



recovery^{THE}college

Prospectus
2018-19



Welcome to our 2018/2019 prospectus

We have moved to our new home, Brentford Lodge. Our new base has abundant natural light, a dedicated training room, an open plan networking area, a library and a lovely garden.

We will be covering courses for Ealing and Hounslow from our new home as Brentford is situated on the border of these boroughs. We will continue to run some of our courses from satellite sites in Hammersmith.

The Recovery College



How the courses can support your recovery journey

We understand that people will want to use these courses in different ways.

For some, they may want to just access one-off courses here and there, because they have a particular interest in that topic. For others, they would like a more structured approach to their learning that explicitly supports their personal recovery journey.

We offer all students the opportunity to complete an Individual Learning Plan (ILP), to help to inform their choices. If you are interested in completing an ILP, please contact our Administration Team on 020 8483 1456 to book an appointment.

Our New Address:

The Recovery College
Brentford Lodge
Boston Manor Road
Brentford
TW8 8DS

Brentford Lodge is situated opposite Brentford Railway Station. Cross the road from the station and you will come to Brentford Health Centre; we are on the same site in the opposite left-hand corner.

Bookings & Administration

The Administrator
020 8483 1456
bookings.recoverycollege@westlondon.nhs.uk

Lead Peer Trainer

Katy Paramor
020 8483 1427
katy.paramor@westlondon.nhs.uk

Training Manager

Alison Hoble
020 8483 1420
07976 613435
alison.hoble@westlondon.nhs.uk

www.westlondonrecoverycollege.co.uk

Contents

Welcome to the Recovery College	6	Your Wellbeing	15
Understanding mental health issues and treatment		The Benefits of Physical Exercise	15
Understanding Bipolar Disorder	8	Telling Your Story	15
Managing Bipolar Disorder	8	Coping Skills	16
Anxiety Management	8	Tapping into emotional wellbeing	16
Understanding Personality Disorder	8	Developing life skills	
Understanding Dementia	9	Disclosure of Mental Health Problems	17
Understanding Psychosis from a medical perspective	9	Skills for Employment	17
Understanding Psychosis from a psychological perspective	9	Personal Independence Payments (PIP)	17
An overview of the Mental Health Act	9	Work/Life Balance: Getting it right	18
Understanding Depression	10	Understanding Universal Credit (UC)	18
Managing Depression	10	Understanding Permitted Work	18
Carer Training Programme	10	Getting involved	
Getting the best out of your CPA (Care Plan)	10	Recruitment training	19
Learning about Thinking, Emotions and Relationships (LATER)	11	Courses in date order - 2018	20
Building your life		Courses in date order - 2019	23
Introduction to Recovery	12	My courses	29
Planning Recovery	12	Map – Recovery College	30
Implementing Recovery	12	Map – Irish Cultural Centre	31
Mindfulness and Self-Compassion	12		
Exploring Spirituality in Recovery	13		
Learning Relaxation Techniques	13		
Building Your Confidence	14		
Developing Positive Relationships	14		
Managing Holidays and Anniversaries	14		
Speaking Out: An introduction to Being Assertive	14		

Welcome to the Recovery College

We offer a training programme that draws on the experiences and skills of people who have used mental health services and those who support them.

The college follows an educational model that seeks to give people the tools and skills to become architects of their own recovery or to support someone else with their journey.

The college conveys messages of hope, empowerment, possibility and aspiration. It celebrates diversity and recognises strengths and successes rather than problems.

We offer a wide range of courses. Participants can gain a better understanding of mental health issues and develop their life skills. Courses vary from one-off workshops to 10 sessions.

Courses are 'co-produced' and 'co-delivered'. This means that groups of service users, carers and staff work together to develop courses. They are delivered by a staff member and at least one peer trainer, recognising the expertise of lived experience equally with that derived from professional training.

The college is situated in Brentford, right on the border of both Hounslow and Ealing boroughs. We run courses in Hammersmith & Fulham as well.

How learning can support recovery

The aim of the programme is to help people map out their recovery journey, explore new possibilities and develop new skills. Users of mental health services often become trapped in a dependency-making system. By attending these courses, people begin to recognise and make use of their talents beyond the mental health system. Through this process, people begin to make sense of their experiences and become experts in managing their own lives.

The role of peer trainers

All of our courses are co-facilitated by a person with lived experience of mental health problems, who has been trained to deliver courses on our programme. All of our peer trainers have been involved in course development. They have an expert knowledge of recovery by virtue of their own experiences within the mental health system and through their involvement with the college.

Meeting the needs of carers, friends and families

We welcome carers, friends and families to our courses. Carers are welcome to attend courses and would be expected to participate fully. Sometimes it might be better not to attend the same course at the same time as the person they are supporting, but this will vary from person to person.

You are welcome to talk it through with one of our team if you are not sure. There is a specific Carers' Training programme that runs every term. More details can be found on [Page 10](#).

Staff members are welcome too!

It is vital that staff are familiar with the principles, philosophy and practice of recovery. Attending our courses is an excellent way for staff to increase their knowledge and skills, both professionally and personally.

We also invite staff to attend courses with service users they work with. We have heard powerful stories of how working together in a learning environment, staff and patients have seen great benefits in terms of the quality of their relationships and levels of satisfaction in the care that is provided.

How to book onto a course

If you are interested in booking onto any of our courses, please contact us on

**Monday to Friday between
10:30am – 12:30pm
and
2pm – 4pm on:
020 8483 1456 or at:**

bookings.recoverycollege@westlondon.nhs.uk

We will book you onto your chosen course if there are spaces still available. **N.B We can only take bookings for the current term.** From the half term break we will start to take bookings for the following term. Booking is essential as courses can be

very busy and we have a limit on how many students we can accommodate. Course information and booking details can also be found on our website at: www.wlmhtrecoverycollege.co.uk

If you are a member of staff and would like to ask us about running one of our courses for your colleagues, service users or carers, please contact the college to discuss further.

Cancellations

We appreciate that unexpected things happen in life, but if you are unable to attend the course you've booked, please let us know as soon as possible.

Many of our courses now have waiting lists. If you do not turn up without letting us know, someone else wanting to do the course may miss out on the opportunity. Please let us know if you are unable to attend a course you have booked. We have included a "My courses" sheet on [page 29](#) which you may find helpful as a reminder of courses you have booked.

Locations and dates

Most courses will now be delivered at our main base, Brentford Lodge. Please contact us for locations of courses if they are not stated.

Course times

We try to vary the times of our courses to make them as accessible to as many people as possible. If you have any specific requests about course times, do let us know. Please note that this programme lists courses for a whole year: Autumn Term 2018, and Spring and Summer Terms 2019, therefore you will need to look carefully at the dates under each course listing.

Understanding mental health issues and treatment

Understanding Bipolar Disorder

This workshop will help people to gain a better understanding of what it means to have a diagnosis of bipolar disorder and the various treatment options available. It will begin to explore people's personal experiences and ways to stay well.

Date & Times:

Friday 1st February 2019
1.30pm - 4pm
Brentford Lodge

Managing Bipolar Disorder sessions 1 and 2

These workshops follow on from the Understanding Bipolar Disorder workshop. We will discuss strategies and techniques people find helpful to manage their symptoms and stay well while living life to the full. It is important that you are able to attend both workshops.

Dates & Times:

Session 1
Friday 8th February 2019
1.30pm - 4pm
Brentford Lodge

Session 2
Friday 15th February 2019
1.30pm - 4pm
Brentford Lodge

Anxiety Management

Anxiety is a normal part of everyday life, but it becomes a problem when it is frequent, overwhelming and stops us doing things we'd like to be able to. This course will explore what makes us anxious and why. The course will look at a variety of tools that can be used to help manage anxiety. This is an interactive course with a mixture of discussion, activities and sharing.

Dates & Times:

6 Thursdays from 8th November 2018 to Thursday 13th December 2018
2pm - 4pm
Brentford Lodge

6 Wednesdays from
27th February 2019 to 3rd April 2019
10am - 12pm
Brentford Lodge

6 Fridays from 7th June 2019 to
12th July 2019
10am till 12pm
Brentford Lodge

Understanding Personality Disorder

This workshop will explore what is meant by the term personality disorder and how the condition is diagnosed. It will also look at the treatments available, as well as ways people can help themselves.

Date & Times:

Thursday 21st March 2019
1.30pm - 4pm
Brentford Lodge

Understanding mental health issues and treatment

Understanding Dementia

A course for anyone who would like to improve their understanding of dementia. The course will provide an overview of the different types of dementia and how they affect people. It will also provide practical advice on ways that we can work together to improve the lives of anyone affected by dementia.

Dates & Times:

Tuesday 23rd July 2019
2pm - 4pm
Brentford Lodge

Psychosis from a Medical Perspective

This workshop will provide a medical perspective to understanding psychosis. It will be an interactive workshop that aims to outline and reflect on the scientific developments in the area and the underlying processes in the brain. The session will also be an opportunity to discuss medical treatments available.

Date & Times:

Tuesday 13th November 2018
10am - 12:30pm
Brentford Lodge

Understanding Psychosis from a Psychological Perspective

These workshops provide a psychological perspective to understanding psychosis. It will involve small group discussion, exercises and reflecting upon the many causes of psychosis.

We will introduce you to different ways of understanding psychosis, the experience of 'hearing voices' and 'unusual beliefs' and what causes these experiences in different people.

Date & Time:

Tuesday 20th and 27th November 2018
1:30pm - 4pm
Brentford Lodge

An Overview of the Mental Health Act

The Mental Health Act 1983 and your rights. This course offers an overview of the Mental Health Act 1983. It will cover compulsory admissions to hospital, how service users are detained and why, the different sections and their impact on the patient and when this can be challenged and how. There will be discussion around consent to treatment and the use of community treatment orders.

Date & Time:

Thursday 7th February 2019
2pm - 4pm
Brentford Lodge

Understanding mental health issues and treatment

Understanding Depression

This session will outline the different types of depression. It will explore the ways it affects us and will consider the wide reaching impact it can have on people's lives. It will also look at practical steps that people have found useful in managing their experiences.

Date & Time:

Thursday 9th May 2019
1:30pm – 4pm
Brentford Lodge

Managing Depression

In these follow-on sessions from Understanding Depression, we will look at a variety of ways to better manage a depressive episode. This will include identifying triggers and early warning signs, communicating with family, friends and professionals, and being more proactive in our own care. We will do some short exercises in Cognitive Behavioural Therapy, mindfulness and relaxation. It is important you are able to attend both sessions.

Dates & Times:

Thursday 16th & 23rd May 2019
1:30pm – 4pm
Brentford Lodge

Carer Training Programme

This is a seven-week programme for carers of people with mental health problems. You can attend for individual sessions or for all 7.

The topic sessions are:

- Mental health problems and early warning signs
- Different treatment options
- Enhancing communication with loved ones
- Dealing with crises, carers' rights and navigating the mental health system
- Problems in caring and how to tackle them
- Issues with drugs and alcohol
- Promoting your own recovery and well-being

The training has been co-developed and is co-facilitated by carers and staff along with visiting speakers.

Please call for more information.

A trainer will contact you to check that this course is right for you.

Getting the best out of your CPA (Care Plan)

The Care Programme Approach (CPA) is a package of care that is used by secondary mental health services. Those eligible will have a care plan and someone who will coordinate your care with you. This short course will give an overview of CPA, how your needs are assessed, what help you can expect and how to work well with your care coordinator.

Dates & Times:

Thursday 28th March 2019
2pm – 4pm
Brentford Lodge

Understanding mental health issues and treatment

Learning About Thinking, Emotions and Relationships (LATER) – Using Skills From A Mixture of Psychological Therapies

This is a 10-week course (90 minutes per week). It's right for you if you:

- Feel that others don't understand or value you
- Feel that sometimes it's a struggle to cope with your emotions and you feel overwhelmed
- Have suicidal thoughts, thoughts about self-harming with alcohol or drugs, or struggle with eating or over-eating
- Find that you have problems keeping friends or maintaining family relationships
- Find yourself repeating patterns that are unhelpful
- Think that your problems have become a part of who you are
- Your difficulties have affected you most or all of your adult life

Using skills taken from Mentalisation-Based Therapy (MBT), Dialectical Behavioural Therapy (DBT), Art Therapy and Psychodynamic Psychotherapy you will:

- Gain a better understanding of why you have these difficulties
- Learn how to ask for help and get support
- Begin to manage your feelings better
- Develop some strategies to help predict and prepare for future difficulties
- Develop ways to keep yourself safer
- Learn tools to manage these difficulties and change these unhelpful patterns so you can better manage your emotions.

If you want to find out more before you commit to attending, you can come to a question and answer session. These are held one week before training starts.

Dates & Times:

The Autumn Term Question & Answer session is on:

Wednesday 19th September 2018
10.00am – 11.30am
Brentford Lodge

The course then runs for 10 Wednesdays, starting on Wednesday 26th September 2018 to Wednesday 5th December 2018. (Excluding 24th October 2018)
10.00am – 11.30am
Brentford Lodge

The Spring Term mandatory Question & Answer session is on:

Wednesday 16th January 2019
10.00am – 11.30am
Irish Cultural Centre, Hammersmith

The course then runs for 10 Wednesdays, starting Wednesday 23rd January 2019 to 3rd April 2019. (Excluding 20th February 2019)
10.00am – 11.30am
Irish Cultural Centre, Hammersmith

The Summer Term mandatory Question & Answer session is on:

Wednesday 8th May 2019
10.00am – 11.30am
Brentford Lodge

The course then runs for 10 Wednesdays, starting 15th May 2019 to 24th July 2019. (Excluding 29th May 2019)
10.00am – 11.30am,
Brentford Lodge

Building your life

Introduction to Recovery

This half day workshop offers an introduction to the philosophy and practice of recovery.

It covers the history of the recovery movement and also seeks to dispel a number of commonly held myths about mental health. The session will provide a foundation for thinking about personal recovery and will act as a basis for further exploration of recovery themes and practice.

Dates & Times:

Thursday 20th September 2018
2pm – 4.30pm
Brentford Lodge

Thursday 10th January 2019
2pm – 4.30pm
Brentford Lodge

Thursday 11th July 2019
2pm – 4.30pm
Brentford Lodge

Planning Recovery

This course is intended to follow on from the 'Introduction to Recovery'. It provides an overview of the recovery based approach to wellbeing and asks participants to consider how they might plan their recovery journey. It examines different ways of doing this and includes practical exercises to help start the process.

Dates & Times:

Friday 21st September 2018
2pm – 4.30pm
Brentford Lodge

Friday 11th January 2019
2pm – 4.30pm
Brentford Lodge

Friday 12th July 2019
2pm – 4.30pm
Brentford Lodge

Implementing Recovery

This session is intended to follow on from 'Planning Recovery' and will look at barriers to implementing recovery and specific strategies to overcome them. It will also look at ways to capitalise on natural supports in the community and to become less dependent on services.

Dates & Times:

Monday 24th September 2018
10am – 4pm
Brentford Lodge

Monday 14th January 2019
10am – 4pm
Brentford Lodge

Monday 15th July 2019
10am – 4pm
Brentford Lodge

Mindfulness and Self-Compassion

This six week course is best suited to those who have come some way on their recovery journey. The sessions will incorporate meditation, breathing work, self-acceptance and focus on living in the present moment.

The course will help you to be more mind and body aware, and to start being

Building your life

a better friend to yourself. As well as being able to commit to all six sessions, participants need to set aside some time to practice during the week and will need to have access to a CD player, computer or smart phone (in order to access guided meditation practices at home).

Dates & Times:

6 Wednesdays from 30th January 2019 to 13th March 2019
(Excluding 20th February 2019)
2pm – 4pm
Brentford Lodge

5 Wednesdays from 24th April 2019 to 22nd May 2019
2pm – 4pm
Brentford Lodge (this course is 5 weeks not 6 weeks)

Exploring Spirituality in Recovery

This two session course provides an opportunity to explore the place of spirituality and religion within wellness and recovery. The two part course will look at the role of spirituality within recovery journeys and discuss how different belief systems can help some people and possibly conflict with a medical understanding of mental health.

Dates & Times:

Autumn Term:
Session 1
Wednesday 12th December 2018
10am – 1pm
Brentford Lodge

Session 2:
Wednesday 19th December 2018
10am – 1pm
Brentford Lodge

Summer Term:

Session 1:
Wednesday 3rd July 2019
1pm – 4pm
Brentford Lodge

Session 2:
Wednesday 10th July 2019
1pm – 4pm
Brentford Lodge

Learning Relaxation Techniques

This five week course will cover relaxation techniques like visualisation, breathing exercises and progressive muscular relaxation.

Sessions will be practical and will cover different methods of relaxation each week, allowing time for discussion as well as an opportunity to practice

Date & Time:

5 Wednesdays from 21st November 2018 to 19th December 2018
2pm – 4pm
Brentford Lodge

5 Mondays from 3rd June 2019 to 1st July 2019
2pm – 4pm
Brentford Lodge

Building your life

Building Your Confidence

These sessions will present a range of different confidence building techniques. Participants will be asked to try out and experiment with some of these techniques and share their findings.

Date & Time:

3 Tuesdays: 12th, 19th and 26th March 2019
10am – 12:30pm
Brentford Lodge

Developing Positive Relationships

Have you experienced difficulties in maintaining relationships? Do you sometimes struggle to form relationships?

This workshop seeks to explore what is a 'positive relationship.' We will then go on to think about what skills we all need to help us develop and maintain good relationships.

Dates & Times:

Wednesday
23rd January 2019
1:30pm – 4pm
Brentford Lodge

Managing Holidays and Anniversaries

Holidays, anniversaries and birthdays can be difficult, bringing up painful emotions for some people, especially if your support network feels fragile. This workshop allows space to explore the difficulties and share ideas and strategies to help you manage them.

Date & Time:

Wednesday 18th December 2018
1.00pm – 4.00pm
Brentford Lodge

Speaking Out:

An Introduction to Being Assertive

This course covers the basics of assertiveness – what it is and the challenges people face being assertive. It will provide people with the tools and skills needed to think and act more assertively, and will help them to develop their own personal style for communicating in a confident and positive way.

Dates & Times:

5 weeks:
Tuesday 8th, 15th, 22nd, 29th
January 2019
& Wednesday 6th February 2019
1.30pm – 4pm
Brentford Lodge

Building your life

Your Wellbeing

This is a six week course which will cover topics such as goal setting, healthy eating (mood and food), heart health, physical exercise and diabetes awareness.

There will also be an opportunity for participants to have a personal lifestyle assessment.

Dates & Times:

6 Fridays from 1st March 2019 to 5th April 2019
2pm – 4pm
Brentford Lodge

The Benefits of Physical Exercise

Exercise is the miracle cure we've always had, but for too long we've neglected to take our recommended dose. Our health is now suffering as a consequence. Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and even happier life. This workshop will look into the physical and mental health benefits of exercise.

Dates & Times:

Tuesday 18th September 2018
10am – 12pm
Brentford Lodge

Tuesday 22nd January 2019
10am -12pm
Brentford Lodge

Tuesday 16th July 2019
10am -12pm
Brentford Lodge

Telling Your Story

The experience of having significant mental health difficulties can mean a complete change in direction that may be difficult to come to terms with.

Telling your story is a way of making sense of what has happened to you and aims to help you to gain a better sense of who you are. By finding ways to express, accept and celebrate it can help to heal and put things in perspective.

Students will be introduced to a variety of creative approaches as part of the course, but you do not need to be 'good' at art or writing at all. There will be an opportunity to share stories at the end of the course if you feel able to do so.

The course is aimed at people who have used or continue to use West London NHS Trust services.

Dates & Times:

6 Thursdays from 4th October 2018 to 16th November 2018
(Excluding 25th October 2018)
10am – 12pm
Brentford Lodge

6 Thursdays from 9th May 2019 to 20th June 2019
(Excluding 30th May 2019)
10am – 12pm
Brentford Lodge

Building your life

Coping Skills

This is a 7 week course for students looking to better manage their mental health as well as improve their wellbeing and quality of life.

You can opt to attend all the sessions or just the ones that seem like the right fit for you.

Below is a list of the 2 hour sessions:

Week 1: Managing unhelpful thoughts
Week 2: Developing more helpful behaviours
Week 3: Tackling stress and worry
Week 4: Improving your Sleep
Week 5: Coping with difficult emotions
Week 6: Learning about positive communication and assertiveness
Week 7: Staying well – Looking at lifestyle & wellbeing

Dates and Times:

Autumn Term:

7 Tuesdays from 25th September 2018 to 13th November 2018 (excluding 24th October 2019)
2pm – 4pm
Brentford Lodge

7 Wednesdays from 31st October 2018 to 12th December 2018
2pm – 4pm
Irish Cultural Centre, Hammersmith

Spring Term:

7 Thursdays from 17th January 2019 to 7th March 2019 (excluding 21st February 2019)
10am – 12pm
Brentford Lodge

7 Wednesdays from 23rd January 2019 to 13th March 2019 (excluding 20th February 2019)
2pm till 4pm
Irish Cultural Centre, Hammersmith

Summer Term:

7 Wednesdays from 5th June 2019 to 17th July 2019
2pm till 4pm
Irish Cultural Centre, Hammersmith

Tapping into Emotional Wellbeing

This is a course where you will be shown a simple self-help tool to help manage stress and anxiety.

Emotional Freedom Technique (EFT) is based on the same principles as acupuncture, but instead of using needles, we gently tap on the meridian points.

The act of tapping while expressing how you feel can bring a sense of calm and may help to relax the mind and body.

Dates and Times:

4 Fridays from 23rd November 2018 to 14th December 2018
10am – 12pm
Brentford Lodge

4 Fridays from 3rd May 2019 to 24th May 2019
10am – 12pm
Brentford Lodge

Developing life skills

Disclosure of Mental Health Problems: To Tell Or Not To Tell

This workshop provides space to think and debate the issues around whether or not to disclose a mental health issue to a prospective or current employer. The afternoon will include the legal position and is important for anyone working or planning to return to work. The session won't be needed for anyone attending the Skills for Employment course as the same information will be covered as part of the programme.

Date & Time:

Thursday 27th September 2018
10am – 1pm
Brentford Lodge

Personal Independence Payments (PIP)

This workshop will help you to understand the differences between Disability Living Allowance (DLA) and PIP, the basic qualifying conditions for PIP and how you will be transferred from DLA to PIP.

You will also receive guidance on how to complete the application form to include consideration of your mental health condition

Dates & Times:

Thursday 4th April 2019
11am till 3pm
Brentford Lodge

Skills for Employment

This is a seven-week course for people considering starting or returning to work. It will help you identify your existing skills, as well as helping with practical topics such as CV writing, interview skills and job hunting.

You will also have an opportunity to explore issues around what to disclose to prospective employers, as well as learning about your rights. There will also be opportunities to consider how to build on your strengths as a worker, increase your resilience at work and meet workplace challenges with confidence.

We ask that you are able to commit to attend all seven sessions. You will need to attend the mandatory Q&A session to see if this is the right course for you.

Dates & Times:

Mandatory Q&A session:

Monday 29th October 2018
10am – 11:30am
Brentford Lodge

7 Mondays:
5th November 2018 to 17th December 2018
10 – 4 pm
Brentford Lodge

Mandatory Q&A session:

Tuesday 30th April 2019
10am – 11:30am
Brentford Lodge

7 Tuesdays: 7th May 2019 to 25th June 2019
10am – 4pm
Brentford Lodge

Developing life skills

Work/Life Balance: Getting it right

On this course we will look at what the work/life balance means to you. We will also help you to understand how looking after your work/life balance can help your wellbeing and provide you with tools and strategies to make improvements.

Date & Time:

Thursday 14th March 2019
1.30pm – 4pm
Brentford Lodge

Understanding Universal Credit (UC)

Universal Credit (UC) is the new benefit that is bringing together Job Seekers Allowance, Employment Support Allowance (ESA) (Income-based), Income Support, Child Tax Credit, Working Tax Credit and Housing Benefit.

You may want to claim UC if you are not working or in work and on a low income once it is introduced locally. This workshop will help you understand how UC works and prepare you for the change in advance, as it will require you to manage your money differently in some ways.

Dates & Times:

Tuesday 11th September 2018
11am – 4pm
Brentford Lodge

Monday 4th February 2019
11am – 4pm
Brentford Lodge

Thursday 18th July 2019
11am – 4pm
Brentford Lodge

Understanding Permitted Work

Did you know that those who receive health-related out of work benefits (e.g. Employment Support Allowance, Incapacity Benefit and Severe Disablement Allowance) can do a certain amount of paid work without it affecting their benefit entitlement?

This half-day course for service users, staff and carers is designed to clarify:

- The different levels and types of Permitted Work and related earnings
- Rules around Permitted Work and the current benefits structure
- Expected changes to Permitted Work under Universal Credit.

Dates & Times:

Tuesday 12th February 2019
1pm – 4pm
Brentford Lodge

(N.B not for people on Universal Credit)

Getting involved

Recruitment Training

The trust aims to have service user and carer representation in the selection of staff at all levels across the organisation. This one day training equips you with the skills to participate in this process. The session is delivered by a member of the recruitment team, with support from the local involvement lead, and a service user or carer with experience of sitting on interview panels.

Course participants will learn about:

- How to select applicants for interview
- The processes for setting up and running interview panels
- How to structure and score interview questions
- Interview techniques to help select the best candidates
- Deciding on the best candidate and the importance of confidentiality
- The role of involvement leads in locating service users and carers

Participants will need to be nominated by their Local Involvement Lead in order to attend this course.

Please contact The Recovery College with any queries.

Course	Location	Day	Date	Time
SEPTEMBER				
Universal Credit	Brentford Lodge	Tuesday	11-Sep-18	11am - 4pm
The Benefits of Exercise on Health	Brentford Lodge	Tuesday	18-Sep-18	10am -12pm
Q&A: Learning About Thinking, Emotions & Relationships	Brentford Lodge	Wednesday	19-Sep-18	10am -11:30am
Introduction to Recovery	Brentford Lodge	Thursday	20-Sep-18	2pm - 4:30pm
Planning Recovery	Brentford Lodge	Friday	21-Sep-18	2pm - 4:30pm
Implementing Recovery	Brentford Lodge	Monday	24-Sep-18	10am - 4:00pm
Coping Skills W1: Managing unhelpful thoughts	Brentford Lodge	Tuesday	25-Sep-18	2pm - 4pm
LATERS 1	Brentford Lodge	Wednesday	26-Sep-18	10am -11:30am
Disclosure in the workplace	Brentford Lodge	Thursday	27-Sep-18	10am - 1pm
OCTOBER				
Coping skills W2: Developing more helpful behaviours	Brentford Lodge	Tuesday	02-Oct-18	2pm - 4:00pm
LATER 2	Brentford Lodge	Wednesday	03-Oct-18	10am - 11:30am
Mindfulness and Self-compassion 1	Brentford Lodge	Wednesday	03-Oct-18	2pm - 4pm
Telling Your Story 1	Brentford Lodge	Thursday	04-Oct-18	10am - 12pm
Coping Skills W3: Tackling stress and worry	Brentford Lodge	Tuesday	09-Oct-18	2pm - 4pm
LATERS 3	Brentford Lodge	Wednesday	10-Oct-18	10am - 11:30am
Mindfulness and Self-compassion 2	Brentford Lodge	Wednesday	10-Oct-18	2pm - 4pm
Telling your story 2	Brentford Lodge	Thursday	11-Oct-18	10am - 12pm
Coping Skills W4: Improving your sleep	Brentford Lodge	Tuesday	16-Oct-18	2pm - 4pm
LATERS 4	Brentford Lodge	Wednesday	17-Oct-18	10am - 11:30am
Mindfulness and Self-compassion 3	Brentford Lodge	Wednesday	17-Oct-18	2pm - 4pm
Telling your story 3	Brentford Lodge	Thursday	18-Oct-18	10am - 12pm
HALF TERM		Monday	22-Oct-18	
HALF TERM		Tuesday	23-Oct-18	
HALF TERM		Wednesday	24-Oct-18	
HALF TERM		Thursday	25-Oct-18	
HALF TERM		Friday	26-Oct-18	
Skills for Employment Q&A	Brentford Lodge	Monday	29-Oct-18	10am - 11:30am
Coping Skills W5: Coping with difficult emotions	Brentford Lodge	Tuesday	30-Oct-18	2pm - 4pm
LATERS 5	Brentford Lodge	Wednesday	31-Oct-18	10am - 11:30am
Mindfulness and Self-compassion 4	Brentford Lodge	Wednesday	31-Oct-18	2pm - 4pm
Coping Skills W1: Managing unhelpful thoughts	Irish Cultural Centre	Wednesday	31-Oct-18	2pm - 4pm

Course	Location	Day	Date	Time
NOVEMBER				
Telling your Story 4	Brentford Lodge	Thursday	01-Nov-18	10am - 12pm
Skills for Employment W1	Brentford Lodge	Monday	05-Nov-18	10am - 4pm
Coping skills W6: Learning about positive communication and assertiveness	Brentford Lodge	Tuesday	06-Nov-18	2pm - 4pm
LATERS 6	Brentford Lodge	Wednesday	07-Nov-18	10am -11:30am
Mindfulness and Self-compassion 5	Brentford Lodge	Wednesday	07-Nov-18	2pm - 4pm
Coping skills W2: Developing more helpful behaviours	Irish Cultural Centre	Wednesday	07-Nov-18	2pm - 4pm
Anxiety Management 1	Brentford Lodge	Thursday	8-Nov-18	2pm - 4pm
Telling your Story 5	Brentford Lodge	Thursday	8-Nov-18	10am - 12pm
Skills for Employment W2	Brentford Lodge	Monday	12-Nov-18	10am - 4pm
Coping Skills W7: Staying well - looking at lifestyle and wellbeing	Brentford Lodge	Tuesday	13-Nov-18	2pm - 4pm
LATERS 7	Brentford Lodge	Wednesday	14-Nov-18	10am - 11:30am
Mindfulness and self-compassion 6	Brentford Lodge	Wednesday	14-Nov-18	2pm - 4pm
Coping Skills W3: Tackling stress and worry	Irish Cultural Centre	Wednesday	14-Nov-18	2pm - 4pm
Anxiety Management 2	Brentford Lodge	Thursday	15-Nov-18	2pm - 4pm
Telling your Story 6	Brentford Lodge	Thursday	15-Nov-18	10am - 12pm
Skills for Employment W3	Brentford Lodge	Monday	19-Nov-18	10am - 4pm
Understanding Psychosis from a Psychological Perspective 1	Brentford Lodge	Tuesday	20-Nov-18	1:30pm - 4pm
LATERS 8	Brentford Lodge	Wednesday	21-Nov-18	10am - 11:30
Relaxation Techniques 1	Brentford Lodge	Wednesday	21-Nov-18	2pm - 4pm
Coping Skills W4: Improving your sleep	Irish Cultural Centre	Wednesday	21-Nov-18	2pm - 4pm
Anxiety Management 3	Brentford Lodge	Thursday	22-Nov-18	2pm - 4pm
Tapping into Emotional Wellbeing 1	Brentford Lodge	Friday	23-Nov-18	10am - 12pm
Skills for Employment W4	Brentford Lodge	Monday	26-Nov-18	10am - 4pm
Understanding Psychosis from a Psychological Perspective 2	Brentford Lodge	Tuesday	27-Nov-18	1:30pm - 4pm
LATERS 9	Brentford Lodge	Wednesday	28-Nov-18	10 am- 11:30am
Relaxation Techniques 2	Brentford Lodge	Wednesday	28-Nov-18	2pm - 4pm
Coping Skills W5: Coping with difficult emotions	Irish Cultural Centre	Wednesday	28-Nov-18	2pm - 4pm
Anxiety Management 4	Brentford Lodge	Thursday	29-Nov-18	2pm - 4pm
Tapping into Emotional Wellbeing 2	Brentford Lodge	Friday	30-Nov-18	10am - 12pm

Course	Location	Day	Date	Time
DECEMBER				
Skills for Employment W5	Brentford Lodge	Monday	03-Dec-18	10am - 4pm
LATER 10	Brentford Lodge	Wednesday	05-Dec-18	10 am - 11:30am
Relaxation Techniques 3	Brentford Lodge	Wednesday	05-Dec-18	2pm - 4pm
Coping skills W6: Learning about positive communication and assertiveness	Irish Cultural Centre	Wednesday	05-Dec-18	2pm - 4pm
Anxiety Management 5	Brentford Lodge	Thursday	06-Dec-18	2pm - 4pm
Tapping into Emotional Wellbeing 3	Brentford Lodge	Friday	07-Dec-18	10am - 12pm
Skills for Employment W6	Brentford Lodge	Monday	10-Dec-18	10am - 4pm
Spirituality 1	Brentford Lodge	Wednesday	12-Dec-18	10am - 1pm
Relaxation Techniques 4	Brentford Lodge	Wednesday	12-Dec-18	2pm - 4pm
Coping Skills W7: Staying well - looking at lifestyle and wellbeing	Irish Cultural Centre	Wednesday	12-Dec-18	2pm - 4pm
Anxiety management 6	Brentford Lodge	Thursday	13-Dec-18	2pm - 4pm
Tapping into Emotional Wellbeing 4	Brentford Lodge	Friday	14-Dec-18	10am - 12pm
Skills for Employment 7	Brentford Lodge	Monday	17-Dec-18	10am - 4pm
Managing Holidays and Anniversaries	Brentford Lodge	Tuesday	18-Dec-18	1pm - 4pm
Spirituality 2	Brentford Lodge	Wednesday	19-Dec-18	10am - 1pm
Relaxation Techniques 5	Brentford Lodge	Wednesday	19-Dec-18	2pm - 4pm

CHRISTMAS BREAK

2019

Course	Location	Day	Date	Time
JANUARY				
Assertiveness 1	Brentford Lodge	Tuesday	08-Jan-19	1:30pm - 4pm
Introduction to Recovery	Brentford Lodge	Thursday	10-Jan-19	2pm - 4:30pm
Planning Recovery	Brentford Lodge	Friday	11-Jan-19	2pm - 4:30pm
Implementing Recovery	Brentford Lodge	Monday	14-Jan-19	10am - 4pm
Assertiveness 2	Brentford Lodge	Tuesday	15-Jan-19	1:30pm - 4pm
Q&A: Learning About Thinking, Emotions & Relationships	Irish Cultural Centre	Wednesday	16-Jan-19	10am - 11:30am
Coping Skills W1: Managing unhelpful thoughts	Brentford Lodge	Thursday	17-Jan-19	10am - 12pm
The Benefits of Exercise on Health	Brentford Lodge	Tuesday	22-Jan-19	10am - 12pm
Assertiveness 3	Brentford Lodge	Tuesday	22-Jan-19	1:30pm - 4pm
LATER 1	Irish Cultural Centre	Wednesday	23-Jan-19	10am - 11:30am
Developing Positive Relationships	Brentford Lodge	Wednesday	23-Jan-19	1.30pm - 4pm
Coping Skills W1: Managing unhelpful thoughts	Irish Cultural Centre	Wednesday	23-Jan-19	2pm - 4pm
Coping Skills W2: Developing more helpful behaviours	Brentford Lodge	Thursday	24-Jan-19	10am - 12pm
Assertiveness 4	Brentford Lodge	Tuesday	29-Jan-19	1:30pm - 4pm
LATER 2	Irish Cultural Centre	Wednesday	30-Jan-19	10am - 11:30am
Mindfulness and Self-compassion 1	Brentford Lodge	Wednesday	30-Jan-19	2pm - 4pm
Coping Skills W2: Developing more helpful behaviours	Irish Cultural Centre	Wednesday	30-Jan-19	2pm - 4pm
Coping Skills W3: Tackling Stress and Worry	Brentford Lodge	Thursday	31-Jan-19	10am - 12pm

FEBRUARY

Understanding Bipolar	Brentford Lodge	Friday	01-Feb-19	1:30pm - 4pm
Universal Credit	Brentford Lodge	Monday	04-Feb-19	11am - 4pm
Assertiveness 5	Brentford Lodge	Wednesday	06-Feb-19	1:30pm - 4pm
Mindfulness and Self-compassion 2	Brentford Lodge	Wednesday	06-Feb-19	2pm - 4pm
LATER 3	Irish Cultural Centre	Wednesday	06-Feb-19	10am - 11:30am

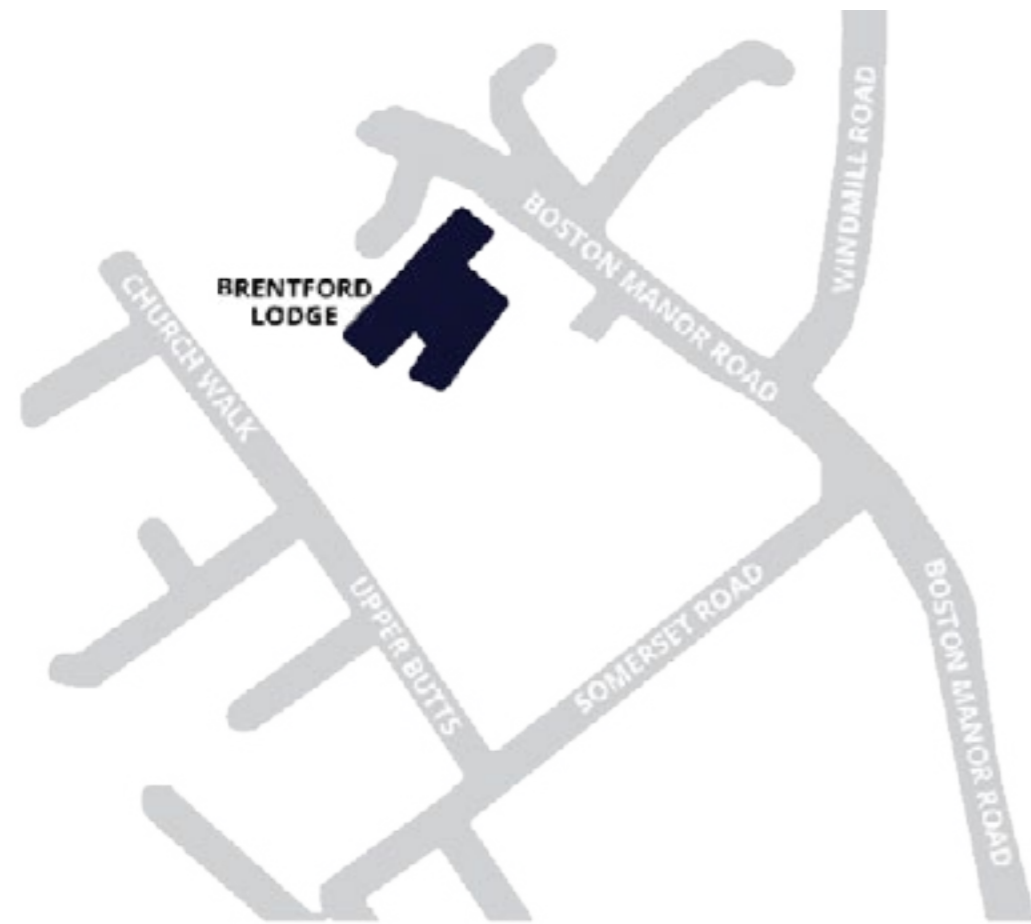
Course	Location	Day	Date	Time
Coping Skills W3: Tackling Stress and Worry	Irish Cultural Centre	Wednesday	06-Feb-19	2pm - 4pm
Coping Skills W4: Improving your sleep	Brentford Lodge	Thursday	07-Feb-19	10am - 12pm
An Overview of the Mental Health Act	Brentford Lodge	Thursday	07-Feb-19	2pm-4pm
Managing Bipolar part 1	Brentford Lodge	Friday	08-Feb-19	1:30pm - 4pm
Understanding Permitted Work	Brentford Lodge	Tuesday	12-Feb-19	1pm- 4pm
LATER 4	Irish Cultural Centre	Wednesday	13-Feb-19	10am - 11:30am
Mindfulness and Self-compassion 3	Brentford Lodge	Wednesday	13-Feb-19	2pm - 4pm
Coping Skills W4: Improving your sleep	Irish Cultural Centre	Wednesday	13-Feb-19	2pm - 4pm
Coping Skills W5: Coping with difficult emotions	Brentford Lodge	Thursday	14-Feb-19	10am - 12pm
Managing Bipolar part 2	Brentford Lodge	Friday	15-Feb-19	1:30pm - 4pm
HALF TERM		Monday	18-Feb-19	
HALF TERM		Tuesday	19-Feb-19	
HALF TERM		Wednesday	20-Feb-19	
HALF TERM		Thursday	21-Feb-19	
HALF TERM		Friday	22-Feb-19	
Anxiety Management 1	Brentford Lodge	Wednesday	27-Feb-19	10am - 12pm
Mindfulness and Self-compassion 4	Brentford Lodge	Wednesday	27-Feb-19	2pm - 4pm
LATER 5	Irish Cultural Centre	Wednesday	27-Feb-19	10am - 11:30am
Coping Skills W5: Coping with difficult emotions	Irish Cultural Centre	Wednesday	27-Feb-19	2pm - 4pm
Coping Skills W6: Learning about positive communication and assertiveness	Brentford Lodge	Thursday	28-Feb-19	10am - 12pm

Course	Location	Day	Date	Time
MARCH				
Your Wellbeing 1	Brentford Lodge	Friday	01-Mar-19	2pm - 4pm
Anxiety Management 2	Brentford Lodge	Wednesday	06-Mar-19	10am - 12pm
LATER 6	Irish Cultural Centre	Wednesday	06-Mar-19	10am - 11:30am
Mindfulness and Self-compassion 5	Brentford Lodge	Wednesday	06-Mar-19	2pm - 4pm
Coping Skills W6: Learning about positive communication and assertiveness	Irish Cultural Centre	Wednesday	06-Mar-19	2pm - 4pm
Coping Skills W7: Staying Well - Looking at lifestyle and wellbeing	Brentford Lodge	Thursday	07-Mar-19	10am - 12pm
Your Wellbeing 2	Brentford Lodge	Friday	08-Mar-19	2pm - 4pm
Confidence Building 1	Brentford Lodge	Tuesday	12-Mar-19	10am - 12:30pm
Anxiety Management 3	Brentford Lodge	Wednesday	13-Mar-19	10am - 12pm
LATER 7	Irish Cultural Centre	Wednesday	13-Mar-19	10am - 11:30am
Mindfulness and Self-compassion 6	Brentford Lodge	Wednesday	13-Mar-19	2pm - 4pm
Coping Skills W7: Staying Well - Looking at lifestyle and wellbeing	Irish Cultural Centre	Wednesday	13-Mar-19	2pm - 4pm
Work life Balance	Brentford Lodge	Thursday	14-Mar-19	1:30pm - 4pm
Your Wellbeing 3	Brentford Lodge	Friday	15-Mar-19	2pm - 4pm
Confidence Building 2	Brentford Lodge	Tuesday	19-Mar-19	10am - 12:30pm
Anxiety Management 4	Brentford Lodge	Wednesday	20-Mar-19	10am - 12pm
LATER 8	Irish Cultural Centre	Wednesday	20-Mar-19	10am - 11:30am
Understanding Personality Disorders	Brentford Lodge	Thursday	21-Mar-19	1:30pm - 4pm
Your Wellbeing 4	Brentford Lodge	Friday	22-Mar-19	2pm - 4pm
Confidence Building 3	Brentford Lodge	Tuesday	26-Mar-19	10am - 12:30pm
Anxiety Management 5	Brentford Lodge	Wednesday	27-Mar-19	10am - 12pm
LATER 9	Irish Cultural Centre	Wednesday	27-Mar-19	10am - 11:30am
Getting the best out of the CPA (Care Plan)	Brentford Lodge	Thursday	28-Mar-19	2pm - 4pm
Your Wellbeing 5	Brentford Lodge	Friday	29-Mar-19	2pm - 4pm

Course	Location	Day	Date	Time
APRIL				
Anxiety Management 6	Brentford Lodge	Wednesday	03-Apr-19	10am - 12pm
LATER 10	Irish Cultural Centre	Wednesday	03-Apr-19	10am - 11:30am
Personal Independence Payments (PIP)	Brentford Lodge	Thursday	04-Apr-19	11am - 3pm
Your Wellbeing 6	Brentford Lodge	Friday	05-Apr-19	2pm - 4pm
EASTER				
Mindfulness and Self-compassion 1	Brentford Lodge	Wednesday	24-Apr-19	2pm - 4pm
Skills for Employment Q&A	Brentford Lodge	Tuesday	30-Apr-19	10am - 11:30am
MAY				
Mindfulness and Self-compassion 2	Brentford Lodge	Wednesday	01-May-19	2pm - 4pm
Tapping into Emotional Wellbeing 1	Brentford Lodge	Friday	03-May-19	10am - 12pm
BANK HOLIDAY				
Skills For Employment W1	Brentford Lodge	Tuesday	07-May-19	10am - 4pm
Q&A: Learning About Thinking, Emotions & Relationships	Brentford Lodge	Wednesday	08-May-19	10am - 11:30am
Mindfulness and Self-compassion 3	Brentford Lodge	Wednesday	08-May-19	2pm - 4pm
Telling your Story 1	Brentford Lodge	Thursday	09-May-19	10am - 12pm
Understanding Depression	Brentford Lodge	Thursday	09-May-19	1:30pm - 4pm
Tapping into Emotional Wellbeing 2	Brentford Lodge	Friday	10-May-19	10am - 12pm
Skills for Employment W2	Brentford Lodge	Tuesday	14-May-19	10am - 4pm
LATER 1	Brentford Lodge	Wednesday	15-May-19	10am - 11:30am
Mindfulness and Self-compassion 4	Brentford Lodge	Wednesday	15-May-19	2pm - 4pm
Telling your Story 2	Brentford Lodge	Thursday	16-May-19	10am - 12pm
Managing Depression Part 1	Brentford Lodge	Thursday	16-May-19	1:30pm - 4pm
Tapping into Emotional Wellbeing 3	Brentford Lodge	Friday	17-May-19	10am - 12pm
Skills for Employment W3	Brentford Lodge	Tuesday	21-May-19	10am - 4pm
LATER 2	Brentford Lodge	Wednesday	22-May-19	10am - 11:30am
Mindfulness and Self-compassion 5	Brentford Lodge	Wednesday	22-May-19	2pm - 4pm

Course	Location	Day	Date	Time
Telling your Story 3	Brentford Lodge	Thursday	23-May-19	10am - 12pm
Managing Depression Part 2	Brentford Lodge	Thursday	23-May-19	1:30pm - 4pm
Tapping into Emotional Wellbeing 4	Brentford Lodge	Friday	24-May-19	10am - 12pm
BANK HOLIDAY				
		Monday	27-May-19	
HALF TERM		Tuesday	28-May-19	
HALF TERM		Wednesday	29-May-19	
HALF TERM		Thursday	30-May-19	
HALF TERM		Friday	31-May-19	
JUNE				
Relaxation Techniques 1	Brentford Lodge	Monday	03-Jun-19	2pm - 4pm
Skills for Employment W4	Brentford Lodge	Tuesday	04-Jun-19	10am - 4pm
LATER 3	Brentford Lodge	Wednesday	05-Jun-19	10am - 11:30am
Coping Skills W1: Managing unhelpful thoughts	Irish Cultural Centre	Wednesday	05-Jun-19	2pm - 4pm
Telling your story 4	Brentford Lodge	Thursday	06-Jun-19	10am - 12pm
Anxiety Management 1	Brentford Lodge	Friday	07-Jun-19	10am - 12pm
Relaxation Techniques 2	Brentford Lodge	Monday	10-Jun-19	2pm - 4pm
Skills for Employment W5	Brentford Lodge	Tuesday	11-Jun-19	10am - 4pm
LATER 4	Brentford Lodge	Wednesday	12-Jun-19	10am - 11:30am
Coping Skills W2: Developing more helpful behaviours	Irish Cultural Centre	Wednesday	12-Jun-19	2pm - 4pm
Telling your Story 5	Brentford Lodge	Thursday	13-Jun-19	10am - 12pm
Anxiety Management 2	Brentford Lodge	Friday	14-Jun-19	10am - 12pm
Relaxation Techniques 3	Brentford Lodge	Monday	17-Jun-19	2pm - 4pm
Skills for Employment W6	Brentford Lodge	Tuesday	18-Jun-19	10am - 4pm
LATER 5	Brentford Lodge	Wednesday	19-Jun-19	10am - 11:30am
Coping Skills W3: Tackling Stress and Worry	Irish Cultural Centre	Wednesday	19-Jun-19	2pm - 4pm
Telling Your Story 6	Brentford Lodge	Thursday	20-Jun-19	10am - 12pm
Anxiety Management 3	Brentford Lodge	Friday	21-Jun-19	10am - 12pm
Relaxation Techniques 4	Brentford Lodge	Monday	24-Jun-19	2pm - 4pm
Skills for Employment W7	Brentford Lodge	Tuesday	25-Jun-19	10am - 4pm
LATER 6	Brentford Lodge	Wednesday	26-Jun-19	10am - 11:30am
Coping Skills W4: Improving your Sleep	Irish Cultural Centre	Wednesday	26-Jun-19	2pm - 4pm
Anxiety Management 4	Brentford Lodge	Friday	28-Jun-19	10am - 12pm

Brentford Lodge



Buses: E2, E8, 195, 235, 237, 267
Trains: Brentford Railway Station

Brentford Lodge
Boston Manor Road
Brentford
TW8 8DS

Irish Cultural Centre



Buses: Any bus to Hammersmith Bus Station
Trains: Hammersmith Station

5 Black's Rd,
Hammersmith,
London
W6 9DT

THE recoverycollege

The Recovery College
Brentford Lodge
Boston Manor Road
Brentford
TW8 8DS

020 8483 1456

bookings.recoverycollege@westlondon.nhs.uk

