

Welcome to the

Wellbeing and Recovery College



Autumn 2023 Term Guide



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

020 8483 1456

Welcome to the Wellbeing and Recovery College Autumn Term timetable 2023

We are open to everyone, aged eighteen and over, living, working or studying in the boroughs of Ealing, Hounslow and Hammersmith & Fulham.

All of our courses and workshops are free, offering an educational route to mental, physical and emotional health and wellbeing. We provide strategies and tools to support recovery and wellbeing.

Co-production is central to what we do; our materials are produced, designed and delivered in partnership by people with lived experience of mental health challenges and professional experience.

We provide a safe and friendly environment where we learn from each other as well as the training, meeting new people and connecting with others. We celebrate diversity and are actively reaching out to communities to make our courses as accessible as possible.

We continue to offer a mixture of in person and online learning and hope to have blended learning offer in the near future. In this Autumn term we will be moving from Zoom to Microsoft Teams (MS Teams). For instructions on how to use Teams, please see Page 17.

We offer a wide range of topics, and a mixture of shorter Workshops (marked with a **W**) and longer Courses (marked with a **C**). Everyone is welcome to enrol as a student and we look forward to meeting you. Contact us with any questions, or if you would like help to enrol or choose courses and with any ideas for new courses.

Our main base is located on the ground floor of the Brentford Community Hub, within the new Stadium site. We also deliver training in other locations

Please contact our administrator to book onto Workshops and Courses
by Telephone: 020 8483 1456 or bookings.recoverycollege@westlondon.nhs.uk
Web: www.westlondon.nhs.uk/our-services/adult/mental-health-services/recovery-college

Wellbeing

Introduction to Anxiety Management W

This workshop will briefly explore how being anxious affects us. We will look at some of the reasons for this and practice a number of techniques that can relieve anxiety. The workshop will provide an overview of the Anxiety Management course, for those interested in the longer course but wanting more information.

Wed Sept 13th 11.00am -1.00pm

Venue: Online

Learning About Thinking, Emotions and Relationships (LATER) – Using skills from a mixture of Psychological Therapies C

This is an 11 week course for 2 hours per week. The course teaches skills and theory from Mentalisation Based Therapy (MBT), Dialectical Behaviour Therapy (DBT), Art Psychotherapy and Attachment Theory to help manage thoughts, feelings and relationships differently.

Wed Sept 13th 10.00am -12.00pm for 11 weeks

Venue: BFC

Getting a Better Night's Sleep W

This 2 hour workshop will explore how sleep works, why we need it and some of the common causes of sleep difficulties, as well as giving some strategies to help you to get a better night's sleep.

Workshop 1: Fri Sept 15th 11.00am -1.00pm

Workshop 2: Fri Dec 15th 11.00 am -1.00pm

Venue: Online

Low Mood - How it can affect us W

In this workshop we will discuss low mood and its' associated symptoms. We will consider why we might be experiencing low mood and identify what can help.

Tues Sept 19th 11.00am - 1.00pm

Venue: Online

Understanding and Managing Depression C

These 3 sessions will look at depression and the ways in which it can affect us. It will explore practical steps that people have found useful in managing their experiences. This will include discussions about how we look after ourselves, identifying triggers, early warning signs, and communicating with people in our lives.

Tues Oct 3rd 11.00am - 1.00pm for 3 weeks

Venue: Online

Anxiety Management C

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

Course 1: Wed Oct 4th 11.00am - 1.00pm for 6 weeks

Venue: Online

Course 2: Tue Nov 7th 1.00pm - 4.00pm for 6 weeks

Venue: ICC

Your Physical Wellbeing C

This is a 6 week course which will cover topics such as goal setting, healthy eating (mood and food), heart health, physical exercise and diabetes awareness.

Thurs Oct 5th 11.00am - 12.30pm for 6 weeks

Venue: BFC

Understanding Complex Emotional Needs W

This workshop will provide an overview of some of the difficulties experienced with having complex emotional needs (associated with a diagnosis of Personality Disorder). We will discuss what is meant by complex emotional needs, and the impact that the diagnosis itself can have. We will explore how our early childhood experiences can affect how we view ourselves, relate to others and manage difficult emotions. Discussions from the workshop will be fed into our coproduction café (**see Page 8**) which will shape future workshops to help better understanding around how to manage the difficulties associated with having complex emotional needs.

Fri Oct 6th 10.00am - 1.00pm

Venue: BFC

Wellbeing (cont)

Improving Our Relationship with Food **C**

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

Fri Oct 6th 11.00am - 1.00pm for 3 weeks

Venue: Online

Understanding the role of Thoughts, Feelings and Behaviours **W**

This 2 hour workshop will begin to look at our thoughts, feelings and behaviours. It will explore how they are all interlinked using the Cognitive Behavioural Model. This overview would also be helpful for anyone wanting to do the Coping Skills course.

Workshop 1: Fri Oct 6th 11.00am - 1.00pm

Venue: The Vineyard

Workshop 2: Wed Dec 13th 11.00am - 1.00pm

Venue: Online

Exploring Body Image **C**

Body image can play a significant role in our mental health and wellbeing. These 4 sessions will explore why body image is important and how cultural ideals, gender and other factors can shape the way we feel about our bodies. We will investigate the impact of social media on body image and ways in which body positivity and self-acceptance can enhance our wellbeing. We welcome anyone who would like to learn more about body image or would like to start thinking about how to develop a better relationship with their body.

Mon Oct 30th 11.00am - 1.00pm for 4 weeks

Venue: Online

Coping Skills **C**

This 6 part course looks at managing our mental health as well as improving our wellbeing and quality of life. We will cover a variety of topics that give us tools to help with managing our thoughts and difficult emotions, developing more helpful behaviours, coping with stress and worry, and getting a better night's sleep.

Wed Nov 1st 2.00pm - 4.00pm for 6 weeks

Venue: Online

Stress and the Stress Bucket **W**

As part of National Stress Awareness day we are doing a short workshop explaining a

technique we often use in our courses.

Come and learn about signs that your stress levels are rising, and think about strategies that can help day to day. If you're a regular student you'll know about the Stress Bucket already, but if not, join us for an fun and informal workshop and we'll explain all!

Thurs Nov 2nd 11:00am -12:30pm

Venue: Online

Meet the Pharmacist - Medication for Depression and Anxiety **W**

Do you want to know more about medications available for depression and anxiety? We will look at how they work, what potential side effects may be experienced, withdrawal symptoms and overall management of medications. This workshop is not designed for individual circumstances, but will include an overview of the role of mental health pharmacists and how they can support us around medication.

Tues Nov 14th 10.00am - 12.00pm

Venue: Online

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

Many of us struggle to let go of objects and things. In these 3 sessions we will look at our thoughts and feelings around letting go, and identify healthy ways to release our attachments to objects that may hold meaning for us. We will explore both decluttering techniques and improving our decision making skills. Through this challenging process we may find we free up both physical and emotional space.

Mon Nov 20th 11.00am -1.00pm for 3 weeks

Venue: Online

Exploring Values and Self Compassion **C**

This 3 part course will explore the role of emotions and how we can learn to accept them by allowing them to be, even if they are uncomfortable. We will also consider the role that our core values play in relation to wellbeing, and we will practise mindfulness techniques as a way of helping us to become kinder and more compassionate towards ourselves. These sessions incorporate self reflective exercises and are best suited to those who feel they have come some way along their mental health journey.

Thurs Nov 23rd 10.00am - 1.00pm for 3 weeks

Venue: BFC

Wellbeing (cont)

Hearing Voices and Unusual Beliefs **W**

This workshop explores voice hearing and unusual beliefs. The objective is to look at solution based options that may be beneficial to those who attend. We will also signpost to local Hearing Voices Groups.

Tues Nov 28th 1.00pm - 4.00pm

Venue: Online

Discovering Self-Compassion **C**

Do you find it hard to make time to look after yourself? Do you criticise yourself and treat yourself more harshly than you would other people? This 2 session course will help you to learn to look after yourself and understand that being kinder to yourself is possible for everyone.

Fri Dec 1st 11.00am - 1.00pm for 2 weeks

Venue: The Vineyard

Understanding Attachment Styles **C**

Attachment Theory presents a model to explain how our earliest relationships affect our development as children, but also how our feelings and behaviour as adults are affected. This course will explain in everyday language the main attachment types and their impact on adult relationships. We will also discuss current models of care that help us make changes later in life if our early experiences weren't so great.

Fri Dec 1st 10.00am - 1.00pm for 2 weeks

Venue: BFC

Grief and Loss **C**

Grief is a natural response to loss. It's been a difficult few years and many of us are coping with the loss of someone or something we love. Grieving is a highly individual experience; how we grieve and the effects it will have on us will depend on many factors. These 2 sessions will explain the grieving process and investigate the complex feelings that can be involved. It will include understanding the differences between grief and depression as well as outlining coping strategies to help us navigate the future.

Tue Dec 5th 10.00am - 1.00pm for 2 weeks

Venue: BFC

Meet the Pharmacist - Understanding Antipsychotic Medication **W**

Do you want to know more about Antipsychotic medication? We will look at how they work, what potential side effects may be experienced and overall management of medications. This workshop is not designed for individual circumstances, but will include an overview of the role of mental health pharmacists and how they can support us around medication.

Tues Dec 5th 10.00am - 12.00pm

Venue: Online

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

These 3 sessions cover the basics of assertiveness; what it is, and the challenges that we can face when we struggle to be assertive. We will explore how we can communicate more effectively in order to get our needs met and identify tools and skills that can help us to think and act more assertively in our everyday lives.

Wed Dec 6th 1.00pm - 4.00pm for 3 weeks

Venue: ICC

Menopause – Lets Talk **W**

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

Thurs Dec 14th 2.00pm - 4.30pm

Venue: BFC

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

OCD is characterised by recurring intrusive and obsessional thoughts, that can lead to repetitive compulsive behaviours or mental acts. This 2 hour workshop will provide an overview of the diagnosis, some of the different treatments available and outline some self help strategies and resources.

If you are interested please contact us for more information.

Life Skills

Mindfulness: Learning to be Present **C**

These 6 sessions are best suited to those who feel they have come some way along their recovery journey. The sessions will incorporate meditation, self-reflection exercises and group interaction focused on living in the present moment with more ease.

Tues Sept 12th 2.00pm -3.30pm for 6 weeks
Venue: Online

Relaxation techniques **C**

This 4 part course will be a space to relax and be in the present moment. We will practise a variety of relaxation techniques including visualisation, breathing exercises, and progressive muscular relaxation.

Mon Sept 18th 11.00am - 12.30pm for 4 weeks
Venue: Online

Being a Parent **C**

Parenting can be hard work. This 2 part course is aimed at parents with babies and young children and will help us to acknowledge that being a 'perfect parent' all the time is not possible. We will look at the importance of mental health and wellbeing, as well as recognising when stress levels are rising and consider things we can do to help. The course will also outline what support and services are available.

Mon Sept 18th 11.00am -1.00pm
Venue: Online

The Magic of Nature **C**

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

Wed Sept 20th 11.00am -1.00pm for 3 weeks
Venue: Online, Local Walk and Kew Gardens

Tapping into Emotional Freedom **C**

Emotional Freedom Technique (EFT) is based on the same principles as acupuncture, but instead of using needles, we gently tap on the meridian points on the face and upper body. During the 5 sessions we will learn this tapping technique to help manage any physical or psychological symptoms to increase our sense of wellbeing.

Fri Sept 22nd 10.30am - 12.30pm for 5 weeks
Venue: Online

Navigating Life's Ups and Downs **C**

This 3 part course aims to support us to begin to think about what keeps us well. We will discuss how to develop our resilience through focusing on what helps us manage the ups and downs of life, as well as identifying what gets us back on track.

Thurs Oct 5th 1.00pm - 3.30pm for 3 weeks
Venue: Online

Nature and Wellbeing **W**

Being in nature is proven to support our mood, sleep and general wellbeing. Never has it been more important to explore the natural world around us. This 2 hour workshop will briefly nod at the science and help us to engage in everyday nature whilst living in an urban environment.

Mon Oct 30th 11.00am -1.00pm
Venue: Online

Understanding Dementia **W**

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

Mon Nov 6th 2.00pm- 4.00pm
Venue: BFC

Exploring Spirituality **C**

Over the 3 sessions we will explore the role of spirituality within the context of wellbeing, mental and physical health. We will discuss the differences and commonalities between spirituality and religion, and explore how spiritual resources can help develop resilience and promote wellbeing.

Tues Nov 7th 10.00am -1.00pm for 3 weeks
Venue: BFC

Life Skills (Cont)

Understanding Autism **W**

This brief overview will explain what autism is, how it presents and what to expect from the process of diagnosis. It will also outline some support strategies and give information about other resources available.

Tues Nov 28th 1.30pm - 4.30pm

Venue :BFC

Wed Dec 6th 2:00pm - 4.30pm

Venue : Online

Next Steps

Starting to think about Work/Training/ Volunteering **W**

This workshop will explore options for work, training and volunteering and how they can help with your mental health and wellbeing.

Wed Sept 13th 10.00am - 12.00pm

Venue : Online

How to Job search **W**

This session aims to help learners develop job searching skills through guidance around where to job search, how to approach employers and how to complete online job applications

Thurs Sept 21st 1.00pm - 4.00pm

Venue: The Vineyard

CV Writing **W**

This workshop we will look at how best to layout a CV, what we should and shouldn't include and how to sell ourselves to prospective employers. Please bring with you a copy of your CV and a device to type on if you can e.g. laptop or tablet.

Tues Oct 3rd 10.00am - 3.00pm

Venue: BFC

Employment and Criminal Convictions—what you need to know **W**

Searching for work when you have a past criminal conviction can be difficult. This course will help with understanding and overcoming barriers that you might face with employment. It includes understanding the law, what is required of you and employers and how you can move forward into work, with convictions, as well as support with writing a Personal Disclosure Statement.

Thurs Nov 9th 10.00am -12.00pm

Venue: Online

Managing the Holidays **W**

This 2 hour workshop will help to explore the emotional ups and downs, which may occur during the holiday season. We will share ideas to help navigate us through and will allow space to explore coping techniques.

Tues Dec 19th 10.00am -1.00pm

Venue: BFC

Telling your Employer about your Mental Health and reasonable adjustments **W**

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

Thurs Nov 16th 1.00pm - 3.00pm

Venue: Online

Universal Credit **W**

This workshop will provide an overview of the key features of Universal Credit and what you need to do when applying for or receiving UC

Thurs Nov 23rd 10.00am –11:30am

Venue: Online

Interview Skills **W**

This workshop aims to help us build confidence around interviews. It will explore what makes a good interview, how we can effectively answer questions and what we need to do to prepare.

Tues Dec 12th 1.30pm - 4.30pm

Venue: BFC

Staying Well at Work **W**

In this workshop we will begin to look at what wellness means to us and how we can stay well in general and at work. We will start to create our own staying well plans, and will look at how to use these effectively and will signpost to other organisations that can help going forward.

Please contact us for more information

Creativity

Seasonal Sounds – Music & Wellbeing **W**

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

Tues 26th Sept 10.30am -12.30pm

Tues 17th Oct 10.30am -12.30pm

Tues 21st Nov 10.30am -12.30pm

Tues 12th Dec 10.30am -12.30pm

Venue: Kew Gardens

Four Corners of Kew **C**

Over 4 sessions we will explore Kew Gardens, practicing techniques including breathing, mindfulness and grounding. These sessions will be a space for people to come together to relax, unwind and appreciate being in nature.

If you would like more information please contact us.

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

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

Fri Nov 3rd 10.00am -12.00pm for 4 weeks

Venue: BFC

Stitching to Calm the Mind **C**

Over the 3 sessions we will make our own journal cover's using various of different stitching skills. We will stitch, chat and be mindful. No experience needed and all materials provided.

Fri Nov 3rd 1.30pm - 4.00pm for 3 weeks

Venue: BFC

Expressive Writing Course **C** Royal Literary Fund

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

Mon Nov 20th 2.00pm - 4.00pm for 4 weeks

Venue: BFC

Drumming Group

Unleash your musical self with this fun Drumming group! Over these 4 sessions we will explore rhythm, using a range of group exercises and improvisation, and experience the collective energy of the drum circle.

Fri Nov 24th 2.00pm - 3.30pm for 4 weeks

Venue: BFC

Ongoing groups and forums

Have Your Say at the Recovery College

Join us for our new monthly student forum where we hope to share ideas and gather opinions to help us shape the workshops/ courses we deliver and where/how we deliver them.

Fri Sept 29th 2.00pm -3.30pm.

Fri Oct 20th 2.00pm -3.00pm

Thurs Nov 30th 2.00pm -3.30pm

Venue: BFC

Co-production Café

The Wellbeing and Recovery College is passionate about coproduction being at the core of everything we do. We would like to start discussions around some of the complexities surrounding Complex Emotional Needs (CENs) associated with a diagnosis

of Personality Disorder, and how we can feed your views into our developing timetable.

If you would like more information about these sessions please let us know.

Gunnerysbury Parkrun

A small group from the college are planning to sometimes join the Gunnerysbury parkrun (Saturday mornings at 9am). We also meet in the park on a Wednesday for a lunchtime walk, run or walk/run.

If you would be interested in joining please contact us for more information.

World Mental Health Day

We are planning an event for **WMH** day which will be advertised separately.

Additional Workshops

#Zero Suicide LDN Campaign **W**

Around 10 people a week take their own life in London. If someone was in crisis would you know what to say? Thrive LDN and Zero Suicide Alliance have developed a 20 minute online training to help people to be able to identify warning signs and feel more comfortable having conversations about suicide. As part of World Suicide Prevention Day join us to take the training over a cup of tea on 11 September at 2pm. Or take the training in your own time and be part of more than 300,000 Londoners who have accessed the training since the launch of the Zero Suicide LDN campaign.

Mon 11th Sept 2pm onwards

Venue: BFC

For more information, please visit:

[#ZeroSuicideLDN – Thrive LDN](#)

Community Energy Talk: Green Doctors London **W**



Taking back control of our energy bills can help improve both our physical and mental health. In this workshop run by the Green Doctors, part of the community charity Groundwork London, we will start to look at the current energy situation, ways to save money on energy bills, improving energy efficiency in our homes and will look at what help is available for eligible residents. The Green Doctors are a team of expert energy advisers who offer free help to eligible residents living in the London Boroughs of Hounslow, Ealing and Hammersmith and Fulham.

Wed 27th Sept 2.00pm - 4.00pm

Venue: Online

Mental Health Integrated Network Teams (MINT) **W**

In this standalone workshop, we will be exploring the role of the Mental Health Integrated Network Teams (MINT) within a changing mental health system. There will be opportunities to discuss the model of care that MINT operates and what this means for a person receiving care. We will talk about the role of different professionals within the multi-disciplinary care team and the interventions that they could offer to an individual.

We will also discuss how the MINT team links with other services; including GP and Primary Care colleagues, Local Authority and other statutory services and how we work with the voluntary and community sector.

Tue Oct 31st 1.00pm - 4.00pm

Venue: BFC

Wellbeing for Families, Friends and Carers (of someone with mental health difficulties) **W**

As family members, friends and carers of people living with mental health difficulties we may experience our own challenges. This series of workshops will offer space to look at your own needs and discuss experiences with others who understand. Please contact us for topics and dates and let us know if there is anything you would like us to include.

Please contact us for more information.

Safeguarding Explained—As part of Safeguarding Week **W**

Have you ever heard of safeguarding? Do you want to learn more? The term is commonly used and refers to the act of preventing harm or neglect.

During this session, you will learn the meaning of safeguarding, as well as warning signals to look for and where to turn for help.

Please be prepared to seek out support if necessary, as this workshop may trigger strong feelings in some attendees.

Tues Nov 21st 11.00am -1.00pm

Venue: Online

Understanding Carers Rights **W**

Carers Rights day is a national day that aims to ensure carers are aware of their rights. This workshop will outline rights and entitlements and will discuss where to get help and support, as well as raising awareness of the needs of carer.

Thurs Nov 23rd 2.00pm - 4.30pm

Venue: BFC

Autumn Term

Sept - Dec 2023

Date		Day	Time	Course	W/C	Venue	Page
		Week 1		September			
Sept	11	Monday	2.00 - 4.00	#Zero Suicide LDN Training	W	BFC	p9
Sept	12	Tuesday	2.00 - 3.30	Mindfulness: Learning to be Present Week 1	C	Online	p6
Sept	13	Wednesday	11.00 - 1.00	Introduction to Anxiety Management	W	Online	p3
Sept	13	Wednesday	10.00 - 12.00	Learning About Thinking, Emotions and Relationships (LATER) Week 1	C	BFC	p3
Sept	15	Friday	11.00 - 1.00	Getting a Better Night's Sleep	W	Online	p3
		Week 2		September			
Sept	18	Monday	11.00 - 12.30	Relaxation Techniques Week 1	C	Online	p6
Sept	18	Monday	11.00 - 1.00	Being a Parent Week 1	C	Online	p6
Sept	19	Tuesday	11.00 - 1.00	Low Mood - How it can Affect Us	W	Online	p3
Sept	19	Tuesday	2.00 - 3.30	Mindfulness: Learning to be Present Week 2	C	Online	p6
Sept	20	Wednesday	11.00 - 1.00	Magic of Nature Week 1	C	Online	p6
Sept	20	Wednesday	10.00 - 12:00	Learning About Thinking, Emotions and Relationships (LATER) Week 2	C	BFC	p3
Sept	21	Thursday	1.00 - 4.00	How to Job Search	W	Vineyard	p7
Sept	22	Friday	10.30 - 12.30	Tapping into Emotional Freedom Week 1	C	Online	p6
		Week 3		September			
Sept	25	Monday	11.00 - 12.30	Relaxation Techniques Week 2	C	Online	p6
Sept	25	Monday	11.00 - 1.00	Being a Parent Week 2	C	Online	p6
Sept	26	Tuesday	10.30 - 12.30	Seasonal Sounds	W	Kew Gardens	p9
Sept	26	Tuesday	2.00 - 3.30	Mindfulness: Learning to be Present Week 3	C	Online	p6
Sept	27	Wednesday	11.00 - 1.00	Magic of Nature W2	C	local walk	p6

Sept	27	Wednesday	10.00 -12.00	Learning About Thinking, Emotions and Relationships (LATER) Week 3	C	BFC	p3
Sept	29	Friday	10.30 - 12.30	Tapping into Emotional Freedom Week 2	C	Online	p6
Sept	29	Friday	2.00 - 3.30	Have your Say Forum		BFC	p8
		Week 4		October			
Oct	2	Monday	11.00 - 12.30	Relaxation Techniques Week 3	C	Online	p6
Oct	3	Tuesday	10.00 - 3.00	CV Writing	W	BFC	p7
Oct	3	Tuesday	11.00 - 1.00	Understanding and Managing Depression Week 1	C	Online	p3
Oct	3	Tuesday	2.00 - 3.30	Mindfulness: Learning to be Present Week 4	C	Online	p6
Oct	4	Wednesday	11.00 - 1.00	Magic of Nature Week 3	C	Kew Gardens	p6
Oct	4	Wednesday	10.00 -12.00	Learning About Thinking, Emotions and Relationships (LATER) Week 4	C	BFC	p3
Oct	4	Wednesday	11.00 - 1.00	Anxiety Management Week 1	C	Online	p3
Oct	5	Thursday	11.00 - 12.30	Your Physical Wellbeing Week 1	C	BFC	p3
Oct	5	Thursday	1.00 - 3.30	Navigating Life's Ups and Downs Week 1	C	Online	p6
Oct	6	Friday	10.00 - 1.00	Understanding Complex Emotional Needs (CEN)	W	BFC	p3
Oct	6	Friday	10.30 - 12.30	Tapping into Emotional Freedom Week 3	C	Online	p6
Oct	6	Friday	11.00 - 1.00	Improving our Relationship with Food Week 1	C	Online	p3
Oct	6	Friday	11.00 - 1.00	Understanding the Role of Thoughts, Feelings and Behaviours	W	Vineyard	p4
		Week 5		October			
Oct	9	Monday	11.00 - 12.30	Relaxation Techniques Week 4	C	Online	p6
Oct	10	Tuesday	2.00 - 3.30	Mindfulness: Learning to be Present week 5	C	Online	p6
Oct	10	Tuesday	11.00 - 1.00	Understanding and Managing Depression Week 2	C	Online	p3
Oct	11	Wednesday	10.00 - 12.00	Learning About Thinking, Emotions and Relationships (LATER) Week 5	C	BFC	p3
Oct	11	Wednesday	11.00 - 1.00	Anxiety Management Week 2	C	Online	p3
Oct	12	Thursday	11.00 -12.30	Your Physical Wellbeing Week 2	C	BFC	p3
Oct	12	Thursday	1.00 - 3.30	Navigating Life's Ups and Downs Week 2	C	Online	p6

Oct	13	Friday	11.00 - 1.00	Improving our Relationship with Food Week 2	C	Online	p3
Oct	13	Friday	10.30 - 12.30	Tapping into Emotional Freedom Week 4	C	Online	p6
		Week 6		October			
Oct	17	Tuesday	10.30 - 12.30	Seasonal Sounds	W	Kew Gardens	p9
Oct	17	Tuesday	11.00 - 1.00	Understanding and Managing Depression Week 3	C	Online	p3
Oct	17	Tuesday	2.00 - 3.30	Mindfulness: Learning to be Present Week 6	C	Online	p6
Oct	18	Wednesday	11.00 - 1.00	Anxiety Management Week 3	C	Online	p3
Oct	18	Wednesday	10.00 -12.00	Learning About Thinking, Emotions and Relationships (LATER) Week 6	C	BFC	p3
Oct	19	Thursday	11.00 -12.30	Your Physical Wellbeing Week 3	C	BFC	p3
Oct	19	Thursday	1.00 - 3.30	Navigating Life's Ups and Downs Week 3	C	Online	p6
Oct	20	Friday	11.00 - 1.00	Improving our Relationship with Food Week 3	C	Online	p3
Oct	20	Friday	10.30 - 12.30	Tapping into Emotional Freedom Week 5	C	Online	p6
Oct	20	Friday	2.00 - 3.30	Have your say Forum		BFC	p8
		Week 7		Half Term : Monday 23rd Oct 2023 to Friday 27th Oct 2023			
		Week 8		October/November			
Oct	30	Monday	11.00 - 1.00	Exploring Body Image Week 1	C	Online	p4
Oct	30	Monday	11.00 - 1.00	Nature & Wellbeing	W	Online	p6
Oct	31	Tuesday	1.00 - 4.00	Mental Health Integrated Network Teams (MINT)	W	BFC	p9
Nov	1	Wednesday	11.00 - 1.00	Anxiety Management Week 4	C	Online	p3
Nov	1	Wednesday	10.00 -12.00	Learning About Thinking, Emotions and Relationships (LATER) Week 7	C	BFC	p3
Nov	1	Wednesday	2.00 - 4.00	Coping Skills Week 1	C	Online	p4
Nov	2	Thursday	11.00 -12.30	Your Physical Wellbeing Week 4	C	BFC	p3
Nov	2	Thursday	11.00 - 12.30	Stress and The Stress Bucket	W	Online	p4

Nov	3	Friday	10.00 - 12.00	Using Art to Better Understand out Emotions Week 1	C	BFC	p8
Nov	3	Friday	1.30 - 4.00	Stitching to Calm the Mind Week 1	C	BFC	p8
		Week 9		November			
Nov	6	Monday	11.00 - 1.00	Exploring Body Image Week 2	C	Online	p4
Nov	6	Monday	2.00 - 4.00	Understanding Dementia	W	BFC	p6
Nov	7	Tuesday	10.00 - 1.00	Exploring Spirituality Week 1	C	BFC	p6
Nov	7	Tuesday	1.00 - 4.00	Anxiety Management Week 1	C	ICC	P3
Nov	8	Wednesday	10:00 -12:00	Learning About Thinking, Emotions and Relationships (LATER) Week 8	C	BFC	p3
Nov	8	Wednesday	11.00 -1.00	Anxiety Management Week 5	C	Online	p3
Nov	8	Wednesday	2.00 - 4.00	Coping Skills Week 2	C	Online	p4
Nov	9	Thursday	11.00 -12.30	Your Physical Wellbeing Week 5	C	BFC	p3
Nov	9	Thursday	10.00 - 12.00	Employment and Criminal Convictions what you need to know	W	Online	p7
Nov	10	Friday	10.00 -12.00	Using Art to Better Understand out Emotions Week 2	C	BFC	p8
Nov	10	Friday	1.30 - 4.00	Stitching to Calm the Mind Week 2	C	BFC	p8
		Week 10		November			
Nov	13	Monday	11:00 - 1:00	Exploring Body Image Week 3	C	Online	p4
Nov	14	Tuesday	10.00 -1.00	Exploring Spirituality Week 2	C	BFC	p6
Nov	14	Tuesday	1.00 - 4.00	Anxiety Management Week 2	C	ICC	p3
Nov	14	Tuesday	10.00 - 12.00	Meet The Pharmacist - Understanding Medication for Depression and Anxiety	W	Online	p4
Nov	15	Wednesday	10:00 -12:00	Learning About Thinking, Emotions and Relationships (LATER) Week 9	C	BFC	p3
Nov	15	Wednesday	11.00 - 1.00	Anxiety Management Week 6	C	Online	p3
Nov	15	Wednesday	2.00 - 4.00	Coping Skills Week 3	C	Online	p4
Nov	16	Thursday	11.00 -12.30	Your Physical Wellbeing Week 6	C	BFC	p3
Nov	16	Thursday	1.00 - 3.00	Telling your Employer about your Mental Health and Reasonable Adjustments	W	Online	p7

Nov	17	Friday	10am - 12pm	Using Art to Better Understand our Emotions Week 3	C	BFC	p8
Nov	17	Friday	1.30pm - 4pm	Stitching to Calm the Mind Week 3	C	BFC	p8
		Week 11		November			
Nov	20	Monday	2.00 - 4.00	Expressive Writing Week 1	C	BFC	p8
Nov	20	Monday	11:00 - 1:00	To keep or not to keep: Learning about Decluttering Week 1	C	Online	p4
Nov	21	Tuesday	10.00 - 1.00	Exploring Spirituality Week 3	C	BFC	p6
Nov	21	Tuesday	1.00 - 4.00	Anxiety Management Week 3	C	ICC	p3
Nov	21	Tuesday	10.30 - 12.30	Seasonal Sounds	W	Kew Gardens	p9
Nov	21	Tuesday	11:00-1:00	Safeguarding Explained	W	Online	p9
Nov	22	Wednesday	10:00 -12:00	Learning About Thinking, Emotions and Relationships (LATER) Week 10	C	BFC	p3
Nov	22	Wednesday	2.00 - 4.00	Coping Skills Week 4	C	Online	p4
Nov	23	Thursday	10.00-1.00	Exploring Values and Self Compassion Week 1	C	BFC	p4
Nov	23	Thursday	10.00 –11.30	Universal Credit	W	Online	p7
Nov	23	Thursday	2:00 - 4:30	Understanding Carers Rights	C	BFC	p9
Nov	24	Friday	10.00 -12.00	Using Art to Better Understand our Emotions Week 4	C	BFC	p8
Nov	24	Friday	2.00—3.30	Drumming Group Week 1	C	BFC	p8
		Week 12		November			
Nov	27	Monday	2.00 - 4.00	Expressive Writing Week 2	C	BFC	p8
Nov	27	Monday	11:00 - 1:00	To keep or not to keep: Learning about Decluttering Week 2	C	Online	p4
Nov	28	Tuesday	1.00 - 4.00	Anxiety Management Week 4	C	ICC	p3
Nov	28	Tuesday	1.00 - 4.00	Hearing Voices and Unusual Beliefs	W	Online	p4
Nov	28	Tuesday	1:30– 4:30	Understanding Autism	W	BFC	p6
Nov	29	Wednesday	10:00 -12:00	Learning About Thinking, Emotions and Relationships (LATER) Week 11	C	BFC	p3
Nov	29	Wednesday	2.00 - 4.00	Coping Skills Week 5	C	Online	p4
Nov	30	Thursday	10.00-1.00	Exploring Values and Self Compassion Week 2	C	BFC	p4
Nov	30	Thursday	2:00– 3:30	Have your say Forum		BFC	p8

Dec	1	Friday	10.00 - 1.00	Understanding Attachment Styles Week 1	C	BFC	p4
Dec	1	Friday	11.00 - 1.00	Discovering Self Compassion Week 1	C	Vineyard	p5
Dec	1	Friday	2.00 - 3.30	Drumming Group Week 2	C	BFC	p8
		Week 13		December			
Dec	4	Monday	2.00 - 4.00	Expressive Writing Week 3	C	BFC	p8
Dec	4	Monday	11:00 - 1:00	To keep or not to keep: Learning about Decluttering Week 3	C	Online	p4
Dec	5	Tuesday	1.00 - 4.00	Anxiety Management Week 5	C	ICC	p3
Dec	5	Tuesday	10.00 -1.00	Grief and Loss Week 1	C	BFC	p5
Dec	5	Tuesday	10.00 - 12.00	Meet the Pharmacist– Understanding Antipsychotic Medication	W	Online	p5
Dec	6	Wednesday	2.00 - 4.00	Coping Skills Week 6	C	Online	p4
Dec	6	Wednesday	1.00 - 4:00	Speaking Out: An Introduction to being Assertive Week 1	C	ICC	p5
Dec	6	Wednesday	2:00– 4:30	Understanding Autism	W	Online	p6
Dec	7	Thursday	10.00-1.00	Exploring Values and Self-compassion Week 3	C	BFC	p4
Dec	8	Friday	10.00 - 1.00	Understanding attachment styles Week 2	C	BFC	p4
Dec	8	Friday	11.00 - 1.00	Discovering Self Compassion Week 2	C	Vineyard	p5
Dec	8	Friday	2.00 - 3.30	Drumming Group Week 3	C	BFC	p8
		Week 14		December			
Dec	11	Monday	2.00 - 4.00	Expressive Writing Week 4	C	BFC	p8
Dec	12	Tuesday	10.00 - 1.00	Grief and Loss Week 2	C	BFC	p5
Dec	12	Tuesday	1.30 - 4.30	Interview Skills	W	BFC	p7
Dec	12	Tuesday	1.00 - 4.00	Anxiety Management Week 6	C	ICC	p3
Dec	12	Tuesday	10.30 - 12.30	Seasonal Sounds	W	Kew Gardens	p9
Dec	13	Wednesday	1.00 - 4:00	Speaking Out: An Introduction to being Assertive Week 2	C	ICC	p5
Dec	13	Wednesday	11.00 - 1.00	Understanding the Role of Thoughts, Feelings and Behaviours	W	Online	p5

Dec	14	Thursday	2.00 - 4.30	Menopause - Lets Talk	W	BFC	p5
Dec	15	Friday	11.00 - 1.00	Getting a Better Night's Sleep	W	Online	p3
Dec	15	Friday	2.00-3.30	Drumming Group Week 4	C	BFC	p8
		Week 15		December			
Dec	19	Tuesday	10.00 - 1.00	Managing the Holidays	W	BFC	p6
Dec	20	Wednesday	1.00 - 4:00	Speaking Out: An Introduction to being Assertive Week 3	C	ICC	p5

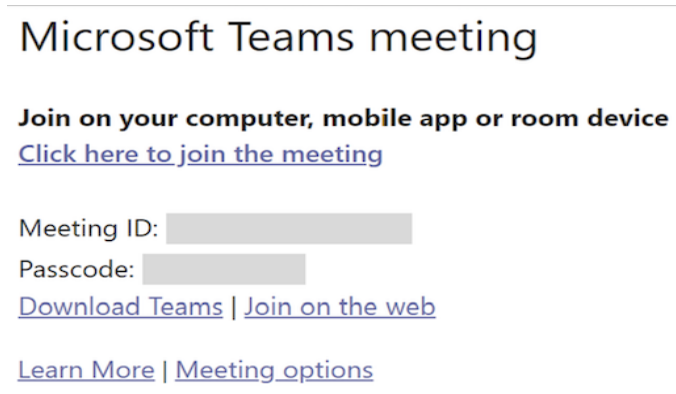


How to use Microsoft Teams

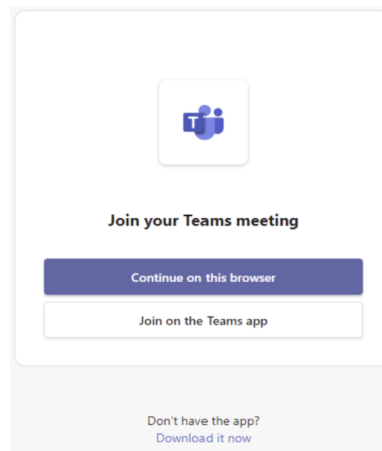
You will receive a link to the Teams meeting (as you did with the Zoom meetings) and would need to click on the link.

If you do not have Teams on your device, this is what you will need to do:

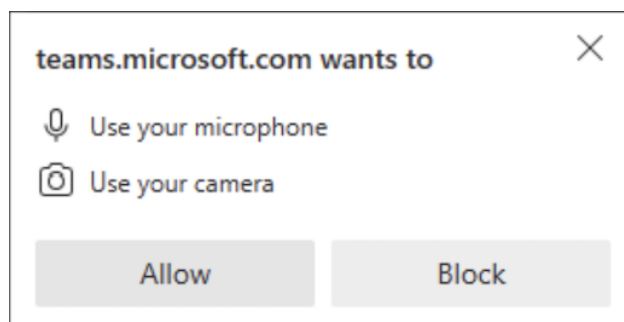
1. Go to the meeting invite and select **Click here to join the meeting**.



2. That'll open a web page, where you'll see two choices: **Continue on this browser** and **Join on the Teams app**. You don't need to install the Teams app to join the meeting.



3. If you join the meeting on your browser, Microsoft Edge or Google Chrome both work. Your browser may ask if it's okay for Teams to use your mic and camera. When you select **Allow**, you can always turn off your mic and/or video once you join the meeting.



4. When you're ready, select **Join now**.

How to Find us: Directions to The Wellbeing and Recovery College 1a Underwood House Thomas Layton Way Brentford TW8 0SB

London Underground/Overground

There are eight stations located within a 20-minute walking radius of the stadium.

Overground

The nearest station, Kew Bridge, has one train every 15 minutes on weekdays

Bus Routes 65, 237, 267, 391, H91, 65/N65 and N9 all have a service that serve the stadium.

Head towards the Box office of the Community Stadium, up Lionel Rd and walk around the stadium to the right until you reach the red tarmac - **we are located directly opposite Gate F** . Please press the buzzer and a member of the team will open this for you.

You Tube Link: Walking to W&R College - West London NHS Trust

From Kew Bridge Rail Station <https://youtu.be/fXWa1tOHNzU>

From Brentford Leisure Centre (NOT step free) <https://www.youtube.com/watch?v=Z-BKX4nAk7Q>



Venues for Face to Face Training

The Wellbeing and Recovery College

Underwood House
1a Thomas Layton Way
Brentford TW8 0SB
(Please see map on p14)

ICC - Irish Cultural Centre

5 Black's Rd,
London W6 9DT

The Riverside Vineyard Church Centre

Air park Way,
Feltham TW13 7LX

Online Registration

Please complete the Online Registration Form at:
www.westlondon.nhs.uk/our-services/adult/mental-health-services/recovery-college

Scroll down and there is a purple tab which reads: 'Enrol Online'

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

If you do not have online access please contact us on **020 8483 1456**

Enrolment on All Workshops / Courses

Once you have Completed our New Online Registration Form:

Please contact our administrator to book onto Workshops and Courses by:
Telephone on 020 8483 1456
or

Email: bookings.recoverycollege@westlondon.nhs.uk

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