

# Course Prospectus



September to December 2025

# Welcome to the Recovery College in the Southern Trust

The College is delighted to welcome you to our Winter prospectus for September to December 2025.

We believe that Mental Health and Wellbeing is a key building block of overall health and wellbeing and requires to be looked after in much the same way a physical health and wellbeing.

Wellness means the process through which people find ways to live well with or without the ongoing symptoms of their condition. It is a personal journey of discovery that can support one to become an expert in one's own self-care, building a new sense of self and purpose and discovering your own resourcefulness.

The Recovery College is at the heart of our Trust-wide commitment to support people to 'Live Well'.

## And we do this by:

Offering an innovative and shared learning environment that offers a range of mental health and wellbeing education and learning programmes whether you experience mental health challenges or not.

We try to make our courses as accessible as possible and offer both face to face and online opportunities.

We also have a suite of bite-size e-learning programmes that can be accessed at any time that suits you.

[www.mymentalhealthrecovery.com](http://www.mymentalhealthrecovery.com)

The College courses and workshops are co-designed and co-delivered by people with lived experience of mental and physical health challenges, health care professionals and carers.

Courses and workshops are open to everyone aged 16 yrs + and this can include service users, carers, family, friends, students – anyone that has an interest in mental health and general wellbeing.

All Recovery College courses are *FREE* to attend.

## Principles

The Recovery College's aims are underpinned by the following principles:

- Open access and inclusion
- All people accessing the College are treated as students and are not defined by prior roles or identities
- Celebration of the lived experience of all and recognition that everyone has ability to change and grow

## Perspective

In keeping with the ethos of a Recovery College all our courses are co-produced and co-delivered by people who are experts by experience alongside professionals with learned experience.

### What does this mean?

We believe that those with lived experience of mental health challenges are best placed to use their experiences to support others in their learning. Working as equal partners with those with professional experience we combine both perspectives to provide an educational approach to managing mental health challenges and maintaining our wellness.

## People

Our team includes Peer trainers, Health Care Professionals and an Administrator. We work closely with other Health care professionals and experts by experience from across a range of disciplines to help support the work that we do.

In addition to face-to-face courses, we facilitate online courses across Microsoft Teams in recognition that this will sometimes suit people and make our courses accessible to all.

# *How do I enrol on a Recovery College Course?*

Browse the prospectus on the following pages and see if there are any courses that interest you - if you would like to discuss if the course is suitable, please contact us on 028 37561938.

## Step 1

- When you have chosen a course, please complete the online enrolment form which can be accessed on:
- <https://southerntrust.hscni.net/service/support-and-recovery/>
- Or contact the recovery College on 028 37561938 and we can help with the process
- You will only need to complete this form once.

## Step 2

- Once enrolled you will get confirmation of your chosen course by text, email or telephone.

## Step 3

- We will send you a reminder a few days before your chosen course is to begin either by text, email or phone call.
- We would ask that if you are unable to attend that you let us know so that we can offer the place to another student.
- *\*\*Please note that courses are subject to cancellation if we do not meet the required number of registrations*

# Timetable for September to December 2025



## September 2025

Course	Sessions	Date(s)	Time	Venue
Building a Healthy Self-Esteem	1	2 September	12.00 - 2.30 pm	MS TEAMS
Writing for Self-Expression	4	3, 10, 17, 24 September	11.30am – 1.00 pm	Tower Hill, Armagh
Mindfulness	1	4 September	10.00 – 10.30 am	MS TEAMS
Tree of Life	1	11 September	10.00 am – 1.00 pm	Nautilus Centre, Kilkeel
Understanding & Managing Anxiety	2	16 & 23 September	10.00 am – 1.00 pm	Portadown Health Centre
Nature Connections	1	18 September	10.30 am – 12.30 pm	Gosford Forest Park, Armagh
Understanding & Navigating Emotions	2	25 September & 2 October	10.00 am – 1.00 pm	Moylinn House, Craigavon
When Our Thoughts Get in Our Way	1	30 September	10.00 am – 1.00 pm	Jethro Centre, Lurgan

## October 2025

Course	Sessions	Date(s)	Time	Venue
Mindfulness	1	3 October	1.00 – 1.30 pm	MS TEAMS
Building & Strengthening Your Resilience	1	6 October	10.00 am-12.30 pm	MS TEAMS
Understanding Addictions	1	7 October	10.00 am – 1.00 pm	Haven Close, St. Luke's Hospital, Armagh
Wellness Recovery Action Plan (WRAP)	6	1, 8, 15, 22, 29 October & 5 November	10.00 am – 1.00 pm	Cullyhanna Community Association
Understanding Menopause	1	13 October	6.30 – 8.30 pm	MS TEAMS
Volunteer Awareness Session	1	14 October	7.00 – 8.00 pm	MS TEAMS
Living with Psychosis	1	16 October	10.00 am – 1.00 pm	Moylinn House, Craigavon
Building a Healthy Self-Esteem	1	17 October	10.00 am – 1.00 pm	Nautilus Centre, Kilkeel
When Our Thoughts Get in Our Way	1	20 October	10.00 am – 1.00 pm	WIN Business Park, Newry
Understanding Trauma	1	21 October	10.00 am – 1.00 pm	Portadown Health Centre



## November 2025

Course	Sessions	Date(s)	Time	Venue
<b>Mindfulness</b>	1	3 November	10.00 – 10.30 am	MS TEAMS
<b>When Our Thoughts Get in Our Way</b>	1	4 November	1.30 – 4.30 pm	Dungannon Enterprise Centre
<b>Understanding &amp; Managing Depression</b>	2	6 & 13 November	1.30 – 4:30 pm	Banbridge Health Centre
<b>Introduction to Benefits</b>	1	12 November	10.00 – 11.30 am	MS TEAMS
<b>Building &amp; Strengthening Your Resilience</b>	1	14 November	10.00 am – 1.00 pm	Nautilus Centre, Kilkeel
<b>Building your Wellness Toolbox</b>	2	17 & 24 November	10.00 am – 1.00 pm	Haven Close, St. Luke's Hospital, Armagh
<b>Getting the Most From Your Appointments</b>	1	18 November	1.00 – 2.30 pm	MS TEAMS
<b>Top Tips for Anxiety</b>	1	20 November	12.00 – 2.00 pm	MS TEAMS
<b>Understanding &amp; Navigating Emotions</b>	2	27 November & 4 December	10.00 am – 1.00 pm	Haven Close, St. Luke's Hospital, Armagh



## December 2025

Course	Sessions	Date(s)	Time	Venue
Understanding Trauma from a Carer's Perspective	1	2 December	10.00 am – 1.00 pm	Jethro Centre, Lurgan
Mindfulness	1	3 December	2.00 – 2.30 pm	MS TEAMS
Mindful Self-Compassion	1	10 December	10.00 am – 1.00 pm	Tower Hill, Armagh
Mindful Self-Compassion	1	11 December	10.00 am – 1.00 pm	Nautilus Centre, Kilkeel
Mindful Self-Compassion	1	15 December	10.00 am – 1.00 pm	WIN Business Park, Newry
Christmas Chat & Connect	1	16 December	10.30 am – 12.30 pm	Haven Close, St. Luke's Hospital, Armagh

# Course Descriptions..



## Building a Healthy Self-Esteem

This course will help you learn about self-esteem and the factors that impact on it. It will also empower you to harness the power of your thoughts and beliefs to change how you feel about yourself.

### **Topics covered include:**

- What is Self Esteem
- What affects our self-esteem?
- Practical ways to build our self-esteem.

### **Duration:**

3 hours (face-to-face)  
2hrs30mins (online)

## Building & Strengthening your Resilience

This course aims to help participants understand what is meant by resilience and help acknowledge their own resilience as well as build on strategies to improve resilience.

### **Topics covered include:**

- Recognising resilience
- Understanding self-awareness
- Developing a resilience plan

### **Duration:**

3 hours (face-to-face)  
2hrs30mins (online)

## Building your Wellness Toolbox

A wellness toolbox includes strategies, skills, and resources that are accessible at any time to help an individual manage tough times and improve their mental and emotional wellbeing.

This course will help you explore what 'wellness' means to you and identify your own wellness tools. It also has a creative element in which you will have the opportunity to build and decorate your own wellness toolbox to store your wellness tools. All materials will be provided.

**Duration:** 2x3 hour sessions

**\*\*Participants are required to attend both sessions.**

## Christmas Chat & Connect

This festive coffee morning provides an opportunity to socialise and have an informal chat, discussing a variety of topics to improve our sense of wellbeing at Christmas.

This is a social and gentle group and all are welcome.

**Duration:** 2 hours

## Getting the Most from Your Appointments

When something about your health is worrying you, this can make you feel anxious or vulnerable. These feelings might increase if you are not sure how to approach your treatment and care with healthcare professionals.

This course will equip participants with the skills and knowledge to effectively prepare for, participate in, and follow up on appointments.

**Duration:** 1 hour 30 minutes (online)

## Introduction to Benefits

The aim of this session is to increase knowledge and understanding of the benefits system.

### ***Topics covered include:***

- Information on the structure of the benefit system
- Different types of benefits available
- And basic entitlement and eligibility for benefits.

**Duration:** 1hr30mins (online)

## Living with Psychosis

The aim of the session is to gain or revise knowledge and understanding of psychosis, so that students will reflect and engage positively in an individual's recovery journey.

### ***Topics covered include:***

- What is psychosis?
- Symptoms of psychosis
- Recommended treatment
- Supporting a loved one with psychosis
- Strategies for keeping well

**Duration:** 3 hours

## Mindfulness

Regular mindfulness practice can reduce stress, improve focus, and promote emotional well-being.

Join us for an online mindfulness session - an opportunity to pause, reflect and focus on your well-being.

### ***Topics covered include:***

- Present moment awareness
- Breath Awareness
- Body Scan

**Duration:** 30 mins (online)

## Mindful Self-Compassion

This course explores what self-compassion is; how to cultivate self-compassion; and how to manage the internal critic. It also provides practical skills and techniques to integrate self-compassion into daily life, fostering resilience and well-being.

### ***Topics covered include:***

- Exploring the concept of self-compassion and its importance
- Identifying what can get in the way of being compassionate to yourself.
- Strategies that help to foster self-compassion.

**Duration:** 3 hours.

## Nature Connections

Nature Connection is an outdoor, guided practice, which engages all five senses - sight, sound, smell, touch and taste - to promote relaxation and overall wellbeing.

A nature connections programme includes mindful walks, nature journaling and sensory immersion exercises. These nature-based activities provide individuals with accessible and tangible coping strategies, helping to build emotional resilience, self-awareness, emotional regulation and connection.

**Duration:** 2 hours

## Top Tips for Anxiety

This course will provide you with some simple strategies and top tips to help you understand and manage your anxiety.

### ***Topics covered include:***

- Understanding what Anxiety is and how it can impact us.
- Implementing strategies to help manage your Anxiety.

**Duration:** 2 hours (online)

## Tree of Life

The 'Tree of life' uses the metaphor of a tree to explore the strengths and resources we use throughout our life's journey.

The roots signify where we have come from; the trunk represents our values and strengths; the branches are our hopes and dreams; the leaves are significant people in our lives; and the fruit and flowers represent gifts we have given to and received from others.

In this session you will use creativity to explore the elements of the Tree of Life; reflect on your own life story; and identify your strengths, values and skills to move forward in life.

**Duration:** 3 hours

## Understanding Addiction

The aim of this course is to increase knowledge and understanding around the area of Substance Misuse/Addiction.

### ***Topics covered include:***

- Understanding Addiction/Substance Misuse
- Signs & Symptoms
- Impact of Addiction/Substance Misuse
- Potential treatment options and recovery strategies
- Resources and supports available

**Duration:** 3 hours

## Understanding & Managing Anxiety

This course aims to give you the knowledge required to understand the impact of and key issues surrounding Anxiety and ways in which to manage it.

### ***Topics covered include:***

- What is anxiety?
- Types of anxiety and how anxiety can affect our functioning.
- Thoughts and Unhelpful thinking styles
- Developing Self Awareness
- Introduce some techniques to help you manage your anxiety.

**Duration:** 2x3 hour sessions.

**\*\*Participants are required to attend both sessions**

## Understanding & Managing Depression

This course aims to give you the knowledge required to understand the impact of and key issues surrounding Low Mood and Depression and ways in which to manage it.

### ***Topics covered include:***

- To understand what Depression is
- To understand possible causes, signs and symptoms
- To discuss the impact of Depression
- To be aware of evidence based and recommended treatments and supports for depression.
- To discuss how to ask for help and how to access it.
- To learn strategies for keeping ourselves well.

**Duration:** 2x3hour sessions.

**\*\*Participants are required to attend both sessions.**



## Understanding Trauma

The aim of this course is to provide an overview of how traumatic events can impact on a person's mind and body; and outlines the support that is available locally.

***\*Please note that this course is not intended to replace Trauma Therapy.***

### ***Topics covered include:***

- Explore the meaning of trauma.
- Look at what is normal in the aftermath of a traumatic experience.
- Explain what Post Traumatic Stress Disorder (PTSD) is and its symptoms.
- Discuss what help is available.

**Duration:** 3 hours.

## Understanding & Navigating Emotions

Experiencing emotions, both pleasant and unpleasant, is an inevitable part of life. Experiencing unpleasant emotions can be difficult for some. The aim of this course is to increase awareness and understanding of emotions and feelings, what they are, and what they mean for us and others.

### ***Topics covered are:***

- To define an emotion
- To understand the function of emotions
- To identify emotions that get in your way
- To increase resilience and support your ability to regulate your emotions
- To understand distress tolerance

**Duration:** 2x3 hour sessions.

## Understanding Menopause

This course aims to provide you with up-to-date information about the menopause to increase understanding of the symptoms, causes and stages of Menopause. It also offers information on treatments and support available to inform and empower you during this transitional phase of your life.

### ***Topics covered include:***

- Stages of Menopause
- Myths about Menopause
- Signs and symptoms of Menopause
- Treatments and supports available

**Duration:** 2 hours (online)

## Writing for Self-Expression

Writing for Self-Expression helps people to express their thoughts and feelings in writing and enhances mental wellbeing and personal resilience.

Through the shared reading and discussion of a poem, we reflect on how words affect us, and how writing can capture a mood, feeling or memory. We then encourage participants to do their own writing, listen to what participants have written (if they wish to share), and discuss how writing can produce new insights, and change the way we think about ourselves and each other. No writing experience is required

**Duration:** 4x1hr30min sessions

**\*\*Attendance is required at all 4 sessions.**

## When Our Thoughts Get in Our Way

Automatic Negative thoughts (ANTs) can trigger unpleasant emotions that can impact on how we live our lives. Everyone experiences negative emotions, and we can't and shouldn't avoid them. It is however important to recognise our automatic negative thoughts to be aware of how they get in our way. This course will help you to explore strategies on how to identify, challenge and change our thoughts and promote wellbeing.

### ***Topics covered include:***

- What are Automatic Negative Thoughts?
- Thinking Patterns
- Cognitive Reframing
- Strategies for managing thoughts and emotions

**Duration:** 3 hours

## Understanding Trauma from a Carer's Perspective

The impact of trauma often has a ripple effect and extends to their intimate relationships, family members and friendships.

This course provides information for those who are currently experiencing difficulties living with or understanding someone who has Post Traumatic Stress Disorder (PTSD) or some symptoms and behaviours that are linked to their experiences of trauma.

### **Topics covered include:**

- *Understanding PTSD*
- *The Impact of Trauma on relationships*
- *Emotional Regulation techniques*
- *How to help someone who is traumatised*
- *Self-Care and support for carers*

**Duration: 3 hours**

## Volunteer Awareness Session

### **Are you interested in volunteering with the Recovery College?**

The Southern Trust Recovery College works to empower those with experience of mental health illness to realise their potential and foster hope, opportunity and control.

Have you had a positive recovery journey? Could you spare a few hours a month to help others in their recovery journey?

**Join our information session to find out more**

**Duration:** 1 hour





## WELLBEING and RECOVERY ACTION PLAN (WRAP)

**WRAP®** stands for **Wellness Recovery Action Plan**.

### ***Topics covered are:***

**WRAP®** is a self-management and recovery system developed by a group of people who had mental health difficulties and who were struggling to incorporate wellness tools and strategies into their lives.

WRAP is a structured system to monitor uncomfortable and distressing feelings and behaviours and, through planned responses, reducing, modifying, or eliminating them. It also includes plans for responses from others when you cannot make decisions, take care of yourself, or keep yourself safe.

Duration: 16 hours conducted over 2 days, or 4 half days or 6 sessions.

## What students have shared about attending our courses

I really needed this – I feel great and better prepared for the future.

Life changing. Educational.  
Provides hope and awareness

Very well presented and a great learning experience

Excellent. Would highly recommend

I haven't thought this much about myself in years.

# How to contact us:



Call us on 028 3756 1938.

We can guide you to find the right course for you and help with the enrolment process or help with access to the online Recovery College courses.



You can email us on: [recovery.college@southerntrust.hscni.net](mailto:recovery.college@southerntrust.hscni.net)



You can access our website

<https://southerntrust.hscni.net/service/support-and-recovery/>

# Platform of E-Learning Courses

## Courses

1. Introduction to Trauma and Healing
2. Practising Self Care
3. Mindfulness & Deep relaxation
4. Finding Hope after Bereavement from Hurt to Healing
5. Understanding & Managing Anxiety
6. How to Get a Good Night's Sleep
7. Learning to Like Yourself
8. Managing Depression
9. Understanding Depression
10. Self-Care for Carers, Parts 1 & 2
11. Living Well with Pain
12. Managing Setbacks
13. Building a Healthy Self Esteem
14. Living with Cancer and Looking after Your Mental Health
15. Coping with Change
16. Living with Bipolar
17. Coping with Loneliness
18. Introduction to Menopause
19. Introduction to Managing Stress
20. Improving Wellbeing for Young People
21. Dual Diagnosis and Awareness
22. Understanding Hoarding
23. Compassion Fatigue

# Sources of Support:



**Contact your GP or out of hours GP 028 38399201 for support and advice**



**Samaritan's helpline (NI & ROI) 116 123**



**Lifeline (NI) 0808 808 8000**



**[www.mindingyourhead.info](http://www.mindingyourhead.info)**