

Course Prospectus



January to March 2025

Welcome to the Recovery College in the Southern Trust

The College is delighted to welcome you to our Winter prospectus for January to March 2025.

We believe that Mental Health and Wellbeing is a key building block of overall health and wellbeing and requires to be looked after in much the same way a physical health and wellbeing.

Wellness means the process through which people find ways to live well with or without the ongoing symptoms of their condition. It is a personal journey of discovery that can support one to become an expert in one's own self-care, building a new sense of self and purpose and discovering your own resourcefulness.

The Recovery College is at the heart of our Trust-wide commitment to support people to 'Live Well'.

And we do this by:

Offering an innovative and shared learning environment that offers a range of mental health and wellbeing education and learning programmes whether you experience mental health challenges or not.

We try to make our courses as accessible as possible and offer both face to face and online opportunities.

We also have a suite of bite-size e-learning programmes that can be accessed at any time that suits you.

www.mymentalhealthrecovery.com

The College courses and workshops are co-designed and co-delivered by people with lived experience of mental and physical health challenges, health care professionals and carers.

Courses and workshops are open to everyone aged 16 yrs + and this can include service users, carers, family, friends, students – anyone that has an interest in mental health and general wellbeing.

All Recovery College courses are *FREE* to attend.

Principles

The Recovery College's aims are underpinned by the following principles:

- Open access and inclusion
- All people accessing the College are treated as students and are not defined by prior roles or identities
- Celebration of the lived experience of all and recognition that everyone has ability to change and grow

Perspective

In keeping with the ethos of a Recovery College all our courses are co-produced and co-delivered by people who are experts by experience alongside professionals with learned experience.

What does this mean?

We believe that those with lived experience of mental health challenges are best placed to use their experiences to support others in their learning. Working as equal partners with those with professional experience we combine both perspectives to provide an educational approach to managing mental health challenges and maintaining our wellness.

People

Our team includes Peer trainers, Health Care Professionals and an Administrator. We work closely with other Health care professionals and experts by experience from across a range of disciplines to help support the work that we do.

In addition to face-to-face courses, we facilitate online courses across Microsoft Teams in recognition that this will sometimes suit people and make our courses accessible to all.

How do I enrol on a Recovery College Course?

Browse the prospectus on the following pages and see if there are any courses that interest you - if you would like to discuss if the course is suitable, please contact us on 028 37561938.

Step 1

- When you have chosen a course, please complete the online enrolment form which can be accessed on:
- <https://southerntrust.hscni.net/service/support-and-recovery/>
- Or contact the recovery College on 028 37561938 and we can help with the process
- You will only need to complete this form once.

Step 2

- Once enrolled you will get confirmation of your chosen course by text, email or telephone.

Step 3

- We will send you a reminder a few days before your chosen course is to begin either by text, email or phone call.
- We would ask that if you are unable to attend that you let us know so that we can offer the place to another student.

Understanding and Managing Anxiety

This course aims to give you the knowledge required to understand the impact of and key issues surrounding Anxiety and ways in which to manage it.

Topics covered include:

- What is anxiety?
- Types of anxiety and how anxiety can affect our functioning.
- Thoughts and Unhelpful thinking styles
- Developing Self Awareness
- Introduce some techniques to help you manage your anxiety.

Duration: 2 x 3 hour sessions.
Participants are required to attend both sessions.

Understanding and Managing Depression/Low Mood

This course aims to give you the knowledge required to understand the impact of and key issues surrounding Low Mood and Depression and ways in which to manage it.

Topics covered include:

- To understand what Depression is
- To understand possible causes, signs and symptoms
- To discuss the impact of Depression
- To be aware of evidence based and recommended treatments and supports for depression.
- To discuss how to ask for help and how to access it.
- To learn strategies for keeping ourselves well.

Duration: 2 x 3 hour sessions.
Participants are required to attend both sessions.

Understanding Trauma

This introductory course is for those who have experienced trauma or for those who are living with/helping someone who has suffered a traumatic event. The aim of the course is to provide an overview of how traumatic events can impact on a person's mind and body; and outlines the support that is available locally.

****Please note that this course is not intended to replace Trauma Therapy.***

Topics covered include:

- Explore the meaning of trauma.
- Look at what is normal in the aftermath of a traumatic experience.
- Explain what Post Traumatic Stress Disorder (PTSD) is and its symptoms.
- Discuss what help is available.

Duration: 3 hours.

Understanding Traumatic Grief

This course is for those who have experienced a traumatic bereavement or for those who are living with/helping someone after a traumatic bereavement. The aim of the course is to provide an overview of how suffering a traumatic bereavement can impact on a person's mind and body; and outlines support that is available locally.

****Please note that this course is not intended to replace Trauma Therapy.***

Topics covered include:

- What usually happens after a bereavement or loss.
- Have an understanding of complex grief disorder.
- What help is available.

Duration: 3 hours.

Getting A Good Night's Sleep

Poor sleep can affect our health and wellbeing. This course will teach you various strategies to help you have a good night's sleep.

Topics covered include:

- Understand why sleep is important.
- Describe the sleep cycle.
- Recognise barriers to getting a good sleep.
- Identify and implement tips for a good night's sleep.

Duration: 2 hours.

Menopause

Every woman's experience of menopause is different. Some women's journey through menopause may be one of intense physical, psychological and emotional challenges, while others may experience minimal symptoms or changes. This course aims to provide you with up-to-date information about the menopause to increase understanding of the symptoms, causes and stages of Menopause and offers information on treatments and support available to inform and empower you during this transitional phase of your life.

Topics covered are:

- Stages of Menopause
- Myths about Menopause
- Signs and symptoms of Menopause
- Self-Care Strategies
- Treatments and supports available

Duration: 2 hours (online)

Wellness Toolbox

This course explores the theme of 'wellness' and what it means to you.

Topics covered are:

- What am I like when I am well?
- Recognising and identifying what wellness tools that work best for you
- Explore other potential wellness activities
- Developing your own 'Wellness Toolbox'

Duration: 2 hours

Movement and Mood

We all know the importance of moving more for our physical health. This course aims to highlight the benefit of moving more on our emotional health and wellbeing – and it's not all about going to the gym!

Topics covered are:

- The evidence for improved mental health when we move more
- What stops us from moving more
- How to build a routine
- Tips and strategies that will encourage us to move more

Duration: TBC

Discover The Recovery College

Mental wellbeing is fundamental to a strong recovery and keeping ourselves well. This course will introduce you to the Recovery College and its key principles. It may also provide a taster session of our 'Wellness Toolbox' programme.

Duration: 1 or 2 hours

Understanding and Navigating Emotions

Experiencing emotions, both pleasant and unpleasant, is an inevitable part of life. Experiencing unpleasant emotions can be difficult for some. The aim of this course is to increase awareness and understanding of emotions and feelings, what they are, and what they mean for us and others.

Topics covered are:

- To define an emotion
- To understand the function of emotions
- To identify emotions that get in your way
- To increase resilience and support your ability to regulate your emotions
- To understand distress tolerance

Duration: 2 x 3 hours.

Practising Self-Care

This course explores the culture of self-care; its value and benefits; and suggests how to incorporate it into your daily life.

Topics covered are:

- What does self-care mean to you?
- Understanding resilience
- Tips and strategies in how to practice self-care that works for you.

Duration: 2 hours
(online)

Top Tips for Anxiety

This course will provide you with some simple strategies and top tips to help you understand and manage your anxiety.

Topics covered include:

- Understand what Anxiety is and how it can impact us.
- Implement strategies to help manage your Anxiety.

Duration: 3 hours
2 hours (online)

Building and Strengthening Resilience

This course aims to help participants understand what is meant by resilience and help acknowledge their own resilience as well as build on strategies to improve resilience.

Topics covered include:

- Recognising resilience
- Understanding self-awareness
- Developing a resilience plan

Duration : 3 hours.

Finding Hope after Bereavement

Coping with the loss of someone or something you love is one of life's toughest challenges. This course aims to support those coming to terms with bereavement and grief.

Topics covered include:

- The feelings of grief
- Coping with grief
- Learning how to talk about it
- How to navigate the path.

Duration : 3 hours

Building a Healthy Self Esteem

This course will empower you to harness the power of your thoughts and beliefs to change how you feel about yourself.

Topics covered include:

- What is Self Esteem
- What affects our self-esteem?
- Practical ways to build our self-esteem.

Duration : 3 hours

WELLBEING and RECOVERY ACTION PLAN (WRAP)

WRAP[®] stands for **Wellness Recovery Action Plan**.

Topics covered are:

WRAP[®] is a self-management and recovery system developed by a group of people who had mental health difficulties and who were struggling to incorporate wellness tools and strategies into their lives.

WRAP is a structured system to monitor uncomfortable and distressing feelings and behaviours and, through planned responses, reducing, modifying, or eliminating them. It also includes plans for responses from others when you cannot make decisions, take care of yourself, or keep yourself safe.

Duration: 16 hours conducted over 2 days, or 4 half days or 6 sessions.

What students have shared about attending the courses

Excellent training days, all aspects of the course were well explained. Great opportunities to encourage everyone to participate.

Brilliant and informative course.

I really enjoyed the experience and loved meeting everyone and it has made me feel a lot better over the past few weeks.

Thoroughly enjoyed the course.

Great course – excellent facilitators.

Timetable for January to March 2025

January 2025

Course	Sessions	Date(s)	Time	Venue
Discover the Recovery College	1	9 January	10 am – 11 am	MS TEAMS
WRAP Information Session	1	14 January	10 am – 12 noon	MS TEAMS
Getting A Good Night's Sleep	1	15 January	10 am – 12 noon	MS TEAMS
Wellness Toolbox	1	21 January	2 pm – 4 pm	MS TEAMS
Understanding and Navigating Emotions	2	22 January & 29 January	10 am – 1 pm	Ballybot House, Newry
Understanding and Managing Anxiety	2	23 January & 30 January	1:30 pm – 4:30 pm	European Room, Moylinn House, Craigavon

February 2025

Course	Sessions	Date(s)	Time	Venue
Practising Self-Care	1	4 February	10 am – 1 pm	Boardroom, Tower Hill, Armagh
Wellness Recovery Action Plan (WRAP) *Please note that attendance at all 4 sessions is required	4	5, 12, 19 & 26 February	10:30 am – 2:30 pm	WIN Business Park, Newry
Getting A Good Night's Sleep	1	6 February	10 am – 1 pm	Banbridge Health Centre
Building and Strengthening Resilience	1	11 February	10 am – 1 pm	Haven Close, St. Luke's Hospital, Armagh
Understanding and Managing Anxiety	2	13 & 20 February	10 am – 1 pm	Banbridge Health Centre
WRAP Information Session	1	17 February	2 – 4 pm	MS TEAMS
Understanding and Managing Low Mood / Depression	2	18 & 25 February	10 am – 1 pm	Haven Close, St. Luke's Hospital, Armagh
Building a Healthy Self-Esteem	1	24 February	10 am – 12 noon	MS TEAMS
Practising Self-Care	1	27 February	10 am – 1 pm	Banbridge Health Centre

March 2025

Course	Sessions	Date(s)	Time	Venue
Practising Self-Care	1	3 March	2 pm – 4 pm	MS Teams
Top Tips for Anxiety	1	6 March	10 am – 1 pm	Jethro Centre, Lurgan
Top Tips for Anxiety	1	11 March	10 am – 12 noon	MS Teams
Wellness Recovery Action Plan (WRAP)	4	12, 19, 26 March & 2 April	10 am – 2pm	Tower Hill, Armagh
*Please note that attendance at all 4 sessions is required				
Wellness Toolbox	1	13 March	10 am – 1 pm	Jethro Centre, Lurgan
Discover the Recovery College + Wellness Toolbox	1	18 March	10 am – 12 noon	Dungannon Enterprise Centre
Building A Healthy Self-Esteem	1	20 March	10 am – 1 pm	Jethro Centre, Lurgan
Top Tips for Anxiety	1	25 March	9:30 am – 12:30 pm	Dungannon Enterprise Centre
Understanding Trauma	1	27 March	10 am – 1 pm	Jethro Centre, Lurgan
Understanding Menopause	1	27 March	6 pm – 8 pm	MS TEAMS

How to contact us:



Call us on 028 3756 1938.

We can guide you to find the right course for you and help with the enrolment process or help with access to the online Recovery College courses.



You can email us on: recovery.college@southerntrust.hscni.net



You can access our website

<https://southerntrust.hscni.net/service/support-and-recovery/>

Platform of E-Learning Courses

Courses

1. Introduction to Trauma and Healing
2. Practising Self Care
3. Mindfulness & Deep relaxation
4. Finding Hope after Bereavement from Hurt to Healing
5. Understanding & Managing Anxiety
6. How to Get a Good Night's Sleep
7. Learning to Like Yourself
8. Managing Depression
9. Understanding Depression
10. Self-Care for Carers, Parts 1 & 2
11. Living Well with Pain
12. Managing Setbacks
13. Building a Healthy Self Esteem
14. Living with Cancer and Looking after Your Mental Health
15. Coping with Change
16. Living with Bipolar
17. Coping with Loneliness
18. Introduction to Menopause
19. Introduction to Managing Stress
20. Improving Wellbeing for Young People
21. Dual Diagnosis and Awareness
22. Understanding Hoarding
23. Compassion Fatigue

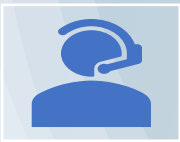
Sources of Support:



Contact your GP or out of hours GP 028 38399201 for support and advice



Samaritan's helpline (NI & ROI) 116 123



Lifeline (NI) 0808 808 8000



www.mindingyourhead.info