RECOVERY COLLEGE
EMPOWERMENT THROUGH EDUCATION

SPRING 2015 PROSPECTUS
INTRODUCTION TO OUR NEW PROSPECTUS

Welcome to your local Recovery College. We are pleased to announce details of courses/workshops which will commence in March 2015.

For the first time short courses will now be offered in the Strabane area as well as Omagh. We hope to offer courses in other trust areas in the near future.

Our Recovery College continues to offer a range educational courses and workshops designed to promote well-being and Recovery.

Our courses aim to:

- help people recognise and develop their own personal resourcefulness and resilience
- become experts in their own self-care
- and work towards achieving their own goals and ambitions.

All our courses are co-designed and co-delivered by individuals with either extensive professional knowledge or knowledge through lived experience of mental health challenges.

Following the success of our Autumn courses we are now offering a combination of short courses and longer 4-6 week courses on a range of mental health issues.

COURSE REGISTRATION

Registration for courses is essential. Early registration is recommended as our courses are proving very popular and book up quickly. Places will be allocated on a first come, first served basis. To register please take a
look at the list of workshops/courses offered and complete the registration form at the back of this leaflet.

Registration forms can be completed at one of our registration sessions (see local press for details or contact Lissan house at the number below)

Or Completed registration forms can be returned to: Ms Leanne White, Recovery College, c/o Lissan house, 41 Dublin Road. Omagh BT78 1HE. Tel: 028 8252202

You can also register online at www.westerntrust.hscni.net.

You will be contacted by telephone or post to let you know that you have been allocated a place at your chosen course, to confirm that you will be attending and to answer any queries you may have regarding venues etc.

RECOVERY COLLEGE CHARTER

- The recovery college will aim to start and finish all courses on time and asks for your support in achieving this.
- The recovery college will try to make courses accessible to everyone and will try to avoid using jargon, please let us know if we are failing to achieve this.
- Where courses do not include planned breaks the recovery college respects that some people may wish to take a comfort break but would ask that when taking a break you would do this with the minimum of disruption to the group.
- The recovery college encourages course participants to feel free to join discussions during the course and respects the expertise of all individuals attending the courses.
- The recovery college will treat all information shared within the college as confidential and requests all participants to respect the confidentiality of others.
- The recovery college asks that you be mindful when sharing information within the college and consider the impact on both
yourself and others of the information you share. The recovery college staff will also be mindful of this and may remind you of this if they feel the information you are sharing is not appropriate.

- The recovery college will, to the best of its ability, signpost you to appropriate sources of additional support should you feel you need extra support.

- The success of the recovery college depends on the participation and enthusiasm of those producing, delivering and attending courses. If you find you still have lots of questions, wish to know more, want to share your personal recovery story or become involved in developing courses, the recovery college will aim to help you find ways of achieving these goals.

- The recovery college aims to continue evolving and improving the courses it offers and the experience for those attending courses. We ask that you help with this process by completing evaluation forms provided at the end of courses.

- FINALLY the recovery college acknowledges the bravery and determination it has taken for individuals to attend the college today and urges individuals to recognise this achievement in themselves and others.

Short Courses Available OMAGH Spring 2015

**Introduction to recovery**: What does Recovery mean for individuals with mental health issues?, How do we Recover? How do we help others Recover? This course explores these and other issues.

**Dates**: Tuesday 9th June 10.30am-12.30pm, Omagh Library Headquarters, 1 Spillars Place Omagh.

Thursday 19th March 6.30pm-8.30pm, the Sperrin Centre, 1 Market Street. Omagh.
Understanding Depression: Simple strategies to help you understand and manage the symptoms of depression and begin to explore the links between your thoughts, feelings and behaviour.

*Dates: Tuesday 16th June 10.30am-12.30pm, Omagh Library Headquarters, 1 Spillars Place Omagh.*

*Thursday 12th March, 6.30pm-8.30pm, The Sperrin Centre, 1 Market Street, Omagh*

Caring for someone with Psychosis: written specifically for those in a caring role, this course explores our understanding of what it means to experience psychosis and how best to support someone experiencing these difficulties, whilst also looking after yourself.

*Dates: Tuesday 2nd June 10.30am-12.30pm, Omagh Library Headquarters, 1 Spillars Place Omagh.*

*Thursday 26th March 6.30pm-8.30pm The Sperrin Centre, 1 Market Street, Omagh*

LONGER COURSES AVAILABLE OMAGH SPRING 2015

Living with psychosis: delivered over 6 weeks this course explores in more detail our understanding of psychosis and provides help and advice on managing difficulties and the impact these may have for individuals and families.

*Dates: Tuesday 3rd March-Tuesday 21st April inclusive * 10.30am-12.30pm Omagh Library Headquarters, 1 Spillars Place Omagh*

(*There will be no session on Tuesday 17th March or on Tuesday 7th April)*

WRAP (Wellness Recovery Action Plan): delivered over 3 weeks, this course will guide you in developing your own personal wellness recovery
action plan, helping you take more control over your own wellbeing and recovery.

Dates: Monday 13th April-Monday 27th April inclusive 9.30am-3.00pm (venue to be confirmed)

Understanding Emotions: delivered over 4 weeks, this course explores our understanding of the role emotions play in our lives, and provides simple strategies for managing and controlling our emotions.

Dates: Tuesday 5th May-Tuesday 26th May inclusive, 10.30am-12.30pm (venue to be confirmed)

SHORT COURSES AVAILABLE IN STRABANE SPRING 2015

Introduction to Mindfulness: provides an introduction to what mindfulness is, how it can help and how you can start to be mindful in your life.

Dates: Monday 27th April, 10.30-12.30, Strabane Library, Railway Street.

Living with Psychosis: This course explores our understanding of psychosis and provides help and advice on managing difficulties and the impact these may have for individuals and their families.

Dates: Monday 18th May 10.30-12.30, Strabane Library, Railway Street.

Introduction to recovery: What does Recovery mean for individuals with mental health issues? How do we Recover? How do we help others Recover? This course explores these and other issues.

Dates: Monday 9th March 10.30-12.30, Strabane Library, Railway Street.
Living with Bipolar: This course helps individuals gain an understanding of this disorder and how to recognise and respond to changes in their mood and behaviour.


Introduction to Wellness Recovery Action Plan (WRAP): This course explains how WRAP works to help you, alongside your friends and family to take control of your own wellness and plan for your own recovery.

Dates: to be confirmed

Understanding Depression: Simple strategies to help you understand and manage the symptoms of depression and begin to explore the links between your thoughts, feelings and behaviour.

Dates: Monday 23rd March 10.30-12.30, Strabane Library, Railway Street. Strabane

Caring for someone with Psychosis: written specifically for those in a caring role, this course explores our understanding of what it means to experience psychosis and how best to support someone experiencing these difficulties, whilst also looking after yourself.