



DISCOVERY

RECOVERY

HOPE • CONTROL • OPPORTUNITY

RECOVERY COLLEGE

Spring 2021 Prospectus



Western Health
and Social Care Trust





A Message from our College Co-Ordinator

Hello and welcome to the 2021 WHSCT Recovery College Prospectus.

This term sees the introduction of 7 brand new courses, including some creative courses that have been suggested by our students. This is a new venture for the College, one we feel will be a fantastic addition to the curriculum, giving our students the opportunity to explore new ways of staying well. The more wellness tools we have at our disposal, the more resilient we become.

We continue to add to the range of video resources which are available on the Recovery College page on the WHSCT website. These short videos cover a range of mental health topics and are delivered by both professionals, and those with the lived experience of mental health issues. You can also watch and join in with our “Creating Wellness” series which focuses on creative ways to improve mental health and wellbeing.

The prospect of the coming Covid-19 vaccination programme fills us with even more hope that come March, we will be able to run face to face workshops, albeit with some social distancing and other restrictions still in place. The need for connection with other people has become even more evident during the past year, and we are sincerely looking forward to meeting students again, both familiar and new.

I’m also delighted to formally welcome our first Lead Peer Educator to the College. Bernadette Donaghy, whom some of you may already know from her volunteer work in the past, took up the post in August 2020.

As we tentatively move towards a new term, let’s look forward to the opportunities that this always brings - sure in the knowledge that whatever the challenges, we can face them together.

Olive Young

WHSCT Recovery College Co-Ordinator

Meet the Team

I am so glad to have the opportunity to turn my own lived experience of depression into something positive. As a student at the College I learned so much from listening to and learning from how other people manage their condition and live “beyond” their diagnosis – my hope is to inspire in our students the belief that everyone has the potential for a meaningful recovery, and that we can all have better mental health and emotional wellbeing.

Bernadette Donaghy

Lead Peer Educator



I’m the friendly face people meet when they first get in touch with the Recovery College and I’m also responsible for the letters, telephone calls and text messages that students receive. I love the variety of the work within the College and of course interacting with all the students.

Clare Johnson

Recovery College Administrator

A special mention must go to the dedicated volunteers – our experts by experience, some of whom work behind the scenes, and the others who co-facilitate workshops and share their own lived experience of mental health issues – and of course, all the WHSCT staff who also contribute their time and knowledge.

We very much appreciate everything you all do.

Student Soundbites

The workshops are interesting, and
I always pick up some tips

I learnt that we are all on our own journey
and we must all start somewhere

I really liked the helpful hints for everyday living

The sharing of experiences was very moving
and really helped my understanding

Thank you so much – I have taken so much away

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

Course Enrolment

Enrolment for courses and workshops is essential, and there are 4 easy ways to do so:

Telephone: 02882 252079 or 02882 833291

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

E-mail: recoverycollege@westerntrust.hscni.net

Online: Download an enrolment form at:
<https://westerntrust.hscni.net/service/recovery-services/recovery-college/>

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

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 2 weeks before the beginning of each course.

Covid 19

- We will have carried out a risk assessment on all the venues we use and take all reasonable measures to limit the risk of transmission of the coronavirus.
- Students will be contacted before attendance to ensure that they are well enough to attend the College.
- Students will have their temperatures checked before entering the workshop.
- Students will be required to complete a Covid-19 checklist on the day of the workshop
- Face-coverings should be worn where possible
- We are unable to provide refreshments at this time, but you are welcome to bring your own, and there will be a break during each workshop.
- We ask that students let us know if they test positive for Covid-19 within 48 hours of attending a face to face workshop at the Recovery College

Covid restrictions are subject to change at short notice, but we would ask that students please enrol as normal – rest assured we have contingency plans in place if workshops need to be rearranged for alternative dates or delivered via Zoom instead.

Building Connections NEW

Single 2 Hour Session

Research shows that having supportive relationships has many benefits including helping us to live longer and happier lives with fewer mental health problems. Having close, positive relationships can give us a purpose and sense of belonging, and most of us have become more aware of the importance of our connections to other people over the course of the last year. This workshop will look at how to build and maintain positive and supportive relationships whether that's in a world of social distancing or when current restrictions have eased.

Location	Date	Time
Omagh	Monday 24 May	2.00pm – 4.00pm
Derry/Londonderry	Tuesday 25 May	10.30am – 12.30pm
Enniskillen	Wednesday 26 May	10.30am – 12.30pm
Strabane	Thursday 27 May	11.00am – 1.00pm

Creative Writing **NEW**

5 Week Course 1½Hour Sessions

Creative writing is a fantastic tool for coping with mental health issues and of course, recovery. This 5 week course will give participants the opportunity to reflect, be present or perhaps look ahead in a relaxed and supportive group facilitated by the Western Trust's Writer in Residence for Arts Care, Michelle Young.

Owing to Covid-19 restrictions at the time of printing, this course is due to be delivered via Zoom. However, should restrictions ease, it may be held in the Recovery College at Lisnamallard, Omagh. Participants will be informed closer to the start date.

Location	Date	Time
Omagh/Zoom	Thursday 25 March	11.00am – 12.30pm
Omagh/Zoom	Thursday 1 April	11.00am – 12.30pm
Omagh/Zoom	Thursday 8 April	11.00am – 12.30pm
Omagh/Zoom	Thursday 15 April	11.00am – 12.30pm
Omagh/Zoom	Thursday 22 April	11.00am – 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. We will learn about foods which have proven mood enhancing benefits and how these can easily be included in our daily diets.

Location	Date	Time
Zoom	to be confirmed	to be confirmed

Getting Back on Track NEW

Single 2 Hour Session

Some of us have found that managing the normal ups and downs of living with mental health issues has been made even more challenging because of the various restrictions relating to Covid-19. This workshop explores how we can manage our emotional wellbeing in a time of unprecedented uncertainty, rediscover our personal resourcefulness and resilience, and gain a sense of control over our lives and what happens to us.

Location	Date	Time
Omagh	Monday 22 March	2.00pm – 4.00pm
Derry/Londonderry	Tuesday 23 March	10.30am – 12.30pm
Enniskillen	Wednesday 24 March	10.30am – 12.30pm
Strabane	Thursday 25 March	11.00am – 1.00pm

Hope NEW

Single 2 Hour Session

Some of us have found that managing the normal ups and downs of living. Something that has become clear during the strange times we find ourselves in is that we all need hope in our lives. Whether it's because we're dealing with a difficult situation, have mental health issues, or are on our recovery journey, this workshop will help us discover what gives us hope, how to nurture or "grow" hope and how to help other people to find what gives them hope and purpose.

Location	Date	Time
Omagh	Monday 26 April	2.00pm – 4.00pm
Derry/Londonderry	Tuesday 27 April	10.30am – 12.30pm
Enniskillen	Wednesday 28 April	10.30am – 12.30pm
Strabane	Thursday 29 April	11.00am – 1.00pm

Introducing and Exploring Recovery UPDATED

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 introduce 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 us on our own road to recovery.

Location	Date	Time
Omagh	Monday 29 March	2.00pm – 4.00pm
Derry/Londonderry	Tuesday 30 March	10.30am – 12.30pm
Enniskillen	Wednesday 31 March	10.30am – 12.30pm
Strabane	Thursday 1 April	11.00am – 1.00pm

Living With and Managing Anxiety

Single 2 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 discover some simple strategies to help us better understand and manage our anxiety.

Location	Date	Time
Omagh	Monday 1 March	2.00pm – 4.00pm
Derry/Londonderry	Tuesday 2 March	10.30am – 12.30pm
Enniskillen	Wednesday 3 March	10.30am – 12.30pm
Strabane	Thursday 4 March	11.00am – 1.00pm

Living Well with Psychosis

Single 2 Hour Session

The experience of psychosis, for example, hearing voices or having altered perceptions is surprisingly common. This workshop aims to increase our awareness of what psychosis is, but concentrates on how we can live beyond our diagnosis. Facilitators will also share their own lived experience and some of the things they find useful in managing their own symptoms.

Location	Date	Time
Omagh	Monday 10 May	2.00pm – 4.00pm
Derry/Londonderry	Tuesday 11 May	10.30am – 12.30pm
Enniskillen	Wednesday 12 May	10.30am – 12.30pm
Strabane	Thursday 13 May	11.00am – 1.00pm

Rhythmic Relaxation NEW

4 Week Course 1 Hour Sessions

This exciting new course will give students the opportunity to experience the powerful effect that movement has on the body and mind. Led by Carmel Garvey the WHSCT Arts Care Dancer in Residence these sessions will focus on increasing our awareness of our breathing; on centring, strengthening and grounding our mind and body; and improving flexibility, mobility and stamina. All of this will be introduced in a fun and easy to follow way, helping to lift our mood and at the same time improving our overall fitness. Participants are asked to have a small scarf or piece of fabric to hand when taking part in the session, and are welcome to be seated during the session or stand.

Location	Date	Time
Zoom	Wednesday 3 March	11.00am – 12.00pm
Zoom	Wednesday 10 March	11.00am – 12.00pm
Zoom	Wednesday 24 March	11.00am – 12.00pm
Zoom	Wednesday 31 March	11.00am – 12.00pm

Routines for Recovery NEW

Single 2 Hour Session

Many people find that planning and structuring their day helps them to gain a sense of control and makes it easier to accomplish what they want out of each day. Living with a mental health problem can often have an impact on our day to day life, making even simple daily tasks a bit more difficult, including doing those things that we enjoy and that help us to feel better. This workshop will introduce us to wellness tools, how to use them, and help us to identify where we can make changes in order to maintain and improve our mental health and emotional wellbeing.

Location	Date	Time
Derry/Londonderry	Tuesday 1 June	10.30am – 12.30pm
Enniskillen	Wednesday 2 June	10.30am – 12.30pm
Strabane	Thursday 3 June	11.00am – 1.00pm
Omagh	Friday 4 June	10.30am – 12.30pm

Towards Wellness and Recovery

4 Week Course 2 Hour Sessions

It can seem like a challenge to live with mental ill health or a diagnosis and likewise, the pressures of modern life can put a strain on our emotional health and wellbeing. Whether you are looking for ways to cope with a specific mental health issue, or simply want to feel more positive and energetic then this 4 week course is for you! We will introduce some simple evidence based strategies that can help you learn how to best support your wellness and/or recovery.

Location	Date	Time
Omagh	Wednesday 24 March - Wednesday 14 April	2.00pm – 4.00pm

Train the Trainer

2 Full Days

Many people who have attended the Recovery College feel 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, and the use of visual and audio aids. We would ask that students thinking about enrolling in this course have previously attended a number of courses at the College, and preferably have completed their own personal Wellness Recovery Action Plan (WRAP).

Location	Date	Time
To be confirmed	To be confirmed	To be confirmed

Trauma and Loss during the Covid-19 Pandemic

Single 2 Hour Session

The Covid-19 pandemic has left many people feeling frightened, unsafe, isolated, alone, and cut off from their normal social activities and support systems, often feeling overwhelmed and struggling to cope.

In addition people may have experienced loss - loss of a friend, family member or loved one, loss of income, livelihood, health or a way of life, in circumstances which make normal grieving and adjustment very difficult. This workshop will help participants to talk about and understand their experiences and feelings and develop strategies to cope.

Location	Date	Time
Omagh	Monday 15 March	2.00pm – 4.00pm
Derry/Londonderry	Tuesday 16 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 us understand and manage the symptoms of depression, and explore simple strategies that we can use in our recovery.

Location	Date	Time
Omagh	Monday 8 March	2.00pm – 4.00pm
Derry/Londonderry	Tuesday 9 March	10.30am – 12.30pm
Enniskillen	Wednesday 10 March	10.30am – 12.30pm
Strabane	Thursday 11 March	11.00am – 12.30pm

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.

Location	Date	Time
Omagh	Monday 19 April	2.00pm – 4.00pm
Derry/Londonderry	Tuesday 20 April	10.30am – 12.30pm
Enniskillen	Wednesday 21 April	10.30am – 12.30pm
Strabane	Thursday 22 April	11.00am – 1.00pm

Understanding Trauma

Single 2 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 signposts you to what help is available in the Western Trust area, and how to access it. Please be aware that this course is not intended to replace trauma therapy.

Location	Date	Time
Omagh	Monday 17 May	2.00pm – 4.00pm
Derry/Londonderry	Tuesday 18 May	10.30am – 12.30pm

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, we will look at the everyday things that help keep us well and how to make the most of our strengths and resources. We will also explore our personal triggers and warning signs, how to make plans to help ourselves and when to seek support.

Location	Date	Time
Omagh	Thursday 8 April Thursday 15 April	10.00am – 4.00pm
Derry/Londonderry	Wednesday 5 May Wednesday 12 May	10.00am – 4.00pm
Enniskillen	Thursday 13 May Thursday 20 May	10.00am – 4.00pm

At a Glance

Derry/Londonderry – Holywell Trust

Living With and Managing Anxiety	Tuesday 2 March	10.30am – 12.30pm
Understanding Depression	Tuesday 9 March	10.30am – 12.30pm
Trauma and Loss during the Covid-19 Pandemic	Tuesday 16 March	10.30am – 12.30pm
Getting Back on Track	Tuesday 23 March	10.30am – 12.30pm
Introducing and Exploring Recovery	Tuesday 30 March	10.30am – 12.30pm
Understanding Obsessive Compulsive Disorder	Tuesday 20 April	10.30am – 12.30pm
HOPE	Tuesday 27 April	10.30am – 12.30pm
WRAP Wellness Recovery Action Plan (1)	Wednesday 5 May	10.00am – 4.00pm
Living Well With Psychosis	Tuesday 11 May	10.30am – 12.30pm
WRAP Wellness Recovery Action Plan (2)	Wednesday 12 May	10.00am – 4.00pm
Understanding Trauma	Tuesday 18 May	10.30am – 12.30pm
Building Connections	Tuesday 25 May	10.30am – 12.30pm
Routines for Wellness	Tuesday 1 June	10.30am – 12.30pm

Enniskillen – Fermanagh House

Living With and Managing Anxiety	Wednesday 3 March	10.30am – 12.30pm
Understanding Depression	Wednesday 10 March	10.30am – 12.30pm
Getting Back on Track	Wednesday 24 March	10.30am – 12.30pm
Introducing and Exploring Recovery	Wednesday 31 March	10.30am – 12.30pm
Understanding Obsessive Compulsive Disorder	Wednesday 21 April	10.30am – 12.30pm
HOPE	Wednesday 28 April	10.30am – 12.30pm
Living Well With Psychosis	Wednesday 12 May	10.30am – 12.30pm
WRAP Wellness Recovery Action Plan (1)	Thursday 13 May	10.00am – 4.00pm
WRAP Wellness Recovery Action Plan (2)	Thursday 20 May	10.00am – 4.00pm
Building Connections	Wednesday 26 May	10.30am – 12.30pm
Routines for Recovery	Wednesday 2 June	10.30am – 12.30pm

Omagh – Lisnamallard

Living With and Managing Anxiety	Monday 1 March	2.00pm – 4.00pm
Understanding Depression	Monday 8 March	2.00pm – 4.00pm
Trauma and Loss during the Covid-19 Pandemic	Monday 15 March	2.00pm – 4.00pm
Getting Back on Track	Monday 22 March	2.00pm – 4.00pm
Towards Wellness and Recovery (1)	Wednesday 24 March	2.00pm – 4.00pm
Creative Writing (1)	Thursday 25 March	11.00am – 12.30pm
Introducing and Exploring Recovery	Monday 29 March	2.00pm – 4.00pm
Towards Wellness and Recovery (2)	Wednesday 31 March	2.00pm – 4.00pm
Creative Writing (2)	Thursday 1 April	11.00am – 12.30pm
Towards Wellness and Recovery (3)	Wednesday 7 April	2.00pm – 4.00pm
WRAP Wellness Recovery Action Plan (1)	Thursday 8 April	10.00am – 4.00pm
Creative Writing (3)	Thursday 8 April	11.00am – 12.30pm
Towards Wellness and Recovery (4)	Wednesday 14 April	2.00pm – 4.00pm
WRAP Wellness Recovery Action Plan (2)	Thursday 15 April	10.00am – 4.00pm

Creative Writing (4)	Thursday 15 April	11.00am – 12.30pm
Understanding Obsessive Compulsive Disorder	Monday 19 April	2.00pm – 4.00pm
Creative Writing (5)	Thursday 22 April	11.00am – 12.30pm
HOPE	Monday 26 April	2.00pm – 4.00pm
Living Well With Psychosis	Monday 10 May	2.00pm – 4.00pm
Understanding Trauma	Monday 17 May	2.00pm – 4.00pm
Building Connections	Monday 24 May	2.00pm – 4.00pm
Routines for Recovery	Friday 4 June	10.30am – 12.30pm

Strabane – venue to be confirmed

Living With and Managing Anxiety	Thursday 4 March	11.00am – 1.00pm
Understanding Depression,	Thursday 11 March	11.00am – 1.00pm
Getting Back on Track	Thursday 25 March,	11.00am – 1.00pm
Introducing and Exploring Recovery	Thursday 1 April	11.00am – 1.00pm
Understanding Obsessive Compulsive Disorder	Thursday 22 April	11.00am – 1.00pm
HOPE	Thursday 29 April	11.00am – 1.00pm
Living Well With Psychosis	Thursday 13 May	11.00am – 1.00pm
Building Connections	Thursday 27 May	11.00am – 1.00pm
Routines for Recovery	Thursday 3 June	11.00am – 1.00pm

Zoom

Food and Mood	date to be confirmed	
Rhythmic Relaxation (1)	Wednesday 3 March	11.00am – 12.00pm
Rhythmic Relaxation (2)	Wednesday 10 March	11.00am – 12.00pm
Rhythmic Relaxation (3)	Wednesday 24 March	11.00am – 12.00pm
Creative Writing (1)	Thursday 25 March	11.00am – 12.30pm
Rhythmic Relaxation (4)	Wednesday 31 March	11.00am – 12.00pm
Creative Writing (2)	Thursday 1 April	11.00am – 12.30pm
Creative Writing (3)	Thursday 8 April	11.00am – 12.30pm
Creative Writing (4)	Thursday 15 April	11.00am – 12.30pm
Creative Writing (5)	Thursday 22 April	11.00am – 12.30pm

Venues

Fermanagh House, Broadmeadow Place, Enniskillen, Co. Fermanagh,
BT74 7HR

Holywell Trust, 10 – 14 Bishop Street, Derry/Londonderry, BT48 6PW

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

Strabane – venue to be confirmed

WHSCT Recovery College Enrolment Form

Title (Mr/Mrs/Miss/Ms): _____

Forename: _____

Surname: _____

Address: _____

Town: _____ PostCode: _____

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	Date



WHSCOT 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 (i.e. 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 WHSCOT 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: _____







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RECOVERY COLLEGE

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T: 02882 252079/02882 833291

E: recoverycollege@westerntrust.hscni.net



Western Health
and Social Care Trust



Public Health
Agency

Project supported by the PHA

Arts Care

