



Venues and Addresses

Barnes Hospital
South Worple Way, London, SW14 8SU

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

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

Tolworth Hospital
Red Lion Road, Surbiton, KT6 7QU

Holy Trinity Church
Maldon Road, Wallington, SM6 8BL

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

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

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

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.nhs.uk/south-west-london-recovery-college or it can be sent to you via email, post or you can come to the Recovery College, Building 28, Springfield Hospital.

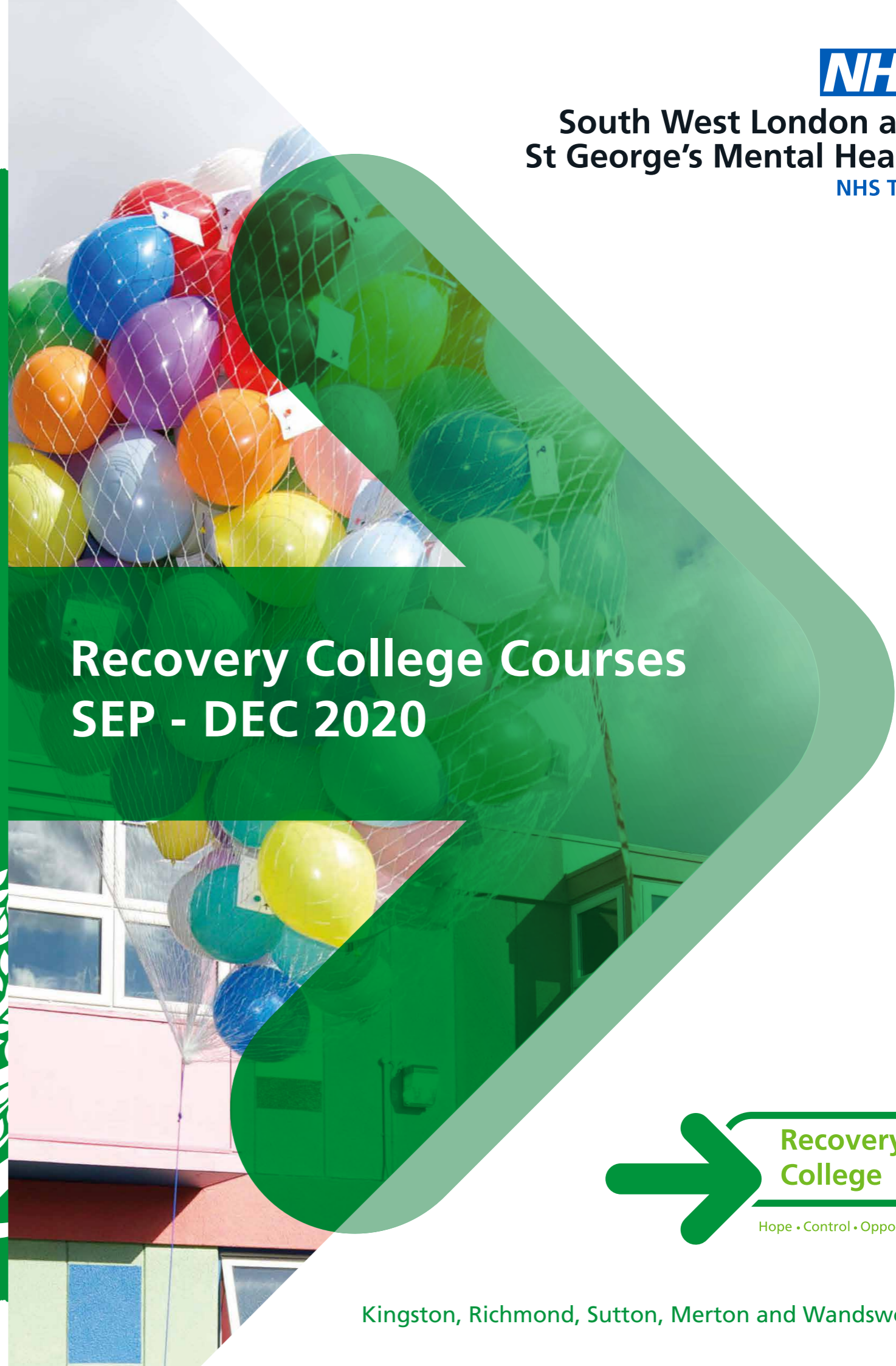
After registering, you can book a place on any of the courses by telephone, email or come in and see us at the Recovery College.

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 College Courses SEP - DEC 2020



Welcome to the Recovery College

We're looking forward to welcoming our students back into our classrooms. In line with COVID-19 guidelines there are a few changes to our normal way of working that you'll need to be aware of:

- **Classes will be smaller than normal to allow for the latest government advice on social distancing**
- **Students will be asked to wear face coverings during class.** (We appreciate that for some this may cause some anxiety, so we encourage you to discuss this with one of our trainers when you book)
- **Sessions will be shorter to avoid students being overwhelmed by our standard 3 hour sessions after being out of the classroom for a while**
- **Sessions will continue to focus on key topics, but will be less structured to give students plenty of time to discuss any issues that have cropped up around Covid-19.**

This is not an exhaustive list, as we anticipate government guidance to change during the term. This may mean changes to our timetable at short notice, but we'll do everything we can to keep you informed as we go.

Not ready to return to classes? Why not consider our E Learning Hub and Webinars available via the website www.swlstg.nhs.uk/about-our-courses/e-learning.

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Five Ways to Wellbeing	Mon 14 Sept	1.15pm - 3.30pm 3 Sessions	Recovery College Wandsworth	Recovery College Wandsworth
	Wed 23 Sept	1.15pm - 3.30pm 3 Sessions	Maddison Centre Teddington	
	Wed 23 Sept	1.15pm - 3.30pm 3 Sessions	Tolworth Hospital (Hughes Rm B)	
	Thur 1 Oct	10am - 12.15pm 3 Sessions	Holy Trinity Church Wallington	
	Wed 25 Nov	10am - 12.15pm 3 Sessions	Vestry-Hall Mitcham	
Introduction to Mindfulness	Mon 5 Oct	1.15pm - 3.30pm 6 Sessions (no session 26 Oct)	Recovery College Wandsworth	ALL
	Tue 13 Oct	1.15pm - 3.30pm 6 Sessions (no session 20, 27 Oct)	Tolworth Hospital (Hughes Rm B)	
Introduction to Recovery	Tue 8 Sept	1.15pm - 3.30pm 1 Session	Recovery College Wandsworth	Recovery College Wandsworth
	Tue 15 Sept	10am - 12.15pm 1 Session	Tolworth Hospital (Hughes Rm B)	
	Wed 16 Sept	1.15pm - 3.30pm 1 Session	Maddison Centre Teddington	
	Thur 24 Sept	10am - 12.15pm 1 Session	Holy Trinity Church Wallington	
	Wed 21 Oct	10am - 12.15pm 1 Session	Vestry-Hall Mitcham	

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Introduction to Relaxation & Meditation	Wed 23 Sept	10am - 12.15pm 6 Sessions (no session 14,21,28 Oct)	Vestry-Hall Mitcham	Recovery College Wandsworth
	Wed 14 Oct	1.15pm - 3.30pm 6 Sessions (no session 28 Oct)	Maddison Centre Teddington	
Journaling for Self Development	Thur 22 Oct	1.15pm - 3.30pm 5 Sessions (no session 19 Nov) 6 Sessions	Holy Trinity Church Wallington	
Managing Sleep Problems	Fri 25 Sept	10am - 12.15pm 2 Sessions	Recovery College Wandsworth	
Rebuilding Your Confidence	Tue 24 Nov	10am - 12.15pm 2 Sessions	Tolworth Hospital (Hughes Rm B)	ALL
	Wed 25 Nov	10am - 12.15pm 2 Sessions	Maddison Centre Teddington	
	Mon 30 Nov	1.15pm - 3.30pm 2 Sessions	Recovery College Wandsworth	
	Thur 3 Dec	10am - 12.15pm 2 Sessions	Holy Trinity Church Wallington	
Taking Back Control	Wed 23 Sept	1.15pm - 3.30pm 6 Sessions (no session 14, 21, 28 Oct)	Vestry-Hall Mitcham	Recovery College Wandsworth
	Tue 6 Oct	10am - 12.15pm 6 Sessions (no session 20 Oct)	Tolworth Hospital (Hughes Rm B)	
	Wed 7 Oct	10am - 12.15pm 6 Sessions (no session 28 Oct)	Maddison Centre Teddington	
	Thur 8 Oct	10am - 12.15pm 6 Sessions (no session 29 Oct)	Recovery College Wandsworth	
	Thur 22 Oct	10am - 12.15pm 5 Sessions (no session 19 Nov) 6 Sessions	Holy Trinity Church Wallington	
	Wed 9 Sept	1.15pm - 3.30pm 2 Sessions	Recovery College Wandsworth	
Understanding Stress & Anxiety	Wed 23 Sept	10am - 12.15pm 2 Sessions	Maddison Centre Teddington	Recovery College Wandsworth
	Wed 23 Sept	10am - 12.15pm 2 Sessions	Tolworth Hospital (Hughes Rm B)	
	Thur 8 Oct	1.15pm - 3.30pm 2 Sessions	Holy Trinity Church Wallington	
	Wed 21 Oct	1.15pm - 3.30pm 2 Sessions	Vestry-Hall Mitcham	
	Wed 21 Oct	1.15pm - 3.30pm 2 Sessions	Vestry-Hall Mitcham	