

# recovery<sup>THE</sup>college



Prospectus **2019-20**

# Welcome to The Recovery College



Illustration by Amy Sharp, Peer Trainer

# How the programme can support your recovery journey

We understand that people will want to use the programme in different ways.

For example, you may want to just access one-off courses here and there, because you have a particular interest in that topic. Or, you may prefer a more structured approach to your learning that explicitly supports your personal recovery journey.

We have regular orientation sessions for students to register and find out more about the courses we have on offer. Please call **020 8483 1456** to find out the date of the next session

## **Our Address is:**

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

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

## **Bookings & Administration**

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

## **Lead Peer Trainer**

Katy Paramor  
020 8483 1456  
katy.paramor@westlondon.nhs.uk

## **Training Manager**

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

<https://www.westlondon.nhs.uk/patients-and-carers/the-recovery-hub/>

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# About The Recovery College

We offer a free 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 practitioner trainer and a 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 Hounslow and Ealing boroughs. We run courses in the borough of 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 our courses, people start 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. 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 twice a year. 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:

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

**[bookings.recoverycollege@westlondon.nhs.uk](mailto:bookings.recoverycollege@westlondon.nhs.uk)**

**Autumn Term:  
6th September to 17th December.**

**Spring Term:  
9th January to 1st April.**

**Summer Term:  
23rd April to 23rd July.**

We will book you onto your chosen course if there are spaces still available. **NB 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.westlondon.nhs.uk/patients-and-carers/the-recovery-hub/](http://www.westlondon.nhs.uk/patients-and-carers/the-recovery-hub/)**

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 25 which you may find helpful as a reminder of the courses you have booked.

## Locations and Dates

Most courses are delivered at our main base, Brentford Lodge. We also deliver courses at the Irish Cultural Centre in Hammersmith. Please let us know if you have trouble getting to us and we will try to accommodate courses being run in different areas of the borough if we are able to.

We plan to run regular short courses to help people tackle travelling difficulties in a gradual way using anxiety management techniques. Please let us know if this is something you would be interested in.

## 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 2019, and Spring and Summer Terms 2020, therefore you will need to look carefully at the dates under each course listing.

## Connie

Here at Brentford Lodge, Connie sometimes comes in to join us, animals are proven to support and help with our wellbeing. Please don't stay away if you are not a dog lover, just be sure to let us know.



# Understanding and Managing Mental Health

## Understanding and Managing Bipolar Disorder

These three sessions will help you to gain a better understanding of what it means to have a diagnosis of bipolar disorder and the various treatment options available.

We will also look at strategies and techniques to help people to manage their symptoms and to stay well within the framework of this diagnosis.

It is important that you are able to commit to attend all three sessions in order to obtain the maximum benefit from this training.

### Dates & Times:

Tuesday 12th, 19th & 26th November 2019  
1.30pm – 4pm  
Brentford Lodge

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## 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 that people can help themselves.

### Date & Time:

Monday 16th September 2019  
1.30pm – 4pm  
Brentford Lodge

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## 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. We will look at a variety of tools that can be used to help manage anxiety. These sessions are interactive with a mixture of discussion, activities and sharing.

### Dates & Times:

6 Fridays from 13th September 2019 – 18th October 2019  
2pm – 4pm  
Brentford Lodge

6 Thursdays from  
30th January 2020 – 12th March 2020  
(excluding 20th February 2020)  
2pm – 4pm  
Irish Cultural Centre, Hammersmith

6 Tuesdays from  
2nd June 2020 – 7th July 2020  
10am – 12pm  
Brentford Lodge

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## Understanding Obsessive Thoughts & Behaviours

This workshop seeks to better understand and manage this condition.

### Date & Time:

Friday 22nd May 2020  
2pm – 4pm  
Brentford Lodge

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## Understanding Dementia

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

### Date & Time:

Thursday 16th July 2020  
2pm – 4pm  
Brentford Lodge

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# Understanding and Managing Mental Health

## 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 5th March 2020  
2pm – 4pm  
Brentford Lodge

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## Understanding 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 this area and the underlying processes in the brain. The session will also be an opportunity to discuss the medical treatments available.

### Date and Time:

Tuesday 1st October 2019  
1.30pm – 4pm  
Brentford Lodge

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## Understanding Psychosis from a Psychological Perspective

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

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

### Dates & Times:

Tuesday 8th & 15th October 2019  
1.30pm – 4pm  
Brentford Lodge

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## 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 peoples' lives. It will also look at practical steps that people have found useful in managing their experiences.

### Date & Time:

Thursday 3rd October 2019  
1.30pm – 4pm  
Brentford Lodge

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## 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 10th & 17th October 2019  
1.30pm – 4pm  
Brentford Lodge

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# Understanding and Managing Mental Health

## Understanding Autistic Spectrum Disorder (ASD)

ASD is a condition that affects social interaction, communication, interests and behaviour. It includes Asperger's Syndrome and it is estimated that 1 in every 100 people have ASD. This workshop will consider the likely impact of having a diagnosis of ASD, as well as outlining some of the educational and behavioural support programmes that can help people.

### **Date & Time:**

Thursday 19th March 2020

10am – 1pm

Brentford Lodge

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## 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.

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# Understanding and Managing Mental Health

## 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 for 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 help keep yourself safer
- Learn tools to manage these difficulties and change these unhelpful patterns so you can better manage your emotions.

To find out more please book on to the mandatory Question & Answer session.

### Dates & Times:

#### *The Autumn Term Mandatory*

#### *Question & Answer session is on:*

Wednesday 18th September 2019

10am – 11.30am

Brentford Lodge

The course then runs for 10 Wednesdays, starting 2nd October 2019 – 11th December 2019. (Excluding 23rd October 2019)

10am – 11.30am,

Brentford Lodge

#### *The Spring Term Mandatory Question & Answer session is on:*

Wednesday 15th January 2020

10am – 11.30am

Brentford Lodge

The course then runs for 10 Wednesdays, starting 22nd January 2020 – 1st April 2020. (Excluding 19th February 2020)

10am – 11.30am

Brentford Lodge

#### *The Summer Term Mandatory*

#### *Question & Answer session is on:*

Wednesday 29th April 2020 10am – 11.30am

Irish Cultural Centre, Hammersmith

The course then runs for 10 Wednesdays, starting 6th May 2020 – 15th July 2020. (Excluding 27th May 2020)

10am – 11.30am

Irish Cultural Centre, Hammersmith

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# Building Your Life

## Introduction, Planning and Implementing Recovery

During these three sessions you will learn about the history of the recovery movement and also examine some of the commonly held myths about mental health. We will provide you with an overview of the recovery based approach to wellbeing and help you to plan your recovery journey. You will be provided with strategies to overcome the barriers that you might encounter along the way and we will signpost you to natural supports within the community.

It is imperative that you attend all three sessions in order to fully prepare for your own recovery journey.

### Dates & Times:

Thursday 19th & Friday 20th September 2019  
10am – 12.30pm, and,  
Monday 23rd September 2019,  
10am – 4pm  
Irish Cultural Centre, Hammersmith

Thursday 9th & Friday 10th January 2020  
2pm – 4.30pm, and  
Monday 13th January 2020  
10am – 4pm  
Brentford Lodge

Thursday 7th & Friday 8th May 2020  
2pm – 4.30pm, and,  
Monday 11th May 2020  
10am – 4pm  
Brentford Lodge

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## Mindfulness and Self-Compassion

This six week course is best suited to those who have come some way on their recovery journey. It is not recommended if you are managing very acute PTSD or trauma related symptoms. The sessions will incorporate meditation, self-reflection exercises and group interaction focused on living in the present moment with more ease.

The course will help you to be more mind and body aware, and to start being a better friend to yourself. As well as being able to commit to all six sessions, participants are encouraged to set aside some time to practice with the support of online audio recordings between sessions.

### Dates & Times:

6 Wednesdays from  
2nd October 2019 – 13th November 2019  
(Excluding 23rd October 2019)  
2pm – 4pm  
Brentford Lodge

6 Wednesdays from  
29th January 2020 – 11th March 2020  
(Excluding 19th February 2020)  
10am – 12pm  
Irish Cultural Centre, Hammersmith

6 Wednesdays from  
29th April 2020 – 10th June 2020  
(Excluding 27th May 2020)  
2pm – 4pm  
Brentford Lodge

## Mindfulness Top-up sessions

We hope to run regular top-up sessions for people who have completed the Mindfulness course. Please register your interest if you would like updates.

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Illustration by Amy Sharp, Peer Trainer

# Building Your Life

## Exploring Spirituality in Recovery

This two session course provides an opportunity to explore the place of spirituality and religion within wellness and recovery. During these sessions we 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:

Thursday 5th & 12th December 2019  
10am – 1pm  
Brentford Lodge

Thursday 2nd & 9th July 2020  
1pm – 4pm  
Brentford Lodge

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## 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 strategies and share their findings.

### Dates & Times:

3 Wednesdays from  
15th, 22nd and 29th January 2020  
2pm – 4.30pm  
Brentford Lodge

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## Learning Relaxation Techniques

This five week course will cover relaxation techniques including 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 techniques.

### Dates & Times:

5 Thursdays from  
7th November 2019 – 5th December 2019  
2.30pm – 4pm  
Brentford Lodge

5 Thursdays from  
23rd April 2020 – 21st May 2020  
10.30am – 12pm  
Brentford Lodge

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## 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.

### Date & Time:

Wednesday 21st January 2020  
1.30pm – 4pm  
Brentford Lodge

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## Managing Holidays and Anniversaries

This half-day workshop will help you to explore the emotional difficulties which may occur during holidays such as Christmas, anniversaries and birthdays. We will share ideas and strategies to help you to navigate your way through these events and allow space for you to explore coping techniques.

### Date & Time:

Monday 16th December 2019  
1.00pm – 4.00pm  
Brentford Lodge

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# Building Your Life

## 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 you with the tools and skills needed to think and act more assertively, and will help you to develop your own personal style for communicating in a confident and positive way.

### Dates & Times:

3 Tuesdays from  
3rd December 2019 – 17th December 2019  
1pm – 4pm  
Brentford Lodge

3 Thursdays from  
7th May 2020 – 21st May 2020  
1pm – 4pm  
Irish Cultural Centre, Hammersmith

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## 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.

### Dates & Times:

6 Thursdays from  
3rd October 2019 – 14th November 2019  
(Excluding 24th October 2019)  
10am – 12pm  
Brentford Lodge

6 Wednesdays from  
26th February 2020 – 1st April 2020  
2pm – 4pm  
Brentford Lodge

6 Tuesdays from  
5th May 2020 – 16th June 2020  
(Excluding 26th May 2020)  
2pm – 4pm  
Brentford Lodge

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## Yoga

This course is ideal for those with little or no experience of yoga. Annie teaches a slow Vinyasa based class while focusing on alignment and also incorporating breath work. With only 8 spaces per course, we ask that you attend all sessions. Mats will be provided. We ask you only sign up if you can attend all six sessions. (Not open to staff at this time).

### Dates & Times:

6 Mondays from  
4th November 2019 – 9th December 2019  
2.30pm – 3.30pm  
Brentford Lodge

6 Mondays from  
24th February 2020 – 30th March 2020  
2.30pm – 3.30pm  
Brentford Lodge

6 Mondays from  
8th June 2020 – 13th July 2020  
2.30pm – 3.30pm  
Brentford Lodge

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## Race, Ethnicity and Mental Health

People from diverse ethnic and racial backgrounds can often be poorly served by mainstream mental health services.

This course looks to explore some of the wider issues relating to different cultural understandings around mental health and how these can conflict with western medical practice.

The workshop will also look at the experiences of different ethnic and racial groups within the mental health services, why these services often fail to meet the needs of those groups and how they can form a significant barrier to recovery.

### Date and Time:

Monday 10th February 2020  
1pm -4pm  
Brentford Lodge

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# Building Your Life

## 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 recently used or continue to use West London NHS services.

### Dates & Times:

6 Thursdays from  
9th January – 13th February 2020  
10am – 12pm  
Brentford Lodge

6 Fridays from  
5th June 2020 – 10th July 2020  
10am – 12pm  
Brentford Lodge



Illustration by Amy Sharp, Peer Trainer

## 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, although week 1 is mandatory.

Below is a list of the 2 hour sessions:

### **Mandatory:**

Week 1: Managing unhelpful thoughts

### **Opt In:**

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 and wellbeing

### **Dates and Times:**

Autumn Term:

7 Tuesdays from  
1st October 2019 – 19th November 2019  
(excluding 22nd October 2019)  
10am – 12pm  
Brentford Lodge

7 Wednesdays from  
30th October 2019 – 11th December 2019  
2pm – 4pm  
Irish Cultural Centre, Hammersmith

Spring Term:

7 Fridays from  
17th January 2020 – 6th March 2020  
(Excluding 21st October 2020)  
10am – 12pm  
Brentford Lodge

7 Wednesdays from  
29th January 2020 – 18th March 2020  
(Excluding 19th February 2020)  
2pm – 4pm  
Irish Cultural Centre, Hammersmith

Summer Term:

7 Wednesdays from  
3rd June 2020 – 15th July 2020  
2pm – 4pm  
Irish Cultural Centre, Hammersmith

7 Thursdays from  
4th June 2020 – 16th July 2020  
10am – 12pm  
Brentford Lodge

# Building Your Life

## 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  
1st November 2019 – 22nd November 2019  
10am – 12pm  
Brentford Lodge

4 Fridays from  
24th April 2020 – 15th May 2020  
10am – 12pm  
Brentford Lodge

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## Values, Acceptance and Kindness

Difficult emotions are part of life. This new three part course will help us to acknowledge & accept emotions and consider the role that personal values play. This course will use mindfulness techniques and will focus on helping us to be kind and compassionate towards ourselves in our everyday lives.

### Dates & Times:

Friday 6th, 13th and 20th September 2019  
10am – 1pm  
Brentford Lodge

Friday 12th, 19th and 26th June 2020  
1pm – 4pm  
Brentford Lodge

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## Nature and Recovery

Do you spend much time outdoors? Do you notice the trees along the street or the birdsong above you?

There is now a huge amount of research supporting the mental health benefits of engaging with nature, and spending more time in natural settings has been shown to decrease symptoms of depression, anxiety and stress, as well as improve mood, sleep and confidence.

These 3 sessions will explain the science behind why nature is so beneficial for our mental wellbeing, and demonstrate ways in which we can maximise nature's positive effects. Through a range of practical and interactive activities in nature, it will show how engaging with 'everyday nature', even whilst living in an urban environment, can improve your mental health. (This course will be run at Brentford Lodge and in parts of Kew).

### Dates and Times:

*(You must be able to attend all 3 sessions)*

Tuesday 17th September 2019  
2pm – 4pm  
Brentford Lodge

Tuesday 24th September 2019  
1pm – 4pm  
Pensford Field, Kew

Tuesday 1st October 2019  
11am – Onwards  
Kew Gardens

(More sessions will run throughout the year, contact us if you are interested.)

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Illustration by Amy Sharp, Peer Trainer



# 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 that programme.

### Date & Time:

Monday 28th October 2019  
10am – 1pm  
Brentford Lodge

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## Skills for Employment

A seven-week course for people considering starting or returning to work, helping to identify existing skills, as well as helping with practical topics such as CV writing, interview skills and job searching.

The course will give you an opportunity to explore issues around what to disclose to prospective employers, as well as learn about your rights in the workplace. There will also be opportunities to consider how to build on your strengths as an employee, 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:  
Tuesday 14th January 2020  
10am – 11.30am  
Brentford Lodge

7 Tuesdays from  
28th January 2020 – 17th March 2020  
*(Excluding 18th February 2020)*  
10am – 4pm  
Brentford Lodge

### Mandatory Q&A Session:

Thursday 21st May 2020  
10am - 11.30am  
Irish Cultural Centre, Hammersmith

7 Thursdays from  
11th June 2020 – 23rd July 2020  
10am – 4pm  
Irish Cultural Centre, Hammersmith

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## 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.

### Date & Time:

Tuesday 24th September 2019  
11am – 3pm  
Brentford Lodge

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## Developing Life Skills

### 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:

Thursday 26th September 2019  
11am – 4pm  
Brentford Lodge

Thursday 27th February 2020  
11am – 4pm  
Brentford Lodge

Tuesday 14th July 2020  
11am – 4pm  
Brentford Lodge

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### Understanding Permitted Work

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

This half-day course is for service users, staff and carers and 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.

#### Date & Time:

Thursday 16th January 2020  
1pm – 4pm  
Brentford Lodge

*(N.B. not for people on Universal Credit)*

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# 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 session aims to equip 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 Leads, 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.

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## What is Co-production?

In this workshop we will look at the principles of co-production, what it means and how it can be used to influence the development of mental health services.

### Dates & Times:

Thursday 19th September 2019  
2pm – 4pm  
Brentford Lodge

Wednesday 15th July 2020  
10am – 12pm  
Brentford Lodge

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## Additional Workshops

We are always keen to develop new ideas. These are some options for additional courses/workshops.

Let us know if you are interested in any of the following and we will make sure you get updates.

- Reading groups
  - Creative writing short course
  - Healthy cooking sessions
  - Arts & Crafts based workshops
  - Couch to 5k group (walking or running)
  - Learning to love our planet, how to live in a more environmentally friendly way
  - Nature and recovery activities
-

# Prospectus Autumn 2019

## SEPTEMBER

Date	Time	Course	Venue
3 Tuesday			
4 Wednesday			
5 Thursday			
6 Friday	10am - 1pm	Values, Acceptance and Kindness W1	Brentford Lodge
6 Friday			
9 Monday			
10 Tuesday			
11 Wednesday			
12 Thursday			
13 Friday	10am - 1pm	Values, Acceptance and Kindness W2	Brentford Lodge
13 Friday	2pm - 4pm	Anxiety Management W1	Brentford Lodge
16 Monday	1.30pm - 4pm	Understanding Personality Disorder	Brentford Lodge
17 Tuesday	2pm - 4pm	Nature and Recovery W1	Brentford Lodge
18 Wednesday	10am - 11.30am	Q&A: Learning about Thinking, Emotions and Relationships	Brentford Lodge
19 Thursday	10am - 12.30pm	Introduction to Recovery	Irish Cultural Centre
19 Thursday	2pm - 4pm	What is Co-production?	Brentford Lodge
20 Friday	10am - 12.30pm	Planning Recovery	Irish Cultural Centre
20 Friday	10am - 1pm	Values, Acceptance and Kindness W3	Brentford Lodge
20 Friday	2pm - 4pm	Anxiety Management W2	Brentford Lodge
23 Monday	10am - 4pm	Implementing Recovery	Irish Cultural Centre
24 Tuesday	11am - 3pm	PIP	Brentford Lodge
24 Tuesday	1pm - 4pm	Nature and Recovery W2	Pensford Field
25 Wednesday			
26 Thursday	11am - 4pm	Understanding Universal Credit	Brentford Lodge
27 Friday	2pm - 4pm	Anxiety Management W3	Brentford Lodge
30 Monday			

## OCTOBER

1 Tuesday	10am - 12pm	Coping Skills W1: Managing Unhelpful Thoughts	Brentford Lodge
1 Tuesday	1.30pm - 4pm	Understanding Psychosis from a Medical Perspective	Brentford Lodge
1 Tuesday	11am - onwards	Nature and Recovery W3	Kew Gardens
2 Wednesday	10am - 11.30am	LATER 1	Brentford Lodge
2 Wednesday	2pm - 4pm	Mindfulness and Self-Compassion W1	Brentford Lodge
3 Thursday	10am - 12pm	Your Wellbeing W1	Brentford Lodge

**OCTOBER**

Date	Time	Course	Venue
3 Thursday	1.30pm - 4pm	Understanding Depression	Brentford Lodge
4 Friday	2pm - 4pm	Anxiety Management W4	Brentford Lodge
7 Monday			
8 Tuesday	10am - 12pm	Coping Skills W2: Developing more helpful behaviours	Brentford Lodge
8 Tuesday	1.30pm - 4pm	Understanding Psychosis from a Psychological Perspective W1	Brentford Lodge
9 Wednesday	10am - 11.30am	LATER 2	Brentford Lodge
9 Wednesday	2pm - 4pm	Mindfulness and Self-Compassion W2	Brentford Lodge
10 Thursday	10am - 12pm	Your Wellbeing W2	Brentford Lodge
10 Thursday	1.30pm - 4pm	Managing Depression Part 1	Brentford Lodge
11 Friday	2pm - 4pm	Anxiety Management W5	Brentford Lodge
14 Monday			
15 Tuesday	10am - 12pm	Coping Skills W3: Tackling Stress and Worry	Brentford Lodge
15 Tuesday	1.30pm - 4pm	Understanding psychosis from a Psychological Perspective W2	Brentford Lodge
16 Wednesday	10am - 11.30am	LATER 3	Brentford Lodge
16 Wednesday	2pm - 4pm	Mindfulness and Self-Compassion W3	Brentford Lodge
17 Thursday	10am - 12pm	Your Wellbeing W3	Brentford Lodge
17 Thursday	1.30pm - 4pm	Managing Depression Part 2	Brentford Lodge
18 Friday	2pm - 4pm	Anxiety Management W6	Brentford Lodge

**21st OCTOBER 2019 HALF TERM**

28 Monday	10am - 1pm	Mental Health Disclosure: To tell or not to tell	Brentford Lodge
29 Tuesday	10am - 12pm	Coping Skills W4: Improving your Sleep	Brentford Lodge
30 Wednesday	10am - 11.30am	LATER 4	Brentford Lodge
30 Wednesday	2pm - 4pm	Mindfulness and Self-Compassion W4	Brentford Lodge
30 Wednesday	2pm - 4pm	Coping Skills W1: Managing unhelpful Thoughts	Irish Cultural Centre
31 Thursday	10am - 12pm	Your Wellbeing W4	Brentford Lodge

**NOVEMBER**

1 Friday	10am - 12pm	Tapping into Emotional Wellbeing W1	Brentford Lodge
4 Monday	2.30pm - 3.30pm	Yoga W1	Brentford Lodge
5 Tuesday	10am - 12pm	Coping Skills W5: Coping with difficult emotions	Brentford Lodge
6 Wednesday	10am - 11.30am	LATER 5	Brentford Lodge
6 Wednesday	2pm - 4pm	Coping Skills W2: Developing more helpful behaviours	Irish Cultural Centre

## NOVEMBER

Date	Time	Course	Venue
6 Wednesday	2pm - 4pm	Mindfulness and Self-Compassion W5	Brentford Lodge
7 Thursday	10am - 12pm	Your Wellbeing W5	Brentford Lodge
7 Thursday	2.30pm - 4pm	Learning Relaxation Techniques W1	Brentford Lodge
8 Friday	10am - 12pm	Tapping into Emotional Wellbeing W2	Brentford Lodge
11 Monday	2.30pm - 3.30pm	Yoga W2	Brentford Lodge
12 Tuesday	10am - 12pm	Coping Skills W6: Learning about positive communication and assertiveness	Brentford Lodge
12 Tuesday	1.30pm - 4pm	Understanding Bi Polar Disorder	Brentford Lodge
13 Wednesday	10am - 11.30am	LATER 6	Brentford Lodge
13 Wednesday	2pm - 4pm	Coping Skills W3: Tackling Stress and Worry	Irish Cultural Centre
13 Wednesday	2pm - 4pm	Mindfulness and Self-Compassion W6	Brentford Lodge
14 Thursday	10am - 12pm	Your Wellbeing W6	Brentford Lodge
14 Thursday	2.30pm - 4pm	Learning Relaxation Techniques W2	Brentford Lodge
15 Friday	10am - 12pm	Tapping into Emotional Wellbeing W3	Brentford Lodge
18 Monday	2.30pm - 3.30pm	Yoga W3	Brentford Lodge
19 Tuesday	10am - 12pm	Coping Skills W7: Staying well - looking at lifestyle and wellbeing	Brentford Lodge
19 Tuesday	1.30pm - 4pm	Managing Bi Polar Disorder Part 1	Brentford Lodge
20 Wednesday	10am - 11.30am	LATER 7	Brentford Lodge
20 Wednesday	2pm - 4pm	Coping Skills W4: Improving your Sleep	Irish Cultural Centre
21 Thursday	2.30pm - 4pm	Learning Relaxation Techniques W3	Brentford Lodge
22 Friday	10am - 12pm	Tapping into Emotional Wellbeing W4	Brentford Lodge
25 Monday	2.30pm - 3.30pm	Yoga W4	Brentford Lodge
26 Tuesday	1.30pm - 4pm	Managing Bi Polar Disorder Part 2	Brentford Lodge
27 Wednesday	10am - 11.30am	LATER 8	Brentford Lodge
27 Wednesday	2pm - 4pm	Coping Skills W5: Coping with difficult emotions	Irish Cultural Centre
28 Thursday	2.30pm - 4pm	Learning Relaxation Techniques W4	Brentford Lodge
29 Friday			

## DECEMBER

Date	Time	Course	Venue
2 Monday	2.30pm - 3.30pm	Yoga W5	Brentford Lodge
3 Tuesday	1pm - 4pm	Speaking Out: An Introduction to Being Assertive W1	Brentford Lodge
4 Wednesday	10am - 11.30am	LATER 9	Brentford Lodge
4 Wednesday	2pm - 4pm	Coping Skills W6: Learning about positive communication and assertiveness	Irish Cultural Centre
5 Thursday	10am - 1pm	Exploring Spirituality In Recovery W1	Brentford Lodge
5 Thursday	2.30pm - 4pm	Learning Relaxation Techniques W5	Brentford Lodge
6 Friday			
9 Monday	2.30pm - 3.30pm	Yoga W6	Brentford Lodge
10 Tuesday	1pm - 4pm	Speaking Out: An Introduction to Being Assertive W2	Brentford Lodge
11 Wednesday	10am - 11.30am	LATER 10	Brentford Lodge
11 Wednesday	2pm - 4pm	Coping Skills W7: Staying well - looking at lifestyle and wellbeing	Irish Cultural Centre
12 Thursday	10am - 1pm	Exploring Spirituality In Recovery W2	Brentford Lodge
13 Friday			
16 Monday	1pm - 4pm	Managing Holidays and Anniversaries	Brentford Lodge
17 Tuesday	1pm - 4pm	Speaking Out: An Introduction to Being Assertive W3	Brentford Lodge

## CHRISTMAS BREAK



# Prospectus Spring 2020

## JANUARY

Date	Time	Course	Venue
6 Monday			
7 Tuesday			
8 Wednesday			
9 Thursday	10am - 12pm	Telling Your Story W1	Brentford Lodge
9 Thursday	2pm - 4.30pm	Introduction to Recovery	Brentford Lodge
10 Friday	2pm - 4.30pm	Planning Recovery	Brentford Lodge
13 Monday	10am - 4pm	Implementing Recovery	Brentford Lodge
14 Tuesday	10am - 11.30am	Q&A: Skills for Employment	Brentford Lodge
15 Wednesday	10am - 11.30am	Q&A: Learning about Thinking, Emotions and Relationships	Brentford Lodge
15 Wednesday	2pm - 4.30pm	Building your confidence W1	Brentford Lodge
16 Thursday	10am - 12pm	Telling your Story W2	Brentford Lodge
16 Thursday	1pm - 4pm	Understanding Permitted Work	Brentford Lodge
17 Friday	10am - 12pm	Coping Skills W1: Managing unhelpful thoughts	Brentford Lodge
20 Monday			
21 Tuesday	1.30pm - 4pm	Developing Positive Relationships	Brentford Lodge
22 Wednesday	10am - 11.30am	LATER 1	Brentford Lodge
22 Wednesday	2pm - 4.30pm	Building your confidence W2	Brentford Lodge
23 Thursday	10am - 12pm	Telling Your Story W3	Brentford Lodge
24 Friday	10am - 12pm	Coping Skills W2: Developing more helpful behaviours	Brentford Lodge
27 Monday			
28 Tuesday	10am - 4pm	Skills for Employment W1	Brentford Lodge
29 Wednesday	10am - 11.30am	LATER 2	Brentford Lodge
29 Wednesday	10am - 12pm	Mindfulness and Self-Compassion W1	Irish Cultural Centre
29 Wednesday	2pm - 4pm	Coping Skills W1: Managing unhelpful thoughts	Irish Cultural Centre
29 Wednesday	2pm - 4.30pm	Building your confidence W3	Brentford Lodge
30 Thursday	10am - 12pm	Telling Your Story W4	Brentford Lodge
30 Thursday	2pm - 4pm	Anxiety Management W1	Irish Cultural Centre
31 Friday	10am - 12pm	Coping Skills W3: Tackling stress and worry	Brentford Lodge

## FEBRUARY

3 Monday			
4 Tuesday	10am - 4pm	Skills for Employment W2	Brentford Lodge
5 Wednesday	10am - 11.30am	LATER 3	Brentford Lodge

## FEBRUARY

Date	Time	Course	Venue
5 Wednesday	10am - 12pm	Mindfulness and Self-Compassion W2	Irish Cultural Centre
5 Wednesday	2pm - 4pm	Coping Skills W2: Developing more helpful behaviours	Irish Cultural Centre
6 Thursday	10am - 12pm	Telling Your Story W5	Brentford Lodge
6 Thursday	2pm - 4pm	Anxiety Management W2	Irish Cultural Centre
7 Friday	10am - 12pm	Coping Skills W4: Improving your sleep	Brentford Lodge
10 Monday	1pm - 4pm	Race, Ethnicity and Mental Health	Brentford Lodge
11 Tuesday	10am - 4pm	Skills for Employment W3	Brentford Lodge
12 Wednesday	10am - 11.30am	LATER 4	Brentford Lodge
12 Wednesday	10am - 12pm	Mindfulness and Self-Compassion W3	Irish Cultural Centre
12 Wednesday	2pm - 4pm	Coping Skills W3: Tackling stress and worry	Irish Cultural Centre
13 Thursday	10am - 12pm	Telling Your Story W6	Brentford Lodge
13 Thursday	2pm - 4pm	Anxiety Management W3	Irish Cultural Centre
14 Friday	10am - 12pm	Coping Skills W5: Coping with difficult emotions	Brentford Lodge

### 17th - 21st FEBRUARY 2020 HALF TERM

24 Monday	2.30pm - 3.30pm	Yoga W1	Brentford Lodge
25 Tuesday	10am - 4pm	Skills for Employment W4	Brentford Lodge
26 Wednesday	10am - 11.30am	LATER 5	Brentford Lodge
26 Wednesday	2pm - 4pm	Your Wellbeing W1	Brentford Lodge
26 Wednesday	10am - 12pm	Mindfulness and Self-Compassion W4	Irish Cultural Centre
26 Wednesday	2pm - 4pm	Coping Skills W4: Improving your sleep	Irish Cultural Centre
27 Thursday	11am - 4pm	Understanding Universal Credit	Brentford Lodge
27 Thursday	2pm - 4pm	Anxiety Management W4	Irish Cultural Centre
28 Friday	10am - 12pm	Coping Skills W6: Learning about positive communication and assertiveness	Brentford Lodge

## MARCH

2 Monday	2.30pm - 3.30pm	Yoga W2	Brentford Lodge
3 Tuesday	10am - 4pm	Skills for Employment W5	Brentford Lodge
4 Wednesday	10am - 11.30am	LATER 6	Brentford Lodge
4 Wednesday	2pm - 4pm	Your Wellbeing W2	Brentford Lodge
4 Wednesday	10am - 12pm	Mindfulness and Self-Compassion W5	Irish Cultural Centre
4 Wednesday	2pm - 4pm	Coping Skills W5: Coping with difficult emotions	Irish Cultural Centre
5 Thursday	2pm - 4pm	An Overview of the Mental Health Act	Brentford Lodge
5 Thursday	2pm - 4pm	Anxiety Management W5	Irish Cultural Centre

## MARCH

Date	Time	Course	Venue
6 Friday	10am - 12pm	Coping Skills W7: Staying well - looking at lifestyle and wellbeing	Brentford Lodge
9 Monday	2.30pm - 3.30pm	Yoga W3	Brentford Lodge
10 Tuesday	10am - 4pm	Skills for Employment W6	Brentford Lodge
11 Wednesday	10am - 11.30am	LATER 7	Brentford Lodge
11 Wednesday	2pm - 4pm	Your Wellbeing W3	Brentford Lodge
11 Wednesday	10am - 12pm	Mindfulness and Self-Compassion W6	Irish Cultural Centre
11 Wednesday	2pm - 4pm	Coping Skills W6: Learning about positive communication and assertiveness	Irish Cultural Centre
12 Thursday	2pm - 4pm	Anxiety Management W6	Irish Cultural Centre
13 Friday			
16 Monday	2.30pm - 3.30pm	Yoga W4	Brentford Lodge
17 Tuesday	10am - 4pm	Skills for Employment W7	Brentford Lodge
18 Wednesday	10am - 11.30am	LATER 8	Brentford Lodge
18 Wednesday	2pm - 4pm	Your Wellbeing W4	Brentford Lodge
18 Wednesday	2pm - 4pm	Coping Skills W7: Staying well - looking at lifestyle and wellbeing	Irish Cultural Centre
19 Thursday	10am - 1pm	Understanding Autistic Spectrum Disorder	Brentford Lodge
20 Friday			
23 Monday	2.30pm - 3.30pm	Yoga W5	Brentford Lodge
24 Tuesday			
25 Wednesday	10am - 11.30am	LATER 9	Brentford Lodge
25 Wednesday	2pm - 4pm	Your Wellbeing W5	Brentford Lodge
26 Thursday			
27 Friday			
30 Monday	2.30pm - 3.30pm	Yoga W6	Brentford Lodge
31 Tuesday			

## APRIL

1 Wednesday	10am - 11.30am	LATER 10	Brentford Lodge
1 Wednesday	2pm - 4pm	Your Wellbeing W6	Brentford Lodge
2 Thursday			
3 Friday			

## EASTER

# Prospectus Summer 2020

<b>APRIL</b>			
<b>Date</b>	<b>Time</b>	<b>Course</b>	<b>Venue</b>
20 Monday			
21 Tuesday			
22 Wednesday			
23 Thursday	10.30am - 12pm	Learning Relaxation Techniques W1	Brentford Lodge
24 Friday	10am - 12pm	Tapping into Emotional Wellbeing W1	Brentford Lodge
27 Monday			
28 Tuesday			
29 Wednesday	10am - 11.30am	Q&A: Learning about Thinking, Emotions and Relationships	Irish Cultural Centre
29 Wednesday	2pm - 4pm	Mindfulness and Self-Compassion W1	Brentford Lodge
30 Thursday	10.30am - 12pm	Learning Relaxation Techniques W2	Brentford Lodge
<b>MAY</b>			
1 Friday	10am - 12pm	Tapping into Emotional Wellbeing W2	Brentford Lodge
4		BANK HOLIDAY	
5 Tuesday	2pm - 4pm	Your Wellbeing W1	Brentford Lodge
6 Wednesday	10am - 11.30am	LATER 1	Irish Cultural Centre
6 Wednesday	2pm - 4pm	Mindfulness and Self-Compassion W2	Brentford Lodge
7 Thursday	1pm - 4pm	Speaking Out: An Introduction to Being Assertive W1	Irish Cultural Centre
7 Thursday	10.30am - 12pm	Learning Relaxation Techniques W3	Brentford Lodge
7 Thursday	2pm - 4.30pm	Introduction to Recovery	Brentford Lodge
8 Friday	10am - 12pm	Tapping into Emotional Wellbeing W3	Brentford Lodge
8 Friday	2pm - 4.30pm	Planning Recovery	Brentford Lodge
11 Monday	10am - 4pm	Implementing Recovery	Brentford Lodge
12 Tuesday	2pm - 4pm	Your Wellbeing W2	Brentford Lodge
13 Wednesday	10am - 11.30am	LATER 2	Irish Cultural Centre
13 Wednesday	2pm - 4pm	Mindfulness and Self-Compassion W3	Brentford Lodge
14 Thursday	10.30am - 12pm	Learning Relaxation Techniques W4	Brentford Lodge
14 Thursday	1pm - 4pm	Speaking Out: An Introduction to Being Assertive W2	Irish Cultural Centre
15 Friday	10am - 12pm	Tapping into Emotional Wellbeing W4	Brentford Lodge
18 Monday			
19 Tuesday	2pm - 4pm	Your Wellbeing W3	Brentford Lodge
20 Wednesday	10am - 11.30am	LATER 3	Irish Cultural Centre
20 Wednesday	2pm - 4pm	Mindfulness and Self-Compassion W4	Brentford Lodge
21 Thursday	10.30am - 12pm	Learning Relaxation Techniques W5	Brentford Lodge

**MAY**

Date	Time	Course	Venue
21 Thursday	10am - 11.30am	Q&A: Skills for Employment	Irish Cultural Centre
21 Thursday	1pm - 4pm	Speaking Out: An Introduction to Being Assertive W3	Irish Cultural Centre
22 Friday	2pm - 4pm	Understanding Obsessive Thoughts and Behaviour	Brentford Lodge

**25TH - 29th MAY 2020 HALF TERM****JUNE**

1 Monday			
2 Tuesday	10am - 12pm	Anxiety Management W1	Brentford Lodge
2 Tuesday	2pm - 4pm	Your Wellbeing W4	Brentford Lodge
3 Wednesday	10am - 11.30am	LATER 4	Irish Cultural Centre
3 Wednesday	2pm - 4pm	Mindfulness and Self-Compassion W5	Brentford Lodge
3 Wednesday	2pm - 4pm	Coping Skills W1: Managing unhelpful thoughts	Irish Cultural Centre
4 Thursday	10am - 12pm	Coping Skills W1: Managing unhelpful thoughts	Brentford Lodge
5 Friday	10am - 12pm	Telling Your Story W1	Brentford Lodge
8 Monday			
8 Monday	2.30pm - 3.30pm	Yoga W1	Brentford Lodge
9 Tuesday	10am - 12pm	Anxiety Management W2	Brentford Lodge
9 Tuesday	2pm - 4pm	Your Wellbeing W5	Brentford Lodge
10 Wednesday	10am - 11.30am	LATER 5	Irish Cultural Centre
10 Wednesday	2pm - 4pm	Mindfulness and Self-Compassion W6	Brentford Lodge
10 Wednesday	2pm - 4pm	Coping Skills W2: Developing more helpful behaviours	Irish Cultural Centre
11 Thursday	10am - 12pm	Coping Skills W2: Developing more helpful behaviours	Brentford Lodge
11 Thursday	10am - 4pm	Skills for Employment W1	Irish Cultural Centre
12 Friday	10am - 12pm	Telling Your Story W2	Brentford Lodge
12 Friday	1pm - 4pm	Values, Acceptance and Kindness W1	Brentford Lodge
15 Monday	2.30pm - 3.30pm	Yoga W2	Brentford Lodge
16 Tuesday	10am - 12pm	Anxiety Management W3	Brentford Lodge
16 Tuesday	2pm - 4pm	Your Wellbeing W6	Brentford Lodge
17 Wednesday	10am - 11.30am	LATER 6	Irish Cultural Centre
17 Wednesday	2pm - 4pm	Coping Skills W3: Tackling stress and worry	Irish Cultural Centre
18 Thursday	10am - 12pm	Coping Skills W3: Tackling stress and worry	Brentford Lodge
18 Thursday	10am - 4pm	Skills for Employment W2	Irish Cultural Centre
19 Friday	10am - 12pm	Telling Your Story W3	Brentford Lodge

## JUNE

Date	Time	Course	Venue
19 Friday	1pm - 4pm	Values, Acceptance and Kindness W2	Brentford Lodge
22 Monday	2.30pm - 3.30pm	Yoga W3	Brentford Lodge
23 Tuesday	10am - 12pm	Anxiety Management W4	Brentford Lodge
24 Wednesday	10am - 11.30am	LATER 7	Irish Cultural Centre
24 Wednesday	2pm - 4pm	Coping Skills W4: Improving your sleep	Irish Cultural Centre
25 Thursday	10am - 12pm	Coping Skills W4: Improving your sleep	Brentford Lodge
25 Thursday	10am - 4pm	Skills for Employment W3	Irish Cultural Centre
26 Friday	10am - 12pm	Telling Your Story W4	Brentford Lodge
26 Friday	1pm - 4pm	Values, Acceptance and Kindness W3	Brentford Lodge
29 Monday	2.30pm - 3.30pm	Yoga W4	Brentford Lodge
30 Tuesday	10am - 12pm	Anxiety Management W5	Brentford Lodge

## JULY

1 Wednesday	10am - 11.30am	LATER 8	Irish Cultural Centre
1 Wednesday	2pm - 4pm	Coping Skills W5: Coping with difficult emotions	Irish Cultural Centre
2 Thursday	10am - 12pm	Coping Skills W5: Coping with difficult emotions	Brentford Lodge
2 Thursday	1pm - 4pm	Exploring Spirituality in Recovery W1	Brentford Lodge
2 Thursday	10am - 4pm	Skills for Employment W4	Irish Cultural Centre
3 Friday	10am - 12pm	Telling Your Story W5	Brentford Lodge
6 Monday	2.30pm - 3.30pm	Yoga W5	Brentford Lodge
7 Tuesday	10am - 12pm	Anxiety Management W6	Brentford Lodge
8 Wednesday	10am - 11.30am	LATER 9	Irish Cultural Centre
8 Wednesday	2pm - 4pm	Coping Skills W6: Learning about positive communication and assertiveness	Irish Cultural Centre
9 Thursday	10am - 12pm	Coping Skills W6: Learning about positive communication and assertiveness	Brentford Lodge
9 Thursday	1pm - 4pm	Exploring Spirituality in Recovery W2	Brentford Lodge
9 Thursday	10am - 4pm	Skills for Employment W5	Irish Cultural Centre
10 Friday	10am - 12pm	Telling Your Story W6	Brentford Lodge
13 Monday	2.30pm - 3.30pm	Yoga W6	Brentford Lodge
14 Tuesday	11am - 4pm	Understanding Universal Credit	Brentford Lodge
15 Wednesday	10am - 12pm	What is co-production?	Brentford Lodge
15 Wednesday	10am - 11.30am	LATER 10	Irish Cultural Centre
15 Wednesday	2pm - 4pm	Coping Skills W7: Staying well - looking at lifestyle and wellbeing	Irish Cultural Centre

## JULY

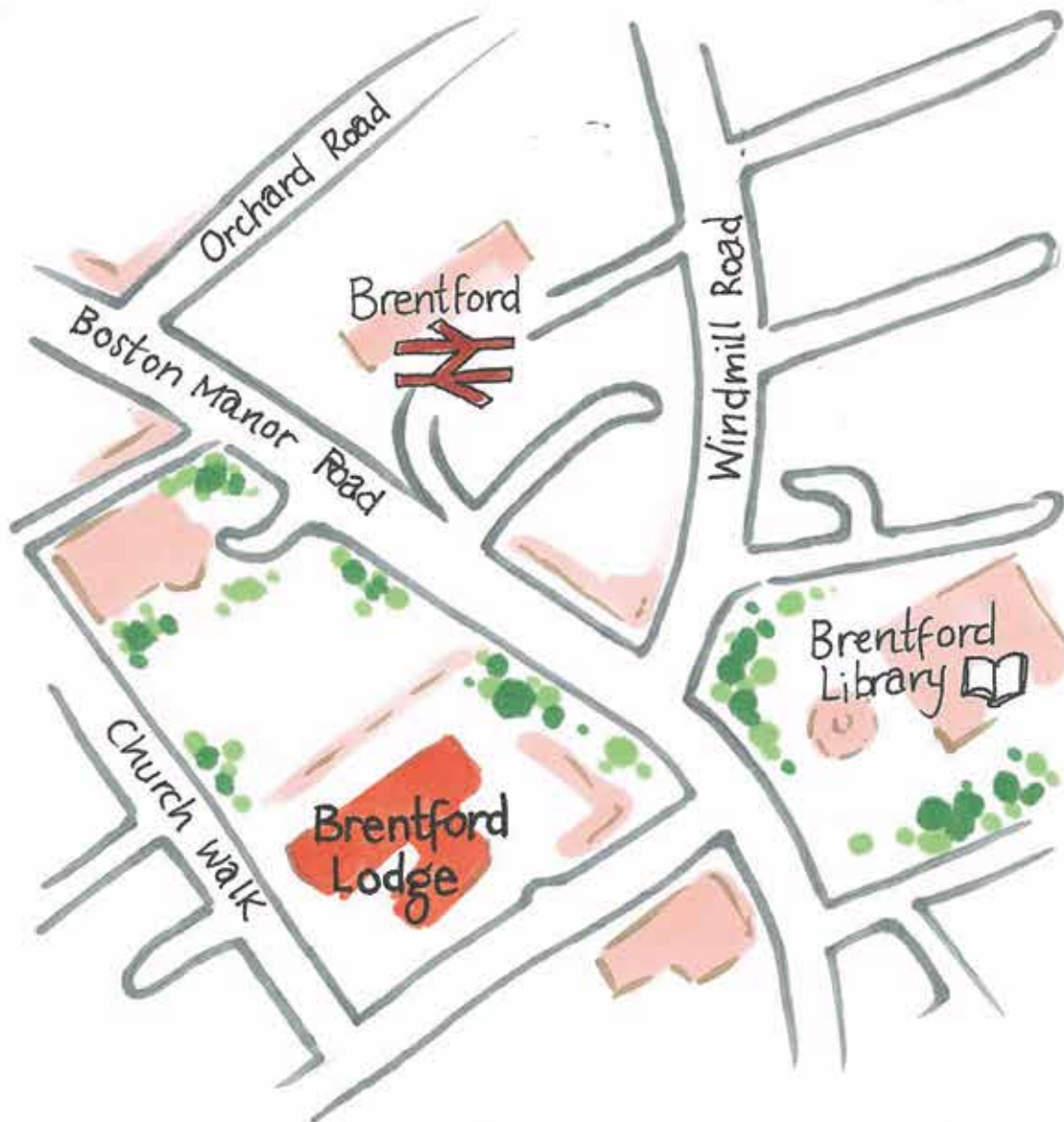
Date	Time	Course	Venue
16 Thursday	10am -12pm	Coping Skills W7: Staying well - looking at lifestyle and wellbeing	Brentford Lodge
16 Thursday	2pm - 4pm	Understanding Dementia	Brentford Lodge
16 Thursday	10am - 4pm	Skills for Employment W6	Irish Cultural Centre
17 Friday			
23 Thursday	10am - 4pm	Skills for Employment W7	Irish Cultural Centre

## SUMMER BREAK





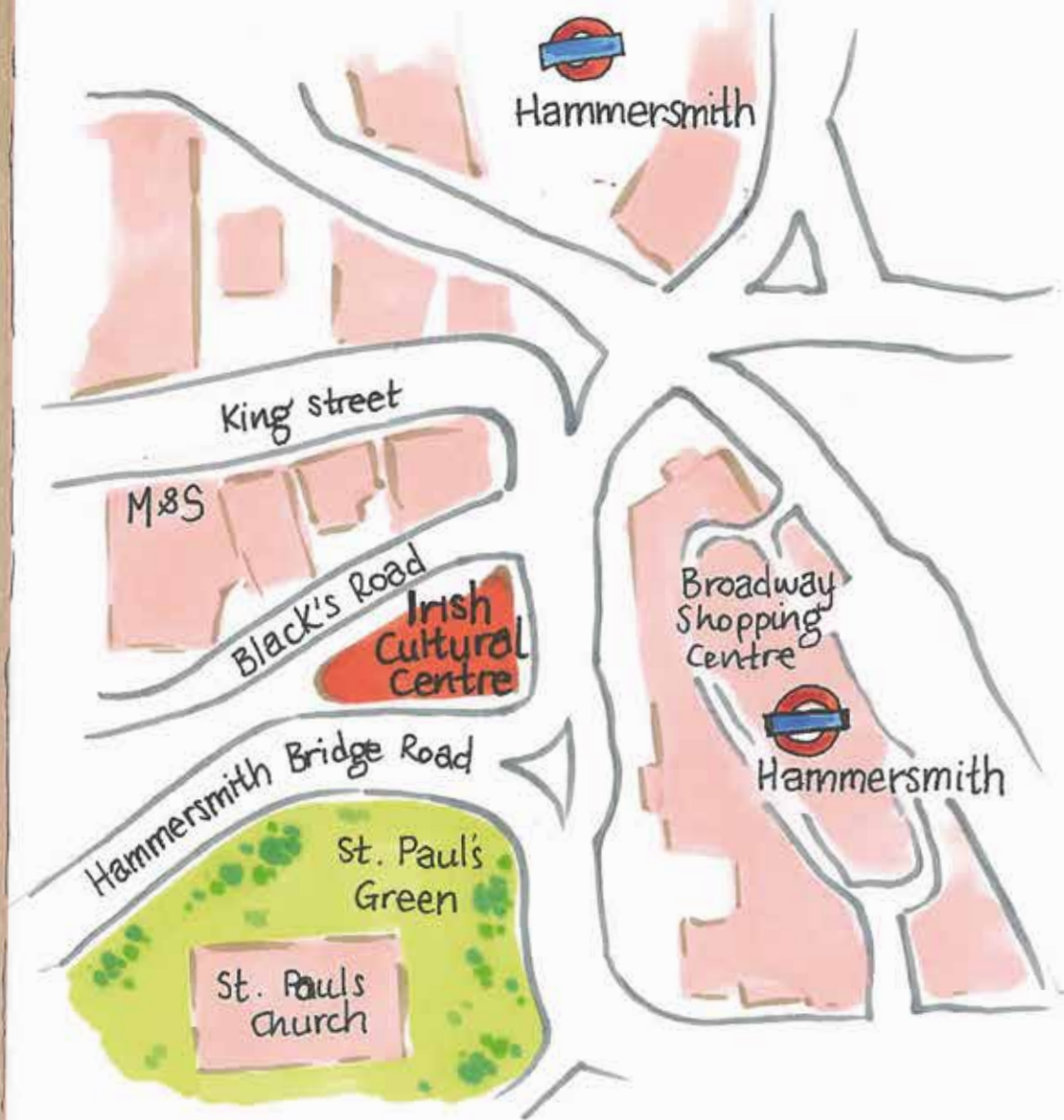
# Brentford Lodge



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  
Tube Station:  
Hammersmith

5 Black's Rd  
Hammersmith  
London  
W6 9DT

# The Triangle of care

An introduction for carers, service users and health professionals

## What is the Triangle of Care?

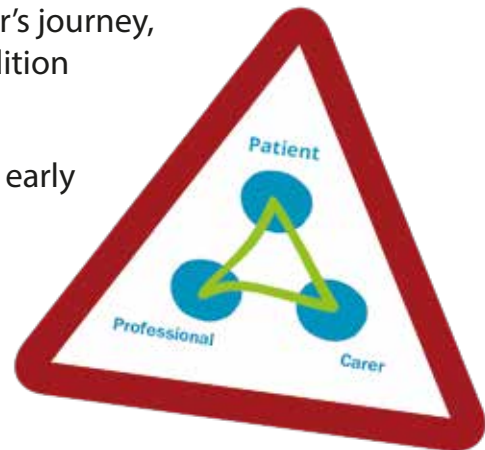
In order to ensure that carers are included, informed and better supported when caring for someone who is unwell, we are introducing the Carers Trust's Triangle of Care.

Carers are sometimes the only constant in a service user's journey, and often understand their loved one's needs and condition better during a crisis.

When provided with the right information and support early on, carers are more likely to have a healthy relationship with the person they are caring for.

By implementing the Triangle of Care, we will;

- train staff so they are more 'care aware'.
- identify a carer and their essential role as soon as possible.
- introduce carers to staff and ensure they receive information across the care pathway.
- offer a range of services to support carers.
- review our policies and practices about sharing information with carers.
- create specific posts responsible for supporting carers.



**Promoting hope  
and wellbeing  
together**

## Get involved

We want to reach more carers. Get in touch to find out more by emailing : [triangleofcare@westlondon.nhs.uk](mailto:triangleofcare@westlondon.nhs.uk).

 Switchboard  
**020 8345 8354**

 24 hour helpline (single point of access)  
**0300 1234 244**

 [westlondon.nhs.uk](http://westlondon.nhs.uk)

# recovery<sup>THE</sup>college

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

020 8483 1456  
[bookings.recoverycollege@westlondon.nhs.uk](mailto:bookings.recoverycollege@westlondon.nhs.uk)

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together**