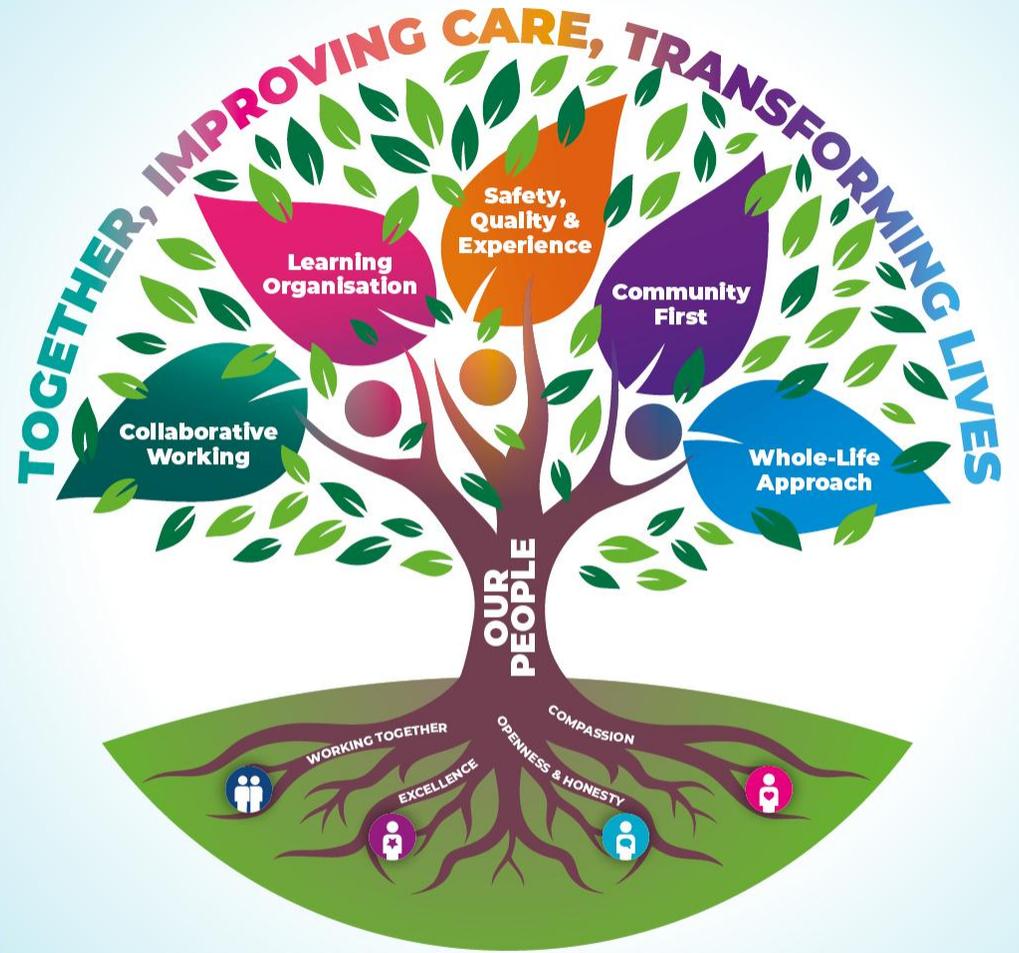


Recovery College Course Prospectus

April to June 2026



TOGETHER, IMPROVING CARE, TRANSFORMING LIVES

Welcome to the Recovery College in the Southern Trust

The College is delighted to welcome you to our prospectus for April to June 2026.

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

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

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

And we do this by:

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

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

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

www.mymentalhealthrecovery.com

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

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

All Recovery College courses are *FREE* to attend

Principles

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

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

Perspective

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

What does this mean?

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

People

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

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

How do I enrol on a Recovery College Course?

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

Step 1

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

Step 2

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

Step 3

- We will send you a reminder a few days before your chosen course is to begin either by text, email or phone call.
- We would ask that if you are unable to attend that you let us know so that we can offer the place to another student.
- ***Please note that courses are subject to cancellation if we do not meet the required number of registrations*

April to June 2026 Timetable



Southern Health
and Social Care Trust

TOGETHER, IMPROVING CARE, TRANSFORMING LIVES

April 2026

Course	Sessions	Date(s)	Time	Venue
Mindfulness	1	14 April	10.00 – 10.45 am	MS TEAMS
Writing for Self-Expression	4	16, 23, 30 April & 7 May	11.30 am – 1.00 pm	Jethro Centre, Lurgan
Building & Strengthening your Resilience	1	20 April	10.00 am – 12.30 pm	MS TEAMS
Wellness Recovery Action Plan (WRAP)	2	21 & 28 April	9.30 am – 4.30 pm	WIN Business Park, Newry
Understanding & Managing Anxiety	2	22 & 29 April	1.00 – 4.00 pm	Banbridge Health Centre

May 2026

Course	Sessions	Date(s)	Time	Venue
Practising Self-Care & Mindfulness	1	6 May	10.00 am – 1.00 pm	Wellbean Café, Newry
Journalling for Me	1	11 May	1.00 – 3.00 pm	Callan Room, St. Luke's Hospital Site, Armagh
Building a Healthy Self-Esteem	1	13 May	1:30 – 4:30 pm	Brownlow Health Centre, Craigavon
Understanding Menopause	1	14 May	6.00 – 8.00 pm	MS TEAMS
Journalling for Me	1	18 May	1.30 – 3.30 pm	WIN Business Park, Newry
Building a Healthy Self-Esteem	1	27 May	10.00 am – 12.30 pm	MS TEAMS
Wellness Recovery Action Plan (WRAP)	4	28 May & 4, 11, 18 June	10.00 am – 2.00 pm	Brownlow Health Centre, Craigavon

June 2026

Course	Sessions	Date(s)	Time	Venue
Mindful Self-Compassion	1	1 June	10.00 am – 1.00 pm	Haven Close, St. Luke's Hospital Site, Armagh
Understanding Obsessive Compulsive Disorder (OCD)	1	3 June	10.00 am – 1.00 pm	PWB Room, St. Luke's Hospital Site, Armagh
Nature Connections	1	8 June	10.30 am – 12.30 pm	Oxford Island, Craigavon
Top Tips for Anxiety	1	9 June	6.00 – 8.00 pm	MS TEAMS
Chi Me & Mindfulness	1	15 June	10.30 am – 12.00 pm	Jethro Centre, Lurgan
Getting a Good Night's Sleep	1	16 June	11.00 am – 1.00 pm	MS TEAMS
Mindfulness	1	22 June	12.30 – 1.15 pm	MS TEAMS

Building a Healthy Self-Esteem

This course will help you learn about self-esteem and the factors that impact on it. It will also empower you to harness the power of your thoughts and beliefs to change how you feel about yourself.

Topics covered include:

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

Duration:

3 hours (face-to-face)
2hrs 30mins (online)

Building & Strengthening your Resilience

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

Topics covered include:

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

Duration:

3 hours (face-to-face)
2hrs 30mins (online)

Chi Me & Mindfulness

Join us for a relaxing Chi Me & Mindfulness session.

Chi Me is a gentle, light-intensity exercise class inspired by Tai Chi movements. It improves strength, mobility & balance as well as having a positive impact on our mental wellbeing.

We will end the class with a short mindfulness session. An opportunity to pause, reflect and focus on your well-being.

Duration: 1 hour 30mins

Getting a Good Night's Sleep

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

Topics covered include:

- Understanding why sleep is important.
- Describing the sleep cycle.
- Recognising barriers to getting a good sleep.
- Identifying and implementing tips for a good night's sleep.

Duration: 2 hours.

Journalling for Me

This course is for anyone interested in exploring journalling as a tool for wellbeing. Journalling is a tool that supports our wellbeing by helping us to build greater emotional awareness and resilience.

Maybe you have wondered about journalling but have not known where to start or given up after a short time. Whether you are new to journalling or looking to refresh your practice, this course is for you

Duration: 2 hours

Mindfulness

Regular mindfulness practice can reduce stress, improve focus, and promote emotional well-being.

Join us for an online mindfulness session - an opportunity to pause, reflect and focus on your well-being.

Topics covered include:

- Present moment awareness
- Breath Awareness
- Body Scan

Duration: 45 mins (online)

Mindful Self-Compassion

This course explores what self-compassion is; how to cultivate self-compassion; and how to manage the internal critic. It also provides practical skills and techniques to integrate self-compassion into daily life, fostering resilience and well-being.

Topics covered include:

- Exploring the concept of self-compassion and its importance
- Identifying what can get in the way of being compassionate to yourself.
- Strategies that help to foster self-compassion.

Duration: 3 hours

Nature Connections

Nature Connection is an outdoor, guided practice, which engages all five senses - sight, sound, smell, touch and taste - to promote relaxation and overall wellbeing.

A nature connections programme includes mindful walks, nature journalling and sensory immersion exercises. These nature-based activities provide individuals with accessible and tangible coping strategies, helping to build emotional resilience, self-awareness, emotional regulation and connection.

Duration: 2 hours

Practising Self-Care & Mindfulness

This course explores the culture of self-care; its value and benefits; and suggests how to incorporate it into your daily life. We will also practice some mindfulness to promote emotional wellbeing.

Topics covered include:

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

Duration: 3 hours

Top Tips for Anxiety

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

Topics covered include:

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

Duration: 2 hours (online)

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.

Topics covered include:

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

Duration: 2x3 hour sessions.

****Participants are required to attend both sessions**

Understanding Menopause

This course aims to provide you with up-to-date information about the menopause to increase understanding of the symptoms, causes and stages of Menopause. It also offers information on treatments and support available to inform and empower you during this transitional phase of your life.

Topics covered include:

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

Duration: 2 hours (online)

Understanding Obsessive Compulsive Disorder (OCD)

This course will explore what Obsessive Compulsive Disorder (OCD) is and what it isn't. Students will learn about common misconceptions that are associated with the term OCD. We will explore potential signs and symptoms that someone might experience and look at strategies and treatment options that can support someone with OCD. The course is suitable for those who experience OCD and for those who would like to understand it better.

Duration: 3 hours

Writing for Self-Expression

Writing for Self-Expression helps people to express their thoughts and feelings in writing and enhances mental wellbeing and personal resilience. Through the shared reading and discussion of a poem, we reflect on how words affect us, and how writing can capture a mood, feeling or memory. We then encourage participants to do their own writing, listen to what participants have written (if they wish to share), and discuss how writing can produce new insights, and change the way we think about ourselves and each other. No writing experience is required

Duration: 4x1hr 30min sessions

****Attendance is required at all 4 sessions.**

WELLBEING and RECOVERY ACTION PLAN (WRAP)

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

Topics covered are:

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

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

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

What students have shared about attending our courses

I really needed this – I feel great and better prepared for the future.

Life changing. Educational.
Provides hope and awareness

Very well presented and a great learning experience

Excellent. Would highly recommend

I haven't thought this much about myself in years.

How to contact us:



Call us on 028 3756 1938.

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



You can email us on:

recovery.college@southerntrust.hscni.net



You can access our website

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



Southern Health
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TOGETHER, IMPROVING CARE, TRANSFORMING LIVES

Platform of E-Learning Courses

Courses

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

The screenshot displays the website for Innovation Recovery, a platform for mental health and wellbeing. At the top, there are logos for 'Innovation recovery' (education for mental wellbeing), 'interreg' (European Union), and 'Special EU Programmes Body'. The main heading reads 'FREE E-learning Mental Health and Wellbeing Courses'. Below this, there is a search bar containing 'mymentalhealthrecovery.com' and a magnifying glass icon. A prominent red button says 'Register Now'. To the right, a yellow circle contains the text 'FREE Online Courses'. The website interface shows a navigation menu with 'Home', 'About Us', 'Resources', and 'Check Out Our June Seminars'. A featured course titled 'Mindfulness & Deep Relaxation' is highlighted. The bottom of the page includes social media icons for Facebook and Twitter, the handle '@InnovationRecov', and logos for the Department of Health, An Roinn Sínte (Department of Health), HSE Public Health Agency, and HSE Health and Social Care. A footer note states: 'The Innovation Recovery Project is supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body.'

Sources of Support:



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



Samaritan's helpline (NI & ROI) 116 123



Lifeline (NI) 0808 808 8000



www.mindingyourhead.info



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