

NE Hampshire & Farnham Recovery College And Surrey Recovery College



Spring 2019 Term Timetable
(January – April)

Due to the high demand in Recovery College courses and the feedback we have received from our students we have made the decision to implement a new system in order to allow more of our students to access our courses. When contacting the college to book onto your chosen course(s), please use the system below as a guideline. **Please note the following:**

Course group A - These courses are made up of 8 or more sessions and may include tasks and practice to be completed outside the course. Students can attend 1 of these courses per term and can choose to repeat the course a year after completion (3 terms).

Course group B – These courses are made up of 4 to 7 sessions. Students can attend up to 2 of these per term (*unless attending a course from group A, in which case students can book onto 1 course from this group*). We would encourage students to have a terms break before repeating any of these courses in order to consolidate what they have learnt and to create the opportunity for others to attend.

Course group C – These courses are made up of 1 to 3 sessions. Students can attend up to 4 of these per term.

YOUR CHOSEN COURSE

Please specify your choice of Recovery College courses

If we are unable to offer you a place on your first choices we will endeavour to book you on to your reserve options

Course Group A	Course	Dates
1 st choice		
Reserve		
Course Group B	Course	Dates
1 st choice		
2 nd choice		
Reserve		
Reserve		
Course Group C	Course	Dates
1 st choice		
2 nd choice		
3 rd choice		
4 th choice		
Reserve		
Reserve		

In order to attend any of the Recovery College courses you must first enrol as a student. If you are not yet a student please contact us and request a form. Our courses are offered in a range of community venues (such as libraries, community centres, church halls, etc.) and trust buildings across North East Hampshire and Surrey. You will find locations of courses in this timetable. The full course address will be confirmed once students have booked onto a course.

Please note that the venues, dates and times below are correct at the time of going to press; however, some details may be subject to change. The North East Hampshire & Farnham / Surrey Recovery College reserve the right to cancel courses or change venues, dates or times.

Additional courses may also be added to the timetable throughout the term and these will be advertised in a newsletter.

All up to date information along with our latest directory can be found on our website – www.sabp.nhs.uk/recovery/recovery-college

A				
These courses are made up of 8 or more sessions and may include tasks and practice to be completed outside the course. Students can attend 1 of these courses per term and can choose to repeat the course a year after completion (3 terms).				
Course & Number of Sessions	Area of Directory	Day & Date	Time	Area
Managing Intense Emotions <i>10 sessions</i>	Skills Course	FULLY BOOKED <u>Course 1</u> Mondays: 7th, 14th, 21st, 28th January, 4th, 11th, 25th February, 4th, 11th & 18th March	10am - 12pm	Aldershot
		FULLY BOOKED <u>Course 2</u> Thursdays: 10 th , 17 th , 24 th , 31st January, 7 th , 14 th , 28 th February, 7 th , 14 th & 21st March	2pm - 4pm	Caterham
		FULLY BOOKED <u>Course 3</u> Wednesdays: 23rd, 30th January, 6th, 13th, 27th February, 6th, 13th, 20th, 27th March and 3rd April	10am - 12pm	Frimley
Recovery in ACTION <i>8 sessions</i>	Skills Course	FULLY BOOKED <u>Course 1</u> Tuesdays: 22nd, 29th January, 5th, 12th, 26th February, 5th, 12th & 19th March	10am - 12pm	Frimley
		FULLY BOOKED <u>Course 2</u> Saturdays: 2nd, 9th, 23rd Feb, 2nd, 9th, 16th, 23th & 30th March	10am - 12pm	Aldershot

B				
These courses are made up of 4 to 7 sessions. Students can attend up to 2 of these per term (unless attending a course from group A, in which case students can book onto 1 course from this group). We would encourage students to have a terms break before repeating any of these courses in order to consolidate what they have learnt and to create the opportunity for others to attend.				
Course & Number of Sessions	Area of Directory	Day & Date	Time	Area
Bollywood Dance <i>5 sessions</i>	Creative Course	FULLY BOOKED Mondays: 25th February, 4th, 11th, 18th & 25th March	3.30pm - 5pm	Aldershot
Creative Recovery <i>6 sessions</i>	Creative Course	FULLY BOOKED Thursdays: 28th February, 7th, 14th, 21st, 28th March & 4th April	10am - 12pm	Frimley
Creative Writing <i>6 sessions</i>	Creative Course	FULLY BOOKED Wednesdays: 9th, 16th, 23rd, 30th January, 6th & 13th February	2pm - 4pm	Epsom
Confidence & Self-esteem <i>6 sessions</i>	Skills Course	FULLY BOOKED <u>Course 1</u> Wednesdays: 9th, 16th, 23rd, 30th Jan, 6th & 13th February	10am - 12pm	Dorking
		FULLY BOOKED <u>Course 2</u> Wednesdays: 27th February, 6th, 13th, 20th, 27th March & 3rd April	1pm - 3pm	Frimley
		FULLY BOOKED <u>Course 3</u> Mondays: 14th, 21st, 28th January, 4th, 11th & 18th February	4pm – 6pm	Chertsey
Discovering Self-compassion <i>5 sessions</i>	Skills Course	FULLY BOOKED Fridays: 15th, 22nd, 29th March, 5th & 12th April	2pm - 4pm	Dorking
Mind Shapes <i>5 sessions</i>	Creative Course	FULLY BOOKED Tuesdays: 8th, 15th, 22nd, 29th January & 5th February	10.30am - 12.30pm	Aldershot

Mosaics <i>5 sessions</i>	Creative Course	FULLY BOOKED Thursdays: 10 th , 17 th , 24 th , 31st January & 7th February	2pm - 4pm	Aldershot
Positive Changes to Improve Wellbeing <i>4 sessions</i>	Skills Course	FULLY BOOKED Mondays: 25th February 4th, 11th & 18th March	1.30pm - 3.30pm	Dorking
Sustaining Meaningful Relationships <i>6 sessions</i>	Skills Course	FULLY BOOKED Course 1 Mondays: 28th January, 4th, 11th, 25th February, 4th & 11th March	10am - 12pm	Guildford
		FULLY BOOKED Course 2 Tuesdays: 29th January, 5th, 12th, 26th February, 5th & 12th March	1pm - 3pm	Camberley
Suicide Prevention Training <i>4 sessions</i>	Skills Course	Course 1 Mondays: 18th, 25th February, 4th & 11th March	2pm - 4pm	Leatherhead
		FULLY BOOKED Course 2 Fridays: 1st, 8th, 15th & 22nd March	2pm - 4pm	Frimley
Understanding PTSD <i>6 sessions</i>	Understanding Course	FULLY BOOKED Course 1 Wednesdays: 9th, 16th, 23rd, 30th January, 6th & 13th February	1.30pm - 3.30pm	Farnborough
		FULLY BOOKED Course 2 Wednesdays: 23rd, 30th January, 6th, 13th, 20th & 27th February	10am - 12pm	Epsom
Wellbeing and Recovery for Carers <i>4 sessions</i>	Health and Wellbeing Course	Course 1 Tuesdays: 15th, 29th January, 12th & 26th February	10am - 12.30pm	Guildford
		NEW Course 2 Mondays: 11 th , 25 th February, 11 th March & 25 th March	4pm - 6.30pm	Chertsey

C	These courses are made up of 1 to 3 sessions. Students can attend up to 4 of these per term.			
Course & Number of Sessions	Course Type	Day & Date	Time	Area
Building Confidence <i>2 sessions</i>	Skills Course	CANCELLED <u>Course 1</u> Mondays: 21 st & 28th January	10am - 12pm	Horley
		FULLY BOOKED <u>Course 2</u> Mondays: 4th & 11 th February	10am - 12pm	Epsom
Communication Skills for Carers <i>1 session</i>	Skills Course	<u>Course 1</u> Tuesday 29th January	10am - 12.30pm	Frimley
		NEW <u>Course 2</u> Monday 4 th February	2.30pm - 5pm	Chertsey
How to Deal with Difficult Conversations & Situations <i>1 session</i>	Skills Course	FULLY BOOKED <u>Course 1</u> Monday 21st January	10am - 1pm	Epsom
		<u>Course 2</u> Monday 18th March	10am - 1pm	Horley
Identifying a Career that's right for me <i>2 sessions</i>	Skills Course	FULLY BOOKED Mondays: 25th March & 1st April	10am – 12pm	Frimley
Introduction to Crisis Planning	Skills Course	FULLY BOOKED Wednesday 13th February	10am - 12.30pm	Frimley
Introduction to Recovery & Wellbeing <i>1 session</i>	Health and Wellbeing Course	<u>Course 1</u> Tuesday 8th January	10am - 12.30pm	Farnborough
		FULLY BOOKED <u>Course 2</u> Monday 11th February	9.30am - 12pm	Frimley
		<u>Course 3</u> Monday 18th March	10am – 12.30pm	Guildford
		<u>Course 4</u> Wednesday 3rd April	9.30am - 12pm	Dorking

Managing Mental Health at Work <i>1 session</i>	Understanding Course	FULLY BOOKED Wednesday 20 th March	9.30am – 12.30pm	Caterham
Moving on from Self-harm <i>3 sessions</i>	Skills Course	CANCELLED <u>Course 1</u> Wednesdays: 9th, 16th & 23rd January	10am - 12pm	Godalming
		FULLY BOOKED <u>Course 2</u> Thursdays: 21st, 28th March & 4th April	2pm - 4pm	Camberley
Relationships and Mental Health <i>1 session</i>	Skills Course	FULLY BOOKED Wednesday 20th March	1pm - 4pm	Frimley
Stress Management <i>1 session</i>	Skills Course	FULLY BOOKED Monday 1st April	10am – 1pm	Epsom
The Art of Positive Thinking <i>2 sessions</i>	Skills Course	FULLY BOOKED <u>Course 1</u> Mondays: 18th & 25th March	10am - 12pm	Epsom
		FULLY BOOKED <u>Course 2</u> Thursday: 28th March & 4th April	10am - 12pm	Horley
Understanding Addictions	Understanding Course	FULLY BOOKED Mondays: 18th, 25th March & 1st April	2pm - 4pm	Frimley
Understanding Adult ADHD <i>1 session</i>	Understanding Course	FULLY BOOKED Friday 5 th April	10am – 12.30pm	Godalming
Understanding Depression & Anxiety <i>3 sessions</i>	Understanding Course	FULLY BOOKED <u>Course 1</u> Tuesdays: 8th, 15th & 22nd January	2pm - 4.30pm	Godalming
		FULLY BOOKED <u>Course 2</u> Wednesdays: 13th, 20th & 27th March	6pm - 8.30pm	Aldershot
		FULLY BOOKED <u>Course 3</u> Wednesdays: 27th February, 6th & 13th March	9.30am – 12pm	Frimley

Understanding Medication <i>1 session</i>	Understanding Course	FULLY BOOKED Course 1 Wednesday 6th February	9.30am - 12.30pm	Frimley
		FULLY BOOKED Course 2 Thursday 28 th February	10am – 1pm	Guildford
Understanding Personality Disorder <i>3 sessions</i>	Understanding Course	FULLY BOOKED Course 1 Mondays: 7th 14th & 21st January	10am - 12pm	Frimley
		FULLY BOOKED Course 2 Thursdays: 28th February, 7th & 14th March	2pm - 4pm	Aldershot

For Employers, line managers, HR professionals, OH workers and senior leaders:

Mental Health Awareness <i>Single 6 hour workshop plus lunch</i>	Skills course	Tuesday 19 th March	9.30am – 4.30pm	Leatherhead
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There will be a cost attached to this course. Please contact the Recovery College for more information.

To book onto our courses please contact:

Recovery College

Theta, Lyon Way, Frimley, Surrey, GU16 7ER
 Tel: 01276 454150 / 07920 207046 (text only)
 Email: recovery.college@sabp.nhs.uk