

Welcome to the **Wellbeing and Recovery College**



Summer Term 2023 (courses & workshops)



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 Summer Term timetable 2023

We are getting settled in our new base. To anyone who hasn't been please come and see us!

We are on the ground floor of a building with the Brentford Football Club Community Sports Trust which is on the new stadium site.

As lots of you know we now have open access to adults living, working or studying in the Trust's 3 boroughs (Hounslow, Ealing, Hammersmith and Fulham). Watch this space as we will be developing courses for younger people too. We continue to welcome new and not so new students who want to learn about their mental health and wellbeing in a friendly, supportive environment.

The ethos of the Recovery College remains the same: we convey messages of hope, empowerment, possibility and aspiration. We celebrate diversity and are actively reaching out to communities to make our courses as accessible as possible.

All our courses are co-produced and co-delivered. This means that those with lived experience of mental health challenges and professional training (often both) work alongside families and carers to develop and deliver our courses.

We ask that students contact us themselves for further information or to book onto courses. We are available to answer questions and help you decide which courses or workshops might be right for you depending on your goals. We can also help if you are not familiar with online training or don't have access to a computer or smartphone.

We offer a wide range of topics, and a mixture of shorter Workshops (marked with a **W**) and longer Courses (marked with a **C**)

We are always updating our programme, so contact us if you have any ideas for new courses or workshops, we would love to hear from you!

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

Understanding the connection between 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: Wed April 19th 10.00am - 12.00pm Venue: online

Workshop 2: Wed July 19th 2.00pm - 4.00pm Venue: Online

Coping Skills **C**

This 6 part course looks at managing our mental health as well as improving our wellbeing and quality of life. We will cover a variety of topics that give us tools to help with managing our thoughts and difficult emotions, developing more helpful behaviours, coping with stress and worry, and getting a better night's sleep. **Starts Fri April 21st**

10.30am - 1.30pm for 6 weeks Venue: BFC

Anxiety : An Introduction **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. **Mon April 24th**

2.00pm - 4.00pm Venue: Online

Exploring 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. **Starts Tue May 2nd**

10.00am - 1.00pm for 2 weeks Venue: BFC

Understanding Complex Emotional Needs **W**

This workshop will explore issues surrounding complex emotional needs (also known as personality difficulties). It aims to enhance knowledge and understanding of this diagnosis, starting from early childhood right up to the present. The workshop will outline issues of low self-esteem, feelings of emptiness, emotional difficulties, and self-harm. The workshop will include learning about healthier attachment styles, containment, improved communication skills, and helping us to develop healthier relationships.

Tue May 2nd 1.30pm - 4.30pm Venue: BFC

Learning about Anxiety **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: Starts Wed May 3rd

1.00pm - 4.00pm for 6 weeks Venue: ICC

Course 2: Starts Thurs June 15th

10.00am - 12.00pm for 6 weeks 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 as well as signpost where appropriate. **Thurs May 4th 11.00am - 1.00pm Venue: Online**

Learning about Attachment Styles **W**

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 short workshop 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.

Tues May 9th 1.30pm - 4.30pm Venue: BFC

Wellbeing (cont)



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. **Starts Wed May 10th 10.00am - 12.00pm for 11 weeks Venue: BFC**

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

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

Starts Thurs May 11th 10.00am - 1.00pm for 3 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.

Wed May 17th 2.00pm - 4.00pm Venue: Online

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 May 23rd 2.00pm - 4.30pm Venue: Online

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. **Starts Tue June 6th 2.00pm - 3.30pm for 6 weeks Venue: QPR**

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.

Starts Mon June 26th 11.00am - 1.00pm for 4 weeks 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 June 27th 2.00pm - 4.00pm Venue: Online

Understanding and Managing Depression **C**

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

Starts Tues June 27th 11.00am - 1.00pm for 3 weeks Venue : Online

Wellbeing (cont)

Values and Self Compassion - Learning to be kind to ourselves **C**

Difficult emotions are part of the human experience which we often try to push away. 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. **Starts Wed June 28th 1.00pm - 4.00pm for 3 weeks Venue: ICC**

To keep or not to keep: Learning about Hoarding **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. **Starts Mon July 3rd 11.00am - 1.00pm for 3 weeks Venue: Online**

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.

Wed July 5th 11.00am - 1.00pm

Venue: Online

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. **Starts Fri July 7th 11.00am - 1.00pm for 3 weeks**

Venue: Online

Menopause – Lets Talk **W**

A brief introduction to the menopause for anyone who would like to improve their understanding. This workshop will allow a safe place for discussion, questions and general chat for anyone approaching or going through the menopause, or has a loved one who is. We don't promise to have all the answers but can signpost you to other resources, and it will be a good place to share experiences and learn together! **Tue July 18th 2.00pm - 4.00pm**

Venue: BFC

Life Skills

Time to Relax **C**

This 4 part course will be a space to really learn how to relax and be in the present moment. We will practise a variety of relaxation techniques including visualisation, breathing exercises, and progressive muscular relaxation. **Starts Thurs April 20th 11.00am - 12.30pm for 4 weeks 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. **Starts Wed April 26th 11.00am -1.00pm for 3 weeks Venue: Online, Local Walk and Kew Gardens**

Deaf Awareness - Learning Together **W**

This informal workshop will introduce us to some of the barriers faced by the deaf community and will dispel some of the myths we might hold. The workshop will include some basic British Sign Language and give information about places to learn more if you are interested. **Wed April 26th 11.00am - 1.00pm Venue: BFC**

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 May 22nd 11.00am -1.00pm 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. **Starts Mon June 5th 11.00am - 1.00pm for 2 weeks Venue: Online**

Exploring Spirituality in our Wellbeing **C**

This course is an opportunity to explore the role spirituality plays in our wellbeing. Over 3 sessions we will look at the role of spirituality within the context of mental and physical health. We will discuss the differences and commonalities between spirituality and religion, and explore how spiritual resources can help develop resilience and promote wellbeing. **Starts Tues June 6th 10.00am –1.00pm for 3 weeks Venue: BFC**

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. **Starts Thurs June 8th 1.00pm - 3.30pm for 3 weeks Venue: Online**

Mindfulness: Learning to be Present **C**

These 6 sessions are best suited to those who feel they have come some way along their recovery journey. The sessions will incorporate meditation, self-reflection exercises and group interaction focused on living in the present moment with more ease. **Starts Thurs June 8th 12.00pm– 1.30pm for 6 weeks Venue: Online**

Tapping into Emotional Wellbeing **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. **Starts Fri June 16th 11.00am - 1.00pm for 5 weeks Venue: Online**

Living with Change and Uncertainty **W**

Over the last few years our lives have changed, bringing uncertainty and removing structures that we have relied on. This 2 hour workshop will help us to understand what we can control and outline some strategies that can help us manage better day to day. **Wed July 12th 11.00am -1.00pm Venue: Online**

Next Steps

CV Writing **W**

This will be a drop in workshop where 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 contact us for more information**

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.

Please contact us for more information

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**

Telling your Employer about your Mental Health **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. **Please contact us for more information**

Creativity

Stitching to Calm the Mind **C**

Time to get crafty! Over the 3 sessions we will stitch, chat and be mindful. Using different techniques we will create a variety of easy projects to take home each week.

Fri April 28th 2.00pm - 4.30pm for 3 weeks

Venue: BFC

Expressive Writing Course **C**



Royal Literary Fund

Over this 5 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.

Thurs June 8th 11.00pm - 1.00pm for

5 weeks Venue: BFC

Using Art to Better Understand our Emotions and Relationships **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. **Starts Fri June 16th 10.00am -12.00pm for 4 weeks**
Venue: BFC

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. **Mon 19th June 2.00pm - 4.00pm for 4 weeks Venue: Kew Gardens**

Additional Courses

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. Please contact us for more information.

Tues 18th April 10.45am -12.30pm Venue: Kew
Tues 16th May 10.45am -12.30pm Venue: Kew
Tues 20th June 10.45am -12.30pm Venue: Kew
Tues 18th July 10.45am -12.30pm Venue: Kew

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.
Mon June 5th 11.00am -12.30pm Venue: Online

An Introduction to Mental Health Integrated 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 the interfaces between a MINT team and other services; including GP and Primary Care colleagues, Local Authority and other statutory services and how we work with the voluntary and community sector. **Wed June 21st 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.**

Ongoing groups and forums

Have Your Say at the Recovery College

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

Summer Term April - July 2023

Date		Day	Time	Course	W/C	Venue	Page
		Week 1		April			
April	18	Tuesday	10.45 - 12.30	Seasonal Sounds	C	Kew Gdns	P8
April	19	Wednesday	10.00 - 12.00	Understanding the Connection between Thoughts Feelings and Behaviours	W	Online	p3
April	20	Thursday	11.00 - 12.30	Time to Relax Week 1	C	Online	P6
April	21	Friday	10.30 - 1.30	Coping Skills Week 1	C	BFC	p3
		Week 2					
April	24	Monday	2.00 - 4.00	Anxiety - An Introduction	W	Online	p3
April	26	Wednesday	11.00 - 1.00	The Magic of Nature Week 1	C	Online	p6
April	26	Wednesday	11.00 - 1.00	Deaf Awareness – Learning Together	W	BFC	p6
April	27	Thursday	11.00 - 12.30	Time to Relax Week 2	C	Online	p6
April	28	Friday	10.30 - 1.30	Coping Skills Week 2	C	BFC	p3
April	28	Friday	2.00 - 4.30	Stitching to Calm the Mind - Week 1	C	BFC	p7
		Week 3		May			
May	1	Monday		Bank Holiday			
May	2	Tuesday	10.00 - 1.00	Exploring Grief and Loss Week 1	C	BFC	p3
May	2	Tuesday	1.30 - 4.30	Understanding Complex Emotional Needs	W	BFC	p3
May	3	Wednesday	11.00 - 1.00	The Magic of Nature Week 2	C	Local Walk	p6
May	3	Wednesday	1.00 - 4:00	Learning About Anxiety Week 1	C	ICC	p3
May	4	Thursday	11.00 - 12.30	Time to Relax Week 3	C	Online	p6
May	4	Thursday	11:00 - 1:00	Low Mood - How it can affect us	W	Online	p3
May	5	Friday	10.30 - 1.30	Coping Skills Week 3	C	BFC	p3
May	5	Friday	2.00 - 4.30	Stitching to Calm the Mind Week 2	C	BFC	p7

		Week 4					
May	8	Monday		Bank Holiday			
May	9	Tuesday	10.00 - 1.00	Exploring Grief and Loss Week 2	C	BFC	p3
May	9	Tuesday	1.30 - 4.30	Learning about Attachment Styles	W	BFC	p3
May	10	Wednesday	10:00 - 12:00	Learning About Thinking, Emotions and Relationships (LATER) Week 1	C	BFC	p4
May	10	Wednesday	11.00 - 1.00	The Magic of Nature Week 3	C	Kew Gdns	p6
May	10	Wednesday	1.00 - 4:00	Learning About Anxiety Week 2	C	ICC	p3
May	11	Thursday	11.00 - 12.30	Time to Relax Week 4	C	Online	p6
May	11	Thursday	10.00 - 1.00	Speaking Out: An Introduction to being Assertive Week 1	C	BFC	p4
May	12	Friday	10.30 - 1.30	Coping Skills Wellbeing Week 4	C	BFC	p3
May	12	Friday	2.00 - 4.30	Stitching to Calm the Mind Week 3	C	BFC	p7
		Week 5					
May	16	Tuesday	10.45 - 12.30	Seasonal Sounds	C	Kew Gdns	P8
May	17	Wednesday	10:00 - 12:00	Learning About Thinking, Emotions and Relationships (LATER) Week 2	C	BFC	p4
May	17	Wednesday	1.00 - 4:00	Learning About Anxiety Week 3	C	ICC	p3
May	17	Wednesday	2:00 - 4:00	Meet The Pharmacist - Understanding Antipsychotic Medication	W	Online	p4
May	18	Thursday	10.00 - 1.00	Speaking Out: An Introduction to being Assertive Week 2	C	BFC	p4
May	19	Friday	10.30 - 1.30	Coping Skills Week 5	C	BFC	p3
		Week 6					
May	22	Monday	11.00 - 1.00	Nature & Wellbeing	W	Online	p6
May	23	Tuesday	2.00 - 4.30	Hearing Voices and Unusual Beliefs	W	Online	p4
May	24	Wednesday	10:00 - 12:00	Learning About Thinking, Emotions and Relationships (LATER) Week 3	C	BFC	p4
May	24	Wednesday	1.00 - 4:00	Learning About Anxiety Week 4	C	ICC	p3
May	25	Thursday	10.00 - 1.00	Speaking Out: An Introduction to being Assertive Week 3	C	BFC	p4
May	26	Friday	10.30 - 1.30	Coping Skills Week 6	C	BFC	p3

		Week 7	Half Term : Monday 29th May 2023 to Friday 2nd June 2023				
May	31	Wednesday	10.00 - 12.00	Learning About Thinking, Emotions and Relationships (LATER) Week 4	C	BFC	p4
		Week 8					
June	5	Monday	11:00 - 12:30	Community Energy Talk: Green Doctors London	W	Online	p8
June	5	Monday	11:00 - 1:00	Being a Parent Week 1	C	Online	p6
June	6	Tuesday	10.00 - 1.00	Exploring Spirituality in our Wellbeing Week 1	C	BFC	p6
June	6	Tuesday	2.00 - 3.30	Your Physical Wellbeing Week 1	C	QPR	p4
June	7	Wednesday	10:00 - 12:00	Learning About Thinking, Emotions and Relationships (LATER) Week 5	C	BFC	p4
June	7	Wednesday	1.00 - 4:00	Learning About Anxiety Week 5	C	ICC	p3
June	8	Thursday	11.00 - 1.00	Expressive Writing Week 1	C	BFC	p7
June	8	Thursday	1.00 - 3.30	Navigating Life's Ups and Downs Week 1	C	Online	p6
June	8	Thursday	12.00 - 1.30	Mindfulness: Learning to be Present Week 1	C	Online	p6
		Week 9					
June	12	Monday	11:00 - 1:00	Being a Parent Week 2	C	Online	p6
June	13	Tuesday	10.00 - 1.00	Exploring Spirituality in our Wellbeing Week 2	C	BFC	p6
June	13	Tuesday	2.00 - 3.30	Your Physical Wellbeing Week 2	C	QPR	p4
June	14	Wednesday	10:00 - 12:00	Learning About Thinking, Emotions and Relationships (LATER) Week 6	C	BFC	p4
June	14	Wednesday	1.00 - 4:00	Learning About Anxiety Week 6	C	ICC	p3
June	15	Thursday	12.00 - 1.30	Mindfulness: Learning to be Present Week 2	C	Online	p6
June	15	Thursday	1.00 - 3.30	Navigating Life's Ups and Downs Week 2	C	Online	p6
June	15	Thursday	10.00 - 12.00	Learning About Anxiety (2) Week 1	C	Online	p3
June	15	Thursday	11.00 - 1.00	Expressive Writing Week 2	C	BFC	p7
June	16	Friday	11:00 - 1:00	Tapping into Emotional Wellbeing Week 1	C	Online	p6
June	16	Friday	10:00 - 12:00	Using Art to Better Understand Emotions and Relationships Week 1	C	BFC	p7

		Week 10					
June	19	Monday	2.00 - 4.00	Four Corners of Kew Week 1	C	Kew Gdns	p7
June	20	Tuesday	10.00 - 1.00	Exploring Spirituality in our Wellbeing Week 3	C	BFC	p6
June	20	Tuesday	10.45 - 12.30	Seasonal Sounds	C	Kew Gdns	P8
June	20	Tuesday	2.00 - 3.30	Your Physical Wellbeing Week 3	C	QPR	p4
June	21	Wednesday	10:00 - 12:00	Learning About Thinking, Emotions and Relationships (LATER) Week 7	C	BFC	p4
June	21	Wednesday	1.00 - 4.00	Mental Health Integrated Network Teams (MINT)	C	BFC	p8
June	22	Thursday	12.00 - 1.30	Mindfulness: Learning to be Present Week 3	C	Online	p6
June	22	Thursday	1.00 - 3.30	Navigating Life's Ups and Downs Week 3	C	Online	p6
June	22	Thursday	11.00 - 1.00	Expressive Writing Week 3	C	BFC	p7
June	22	Thursday	10.00 - 12.00	Learning About Anxiety (2) Week 2	C	Online	p3
June	23	Friday	11:00 - 1:00	Tapping into Emotional Wellbeing Week 2	C	Online	p6
June	23	Friday	10:00 - 12:00	Using Art to Better Understand Emotions and Relationships Week 2	C	BFC	p7
		Week 11					
June	26	Monday	2.00 - 4.00	Four Corners of Kew Week 2	C	Kew Gdns	p7
June	26	Monday	11:00 - 1:00	Exploring Body Image Week 1	C	Online	p4
June	27	Tuesday	2:00 - 3:30	Your Physical Wellbeing Week 4	C	QPR	p4
June	27	Tuesday	2:00 - 4:00	Meet the Pharmacist - Medication for Depression and Anxiety	W	Online	p4
June	27	Tuesday	11.00 - 1.00	Understanding and Managing Depression Week 1	C	Online	p4
June	28	Wednesday	10:00 - 12:00	Learning About Thinking, Emotions and Relationships (LATER) Week 8	C	BFC	p4
June	28	Wednesday	1.00 - 4:00	Values and Self-compassion Week 1	C	ICC	p5
June	29	Thursday	12.00 - 1.30	Mindfulness: Learning to be Present Week 4	C	Online	p6
June	29	Thursday	11.00 - 1.00	Expressive Writing Week 4	C	BFC	p7
June	29	Thursday	10.00 - 12.00	Learning About Anxiety (2) Week 3	C	Online	p3
June	30	Friday	11:00 - 1:00	Tapping into Emotional Wellbeing Week 3	C	Online	p6
June	30	Friday	10:00 - 12:00	Using Art to Better Understand Emotions and Relationships Week 3	C	BFC	p7

		Week 12		July			
July	3	Monday	2.00 - 4.00	Four Corners of Kew Week 3	C	Kew Gdns	p7
July	3	Monday	11:00 - 1:00	Exploring Body Image Week 2	C	Online	p4
July	3	Monday	11:00 - 1:00	To keep or not to keep: Learning about Hoarding Week 1	C	Online	p5
July	4	Tuesday	2:00 - 3:30	Your Physical Wellbeing Week 5	C	QPR	p4
July	4	Tuesday	11.00 - 1.00	Understanding and Managing Depression Week 2	C	Online	p4
July	5	Wednesday	10:00 -12:00	Learning About Thinking, Emotions and Relationships (LATER) Week 9	C	BFC	p4
July	5	Wednesday	11.00 - 1.00	Getting a Better Night's Sleep	W	Online	p5
July	5	Wednesday	1.00 - 4:00	Values and Self-compassion Week 2	C	ICC	p5
July	6	Thursday	11.00 - 1.00	Expressive Writing Session 5	C	BFC	p7
July	6	Thursday	12.00 - 1.30	Mindfulness: Learning to be Present Week 5	C	Online	p6
July	6	Thursday	10.00 - 12.00	Learning About Anxiety (2) Week 4	C	Online	p3
July	7	Friday	11:00 - 1:00	Tapping into Emotional Wellbeing Week 4	C	Online	p6
July	7	Friday	10:00 - 12:00	Using Art to Better Understand Emotions and Relationships Week 4	C	BFC	p7
July	7	Friday	11.00 - 1.00	Improving our Relationship with Food Week 1	C	Online	p5
		Week 13					
July	10	Monday	2.00 - 4.00	Four Corners of Kew Week 4	C	Kew Gdns	p7
July	10	Monday	11:00 - 1:00	To keep or not to keep: Learning about Hoarding Week 2	C	Online	p5
July	10	Monday	11:00 - 1:00	Exploring Body Image Week 3	C	Online	p4
July	11	Tuesday	2:00 - 3:30	Your Physical Wellbeing Week 6	C	QPR	p4
July	11	Tuesday	11.00 - 1.00	Understanding and Managing Depression Week 3	C	Online	p4
July	12	Wednesday	10:00 - 12:00	Learning About Thinking, Emotions and Relationships (LATER) Week 10	C	BFC	p4
July	12	Wednesday	11.00 - 1.00	Living with Change and Uncertainty	W	Online	p6
July	12	Wednesday	1.00 - 4:00	Values and Self-compassion Week 3	C	ICC	p5
July	13	Thursday	12.00 - 1.30	Mindfulness: Learning to be Present Week 6	C	Online	p6
July	13	Thursday	10.00 - 12.00	Learning About Anxiety (2) Week 5	C	Online	p3
July	14	Friday	11.00 - 1.00	Improving our Relationship with Food Week 2	C	Online	p5
July	14	Friday	11:00 - 1:00	Tapping into Emotional Wellbeing Week 5	C	Online	p6

		Week 14					
July	17	Monday	11:00 - 1:00	Exploring Body Image Week 4	C	Online	p4
July	17	Monday	11:00 - 1:00	To keep or not to keep: Learning about Hoarding Week 3	C	Online	p5
July	18	Tuesday	10.45 - 12.30	Seasonal Sounds	C	Kew Gdns	P8
July	18	Tuesday	2.00 - 4.00	Menopause - Lets Talk	C	BFC	p5
July	19	Wednesday	2.00 - 4.00	Understanding the Connection between Thoughts Feelings and Behaviours	W	Online	p3
July	19	Wednesday	10:00 - 12:00	Learning About Thinking, Emotions and Relationships (LATER) Week 11	C	BFC	p4
July	20	Thursday	10.00 - 12.00	Learning About Anxiety (2) Week 6	C	Online	p3
July	21	Friday	11.00 - 1.00	Improving our Relationship with Food Week 3	C	Online	p5



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>



Course Name	Dates	Booked / Notes

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

QPR Stadium

Loftus Road Stadium
South Africa Road
London W12 7PJ

The Lido

63 Mattock Lane,
London W13 9LA

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