



Recovery College Courses - Kingston, Richmond, Sutton & Merton, Wandsworth

## Venues and Addresses

**Christ Church St Philip**  
Ruskin Drive, Worcester Park, KT4 8LG

**Richmond Royal Hospital**  
Kew Foot Road, Surrey, TW9 2TE

**Holy Trinity Church**  
Maldon Road, Wallington, SM6 8BL

**The Maddison Centre**  
140 Church Road, Teddington, Middlesex, TW11 8QL

**Jubilee East Health Centre**  
6 Stanley Park Road, Wallington, Surrey, SM6 0HA

**The Dolphin**  
316 High Street, Sutton, SM1 1PR

**King Charles Centre**  
Hollyfield Road, Surbiton, KT5 9AL

**Vestry Hall, London Road**  
Mitcham, Surrey, CR4 3UD

**Recovery College**  
Building 32, Springfield Hospital, 61 Glenburnie Road, Tooting, SW17 7DJ

ALL

## Booking your place

To attend any of the courses across the boroughs, you will first need to register with us. A registration form can be found on the Recovery College page on the website of the South West London Mental Health NHS Trust:

[www.swlstg-tr.nhs.uk](http://www.swlstg-tr.nhs.uk) or it can be sent to you via email, post or you can come to the Recovery College, Building 28, Springfield Hospital.

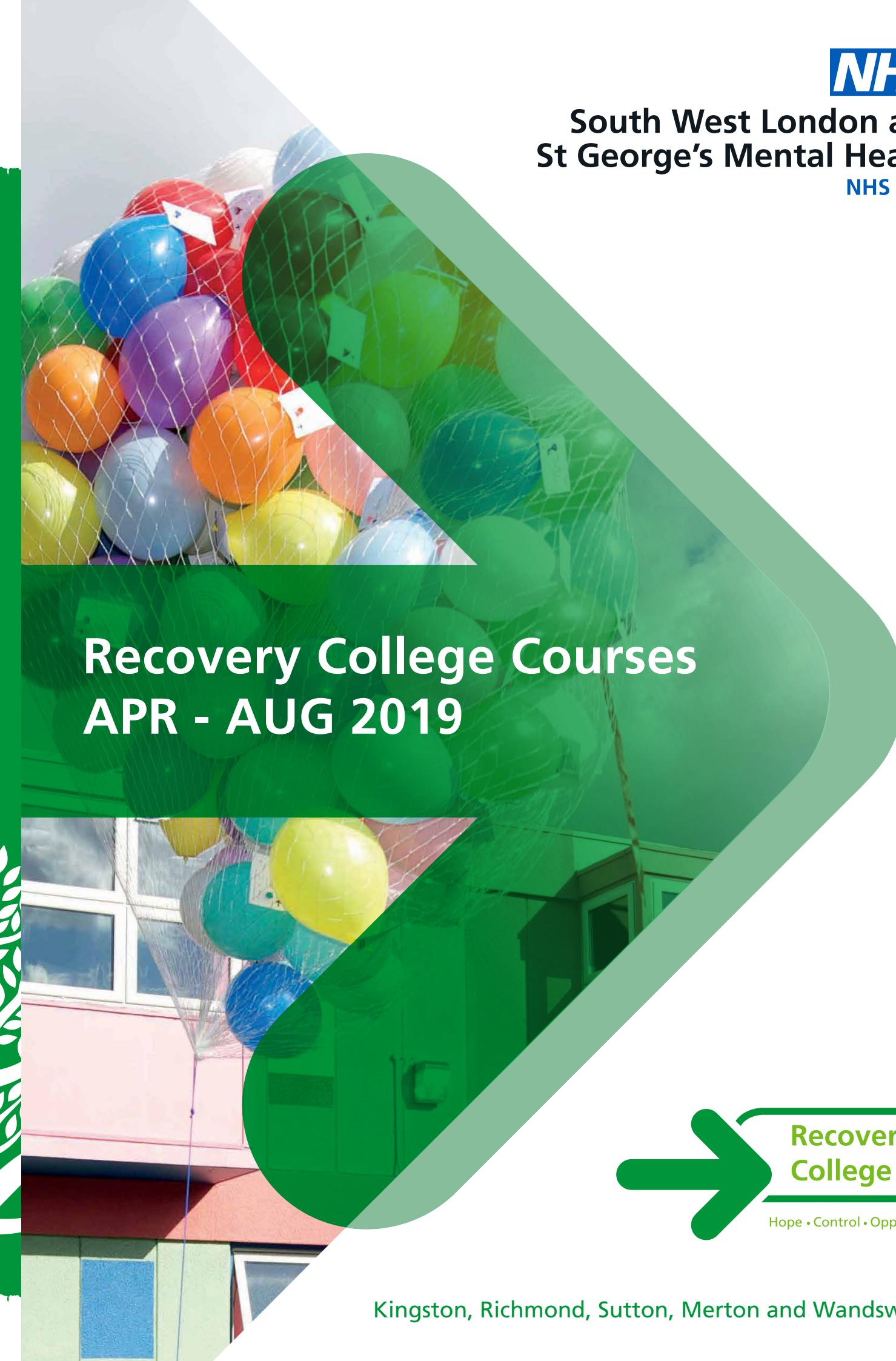
After registering, you can book a place on any of the courses by telephone, email or come in and see us at the Recovery College.

If you are unable to attend a course, please let us know so your place can be made available to someone else.

**To register or find out more**  
Tel: 020 3513 5818 Email: [recoverycollege@swlstg.nhs.uk](mailto:recoverycollege@swlstg.nhs.uk)

Connect with us @swlstg

If you would like this booklet in another language, Braille, easy-read, large print or audio, contact 020 3513 6006  
[www.swlstg-tr.nhs.uk](http://www.swlstg-tr.nhs.uk)  
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Springfield University Hospital, 61 Glenburnie Road, London, SW17 7DJ



# Recovery College Courses APR - AUG 2019



Kingston, Richmond, Sutton, Merton and Wandsworth

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Understanding Anxiety	Thur 2 May	1.30pm - 4.30pm 1 Session	King Charles Centre Tolworth	ALL
	Tue 7 May	10am - 1pm 1 Session	Richmond Royal Hospital (Room G22)	
	Wed 8 May	1.30pm - 4.30pm 1 Session	Vestry Hall Mitcham	
	Tue 14 May	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	
	Tue 23 Jul	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	
Understanding Bipolar Disorder	Tue 14 May	10am - 1pm 1 Session	Recovery College Wandsworth	
Understanding Depression	Thur 25 Apr	1.30pm - 4.30pm 1 Session	King Charles Centre Tolworth	
	Tue 14 May	10am - 1pm 1 Session	Richmond Royal Hospital (Room G22)	
	Tue 14 May	1.30pm - 4.30pm 1 Session	Holy Trinity Church Wallington	
	Thur 6 Jun	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	
Understanding Hoarding	Tue 11 Jun	10am - 1pm 1 Session	Richmond Royal Hospital (Room G22)	
Understanding Medications & My Rights	Wed 8 May	1.30pm - 4.30pm 1 Session	Maddison Centre Teddington	
	Wed 26 Jun	1.30pm - 4.30pm 1 Session	Holy Trinity Church Wallington	
	Wed 31 Jul	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	
Understanding My Eating Habits	Thur 9 May	1.30pm - 4.30pm 1 Session	King Charles Centre Tolworth	
	Thur 30 May	10am - 1pm 1 Session	Recovery College Wandsworth	
	Tue 18 Jun	10am - 1pm 1 Session	Richmond Royal Hospital (Room G22)	
Understanding Personality Disorder	Mon 3 Jun	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	
	Tue 2 Jul	1.30pm - 4.30pm 1 Session	Richmond Royal Hospital (Room G22)	
Understanding Psychosis	Wed 15 May	1.30pm - 4.30pm 1 Session	Maddison Centre Teddington	
	Tue 21 May	10am - 1pm 1 Session	Vestry Hall Mitcham	
	Wed 22 May	10am - 1pm 1 Session	King Charles Centre Tolworth	
	Thur 30 May	10am - 1pm 1 Session	Recovery College Wandsworth	
Understanding Self Harm	Tue 28 May	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	
	Tue 4 Jun	10am - 1pm 1 Session	Richmond Royal Hospital (Room G22)	

### Recovery is different for everyone

It is a very personal journey of rebuilding your life by understanding what has happened and preparing for your future challenges. It takes time, commitment and support and we offer all of these at the college.

Join our community: For all the latest news





COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Beyond Discharge - from fears to hope	Tue 28 May	10am - 1pm 1 Session	Recovery College Wandsworth	ALL
	Tue 18 Jun	1.30pm - 4.30pm 1 Session	Vestry Hall Mitcham	
Building Meaningful Relationships	Tue 4 Jun	10am - 1pm 1 Session	Vestry Hall Mitcham	
	Tue 11 Jun	10am - 1pm 1 Session	Recovery College Wandsworth	
	Thur 25 Jul	10.30am - 1.30pm 1 Session	Holy Trinity Church Wallington	
Coping with Stress	Tue 7 May	10am - 1pm 1 Session	Vestry Hall Mitcham	
	Mon 20 May	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	
	Tue 21 May	10am - 1pm 1 Session	Richmond Royal Hospital (Room G22)	
Creating Confidence & Motivation	Tue 14 May	10am - 1pm 1 Session	Vestry Hall Mitcham	
	Thur 20 Jun	10am - 1pm 1 Session	King Charles Centre Tolworth	
	Tue 9 Jul	10am - 1pm 1 Session	Recovery College Wandsworth	
	Tue 30 Jul	1.30pm - 4.30pm 1 Session	Richmond Royal Hospital (Room G22)	
Dealing with Setbacks & Crisis	Mon 3 Jun	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	
	Thur 11 Jul	10am - 1pm 1 Session	King Charles Centre Tolworth	
Discovering Spirituality	Wed 29 May	1.30pm - 4.30pm 3 Sessions	Christ Church St Philip Worcester Park	
	Mon 1 Jul	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	
	Wed 17 Jul	10am - 1pm 3 Sessions	Vestry Hall Mitcham	
Effective communication through assertiveness	Thur 6 Jun	10am - 1pm 8 Sessions	Recovery College Wandsworth	
	Tue 11 Jun	10am - 1pm 8 Sessions	Vestry Hall Mitcham	
Five Ways to Wellbeing	Wed 8 May	1.30pm - 4.30pm 3 Sessions	Christ Church St Philip Worcester Park	
	Thur 9 May	10am - 1pm 3 Sessions	Recovery College Wandsworth	
	Wed 15 May	10am - 1pm 3 Sessions	Maddison Centre Teddington	
	Wed 15 May	10am - 1pm 3 Sessions	Vestry Hall Mitcham	
	Thur 16 May	1.30pm - 4.30pm 3 Sessions	King Charles Centre Tolworth	
	Tue 2 Jul	1.30pm - 4.30pm 3 Sessions	Recovery College Wandsworth	
Introduction to Mindfulness	Tue 7 May	1.30pm - 4pm 6 Sessions	King Charles Centre Tolworth	
	Wed 8 May	10am - 12.30pm 6 Sessions	Recovery College Wandsworth	
	Tue 25 Jun	2pm - 4.30pm 6 Sessions	Vestry Hall Mitcham	

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Introduction to Recovery	Wed 1 May	10am - 1pm 1 Session	King Charles Centre Tolworth	ALL
	Tue 7 May	10am - 1pm 1 Session	Recovery College Wandsworth	
	Wed 8 May	10am - 1pm 1 Session	Maddison Centre Teddington	
	Wed 8 May	10am - 1pm 1 Session	Vestry Hall Mitcham	
	Mon 13 May	1.30pm - 4.30pm 1 Session	Holy Trinity Church Wallington	
	Wed 17 Jul	1.30pm - 4.30pm 1 Session	King Charles Centre Tolworth	
	Mon 29 Jul	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	
	Introduction to Relaxation & Meditation	Thur 9 May	1.30pm - 4.30pm 6 Sessions	
Thur 6 Jun		2pm - 5pm 6 Sessions	Holy Trinity Church Wallington	
Wed 26 Jun		1.30pm - 4.30pm 6 Sessions	Maddison Centre Teddington	
Journaling for Self Development	Wed 1 May	1.30pm - 4.30pm 6 Sessions	King Charles Centre Tolworth	
	Thur 20 Jun	10am - 1pm 6 Sessions	Recovery College Wandsworth	
Living Beyond Depression & Low Mood	Tue 21 May	1.30pm - 4.30pm 6 Sessions	Holy Trinity Church Wallington	
	Wed 12 Jun	10am - 1pm 6 Sessions	King Charles Centre Tolworth	
	Thur 20 Jun	1.30pm - 4.30pm 6 Sessions	Recovery College Wandsworth	
	Tue 25 Jun	10am - 1pm 6 Sessions	Richmond Royal Hospital (Room G22)	
Managing Psychosis	Wed 29 May	1.30pm - 4.30pm 5 Sessions	Vestry Hall Mitcham	
	Thur 13 Jun	1.30pm - 4.30pm 5 Sessions	King Charles Centre Tolworth	
	Tue 25 Jun	10am - 1pm 5 Sessions	Recovery College Wandsworth	
Managing Sleep Problems	Mon 13 May	1.30pm - 4.30pm 2 Sessions	Recovery College Wandsworth	
	Tue 9 Jul	1.30pm - 4.30pm 2 Sessions	Richmond Royal Hospital (Room G22)	
	Mon 22 Jul	1.30pm - 4.30pm 2 Sessions	The Dolphins Venue Sutton	
Mindfulness Forum	Mon 29 Apr	1.30pm - 4pm 1 Session	Recovery College Wandsworth	
	Mon 24 Jun	1.30pm - 4pm 1 Session	Recovery College Wandsworth	
	Mon 22 Jul	1.30pm - 4pm 1 Session	Recovery College Wandsworth	

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Open Day	Wed 24 Apr	11am - 3pm Drop-in-session	King Charles Centre Tolworth	ALL
	Tue 30 Apr	11am - 3pm Drop-in-session	Recovery College Wandsworth	
	Tue 30 Apr	11am - 3pm Drop-in-session	Richmond Royal Hospital (Room G22)	
	Wed 1 May	12pm - 3pm Drop-in-session	Jubilee East Health Centre (Room 11 - 2nd floor)	
	Wed 1 May	12pm - 3pm Drop-in-session	Vestry Hall Mitcham	
	Wed 24 Jul	11am - 3pm Drop-in-session	King Charles Centre Tolworth	
	Tue 30 Jul	11am - 3pm Drop-in-session	Recovery College Wandsworth	
	Tue 30 Jul	11am - 3pm Drop-in-session	Maddison Centre Teddington	
	Thur 1 Aug	12pm - 3pm Drop-in-session	Jubilee East Health Centre (Room 11 - 2nd floor)	
	Thur 1 Aug	12pm - 3pm Drop-in-session	Vestry Hall Mitcham	
	Pursuing your Dreams & Ambitions	Mon 17 Jun	1.30pm - 4.30pm 2 Sessions	
Wed 17 Jul		1.30pm - 4.30pm 2 Sessions	Vestry Hall Mitcham	
Reclaiming Your Life - a future without abuse	Wed 8 May	10am - 12.30pm 6 Sessions	Christ Church St Philip Worcester Park	Female Service Users Only
Returning to Work	Mon 3 Jun	1.30pm - 4.30pm 7 Sessions	Holy Trinity Church Wallington	Service Users Only
	Thur 20 Jun	1.30pm - 4.30pm 7 Sessions	Recovery College Wandsworth	
Staying Connected	Mon 10 Jun	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	ALL
	Tue 11 Jun	1.30pm - 4.30pm 1 Session	Vestry Hall Mitcham	
	Thur 4 Jul	10am - 1pm 1 Session	King Charles Centre Tolworth	
Taking Back Control	Thur 2 May	10am - 1pm 6 Sessions	King Charles Centre Tolworth	
	Tue 14 May	1.30pm - 4.30pm 6 Sessions	Richmond Royal Hospital (Room G22)	
	Fri 24 May	10am - 1pm 6 Sessions	Recovery College Wandsworth	
	Wed 5 Jun	10am - 1pm 6 Sessions	Vestry Hall Mitcham	
Telling Your Story	Thur 6 Jun	10am - 1pm 6 Sessions	Holy Trinity Church Wallington	ALL
	Wed 12 Jun	10am - 1pm 8 Sessions	Maddison Centre Teddington	
Toolkits & Routines for Recovery	Tue 28 May	10am - 1pm 1 Session	Vestry Hall Mitcham	ALL
	Fri 14 Jun	10am - 1pm 1 Session	Recovery College Wandsworth	
	Thur 27 Jun	10am - 1pm 1 Session	King Charles Centre Tolworth	
	Tue 23 Jul	1.30pm - 4.30pm 1 Session	Richmond Royal Hospital (Room G22)	