



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

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

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

Tolworth Hospital
Red Lion Road, Surbiton, KT6 7QU

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.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.

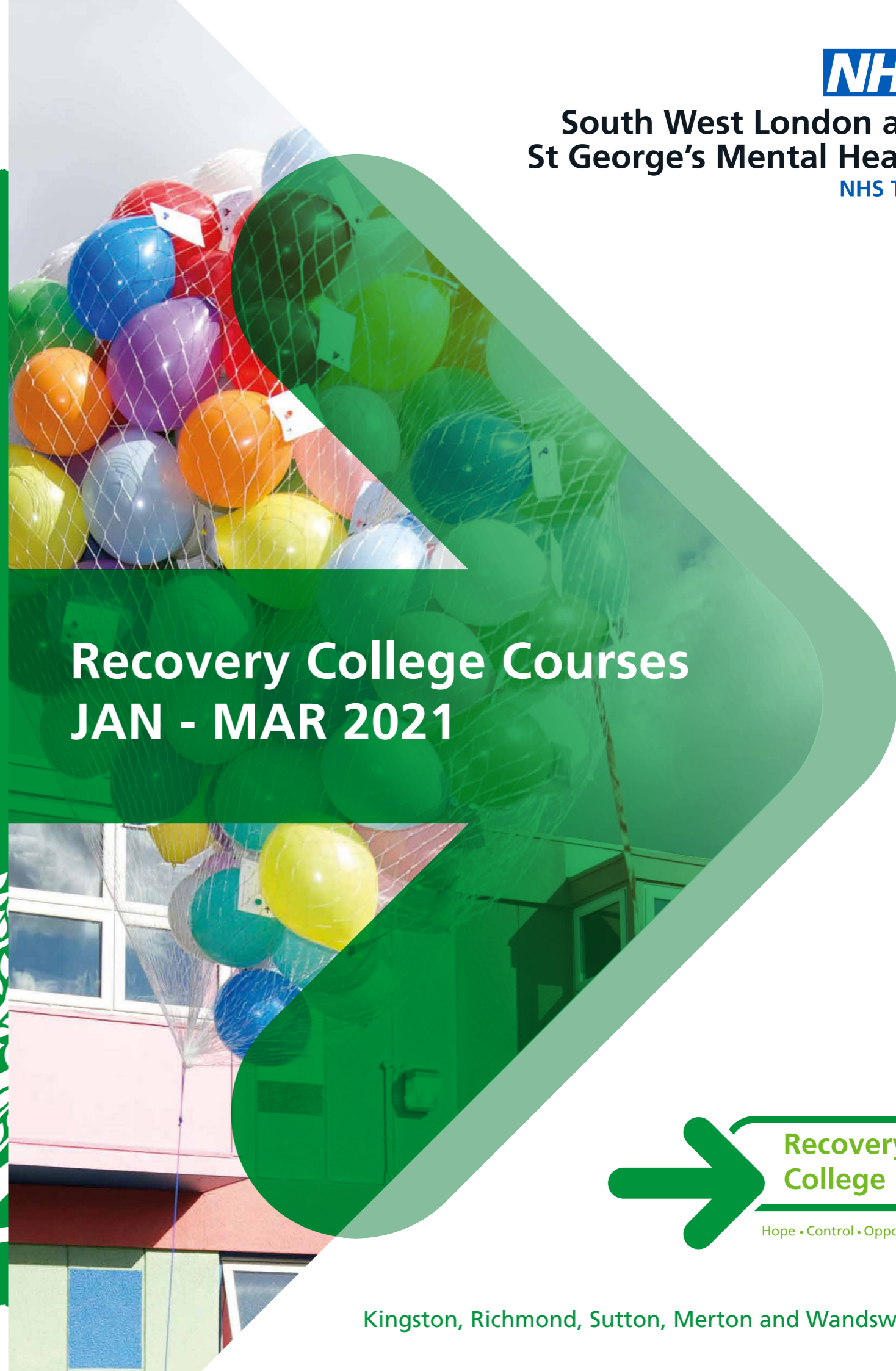
After registering, you can book a place on any of the courses by telephone, email or come in and see us at the Recovery College.

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 JAN - MAR 2021



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
Building Meaningful Connections	Thur 21 Jan	1:15pm - 3:30pm 2 Sessions	Recovery College Wandsworth	ALL
Five Ways to Wellbeing	Wed 13 Jan	10am - 12:15pm 3 Sessions	Maddison Centre Teddington	
	Mon 18 Jan	1:15pm - 3:30pm 3 Sessions	Recovery College Wandsworth	
	Tue 19 Jan	10am - 12:15pm 3 Sessions	Vestry Hall Mitcham	
	Wed 20 Jan	1:15pm - 3:30pm 3 Sessions	Tolworth Hospital (Hughes Rm B)	
	Thur 28 Jan	1:15pm - 3:30pm 3 Sessions	Holy Trinity Church Wallington	
Introduction to Mindfulness	Tue 12 Jan	1:15pm - 3:30pm 6 Sessions	Vestry Hall Mitcham	
	Wed 13 Jan	10am - 12:15pm 5 Sessions	Recovery College Wandsworth	
	Wed 17 Feb	1:15pm - 3:30pm 6 Sessions	Maddison Centre Teddington	
Introduction to Recovery	Mon 11 Jan	1:15pm - 3:30pm 1 Session	Recovery College Wandsworth	
	Tue 12 Jan	10am - 12:15pm 1 Session	Vestry Hall Mitcham	
	Wed 13 Jan	1:15pm - 3:30pm 1 Session	Maddison Centre Teddington	
	Wed 13 Jan	1:15pm - 3:30pm 1 Session	Tolworth Hospital (Hughes Rm B)	
	Thur 14 Jan	10am - 12:15pm 1 Session	Holy Trinity Church Wallington	

COURSE NAME	DAY & START DATE	TIME & SESSIONS	VENUE	WHO'S IT FOR
Introduction to Relaxation & Meditation	Wed 10 Feb	10am - 12:15pm 6 Sessions	Tolworth Hospital (Hughes Rm B)	ALL
	Thur 25 Feb	1:15pm - 3:30pm 6 Sessions	Holy Trinity Church Wallington	
Journaling for Self Development	Tue 9 Feb	10am - 12:15pm 6 Sessions	Vestry Hall Mitcham	
Managing Sleep Problems	Fri 29 Jan	10am - 12:15pm 2 Sessions	Recovery College Wandsworth	
Rebuilding Your Confidence	Wed 3 Feb	10am - 12:15pm 2 Sessions	Maddison Centre Teddington	
	Fri 12 Mar	10am - 12:15pm 2 Sessions	Recovery College Wandsworth	
	Tue 23 Mar	10am - 12:15pm 2 Sessions	Vestry Hall Mitcham	
	Wed 24 Mar	10am - 12:15pm 2 Sessions	Tolworth Hospital (Hughes Rm B)	
	Thur 25 Mar	10am - 12:15pm 2 Sessions	Holy Trinity Church Wallington	
Reclaiming Your Life - a future without abuse	Mon 15 Feb	1:15pm - 3:30pm 6 Sessions	Recovery College Wandsworth	
Taking Back Control	Thur 4 Feb	10am - 12:15pm 6 Sessions	Holy Trinity Church Wallington	ALL
	Mon 8 Feb	1:15pm - 3:30pm 6 Sessions	Recovery College Wandsworth	
	Wed 17 Feb	10am - 12:15pm 6 Sessions	Maddison Centre Teddington	
	Wed 17 Feb	1:15pm - 3:30pm 6 Sessions	Tolworth Hospital (Hughes Rm B)	
	Tue 23 Feb	1:15pm - 3:30pm 6 Sessions	Vestry Hall Mitcham	
Toolkits & Routines for Recovery	Thur 11 Feb	1:15pm - 3:30pm 1 Session	Recovery College Wandsworth	
Understanding Hoarding	Thur 14 Jan	1:15pm - 3:30pm 1 Session	Recovery College Wandsworth	
Understanding Self Harm	Thur 4 Feb	1:15pm - 3:30pm 1 Session	Recovery College Wandsworth	
Understanding Stress & Anxiety	Fri 15 Jan	10am - 12:15pm 2 Sessions	Recovery College Wandsworth	
	Wed 20 Jan	10am - 12:15pm 2 Sessions	Tolworth Hospital (Hughes Rm B)	
	Thur 21 Jan	10am - 12:15pm 2 Sessions	Holy Trinity Church Wallington	
	Wed 27 Jan	1:15pm - 3:30pm 2 Sessions	Maddison Centre Teddington	