



Recovery College

# 2025/26 PROSPECTUS



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# WELCOME

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Welcome to our 2025/26 prospectus for the Northern Trust Recovery College.

This is an exciting year for us here in the College as it marks our 10 Year Anniversary as a Recovery College. Reflecting on how our College has grown and developed over the past decade, we want to take a moment to thank our students, both past and present for all your hard work and commitment, as without you the work we do would not be possible.

In the College we remain focused on growing and developing this service. We hope to introduce a number of new workshops both online and in the community, alongside existing courses that have been revamped/refreshed for this new academic year. We really hope and believe there is something for everyone! All our courses remain FREE to attend for anyone (16+) wanting to find out more about health and well-being.

Ten years on we continue to use the principle of Co-Production for everything we do within the College. This simply means that all courses/workshops have been developed by a range of individuals; peer trainers with their own lived experiences of mental health challenges alongside other staff who have clinical/professional experiences from personal work settings/professional backgrounds. All of these experiences are of equal importance

and together create courses that we believe are beneficial and meaningful for our students.

Our students come from all walks of life and prior to attending, all we ask is the brief registration process is completed. No referral is required to attend the College, instead individuals consider which courses may be of interest to them and simply self-register. Registration can be done via post, phone call, online or email. If you require any assistance with registration, please do not hesitate to contact the College and our admin team will be happy to help.

For a lot of us, attending a course can be quite daunting. Please be assured that anyone who attends a session either online or in the community will be made to feel very welcome. There is no expectation on anyone attending a workshop – you participate as much or as little as you feel comfortable.

Recovery is an individual journey – it's all about you! Here in the College, we recognise the importance of Hope, Opportunity and Control. Of making connections with others, sharing experiences, developing knowledge around the things that matter to us and enhancing our self-management skills with the support of others. All of these themes remain central to everything we do.

## A NOTE FROM THE TEAM.....

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So whether your goal is to get out and about more, to meet new people and learn from their experiences, or to learn more about yourself, a family member/friend or individuals you work alongside, we would really encourage you to give the College a go and begin your journey of self- discovery!

**Janice Gray**  
**Recovery College Manager**



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**THERE IS  
NO SUCH THING  
AS FAILURE,  
ONLY  
EXPERIENCES**



# WHO'S WHO IN THE RECOVERY COLLEGE



## COLLEGE MANAGER



Janice Gray

## ADMIN TEAM

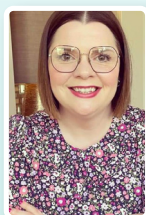


Stephanie  
Dempsey

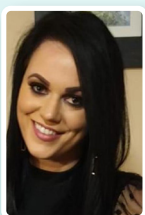


Lesley Rogers

## TRAINERS



Audrey  
Montgomery



Margarette  
O'Donnell



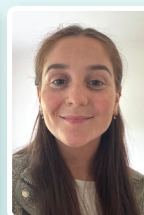
Gwen  
Blackwell



Paul  
McCarroll



Claire  
Stuart



Katie  
O'Hara

## Special Thanks

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

# WHAT IS A RECOVERY COLLEGE?

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Recovery Colleges are centres that run workshops specifically designed to increase awareness and understanding of recovery and what it means to each individual.

- 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, occupational therapists, social workers 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

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Courses can be found on pages 22 to 27. For courses running in community settings, venue details can be found on pages 30 & 31.

Page 28 gives an overview of the academic year and lists closures throughout the year.

The registration form on pages 15-18 can be pulled out and posted into the office.

## TIMETABLES

- Timetables are produced on a 2 monthly basis, with courses being delivered online and in community settings
- Timetables will be posted and/or emailed if you are on our mailing list
- Timetables can be accessed on our website, Facebook, or ring the office to obtain a copy
- Timetables advise the dates, times and venues for each of the courses

## HOW TO APPLY

- If you register online, you will be contacted by email, or told over the telephone if you have received a place on the course or are placed on the waiting list
- You will **also** receive a letter of confirmation along with any applicable course material and additional information
- You will receive a reminder email/text 1 week and 1 day prior to the course commencing
- If you can no longer attend any of the courses, please let us know asap

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](mailto:recovery.college@northerntrust.hscni.net)



Call us on 028 9441 3449 to complete registration over the phone



# PROTECTING AND USING YOUR INFORMATION

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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

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In mental health everybody has a different understanding of Recovery. However most would accept that Recovery **doesn't mean a total 'cure'** from symptoms. Instead it recognises the development of an individual's **coping strategies and self-management tools** to help deal with challenges as and when they arise. Here in the Recovery College one of the concepts we like to focus on is that of **HOPE**. Connecting with and developing this principle can be life changing, **and positively impact on an individual's journey**.

Recovery emphasizes that while people may not have 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](http://www.mentalhealth.org.uk)**

It is always encouraging to hear first-hand testimonies from those students that attended courses and report **significant improvement in managing their mental health** and well-being. We would encourage you to have a look at our prospectus, to identify sessions best suited to your needs, and to apply for either a community or online course.

# NORTHERN TRUST RECOVERY COLLEGE CHARTER

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## 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

## FREQUENTLY ASKED QUESTIONS

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- 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, carers, and anyone from the general public.
- Q** Where will the course(s) be held?
- A** Courses run online and in community settings.
- Q** How much do courses cost?
- A** The courses are all free, but you must register before attending.
- Q** How can I register?
- A** You can register by post, email, online and over the phone.
- 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.
- Q.** Where can I find timetables?
- A.** Timetables are produced every 2 months, they are shared with our mailing lists, online and on Facebook. You can also ring the office to obtain a copy.
- Q.** If my details change, what do I do?
- A.** If your information changes, please let us know as soon as possible as we have no access to your clinical files.

# HELPFUL TIPS FOR ATTENDING SESSIONS

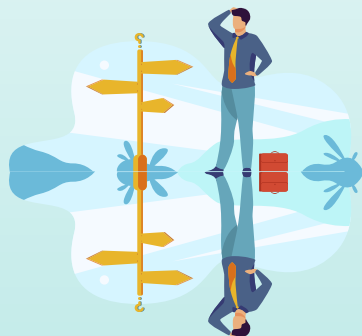
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## ONLINE

- Be prepared in advance – download the online platform. Use the user guide included with your registration pack to download.
- You will receive **codes** for courses prior to the day they are due. If you have not received them – **please contact the office.**
- Please **remain on mute** to help **eliminate background noise** and prevent disturbing others. There will be opportunities for conversations throughout the courses.
- Try to complete sessions in a **space free from distractions, whilst remaining comfortable.**
- **Bring refreshments** so you don't have to miss any of the session.
- Course presentations (where applicable) will be posted out prior to the course commencing for you to follow along with.
- Please display your name or let the trainers know your name to ensure we can mark your attendance, you can receive your certificate, and have the course counted towards the graduation.

## COMMUNITY

- When attending in the community you will receive a **pack on the day with everything you need** – pens, course slides, feedback form etc. **You do not need to bring anything**
- If you are running late – **please let us know**
- If you wish to be **accompanied** by someone, please **ensure they have registered** with the College as well.
- **Tea/coffee** will be provided – but please feel free to bring other refreshments **if you wish**





**ANNIVERSARY**  
CELEBRATION

**2025 MARKS 10 YEARS OF THE  
OFFICIAL LAUNCH OF THE  
RECOVERY COLLEGE.**

# Northern Trust Recovery College Registration Form



Northern Health  
and Social Care Trust



## 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 of the prospectus.

There is no limit on the number of workshops you can 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](mailto:recovery.college@northerntrust.hscni.net)

You can register online via

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

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

## MAILING LIST

Do you wish to be added to our mailing list for Aug 2025 - July 2026 to receive our prospectus/timetables and further Recovery College information for this academic year.

Please select: Yes ☐ No ☐

\*If you no longer wish to receive updates from ourselves, please contact us.

# Northern Trust Recovery College Registration Form

PERSONAL AND CONTACT DETAILS			
Full Name			
Date of Birth	–	Gender	Male <input type="checkbox"/> Female <input type="checkbox"/> Non - specified <input type="checkbox"/>
Address			
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? (Tick All That Apply)			
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 _____	



# Northern Trust Recovery College Registration Form

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*

# Northern Trust Recovery College Registration Form

Please outline in brief, any difficulty 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).

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## 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 ☐



## GRADUATION 2024/25

On 24 June 2025 the College hosted their annual Graduation in the Adair Arms Hotel in Ballymena. Students who completed 4 or more courses were invited along to celebrate on the day. Our theme for the day was 'Growth' which saw students creating their own plant pots to take home at the end of the day. Some students even had the opportunity to get involved with a new drumming activity which will be delivered in this academic year.

We look forward to the next Graduation in June 2026.



# 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.

## 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.

## 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.

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## **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.





# 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.

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## Title: **Exploring Recovery**

Overview: In this workshop we aim to provide an opportunity to understand the concept of recovery, and what it means to you as an individual. We look at the importance of our unique journey and the steps we can take to ensure we stay as well as possible.

---

## Title: **Living life with Purpose**

Overview: Have you ever reflected on a missed opportunity, or perhaps a poor decision?

This course helps encourage us to be in tune with what's going on in our lives. We look at the importance of being 'intentional' with our actions, making the most of situations and staying connected to what's important.

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## 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? 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.

---

## Title: **A Mindful Stroll**

Overview: This informal 3 week course gives students the opportunity to connect with others and appreciate nature. You will hopefully develop some tools to encourage you how to be mindful at the same time as enjoying a leisurely stroll with others. We finish each session with a cuppa and connect with each other.

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## 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.

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### Title: **Let's talk about 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.

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### Title: **CHIME**

Overview: This course identifies 5 key components which are central to recovery for us as individuals. We use an approach called CHIME which stands for Connection, Hope, Identity, Meaning and Empowerment. This is a good introduction to the theme of recovery and challenges us to make positive change.

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### 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: **Self-esteem**

Overview: In this two-week course we will explore what self-esteem is and how it impacts our lives on a daily basis. We look at why self-esteem is important, how to challenge our inner voice when it speaks negatively towards us and provide you with a range of strategies to build self-esteem.

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### 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.

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## 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.

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### Title: **What is WRAP? (Wellness Recovery Action Planning)**

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

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### Title: **Managing Stress**

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

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### 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 of 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.



## 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.





## LIVING with/UNDERSTANDING

### 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.

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### 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, and ways to manage this.

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### 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.

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### 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.

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### Title: **An Introduction to PTSD (post-traumatic stress disorder)**

Overview: This course invites us to gain a better knowledge and understanding of what Post Traumatic Stress Disorder (PTSD) is and techniques we can use to help manage symptoms of this. Delivered by individuals with lived experience and professionals, we can identify many coping strategies that may help individuals, carers and professionals support themselves or those with PTSD.

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### Title: **An Introduction to Perfectionism**

Overview: Perfectionism can allow us to aim high and achieve great things, however, sometimes it may be problematic for us. This workshop will help you to explore the topic of perfectionism and aim to give you tools and tips for living with and managing perfectionism.

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### Title: **An introduction to Persistent Pain**

Overview: Pain, especially when persistent, can significantly impact our daily lives. This introductory course reflects on the effect that persistent pain has on us and begins to explore some self-management techniques.



## 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.

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### 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.

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### Title: **The Well Read Project**

Overview: This course is delivered in conjunction with 'Prime Cut Productions'. Over the course 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.

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

Overview: WRAP (Wellness Recovery Action Planning) is a recovery programme developed by a lady Mary Ellen Copeland alongside other peers. The WRAP workshop can support individuals to create personal WRAP plans that may help deal with uncomfortable feelings, find and maintain hope, explore the choices available to us and build on our existing strengths. This is a 16-hour programme that will be delivered over 2 full days or 4 half days. Previous College students have noted the 'Intro to WRAP' session to have been useful, prior to completing the 16 hour programme.

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### Title: **Arts & Crafts for Wellness**

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

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### Title: **Mental Health First Aid**

Overview: This specialist course has been devised to increase the knowledge and confidence of participants, to enable them to provide first aid and support for people experiencing mental health problems at home and at work. Developing skills, and motivation in offering help to those with symptoms of mental illness, and mental health challenges.

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### Title: **Creative writing**

Overview: This course gives us an opportunity to find out what Creative writing is and the benefits associated with this in terms of our well-being. Creative writing offers many strategies and techniques to begin our Creative Writing journey, with many writing prompts to help get us started and keep our writing journey going. A light hearted enjoyable course.

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### Title: **Drumming for Wellness**

Overview: In this 3-week workshop we will look at the benefits of drumming and have practical sessions using the equipment.

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## Courses we hope to deliver

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We hope to deliver some of the following new courses this academic year:

- Benefits of Volunteering
- Perinatal Mental Health Awareness
- Think Family/Parenting

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.



# OVERVIEW OF ACADEMIC YEAR 2025/26

SEPTEMBER							OCTOBER							NOVEMBER							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
1	2	3	4	5	6	7			1	2	3	4	5						1	2	
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	
29	30						27	28	29	30	31			24	25	26	27	28	29	30	
DECEMBER							JANUARY							FEBRUARY							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
1	2	3	4	5	6	7				1	2	3	4							1	
8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22	
29	30	31					26	27	28	29	30	31		23	24	25	26	27	28		
MARCH							APRIL							MAY							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
						1			1	2	3	4	5					1	2	3	
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	
16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	
30	31																				
JUNE																					
M	T	W	T	F	S	S															
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15	16	17	18	19	20	21															
22	23	24	25	26	27	28															
29	30																				
COLLEGE CLOSED NEW TIME TABLE STARTS GRADUATION WILL BE HELD IN JUNE 2026																					

## FEEDBACK FROM STUDENTS AND TRAINERS



“Joining the Recovery College was an unknown for me, but the team welcomed me from day one. It’s a supportive place where you can be yourself, with no pressure to participate. You can jump in and get involved or just sit and listen—the support is there either way!

For me, the Recovery College isn’t just a place to learn — it’s a place to belong. From the moment you step through the door, you’re greeted like an old friend. You’re made to feel welcome, seen, and valued. At the Recovery College every story matters and every person belongs.”

“The Recovery College ensures you never walk away empty-handed. Every time you attend, new people bring new stories, new journeys, fresh ideas, and different perspectives and a new way to grow. It’s this shared experience that means a course is never the same twice, and you always take something new with you. It isn’t just about the courses; it’s about connection. It’s not just a college, it’s a community; a place where you’re always valued. It’s family. And I’m so grateful to be a part of it.”

“Recovery College — learning together, growing together.”

“Come for the learning, stay for the people.”

**Kerry Anne,**  
Recovery College Student



“My name is Paul, and I have been a Peer Trainer with the Recovery College since 2016.

Since then, I have co-facilitated many of the courses that the College provides to the community in various venues throughout the Northern Trust area. I have benefited from this experience in several ways, including making new friends, learning more about myself and my health conditions, and participated in helping many people improve their own lives and health conditions.

It has also been beneficial in boosting my confidence, self-esteem, and belief in myself. I can highly recommend the courses from personal experience in having taken a few as a student and also enjoy being a part of the College team.”

**Paul W**  
Sessional Peer Trainer

# RECOVERY COLLEGE COMMUNITY VENUE DETAILS

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## Antrim/Ballymena

Holiday Inn Express  
The Junction Shopping Complex  
Ballymena Road  
Antrim  
BT41 4LL

Antrim Castle Gardens  
Randalstown Road  
Antrim  
BT41 4LH

Adair Arms Hotel  
1-7 Ballymoney Road  
Ballymena  
BT43 5BS

Stiles Community Centre  
11 Fountain Hill  
Antrim  
BT41 1LZ

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## Magherafelt/ Cookstown

InVOLve House  
16 - 18 Queen Street  
Magherafelt  
BT45 6AB

The Terrace Hotel  
42 - 48 Church Street  
Magherafelt  
BT45 6AW

The Burnavon (Arts and Culture  
Centre)  
Burn Road  
Cookstown  
BT80 8DN

Cookstown Library  
13 Burn Road  
Cookstown  
BT80 8DJ

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# NOTES

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## Ballymoney/Coleraine

CRUN  
1 Brook Street  
Coleraine  
BT52 1EN

Vineyard Compassion  
Hope Centre  
10 Hillmans Way  
Ballycastle Road  
Coleraine  
BT52 2ED

Balnamore Community Centre  
59 Balnamore Road  
Balnamore  
Ballymoney  
BT53 7PU

Ballymoney Town Hall  
1 Townhead Street  
Ballymoney  
BT53 6BE

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## Larne/Carrick/ Newtownabbey

Larne Leisure Centre  
28 Tower Road  
Larne  
BT40 1AB

Sandy Bay Pavilion  
15 Tower Road  
Larne  
BT40 1AB

Larne Library  
36 Pound Street  
Larne  
BT40 1SQ

Carrickfergus Library  
2 Joymount  
Carrickfergus  
BT38 7DQ

Ballyclare Presbyterian Church  
2 Foundry Lane  
Ballyclare  
BT39 9BQ

Corrs Corner Hotel  
315 Ballyclare Road  
Newtownabbey  
BT36 4TQ

Lilian Bland Pavilion  
30a Carnmoney Road  
Glengormley  
Newtownabbey  
BT36 6HW

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## Education at The Recovery College

These workshops are all free and open to everyone (aged 16+), including service users, Trust staff, carers, and those wishing to learn more about health and wellbeing.

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](mailto:Recovery.college@northerntrust.hscni.net)



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



[www.mentalhealthrecoverystories.hscni.net](http://www.mentalhealthrecoverystories.hscni.net)



**REGISTRATION  
FORM**



**COLLEGE  
WEBSITE**