



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

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO IS IT FOR
Understanding Depression <i>(Intro)</i>	Thur 21 Sep	1.30pm - 4pm 1 Session	Quaker Centre Kingston	ALL
	Wed 01 Nov	10am - 12.30pm 1 Session	Vestry Hall Mitcham	
	Wed 22 Nov	1.30pm - 4pm 1 Session	Online MS Teams	
Understanding Emotions <i>(Intro)</i>	Mon 13 Nov - 20 Nov	1.30pm - 4pm 2 Sessions	Vestry Hall Mitcham	
Understanding Hoarding <i>(Intro)</i>	Wed 13 Sep	1.30pm - 4pm 1 Session	Livingston House Teddington	
Understanding Mood Stabilisers <i>(Intro)</i>	Wed 27 Sep	2pm - 3pm 1 Session	Online MS Teams	
Understanding Psychosis <i>(Intro)</i>	Thur 28 Sep	1.30pm - 4pm 1 Session	Quaker Centre Kingston	
	Tue 10 Oct	1.30pm - 4pm 1 Session	Recovery College Wandsworth	
	Tue 10 Oct	1.30pm - 4pm 1 Session	Rosehill Pavilion Sutton	
Understanding Self Harm <i>(Intro)</i>	Wed 20 Sep	1.30pm - 4pm 1 Session	Livingston House Teddington	
Your Role in Recovery <i>(FFC)</i>	Tue 26 Sep	10am - 12pm 1 Session	Online MS Teams	Family, Friends & Carers
What is Recovery <i>(FFC)</i>	Tue 03 Oct	10am - 12pm 1 Session	Online MS Teams	
Responding to Extremes <i>(FFC)</i>	Tue 10 Oct	10am - 12pm 1 Session	Online MS Teams	
Planning for Wellbeing <i>(FFC)</i>	Tue 17 Oct	10am - 12pm 1 Session	Online MS Teams	
Navigating Support Services <i>(FFC)</i>	Tue 24 Oct	10am - 12pm 1 Session	Online MS Teams	
Focus on the Good Things and Mindfulness <i>(FFC)</i>	Wed 08 Nov	10am - 12pm 1 Session	Online MS Teams	Family, Friends & Carers Courses run with Kingston Adult Education
Stress Management <i>(FFC)</i>	Wed 22 Nov	10am - 12pm 1 Session	Online MS Teams	
Self Compassion <i>(FFC)</i>	Wed 06 Dec	10am - 12pm 1 Session	Online MS Teams	

Venues and Addresses

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

Rosehill Pavilion
Rosehill Recreation Ground, Rosehill, Sutton, Surrey SM1 3HH

Hillcroft College
South Bank, Surbiton, KT6 6DF

Tolworth Hospital
Red Lion Road, Surbiton, KT6 7QU

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

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

Livingston House
2 Queens Road, Teddington TW11 0LB

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

Quaker Centre Kingston
Fairfield East, KT1 2PT

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 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

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.nhs.uk
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Springfield University Hospital, 61 Glenburnie Road, London, SW17 7DJ



Recovery College Courses SEP - DEC 2023



Kingston, Richmond, Sutton, Merton and 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.

Join our community: For all the latest news



Welcome to the Recovery College

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.

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

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO IS IT FOR
Building Meaningful Connections <i>(Inter)</i>	Tue 19 Sep - 26 Sep	10am - 12.30pm 2 Sessions	Recovery College Wandsworth	ALL
	Wed 27 Sep - 04 Oct	1.30pm - 4pm 2 Sessions	Livingston House Teddington	
	Thur 02 Nov - 09 Nov	10am - 12.30pm 2 Sessions	Online MS Teams	
Developing Self Awareness <i>(Inter)</i>	Mon 18 Sep	1.30pm - 4pm 1 Session	Recovery College Wandsworth	
Developing Self Compassion <i>(Inter)</i>	Wed 25 Oct	1.30pm - 4pm 1 Session	Recovery College Wandsworth	
Developing Spirituality <i>(Inter)</i>	Wed 01 Nov - 15 Nov	1.30pm - 4pm 3 Sessions	Livingston House Teddington	
Effective Communication Through Assertiveness <i>(Adv)</i>	Thur 05 Oct - 09 Nov	1.30pm - 4pm 6 Sessions	Quaker Centre Kingston	
	Wed 01 Nov - 06 Dec	1.30pm - 4pm 6 Sessions	Vestry Hall Mitcham	
Five Ways to Wellbeing <i>(F)</i>	Fri 15 Sep - 29 Sep	10am - 12.30pm 3 Sessions	Recovery College Wandsworth	
	Tue 19 Sep - 03 Oct	10am - 12.30pm 3 Sessions	Rosehill Pavilion Sutton	
	Wed 20 Sep - 04 Oct	10am - 12.30pm 3 Sessions	Livingston House Teddington	
	Wed 20 Sep - 4 Oct	10am - 12.30pm 3 Sessions	Vestry Hall Mitcham	
	Tue 21 Nov - 05 Dec	10am - 12.30pm 3 Sessions	Online MS Teams	
Introduction to Meditation <i>(Intro)</i>	Mon 23 Oct - 30 Oct	1.30pm - 4pm 2 Sessions	Online MS Teams	
Introduction to Recovery <i>(F)</i>	Tue 12 Sep	10am - 12.30pm 1 Session	Rosehill Pavilion Sutton	
	Wed 13 Sep	10am - 12.30pm 1 Session	Livingston House Teddington	
	Wed 13 Sep	10am - 12.30pm 1 Session	Recovery College Wandsworth	
	Wed 13 Sep	10am - 12.30pm 1 Session	Vestry Hall Mitcham	
	Thur 21 Sep	10am - 12.30pm 1 Session	Quaker Centre Kingston	
	Tue 14 Nov	10am - 12.30pm 1 Session	Online MS Teams	

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO IS IT FOR
Journaling for Self Development <i>(Inter)</i>	Tue 12 Sep - 17 Oct	10am - 12.30pm 6 Sessions	Online MS Teams	ALL
	Mon 30 Oct - 04 Dec	1.30pm - 4pm 6 Sessions	Rosehill Pavilion Sutton	
	Wed 01 Nov - 06 Dec	1.30pm - 4pm 6 Sessions	Recovery College Wandsworth	
Living Beyond Depression & Low Mood <i>(Inter)</i>	Thur 28 Sep - 26 Oct	10am - 12.30pm 5 Sessions	Quaker Centre Kingston	
	Wed 08 Nov - 06 Dec	10am - 12.30pm 5 Sessions	Vestry Hall Mitcham	
Managing Psychosis <i>(Inter)</i>	Tue 17 Oct - 14 Nov	1.30pm - 4pm 5 Sessions	Rosehill Pavilion Sutton	
	Wed 18 Oct - 15 Nov	10am - 12.30pm 5 Sessions	Recovery College Wandsworth	
Managing Sleep Problems <i>(Inter)</i>	Thur 05 Oct - 12 Oct	10am - 12.30pm 2 Sessions	Online MS Teams	
Managing Stress <i>(Inter)</i>	Wed 20 Sep - 04 Oct	1.30pm - 4pm 3 Sessions	Vestry Hall Mitcham	
	Fri 06 Oct - 20 Oct	10am - 12.30pm 3 Sessions	Recovery College Wandsworth	
	Wed 11 Oct - 25 Oct	1.30pm - 4pm 3 Sessions	Livingston House Teddington	
	Thur 02 Nov - 16 Nov	10am - 12.30pm 3 Sessions	Quaker Centre Kingston	
Managing Voices <i>(Inter)</i>	Thur 19 Oct - 26 Oct	10am - 12.30pm 2 Sessions	Online MS Teams	
Mindfulness 1 - Foundation <i>(Inter)</i>	Tue 19 Sep - 03 Oct	1.30pm - 4pm 3 Sessions	Rosehill Pavilion Sutton	
Mindfulness 2 - Foundation <i>(Adv)</i>	Wed 11 Oct - 25 Oct	1.30pm - 4pm 3 Sessions	Vestry Hall Mitcham	
	Thur 23 Nov - 07 Dec	10am - 12.30pm 3 Sessions	Livingston House Teddington	
Open Day	Tue 05 Sep	12pm - 3pm 1 Session	Rosehill Pavilion Sutton	
	Tue 05 Sep	12pm - 3pm 1 Session	Acacia Reception Tolworth Hospital	
	Wed 06 Sep	12pm - 3pm 1 Session	Livingston House Teddington	
	Wed 06 Sep	12pm - 3pm 1 Session	Recovery College Wandsworth	
	Wed 06 Sep	12pm - 3pm 1 Session	Vestry Hall Mitcham	
	Mon 04 Dec	12pm - 3pm 1 Session	Recovery College Wandsworth	
Tue 05 Dec	12pm - 3pm 1 Session	Acacia Reception Tolworth Hospital		

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO IS IT FOR	
Open Day	Wed 06 Dec	12pm - 3pm 1 Session	Livingston House Teddington	ALL	
	Wed 06 Dec	12pm - 3pm 1 Session	Rosehill Pavilion Sutton		
	Thu 07 Dec	12pm - 3pm 1 Session	Vestry Hall Mitcham		
Rebuilding Your Confidence <i>(Inter)</i>	Mon 02 Oct - 09 Oct	1.30pm - 4pm 2 Sessions	Recovery College Wandsworth		
	Tue 31 Oct - 07 Nov	10am - 12.30pm 2 Sessions	Online MS Teams		
Reclaiming Your Life - a future without abuse <i>(Adv)</i>	Thur 21 Sep - 26 Oct	10am - 12.30pm 6 Sessions	Online MS Teams		Female Service Users Only
Taking Back Control 1 - Building Resilience <i>(F)</i>	Tue 03 Oct - 17 Oct	10am - 12.30pm 3 Sessions	Recovery College Wandsworth		ALL
	Tue 10 Oct - 24 Oct	10am - 12.30pm 3 Sessions	Rosehill Pavilion Sutton		
	Wed 11 Oct - 25 Oct	10am - 12.30pm 3 Sessions	Livingston House Teddington		
	Wed 11 Oct - 25 Oct	10am - 12.30pm 3 Sessions	Vestry Hall Mitcham		
Taking Back Control 2 - Building Awareness <i>(Inter)</i>	Fri 17 Nov - 01 Dec	10am - 12.30pm 3 Sessions	Recovery College Wandsworth		
	Tue 21 Nov - 05 Dec	1.30pm - 4pm 3 Sessions	Rosehill Pavilion Sutton		
	Thur 23 Nov - 07 Dec	10am - 12.30pm 3 Sessions	Quaker Centre Kingston		
Toolkits & Routines for Recovery <i>(Intro)</i>	Fri 08 Sep	10am - 12.30pm 1 Session	Online MS Teams		
Tree of Life <i>(Inter)</i>	Tue 31 Oct - 21 Nov	10am - 12.30pm 4 Sessions	Rosehill Pavilion Sutton		
	Thur 16 Nov - 07 Dec	1.30pm - 4pm 4 Sessions	Quaker Centre Kingston		
Understanding Antidepressants <i>(Intro)</i>	Wed 18 Oct	2pm - 3pm 1 Session	Online MS Teams		
Understanding Antipsychotics <i>(Intro)</i>	Wed 22 Nov	2pm - 3pm 1 Session	Online MS Teams		
Understanding Anxiety <i>(Intro)</i>	Tue 12 Sep	1.30pm - 4pm 1 Session	Rosehill Pavilion Sutton		
	Fri 03 Nov	10am - 12.30pm 1 Session	Online MS Teams		
Understanding Bipolar Disorder <i>(Intro)</i>	Wed 13 Sep	1.30pm - 4pm 1 Session	Vestry Hall Mitcham		
	Thur 16 Nov	10am - 12.30pm 1 Session	Online MS Teams		