



CNWL recovery
& wellbeing college
Hope • Control • Opportunity

NHS

Central and
North West London
NHS Foundation Trust

Autumn/Winter 2017 Term Timetable 11 September – 15 December



Wellbeing for life



Courses and workshops are in date order, and some courses run more than once a term. Please check the timetable in full for all available dates.

Mindfulness – taster workshop		
Half-day workshop		
Brunel University (Hillingdon)	10am – 1pm	Friday 15 September 2017
Discovering self-compassion		
Five-week course (two hours per week)		
Ort House 126 Albert Street London NW1 7NE	10am – 12pm	Wednesday 20 September 2017
		Wednesday 27 September 2017
		Wednesday 4 October 2017
		Wednesday 11 October 2017
		Wednesday 18 October 2017
Understanding anxiety		
Half-day workshop		
Brunel University (Hillingdon)	1pm – 4pm	Wednesday 20 September 2017
Exploring what works for me		
Six-week course (Three hours per week)		
Brunel University (Hillingdon)	1.30pm – 4.30pm	Thursday 28 September 2017
		Thursday 5 October 2017
		Thursday 12 October 2017
		Thursday 19 October 2017
		Thursday 26 October 2017
		Thursday 2 November 2017



Introduction to managing stress

Half-day workshop

Brunel University (Hillingdon)	1pm – 4pm	Wednesday 4 October 2017
-----------------------------------	-----------	--------------------------

Introduction to hearing voices

Half-day workshop

Kensington and Chelsea College, Hortensia Road site (Kensington and Chelsea)	10am – 1pm	Wednesday 4 October 2017
--	------------	--------------------------

Understanding anxiety

Half-day workshop

College of North West London (Brent)	1pm – 4pm	Wednesday 4 October 2017
---	-----------	--------------------------

Understanding alcohol and drug use

Two half-day workshops

College of North-West London (Brent)	10am – 1pm	Thursday 5 October 2017 Thursday 12 October 2017
---	------------	---

Introduction to mindfulness

Six-week course (two hours per week)

Kensington and Chelsea College, Hortensia Road site (Kensington and Chelsea)	10am – 12pm	Thursday 5 October 2017 Thursday 12 October 2017 Thursday 19 October 2017 one week break Thursday 2 November 2017 Thursday 9 November 2017 Thursday 16 November 2017
--	-------------	--

Understanding personality disorder

One-day workshop

CNWL Recovery & Training Centre (Harrow)	10am – 4pm	Friday 6 October 2017
---	------------	-----------------------



Understanding dementia

One-day workshop

Brent Mencap, 379-381 High Road,
Willesden, NW10 2JR
(Brent)

10am – 4pm

Tuesday 17 October 2017

Telling my story

Eight-week course (Two and a half hours per week)

Pembroke Centre
(Hillingdon)

2.15pm – 4.15pm

Tuesday 17 October 2017
Tuesday 24 October 2017
Tuesday 31 October 2017
Tuesday 7 November 2017
Tuesday 14 November 2017
Tuesday 21 November 2017
Tuesday 28 November 2017
Tuesday 5 December 2017

Mindfulness – taster workshop

Half-day workshop

CNWL Recovery & Training Centre
(Harrow)

10am – 1pm

Friday 20 October 2017

Understanding psychosis

Half-day workshop

College of North West London
(Brent)

1pm – 4pm

Tuesday 24 October 2017

Understanding Obsessional Compulsive Disorder (OCD)

Half-day workshop

Brunel University
(Brunel)

1pm – 4pm

Wednesday 25 October 2017



Managing stress and health and wellbeing at work

One-day workshop

College of North West London
(Brent)

10am – 4pm

Friday 27 October 2017

Introduction to mindfulness (Fully booked)

Six-week course (two hours per week)

CNWL Recovery & Training Centre
(Harrow)

10am – 12pm

Friday 27 October 2017
Friday 3 November 2017
Friday 10 November 2017
Friday 17 November 2017
Friday 24 November 2017
Friday 1 December 2017

Managing psychosis together

One day workshop

Stephenson House
(Westminster)

10am – 4pm

Friday 27 October 2017

Introduction to our employment courses

Half-day workshop

Stephenson House
(Westminster)

10am – 1pm

Monday 30 October 2017

Journey to self-discovery

Six-week course (half a day per week)

CNWL Recovery and Training Centre
(Harrow)

1pm – 4pm

Tuesday 31 October 2017
Tuesday 7 November 2017
Tuesday 14 November 2017
Tuesday 21 November 2017
Tuesday 28 November 2017
Tuesday 5 December 2017



Understanding work related welfare benefits

One day workshop

Stephenson House (Westminster)	10am – 4pm	Monday 6 November 2017
-----------------------------------	------------	------------------------

Recovery focused practice for admin staff

Half-day workshop

CNWL Recovery & Training Centre (Harrow)	1pm – 4pm	Monday 6 November 2017
---	-----------	------------------------

Understanding psychosis

Half-day workshop

Mead House (Hillingdon)	10am – 1pm	Tuesday 7 November 2017
----------------------------	------------	-------------------------

Understanding anxiety

Half-day workshop

Kensington and Chelsea College, Hortensia Road site (Kensington and Chelsea)	1pm – 4pm	Wednesday 8 November 2017
--	-----------	---------------------------

Planning for life beyond services

Six-week course (Two and a half hours per week)

Brunel University (Hillingdon)	2pm – 4.30pm	Thursday 9 November 2017 Thursday 16 November 2017 Thursday 23 November 2017 Thursday 30 November 2017 Thursday 7 December 2017 Thursday 14 December 2017
-----------------------------------	--------------	--

Beating mental health discrimination and stigma

Four-week course (half a day per week)

College of North West London (Brent)	10am – 1pm	Friday 10 November 2017 Friday 17 November 2017 Friday 24 November 2017 Friday 1 December 2017
---	------------	---

Reading for recovery
Half-day workshop

CNWL Recovery & Training Centre (Harrow)	1pm – 4pm	Monday 13 November 2017
---	-----------	-------------------------

Genuine co-production – not just a token!
One-day workshop

Stephenson House (Westminster)	10am – 4pm	Wednesday 15 November 2017
-----------------------------------	------------	----------------------------

Understanding depression
One-day workshop

Pembroke Centre (Hillingdon)	10am – 4pm	Friday 17 November 2017
---------------------------------	------------	-------------------------

Goal setting and skills
One-day workshop

Stephenson House (Westminster)	10am – 4pm	Monday 20 November 2017
-----------------------------------	------------	-------------------------

Introduction to recovery
One-day workshop

Stephenson House (Westminster)	10am – 4pm	Monday 20 November 2017
-----------------------------------	------------	-------------------------

A good night's sleep
One-day workshop

Kensington and Chelsea College, Wornington Road site (Kensington and Chelsea)	10am – 4pm	Tuesday 21 November 2017
---	------------	--------------------------

Understanding bereavement
One-day workshop

CNWL Recovery & Training Centre (Harrow)	10am – 4pm	Tuesday 21 November 2017
---	------------	--------------------------



Coping with Christmas

One – day workshop

Brunel University (Hillingdon)	10am – 4pm	Wednesday 22 November 2017
-----------------------------------	------------	----------------------------

Recovery focused practice – what do we mean by recovery and what facilitates it?

One-day workshop

Ort House 126 Albert Street London NW1 7NE	10am – 4pm	Wednesday 22 November 2017
--	------------	----------------------------

Understanding self-harm

Half-day workshop

College of North West London (Brent)	1pm – 4pm	Thursday 23 November 2017
---	-----------	---------------------------

Creativity and wellbeing

One-day workshop

CNWL Recovery and Training Centre (Harrow)	10am – 4pm	Thursday 23 November 2017
---	------------	---------------------------

How to organise and chair meetings

Half-day workshop

Stephenson House (Westminster)	1pm – 4pm	Monday 27 November 2017
-----------------------------------	-----------	-------------------------

Shared decision making

Half-day workshop

Stephenson House (Westminster)	1pm – 4pm	Tuesday 28 November 2017
-----------------------------------	-----------	--------------------------

Recovery focused practice – finding hope and building on strengths

One-day workshop

Ort House 126 Albert Street London NW1 7NE	10am – 4pm	Wednesday 29 November 2017
--	------------	----------------------------

Understanding mental health

Half-day workshop

Stephenson House (Westminster)	1pm – 4pm	Wednesday 29 November 2017
-----------------------------------	-----------	----------------------------

Understanding bipolar disorder

One-day workshop

Kensington and Chelsea College, Hortensia Road site (Kensington and Chelsea)	10am – 4pm	Thursday 30 November 2017
--	------------	---------------------------

CV workshop

One-day workshop

Stephenson House (Westminster)	10am – 4pm	Friday 1 December 2017
-----------------------------------	------------	------------------------

Job searching

One-day workshop

Stephenson House (Westminster)	10am – 4pm	Monday 4 December 2017
-----------------------------------	------------	------------------------

Recovery focused practice – recovery toolbox

One-day workshop

Ort House 126 Albert Street London NW1 7NE	10am – 4pm	Wednesday 6 December 2017
--	------------	---------------------------

Type 2 diabetes – what's my risk?

Half-day workshop

Stephenson House (Westminster)	10am – 1pm	Wednesday 6 December 2017
-----------------------------------	------------	---------------------------

Diabetes and emotional wellbeing

Half-day workshop

Stephenson House (Westminster)	1.30pm – 4.30pm	Wednesday 6 December 2017
-----------------------------------	-----------------	---------------------------



Spirituality and wellbeing

One-day workshop

CNWL Recovery & Training Centre (Harrow)	10am – 4pm	Wednesday 6 December 2017
---	------------	---------------------------

Understanding bipolar disorder

One-day workshop

College of North West London (Brent)	10am – 4pm	Thursday 7 December 2017
---	------------	--------------------------

Job application and interview skills

One-day workshop

Stephenson House (Westminster)	10am – 4pm	Friday 8 December 2017
-----------------------------------	------------	------------------------

Job search support and making an action plan

One-day workshop

Stephenson House (Westminster)	10am – 4pm	Monday 11 December 2017
-----------------------------------	------------	-------------------------

Recovery focused practice – discrimination, moving from risk management to safety planning and review

One-day workshop

Ort House 126 Albert Street London NW1 7NE	10am – 4pm	Wednesday 13 December 2017
--	------------	----------------------------

Shared safety planning

Half-day workshop

Stephenson House (Westminster)	1pm – 4pm	Thursday 14 December 2017
-----------------------------------	-----------	---------------------------

Managing personal information at work

Half-day workshop

Stephenson House (Westminster)	10am – 1pm	Friday 15 December 2017
-----------------------------------	------------	-------------------------

Get in touch

CNWL Recovery &
Wellbeing College
2nd Aocv
Stephenson House
75 Hampstead Road
London
NW1 2PL



Tel: 020 3214 5686
9.30am- 12pm, 1pm - 4.30pm,
Monday to Friday

Email: recoverycollege.cnwl@nhs.net
www.cnwl.nhs.uk/recoverycollgc

•central and North West London NHS Foundation Trust
Information correct at time of going to print (Oun 2017).
Contact us for the latest information and updates.

