



Recovery College Courses - Kingston, Richmond, Sutton & Merton, Wandsworth

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR	
Understanding Psychosis <i>(Intro)</i>	Tue 17 May	1.30pm - 4pm 1 Session	Holy Trinity Church Wallington	ALL	
	Mon 20 Jun	1.30pm - 4pm 1 Session	Recovery College Wandsworth		
Understanding Self Harm <i>(Intro)</i>	Tue 14 Jun	1.30pm - 4pm 1 Session	Holy Trinity Church Wallington		
Understanding Stress & Anxiety <i>(Intro)</i>	Mon 9 May	1.30pm - 4pm 2 Sessions	Recovery College Wandsworth		
	Mon 6 Jun	1.30pm - 4pm 2 Sessions	Online MS Teams		
	Thur 9 Jun	1.30pm - 4pm 2 Sessions	Hillcroft College Surbiton		
	Tue 5 July	1.30pm - 4pm 2 Sessions	Holy Trinity Church Wallington		
Navigating Support Services <i>(FFC)</i>	Thur 9 Jun	10.30am - 12.30pm 1 Session	Online MS Teams		Family, Friends & Carers
	Wed 13 July	12.30pm - 2.30pm 1 Session	Online MS Teams		
Planning for Wellbeing <i>(FFC)</i>	Thur 26 May	10.30am - 12.30pm 1 Session	Online MS Teams		
	Wed 29 Jun	12.30pm - 2.30pm 1 Session	Online MS Teams		
Responding to Extremes <i>(FFC)</i>	Thur 19 May	10.30am - 12.30pm 1 Session	Online MS Teams		
	Wed 22 Jun	12.30pm - 2.30pm 1 Session	Online MS Teams		
What is Recovery <i>(FFC)</i>	Thur 12 May	10.30am - 12.30pm 1 Session	Online MS Teams		
	Wed 15 Jun	12.30pm - 2.30pm 1 Session	Online MS Teams		
Your Role in Recovery <i>(FFC)</i>	Thur 5 May	10.30am - 12.30pm 1 Session	Online MS Teams		
	Wed 8 Jun	12.30pm - 2.30pm 1 Session	Online MS Teams		

Venues and Addresses

Christ Church St Philip
Ruskin Drive, Worcester Park, KT4 8LG

The Maddison Centre
140 Church Road, Teddington, Middlesex, TW11 8QL

Holy Trinity Church
Maldon Road, Wallington, SM6 8BL

Tolworth Hospital
Red Lion Road, Surbiton, KT6 7QU

Hillcroft College
South Bank, Surbiton, KT6 6DF

Vestry Hall, London Road
Mitcham, Surrey, CR4 3UD

Jubilee East Health Centre
6 Stanley Park Road, Wallington, Surrey, SM6 0HA

Recovery College
Building 32, Springfield Hospital,
61 Glenburnie Road, Tooting, SW17 7DJ

Booking your place

To attend any of the courses across the boroughs, you will first need to register with us. A registration form can be found on the Recovery College page on the website of the South West London Mental Health NHS Trust:

www.swlstg-tr.nhs.uk or it can be sent to you via email, post or you can come to the Recovery College, Building 28, Springfield Hospital.

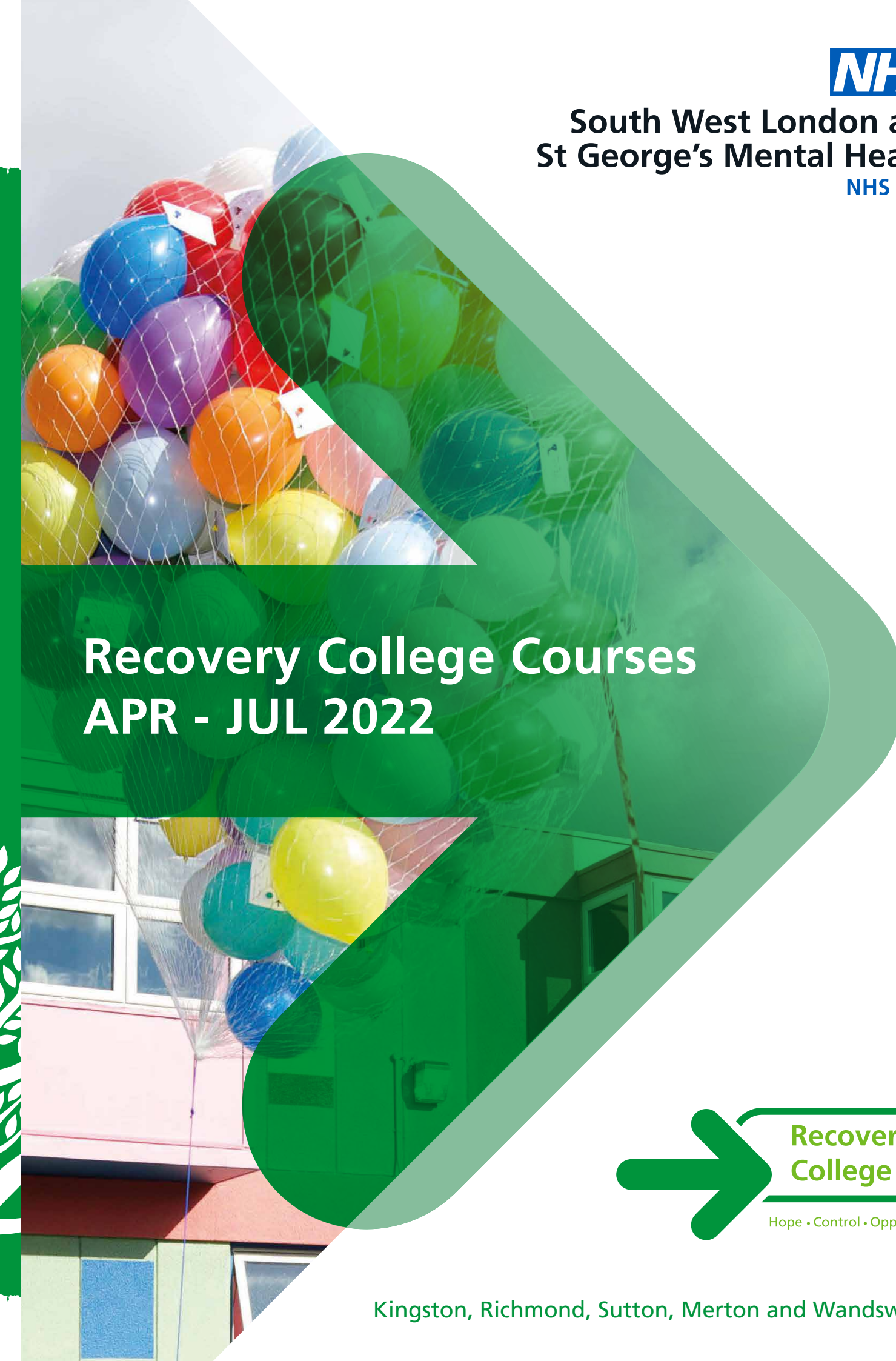
After registering, you can book a place on any of the courses by telephone, email or come in and see us at the Recovery College.

If you are unable to attend a course, please let us know so your place can be made available to someone else.

To register or find out more
Tel: 020 3513 5818 Email: recoverycollege@swlstg.nhs.uk

Connect with us @swlstg

If you would like this booklet in another language, Braille, easy-read, large print or audio, contact 020 3513 6006
www.swlstg-tr.nhs.uk
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Springfield University Hospital, 61 Glenburnie Road, London, SW17 7DJ



Recovery College Courses APR - JUL 2022



Kingston, Richmond, Sutton, Merton and Wandsworth

Recovery is different for everyone

It is a very personal journey of rebuilding your life by understanding what has happened and preparing for your future challenges. It takes time, commitment and support and we offer all of these at the college.

Join our community: For all the latest news



Welcome to the Recovery College

In line with COVID-19 guidelines there are a few changes to our normal way of working that you'll need to be aware of:

- **Classes will be smaller than normal to allow for the latest government advice on social distancing**
- **Students will be asked to wear face coverings during class.** (We appreciate that for some this may cause some anxiety, so we encourage you to discuss this with one of our trainers when you book)
- **Sessions will be shorter to avoid students being overwhelmed by our standard 3 hour sessions after being out of the classroom for a while**
- **Sessions will continue to focus on key topics, but will be less structured to give students plenty of time to discuss any issues that have cropped up around Covid-19.**

This is not an exhaustive list, as we anticipate government guidance to change during the term. This may mean changes to our timetable at short notice, but we'll do everything we can to keep you informed as we go.

Not ready to return to classes? Why not consider our E Learning Hub and Webinars available via the website www.swlstg.nhs.uk/about-our-courses/e-learning.

(F) = Foundation | (Intro) = Introductory | (Inter) = Intermediate | (Adv) = Advance | (FFC) = Family, Friends & Carers

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Building Meaningful Connections <i>(Inter)</i>	Tue 3 May	1.30pm - 4pm 2 Sessions	Holy Trinity Church Wallington	ALL
	Wed 22 Jun	1.30pm - 4pm 2 Sessions	Online MS Teams	
Developing Self Awareness <i>(Inter)</i>	Wed 27 Apr	1.30pm - 4pm 1 Session	Vestry Hall Mitcham	
	Thur 28 Apr	1.30pm - 4pm 1 Session	Hillcroft College Surbiton	
	Tue 3 May	1.30pm - 4pm 1 Session	Recovery College Wandsworth	
Developing Self Compassion <i>(Inter)</i>	Tue 26 Apr	1.30pm - 4pm 1 Session	Holy Trinity Church Wallington	
	Wed 11 May	1.30pm - 4pm 1 Session	Maddison Centre Teddington	
	Thur 16 Jun	10am - 12.30pm 1 Session	Recovery College Wandsworth	
Discovering Spirituality <i>(Inter)</i>	Tue 24 May	1.30pm - 4pm 3 Sessions	Holy Trinity Church Wallington	
	Wed 25 May	1.30pm - 4pm 3 Sessions	Maddison Centre Teddington	
Effective Communication Through Assertiveness <i>(Adv)</i>	Tue 14 Jun	1.30pm - 4pm 6 Sessions	Recovery College Wandsworth	
	Wed 15 Jun	1.30pm - 4pm 6 Sessions	Maddison Centre Teddington	
Five Ways to Wellbeing <i>(F)</i>	Wed 4 May	1.30pm - 4pm 3 Sessions	Vestry Hall Mitcham	
	Thur 5 May	10am - 12.30pm 3 Sessions	Hillcroft College Surbiton	

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Five Ways to Wellbeing <i>(F)</i>	Thur 12 May	10am - 12.30pm 3 Sessions	Recovery College Wandsworth	ALL
	Tue 28 Jun	10am - 12.30pm 3 Sessions	Online MS Teams	
Introduction to Mindfulness <i>(Inter)</i>	Tue 3 May	1.30pm - 4pm 6 Sessions	Tolworth Hospital (Rm 14, Acacia Unit)	
	Wed 22 Jun	1.30pm - 4pm 6 Sessions	Recovery College Wandsworth	
Introduction to Recovery <i>(F)</i>	Tue 26 Apr	10am - 12.30pm 1 Session	Holy Trinity Church Wallington	
	Wed 27 Apr	10am - 12.30pm 1 Session	Maddison Centre Teddington	
	Thur 5 May	1.30pm - 4pm 1 Session	Recovery College Wandsworth	
	Mon 9 May	1.30pm - 4pm 1 Session	Online MS Teams	
Introduction to Relaxation & Meditation <i>(Intro)</i>	Wed 11 May	10am - 12.30pm 6 Sessions	Online MS Teams	
Journaling for Self Development <i>(Inter)</i>	Tue 26 Apr	10am - 12.30pm 6 Sessions	Online MS Teams	
	Wed 22 Jun	1.30pm - 4pm 6 Sessions	Vestry Hall Mitcham	
Living Beyond Depression & Low Mood <i>(Inter)</i>	Wed 18 May	10am - 12.30pm 5 Sessions	Vestry Hall Mitcham	
	Thur 9 Jun	10am - 12.30pm 5 Sessions	Hillcroft College Surbiton	
Managing Psychosis <i>(Inter)</i>	Tue 24 May	10am - 12.30pm 5 Sessions	Holy Trinity Church Wallington	
	Mon 27 Jun	1.30pm - 4pm 5 Sessions	Recovery College Wandsworth	
Managing Sleep Problems <i>(Inter)</i>	Wed 4 May	10am - 12.30pm 2 Sessions	Vestry Hall Mitcham	
	Thur 14 July	10am - 12.30pm 2 Sessions	Hillcroft College Surbiton	
	Tue 19 July	10am - 12.30pm 2 Sessions	Online MS Teams	
Rebuilding Your Confidence <i>(Inter)</i>	Wed 8 Jun	10am - 12.30pm 2 Sessions	Maddison Centre Teddington	
	Wed 20 July	10am - 12.30pm 2 Sessions	Recovery College Wandsworth	
	Wed 20 July	10am - 12.30pm 2 Sessions	Vestry Hall Mitcham	

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Reclaiming Your Life - a future without abuse <i>(Adv)</i>	Mon 13 Jun	1.30pm - 4pm 6 Sessions	Online MS Teams	Female Service Users Only
Taking Back Control 1 - Building Resilience <i>(F)</i>	Tue 3 May	10am - 12.30pm 3 Sessions	Holy Trinity Church Wallington	ALL
	Thur 12 May	1.30pm - 4pm 3 Sessions	Hillcroft College Surbiton	
	Wed 18 May	10am - 12.30pm 3 Sessions	Maddison Centre Teddington	
	Wed 25 May	1.30pm - 4pm 3 Sessions	Vestry Hall Mitcham	
	Mon 30 May	1.30pm - 4pm 3 Sessions	Recovery College Wandsworth	
Taking Back Control 2 - Building Awareness <i>(Inter)</i>	Thur 23 Jun	1.30pm - 4pm 3 Sessions	Hillcroft College Surbiton	
	Tue 28 Jun	10am - 12.30pm 3 Sessions	Holy Trinity Church Wallington	
	Wed 29 Jun	10am - 12.30pm 3 Sessions	Vestry Hall Mitcham	
Toolkits & Routines for Recovery <i>(Intro)</i>	Thur 28 Apr	10am - 12.30pm 1 Session	Hillcroft College Surbiton	
	Wed 18 May	1.30pm - 4pm 1 Session	Maddison Centre Teddington	
Understanding Bipolar Disorder <i>(Intro)</i>	Wed 13 July	10am - 12.30pm 1 Session	Online MS Teams	
Understanding Depression <i>(Intro)</i>	Wed 27 Apr	10am - 12.30pm 1 Session	Vestry Hall Mitcham	
	Thur 26 May	10am - 12.30pm 1 Session	Hillcroft College Surbiton	
Understanding Emotions <i>(Intro)</i>	Wed 4 May	10am - 12.30pm 2 Sessions	Maddison Centre Teddington	
	Tue 21 Jun	1.30pm - 4pm 2 Sessions	Holy Trinity Church Wallington	
Understanding Hoarding <i>(Intro)</i>	Wed 22 Jun	10am - 12.30pm 1 Session	Vestry Hall Mitcham	
	Mon 4 July	1.30pm - 4pm 1 Session	Online MS Teams	
Understanding Personality Disorder <i>(Intro)</i>	Wed 4 May	1.30pm - 4pm 1 Session	Maddison Centre Teddington	
	Wed 15 Jun	1.30pm - 4pm 1 Session	Vestry Hall Mitcham	