



College Prospectus & Course Timetable

April 2024 – June 2024



Southern Trust Recovery College

Wellbeing education for everyone

Welcome!

Welcome to the Southern Trust Recovery College Prospectus for April - June 24.

What we do:

As a team of Peer Educators (lived experience) and Healthcare Professionals (learned experience) we have been striving to make our courses as accessible to our local communities as we can. We cover all of the Southern area, from Fivemiletown to Kilkeel and everywhere in between. The team is continually working to develop new and relevant educational programmes to support mental health & over all wellbeing.

It's great to be about and about again in community after the challenges of the past few years.

What is the Recovery College?

Just to give a brief overview of a Recovery College for those that are perhaps not as familiar with the concept of a Recovery College and would like to know more.

We believe that Mental Health and Wellbeing is a key tenet of overall health and wellbeing and requires to be looked after in much the same way as physical health and wellbeing. The Recovery College offers a range of educational courses on mental health and recovery that are designed to give students the knowledge, skills and confidence to better manage their mental health and wellbeing. Our courses are not a replacement for 'therapy' and are very much educational but can work alongside a therapeutic approach to enhance learning.

Experts by Experience

Lived & Learned Experience: What is lived or learned experience?

In keeping with the ethos of a Recovery College all of our courses are co-produced and co-delivered with people who are experts by experience. At the Recovery College, we believe that it is those who have this experience are best placed to use their experiences to support others in their learning. Working alongside those with professional experience we combine both perspectives to provide an educational approach to managing mental health challenges.

In addition to face to face courses we facilitate courses across Microsoft Teams in recognition that this will sometimes suit people and make our courses accessible to all. We also have a suite of online short courses that can be accessed free of charge and at any time. These can be accessed on www.mymentalhealthrecovery.com

How to Access Recovery College courses:

Complete the enrolment form which can be accessed on-line at:

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

Or contact us on:

✉ Email: recovery.college@southerntrust.hscni.net

☎ Telephone: 028 37561938 - we can support you to register over the phone if this suits you best.

E-Learning Recovery College Courses

Courses on the online platform offer a flexible approach to learning. All the courses are free and provide a range of training and practical tools to support mental health and wellbeing. Create an account by entering your information and once registered you will have access to all the online course material to start your journey. Please follow this link www.mymentalhealthrecovery.com to check out the range of E-Learning Courses available.

Our courses are available to anyone 16+ and are *free* to attend.

Any personal information that is shared with us is governed by the Data Protection Act 2018 and the General Data Protection Regulation (GDPR).

The Recovery College Course Timetable and descriptions of the courses are listed on the following pages.

Southern Trust Recovery College

Course Timetable

Course	Sessions	Date(s)	Time	Venue
Wellness Recovery Action Plan (WRAP) Seminar 1	4	30 th April 7 th May 14 th May 21 st May	10:30am – 2:30pm	Wald Centre Tullynavall Rd, Cullyhanna BT35 0PZ
Discovering My Wellness & Wellness Toolbox	1	2 nd May	10:00am – 12 noon	Brownlow Health Centre Legahory, Craigavon BT65 5BE
Practising Self Care	1	15 th May	10am – 12 noon	Microsoft Teams
Understanding and Managing Bipolar Disorder	2	16 th May & 23 rd May	09:30am – 12:30pm	Oakdale House, Drumalane Road, Newry, BT35 8AP
Top Tips for Anxiety	1	29 th May	10am – 12 noon	Microsoft Teams
Understanding Trauma	1	4 th June	9:30am – 12 noon	Brownlow Health Centre Legahory, Craigavon BT65 5BE
Getting A Good Night's Sleep	1	5 th June	10 am – 12 noon	ONLINE
Understanding and Managing Depression	2	6 th June & 13 th June	10 am – 1pm	Tommy Makem Arts & Community Centre, Keady BT60 3TD
Understanding Traumatic Grief	1	18 th June	1:30pm – 4pm	Promoting Wellbeing Training Room, St Luke's Hospital site, Armagh, BT61 7NQ
Building a Healthy Self Esteem	1	19 th June	10 am – 12 noon	MS Teams
Understanding and Managing Anxiety	2	25 th & 26 th June	10am – 1pm	Oakdale House, Drumalane Road, Newry , BT35 8AP
Introduction to the Menopause	1	27 th June	10am – 12:30pm	Chrysalis Women's Centre, Legahory, Craigavon, BT65 4BD

Course Descriptions:

Building a Healthy Self-Esteem

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

WRAP information Session

This awareness workshop is for individuals learn more about our 'Wellness Recovery Action Planning' course and how it supports personal recovery.

WRAP (Wellness Recovery Action Plan)

WRAP® is a wellness and recovery approach that helps people to: 1) decrease and prevent intrusive or troubling feelings and behaviours; 2) increase personal empowerment; 3) improve quality of life; and 4) achieve their own life goals and dreams.

Introduction to the Menopause

This course aims to increase understanding of the symptoms, causes and stages of Menopause. It offers information on treatments and support available to help you manage Menopause.

Top Tips for Anxiety

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

Understanding Trauma

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

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

Practising Self-Care

This course explores the culture of self-care; its value and benefits; and suggests ways in which it can be incorporated into your daily life.

My Wellness Toolbox

A Wellness Toolbox is a list of all the skills you have used in the past, or could use, to help yourself stay well. It also includes strategies that you could use to help yourself feel better when you are not doing well. This course will help you to explore different wellness tools and support you to develop your own Wellness Toolbox.

Understanding & Managing Anxiety

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

Understanding Traumatic Grief

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

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

Understanding & Managing Bipolar Disorder

This programme provides students with the opportunity to gain or revise their knowledge and understanding of Bipolar Disorder; and offers them support in the development of strategies and self-management activities.

Understanding & Managing Depression

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

Getting a Good Night's Sleep

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