



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

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Understanding Emotions <i>(Intro)</i>	Tue 04 Oct	10am - 12.30pm 2 Sessions	Recovery College Wandsworth	ALL
	Thur 06 Oct	1.30pm - 4pm 2 Sessions	Hillcroft College Surbiton	
Understanding Hoarding <i>(Intro)</i>	Tue 11 Oct	1.30pm - 4pm 1 Session	Online MS Teams	
	Tues 06 Dec	10am - 12.30pm 1 Session	Holy Trinity Church Wallington	
Understanding Mood Stabilisers <i>(Intro)</i>	Wed 23 Nov	2pm - 3pm 1 Session	Online MS Teams	
Understanding Personality Disorder <i>(Intro)</i>	Tue 29 Nov	1.30pm - 4pm 1 Session	Holy Trinity Church Wallington	
Understanding Psychosis <i>(Intro)</i>	Wed 21 Sep	10am - 12.30pm 1 Session	Maddison Centre Teddington	
	Wed 28 Sep	10am - 12.30pm 1 Session	Vestry Hall Mitcham	
Understanding Self Harm <i>(Intro)</i>	Wed 21 Sep	10am - 12.30pm 1 Session	Vestry Hall Mitcham	
Understanding Stress & Anxiety <i>(Intro)</i>	Wed 21 Sep	10am - 12.30pm 2 Sessions	Recovery College Wandsworth	
	Mon 26 Sep	1.30pm - 4pm 2 Sessions	Online MS Teams	
	Wed 09 Nov	1.30pm - 4pm 2 Sessions	Maddison Centre Teddington	
	Tue 22 Nov	10am - 12.30pm 2 Sessions	Vestry Hall Mitcham	
Your Role in Recovery <i>(FFC)</i>	Tue 13 Sep	10am - 12.30pm 1 Session	Online MS Teams	Family, Friends & Carers
	Wed 02 Nov	1.30pm - 4pm 1 Session	Online MS Teams	
What is Recovery <i>(FFC)</i>	Tue 20 Sep	10am - 12.30pm 1 Session	Online MS Teams	
	Wed 09 Nov	1.30pm - 4pm 1 Session	Online MS Teams	
Responding to Extremes <i>(FFC)</i>	Tue 27 Sep	10am - 12.30pm 1 Session	Online MS Teams	
	Wed 16 Nov	1.30pm - 4pm 1 Session	Online MS Teams	
Planning for Wellbeing <i>(FFC)</i>	Tue 04 Oct	10am - 12.30pm 1 Session	Online MS Teams	
	Wed 23 Nov	1.30pm - 4pm 1 Session	Online MS Teams	
Navigating Support Services <i>(FFC)</i>	Tue 11 Oct	10am - 12.30pm 1 Session	Online MS Teams	
	Wed 30 Nov	1.30pm - 4pm 1 Session	Online MS Teams	

## Venues and Addresses

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

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

**Hillcroft College**  
South Bank, Surbiton, KT6 6DF

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

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

**Tolworth Hospital**  
Red Lion Road, Surbiton, KT6 7QU

**Trinity Building, Springfield University Hospital**  
15 Springfield Drive, London, SW17 0YF

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

## 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 Trinity Building, Springfield University Hospital, 15 Springfield Drive, London, SW17 0YF.

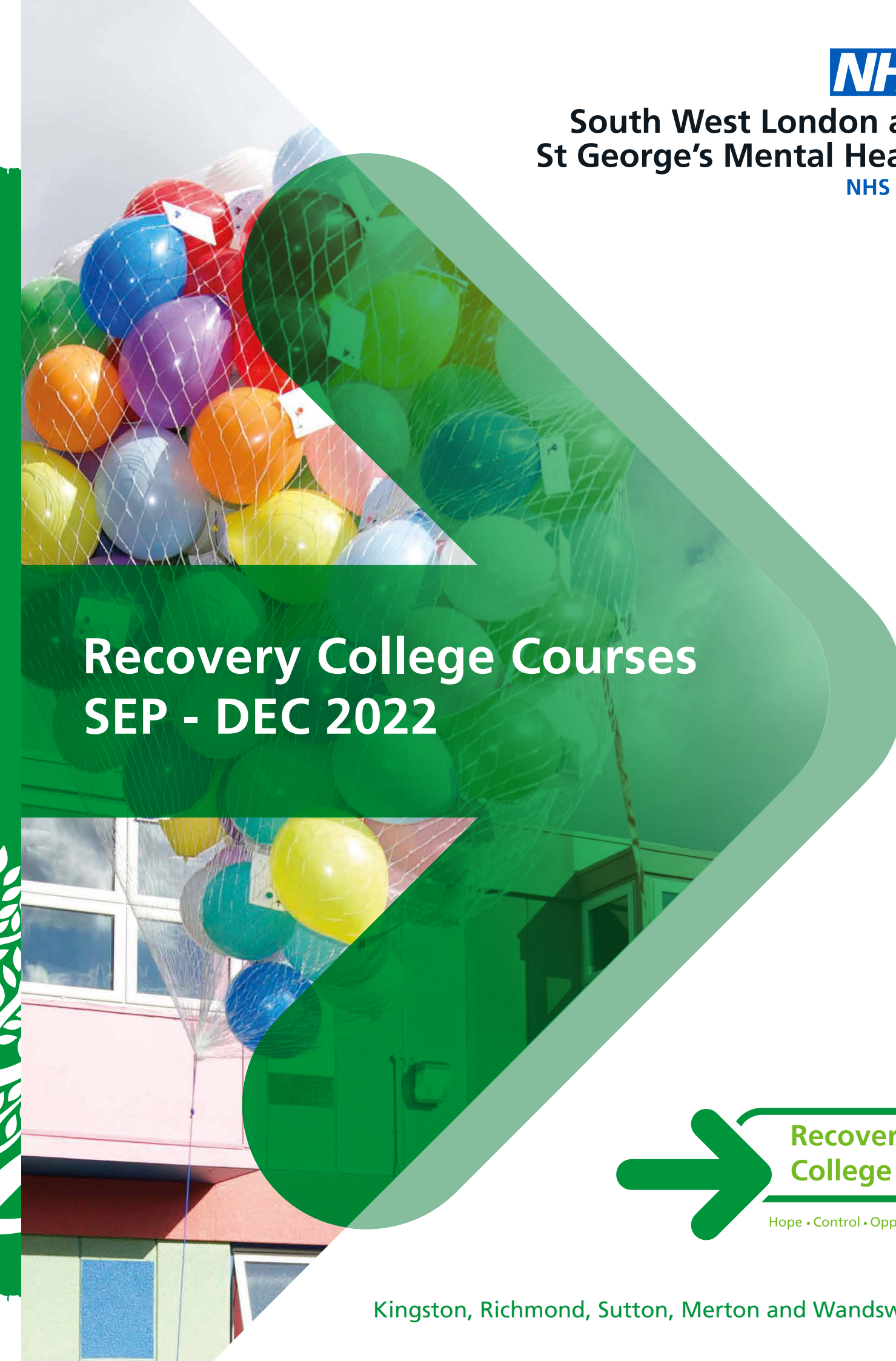
After registering, you can book a place on any of the courses by telephone, email or come in and see us at the Recovery College.

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 SEP - DEC 2022



### 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





# Welcome to the Recovery College

We will remain wary of the Covid situation at any time and may introduce measures to support you, e.g.:

- **Smaller classes to allow for social distancing**
- **Students wearing face coverings during class**

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](http://www.swlstg.nhs.uk/about-our-courses/e-learning).

(F) = Foundation | (Intro) = Introductory | (Inter) = Intermediate | (Adv) = Advance | (FFC) = Family, Friends & Carers

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Building Meaningful Connections <i>(Inter)</i>	Thur 06 Oct	10am - 12.30pm 2 Sessions	Online MS Teams	ALL
	Wed 09 Nov	10am - 12.30pm 2 Sessions	Vestry Hall Mitcham	
Developing Self Awareness <i>(Inter)</i>	Thur 27 Oct	10am - 12.30pm 1 Session	Recovery College Wandsworth	
	Mon 14 Nov	1.30pm - 4pm 1 Session	Holy Trinity Church Wallington	
	Wed 07 Dec	1.30pm - 4pm 1 Session	Maddison Centre Teddington	
Developing Self Compassion <i>(Inter)</i>	Wed 14 Sep	1.30pm - 4pm 1 Session	Maddison Centre Teddington	
	Wed 14 Sep	1.30pm - 4pm 1 Session	Vestry Hall Mitcham	
	Thur 03 Nov	10am - 12.30pm 1 Session	Hillcroft College Surbiton	
	Wed 30 Nov	1.30pm - 4pm 1 Session	Recovery College Wandsworth	
Discovering Spirituality <i>(Inter)</i>	Wed 23 Nov	1.30pm - 4pm 1 Session	Vestry Hall Mitcham	
Effective Communication Through Assertiveness <i>(Adv)</i>	Thur 03 Nov	1.30pm - 4pm 6 Sessions	Hillcroft College Surbiton	
	Fri 04 Nov	10am - 12.30pm 6 Sessions	Recovery College Wandsworth	
Five Ways to Wellbeing <i>(F)</i>	Mon 12 Sep	1.30pm - 4pm 3 Sessions	Recovery College Wandsworth	
	Wed 14 Sep	10am - 12.30pm 3 Sessions	Online MS Teams	
	Tue 20 Sep	10am - 12.30pm 3 Sessions	Holy Trinity Church Wallington	
	Wed 23 Nov	10am - 12.30pm 3 Sessions	Online MS Teams	
Introduction to Mindfulness <i>(Inter)</i>	Wed 21 Sep	1.30pm - 4pm 6 Sessions	Maddison Centre Teddington	
	Wed 02 Nov	1.30pm - 4pm 6 Sessions	Vestry Hall Mitcham	
Introduction to Recovery <i>(F)</i>	Wed 7 Sep	1.30pm - 4pm 1 Session	Online MS Teams	

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Introduction to Recovery <i>(F)</i>	Thur 8 Sep	10am - 12.30pm 1 Session	Recovery College Wandsworth	ALL
	Tue 13 Sep	10am - 12.30pm 1 Session	Holy Trinity Church Wallington	
	Wed 14 Sep	10am - 12.30pm 1 Session	Maddison Centre Teddington	
	Wed 14 Sep	10am - 12.30pm 1 Session	Vestry Hall Mitcham	
	Thur 15 Sep	10am - 12.30pm 1 Session	Hillcroft College Surbiton	
Introduction to Relaxation & Meditation <i>(Intro)</i>	Thur 15 Sep	1.30pm - 4pm 3 Sessions	Hillcroft College Surbiton	
	Tue 18 Oct	10am - 12.30pm 3 Sessions	Recovery College Wandsworth	
	Tue 08 Nov	1.30pm - 4pm 3 Sessions	Holy Trinity Church Wallington	
Journaling for Self Development <i>(Inter)</i>	Tue 18 Oct	10am - 12.30pm 6 Sessions	Online MS Teams	
Living Beyond Depression & Low Mood <i>(Inter)</i>	Tue 20 Sep	1.30pm - 4pm 5 Sessions	Holy Trinity Church Wallington	
	Tue 08 Nov	10am - 12.30pm 5 Sessions	Recovery College Wandsworth	
Managing Psychosis <i>(Inter)</i>	Wed 05 Oct	10am - 12.30pm 5 Sessions	Vestry Hall Mitcham	
	Wed 19 Oct	10am - 12.30pm 5 Sessions	Maddison Centre Teddington	
Managing Sleep Problems <i>(Inter)</i>	Tue 20 Sep	10am - 12.30pm 2 Sessions	Online MS Teams	
	Tue 25 Oct	1.30pm - 4pm 2 Sessions	Holy Trinity Church Wallington	
Open Day	Tue 06 Sep	10am - 12pm 1pm - 3pm	Recovery College Wandsworth	
	Wed 07 Sep	12pm - 3pm	Holy Trinity Church Wallington	
	Wed 07 Sep	12pm - 3pm	Vestry Hall Mitcham	
	Tue 13 Sep	10.30am - 2.30pm	Acacia Reception - Tolworth Hospital	
	Tue 13 Dec	10am - 12pm 1pm - 3pm	Recovery College Wandsworth	
	Tue 13 Dec	10.30am - 2.30pm	Acacia Reception - Tolworth Hospital	
	Wed 14 Dec	12pm - 3pm	Holy Trinity Church Wallington	
Wed 14 Dec	12pm - 3pm	Vestry Hall Mitcham		

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Rebuilding Your Confidence <i>(Inter)</i>	Thur 22 Sep	10am - 12.30pm 2 Sessions	Hillcroft College Surbiton	ALL
	Thur 20 Oct	10am - 12.30pm 2 Sessions	Online MS Teams	
	Tue 01 Nov	10am - 12.30pm 2 Sessions	Holy Trinity Church Wallington	
	Mon 28 Nov	1.30pm - 4pm 2 Sessions	Recovery College Wandsworth	
Reclaiming Your Life - a future without abuse <i>(Adv)</i>	Tue 18 Oct	1.30pm - 4pm 6 Sessions	Online MS Teams	Female Service Users Only
Taking Back Control 1 - Building Resilience <i>(F)</i>	Wed 28 Sep	10am - 12.30pm 3 Sessions	Maddison Centre Teddington	ALL
	Thur 06 Oct	10am - 12.30pm 3 Sessions	Hillcroft College Surbiton	
	Mon 10 Oct	1.30pm - 4pm 3 Sessions	Recovery College Wandsworth	
	Tue 11 Oct	10am - 12.30pm 3 Sessions	Holy Trinity Church Wallington	
	Wed 12 Oct	1.30pm - 4pm 3 Sessions	Vestry Hall Mitcham	
Taking Back Control 2 - Building Awareness <i>(Inter)</i>	Thur 10 Nov	10am - 12.30pm 3 Sessions	Recovery College Wandsworth	
	Tue 15 Nov	10am - 12.30pm 3 Sessions	Holy Trinity Church Wallington	
	Thur 17 Nov	10am - 12.30pm 3 Sessions	Hillcroft College Surbiton	
	Tue 22 Nov	1.30pm - 4pm 3 Sessions	Vestry Hall Mitcham	
	Wed 23 Nov	10am - 12.30pm 3 Sessions	Maddison Centre Teddington	
Toolkits & Routines for Recovery <i>(Intro)</i>	Mon 07 Nov	1.30pm - 4pm 1 Session	Online MS Teams	
	Tue 06 Dec	10am - 12.30pm 1 Session	Holy Trinity Church Wallington	
Understanding Antidepressants <i>(Intro)</i>	Wed 28 Sep	2pm - 3pm 1 Session	Online MS Teams	
Understanding Antipsychotics <i>(Intro)</i>	Wed 26 Oct	2pm - 3pm 1 Session	Online MS Teams	
Understanding Bipolar Disorder <i>(Intro)</i>	Tue 20 Sep	1.30pm - 4pm 1 Session	Online MS Teams	
	Thur 20 Oct	1.30pm - 4pm 1 Session	Hillcroft College Surbiton	
Understanding Depression <i>(Intro)</i>	Tue 13 Sep	1.30pm - 4pm 1 Session	Holy Trinity Church Wallington	
	Wed 21 Sep	1.30pm - 4pm 1 Session	Vestry Hall Mitcham	
	Mon 31 Oct	1.30pm - 4pm 1 Session	Recovery College Wandsworth	
	Mon 14 Nov	1.30pm - 4pm 1 Session	Online MS Teams	