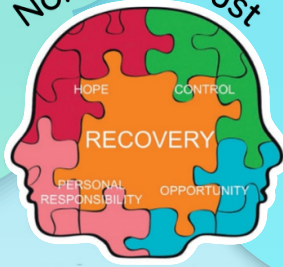


Northern Trust



Recovery College

2023/24 PROSPECTUS



WELCOME

Hello everyone and welcome to our 2023/24 prospectus. For anyone who hasn't attended the College before this booklet will provide you with an overview of the College ethos, the staff and all the different courses we hope to co-facilitate throughout this academic year. Timetables for the College classes will be published separately on a two monthly basis, and will be available online and via post.

Similar to last year, the College will continue to offer a blended approach to learning. This means our timetables will offer both online sessions and community face to face sessions. Every course that we deliver in the community will also have an online option, so even if a course is happening outside of the area you live, you can still avail of these sessions online. Our community courses will continue to run with smaller class numbers and as before spaces may be limited, so please register ASAP in order to ensure your place. The team have enjoyed getting out and about again for our community sessions. We have loved reconnecting with you all and benefited greatly from the peer learning and support that happens in all of our sessions. Moving into the new academic year we look forward to this continuing and hope our students continue to find sessions worthwhile and enjoyable. We plan that by continuing to offer this blended approach to learning, we will support greater numbers of individuals to avail of the College, depending on your personal circumstances.

As we step into 2023/24 academic year the team have been working hard at developing some new courses, alongside refreshing and updating many of our existing sessions. The College sessions are free and open to ANYONE over the age of 16 years who wishes to learn more about their health and well-being. During these sessions we focus on recovery and self-management tools. There is no limit on the number of courses you can complete. You can attend as many courses as you feel will be beneficial to you. If you complete 4 or more sessions by May 2024, you will be invited to attend our yearly College Graduation (June '24). Everyone who attends a College course must register prior to each session. Our simple registration process is explained further on page 8. We understand that things can crop up unexpectedly, all we ask is you contact us if you can no longer attend a session. Places within the sessions are limited so this allows us to offer places out to students who may be on our reserve lists.

The Core College team are supported by a small number of bank trainers. These trainers are such an important part of our team who are invaluable throughout the year in supporting co-production, co-facilitation and the overall work of the College. As a team we would like to thank these individuals for their continued hard work and support.

Attending the College may be a new experience for you. We can all feel apprehensive and unsure when trying anything new. If you have any questions or queries in relation to our courses, or require some support with online learning, please contact the College on 028 9441 3449, and a member of the College team will be happy to chat with you.

Recovery is all about you, and each student's recovery journey will be unique and personal. Whether it's about getting out more and making connections with new likeminded people, developing friendships, peer support/learning or developing your own personal wellness tools, we hope the College will be beneficial to all students who engage.

Come along to a class or log in to a session and let's see where your personal journey takes you.....

Janice Gray
Recovery College Manager



CONTENTS

Welcome.....	2 & 3	Self-Care at Christmas	22
Who's Who	6	5 Ways to Wellbeing	22
What is a Recovery College?.....	7	What is WRAP	22
How to use prospectus/apply	8	Managing Stress	22
What happens next	9	Looking after myself while caring	
Protecting/Using you information	9	for others	22
Recovery approach/starting	10	Gratitude	22
Recovery College Charter	11	An introduction to Anxiety	23
Tips from Students	12	Managing Persistent Fatigue	23
Registration form	13 - 16	An introduction to Depression	23
FAQs	17	Autism Spectrum Disorder	23
Students Learning Journey	18 & 19	An introduction to Personality	
COURSES	20 - 24	Disorder	23
Introduction to the Recovery College ...	20	Mindful Self-compassion	24
Let's talk about Hope	20	Assertiveness	24
Let's talk about Recovery	20	The Well Read Project	24
Exploring Recovery	20	WRAP	24
Coffee & Connect	20	Scribing for Wellness	24
No More Labels	20	Arts & Crafts for Wellness	24
Building Resilience	21	Healthy Me	24
Sleep	21	Gardening for growth	24
Feeling comfortable in my own skin	21	Courses we hope to deliver	25
Self-Care	21	Overview of academic year	26
Let's talk about Loneliness	21	Feedback from Students	27
Being Mindful Everyday	21		



WHO'S WHO IN THE RECOVERY COLLEGE



WHAT IS A RECOVERY COLLEGE?

Recovery Colleges are educational centres, offering courses on mental health and recovery which are designed to increase knowledge and skills to help people feel more confident in the self-management of their own mental health and wellbeing.

COLLEGE MANAGER



Janice Gray

ADMIN TEAM



Stephanie Dempsey

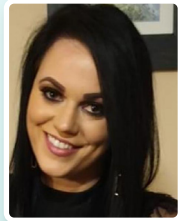


Lesley Rogers

TRAINERS



Audrey Montgomery



Margarett O'Donnell



Gwen Blackwell



Paul McCarroll



Claire Stuart

Special Thanks

We would like give a special thanks to our extended team made up of Volunteers and Sessional Trainers who help us deliver the different variety and volume of courses we offer.

- Each trust within Northern Ireland have their own Recovery College
- Within the Northern Trust, early workshops began in 2014 and this College was formally launched in 2015
- Runs like a college, based on college principles – terms, timetables, prospectus, students etc.
- Courses are all co-produced and co-delivered – this means people with lived experience of mental health challenges work alongside individuals with professional experience (nurses, OT's, SW's etc) to create and facilitate all our sessions
- College team includes, Manager, Peer Recovery Trainers, Recovery Trainers, Bank Sessional Trainers, Volunteers and an Admin Team
- Everyone is equal and all experience is valuable
- Everyone is welcome (aged 16+) – this includes individuals who use services, carers, families, Trust staff, members of the general public – Anyone!
- Participation in sessions is optional – this is not school! Learning is informal and fun
- All courses are FREE to attend and you can attend as many or as few as you wish
- You self-register to attend – No referral is required
- Educational not Therapeutic – we focus on learning and are not a substitute for other therapies
- We are based on the Recovery Principles of Hope, Opportunity, Control and Empowerment

HOW TO USE THE PROSPECTUS





This academic year we will again produce one prospectus that will outline all the sessions we hope to be able to facilitate both online and in the community. Timetables will be produced on a two monthly basis and will be available via post and online. The timetable can be used alongside the prospectus and will detail dates, times and venues for each of the College sessions. A blended approach to learning will be offered throughout this academic year, with a mixture of both online and community sessions available to students.

For students who choose to learn online, a step by step guide will be provided on using the platform upon registration.

HOW TO APPLY

You must register in order to book your place on courses (we can help you with this).

Return the registration form inside this prospectus to:

-  Recovery College Hub,
Carrick 3,
60 Steeple Road
Antrim,
BT41 2RJ
-  Register online via <https://www.mentalhealthrecoverystories.hscni.net/recovery-college-registration-form/>
-  E-mail your information to: recovery.college@northerntrust.hscni.net
-  Call us on 028 9441 3449 to complete registration over the phone

WHAT HAPPENS NEXT?

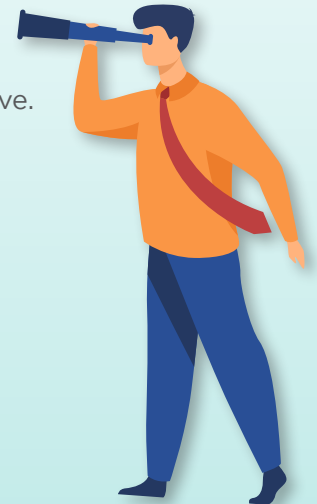
- Once you have registered for any courses, you will receive a letter of confirmation detailing all of the courses you have registered for, or have been placed on the waiting list for
- 1 week prior to the course you will receive a reminder text/email
- 1 day prior to the course you will receive a reminder text/email detailing either venue details for community sessions or login details for online sessions
- If you can no longer attend your course, please contact us as soon as possible so we can offer your place out to those on our waiting list

PROTECTING AND USING YOUR INFORMATION

In order for the Northern Health and Social Care Trust to help provide a service for you we need to know some information about you. Personal information that we process about you is governed by the Data Protection Act 2018 and the General Data Protection Regulation (GDPR).

We only collect the information we need to, this is all included on our registration form. Information you provide to us is recorded on a paper file and also on our computer systems. We collect this information to be able to contact you in regard to the workshops you have registered for, and any other information you have agreed to receive.

Your information may also be used for gathering Recovery College statistics.



RECOVERY APPROACH

In mental health, recovery does not always refer to the complete recovery of a mental health problem in the way that it may do to a physical health problem. There is no single definition of the concept of recovery, however, the principle of Hope is paramount. Hope – the belief that it is possible for an individual to regain a meaningful life. Putting recovery into action means focusing on supporting recovery and building resilience, not just merely treating or managing symptoms. It means individuals are equipped and empowered to stay in control of their lives despite living with mental ill health.

The College uses a recovery approach within course production. This approach aims to look beyond mere survival and existence. It encourages individuals to set goals and develop relationships and connections that give meaning to their lives.

Recovery emphasizes that while people may not have full control over symptoms, they can have full control over their lives. Recovery is not about ‘getting rid’ of problems. It is about seeing an individual beyond their mental health, recognising their strengths, abilities, interests and dreams. All experiences can provide us with opportunities for change, reflection and discovery of new values skills and interests.

Based on content from www.mentalhealth.org.uk

STARTING YOUR COURSE

What happens in the sessions?

In addition to starting to learn about your chosen subject you will...

- Be introduced to Co-Facilitators and fellow students
- Be given an overview of your session and what each week will cover
- Will receive signposting materials at each session relevant to that subject

NORTHERN TRUST RECOVERY COLLEGE CHARTER

YOU CAN EXPECT US TO:

- Handle all enquiries in a friendly, professional and timely manner
- Give you comprehensive details of our online sessions and the online platform used
- Respect diversity and individuality
- Promote a safe, inclusive and friendly learning environment in which everyone is treated with dignity and respect
- Focus on education and learning as opposed to treatment and therapy
- Allow opportunities to provide feedback about the College that will be used in future course development
- Explain the safety policies and procedures of any venue where training is delivered
- Provide courses that are evidence based, co-produced and developed around the concepts of Hope, Opportunity and Control
- Validate all contributions made throughout sessions

WE EXPECT YOU TO:

- Provide us with the information required to enrol you at the College
- Feel no pressure to disclose anything in relation to personal or professional life
- Attend courses punctually and let us know if you are running late, or can no longer attend
- Respect others who attend the sessions
- Not behave in any way that may be considered threatening or disruptive or is likely to upset other students or staff
- Take personal responsibility in contributing to a safe, and comfortable learning environment – including refraining from the use of alcohol, un-prescribed medication or illegal substances
- Understand the Recovery College exists as a place of learning; not as a therapy or treatment centre
- Treat public venues with respect and adhere to their policies and procedures
- Respect diversity and individuality – we are all different

TIPS FROM STUDENTS FOR ATTENDING SESSIONS

- Be prepared. If learning online, please refer to the Quick Guide provided upon registration. Download the app in advance of starting the session as it can take some time to get on if you haven't used this platform before.
- If you haven't received your codes for online learning the day before, please contact the office
- If learning online, complete sessions in a space free from distractions and bring any refreshments with you so you don't have to miss any of the session
- Online sessions remain on mute as this will eliminate any background noise and will not disturb others from hearing the trainers
- Bring a pen and paper to any sessions for taking notes
- If you think you are running late or are unable to attend, please contact the Recovery College as soon as possible
- If you want to know any more information about the sessions, contact the Recovery College and the staff will be more than happy to help with any queries you may have
- If another person wishes to attend alongside you, please ensure they have registered with the College the same as other students have
- Tea/coffee will be provided at community courses, but please feel free to bring other soft refreshments if you wish
- If you have any questions after the courses you would like answered, contact the Recovery College and they will be happy to assist



Northern Health
and Social Care Trust



Northern Trust Recovery College Registration Form

Protecting and Using Your Information

Personal information that we process about you is governed by the Data Protection Act 2018 and the General Data Protection Regulation (GDPR). Further information can be found on page 9.

There is no limit on the number of workshops you wish to register for!

Please post your completed form to:

The Recovery College, Carrick 3, 60 Steeple Road, Antrim, BT41 2RJ

Or email all the details to: recovery.college@northerntrust.hscni.net

You can register online via

<https://mentalhealthrecoverystories.hscni.net/recovery-college-registration-form/>

Or you can ring us on 028 9441 3449 and register over the phone.

If you ring and get our answering service, please leave us your name and number and a brief message and we will get back to you as soon as possible.

MAILING LISTS

- If you do not wish to be added to our mailing list for future prospectus/timetables for this academic year, please tick
- If you do not wish to be contacted with further information or courses relating to those you have attended, please tick
- Would you like to be added to our mailing list for prospectus after the academic year? Please tick

PERSONAL AND CONTACT DETAILS

Full Name			
Date of Birth	___/___/___	Gender	Male <input type="checkbox"/> Female <input type="checkbox"/> Non - specified <input type="checkbox"/>
Address	Post code:		
Landline No		Mobile No	
Email address			
Preferred method to receive codes for online sessions	Email <input type="checkbox"/> Text <input type="checkbox"/> Both <input type="checkbox"/>		
CONTACT DETAILS IN CASE OF EMERGENCY			
Name		Number	

THE FOLLOWING ARE USED FOR MONITORING PURPOSES ONLY

Are you a returning student?	Yes <input type="checkbox"/> No <input type="checkbox"/>		
Are you registering to support someone on the course?	Yes <input type="checkbox"/> No <input type="checkbox"/>		
Please Tell Us Whether You Are (Tick All That Apply):			
Person with lived experience <input type="checkbox"/>	NHSCT Staff <input type="checkbox"/>	Other HSCNI Staff <input type="checkbox"/>	
Health Professional <input type="checkbox"/>	Public Sector Staff (Civil Servant, Fire Service etc.) <input type="checkbox"/>		
Private Sector Staff <input type="checkbox"/>	Community/Voluntary Staff <input type="checkbox"/>	Carer <input type="checkbox"/>	
Retired <input type="checkbox"/>	Student <input type="checkbox"/>	Unemployed <input type="checkbox"/>	
How Did You Hear About The Recovery College?			
Key Worker <input type="checkbox"/>	GP <input type="checkbox"/>	Facebook/Social Media <input type="checkbox"/>	
Search Engine <input type="checkbox"/>	Health Fair <input type="checkbox"/>	Word of mouth <input type="checkbox"/>	
Trust Intranet/Broadcast Email <input type="checkbox"/>	Other _____		

Course 1	
Date(s)	
Venue	
Course 2	
Date(s)	
Venue	
Course 3	
Date(s)	
Venue	
Course 4	
Date(s)	
Venue	
Course 5	
Date(s)	
Venue	

Please continue on a separate sheet if you wish to register for more than 5 courses

Please outline in brief, any difficulties which may make it hard for you to attend or fully benefit from any courses you have registered for. This could connect to mental health learning difficulties or a disability issue (including reading and writing).

IMPORTANT INFORMATION

Please be advised all venues, dates and times are subject to change. Please ensure you have provided us with a current contact number so we can notify you of any changes that may occur

CANCELLING A COURSE

If you have registered and can no longer attend a course, please contact us as soon as possible to cancel. You can contact us via telephone or email.

For official use only

Current student Student number _____ Added to Student Database
Added to Courses database Confirmation letter complete

FREQUENTLY ASKED QUESTIONS

- Q** Who can attend Recovery College courses?
A Our courses are open to anyone aged 16+. We do not take referrals; it is self-registration. Courses are open to everyone including staff, carer's, and anyone from the general public
- Q** Where will the course(s) be held?
A We hope to be able to provide online and community courses.
- Q** How much do courses cost?
A The courses are all free, but you must register before attending.
- Q** Can I register over the phone?
A Yes. To register over the telephone, we will require the following details: Name, date of birth, address and postcode, contact number and an emergency contact.
- Q** Can someone attend with me?
A Yes, anyone can attend our courses, over the age of 16. Even if someone is coming to support you, but they must register also and will be involved in the course the same as other students.
- Q** What if I can no longer attend a course I have booked?
A Contact the Recovery College as soon as possible. Our courses have waiting lists and if you can no longer attend these can be offered to those on the lists.
- Q** What happens on a course?
A Our courses are friendly, informative, and enjoyable. They are delivered by trainers who have lived and learned experience. Our trainers will share elements of their own recovery stories throughout each session.
- Q** Will I get paid travel expenses?
A No. We do not pay travel expenses, and we are unable to provide a transport service to/from our courses.



STUDENT'S LEARNING JOURNEY

Sometimes it is difficult to know what courses to do and in what order. We have included a plan within this prospectus that may be helpful for you when choosing your sessions. We have categorised each course into one of the following: 'Starting off', 'Developing my Knowledge and Wellbeing', 'Living with/Understanding' and 'Tools to Support Wellbeing'. This may be useful when deciding which order to complete courses. It is important to note that you do not have to follow this plan. YOU can choose to do the courses that are important to you in ANY order you wish.

STARTING OFF with the College

This is a group of sessions that may be useful for anyone beginning their learning with the College. They are designed to assist your understanding of recovery as you move through your own recovery journey.

DEVELOPING my Knowledge and Wellbeing

This is a group of sessions designed to increase knowledge on a number of mental health and general wellbeing topics, exploring tools that may support ourselves or others in their recovery journey.

GOING FORWARD - Tools to support wellbeing

These sessions are designed to consider the value of your recovery story and how you may develop skills/tools to further support both yourself and others.

LIVING with/ UNDERSTANDING

These are a number of sessions designed to increase our knowledge in relation to specific conditions. They acknowledge individual experience, exploring the different aspects of support and self-management.

4

3

2

1



GRADUATION

All students are invited to the end of year graduation on the completion of 4 or more sessions up to the end of May in the academic year



STARTING OFF with the College

Title: **Introduction to the Recovery College**

Overview: This short session will give an overview of the Recovery College, and what we do.

Title: **Let's talk about Hope**

Overview: Hope is one of our key Recovery Concepts here in the College. Difficult to define, but so important for our personal Recovery Journey. Throughout this workshop we will explore the term hope, what it means, and the individual things that may give us hope. This session will also explore ways in which to find or nurture hope when we are not feeling so hopeful.

Title: **Let's talk about Recovery**

Overview: In this workshop we aim to provide an opportunity for you to explore your own recovery journey, different definitions of recovery and what it means to stay well. We believe every person is valuable, regardless of what they are going through, that recovery is very much possible and we are all moving forward on a journey of recovery.

Title: **Exploring Recovery**

Overview: This session is an amalgamation of Introduction to the Recovery College and Let's talk about Recovery delivered in a community session.

Title: **Coffee & Connect**

Overview: The Coffee & Connect sessions allow us to interact with College Trainers and fellow students in a fun and relaxed way. We share positive stories and tips on how we support ourselves and our own wellness, along with some general chit chat and coffee (or tea)! This session isn't counted towards graduation.

Title: **No More Labels**

Overview: Labels are for jars not for people..... How many times have we felt judged or labelled? How many times have we judged or labelled ourselves or others due to mental health or general well-being? If being honest, this is something we have all been guilty of. Throughout this course we will explore what it means to be labelled, the negative effects of stigma/labelling (both from self and others) and discover a number of helpful tools/tips that may support us in reducing stigma and its effects on us as individuals.



DEVELOPING my knowledge on wellbeing

Title: **Building Resilience**

Overview: Life is full of challenges, however developing resilience may help us manage these challenges more effectively. This course will allow us to explore ways to build our personal resilience and develop skills.

Title: **Sleep**

Overview: This course will provide information about the common causes of sleep difficulties. We will also look at how much sleep we need and explore some practical ways which may help overcome our sleeping problems.

Title: **Feeling Comfortable in my own Skin**

Overview: This course will explore positive and negative body image and what factors can influence how we feel about ourselves. We will explore options and choices that we can make to create a positive body image, empowering us to value ourselves and our uniqueness.

Title: **Self-Care**

Overview: Self-care is a general term that describes everything we do deliberately for ourselves. Self-care is something many may struggle with due to other responsibilities in life, and we often forget to take care of our own personal needs. This course allows us to focus on our own wellbeing reminding us we are important too.

Title: **Let's talk about Loneliness**

Overview: Loneliness is a human emotion that is complex and unique to every individual. It is often difficult to identify a single reason for loneliness, which makes its management even more difficult. In this workshop we will look at what it means to be lonely, some of the factors that can contribute to this feeling and some tips to manage our loneliness.

Title: **Being Mindful Everyday**

Overview: This course will introduce you to ways in which we can be more mindful every day. We will explore the importance of 'listening to ourselves' and being present in all that we do.



DEVELOPING my knowledge on wellbeing

Title: **Self-Care at Christmas**

Overview: Self-care is the general term we use to describe all that we intentionally do to look after ourselves and support our mental and physical well-being. Self-care can be something we neglect particularly during stressful/busy periods such as Christmas time. This course allows us to explore some of the barriers to practising self-care at Christmas. Together we will develop plans to include self-care as part of our Christmas routines, whilst reminding ourselves that we too are important.

Title: **5 Ways to Wellbeing**

Overview: Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well. There are five simple steps to help maintain and improve your wellbeing. This workshop will hopefully give you ideas on ways to build these five steps into your life.

Title: **What is WRAP?**

Overview: This session gives an overview of what the WRAP course is, and what you can expect on the 2 day course.

Title: **Managing Stress**

Overview: This short workshop will look at the causes of stress and discuss simple techniques which may help to manage stress.

Title: **Looking after myself while caring for others**

Overview: Often we have many roles & responsibilities that can result in us being so busy we can forget to take care off ourselves and our own wellbeing. This workshop will allow us to explore those roles, focusing on the role of a carer and the various demands and rewards attached to this role. We will explore different ways to obtain support and focus on the importance of self-care in order to benefit our overall wellbeing.

Title: **Gratitude**

Overview: The act of gratitude or being grateful is often much more simple when life is going well. When things are good gratitude flows naturally. When facing some of life's more challenging times ,gratitude feels much more difficult. During this session we will explore the meaning of gratitude, the many benefits associated with practicing gratitude and how when faced with very difficult times, there are simple ways in which we can continue to practice gratitude to benefit our overall health and well-being.



LIVING with/UNDERSTANDING

Title: **An introduction to Anxiety**

Overview: This introductory course will provide information about anxiety. It will explore common symptoms of anxiety, and highlight ways that may help manage these. We will also guide you through an optional short relaxation exercise.

Title: **Managing Persistent Fatigue**

Overview: This course is aimed at individuals who are experiencing persistent fatigue for known or unknown reasons. The aims are to help individuals to understand the factors that can contribute to persistent fatigue, and develop fatigue management strategies that can be used day to day.

Title: **An introduction to Depression**

Overview: Depression goes beyond feelings of sadness or unhappiness and can deeply disrupt how we think, feel and live our daily lives. This introductory course explores how depression can impact on individuals in many different ways.

Title: **Autism Spectrum Disorder**

Overview: Sometimes people with Autism struggle to make sense of their feelings and the feelings of others. In this introductory course we will discuss helpful ways to recognise and manage emotions for adults living with Autism.

Title: **An introduction to Personality Disorder**

Overview: This short workshop/introduction gives us an insight into Personality Disorder, challenging some of the misconceptions we may hold.



GOING FORWARD tools to support wellbeing

Title: **Mindful Self-Compassion**

Overview: Mindful Self-Compassion is the process of combining mindfulness alongside practicing self-compassion. This course encourages students to respond to difficult moments in their lives with self-kindness, mindful awareness, and an understanding that life can, at times, be challenging for us all.

Title: **Assertiveness**

Overview: This workshop will help students discover our inner strengths which will help us become more assertive when expressing our views. We will be better equipped to have our voices heard and in turn aid our recovery journey.

Title: **The Well Read Project**

Overview: This 10 week course is delivered in conjunction with 'Prime Cut Productions'. Over the course of these 10 weeks students will read scripts/plays and each participant will be allocated a character's lines to read. At the end of each week the students and facilitators will discuss the section of the script/play read.

Title: **WRAP (Wellness Recovery Action Planning)**

Overview: Wellness Recovery Action Planning is for anyone who wants to create positive changes in the way they feel, to help make changes in their life and increase their enjoyment of life. WRAP will help you deal with uncomfortable feelings, to find and

maintain hope, to have choices and to build on existing strengths and abilities.

Title: **Scribing for Wellness**

Overview: This workshop aims to inspire and encourage creativity and offers an opportunity for self-reflection, in a supportive and non-judgmental environment.

Title: **Arts & Crafts for Wellness**

Overview: Students will be introduced to how arts and crafts activities can support our wellness, and learn new skills.

Title: **Healthy Me**

Overview: This course is designed for adults hoping to change their attitudes towards food and exercise to maintain a healthier lifestyle in the future. We will look at key areas such as the 'Eatwell Guide', and portion control. We will also explore ways in which you can increase physical activities throughout your day.

Title: **Gardening for growth**

Overview: These practical based sessions will give us the opportunity to be involved with the planting, nurturing and growing of a variety of different plants and vegetables. Throughout the course we will learn a number of practical skills alongside making comparisons between the needs of these plants, and our essential needs as human beings.

Courses we hope to develop this academic year

An introduction to PTSD

Budgeting

Wellness post covid

Music for wellbeing

Mental health first aid

An introduction to persistent pain



OVERVIEW OF ACADEMIC YEAR

SEPTEMBER

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

30 31

NOVEMBER

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

MARCH

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

MAY

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

CLOSED

NEW TIME TABLE STARTS

GRADUATION JUNE / JULY

FEEDBACK FROM STUDENTS ATTENDING OUR COURSES



Nice to know that my experience isn't just me, I'm not alone

Facilitators are very knowledgeable and it was clear to understand the information



My family were delighted to see that I gained such positivity from the course

Warm, welcoming, inclusive and valuing of different people opinions



Challenged me to reflect more on how I deal with situations and how I treat myself

We may not always have the same views, but we are all trying to get through challenges in our own ways



I have learned not to be ashamed of myself because I have a mental health illness

Useful discussions between facilitators and students



Education at The Recovery College

These workshops are all free and open to everyone (aged 16+), including service users, Trust staff, carer's, and those wishing to learn more about that particular subject.

Please contact the Recovery College to be added to our mailing list.

For more information please contact us on:



The Recovery College
Carrick 3
60 Steeple Road
Antrim
BT41 2RJ



028 9441 3449



Recovery.college@northerntrust.hscni.net



Find us on Facebook, search:
The Northern Trust Recovery College



www.mentalhealthrecoverystories.hscni.net