Library  
1 Spillars Place  
Irishtown Road  
Omagh  
Co. Tyrone  
BT78 1HL

### **Strabane**

Melvin Sports Complex  
Melvin Road  
Strabane  
Co. Tyrone  
BT82 9PP

# Notes

# WHSCT Recovery College Enrolment Form

Title (Mr/Mrs/Miss/Ms):

Forename:

Surname:

Address:

Town:

Post Code:

Telephone No:

Mobile No:

Email:

Date of Birth:

Gender (Please Tick): Male

Female

Non-defined

Please indicate your preferred method of contact (Please tick):

Email:

Mobile:

Post:

WHICH COURSES DO YOU WISH TO ATTEND

Course Title	Date



# WHSCT Recovery College Enrolment Form

PLEASE TELL US WHETHER YOU ARE (Please tick):

Person with Lived Experience:

Health Professional:

Private Sector Staff:

Public Sector Staff:

Community Voluntary Staff:

Carer (including family & friends):

Prefer not to say:



HOW DID YOU HEAR ABOUT THE RECOVERY COLLEGE (Please Tick):

GP:

Health Professional:

Community/Voluntary Service:

Social Media:

Family/Friends:

Leaflet/Poster /Prospectus:

Please also let us know if there any reasonable adjustments (ie. disability related) required in facilitating your attendance. We will make every effort to support your needs.

**PLEASE NOTE:** Under the GDPR Legislation, May 2018, by enrolling with the WHSCT Recovery College you are agreeing to us holding your personal information. It will be securely disposed of after ten years and not used for any other reason other than for the purpose of running the College.

Signature:

Date:





# RECOVERY COLLEGE

HOPE • CONTROL • OPPORTUNITY

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

**T: 028 8283 3292**



 Western Health  
and Social Care Trust

 Public Health  
Agency

Project supported by the PHA

