



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

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Understanding Bipolar Disorder	Mon 30 Sep	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	ALL
	Tue 10 Dec	10am - 1pm 1 Session	Barnes Hospital	
Understanding Depression	Tue 1 Oct	10am - 1pm 1 Session	Recovery College Wandsworth	
	Mon 25 Nov	1.30pm - 4.30pm 1 Session	Holy Trinity Church Wallington	
Understanding Hoarding	Thur 28 Nov	10am - 1pm 1 Session	Vestry Hall Mitcham	
	Wed 4 Dec	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	
Understanding Medications & Your Rights	Wed 2 Oct	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	
	Tue 29 Oct	1.30pm - 4.30pm 1 Session	Barnes Hospital	
	Wed 30 Oct	1.30pm - 4.30pm 1 Session	Holy Trinity Church Wallington	
Understanding My Eating Habits	Mon 14 Oct	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	
Understanding Personality Disorder	Tue 15 Oct	10am - 1pm 1 Session	Recovery College Wandsworth	
	Wed 23 Oct	1.30pm - 4.30pm 1 Session	King Charles Centre Tolworth	
	Mon 2 Dec	1.30pm - 4.30pm 1 Session	Holy Trinity Church Wallington	
Understanding Psychosis	Wed 18 Sep	1.30pm - 4.30pm 1 Session	King Charles Centre Tolworth	
	Wed 9 Oct	1.30pm - 4.30pm 1 Session	Maddison Centre Teddington	
Understanding Self Harm	Tue 8 Oct	10am - 1pm 1 Session	Recovery College Wandsworth	
	Thur 14 Nov	1.30pm - 4.30pm 1 Session	Vestry Hall Mitcham	
Understanding Stress & Anxiety	Tue 15 Oct	1.30pm - 4.30pm 2 Sessions	Recovery College Wandsworth	
	Tue 29 Oct	10am - 1pm 2 Sessions	Barnes Hospital	
	Thur 28 Nov	1.30pm - 4.30pm 2 Sessions	Holy Trinity Church Wallington	
	Tue 3 Dec	1.30pm - 4.30pm 2 Sessions	King Charles Centre Tolworth	

Venues and Addresses

Barnes Hospital
South Worple Way, London, SW14 8SU

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

Holy Trinity Church
Maldon Road, Wallington, SM6 8BL

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

King Charles Centre
Hollyfield Road, Surbiton, KT5 9AL

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

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

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

Recovery College Courses SEP - DEC 2019

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 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

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
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Springfield University Hospital, 61 Glenburnie Road, London, SW17 7DJ



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
Being a Parent in Recovery	Tue 29 Oct	1.30pm - 4.30pm 3 Sessions	Holy Trinity Church Wallington	ALL
Building Meaningful Connections	Thur 14 Nov	2pm - 5pm 2 Sessions	Holy Trinity Church Wallington	
	Tue 26 Nov	10am - 1pm 2 Sessions	Barnes Hospital	
	Tue 3 Dec	10am - 1pm 2 Sessions	King Charles Centre Tolworth	
Dealing with Setbacks & Crisis	Mon 7 Oct	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	
	Wed 20 Nov	10am - 1pm 1 Session	Maddison Centre Teddington	
Developing your Confidence & Potential	Tue 24 Sep	10am - 1pm 3 Sessions	Barnes Hospital	
	Tue 29 Oct	1.30pm - 4.30pm 3 Sessions	Vestry Hall Mitcham	
	Tue 19 Nov	1.30pm - 4.30pm 3 Sessions	Recovery College Wandsworth	
Discovering Spirituality	Mon 4 Nov	10am - 1pm 3 Sessions	Recovery College Wandsworth	
	Wed 20 Nov	10am - 1pm 3 Sessions	King Charles Centre Tolworth	
Effective Communication Through Assertiveness	Thur 19 Sep	10am - 1pm 8 Sessions	Vestry Hall Mitcham	
	Tue 24 Sep	10am - 1pm 8 Sessions	King Charles Centre Tolworth	
	Thur 3 Oct	10am - 1pm 8 Sessions	Holy Trinity Church Wallington	
	Fri 25 Oct	10am - 1pm 8 Sessions	Recovery College Wandsworth	
Five Ways to Wellbeing	Mon 16 Sep	1.30pm - 4.30pm 3 Sessions	Recovery College Wandsworth	
	Tue 1 Oct	1.30pm - 4.30pm 3 Sessions	Barnes Hospital	
	Wed 2 Oct	10am - 1pm 3 Sessions	King Charles Centre Tolworth	
	Tue 8 Oct	10am - 1pm 3 Sessions	Vestry Hall Mitcham	
	Tue 26 Nov	1.30pm - 4.30pm 3 Sessions	Holy Trinity Church Wallington	

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Introduction to Mindfulness	Tue 17 Sep	1.30pm - 4pm 6 Sessions	Christ Church St Philip Worcester Park	ALL
	Wed 18 Sep	2pm - 4.30pm 6 Sessions	Vestry Hall Mitcham	
	Tue 5 Nov	1.30pm - 4.30pm 6 Sessions	Barnes Hospital	
	Wed 6 Nov	10am - 1pm 6 Sessions	Recovery College Wandsworth	
Introduction to Recovery	Wed 11 Sep	10am - 1pm 1 Session	Vestry Hall Mitcham	
	Fri 13 Sep	10am - 1pm 1 Session	Recovery College Wandsworth	
	Tue 17 Sep	10am - 1pm 1 Session	King Charles Centre Tolworth	
	Tue 17 Sep	1.30pm - 4.30pm 1 Session	Barnes Hospital	
	Thur 26 Sep	1.30pm - 4.30pm 1 Session	Holy Trinity Church Wallington	
	Thur 21 Nov	10am - 1pm 1 Session	Recovery College Wandsworth	
	Tue 26 Nov	10am - 1pm 1 Session	King Charles Centre Tolworth	
Introduction to Relaxation & Meditation	Tue 17 Sep	1.30pm - 4.30pm 6 Sessions	Vestry Hall Mitcham	
	Fri 20 Sep	10am - 1pm 6 Sessions	Recovery College Wandsworth	
Journaling for Self Development	Thur 3 Oct	2pm - 5pm 6 Sessions	Holy Trinity Church Wallington	
	Mon 7 Oct	1.30pm - 4.30pm 6 Sessions	Recovery College Wandsworth	
Living Beyond Depression & Low Mood	Mon 21 Oct	1.30pm - 4.30pm 6 Sessions	Recovery College Wandsworth	
Managing Psychosis	Wed 30 Oct	1.30pm - 4.30pm 5 Sessions	Maddison Centre Teddington	
Managing Sleep Problems	Wed 25 Sep	1.30pm - 4.30pm 2 Sessions	King Charles Centre Tolworth	
	Tue 19 Nov	1.30pm - 4.30pm 2 Sessions	Recovery College Wandsworth	
Mindfulness Forum	Mon 23 Sep	2pm - 4.30pm 1 Session	Christ Church St Philip Worcester Park	
	Mon 21 Oct	2pm - 4.30pm 1 Session	Christ Church St Philip Worcester Park	
	Mon 9 Dec	2pm - 4.30pm 1 Session	Christ Church St Philip Worcester Park	

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Open Day	Mon 9 Sep	11am - 3pm Drop-in-session	Recovery College Wandsworth	ALL
	Tue 10 Sep	11am - 3pm Drop-in-session	Barnes Hospital	
	Tue 10 Sep	12pm - 3pm Drop-in-session	Vestry Hall Mitcham	
	Thur 12 Sep	11am - 3pm Drop-in-session	King Charles Centre Tolworth	
	Thur 12 Sep	12pm - 3pm Drop-in-session	Jubilee East Health Centre (Room 11 - 2nd floor)	
	Mon 9 Dec	11am - 3pm Drop-in-session	Recovery College Wandsworth	
	Wed 11 Dec	11am - 3pm Drop-in-session	Maddison Centre Teddington	
	Wed 11 Dec	12pm - 3pm Drop-in-session	Vestry Hall Mitcham	
	Thur 12 Dec	11am - 3pm Drop-in-session	Tolworth Hospital (Acacia Waiting Room)	
	Thur 12 Dec	12pm - 3pm Drop-in-session	Jubilee East Health Centre (Room 11 - 2nd floor)	
Reclaiming Your Life - a future without abuse	Wed 6 Nov	1.30pm - 4.30pm 6 Sessions	King Charles Centre Tolworth	Female Service Users Only
Taking Back Control	Wed 18 Sep	10am - 1pm 6 Sessions	Maddison Centre Teddington	ALL
	Thur 19 Sep	10am - 1pm 6 Sessions	Recovery College Wandsworth	
	Mon 30 Sep	1.30pm - 4.30pm 6 Sessions	Holy Trinity Church Wallington	
	Tue 1 Oct	1.30pm - 4.30pm 6 Sessions	King Charles Centre Tolworth	
	Wed 30 Oct	10am - 1pm 6 Sessions	Vestry Hall Mitcham	
Telling Your Story	Tue 22 Oct	10am - 1pm 8 Sessions	Recovery College Wandsworth	
Toolkits & Routines for Recovery	Tue 1 Oct	10am - 1pm 1 Session	Vestry Hall Mitcham	
	Mon 18 Nov	1.30pm - 4.30pm 1 Session	Holy Trinity Church Wallington	
	Wed 27 Nov	10am - 1pm 1 Session	Maddison Centre Teddington	
	Mon 2 Dec	1.30pm - 4.30pm 1 Session	Recovery College Wandsworth	