

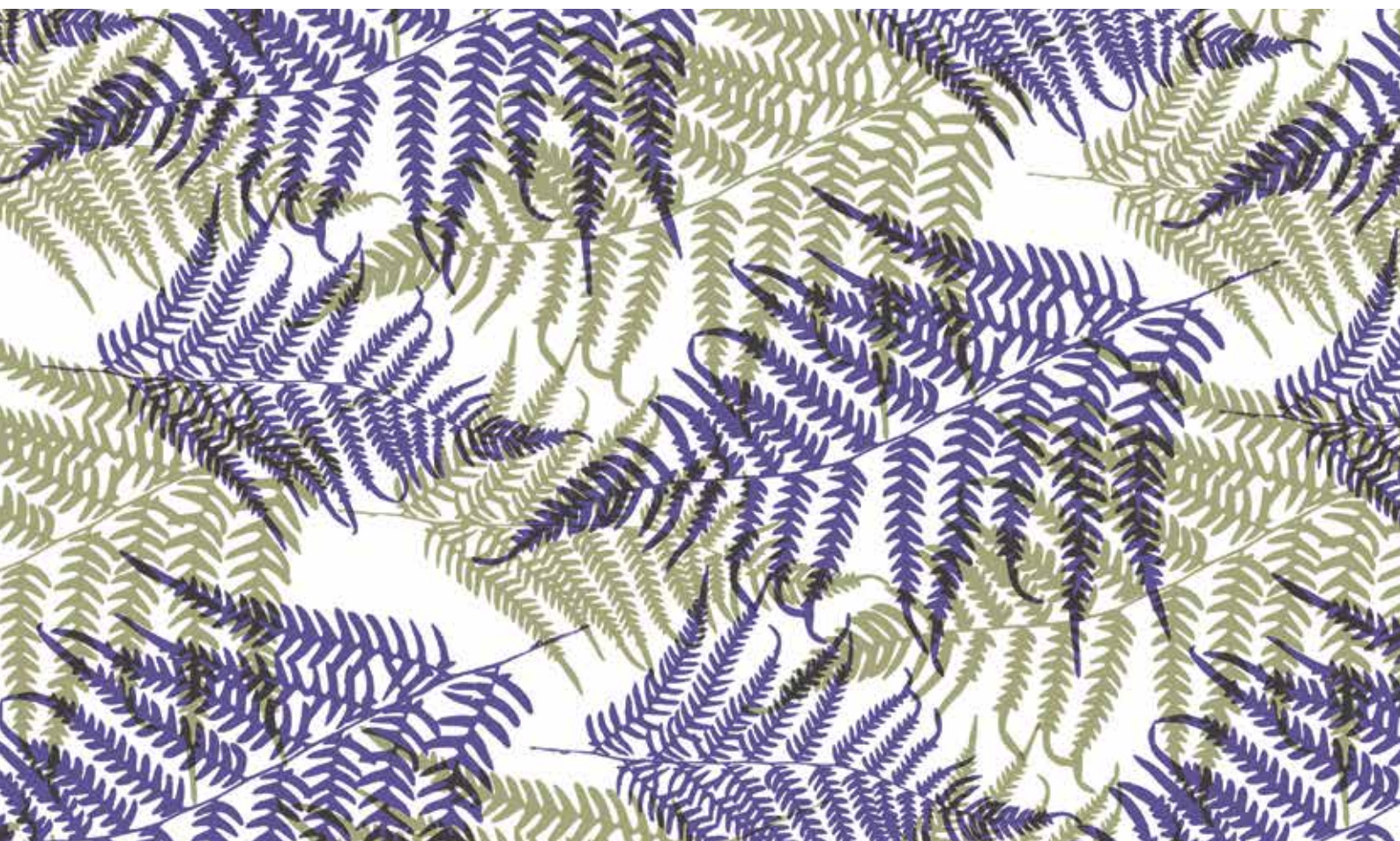
NHS

**Central and
North West London**
NHS Foundation Trust

CNWL recovery
& wellbeing college

Hope • Control • Opportunity

Courses and Workshops 2018/19



Wellbeing for life

Welcome

to the CNWL Recovery & Wellbeing College



The CNWL Recovery & Wellbeing College is a place where people can learn about recovery and wellbeing in a supportive environment. It is also a place where people can think about their hopes and aspirations and explore how to overcome the barriers that can prevent them leading the life they want to live. We are not a conventional college (we do not test people with exams or ask people to write reports or essays); instead we provide a range of courses to support people to regain hope, to learn, grow, share and discuss. Our aim is to provide a warm and safe space in which to think about and practise recovery. Our courses and workshops are designed for people who use services, supporters/carers and people who work in services.

There will always be two trainers in our workshops: a peer trainer who has direct life experience of mental health or physical health challenges and is on their own recovery journey, together with a practitioner trainer whose main experience will be from working in services as a clinician or health and social care worker.

All of our courses are also co-written by people with life experience of recovery alongside people who have clinical or health professional experience. We call this co-production – this means that we value these two types of experience equally.

We offer a range of workshops on mental health, physical health, wellbeing and inclusion in society and employment. All our workshops will reflect our values which are:

- *Hope* – believing in the possibility that things can get better.
- *Opportunity* – to feel and be part of the world again and rebuilding a sense of self.
- *Control* – to feel as in control as possible of our challenges and our life.

If you have picked up this prospectus then you have taken a step. We aim to support you in your recovery and wellbeing journey or help you support others in their recovery journey. Read on about how to access our courses and workshops.

The CNWL Recovery & Wellbeing College is proud to work in partnership with:

Continuing Professional Development

This quality mark shows that our courses have much to offer anyone for building skills in self-management, communication, team-working, emotional intelligence and problem solving.

Courses with this logo have been independently assessed and have shown that they meet the necessary standards of excellence for professional development training.



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How to enrol

You can attend the CNWL Recovery & Wellbeing College free of charge if you:

- Currently use CNWL services or have used these services in the last 12 months
- Are a supporter (carer, friend or family) of someone who is currently using CNWL services or of someone who has used these services in the last 12 months
- Are a member of CNWL staff (including local authority staff working within our integrated services or partner agencies) or you are a student on placement with CNWL.

If you are not someone in one of the groups above you are also very welcome. Please go to page 34 for information on our course and workshop fees which are adjusted for unwaged and waged people.

To access our courses and workshops there are three steps:

- 1.** Explore our courses and workshops and read the descriptions of the ones which interest you.
- 2.** Check which courses and workshops are running this term in our timetable.
- 3.** Choose your courses and workshops and enrol. To enrol, please read page 38 and then complete and post the Enrolment Form on pages 39 to 40.

Alternatively you can visit www.mindrecoverynet.org.uk/providers_profile/cnwl-recovery-wellbeing-college and fill in the online form or download an electronic enrolment form from www.cnwl.nhs.uk/recoverycollege and then email it to recoverycollege.cnwl@nhs.net or by post to: Admissions/enrolment, CNWL Recovery & Wellbeing College, CNWL NHS Offices, Argo House, 180 Kilburn Park Road, London NW6 5FA

Are you nervous?

Or are you unsure, about coming to the CNWL Recovery & Wellbeing College for the first time?

Many of our students feel unsure, or may be worried, about coming to the college to begin with. If you feel like this, it may be because you don't feel you know enough about the college yet and need more information. Some people may also have concerns such as finding it difficult talking in a group, or being in a group, due to things like loss of confidence or anxiety. Some people might be concerned that they will find it difficult to concentrate and may be worried about not being able to follow a course or participate in exercises.

If you have concerns like these, our trainers will support you during the workshops; our courses are designed to be suitable for people who may be experiencing a range of difficulties.

You can also meet one of our trainers before coming to a workshop. Information about meeting a trainer is on page 6.

Come and meet one of our trainers

You can also come and meet with one of our trainers, one-to-one, before coming to the college. At this meeting you could learn more about the college, our courses and what you can expect. Meeting a trainer is an excellent opportunity to explore what you are hoping to gain from coming to the college and which courses will best meet your individual needs.

At these meetings we can work on an individual learning plan with you, if you would like to. The individual learning plan can be a useful focus as it can help identify what you might like to learn, why you want to learn it and how it might help you with your wellbeing and recovery.

Meeting with a trainer is also a chance to think about how we can support your learning, including talking through things such as loss of confidence or anything else that might be a barrier for you. If you have a disability or any specific health or learning difficulty, we can identify some changes which may make our courses more accessible for you.

Please tell us on your enrolment form if you would like a meeting with a trainer.

Please read page 28 for more information about accessibility.



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“
A very
profound
life-changing
experience”

Student,
CNWL Recovery
& Wellbeing
College

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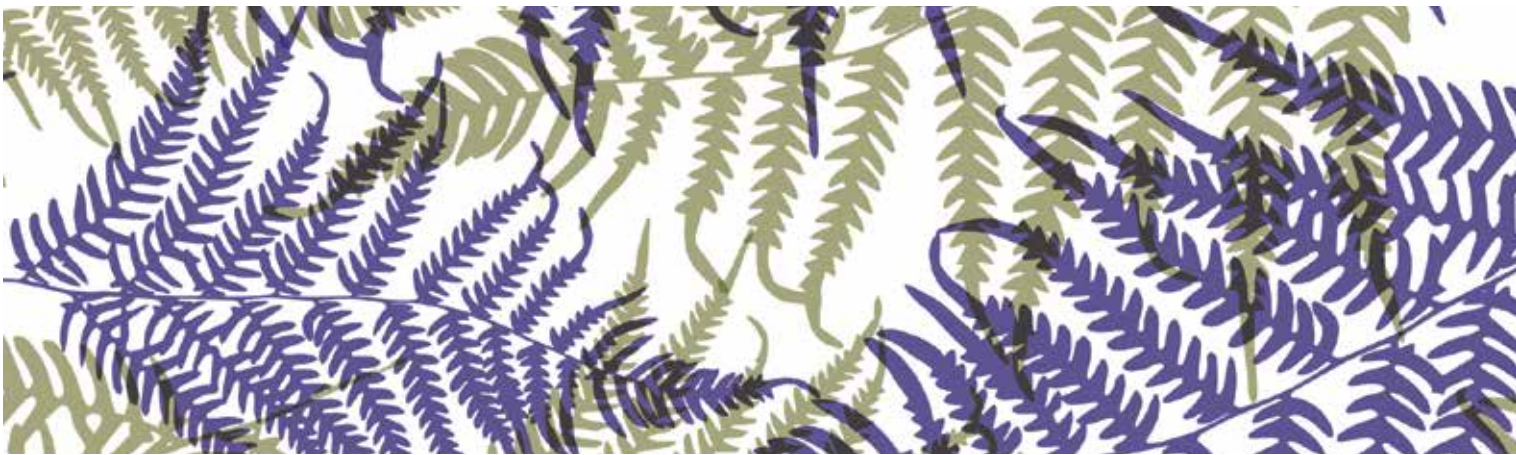
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Course and Workshop descriptions



Understanding health difficulties and ways of managing them

Listening to conversations about alcohol and drug use

Half-day workshop

Many people use alcohol and drugs for many different reasons: for fun, for connection, or to cope with anxiety, stress, loneliness, boredom, sleeping difficulties and loss. In this course we listen to some pre-recorded audio of people's experiences of alcohol and drugs to inform our discussions; students don't need to share their personal experience if they don't feel comfortable.

This workshop is open to anyone who is curious or concerned about their own, or someone else's, alcohol or drug use. It is also for people who work in services who want to support people more confidently around alcohol and drug issues. We will be exploring the subject of alcohol and drugs in a non-judgemental way.

We will explore:

- Why people use alcohol and drugs – what's good and not so good about it
- How people can decide whether their use of alcohol and drugs is a problem or not
- How people have taken back control of their lives from alcohol and drug problems.

Understanding anxiety

Half-day workshop

Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful or nervous. Anxiety is a word used to describe these moments of discomfort. In this workshop we will look at how anxiety affects people in different ways – both emotionally and physically – and when these periods of unease, fear or worry affects your mental health. We will look at the different types of anxiety, its possible causes and how you can help manage these feelings. You will have the opportunity to discuss your own personal experiences whilst learning from others.

This workshop will provide you with a safe space to discuss your concerns, find out about support, treatments and self-help groups available in your community to help you or somebody you know manage anxiety.

Understanding depression

One-day workshop

Depression goes beyond feelings of sadness or unhappiness and can deeply disrupt how we think, feel and live in our daily lives. Some people will have experiences which are not well-known features of depression.

This workshop covers essential information about depression, how it is diagnosed and how it affects different people. We also look at the different tools for managing depression. This is a space to discuss your experiences and learn from others too.

Introduction to hearing voices

Half-day workshop

Hearing voices is a more commonplace experience than many people realise and it is not necessarily a sign of mental ill-health. People have different experiences of hearing voices. We are all unique, so it's unsurprising that voices can be equally individual in terms of their identity, content, interpretation and impact.

However, hearing voices can be a very distressing experience, both for the person who hears voices and the people who care about them. Many workers may also find working with people who hear voices difficult and may feel unsure of what is helpful to someone. We recognise each person's own potential to recover from the distress associated with difficult voices.

This introductory workshop is for anyone who wants to understand more about hearing voices. It will include:

- Different theories and ideas
- Coping strategies people have used
- Sources of support, advice and information
- An introduction to the Hearing Voices Network.



Understanding psychosis

Half-day workshop

The experience of psychosis, such as experiencing a different sense of reality to other people or hearing voices, is surprisingly common. However, if long-lasting or severe it can lead to a diagnosis such as schizophrenia or schizo-affective disorder. Experiencing psychosis and being diagnosed can be a frightening and life changing event. There are lots of myths and prejudices about psychosis that can make coming to terms with this diagnosis even harder.

This introductory workshop aims to help people with their understanding of these issues. We will outline treatment options and explore ways to promote recovery and self-help. We will explore personal experiences of psychosis and identify the ways people have managed their experiences so that they can get on with their lives.



Managing psychosis together

One-day workshop

When someone is diagnosed with psychosis it can be a frightening and life-changing event, not just for the person diagnosed, but also for their families and friends.

There are a number of theories about what psychosis is, which can be confusing for everyone involved. People with experience of psychosis, friends, family members and professionals may hold different ideas about the way forward, and even though everyone is doing the best they can, misunderstandings can easily happen. Important relationships can become strained and it can feel difficult to know what to say or do. This course is designed for anyone who has been affected by psychosis, to think about how to prevent psychosis from getting in the way of the relationships that are important to us.

The workshop explores:

- What we mean by psychosis
- How psychosis can affect relationships with family, friends and professionals
- How relationships help recovery
- How we build or strengthen helpful relationships
- Getting the balance right: knowing when to step in and when to step back.



Understanding bipolar disorder

One-day workshop

Someone diagnosed with bipolar disorder can experience a spectrum of moods from euphoria, over-activity and excitability – known as mania – to deep depression. With bipolar disorder these moods can change very quickly. Some people also see or hear things that others around them do not see, known as hallucinations, or they may have strange, altered beliefs.

This introductory workshop explores:

- The common features of bipolar disorder
- What can trigger a bipolar episode
- Treatments and medication
- How bipolar disorder can be self-managed
- How to rebuild a meaningful life with bipolar.

Understanding Obsessive Compulsive Disorder (OCD)

Half-day workshop

Obsessive Compulsive Disorder (OCD) is a serious condition where someone experiences frequent intrusive and often unwelcome obsessional thoughts. These can be followed by repetitive compulsions, impulses or urges. The impact of living with OCD can be profound, affecting someone's entire life from education, work and career development to social life and personal relationships. The impact on family and friends can also be huge. Receiving appropriate treatment and help is the key to long-term recovery.

This half-day workshop covers essential information about OCD, treatments available, self-help strategies and resources.

Understanding personality disorder

One-day workshop

Personality related difficulties affect how people view and manage their emotions and relate to other people. This is often, although not always, because they have experienced childhood trauma of some kind or they did not have the chance to learn to develop trust in themselves or others when they were growing up.

This workshop discusses:

- What is meant by personality disorder in general and the impact of having that diagnosis
- How personality difficulties may influence other aspects of a person's mental and physical health
- Specific treatments for personality difficulties, as well as how people can look after their own wellbeing.



It was good to hear from other people because I thought it was rare and it was just me.”

Student,
CNWL Recovery
& Wellbeing
College



Understanding self-harm

Half-day workshop

Life can at times be hard to cope with, especially if you have experienced traumatic events. Sometimes, it feels that the only way to feel better or express how you feel is to hurt yourself in some way. What starts as a private act can become a habit which can get out of control. There are lots of myths about self-harm because it is something that many people find difficult to understand. This can make it a taboo, embarrassing subject that is uncomfortable to admit and address. The reality is that many more people self-harm than you think. This workshop aims to give you confidence to think and talk about this subject and to understand the very individual experience of it.



Understanding mental health

Half-day workshop

Mental health, like physical health, is something that we all have and yet it can often be difficult to talk about. What do we mean when we talk about mental health?

This course looks at the main ideas about mental health, wellbeing and the experiences of emotional and psychological distress.

This includes:

- Looking at different experiences
- Myths and stereotypes that we may hold about mental ill-health
- What we can do to support a friend, family member or colleague in distress.



I have affirmed
that I deserve
to thrive and
not just survive
in my life. ”

Student,
CNWL Recovery
& Wellbeing
College

Understanding mental health medication

Half-day workshop

Using medication can be a short term strategy or a long term life decision at different points in our lives. There is a lot to think about and learn when we are making such decisions, not least how we feel about it and what it means to us as individuals to take medication.

In this workshop we will think about the different kinds of mental health medication and how we can get the information we need to make our choices, which are often challenging. We will think about ways of using medication, including living with possible side effects, to help us lead the lives we want.



Understanding hoarding

One-day workshop

Is your home full to bursting with stuff that you think may come in handy some day or you feel you could not possibly throw away? Do you seem to bring more into the house than you get rid of? This workshop will look at why some of us find it so hard to part with things, even when we may be feeling overwhelmed by them.

People keep different kinds of things and different amounts of things, but it can have a real effect on our lives. We will explore the reasons why people start to keep things and what we can do to begin to tackle hoarding when it becomes a problem.



Looking after our health and wellbeing

Introduction to managing stress

Half-day workshop

These days, many aspects of life can feel highly stressful, affecting our ability to think clearly, to relax or to look after ourselves. While small amounts of stress can prompt us to action, too much stress over a long period of time can seriously affect our emotional and physical health. This introductory workshop supports you to look at the causes of your stress, giving you practical activities and suggestions that can help you to reduce the impact on your life.

A good night's sleep

One-day workshop

There is a close relationship between our sleep and our health. Living with a mental or physical health problem can affect how you sleep, and poor sleep can have a negative impact on your health and wellbeing.

This workshop will explore how sleep works, why we need it, and the common causes of some sleep problems. The aim is to help you improve your understanding of sleep and how you can tackle your personal night time challenges.

Me and my wellbeing

One-day workshop

Everyone can increase their mental and physical wellbeing: there is always potential for change. You will hear about and discuss a dozen key areas which have a powerful impact on human mental and physical health. You will also have the opportunity to carry out a wellbeing check on yourself and produce a personal action plan to help you make changes to enhance your wellbeing.

Healthy eating

Half-day workshop

Eating a healthy balanced diet can make a real difference to our physical and mental health.

It can help us maintain a healthy weight and reduce our risk of developing coronary heart disease, diabetes, and high blood pressure. Whether you are alone and find it difficult to plan and prepare meals or else face the challenge of feeding a family, this workshop will offer helpful strategies and practical tips to show how healthy eating needn't be expensive or complicated.



Exercising for health

Half-day workshop

Being physically active and getting enough exercise helps improve both our mental and physical health. It can help us control our weight, reduce the risk of heart disease, lower our blood pressure and cholesterol levels, as well as make us feel more positive in our outlook. This workshop explores the many ways in which we can increase our physical activity, whether it's through a specific form of exercise or simple day-to-day changes to help us move more.

Go smoke-free

Half-day workshop

If you want to stop smoking and start living a happier, healthier life then this workshop is for you. We will support you and give you the advice you need to help prepare you to quit and stay on track. We will help you explore and overcome the barriers that many face. Smoking is the single biggest preventable cause of death; it's almost never too late to benefit from quitting. This workshop will also introduce you to the resources that are there to help support you as and when you need it.

Wellbeing with diabetes

Half-day workshop

The emotional and psychological impact of living with diabetes can have a profound effect on mental wellbeing and someone's ability to live healthily. This half-day workshop will explore the emotional and psychological aspects of living with diabetes, and the connection between physical and mental wellbeing.

We will explore how to access a range of treatment; psychological, educational, self-help and other resources that others living with diabetes have found to be helpful. Living with diabetes doesn't have to stop people from leading the life they want.

“
A lovely group
of people in the
room, amazing
conversations
and information”

Student,
CNWL Recovery
& Wellbeing
College

Employment and work-related

Work-related welfare benefits explained

One-day workshop

This workshop will look at the journey from welfare and benefits to paid employment and will cover the key issues within that transition.

Setting work goals and identifying skills

Half-day workshop

This workshop will help you identify what your skills are in relation to employment and support you in identifying employment related goals.

Exploring job searching techniques

One-day workshop

This workshop will help you identify different ways of looking for jobs and getting the most out of job searching.

A practical IT session will be part of this course but all levels of computer skills are welcome and will be supported.

CV support workshop

One-day workshop

This workshop will help you understand what a CV is, how to build one and the “do”s and “don’t”s. We will also look at writing covering letters.

Job applications and interview skills

One-day workshop

This session will explore how to complete application forms to increase your chances of getting an interview. We will then turn our attention to understanding interview techniques and how to improve these skills.

Where to find work support and making an action plan

One-day workshop

On this day we will be learning about the resources available to you in the CNWL area for getting job search support. We will also support you with making action plans towards your employment goals.

Managing personal information with employers

Half-day workshop

Fear of discrimination can affect how we feel at work and even whether we apply for work.

This workshop will explore the challenges of deciding how to discuss your health or mental health with employers and colleagues.

We also have a longer course which addresses discrimination in all areas of life – see page 25.

Managing stress and health and wellbeing at work

One-day workshop

This workshop is for people in employment including staff working for CNWL services. Equally, it is also for people who are about to enter or re-enter employment as part of their mental health recovery journey.

Work can be satisfying and rewarding; appropriate employment is known to enhance mental and physical health. However, we also know that the workplace can be stressful.

This workshop will explore how we can manage work stress and maintain our health and wellbeing in increasingly demanding modern workplaces.

This is so that we not only survive at work – we can also thrive.

We will look at the 'Surviving and Thriving at Work' toolkit, which was first introduced to help people with mental or physical health conditions to prosper in their working lives. It is now recognised that where these practices have been introduced, it has benefited everybody in the world of work and is a very useful supervision tool.



Understanding and developing ourselves

Telling my story

Six-week course (three hours per week)

The experience of having mental health difficulties can be devastating. It can cause people to lose direction and a sense of themselves. Telling my story is a course which uses a range of creative activities to support students to reflect and gain a sense of who they are now. The course encourages opportunities for expression and a chance for students to share their story through whichever creative medium they choose and can be as elaborate or simple as you wish.

This course is for people who wish to explore and tell their own story and is not open for just learning about storytelling. Those who wish to do that should look at "Gathering recovery stories" on page 37.

Developing resilience

Four-week course (three hours per week)

Resilience is how we adapt in the face of adversity, trauma, tragedy, threats or significant sources of stress.

It involves behaviours, thoughts and actions that can be learned and developed by anyone. Some people struggle with resilience more than others but the trait can be developed.

By building on our inner strength and working out what we find stressful, we are more likely to be able to adapt to significant sources of stress. Someone who is resilient has the knowledge, skills and attitudes that help them maintain mental and physical wellbeing, while juggling the demands of daily life.

This course explores the benefits and barriers to becoming more resilient and what we can do to support ourselves when things get tough.

It is not always easy to bounce back when we have difficulties, but by being more aware of our emotions and understanding what our boundaries are, we can recover from setbacks, adapt to change and feel stronger.



Understanding me, understanding you: mentalisation

Four-week course (half-day workshop each week)

Mentalising is 'stepping back' from our thoughts and feelings about others and ourselves, so that we can consider them to see if they are helping us to communicate well. This can help us to manage difficult feelings and establish stable, supportive and trusting relationships. At times, we can all find it challenging to do this.

If you, or someone you support, persistently struggle in this area, then joining us on this practical course really could help.

Together in this introductory course we will discover what a liberating and empowering wellbeing tool mentalisation is, helping us to connect in a meaningful and successful way, making us aware of real choices and genuine alternatives.

Assertiveness skills

Four-week course (two and a half hours per week)

We can all sometimes find it hard to say what we really mean or find it difficult to say no to certain things. If we are struggling with mental health difficulties or other stresses it can be even harder. Assertiveness is a way of communicating that allows us to express our point of view and state our needs clearly. At the same time, assertive communication respects the needs of others.

In these sessions students will have the chance to gain assertiveness skills. We will explore and learn:

- What assertive communication is
- The different ways we can communicate and behave
- What assertive behaviour looks like
- Tools and techniques for assertive behaviour, including saying no and giving and receiving feedback.

Students will have the opportunity to identify situations in their own lives where they would like to be assertive and then plan and practice assertive communication in a supportive environment.

Understanding bereavement

One-day workshop

Bereavement touches all of us at some point in our lives. Grief is a very individual process, it can be very isolating and we can all react differently. However, there are a number of common experiences and it can be helpful to have information about these common patterns that bereavement can take.

This workshop will explore the effects of bereavement on emotions, the ways we behave and our general wellbeing. We will also look at what can happen to make grief more complicated.

During this workshop, students will also receive information about services that offer support around bereavement.



Spirituality and wellbeing

One-day workshop

Spiritual beliefs, whether religious in nature or simply someone's understanding of the world, are not always discussed in healthcare. However, spirituality can be especially important in times of distress as it can help to give people a sense of meaning and hope. This workshop explores spirituality in its broadest sense, how it affects health and how health care services can support people with their spirituality in a helpful way.



Mindfulness taster workshop

Half-day workshop

What is mindfulness? This workshop will explore what mindfulness is and how it might help you in reducing your stress and improving your wellbeing.

Most of us spend a lot of time worrying about the future or feeling sad or angry about things that have happened in the past. Mindfulness is about deliberately attending to the present moment. We will explore how this can help us deal with life better.

This short session will give you a chance to find out what it is all about before deciding whether to sign up to the six week course.

Introduction to mindfulness

Six-week course

(two hour workshop each week)

Life can be challenging at times and can have significant ups and downs. We can experience a range of internal distressing experiences like, self-critical thoughts, voices, fear and anxiety about the future or painful memories. Practising mindfulness can give you the chance to step out of the loop and see things differently. It is a strategy which has been proven to be effective for relieving, managing and overcoming many forms of distress in our minds.

Students will learn that mindfulness is about having complete focus on the here and now, of our thoughts, feelings and physical sensations. Our thoughts do not necessarily reflect the truth but it can feel this way. Practising mindfulness allows you the space to stand back from your thinking.

Mindfulness practice, meditation, breath work, self-compassion and self-acceptance will be strong themes within this course.

Discovering self-compassion

Four-week course (three hours per week)

Do you ever feel cut off from others and feel like other people are somehow better able to cope? Is it difficult to find time to look after yourself? Do you tend to criticise and judge yourself more harshly than you would others? Do you concentrate more on mistakes and failures, rather than your strengths and success? There is another way.

Developing self-compassion, and learning to be kinder to ourselves, is possible for everyone. It can help us to discover who we are, even in times of difficulty.

In this course we will explore what self-compassion is and how to overcome barriers to developing it. Together we will learn how to:

- Practice self-compassion in everyday life
- Motivate ourselves with kindness rather than criticism
- Develop emotional resilience
- Identify new ways to handle difficult emotions and manage personal relationships.

Creativity and wellbeing

One-day workshop

The importance of creativity and wellbeing should not be underestimated. Through arts and creativity we can discover more about ourselves and how we connect with others, overcome challenges and imagine other possibilities.

This workshop will offer a perspective on how arts and creativity can help us discover more about ourselves and our relationships. The course will include an arts based activity using a range of arts media to facilitate greater awareness of our self and our connections with others.

This workshop has been co-designed and is co-facilitated with CNWL Arts Psychotherapies and CNWL Arts in Health.

Reading for recovery

Half-day workshop

Reading fiction can be relaxing and stimulating, inspiring and meditative, comforting and transformational. It can provide solace both as a solitary and a social activity. It can fire your imagination, take you to another world, and help you to see your own world differently. All this, while offering a good story to boot!

Join us for a fun, relaxed half-day session in which we will share some wonderful stories and poems, and explore what reading has to offer for people in their personal recovery. Whether you're a life-long reader, or you've never picked up a book, this workshop will introduce you to the practical power of reading, and boost your confidence to use reading as a tool to connect back with yourself and others.

This workshop has been developed in partnership with The Reader Organisation.



Taking control in recovery and life

Introduction to personal recovery

One-day workshop

What do we mean by recovery? Some of the ideas around this term are new but some are as old as human kind. Many people find being diagnosed with health difficulties devastating. We can lose both our hope and our sense of control and have few opportunities to explore what has happened.

We believe that it is possible for anyone to rebuild a life that is meaningful to them, whether or not they are still living with challenges. This introductory workshop explores the impact of health problems, including mental health difficulties, on people's lives and what helps people grow within or beyond what has happened, to rebuild their lives. It also looks at what we can all do in our everyday lives to promote recovery ideas.

If you are new to the CNWL Recovery & Wellbeing College or want to take a fresh look at personal recovery, this may be a good starting point.



Exploring what works for me

Six-week course (half-day workshop each week)

It can feel as if health difficulties are completely beyond our control but many people have found ways of managing and overcoming their difficulties. By understanding the pattern of our own difficulties, it is possible to find things we can do ourselves to keep well, alongside the treatments on offer.

The purpose of this course is to help students to identify the things that help manage the ups and downs, so that our difficulties do not interfere with our life as much and we can do more of the things that we want to do.

This course will look at the Health and Wellbeing Plan, which has helped people in their recovery journey to stay well more of the time and to manage difficult or painful situations. It has also helped to reduce episodes of illness or distress and to support people to intervene earlier so that episodes are less severe.



Beating mental health discrimination and stigma

One-day workshop

Experiencing mental health difficulties can be challenging enough without having the added problem of mental health stigma and discrimination.

In this one-day workshop we will look at the way stigma can negatively impact on sense of self-esteem and identity. In particular we will look at the negative impact of mental health diagnoses when these diagnoses are used as discriminatory labels.

We will challenge the negative impact of discrimination and stigma in all areas of our lives, from accessing community resources, overcoming barriers to employment or difficulties with family and friends.

We have civil rights and we will learn about these rights, including our legal rights under the Equality Act 2010. We will focus on positive strategies to ensure that discrimination and stigma do not get in our way and we are free to lead the life we want.



Coping with Christmas

One-day workshop

Christmas is a time of year that has come to mean many different things for different people, but often it's a difficult time with the family and financial problems it can bring. Whatever our spiritual background and however we feel about Christmas, we are surrounded by it!

In this one-day workshop we will support each other in looking at how we may be affected by the different aspects of the festival, including: personal values, money worries, relationships, loss, eating/drinking too much and facing the New Year.

Throughout the day we will work on making our own personal plan to help see us through.

Student,
CNWL Recovery
& Wellbeing
College



It made me
feel more in
control of my
recovery and
my wellbeing”

Developing recovery-focused practice and getting involved

Recovery-focused practice

Four one-day workshops

This course is designed for people who work in mental health services or anyone who is preparing to work in mental health. The sessions build on each other but the days can be attended individually.

The course will support you in the transition to a new way of working and build on your existing experiences, insights and knowledge of recovery and social inclusion. You will have the opportunity to apply new principles and develop the approach and values of recovery-focused, inclusive practice.

Module one: what do we mean by recovery and what facilitates it?

This day explores definitions of recovery and the recent history of the term, including the relationship between clinical and personal recovery. We will look at experiences of recovery from major life events and what helps in surviving and moving forward.

We will also look at the importance of environment and language in creating recovery-focused services.

Module two: finding hope and building strengths

This day explores the development of hope inspiring relationships both with health and social care staff and friends and families. We will look at strengths-based and narrative approaches and the vital importance of peer support in its many forms.

Module three: recovery toolbox

This day looks at different tools for promoting recovery, including: health and wellbeing plans, personalisation and co-production.

We will also look at supporting people to preserve important roles and relationships and to develop problem solving techniques.

Module four: discrimination, moving from risk management to safety planning and review

This day looks at ways of breaking down the barriers to community participation for people who experience mental health difficulties. It also explores the significance of a shift from the idea of risk management to safety planning.



Recovery-focused practice for administrative staff

Half-day workshop

Staff working in roles involving administration or reception duties, are pivotal in creating hope-inspiring environments and are usually the first point of contact for people using services. That initial contact with someone can lay the foundation for their unique experience. This workshop explores the important role of our administration staff in supporting someone on their recovery journey. The workshop has been co-produced for those in administrative positions, either employed or on a work placement.



How to organise and chair meetings

Half-day workshop

It can be quite daunting to be responsible for organising and structuring a meeting.

This workshop aims to help give people the confidence to actively participate in running a meeting and to understand the processes that are required to chair them.

This is invaluable for people wanting to get involved in coproduction or involvement, or for staff wanting to improve their management skills.

Genuine co-production – not just a token!

One-day workshop

Co-production is a current buzzword and has the potential to revolutionise public services but what does it actually mean? Alone we go faster but together we go further!

Co-production is the collaboration of people who run services and people who use services working together, to commission, design and manage new services. In co-production both experiences are equally valued. This course:

- Explores what co-production might look like in different settings
- Offers the space to explore the challenges of such a shift in power
- This course is aimed at people who want to learn more about the ideas of co-production and look at what the next steps might be in using them within services.



Accessibility

of our courses, workshops and
our training venues

Additional Learning Support

We welcome students who may require additional learning support for a range of reasons.

Examples of this might include:

- Literacy problems
- Reduced concentration
- Difficulty with mobility
- A learning difficulty or disability
- A mental health difficulty affecting participation in groups
- A hearing or a sight problem
- Physical pain or discomfort.

Please tell us about any difficulty or disability on your enrolment form if you require additional support or adjustment.

Can a carer, friend or family member come with me?

Yes but we ask that anyone who accompanies you takes an active part in the course. Any supporters who accompany students will also need to complete their own enrolment form.

Disabled access

Most, but not all, of our venues have disabled access. Please tell us about your access needs on our enrolment form so that we can check access arrangements and make adjustments. We will contact you if necessary to make sure that we meet your access needs.

Accessible course materials

Course materials can be provided in large print, on a coloured background or in a particular font you find easy to read. We can also email course materials for those who have accessibility software like Dragon.

Prayer room

Where possible we will provide a prayer room located in, or near, the training venues. This may vary at certain sites but when identified every effort will be made to ensure a private and quiet space is available.

Hearing difficulties

Please tell us about any hearing difficulties on your enrolment form and the things that can help you.

Language Translation and British Sign Language (BSL) interpretation

We can provide a British Sign language (BSL) interpreter or a language interpreter should you require this but we will need some notice so that we have time to arrange it. If you have your own BSL or language interpreter please inform us that they will be coming. We will cover the cost of this.



Frequently asked questions

How do I find a course?

All of our courses and workshops are advertised in this prospectus and the prospectus can also be downloaded from our website

www.cnwl.nhs.uk/recoverycollege

You can also get another prospectus by calling us on **020 3214 5686** or emailing us on recoverycollege.cnwl@nhs.net. We can then post or email one out to you along with a timetable.

How do I enrol onto a course?

Please complete the enrolment form at the back of the prospectus or download it from our website or visit www.mindrecovery.net.org.uk/providers_profile/cnwl-recovery-wellbeing-college/

How do I check if there are still places on my chosen course?

Please call the admissions office on **020 3214 5686** or email us on recoverycollege.cnwl@nhs.net.

Why is the course that I want in the prospectus but not in the timetable?

We are not always able to offer every course and workshop each term, although we do our best. This is because of a difference in local demand or trainer availability. It is always helpful to us to know if you are keen that a certain course should run.

What do I do if I need further information about a course?

We are always happy to talk to you regarding any further information you need, either by phone or by email. You can also meet one of our trainers to guide you in your choice of courses and workshops and to work out an individual plan for your learning

How much do courses cost?

Our courses and workshops are free of charge to students in the groups described on page 34. There is a charge for students from other groups and our list of fees is on page 34-35. Our fees are adjusted for waged and unwaged people.



When is the CNWL Recovery & Wellbeing College open?

The office opening hours are Monday to Friday from 9am until 5pm. Courses and workshops run throughout the day.

Are the courses available in other languages?

Language interpreters can be provided on request to attend training with a student as long as we are given enough notice to organise an interpreter. Interpretation is more difficult on some courses so please contact us to discuss your needs.

Can I go to courses in different places?

Yes, you may attend the course or workshop at the location of your choice where places are available.

We deliver our courses in: Brent, Harrow, Hillingdon, Kensington and Chelsea, Westminster and Surrey.

Is it possible to look around?

Generally, it will be possible but it will depend on which site. Please contact us to tell us about what you need.

Are there parking facilities?

No, but there are public car parks at various venues. Meter parking is often available in the surrounding areas that may charge. This is the responsibility of the vehicle owner.

Do you supply refreshments?

We provide tea and coffee during breaks where possible. This may vary from site to site due to different facilities being available. On whole day courses there will be somewhere to eat your lunch.

If I have specific requirements, such as large print, is that possible?

We do everything we can to meet your needs. As long as you let us know in advance of attending your course, we will do all we can. For more information about accessibility please go to page 28.

Student Charter

Before you become a student at the
CNWL Recovery & Wellbeing College...

You can expect us to:

- Do everything we can to assist you to access our courses including making reasonable adjustments where possible
- Deal with your enquiries in an efficient, professional and friendly manner
- Provide information, guidance and advice on courses.

We expect you to:

- Use the enrolment form to tell us about any difficulty which may make it harder for you to access our courses. This will give us the opportunity to make adjustments and explore whether you need any additional learning support
- Give us the relevant information that we need to enrol you.



Throughout your time at the CNWL Recovery & Wellbeing College...

You can expect us to:

- Make every attempt to make sure the learning is accessible to you
- Meet your specific access needs with respect to mental health, learning difficulty or physical disability as long as you tell us about these issues in advance
- Provide you with a warm and professional welcome at all times
- Ensure courses are of a high quality and promote hope, opportunity and control
- Support you to review your progress and discuss your next steps
- Provide a safe and healthy study environment
- Provide an environment free from discrimination
- Respect your personal beliefs, life choices, religious and cultural practices and traditions
- Give you the opportunity to express your views of the college and its services without fear of recrimination.

We expect you to:

- Attend courses punctually; if you are running late or are no longer able to attend please contact us by phone or email. If you have difficulty arriving on time due to mental health or physical health problems please tell us about this on your enrolment form so we can support you
- Be considerate of all students, college staff and others working on a college site by observing the CNWL Recovery & Wellbeing College code of conduct
- Make the most of your student experience and your course
- Follow the college's policies and procedures
- Respect the individual rights of all members of the college
- Ask us for any clarification if you are not sure about anything.

Fees

CNWL Recovery & Wellbeing College workshop and course prices

Workshops

	Unwaged people within CNWL catchment area*	Unwaged people outside of CNWL catchment area*	Waged residents within CNWL catchment area	Voluntary sector, CNWL partner agencies	Private sector	CNWL service users, supporters** and CNWL staff
half-day	£10	£20	£30	£40	£60	Free
full-day	£25	£40	£65	£80	£120	Free





Courses

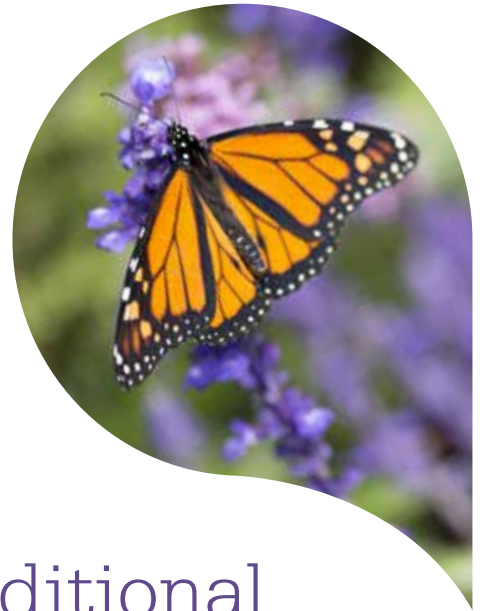
	Unwaged people within CNWL catchment area*	Unwaged people outside of CNWL catchment area*	Waged residents within CNWL catchment area	Voluntary sector, CNWL partner agencies	Private sector	CNWL service users, supporters** and CNWL staff
4 half-day sessions	£40	£65	£100	£120	£180	Free
5 half-day sessions	£50	£85	£120	£160	£240	Free
6 half-day sessions	£55	£95	£160	£200	£300	Free
8 half-day sessions or 4 full days	£70	£150	£200	£240	£360	Free
10 half-day sessions or 5 full days	£80	£170	£240	£320	£480	Free

* please note we reserve the right to ask for evidence

** up to 12 months after discharge from CNWL services

Alphabetical index of courses

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Beating mental health discrimination and stigma.....	25	Me and my wellbeing	16
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Understanding self-harm.....	14
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Additional courses

The following courses can be scheduled when there is enough interest. For more information or if you would like to commission one of these courses for your group or organisation, please contact us at recoverycollege.cnwl@nhs.net

- Citizenship and voting rights
- Co-producing research
- Gathering recovery stories
- Developing resilience (one-day)
- Journey to self-discovery – making my life better (for people with learning disabilities)
- Living with pain
- Peer working and co-producing in practice
- Setting up a peer support group
- Shared safety planning
- Understanding dementia
- Working in partnership with your GP practice.

How to

complete your enrolment form

Selecting your courses

Please choose the courses you want to apply for and enter them onto the enrolment form. If you are having difficulty choosing which courses would best meet your needs or you are finding it hard to “narrow down” your choices, it may be helpful to meet with one of our trainers to do an individual plan for your learning. Our trainers know the courses very well and they can help you choose. To book an appointment, please tick the box on the enrolment form.

Please remember that most of our courses will repeat in future terms so if you can't get onto a course immediately, it is very likely that there will be another opportunity. We have found that students can sometimes overload themselves and choosing the right number of courses can be helpful.

Additional support and access needs

We recognise that there can be factors which make coming to our courses and learning more difficult like:

- Finding it hard to talk when in a group or finding social contact stressful
- Having difficulty arriving at a course on time due to a range of issues, for example, travelling, getting to the right location or just leaving home
- Problems with concentration
- Dyslexia or another learning difficulty
- Problems with sight or hearing
- Physical or pain issues where you may need additional breaks.

Some people don't want additional support around these issues whilst others will not be able to access the training without support. If you need or want additional support, or you need an adjustment due to a disability, then we will do our very best to ensure this. These are the kinds of additional support and adjustments that students have asked for:

- More detailed directions and guidance from us to get to our training venues
- Confidentially informing the trainers that someone is particularly nervous or has difficulty concentrating, so that the trainers can discretely give additional support during the training session
- Adapted course materials in a larger font and on coloured paper for dyslexia
- Flexibility about going in and out of the classroom due to a physical issue or the side effects of medication
- A supporter, a language interpreter or a British sign language interpreter to attend alongside you.

If you require additional support or adjustments please describe the difficulty or disability and we will contact you to arrange the support or adjustment. There is more information about accessibility on page 28.

Are you nervous about coming to the CNWL Recovery & Wellbeing College?

If you are nervous about coming to the CNWL Recovery & Wellbeing College we welcome you. Please read pages 5 and 6 for advice and support about this.

Enrolment form

Course enrolment form: Please complete in BLOCK CAPITALS and read the section called 'selecting your courses' on page 38.

Are you unsure of which courses to choose or finding it difficult to narrow down your choices? If so, would you like to meet one of our trainers?			<input type="checkbox"/> Yes <input type="checkbox"/> No
Course 1		Date	
Course 2		Date	
Course 3		Date	
Course 4		Date	
Course 5		Date	
First name	Surname		
Title	<input type="checkbox"/> Mr <input type="checkbox"/> Mrs <input type="checkbox"/> Ms <input type="checkbox"/> Dr <input type="checkbox"/> Other	Date of Birth (DD/MM/YYYY)	
Address			
Postcode			
Email			
We will be writing to you to give you your course details. How do you want us to do this?			
<input type="checkbox"/> By post, <input type="checkbox"/> by email or <input type="checkbox"/> by text (for course reminders)			
Mobile		Telephone	
How best would you describe yourself?			
<input type="checkbox"/> A person who is currently using CNWL, or who has been discharged in the last 12 months <input type="checkbox"/> A person who has previously used CNWL services more than 12 months ago		<input type="checkbox"/> A carer or supporter of someone who is currently using CNWL services, or of someone who has been discharged in the last 12 months <input type="checkbox"/> CNWL staff <input type="checkbox"/> Other (e.g. member of the public, GP, service provider)	



Please turn over to complete

Enrolment form

Course enrolment form: Please complete in BLOCK CAPITALS and read the section called Selecting your courses on Page 38.

If you are a carer or a supporter please give us the details of the person you care for or support:

Their full name		Date of birth (DD/MM/YYYY)	
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Please read the guidance on additional support and access needs on page 28 before completing this question and then, if needed, outline any difficulty or disability for which you may need additional support or practical changes e.g. if you need a British Sign language (BSL) interpreter.

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We may need to contact you about these additional support needs. Please tell us the phone number that it would be best to reach you on.	Telephone	
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Your CNWL Team: Please give us the details of your Care Coordinator/Key Worker/Lead Professional (either your own or the person you support)

Name		Team	
Email		Telephone	

How did you hear about us?

☐ Recommended ☐ Referred ☐ Through my employer ☐ Prospectus
☐ Internet ☐ Poster ☐ Social media (e.g. Twitter)

Signature		Date (DD/MM/YYYY)	
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Please return this form to

recoverycollege.cnwl@nhs.net

or by post to:

Admissions/enrolment
CNWL Recovery & Wellbeing College
CNWL NHS Offices
Argo House
180 Kilburn Park Road
London NW6 5FA

Confirmation of your place will be made by post or email. If you have any questions please get in touch. We will keep your personal enrolment details secure and anything you share with us will be treated as confidential. We will write to confirm if we are unable to accommodate your request. You will need to reapply as we do not operate a waiting list system.

☐ Tick this box if you do not want to be added onto our mailing list.



Our sites

If you have not been to a training venue before and need help or guidance with directions then please call our Admissions Office on **020 3214 5686** or email **recoverycollege.cnwl@nhs.net**

Brent

CNWL NHS Offices

Argo House, 180 Kilburn Park Road,
London NW6 5FA

College of North West London

Dudden Hill Lane, London NW10 2XD

College of North West London

Wembley Park Drive, Middlesex HA9 8HP

Harrow

CNWL Recovery & Training Centre

University of Westminster

Block F, Watford Road, Harrow,
Middlesex HA1 3TP

Harrow Carers

376-378 Pinner Road, North Harrow,
Middlesex HA2 6DZ

Savoy Court Community Centre

49 Savoy Court, Station Road, Harrow,
Middlesex HA2 6BU

Hillingdon

Bucks New University

Uxbridge Campus, 106 Oxford Road,
Uxbridge UB8 1NA

Mead House

Hayes End Road, Hayes, Middlesex UB4 8EW

Mill House

38 Riverside Way, Uxbridge, Middlesex UB8 2YF

Pembroke Centre

90 Pembroke Road, Ruislip Manor
Middlesex HA4 8NQ

Kensington and Chelsea

Kensington and Chelsea College

Chelsea Centre, Hortensia Road
London SW10 0QS

Kensington and Chelsea College

Kensington Centre, Wornington Road
London W10 5QQ

Westminster

Brent, Wandsworth and Westminster Mind

The Basement, Hopkinson House, 6 Osbert Street,
London SW1P 2QU

The Abbey Centre

34 Great Smith Street, London SW1P 3BU

These venues may be subject to change over the course of the year. Please check your enrolment confirmation carefully.



A very warm,
welcoming
and respectful
learning
environment”

Student,
CNWL Recovery
& Wellbeing
College

This document is also available in other languages, large print, Braille and audio format upon request.

Email: recoverycollege.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish





Get in touch

CNWL Recovery & Wellbeing College

CNWL NHS Offices
Argo House
180 Kilburn Park Road
London NW6 5FA

Tel: 020 3214 5686

9am to 5pm
Monday to Friday

Email: recoverycollege.cnwl@nhs.net

www.cnwl.nhs.uk/recoverycollege

