



**South West London and
St George's Mental Health**
NHS Trust



Recovery College Courses Sept - Dec 2017



Kingston, Richmond, Sutton, Merton and Wandsworth

COURSE NAME	DAY & DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Building Meaningful Relationships	Thur 5 Oct	10 AM - 1 PM 1 Session	Recovery College Wandsworth	Service Users, Carers, Family & Friends
Coping with Stress	Wed 15 Nov	10 AM - 1 PM 1 Session	Recovery College Wandsworth	
	Thur 16 Nov	10 AM - 1 PM 1 Session	King Charles Centre Tolworth	
	Tue 21 Nov	10 AM - 12:30 PM 1 Session	Richmond Royal Hospital (Room G22)	
	Tue 21 Nov	1:30 PM - 4:30 PM 1 Session	Holy Trinity Church Wallington	
Creating Confidence & Motivation	Thur 16 Nov	1:30 PM - 4:30 PM 1 Session	Holy Trinity Church Wallington	
	Thur 23 Nov	10 AM - 1 PM 1 Session	King Charles Centre Tolworth	
	Fri 8 Dec	10 AM - 1 PM 1 Session	Maddison Centre Teddington	
Dealing with Setbacks & Crisis	Wed 8 Nov	10 AM - 1 PM 1 Session	Recovery College Wandsworth	
Five Ways to Wellbeing	Tue 12 Sept	10 AM - 1 PM 3 Sessions	Recovery College Wandsworth	
	Thur 21 Sept	1:30 PM - 4:15 PM 3 Sessions	King Charles Centre Tolworth	
	Wed 4 Oct	1:30 PM - 4:30 PM 3 Sessions	Christ Church St Philip Worcester Park	
	Tue 21 Nov	1:30 PM - 4:30 PM 3 Sessions	Richmond Royal Hospital (Room G22)	
Hopes & Fears	Mon 11 Sept	1:30 PM - 4:30 PM 1 Session	Recovery College Wandsworth	
	Tue 19 Sept	1:30 PM - 4:30 PM 1 Session	Richmond Royal Hospital (Room G22)	
	Thur 21 Sept	1:30 PM - 4:30 PM 1 Session	Vestry Hall Mitcham	
Introduction to Mindfulness	Wed 6 Sep	2 PM - 4:30 PM 5 Sessions	Vestry Hall Mitcham	
	Wed 6 Sept	10 AM - 12:30 PM 6 Sessions	Christ Church St Philip Worcester Park	
	Wed 20 Sept	10 AM - 12:30 PM 6 Sessions	Recovery College Wandsworth	
	Tue 31 Oct	1:30 PM - 4 PM 6 Sessions	King Charles Centre Tolworth	
	Wed 1 Nov	2 PM - 4:30 PM 6 Sessions	Maddison Centre Teddington	

COURSE NAME	DAY & DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Introduction to Problem Solving	Tue 17 Oct	10 AM - 1 PM 2 Sessions	Recovery College Wandsworth	Service Users, Carers, Family & Friends
Introduction to Psychological Therapies	Thur 28 Nov	1:30 PM - 4:30 PM 1 Session	Vestry Hall Mitcham	
Introduction to Recovery	Thur 7 Sept	10 AM - 1 PM 1 Session	Recovery College Wandsworth	
	Wed 13 Sept	1:30 PM - 4:30 PM 1 Session	Holy Trinity Church Wallington	
	Thur 14 Sept	1:30 PM - 4:15 PM 1 Session	King Charles Centre Tolworth	
	Thur 14 Sept	1:30 PM - 4:30 PM 1 Session	Vestry Hall Mitcham	
	Fri 15 Sept	10 AM - 1 PM 1 Session	Maddison Centre Teddington	
	Wed 12 Oct	1:30 PM - 4:30 PM 1 Session	Recovery College Wandsworth	
Introduction to Relaxation & Meditation	Tue 3 Oct	1:30 PM - 4:30 PM 6 Sessions	Vestry Hall Mitcham	
	Tue 3 Oct	1:30 PM - 4:30 PM 6 Sessions	Richmond Royal Hospital (Room G22)	
	Mon 9 Oct	1:30 PM - 4:30 PM 6 Sessions	Holy Trinity Church Wallington	
	Tue 31 Oct	1:30 PM - 4:30 PM 6 Sessions	Recovery College Wandsworth	
Introduction to Work & Study	Wed 6 Sept	10 AM - 4 PM 1 Session	King Charles Centre Tolworth	Service Users & Carers
	Thur 5 Oct	10 AM - 4:30 PM 1 Session	Recovery College Wandsworth	
Journaling for Self Development	Thur 5 Oct	1:30 PM - 4:30 PM 6 Sessions	Holy Trinity Church Wallington	Service Users, Carers, Family & Friends
Learning to be Assertive	Fri 22 Sept	10 AM - 1 PM 8 Sessions	Maddison Centre Teddington	
	Thur 12 Oct	10 AM - 1 PM 8 Sessions	Recovery College Wandsworth	
Living Beyond Depression & Low Mood	Wed 27 Sept	10 AM - 1 PM 8 Sessions	Maddison Centre Teddington	
	Wed 18 Oct	10 AM - 1 PM 8 Sessions	Vestry Hall Mitcham	
Living with Psychosis & Schizophrenia	Thur 14 Sept	10 AM - 12:30 PM 7 Sessions	King Charles Centre Tolworth	
	Wed 25 Oct	1:30 PM - 4:30 PM 7 Sessions	Holy Trinity Church Wallington	
Managing Sleep Problems	Tue 17 Oct	1:30 PM - 4:30 PM 2 Sessions	Recovery College Wandsworth	
	Thur 23 Nov	1:30 PM - 4:30 PM 2 Sessions	Holy Trinity Church Wallington	
	Wed 29 Nov	10 AM - 1 PM 2 Sessions	Maddison Centre Teddington	
Mindfulness Forum	Mon 2 Oct	1:30 PM - 4 PM 1 Session	Christ Church St Philip Worcester Park	
	Wed 1 Nov	10 AM - 12:30 PM 1 Session	Christ Church St Philip Worcester Park	
	Wed 6 Dec	10 AM - 12:30 PM 1 Session	Christ Church St Philip Worcester Park	

COURSE NAME	DAY & DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Money Management	Thur 21 Sept	1:30 PM - 4:30 PM 1 Session	Recovery College Wandsworth	Service Users, Carers, Family & Friends
	Tue 28 Nov	10 AM - 12:30 PM 1 Session	Richmond Royal Hospital (Room G22)	
Open Day	Tue 5 Sept	12 PM - 3 PM Drop-in-Session	Wilson Hospital Mitcham (Conf Room A)	
	Wed 6 Sept	11 AM - 3 PM Drop-in-Session	Recovery College Wandsworth	
	Thur 7 Sept	11 AM - 3 PM Drop-in-Session	King Charles Centre Tolworth	
	Thur 7 Sept	12 PM - 3 PM Drop-in-Session	Jubilee East Health Centre (Room 11 - 2nd floor)	
	Tue 12 Sept	11 AM - 3 PM Drop-in-Session	Richmond Royal Hospital (Room G22)	
	Wed 29 Nov	11 AM - 3 PM Drop-in-Session	King Charles Centre Tolworth	
	Tue 5 Dec	12 AM - 3 PM Drop-in-Session	Wilson Hospital Mitcham (Conf Room A)	
	Wed 6 Dec	11 AM - 3 PM Drop-in-Session	Recovery College Wandsworth	
	Thur 7 Dec	12 PM - 3 PM Drop-in-Session	Jubilee East Health Centre (Room 11 - 2nd floor)	
	Tue 12 Dec	11 AM - 3 PM Drop-in-Session	Richmond Royal Hospital (Room G22)	
Pursuing your Dreams & Ambitions	Thur 14 Sept	10 AM - 1 PM 2 Sessions	Recovery College Wandsworth	Service Users & Carers
	Wed 15 Nov	10 AM - 1 PM 2 Sessions	King Charles Centre Tolworth	
Reclaiming Your Life - a future without abuse	Tue 5 Sept	1:30 PM - 4 PM 6 Sessions	King Charles Centre Tolworth	Female Service Users Only
Returning to Work & Study	Wed 13 Sept	10 AM - 12:30 PM 8 Sessions	King Charles Centre Tolworth	Service Users & Carers
	Thur 19 Oct	1:30 PM - 4:30 PM 8 Sessions	Recovery College Wandsworth	
Safety & Security	Wed 22 Nov	10 AM - 1 PM 1 Session	Recovery College Wandsworth	Service Users, Carers, Family & Friends
	Thur 30 Nov	1:30 PM - 4:30 PM 1 Session	Vestry Hall Mitcham	
Staying Connected	Thur 9 Nov	10 AM - 1 PM 1 Session	King Charles Centre Tolworth	
	Tue 5 Dec	10 AM - 12:30 PM 1 Session	Richmond Royal Hospital (Room G22)	
	Thur 7 Dec	10 AM - 1 PM 1 Session	Recovery College Wandsworth	
Taking Back Control	Wed 13 Sept	1:30 PM - 4:30 PM 8 Sessions	Recovery College Wandsworth	
	Tue 19 Sept	10 AM - 12:30 PM 8 Sessions	Richmond Royal Hospital (Room G22)	
	Wed 20 Sept	1.30 PM- 4:15 PM 7 Sessions	King Charles Centre Tolworth	

COURSE NAME	DAY & DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Telling Your Story	Mon 25 Sept	2 PM - 4 PM 10 Sessions	Vestry Hall Mitcham	Service Users, Carers, Family & Friends
	Mon 25 Sept	1:30 PM - 3:30 PM 10 Sessions	Recovery College Wandsworth	
Toolkits & Routines for Recovery	Wed 29 Nov	10 AM - 1 PM 1 Session	Recovery College Wandsworth	
	Fri 1 Dec	10 AM - 1 PM 1 Session	Maddison Centre Teddington	
Understanding Anxiety & Panic	Thur 14 Sept	1:30 PM - 4:30 PM 1 Session	Christ Church St Philip Worcester Park	
	Tue 26 Sept	1:30 PM - 4:30 PM 1 Session	Recovery College Wandsworth	
	Thur 28 Sept	1:30 PM - 4:30 PM 1 Session	Vestry Hall Mitcham	
	Thur 2 Nov	1:30 PM - 4:30 PM 1 Session	Vestry Hall Mitcham	
Understanding Bipolar Disorder	Tue 26 Sept	1:30 PM - 4:30 PM 1 Session	Richmond Royal Hospital (Room G22)	
	Tue 31 Oct	10 AM - 1 PM 1 Session	Recovery College Wandsworth	
	Tue 14 Nov	1:30 PM - 4:30 PM 1 Session	Christ Church St Philip Worcester Park	
Understanding Depression	Wed 13 Sept	10 AM - 1 PM 1 Session	Recovery College Wandsworth	
	Wed 20 Sept	10 AM - 1 PM 1 Session	Maddison Centre Teddington	
Understanding Hoarding	Tue 26 Sept	1:30 PM - 4:30 PM 1 Session	Vestry Hall Mitcham	
	Tue 3 Oct	10 AM - 1 PM 1 Session	Recovery College Wandsworth	
Understanding Personality Disorder	Tue 12 Sept	1:30 PM - 4:30 PM 1 Session	Recovery College Wandsworth	
Understanding Psychosis & Schizophrenia	Thur 28 Sept	10 AM - 1 PM 1 Session	Recovery College Wandsworth	
	Thur 9 Nov	1:30 PM - 4:30 PM 1 Session	Vestry Hall Mitcham	
Understanding Self Harm	Tue 19 Sept	1:30 PM - 4:30 PM 1 Session	Recovery College Wandsworth	



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.

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Venues and Addresses

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

Etna Centre
13 Rosslyn Road, Twickenham, TW1 2AR

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 28, Springfield Hospital, 61 Glenburnie
Road, Tooting, SW17 7DJ

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

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

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

Wilson Hospital
Cranmer Road, Mitcham, Surrey, CR4 4TP

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-tr.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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