



## 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](http://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.

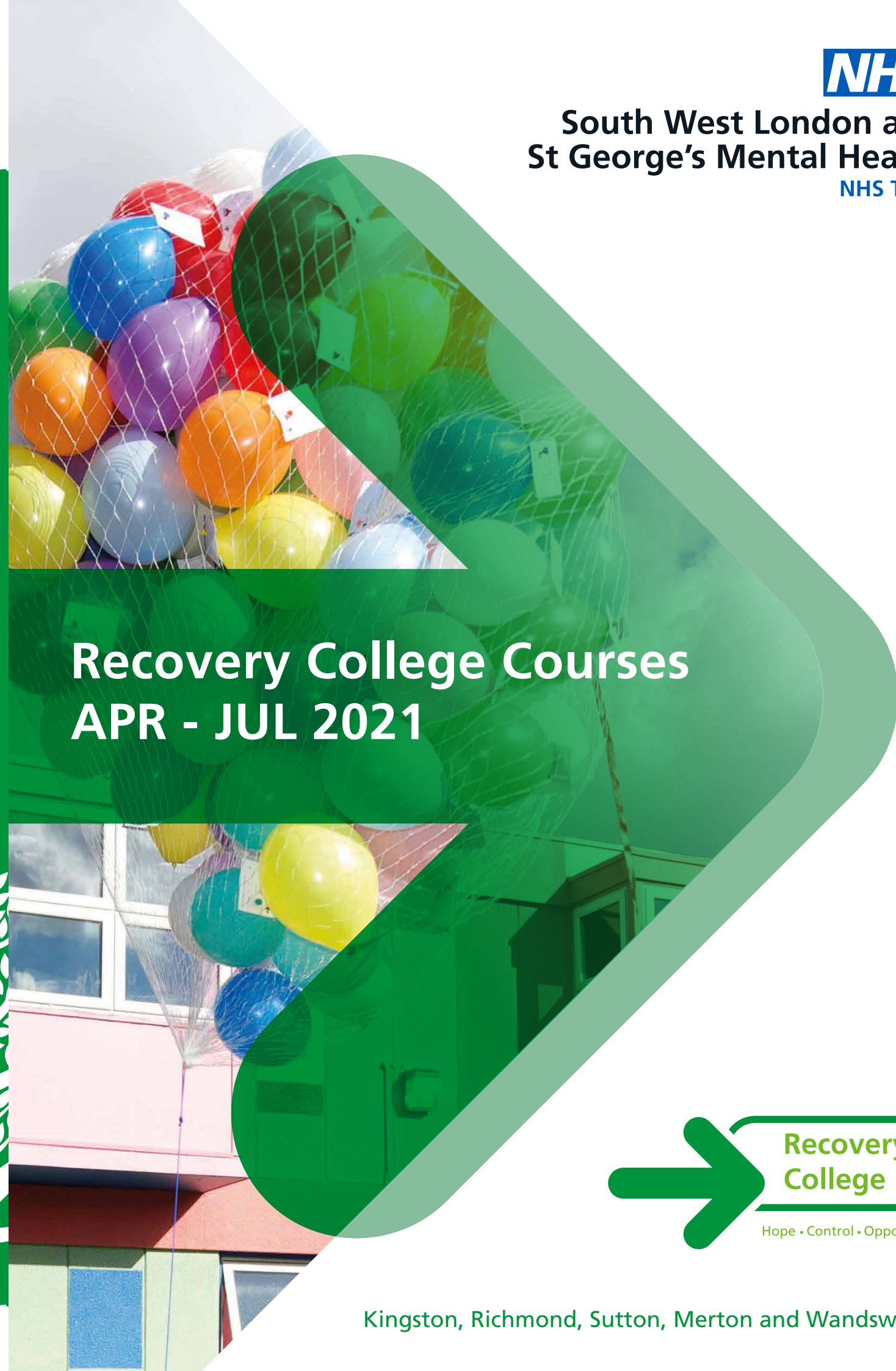
After registering, you can book a place on any of the courses by telephone, email or come in and see us at the Recovery College.

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](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 APR - JUL 2021



# Welcome to the Recovery College

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

| COURSE NAME                                   | DAY & START DATE | TIME & SESSIONS               | VENUE                          | WHO'S IT FOR |
|---|------------------|-------------------------------|--------------------------------|--------------|
| Building Meaningful Connections               | Wed 5 May        | 1:15pm - 3:30pm<br>2 Sessions | Maddison Centre Teddington     | ALL          |
| Effective Communication Through Assertiveness | Tue 8 Jun        | 10am - 12:15pm<br>8 Sessions  | Recovery College Wandsworth    |              |
|   | Tue 8 Jun        | 1:15pm - 3:30pm<br>8 Sessions | Tolworth Hospital (Hughes B)   |              |
| Five Ways to Wellbeing                        | Tue 27 Apr       | 1:15pm - 3:30pm<br>3 Sessions | Recovery College Wandsworth    |              |
|   | Wed 28 Apr       | 10am - 12:15pm<br>3 Sessions  | Online                         |              |
|   | Thur 29 Apr      | 10am - 12:15pm<br>3 Sessions  | Holy Trinity Church Wallington |              |
|   | Tue 4 May        | 10am - 12:15pm<br>3 Sessions  | Tolworth Hospital (Hughes B)   |              |
|   | Wed 5 May        | 10am - 12:15pm<br>3 Sessions  | Maddison Centre Teddington     |              |
| Introduction to Mindfulness                   | Tue 27 Apr       | 1:15pm - 3:30pm<br>6 Sessions | Tolworth Hospital (Hughes B)   |              |
|   | Mon 7 Jun        | 1:15pm - 3:30pm<br>6 Sessions | Recovery College Wandsworth    |              |
|   | Tue 15 Jun       | 1:15pm - 3:30pm<br>6 Sessions | Holy Trinity Church Wallington |              |
| Introduction to Recovery                      | Wed 21 Apr       | 10am - 12:15pm<br>1 Session   | Online                         |              |
|   | Thur 22 Apr      | 10am - 12:15pm<br>1 Session   | Holy Trinity Church Wallington |              |
|   | Tue 27 Apr       | 10am - 12:15pm<br>1 Session   | Recovery College Wandsworth    |              |
|   | Tue 27 Apr       | 10am - 12:15pm<br>1 Session   | Tolworth Hospital (Hughes B)   |              |

| COURSE NAME                             | DAY & START DATE | TIME & SESSIONS               | VENUE                                 | WHO'S IT FOR |
|---|------------------|-------------------------------|---------------------------------------|--------------|
| Introduction to Recovery                | Wed 28 Apr       | 10am - 12:15pm<br>1 Session   | Maddison Centre Teddington            | ALL          |
| Introduction to Relaxation & Meditation | Wed 19 May       | 10am - 12:15pm<br>6 Sessions  | Online                                |              |
| Living Beyond Depression & Low Mood     | Wed 19 May       | 10am - 12:15pm<br>6 Sessions  | Recovery College Wandsworth           |              |
|   | Thur 10 Jun      | 10am - 12:15pm<br>6 Sessions  | Holy Trinity Church Wallington        |              |
| Managing Psychosis                      | Wed 23 Jun       | 1:15pm - 3:30pm<br>5 Sessions | Relocated Recovery College Wandsworth |              |
| Managing Sleep Problems                 | Wed 7 July       | 10am - 12:15pm<br>2 Sessions  | Maddison Centre Teddington            |              |
| Rebuilding Your Confidence              | Wed 26 May       | 10am - 12:15pm<br>2 Sessions  | Maddison Centre Teddington            |              |
|   | Wed 14 July      | 10am - 12:15pm<br>2 Sessions  | Relocated Recovery College Wandsworth |              |
|   | Thur 15 July     | 1:15pm - 3:30pm<br>2 Sessions | Holy Trinity Church Wallington        |              |
|   | Tue 20 July      | 10am - 12:15pm<br>2 Sessions  | Tolworth Hospital (Hughes B)          |              |
| Taking Back Control                     | Thur 29 Apr      | 1:15pm - 3:30pm<br>6 Sessions | Holy Trinity Church Wallington        |              |
|   | Wed 5 May        | 1:15pm - 3:30pm<br>6 Sessions | Relocated Recovery College Wandsworth |              |
|   | Wed 19 May       | 1:15pm - 3:30pm<br>6 Sessions | Maddison Centre Teddington            |              |
|   | Thur 20 May      | 10am - 12:15pm<br>6 Sessions  | Recovery College Wandsworth           |              |
|   | Tue 25 May       | 10am - 12:15pm<br>6 Sessions  | Tolworth Hospital (Hughes B)          |              |
| Understanding Depression                | Tue 11 May       | 10am - 12:15pm<br>1 Session   | Recovery College Wandsworth           |              |
|   | Thur 3 Jun       | 10am - 12:15pm<br>1 Session   | Holy Trinity Church Wallington        |              |
| Understanding Hoarding                  | Wed 30 Jun       | 1:15pm - 3:30pm<br>1 Session  | Maddison Centre Teddington            |              |
| Understanding Psychosis                 | Wed 16 Jun       | 1:15pm - 3:30pm<br>1 Session  | Maddison Centre Teddington            |              |
| Understanding Self Harm                 | Wed 30 Jun       | 10am - 12:15pm<br>1 Session   | Maddison Centre Teddington            |              |
| Understanding Stress & Anxiety          | Thur 20 May      | 10am - 12:15pm<br>2 Sessions  | Holy Trinity Church Wallington        |              |
|   | Wed 16 Jun       | 10am - 12:15pm<br>2 Sessions  | Maddison Centre Teddington            |              |
|   | Tue 6 July       | 10am - 12:15pm<br>2 Sessions  | Tolworth Hospital (Hughes B)          |              |