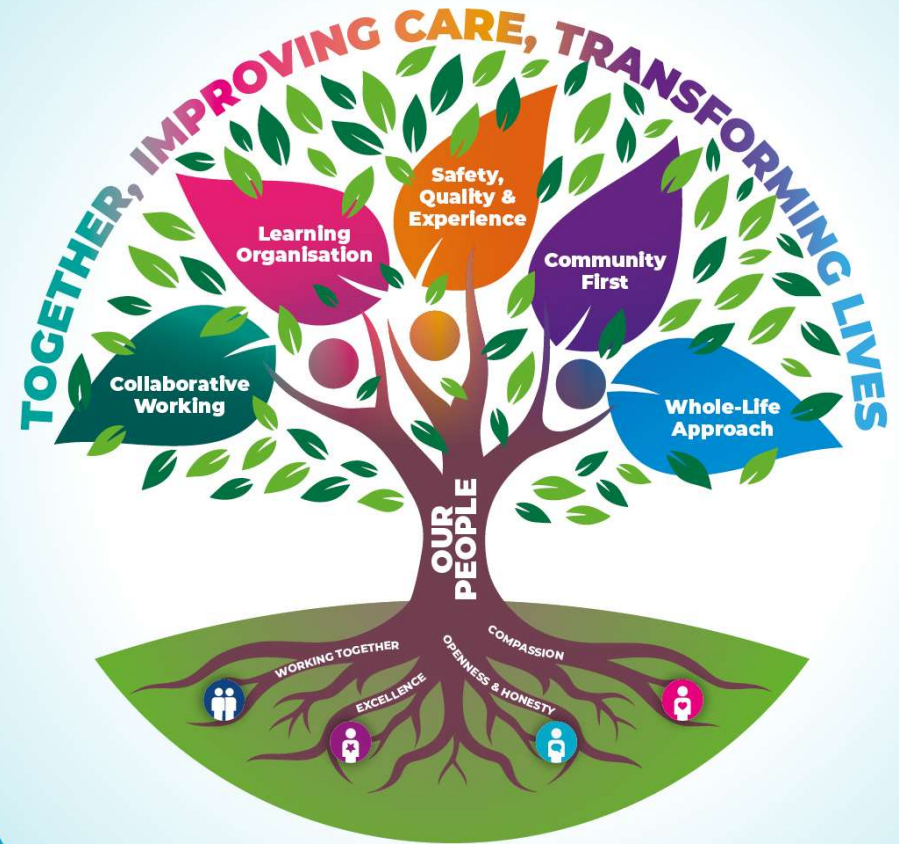


Recovery College Course Prospectus

September to December 2026



Southern Health
and Social Care Trust

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 September to December 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 a physical health and wellbeing.

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

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

All Recovery College courses are *FREE* to attend

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.

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 16yrs+ and this can include service users, carers, family, friends, students – anyone that has an interest in mental health and general wellbeing.



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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*



September to December 2026 Timetable



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September 2026

Course	Sessions	Date(s)	Time	Venue
Nature Connections	1	7 September	10.30 am-12.30 pm	Peatlands Park, Dungannon
Practising Self-Care & Mindfulness	1	9 September	1.00 pm-3.30 pm	Online via MS Teams
Wellness Recovery Action Plan (WRAP)	2	11 & 18 September	9.30 am-4.30 pm	PWB Room, St. Luke's Hospital Site, Armagh
Writing for Self-Expression	4	14, 21 & 28 September & 5 October	11.30 am-1.00 pm	Seagoe Parish Centre, Portadown
Wellness Recovery Action Plan (WRAP)	4	22 & 29 September & 6 & 13 October	10.00 am-2.00 pm	Via Wings, Dromore
Understanding & Managing Depression	2	24 September & 1 October	10.00 am-1.00 pm	Newry Leisure Centre

October 2026

Course	Sessions	Date(s)	Time	Venue
Understanding & Managing Anxiety	2	8 & 15 October	1.00-4.00 pm	Callan Room, St. Luke's Hospital Site, Armagh
Understanding Obsessive Compulsive Disorder (OCD)	1	14 October	10.00 am-1.00 pm	Craigavon Civic & Conference Centre
Getting a Good Night's Sleep	1	20 October	10.30 am-12.30 pm	Online via MS Teams
Volunteer Awareness Session	1	20 October	6.30-7.30 pm	Online via MS Teams
Food & Mood: Nourish your Mind	1	22 October	1.00-3.00 pm	Haven Close, St. Luke's Hospital Site, Armagh

November 2026

Course	Sessions	Date(s)	Time	Venue
When Our Thoughts Get in Our Way	1	2 November	1.00-3.30 pm	Online via MS Teams
Past, Present & Future: Art Reflection	3	3, 10, 17 November	10.30 am-12.30 pm	AmmA Centre, Market Street, Armagh
Understanding Benefits	1	4 November	11.00 am-1.00 pm	Ballybot House, Newry
Mindfulness	1	5 November	12.30-1.15 pm	Online via MS Teams
Wellness Recovery Action Plan (WRAP)	2	9 & 16 November	9.30 am-4.30 pm	Newry Leisure Centre
Understanding & Navigating Emotions	2	12 & 19 November	10.00 am-1.00 pm	Lilac Centre, Coalisland
Understanding Traumatic Grief	1	23 November	10.00 am-1.00 pm	Haven Close, St. Luke's Hospital Site, Armagh
Drumming for Wellness	2	25 November & 2 December	10.00 am-12.00 pm	Jethro Centre, Lurgan

December 2026

Course	Sessions	Date(s)	Time	Venue
Finding Hope After Bereavement	1	1 December	10.00 am-1.00 pm	Craigavon Civic & Conference Centre
Understanding Addictions	2	30 November & 7 December	10.00 am-1.00 pm	Newry Leisure Centre
Recognising & Recovering from Burnout	1	9 December	1.00-3.30 pm	Craigavon Civic & Conference Centre
Building & Strengthening Your Resilience	1	10 December	1.00-3.30 pm	Online via MS Teams
Mindfulness	1	14 December	10.30-11.15 am	Online via MS Teams

Building & Strengthening your Resilience

This course is designed to help participants understand what resilience is, identify the strengths and resilience they already possess, and learn effective techniques to build and maintain resilience in everyday life.

Topics covered include:

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

Duration:

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

Drumming for Wellness

Discover the therapeutic power of rhythm in this two-week wellness workshop. This course explores how group drumming can support your everyday mental well-being.

Rhythm is a universal language that helps to quiet the mind, release tension, and connect us to the present moment. Over two sessions, you will explore simple percussion techniques in a supportive and relaxed environment.

****No prior musical experience is required. Drums will be provided**

Duration: 2x2 hour sessions (face-to-face)

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

Food & Mood: Nourish your Mind

This interactive 2-hour session explores the connection between food, mood, and overall wellbeing. The session encourages participants to pause and reflect on their current eating habits; identify small, achievable changes; and consider how simple dietary choices can positively impact wellbeing.

Topics covered include:

- Understanding the link between food and mental wellbeing
- Exploring the gut-brain connection
- Practical ways to make healthier food choices
- Building sustainable habits to support long-term wellbeing

Duration: 2 hours (face-to-face)

Finding Hope After Bereavement

Coping with bereavement can be one of the most difficult journeys we have to take in life. Understanding how bereavement can impact us is important in helping us to make sense of our grief and to be able to cope with our loss. This course aims to help us get a better understanding of grief and bereavement; suggests ways of coping; and outlines the support that is available locally.

Duration: 3 hours (face-to-face)

**** Please note that this course may not be suitable for those who are recently bereaved. If you have had a recent bereavement and would like support, please contact us and we can give you information on local organisations that can help****

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 (online).

Understanding Obsessive Compulsive Disorder (OCD)

This course explores 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
(face-to-face)

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 minutes
(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 (face-to-face)
2 hrs 30mins (online)

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 journaling 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 (face-to-face)

Past, Present & Future: Art Reflection

In this 3-week art workshop, we will explore various themes following the overarching idea of our recovery journey.

We will reflect on our past, present and future while maintaining a positive mindset. Participants will be encouraged to use the space and art making as a time to self-reflect, explore and practice mindful positivity.

**** No art experience is necessary. Equipment will be provided.**

Duration: 3x2 hour sessions
(face-to-face)

****Participants are required to attend all 3 sessions**

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

Recognising & Recovering from Burnout

Burnout is a state of emotional, physical, and mental exhaustion caused by prolonged stress. This workshop provides a supportive space to explore the difference between everyday stress and burnout. Participants will learn to identify early warning signs, establish healthy boundaries, and identify coping strategies to restore energy and wellbeing.

Topics covered include:

- Defining Burnout
- The Impact of Exhaustion
- Spotting Early Warning Signs
- Setting Healthy Boundaries
- Moving forward at your own pace

Duration: 2 hrs 30 mins
(face-to-face)

Understanding Addictions

The aim of this course is to increase knowledge and understanding around the area of Substance Misuse/Addiction.

Topics covered include:

- Understanding Addiction/Substance Misuse
- Signs & Symptoms
- Impact of Addiction/Substance Misuse
- Potential treatment options and recovery strategies
- Resources and supports available

Duration: 3 hours (face-to-face)

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 the Benefits System

Navigating the benefits system can feel confusing and stressful. This introductory workshop will increase knowledge and understanding of the benefits system - and identify what help is available to you.

Topics covered include:

- Information on the structure of the benefit system
- Different types of benefits available
- And basic entitlement and eligibility for benefits.

Duration:

2 hours (face-to-face)
1 hr 30 mins (online)

Understanding & Managing Depression

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

Topics covered include:

- To understand what Depression is
- Possible causes, signs and symptoms
- To discuss the impact of Depression
- Evidence based and recommended treatments and supports for depression.
- How to ask for help and how to access it.
- Strategies for keeping ourselves well.

Duration: 2x3hour sessions.

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

Understanding & Navigating Emotions

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

Topics covered are:

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

Duration: 2x3 hour sessions (face-to-face)

Understanding Traumatic Grief

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

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

Topics covered include:

- What usually happens after a bereavement or loss.
- Understanding a complex grief disorder.
- What support is available.

Duration: 3 hours (face-to-face)

Volunteer Awareness Session

Are you interested in volunteering with the Recovery College?

The Southern Trust Recovery College works to empower those with experience of mental health illness to realise their potential and foster hope, opportunity and control.

Have you had a positive recovery journey? Could you spare a few hours a month to help others in their recovery journey? Join our information session to find out more

Duration: 1 hour (online)

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: 4 x 1 hr 30 min sessions (face-to-face)

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

When Our Thoughts Get in Our Way

Automatic Negative thoughts (ANTs) can trigger unpleasant emotions that can impact on how we live our lives. Everyone experiences negative emotions, and we can't and shouldn't avoid them. It is however important to recognise our automatic negative thoughts to be aware of how they get in our way. This course will help you to explore strategies on how to identify, challenge and change our thoughts and promote wellbeing.

Topics covered include:

- What are Automatic Negative Thoughts?
- Thinking Patterns
- Cognitive Reframing
- Strategies for managing thoughts and emotions

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

WELLNESS 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/>



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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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