Prospectus

January – July 2015

Spring/Summer term

Wellbeing for life
If you would like more information about the CNWL Recovery & Wellbeing College please come along to one of our Question and Answer sessions on:

- **Thursday 15 January 2015, 2.00pm - 3.00pm** at CNWL Recovery & Training Centre, University of Westminster, Harrow venue
- **Wednesday 11 February 2015, 5.30pm - 6.30pm** at CNWL Trust Headquarters. First Floor Bevan 1, Stephenson House venue
- **Thursday 12 March 2015, 2.00pm - 3.00pm** at CNWL Recovery & Training Centre, University of Westminster, Harrow venue
- **Wednesday 15 April 2015, 5.30pm - 6.30pm** at CNWL Recovery & Training Centre, University of Westminster, Harrow venue
- **Thursday 14 May 2015, 2.00pm - 3.00pm** at CNWL Recovery & Wellbeing College, Trust Headquarters, Stephenson House venue
- **Wednesday 17 June 2015, 5.30pm - 6.30pm** at CNWL Recovery & Wellbeing College, Trust Headquarters, Stephenson House venue.

You could also come along to one of our open days and talk to staff from the College. You will have an opportunity to enrol on our workshops and courses too.

**Open days will be held on:**

- **Tuesday 27 January 2015, 10.00pm - 3.00pm** at CNWL Recovery & Training Centre, University of Westminster, Harrow venue
- **Monday 23 March 2015, 10.00am - 3.00pm** at CNWL Recovery & Training Centre, University of Westminster, Harrow venue
- **Tuesday 24 March 2015, 10.00am - 3.00pm** at CNWL Recovery & Wellbeing College, Trust Headquarters, Stephenson House venue.
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We are really pleased to announce that we have changed our name to include ‘Wellbeing’. This is because all our workshops and courses are now also open to those from our community health services, which include diabetes services, wheelchair services, sexual health services, palliative care services and community nursing. This is an exciting development for the College, as we believe that the principles of personal recovery apply just as much to those living with physical health challenges, as to those experiencing mental health difficulties. It is also widely accepted that physical health issues impact on an individual’s mental health.

A person’s wellbeing can be negatively affected by a number of things including lack of sleep, physical activity, stress, difficult relationships, eating habits, smoking, alcohol and drug use; our courses and workshops offer information, discussion and exploration around all of these areas and more.

Whether you are living with physical or mental health challenges, are supporting someone who is or you are a staff member within health services, the CNWL Recovery & Wellbeing College workshops and courses are designed to support you to become an expert in your own self care, to explore and develop your talents, resources and your clinical practice. Each subject has been co-developed by experienced staff and people with lived experience of mental and/or physical health difficulties. The courses are designed to offer students hope, opportunity and control. Hope that life can be fulfilling and rewarding. Opportunity to be better informed about mental and physical health conditions, and explore what being a citizen means, in terms of being part of and strengthening our services and communities and by being involved in workshops around voting rights, for instance. You can also be involved in co-production within research or through shared decision-making at a clinical level.

Our workshops and courses encourage you to take control of your life whether by surviving and thriving at work or implementing health and wellbeing plans. These courses aim to help you self-manage any ups and downs or offer support during end of life when people have life-limiting illnesses and need supportive and palliative care.

Anyone can attend the CNWL Recovery & Wellbeing College although enrolment terms and conditions apply – you can read more about this on pages 5.

We hope that you find a workshop or course of interest to you and look forward to welcoming you to the College.

Should you need any advice or support with the enrolment process please give us a call on 020 3214 5686.

Syena Skinner
CNWL Recovery & Wellbeing College Manager

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I really enjoyed meeting people with similar problems in a safe and welcoming environment
Student
The CNWL Recovery & Wellbeing College aims to be a learning environment that is as accessible and inclusive as possible.

The following groups can attend the College free of charge:

- People who currently use or have used CNWL services in the last 12 months
- Supporters (carers, friends and family) of people who use CNWL services or people who have been discharged from CNWL services in the last 12 months
- CNWL staff and students (including Local Authority staff working within CNWL integrated services).

*For information on fees for people outside of these groups, please see page 43.

There is high demand for our courses and workshops and they can fill up fast, so please take a look at the wide range of courses on offer and apply as soon as possible.

The enrolment form for our courses is on pages 49 and 50 as well as more information about accessing the courses, you can complete this and post it to us. Alternatively, you can download and print off your enrolment form from our website: www.cnwl.nhs.uk/recoverycollege and send it to us in an email or post it.

CNWL staff need to enrol online via the Learning and Development Zone (LDZ).

Remember! If you use CNWL community services in Camden or Hillingdon, are a supporter, family, friend or carer of someone who does, or a CNWL staff member working in these services, you can also now attend free of charge.

In the event that you are unable to attend a course or workshop for which you have enrolled please contact the admissions office and let us know, giving as much notice as possible. This is so we can offer your place to another student.

Please contact the CNWL Recovery & Wellbeing College for more information on fees on 020 3214 5686 or email: recoverycollege.cnwl@nhs.net
The CNWL Recovery & Wellbeing College has been working with the CPD (Continuing Professional Development) Standards Office to accredit our workshops and courses. This new symbol on a course description shows that this workshop or course has been independently assessed and found to have met a standard of excellence for educational quality. This means that we have shown that:

- We understand what our students want to learn and take note of their feedback
- The content of our workshop/course is based in good research
- Our trainers have the skills to facilitate learning
- We structure the workshop/course to equally support different kinds of students and different ways of learning
- We support our students to plan their learning and how they will use their new knowledge.

I think that the College is making a great impact on both staff attitudes and the experience of people who use services.

Student
Introducing Individual Learning Plans

With over 80 courses to choose from, you may be wondering where to begin your journey at the CNWL Recovery & Wellbeing College. Many students have used an Individual Learning Plan to guide them in the process of defining personal recovery goals. This can help make the selection of courses easier for you.

If you are new to the College we offer you the chance to come in and have an informal discussion with a peer learning advisor. During a 40-minute appointment, you will be guided to think about what it is you would like to learn and how this relates to your wellbeing and personal journey. The peer learning advisor will use their own lived experience of having once been a student themselves, to guide you in the selection process of suitable courses. You will also be able to discuss how we can best support you to learn.

A follow up review of your experience at the CNWL Recovery & Wellbeing College will take place on the Exploring My Recovery Journey at the CNWL Recovery & Wellbeing College workshop. On this course you will have the opportunity to reflect upon your achievements and complete your second Individual Learning Plan. You will automatically be invited to this workshop after attending the College for six months.

CNWL Recovery & Wellbeing College recognises that there can be factors that make accessing, attending courses and learning more difficult like:

- Finding it hard to talk when in a group or finding social contact stressful or frightening
- Having difficulty arriving at a course on time due to a range of issues, for example, finding travelling or locating places hard, or finding leaving your home difficult
- Problems with concentration
- Dyslexia or other learning difficulties
- Problems with sight or hearing
- Physical or pain issues where you may need an accessible chair.

There are a wide range of difficulties that people can experience and they are often very individual. Please tell us about anything you find difficult in the space provided on the enrolment form and we can contact you before the course to make arrangements for you. We will try our best to support and assist you to access our courses.

The College has changed my life
Student

020 3214 5686
Snapshots!

These short sessions give you a taste of a workshop or course before you sign up for a longer one. You will have the chance to ask questions and try out an activity. Then you will have a clearer idea of whether or not it’s for you!

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<th>Introduction to understanding anger</th>
<th>Introduction to beating mental health stigma</th>
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<td><strong>30 minutes</strong></td>
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<td>In this short session we will introduce you to the Health and Wellbeing Plan and demonstrate how this can be a powerful tool which supports wellness and recovery from both physical and mental health difficulties. We will also introduce the contents of the Taking Back Control course, which is the longer course and where you will have the opportunity to develop your own Health and Wellbeing Plan.</td>
<td>Anger is an everyday emotion but how we express it can have profound effects on our lives and the lives of those around us. This session will explain the approach that the longer course takes to thinking about and understanding how we experience and manage anger.</td>
<td>Discrimination around mental health can seriously affect lives. In this session you will learn why we have this course and the kinds of things we learn together to recognise and challenge the barriers to recovery which discrimination throws our way.</td>
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<th>Introduction to employment courses</th>
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<td><strong>30 minutes</strong></td>
<td><strong>30 minutes</strong></td>
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<td>If you are thinking about getting back into work but it feels daunting, our employment courses can help. In this session you will learn about the contents of our different courses and understand how they have been designed to address both the practical and emotional challenges of seeking and maintaining work.</td>
<td>Making sense of our lives is incredibly important to both our everyday wellbeing and our recovery journeys. You may have been interested in doing this course but are unsure about what it will involve. However, if you feel you would like to tell your story, come and check out how this sensitive and friendly course will support you to do it.</td>
<td>In this session we look at the contents of the longer course, which aims to build on your strengths and improve your confidence in knowing where to find support in the community.</td>
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Understanding health difficulties and treatment

**Living with chronic pain**

**Four-week course**
Half-day workshop each week

This workshop will explore what living with chronic pain means and the potential impact on someone’s life and those close to them. We will explore treatment options, including active self-management, physical and psychological techniques as well as medical treatments.

The course is suitable for those living with chronic pain, supporters (family, friends, and carers) and members of staff. There will be the opportunity to discuss personal experiences and to learn from other participants.

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**Living with COPD**
(Chronic Obstructive Pulmonary Disease)

**Half-day workshop**

COPD is the name used to describe a number of conditions affecting the lungs, including emphysema and chronic bronchitis. Living with a lung condition is not easy and COPD can affect many aspects of someone's life. If you are living with COPD, or caring for someone who is, it’s important to get the support you need.

This workshop explores how COPD can emotionally affect those living with it, for example by feeling stressed, anxious or depressed. We also explore a number of treatments that can improve symptoms, and many self-help strategies, which can minimise the impact COPD has on a person’s life.

There will be the opportunity to discuss personal experiences and to learn from other participants.

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**Living with diabetes and emotional wellbeing**

**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.
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<th><strong>Understanding a diagnosis of psychosis</strong></th>
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<td><strong>One-day workshop</strong></td>
<td><strong>Half-day workshop</strong></td>
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| 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 can any of us do to support a friend, family member or colleague in distress?  
This course offers a supportive space to ask any questions you may have and to learn from each other. | Depression goes beyond feelings of sadness or unhappiness and can deeply disrupt how we think, feel and live in our daily lives. This workshop covers essential information about depression, how it is diagnosed and how it affects different people. This is a space to discuss your experiences and learn from others too. | The experience of psychosis, such as hearing voices or experiencing altered perceptions, is surprisingly common, and can lead to a diagnosis such as schizophrenia. Being diagnosed with psychosis can be a frightening and life changing event. There are lots of myths and prejudices about psychosis which 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 freely with their lives. |

*It was a great relief to talk with people who understand*  
Student
Understanding a diagnosis of bipolar disorder

One-day workshop

People can and do recover from bipolar disorder. 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 can we manage bipolar ourselves?
• How can we recover from bipolar disorder?

Understanding a diagnosis of personality disorder

Half-day workshop

Personality disorders are common, long-lasting mental health conditions that affect how people view and manage their emotions and relate to other people.

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.

Understanding OCD (Obsessive Compulsive Disorder)

Half-day workshop

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. There will also be space to discuss your experiences and learn from others too, whether you are a person who lives with OCD, a supporter (family, friend, carer) or a member of staff.
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.

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.

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.

Recovery is possible and people do live the lives that they want to live. We recognise each person’s own potential to recover from the distress associated with difficult voices.

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. Often self-harm and suicide are seen as related and therefore those seeking help are reluctant to do so.

The aim of this workshop is to explore the facts and realities of self-harm, how it is treated and most importantly, ways in which people manage it or support someone they care about.
It is important to us that everyone who wants to attend the CNWL Recovery & Wellbeing College should be able to, but we do realise that for some people it is not always possible to get to a venue. This is particularly so for people who are spending time in our acute inpatient services. This year we will be running our six SNAPSHOT workshops (page 8) in acute inpatient settings across the five boroughs of Brent, Harrow, Hillingdon, Kensington & Chelsea and Westminster.

If you are using these services or a supporter (family, friend or carer) of someone who is and want to know when these will be running, please contact our admissions office for more details on 020 3214 5686 or email recoverycollege.cnwl@nhs.net.

If you are a staff member and wish to organise a series of these workshops where you work, you can also contact us to discuss your requirements.

"Coming to the [Recovery & Wellbeing] College was an important first step in regaining confidence and motivation to do more with my life"

Student
Understanding dementia

Dementia is the term used to describe a group of experiences including memory loss, confusion, mood changes and difficulty with day-to-day tasks. There are many causes of dementia, with Alzheimer’s being the most common. Understanding the common difficulties can help us to manage the challenges, which will also be related to someone’s personality and personal history.

This introductory workshop will look at:
• The different forms of dementia (including myths and stereotypes) and ways of managing symptoms
• The emotional and physical impact on someone and their world
• Helpful ways of communicating and making a connection with someone with dementia.

Understanding eating difficulties

Everyone has different eating habits and life events that cause stress and pressure that can influence our relationship with food. If we continue to eat too much or too little over a period of time, we could be in danger of developing an ongoing problem. Complicated feelings around food can present problems to our health and wellbeing.

In this workshop we will explore the idea of what eating challenges are and what it can mean to have an eating difficulty. Like many mental health challenges, eating difficulties are experienced differently but there can also be some common experiences too. We will identify the different types of eating challenges and explore how we might begin to recover from eating distress.

Understanding anger

We all feel angry sometimes, it is part of being human. It is a natural response to being attacked, offended, deceived or frustrated. Anger can be useful, but it can also become a problem when it harms you or the people around you. Being angry isn’t a problem in itself, it’s how we deal with it so that it does not become damaging to our health and our relationships.

In this course we will look to understand more about anger, how it works and factors which can make it worse. We will consider some basic tools to deal with anger and ways to recognise your anger signs. We will look at ways that you can control your anger more generally.

We will think about how anger affects both your body and mind. You may feel as though there is little that can be done to control your anger, but there are things that you can do that can make a difference. Anger does not have to get in the way of you being able to live the life you want to lead.
People use alcohol and/or drugs for different reasons and you can look at a range of things to decide if your use of these substances is a problem or not, including:

- How does drinking or drug use affect your emotional and mental wellbeing?
- How does it affect your ability to do day-to-day tasks, manage problems or accomplish goals?
- How does it compare to other people around you and in society as a whole?

This two-session course is for people who are curious or concerned about the impact of drinking or drug use. We will also explore:

- The reasons people use alcohol and drugs
- The steps people have taken to take back control of their lives from alcohol and drugs.

The CNWL Recovery & Wellbeing College is a supportive and respectful environment where you will be able to explore any of these questions that may be relevant to you, without judgement.

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**Understanding alcohol and drug use**

*Two-week course*

Two half-day workshops each week

People use alcohol and/or drugs for different reasons and you can look at a range of things to decide if your use of these substances is a problem or not, including:

- How does drinking or drug use affect your emotional and mental wellbeing?
- How does it affect your ability to do day-to-day tasks, manage problems or accomplish goals?
- How does it compare to other people around you and in society as a whole?

This two-session course is for people who are curious or concerned about the impact of drinking or drug use. We will also explore:

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**Understanding hoarding**

*One-day workshop*

Is your home full to bursting with stuff that 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.

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**Understanding your mental health medication**

*Half-day workshop*

Medication can be a short-term strategy or a long-term life decision. It can be confusing when you have been prescribed medication, or when you are thinking about your medication options, as there are so many drugs to treat mental health conditions.

This workshop guides you through some common questions such as: What is this drug designed to do? How does it work? How effective is it? How long does it take to work? What are the side effects?

We will look at options and explore strategies that people have used to combat unpleasant side effects.

Whether you are taking medication yourself or know someone who is and want to support them, this workshop will provide you with a step-by-step guide, leaving you with a much greater understanding.
Shared decision making and advance planning – taking back control

Half-day workshop

Often when people are told they have an illness that can no longer be cured they can feel helpless and may worry about losing their independence. It can be tempting to think that professionals need to make all the decisions. Everyone should be able to choose how they want to live their lives even if that time is short. When faced with difficult decisions and choices it can be hard for a person to find ways to talk about their thoughts and feelings. In this workshop you will be given the opportunity to develop ways to share information and understand how shared-decision making can be put into practice, whether you are a person living with an incurable illness, a carer (family, friend) or a member of staff.

Understanding resuscitation and ‘do not attempt resuscitation decisions’

Half-day workshop

Discussions about ‘do not attempt resuscitation decisions’ can be very difficult. It can be a shock and feel frightening if you are the person the conversation is being held with. Many people do not know what resuscitation means or what it means for a decision not to resuscitate someone. In this workshop we will discuss what happens if someone has a life-limiting illness and their heart stops and why professionals may want to discuss the possibility of this happening in advance. Information will be given about the law and responsibilities of professionals surrounding resuscitation. You will have opportunities to discuss how to talk to others about this challenging topic, whether you are a member of staff, a carer (family, friend), or a person living with a life-limiting illness.

Thinking about hope and loss in life limiting illness – living with change

One-day workshop

Change can be daunting and unexpected, and if you have an incurable illness it can be difficult to think about hope and loss as you experience physical, social and emotional changes. You may also feel uncertain about what changes might come in the future. While we cannot stand in the way of change, we can choose how we respond to its demands. This workshop explores some of the common responses to loss and change. You will have opportunities to share your experiences of change. We will look at strategies that we can use to think about hope and loss in life-limiting illness and consider ideas for coping with on-going changes and learning to ensure you can continue to set achievable goals so that you feel you have a sense of hope and purpose. This course is suitable for people living with a life-limiting illness, and also members of staff and carers who want to support a person through this.
Rebuilding your life

Introduction to recovery

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

Many people find being diagnosed with mental health difficulties devastating. Too often people feel that their life is over. They feel that they will never be able to fulfil their dreams and ambitions or lead a satisfying or valued life.

This introductory workshop explores the impact of mental health difficulties on people’s lives and what helps people grow within or beyond what has happened to rebuild their lives.

Recovery focused practice

This course is designed for people who work in mental health services and for people who use services and who are considering working in mental health.

The approach of mental health services is changing and we are increasingly talking about personal recovery as opposed to clinical recovery, but what does this mean? What implications does this have for the way services are delivered?

Personal recovery focuses more on rebuilding a meaningful, valued and satisfying life whether in the presence or absence of symptoms.

Over the four sessions of this course we will explore the implications of this shift in framework for those working in mental health.

We will explore ways in which people working in mental health can challenge current beliefs about ‘madness’ in society and the social exclusion this causes. We will outline ways of working to assist people in overcoming or negotiating the barriers they face.

This 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.

Recovery focused practice for administrative staff

A three-hour workshop

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

I have found the course to be a source of inspiration - I feel it breathed new life into my practice

Student

020 3214 5686
Exploring hopes and dreams

Four-week course
A two-hour workshop each week

We all have hopes and dreams but sometimes life gets in the way of making these dreams a reality.

We all have our own unique interests and desires for our lives. This course will explore our individual dreams and hopes in more depth and identify what is stopping us from pursuing them.

This course may appeal to you if you have previously worked on your wellbeing but are struggling to find inspiration and the motivation to take the next step towards achieving your dreams.

Participants will take part in active discussions and practical exercises as part of this course.

Go smoke-free the stress-less way

Ten-week course
Half-day workshop each week

Imagine how much extra money you could have if you were able to stop smoking. You could be a lot healthier too.

Quitting smoking may seem impossible because many people rely on smoking to help them cope with their problems. However, with the right support you can become a non-smoker for good and the extra resources you will have will help you to move forward in your recovery in many other ways. If you want to stop smoking and live a happier, healthier life then this course can help you. We will support you and give you advice to help prepare you to quit, stop smoking and stay on track.

All we ask is that you come to the course wanting to quit and are prepared to give it a go. We will help you explore and overcome the barriers to stopping smoking. You don’t have to have the know-how or the confidence at this stage – that’s what the course aims to help you with.

Introduction to managing stress

Half-day workshop

“My mind is paralysed, I’m going to faint, I can’t think straight, my body aches from tension, I can’t get worrying thoughts out of my head”

Things can change...

This introductory workshop examines the causes of stress, giving you practical activities and methods that may help you to alleviate them.

Attending the College has been a positive experience and a big step towards my overall recovery

Student
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.

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.

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

Mentalisation: understanding me, understanding you

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 valid and healthy. We do this with the goal of understanding ourselves and others, communicating effectively, managing difficult feelings and establishing stable, supportive and trusting relationships. At times, we can all find it challenging to do this - if you or someone you support, persistently struggles 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, enabling us to connect in a meaningful and successful way, making us aware of real choices and genuine alternatives.

[I learnt] that you can feel very positive quickly using mindfulness techniques
Student
Introduction to telling your story

**30 minutes**

Making sense of our lives is incredibly important to both our everyday wellbeing and our recovery journeys. You may have been interested in doing this course but are unsure about what it will involve. However, if you feel the urge to tell your story, come and check out how this sensitive and friendly course will support you to do it.

**Telling your story**

**Eight-week course**

**Half-day workshop for eight weeks**

This course is for people who currently use or have previously used CNWL mental health services. The experience of having mental health difficulties can be devastating. It can mean being faced with lots of strong feelings and often a loss of direction in life. Telling your story is a way of making sense of what has happened and can allow you to gain a better sense of who you are now. It can help to put things into perspective and it can help to heal.

**Gathering recovery stories**

**Two half-day workshop**

This course is aimed at those who would like to support others to tell their story. “Telling your story” is the course for those who are looking for a space to work on their own story.

Producing a recovery story can inspire hope and promote healing but it can also be an emotionally challenging experience.

The session will look at the ethical and practical issues that arise during this process, both within storytelling for personal recovery or for publication. This course has a practical focus and you are expected to work with someone on their story between the two sessions.

**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’ll share some wonderful stories and poems, and explore what reading has to offer 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.
Creativity and wellbeing
Half-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 half-day workshop will offer a perspective on how arts and creativity can help us discover more about ourselves and our interpersonal 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.

Beating mental health discrimination and stigma
Four-week course
Half-day workshop each week

Experiencing mental health difficulties can be challenging enough without having the added problem of mental health discrimination, stigma and exclusion from society which can follow. In this course we will learn the essential difference between the term discrimination and the term stigma. 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 families and friends. We will learn about our 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.

It is very refreshing to be in “equal” dialogue with service users and expressing, sharing ideas
Student

SNAP SHOT
Introduction to beating mental health stigma
30 minutes

Discrimination around mental health can seriously affect lives. In this session you will learn why we have this course and the kinds of things we learn together to recognise and challenge the barriers to recovery which discrimination throws our way.

A good night’s sleep
Two half-day workshops
with sleep diary kept between sessions

Do you have difficulty getting off to sleep at night? Wake up early in the morning? Spend the night tossing and turning? This course gives basic information about sleep and the common causes of sleep problems. The aim is to help you improve your understanding of sleep and ways of dealing with sleep problems.
Planning for life beyond services

Six-week course  Half-day workshop each week

Being discharged from services is a positive step forward in your recovery but can be a challenging or unsettling experience. This six week course aims to support students to make sense of the experience and to develop skills to manage the transition as smoothly as possible.

We will consider what helps people to manage the process of discharge. We will provide an opportunity for students to develop their own individual plan for discharge and beyond.

This course is also for supporters (carers, friends or family) and staff who wish to learn about how to support people to plan for a life beyond services.

- **Week 1** - Moving on
  We will be exploring what discharge from services means to us. This will include hearing personal accounts.

- **Week 2** - What’s my story?
  We will focus on the idea of discharge as a process rather than an event. We will look at how far students have come and where they want to be.

- **Week 3** - What do I need now?
  We will focus on finding things that make life meaningful: people, places and activities.

- **Week 4** - Where can I get help now?
  We will look at practical problem solving and signpost students to sources of help and information, including issues such as housing and finances.

- **Week 5** - How can I look after myself?
  We will consider ways in which we can look after our wellbeing during life’s ups and downs.

- **Week 6** - So what’s my plan?
  We will be creating our own individual plans for the future.

Planning for retirement – new opportunities...

One-day workshop

Everyone is different and approach retirement from a different point of view. This workshop makes you think about retirement from your own point of view.

We will explore lifestyle aspects of retirement and the impact this significant stage of life can have on you and those around you. You will have the opportunity to develop a plan for managing your retirement and identify how you can make the most of the opportunities retirement represents.

Living with change – the only constant in life is change

One-day workshop

Modern life moves at a rapid pace and we are increasingly expected to roll with it. Change can be daunting and unexpected or pleasant and welcome. For many of us the challenge of adjusting to change can take its toll. While we cannot stand in the way of change, we can choose how we respond to its demands.

This introductory workshop explores some of the common responses to change. We will look at strategies that we can use so we can take future changes in our stride.
You and your wellbeing – a dozen ways to make it better

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.

We will also include suggestions about resources which may be useful.

Come prepared to consider information on a range of mental and physical health issues, and identify how this may relate to your personal lifestyle and wellbeing.
Introduction to taking back control – health and wellbeing plans

30 minutes

In this short session we will introduce you to the Health and Wellbeing Plan and demonstrate how this can be a powerful tool which supports wellness and recovery from both physical and mental health difficulties. We will also introduce the contents of the Taking Back Control course, which is the longer course and where you will have the opportunity to develop your own Health and Wellbeing Plan.

It can feel as if mental health difficulties are completely beyond your control. It can be tempting to think that you must leave the professionals to sort out your difficulties for you. Mental health workers have developed treatments and therapies that can be helpful and provide support. However, we believe each person with mental health difficulties can become the real expert in their own self care. Finding treatment that works best for you is important but it is only part of the story.

By understanding the pattern of your own difficulties, it is possible to find things you can do yourself to keep well. The purpose of this course is to help students to identify the things that help manage the ups and downs, so that your difficulties do not interfere with your life as much and you can do the things you want to do.

SNAP SHOT

I loved every minute, excellent place!
Student

Taking back control – health and wellbeing plans

Six-week course
Half-day workshop each week

Journey to self discovery: making my life better

Six-week course
Half-day workshop for six weeks

This course is aimed at people who have a learning disability. The course has been designed in collaboration with CNWL’s Learning Disabilities Service and people who use these services.

The aim of the course is to help students to recognise their potential, learn ways to keep calm and happy, how to make a plan for what they want to do in life and how to achieve their goals.

It was a great relief to talk with people who understand
Student
**Managing holidays and anniversaries**

Half-day workshop

Birthdays, Christmas, religious holidays and anniversaries can be difficult times of the year. They can bring up all sorts of difficult emotions, especially when you are not feeling at your best.

This workshop is designed to take the stress out of them and help give you some tips and ideas on how to best manage and get through them.

**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 mental health and how mental health services can support people with their spirituality in a helpful way.

**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, participants will also receive information about services that offer support around bereavement.

“I learnt] that it is acceptable to assert yourself, your feelings and opinions”

Student
The CNWL Recovery & Wellbeing College is for everyone. We have, however, created some courses and workshops for supporters (carers, friends and family) who may be facing similar challenges.

You can only care for others if you also look after yourself. By seeking different perspectives and learning together we can all move forward in understanding recovery.

Carers are welcome to attend any of our courses and workshops. There are also new workshops that would be helpful for those who are caring for someone with a life-limiting illness.

Some of our topics for carers look at specific mental health conditions and approaches to managing them.

All of the courses and workshops at the CNWL Recovery & Wellbeing College are co-produced and co-delivered by peer recovery and wellbeing trainers (these are people with experience of living with physical and/or mental health difficulties) and practitioners.

There is hope!
Student
A programme of two-hour taster sessions that can be attended individually or as a series.

This is a great opportunity to meet and share your experiences with others who may have been going through similar experiences to you.

The workshops focus on the following topics:

- **Workshop 1** Understanding mental health difficulties: A chance to ask any questions in a supportive atmosphere.
- **Workshop 2** Introduction to recovery ideas: Looking at where recovery ideas have come from and what they look like in practice.
- **Workshop 3** Carers’ journeys – telling your own story: Making sense of carers’ experiences.
- **Workshop 4** Knowing your way around the mental health system: Mental health services and the Care Programme Approach (CPA). Includes who is who in a care team and how services are organised.
- **Workshop 5** Knowing your way around the mental health system – dealing with crisis: Includes crisis support services in CNWL and thinking about crisis planning.
- **Workshop 6** Coping with the challenges of caring: Supporting each other to cope with difficulties that carers face and acknowledging the skills that carers have.
- **Workshop 7** Coping with the challenges of drugs and alcohol: A chance to ask questions in a supportive atmosphere.

"[I learnt] there are many sources of help not just one"

Student
‘The Last Time We Spoke’  
– A Carer’s Story

One-day workshop

A workshop designed for people who work or are considering working at CNWL, carers and those with lived experience. This course is relevant to all service areas within CNWL.

This workshop is built around the viewing of a film ‘The Last Time We Spoke, A Carer’s Story’, a short drama based on the testimony of carers, about their experiences of mental health services where poor experience is a particular feature.

The film is a powerful and moving piece which is intended to provoke debate and discussion. It is shot in a documentary style and includes interviews with cast members in roles that reveal different points of view about the key themes explored. The film was commissioned to prompt learning between staff, carers and people using services as a way to respond better, together, to the complex issues that emerge when a person is receiving care.

Some of the key themes that will be explored in this one day workshop will include:

- Listening to carers and sharing information with carers
- Care planning and family involvement
- Ways of managing risk and safety
- The nature of error and blame
- Choice and confidentiality.

The overall aim of the workshop is to:

- Invite participants to gain a broader appreciation of the complex issues that carers clinicians and those with lived experience face at a time of crises
- Build on this understanding to improve dialogue between staff, carers and those with lived experience
- Create the conditions for a greater sense of collaboration and hope.

Thought provoking
Student
This course is for people in employment (including staff working in CNWL services) or who are about to enter employment as part of their mental health recovery journey. Work can be satisfying and rewarding and appropriate employment is known to enhance mental health. However, we also know that work can also be stressful.

In this workshop we will learn how to devise our own plan to stay well at work and to survive and thrive at work. This individual plan can be the key to gaining satisfaction from work and beating the negative side of stress.

This introductory workshop will explore the ‘surviving and thriving at work’ toolkit which was first introduced to enable people with health conditions (including stress and mental health difficulties) to prosper in their working lives. It is now recognised that this toolkit works well for everybody in the world of work and is a useful staff supervision tool.

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**Surviving and thriving at work**

One-day workshop

If you are thinking about getting back into work but it feels daunting, our employment courses can help. In this session you will learn about the contents of our different courses and understand how they have been designed to address both the practical and emotional challenges of seeking work.

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**Introduction to employment courses**

30 minutes

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**SNAP SHOT**

**The College is a very positive experience - the course really helped me**

Student

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**Employment: Recovery in action**

Five-week course

One-day workshop each week

Employment is often identified by people who have experienced mental health difficulties or addictions as representing a key part of their recovery journey. A return to employment, or even starting work for the first time, can provide an opportunity to pursue important and valuable goals. People often describe a positive ‘snowball’ effect on their mental health because paid work has created new relationships, built new skills, provided financial rewards and given enhanced meaning to life.

Unfortunately, people also experience challenges in accessing paid work due to discrimination, the complexity of the benefits system, gaps in work experience and lack of access to practical job-seeking skills.

This course explores topics such as setting employment goals, job-seeking, application and interview skills. Participants will learn how best to manage the transition into work, manage their personal information in the workplace, seek benefits advice and how to find out about local employment support.
Making it work at work

Five-week course
Half-day workshop each week

Starting a new job, going to a new place or starting a new course can be a stressful experience. Knowing how to start a conversation and build new friendships can be daunting at times. Dealing with people who annoy you can be challenging.

This course is designed for anyone who would like to gain further skills in communicating with others and in dealing with different social situations. It is a five-week course which will cover the following areas:
• Meeting new people – strategies to start a conversation
• How to deal with conflict
• How to assert yourself in tricky situations
• Getting to know people better
• How to sell yourself
• How to maintain friendships
• How to develop social networks.

This course will help you present yourself in the workplace, get the best out of work and manage relationships with colleagues or supervisors.

To tell or not to tell – what to say to your employer

Half-day workshop

Once diagnosed with a mental health difficulty it can be difficult to decide who, what and how to tell employers and colleagues. Often the fear of what other people may think, or how they will react, can put people off pursuing their employment goals. Stigma can also prevent someone from considering employment as an option at all.

This workshop explores the issue of mental health stigma in relation to employment. We will look at how to discuss personal information about mental health problems and addictions with employers. We will help participants work out a way forward. There is no right answer, the choice is yours.

[The course was] factual, supportive, encouraging
Student
We are passionate about wellbeing for all and improving everyone’s experience of a world that embraces not only personal responsibility but also mutual support in the face of the challenges of living with health difficulties. To do this we need the help of other like-minded communities and organisations.

Some of our partnerships include co-producing fabulous workshops with The Reader Organisation (see page 32) and The Advocacy Project’s User Focused Monitoring Group. Brent Mind Horizon and Nucleus have been involved in consulting and evaluating our workshops and courses and development of our prospectus. Nucleus has also signposted and referred people to almost every course and workshop! Our partnerships also extend to running our workshops and courses in external venues, such as the University of Westminster, Brunel University and the College of North West London.

By working in partnership with our community and external organisations we can:

- Improve student choice by extending the range of courses which support recovery offered in the prospectus.
- Work with mainstream organisations assists the broader agenda of reducing stigma associated with mental health issues.
- We can collaboratively promote “community participation”.
- The expertise and knowledge other organisations bring to working in partnership with us increases the capacity and capability of CNWL Recovery & Wellbeing College. This knowledge and expertise can help us bring even wider opportunities to our students and help bring our work to the mainstream.

By working in partnership with CNWL Recovery & Wellbeing College organisations have:

- Access to resources for improving wellbeing support to their workforce and community.
- Association with a leading and innovative NHS organisation. The CNWL Recovery & Wellbeing College was the third college to be set up nationally and was shortlisted for the 2013 Health and Social Journal awards as an innovation in mental health services.
- Access to excellent publicity using jointly branded materials. We will actively advertise your organisation through the CNWL Recovery & Wellbeing College website and prospectus, for free.

Would you be interested in working in partnership with the CNWL Recovery & Wellbeing College?

If you would like to discuss the benefits of sharing your expertise and working with us, we would love to hear from you. Please do get in touch with Syena Skinner, CNWL Recovery & Wellbeing College Manager on syena.skinner@nhs.net
CNWL and national charity The Reader Organisation have worked in partnership since 2010, when The Reader Organisation began training CNWL staff to run innovative ‘shared reading’ groups with service users across the trust through its flagship ‘Read to Lead’ training programme.

In 2013, this fruitful partnership was extended into the Trust’s ground-breaking Recovery & Wellbeing College. Based on a shared belief in the value of sharing human experiences and stories – those found in literature, our personal stories, and the profound relationship between the two – we have established Learning Sets which teach and support staff, including peer support workers, to share reading with students on a one-to-one and group basis. Through our co-produced ‘Reading for Recovery’ programme, students are (re)discovering the value of reading for pleasure, reflection and human connectedness – essential aspects of developing and sustaining a meaningful recovery.

As well as producing a valuable addition to the Recovery & Wellbeing College’s programme of courses, the partnership with The Reader Organisation enables students to be signposted to other community groups and activities run by the charity across London. Participants become readers rather than service users, within a whole-person approach which supports integration and reduces stigma.

"I was able to ‘feel’ myself by the reading on the day, and felt unfrozen emotionally and in touch with how I felt, which I think is very significant and important for my well-being"
We can all 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 workshops 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 practise assertive communication in a supportive environment.

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**Getting the best out of a GP**

**Half-day workshop**

GPs look after the health of people in their local community and deal with a whole range of health problems. Their surgeries are fast becoming the first point of contact for people with mental health needs and long-term physical health conditions.

GPs usually work in practices as part of a team, which includes nurses, healthcare assistants, practice managers, receptionists and other staff. Practices also work closely with other healthcare professionals, such as health visitors, midwives, and social services. GPs have access to a large amount of differing specialties and partnerships.

This half-day workshop will help you explore what is available to you and how you can navigate the services within a GP practice. The workshop also aims to help you get the most out of your GP consultation.

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**Personal budgets in Brent**

**Two-week course**

Half-day workshop each week

This course introduces the subject of personal budgets with particular focus on the specific processes for accessing personal budgets in Brent.

You can find out:

- What a personal budget is
- How you can use a personal budget to build your recovery or how you can use a personal budget to assist someone you support to build their recovery
- How to plan your own support
- How to overcome obstacles and challenges in your life with the help of a personal budget.

This course is for people who use services, for supporters and for people working in services. It will challenge you to think about personalised support in a different way.
Personal budgets in Harrow

Two-week course
Half-day workshop each week

This course introduces the subject of personal budgets with particular focus on the specific processes for accessing personal budgets in Harrow.

You can find out:
• What a personal budget is
• How you can use a personal budget to build your recovery or how you can use a personal budget to assist someone you support to build their recovery
• How to plan your own support
• How to overcome obstacles and challenges in your life with the help of a personal budget.

This course is for people who use services, for supporters and for people working in services. It will challenge you to think about support in a different way.

Money wise

Four-week course
Half-day workshop each week

This course provides information about everyday money management. It explores:
• Spending behaviours and attitudes towards money
• Essential budgeting skills
• How to increase your income
• Necessary basics on family finance
• Saving and borrowing
• Tools to tackle and manage debt.

This course is equivalent to Entry Level and Level 1 for Effective Money Management of the Open College Network (OCN).

Food for thought

One-day workshop

Eating healthily everyday is not always easy. Making decisions about what is healthy - trying to eat on a limited budget or thinking about the emotional impact food has on our lives can be a challenge.

This workshop will explore how our choices can influence our physical, mental and emotional wellbeing. It will look at the behaviours and attitudes we have towards food.

Whether you are alone and find it hard to plan and prepare food or face the challenge of feeding a family, this workshop will offer helpful strategies and practical tips.
Making friends with computers and getting online

One-day workshop

Do you feel left behind by computers and the internet?
Are you afraid of using computers?
Computer technology has been advancing at a rapid rate and many people are finding it difficult to keep up. It is a myth that people are ‘not good with computers’. What usually happens is that due to life circumstances like mental health difficulties and absences from the workplace we can get separated from advancements in computer technology and not have the opportunity to learn. Some people may have never had the opportunity of using computers.

Increasingly things take place in the world of the internet, from paying bills, getting cheaper deals on products, banking and job opportunities. As the world of the internet expands, not having access to computers and an understanding of the internet can limit our life opportunities and cost us money.

On this workshop we will:
- Learn about how to get around the barriers to using computers
- Practice playing with computers and getting used to them in a non-judgmental environment
- Find out where the free or low cost computer courses are in each of the five boroughs: Brent, Harrow, Hillingdon, Kensington & Chelsea and Westminster
- Find out where you can get public access to computers
- Find out where you can get low cost, re-conditioned computers and laptops
- Find out about financial help on offer to get on board with computers and the internet.

It’s your move – managing a social housing tenancy

Six-week course
Half-day workshop each week

Renting and moving into a council or housing association property can be a daunting and stressful experience. Having to deal with the responsibilities of sorting out utilities, bills, rents and entitlements can seem like a huge undertaking and can feel overwhelming.

This workshop is designed to give you all the information you need to help make your home a happy and safe one.

"The College has helped me to take control back"
Student
Staying safe: Independence, choice and control

One-day workshop

This workshop looks at adult safeguarding and enabling individuals to speak up. It provides staff with tools to ensure staff are really listening, responding and learning from what people have to say.

We all have an important role in speaking up for people who may be vulnerable, more at risk of harm and less able to protect themselves. Many people do not know how to do this, who they can talk to if they have concerns and what might happen if they do speak up.

This workshop offers you a safe environment to discuss issues about adult safeguarding and instil confidence with regard to the processes to follow. It will raise individual awareness about what abuse is, who is eligible for safeguarding, how to report abuse and how to keep safe.

Social media explained

One-day workshop

Do you want to know more about social media? Want to know how you can connect with people online who share similar interests and experiences? Then this course is for you!

Establishing an online presence through social media channels, gives you a voice but also enables you to stay informed about the latest developments and conversations in real time.

During this workshop you will have an opportunity to create your own online profile for several well known social media networks – with hints and tips on how to make new contacts and network safely online.

How to apply coaching skills to support people using services

One-day workshop followed by a half-day follow up

This one-day workshop is aimed at people who want to learn to use coaching skills and apply them in their day-to-day practice enabling people who use services to identify recovery goals and work towards them.

During this course participants will:

• Understand why a coaching approach promotes recovery
• Learn the principles of coaching
• Develop and practice coaching skills
• Learn about the GROW model
• Practice goal setting
• Apply coaching skills in their day-to-day practice

Very useful [workshop] and gave me a lot to think about
Student
Getting involved

Citizenship and co-production

Half-day workshop

Co-production emphasises the development of connections between people to bring about change, and the creation of opportunities. It starts from the idea that no one group or person is more important than another. Everyone is equal and everyone has assets and expertise to bring to the process.

What does being a citizen mean for all of us, in terms of being part of and strengthening our communities? Active and effective citizenship has the power to strengthen our communities, individually and collectively.

In this workshop we will explore what it means to be an ‘active and effective’ citizen.

Citizenship and voting rights

Half-day workshop

The right to vote is a powerful symbol of inclusion or exclusion from society. Would you like to learn more about the history of voting and how to make your vote count?

Voting supports equality and responsibility and gives people a political voice. It also allows them to exert political pressure so that politicians understand and support issues relevant to those with mental illness.

This half-day workshop will:

- Set the historical context of voting
- Discuss who is eligible to vote
- Describe how the British electoral system works
- Show you how to register to vote
- Give practical advice on how to vote.

This workshop is for anyone who is thinking about voting or supporting others to register to vote.

Genuine co-production – not just a token!

One-day workshop

Co-production is a current buzzword which has the potential to revolutionise public services but what does it actually mean?

Basically: that ‘it takes two to tango!’

Co-production is the collaboration of people who run services and people who use services working together, to commission, design and manage new services.

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.
This workshop offers the space to explore the challenges of using our lived experience at work. We will look at forming an identity as a peer worker or as someone co-producing within services, including how to navigate the landscape of new ways of working as these roles develop across health services. We will also consider the emotional and practical issues of preparing ourselves for this rewarding challenge.

This course is aimed at people with lived experience who are involved in peer work, co-producing services or those who are considering becoming involved.

[Quote]
[I learnt about] creating hope inspiring environments, dispelling myths and creating a different narrative.
Student

Recovery and user expertise
One-day workshop

This introductory course will provide a back to basics opportunity for people to address the question, ‘What do we mean by user involvement?’ and how can this be more effective?

The course will help students explore how they can improve their own individual care and treatment by having more meaningful conversations with carers and staff members. It will also examine how students can become involved in using their expertise at a strategic level within CNWL.

The course has been designed in partnership with The Advocacy Project’s User Focused Monitoring team (UFM). The UFM is a team of people who use services and who monitor and evaluate local mental health services.

The Advocacy Project website: www.advocacyproject.org.uk
Co-production explicitly recognises the value and benefits that occur when people who use services work together in partnership with those who provide them. What is fundamental is a shift in relationship between all parties involved to work jointly as equal partners to achieve optimum health and wellbeing for the person using the service. The importance of bringing together the learned expertise of professionals with the lived experience of individuals underpins this series of workshops.

**Workshop 1: Shared decision making**

Half-day

Shared decision-making explicitly recognises a person’s right to make decisions about their care, ensuring they are fully informed about the options they face. The goal is shared power and shared responsibility.

This workshop will provide an opportunity for staff, people using services and supporters to come together and think about what shared decision making looks like in clinical practice and how it can support someone’s recovery.

**Workshop 2: CPA (Care Programme Approach) and co-production**

Half-day

The Care Programme Approach (CPA) is the national framework for mental health services, based on assessment, care planning, review, care and co-ordination, with the aim of supporting a person’s recovery.

This workshop will provide an opportunity for staff, people using services and supporters to come together and think about how the CPA can develop into a co-produced process.

**Workshop 3: From risk management plans towards co-produced safety plans**

Half-day

Procedures for risk assessment and management have historically been centred on the responsibility of professionals to intervene in situations of high-level risks for people. A recovery-focused approach to risk needs to be founded on co-production; shared understanding, shared decision making, and shared responsibility for safety.

This workshop will explore how the practice of risk assessment and management can be developed to focus on keeping safe and promoting personal recovery. It will provide an opportunity for staff, people using services, and supporters to come together and think about a recovery focused approach to risk.
This workshop will provide an introduction into the new commissioning (buying) system for local health services. GPs (General Practitioners) have formed around 500 new NHS bodies in England called NHS Clinical Commissioning Groups (CCGs). GPs, as a part of these groups will be responsible for helping to design local services. There is so much potential for clinical commissioning to be co-productive, which means people who use services and wider communities being part of decisions that commissioners make about local services.

This workshop will explore what Clinical Commissioning is, how will it affect us, and how we can get involved and may be useful to people wanting to get more involved in working within CNWL.

Co-producing research

One-day workshop

The experiences and perspectives of people who have used health and social care services are valuable assets for research into how well those services are working. This course will look at:

- The purpose of research
- Types of research projects
- The skills that we can develop to use our experiences in research.

[Completed a workshop]

[Completed a workshop]

$\text{[I learnt about]}$ the broader meaning of co-production as a way of society operating

Student
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 organising service user involvement, or for staff wanting to improve their management skills.

Train the trainer (three day)

Three-day training workshop
(with a break between days two and three)

Would you like to become a trainer at the CNWL Recovery & Wellbeing College?

This workshop aims to teach individuals how to effectively deliver courses as a co-facilitator at CNWL Recovery & Wellbeing College. The course incorporates learning theories and expertise on presenting skills. There is an expectation that students will deliver their own micro-teaching session on day three of the workshop.

Due to popular demand, a selection process will be undertaken to allocate places.

Train the trainer (one day)

One-day workshop

This workshop is essential for those who would like to become a trainer at the CNWL Recovery & Wellbeing College. It is a shortened version of the three-day Train the Trainer course and is aimed at those who have experience of teaching and delivering educational workshops and courses.

The workshop will explain the principles of the college and what to expect when working alongside us.

It will explore how coproduction lies at the heart of all we do and offers tips and frameworks for workshop and course development.

Very broad & immensely inclusive

Student
Additional learning support

The CNWL Recovery & Wellbeing College welcomes students who may require additional learning support for a range of reasons.

Examples of this might include:

- A physical or mental health problem or medication affecting concentration
- Difficulty with mobility
- A learning difficulty
- A mental health difficulty affecting participation in groups
- A hearing or sight problem
- Physical discomfort.

Accessible course materials

Course materials can be provided in an alternative format on request, for example, in large print, on a coloured background or in a particular font you find easy to read.

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

Yes, all courses can accommodate this. We ask that anyone that accompanies you takes an active part in the course.

Any supporters who accompany students will also need to complete their own enrolment form.

Translation

We can provide a British Sign Language (BSL) interpreter should you require this.

We can also provide interpreters for those who require the courses to be translated into their first language.

If you have your own BSL or language interpreter please inform us that they will be coming.

Disabled access

Most of the venues we use for courses/workshops are accessible and have disabled toilet facilities but please tell us about more specific access requirements on the enrolment form so that we can make adjustments if required or contact you if necessary.

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 loop

All training rooms have hearing loops at Stephenson House. For other training venues please contact the admissions office to discuss your requirements.
## Fees

### CNWL Recovery & Wellbeing College workshop and course prices

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<thead>
<tr>
<th></th>
<th>Workshop half-day</th>
<th>Workshop full-day</th>
<th>Courses 4 half-day sessions</th>
<th>Courses 5 half-day sessions</th>
<th>Courses 6 half-day sessions</th>
<th>Courses 8 half-day session or 4 full days</th>
<th>Courses 10 half-day session or 5 full days</th>
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<tr>
<td>Unwaged people within CNWL catchment area – please note we reserve the right to ask for evidence</td>
<td>£10</td>
<td>£25</td>
<td>£40</td>
<td>£50</td>
<td>£55</td>
<td>£70</td>
<td>£80</td>
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<td>Unwaged people outside of CNWL catchment area – please note we reserve the right to ask for evidence</td>
<td>£20</td>
<td>£40</td>
<td>£65</td>
<td>£85</td>
<td>£95</td>
<td>£150</td>
<td>£170</td>
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<tr>
<td>Waged residents within CNWL catchment area</td>
<td>£30</td>
<td>£65</td>
<td>£100</td>
<td>£120</td>
<td>£160</td>
<td>£200</td>
<td>£240</td>
</tr>
<tr>
<td>Voluntary sector, CNWL partner agencies</td>
<td>£40</td>
<td>£80</td>
<td>£120</td>
<td>£160</td>
<td>£200</td>
<td>£240</td>
<td>£320</td>
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<td>Private sector</td>
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<td>£120</td>
<td>£180</td>
<td>£240</td>
<td>£300</td>
<td>£360</td>
<td>£480</td>
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<tr>
<td>CNWL service users, supporters (up to 12 months after discharge from CNWL services) and CNWL staff.</td>
<td>Free</td>
<td>Free</td>
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How do I find a course?

All of our courses are advertised in this prospectus and can be downloaded from our website www.cnwl.nhs.uk/recoverycollege. Alternatively you can give us a call on 020 3214 5686 or email us on recoverycollege.cnwl@nhs.net and we can post or email one out to you along with a timetable.

How do I enrol onto a course?

If you use CNWL services, or are a supporter (carer, friend or family), please complete the enrolment form at the back of the prospectus or download it from our website.

CNWL staff should enrol in the same way as they would for any other internal course, through the Trust’s online Learning and Development Zone booking system.

Externally commissioned workshop and course fees

We can develop and deliver bespoke training packages that meet your individual requirements.

Please contact us on 020 3214 5686 or recoverycollege.cnwl@nhs.net to discuss your requirements.
What do I do if I need further information about a course?
We are always happy to talk to you regarding any information that you may need, either by phone or email.

How do I check if there are still places on my chosen course?
You can contact the admissions office at the CNWL Recovery & Wellbeing College.

How much do courses cost?
Current courses are provided free of charge to eligible students – see page 43.
There will be a charge for some groups of College users.

When is the CNWL Recovery & Wellbeing College open?
The opening hours are Monday to Friday from 9.30am until 4.30pm. Courses run throughout the day and there are also some evening courses.

Are the courses available in other languages?
All the courses can be translated into another language upon request through the use of interpreters.

Can I access courses elsewhere?
Yes, you may attend the course at the location of your choice where places are available.
We deliver our courses in: Brent, Camden, Harrow, Hillingdon, Kensington and Chelsea, Westminster and Surrey.

Is it possible to look around?
Yes, we hold a number of open days throughout the year. We also host Questions and Answers sessions once a month when you can meet some of the team. See page 2 for dates.

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. We are happy for you to bring your own lunch. A seated area is available for students to use.

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 to support your requirements.

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.

Are the courses available in other languages?
All the courses can be translated into another language upon request through the use of interpreters.

Can I access courses elsewhere?
Yes, you may attend the course at the location of your choice where places are available.
We deliver our courses in: Brent, Camden, Harrow, Hillingdon, Kensington and Chelsea, Westminster and Surrey.

Is it possible to look around?
Yes, we hold a number of open days throughout the year. We also host Questions and Answers sessions once a month when you can meet some of the team. See page 2 for dates.

Is there access to computers?
Not at the moment. We are looking to establish a resource facility which would provide IT and paperless resources in the future.
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 and programmes of study.

We expect you to:
• Tell us about any difficulty on the enrolment form which may make it harder for you to access our courses. This is so we have 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 ensure 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
• Provide a course handbook explaining what your course will offer
• Ensure courses are of a high quality and promote hope, opportunity and control
• Offer advice and guidance on learning and study skills and the use of learning resources
• Provide support, which will help you monitor and review your progress, if you want to
• Devise well planned timetables that, where possible, will take your needs into consideration
• Discuss your next steps upon completion of your course, such as enrolling on another course, if you wish to do so
• 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 no longer able to attend please contact us by phone or email
• Make the most of your student experience and your course
• Be considerate of all students, College staff and others working on a College site by observing the CNWL Recovery & Wellbeing College Code of Conduct
• Comply with 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.
CNWL Recovery & Wellbeing College sites

**Brent**

**College of North West London**  
Dudden Hill Lane, London, NW10 2XD

**The Kingswood Centre**  
134 Honeypot Lane, Kingsbury, London, NW9 9QY

**Wembley Centre for Health and Care**  
116 Chaplin Road, Wembley, HA0 4UZ

**Camden**

**Archway Centre**  
681-689 Holloway Rd, London, N19 5SE

**Belsize Priory Health Centre**  
208 Belsize Road, London, NW6 4DX

**Gospel Oak Health Centre**  
5 Lismore Circus, London, NW5 4QF

**Mortimer Market Centre**  
Off Tottenham Court Road, London, WC1E 6JB

**Peckwater Centre**  
6 Peckwater Street, London, NW5 2UP

**St Pancras Hospital**  
4 St Pancras Way, London, NW1 0PE

**Epsom**

**Horton Haven**  
5 Haven Drive, Long Grove Road, Epsom Surrey, KT19 7HA

**Harrow**

**CNWL Recovery & Training Centre University of Westminster**  
Block F, Watford Road, Harrow, Middlesex, HA1 3TP

**Hillingdon**

**Botwell Library**  
East Avenue, Hayes, Middlesex, UB3 2HW

**Brunel University Library**  
Bannerman Centre, Kingston Lane, Uxbridge, Middlesex, UB8 3PH

**Ickenham Library**  
Long Lane, Ickenham, Middlesex, UB10 8RE

**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

**Yeading Library**  
Yeading Lane, Hayes, Middlesex, UB4 0EW

**Kensington and Chelsea**

**Pall Mall Centre for Mental Health**  
150 Barlby Road, London, W10 6BS

**South Kensington and Chelsea Mental Health Centre**  
1 Nightingale Place, London, SW10 9NG

**St Charles Mental Health Centre**  
Exmoor Street, London, W10 6DZ

**Westminster**

**Latimer House**  
40-48 Hanson Street, London, W1W 6UL

**Stephenson House**  
75 Hampstead Road, London, NW1 2PL

@cnwlrc
Please read pages 5 and 7 before completing this form.

**Course enrolment form.** Please include any additional courses on a separate sheet, if necessary. (Please complete in BLOCK CAPITALS)

<table>
<thead>
<tr>
<th>Course</th>
<th>Date:</th>
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Name
First name: Family name:

Date of birth
__ __/__ __/__ __ __ __ DD/MM/YYYY

Gender

Address

Postcode

Email*
Please print clearly

*Please indicate whether you want us to write to you confirming course details and directions*

By post:  
By email:  

*Are you happy for us to keep you informed?*

By post:  
By email:  
By text:  

Mobile:  
Telephone:

*How best would you describe yourself?*

- [ ] A person who is currently using CNWL services, or recently discharged in the last 12 months
- [ ] A person who has previously used CNWL services more than 12 months ago
- [ ] A carer of someone who is currently using CNWL services, or recently discharged in the last 12 months
- [ ] CNWL staff
- [ ] Other (eg. member of general public, service provider)
Enrolment form

Course enrolment form Please complete in BLOCK CAPITALS

Please outline in brief any difficulty which may make it hard for you to attend or fully benefit from any courses you have enrolled for. (We explain about this on page 7).

________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________________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