NE Hampshire & Surrey Recovery College

Spring 2022 Term Timetable

(January - April)

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

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

Additional courses may also be added to the timetable throughout the term and these will be advertised via our webpage.

All up to date information along with our current course information can be found on our website – www.sabp.nhs.uk/recovery/recovery-college
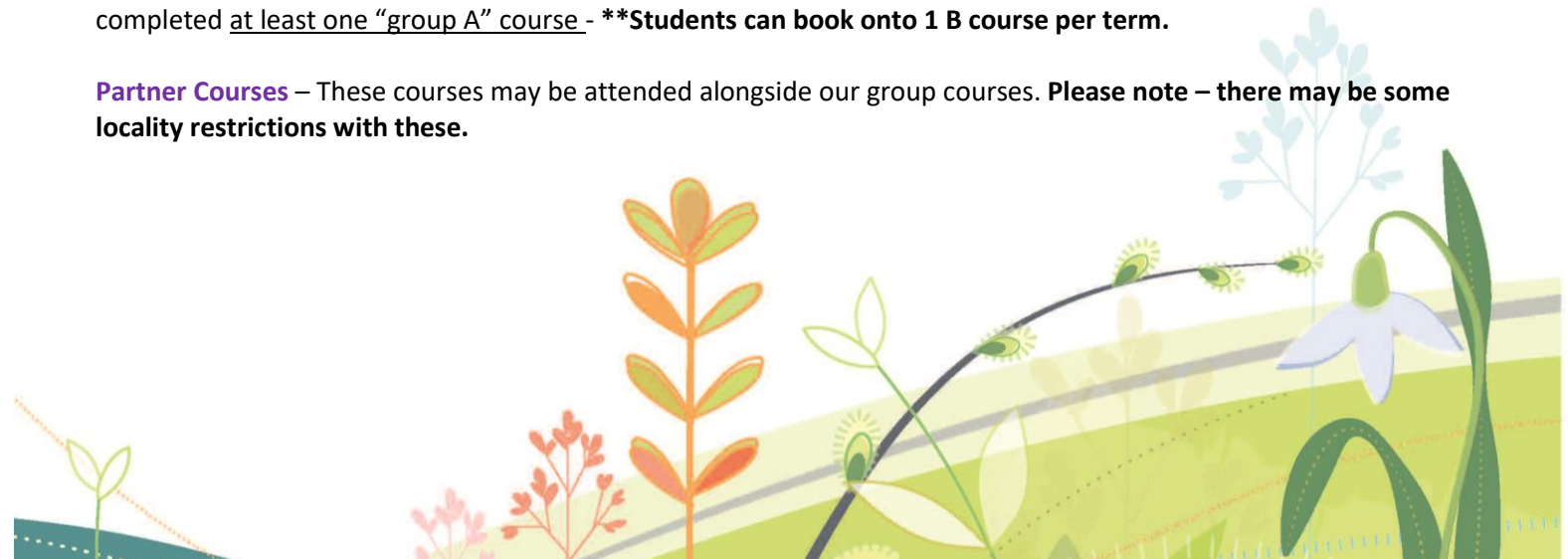
Choosing your Recovery College courses

Our courses are currently split into the following categories:

Introduction to the Recovery College - This is a compulsory course for all new students of the Recovery College. You will learn about the Recovery College, Student Codes of Conduct, expectations, and the courses which we offer.

Course group A – These courses may include group participation and group activities. To attend these courses, you first need to have attended our compulsory Introduction to the Recovery College course. ****students can book onto a maximum of 3 of these courses a term.**

Course group B - These courses may include tasks and practice to be completed outside the course. To attend one of these courses you first need to have attended our compulsory Introduction to the Recovery College course and completed at least one "group A" course - ****Students can book onto 1 B course per term.**

Partner Courses – These courses may be attended alongside our group courses. **Please note – there may be some locality restrictions with these.**

How to Book you Recovery College Courses

Please note that booking for Spring 2022 courses will not open until **12 noon on Wednesday 8th December**. Any requests sent before this time will not be accepted and will need to be resubmitted in order to be processed.

To book onto our courses please complete the [booking form](#) on the website or contact using the following details:.

Recovery College

Theta, Lyon Way, Frimley, Surrey, GU16 7ER

Tel: 01276 454150 / 07920 207046 (text only)

Email: recovery.college@sabp.nhs.uk

What if my chosen course is fully booked?

If your chosen course is showing as fully booked, please contact the college, and ask to be added to the reserve list. If a place becomes available, it will be offered to those on the reserve list.

Course Attendance

It is important to attend all sessions of a course so as not to deny others their opportunity to access the college. Where possible, we want to offer every student the chance to attend their chosen courses and ensure all spaces are filled.

When booking your courses please:

- Only book onto courses you are confident you will be able to attend.
- Carefully check your diary for clashes (we do not have an automated system that can highlight this).
- Attend all sessions of the courses you are booked onto.
- If you are unable to attend the first week or you miss a session of a longer course, please ask the college's permission to continue to attend (if you miss the first session without informing us, we may offer the place to someone else).
- Please log on for your sessions 10 minutes prior to the start time allowing time to address any technical issues.
- If you are more than 20 minutes late, you may not be permitted to join the group.
- If you cannot attend a course or session you have booked onto, please let us know in good time.
- Approximately 1 week prior to a course starting you will be sent your course access link, please contact us in advance if you have not received this and please do not leave to the day of your session.
- Failure to follow these guidelines may result in a course place being withdrawn. We monitor attendance and will contact you if we feel there is a problem so we can work together to solve these issues.

If a student repeatedly misses courses without informing us beforehand, they may be invited to have a conversation with a Recovery Coach before they are able to book onto any further courses.

We are aware that withdrawing from courses is sometimes unavoidable due to illness or unforeseen circumstances, and students will not be penalised for these reasons of non-attendance, we just ask that we are informed as soon as possible. The earlier we know, the more opportunity there is for students on the reserve list to be booked onto the course.

Compulsory Course for new students	This is a compulsory course for all new students of the Recovery College. You will learn about the Recovery College, Student Codes of Conduct, expectations, and the courses which we offer.			
Course & Number of Sessions	**Course Type**	**Day & Date** *(Course Code for Booking Purposes)*	**Time**	**Location**
Introduction to the Recovery College *1 session, 2.5 hours*	Online	**FULLY BOOKED** Thursday 6th January *Course Code: IRC/A*	10am–12.30pm	Microsoft Teams
	Online	**FULLY BOOKED** Friday 7th January *Course Code: IRC/B*	10am - 12.30pm	Microsoft Teams
	Online	Wednesday 12th January *Course Code: IRC/C*	10am - 12.30pm	Microsoft Teams
	Online	Wednesday 19th January *Course Code: IRC/D*	2pm-4:30pm	Microsoft Teams
	Online	Wednesday 26th January *Course Code: IRC/E*	10am - 12.30pm	Microsoft Teams
	Online	Friday 4th February *Course Code: IRC/F*	10am - 12.30pm	Microsoft Teams
	Online	Wednesday 9th February *Course Code: IRC/G*	2pm-4:30pm	Microsoft Teams
	Online	Monday 21st February *Course Code: IRC/I*	10am - 12.30pm	Microsoft Teams
	Online	Wednesday 2nd March *Course Code: IRC/J*	10am - 12.30pm	Microsoft Teams
	Online	Thursday 10th March *Course Code: IRC/K*	10am - 12.30pm	Microsoft Teams
	Online	Friday 18th March *Course Code: IRC/L*	10am - 12.30pm	Microsoft Teams
	Online	Thursday 24th March *Course Code: IRC/H*	10am - 12.30pm	Microsoft Teams
	Online	Thursday 31st March *Course Code: IRC/M*	1:30pm-4pm	Microsoft Teams

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Group A	These courses may include group participation and group activities. To attend these courses, you first need to have completed a compulsory Introduction to the Recovery College course (for new students who have never attended a Recovery College Course). * **Courses cannot be repeated within 1 academic year.**			
Course & Number of Sessions	**Course Type**	**Day & Date** *(Course Code for Booking Purposes)*	**Time**	**Location**
Adapting to a New Normal *2 sessions, 2 hours*	Online	**Thursdays** 24th Feb & 3rd March *Course Code: ANN/A*	2pm – 4pm	Microsoft Teams
Confidence & Self-Esteem *6 sessions, 2 hours*	Online	**Thursdays** 6th January – 10th February *Course Code: CaSE/A*	10am – 12pm	Microsoft Teams
	Face to Face	**FULLY BOOKED** **Wednesdays** 23rd February – 30th March *Course Code: CaSE/B*	2pm – 4pm	Aldershot
Discovering Self-Compassion *6 sessions, 2 hours*	Online	**FULLY BOOKED** **Mondays** 10th January – 21st Feb *(No Session 14th Feb)* *Course Code: DSC/A*	10am – 12pm	Microsoft Teams
	Online	**FULLY BOOKED** **Wednesdays** 26th January – 9th March *(No Session 16th Feb)* *Course Code: DSC/B*	10am – 12pm	Microsoft Teams
Healthy Boundaries, Healthy Relationships *3 sessions, 2 hours*	Online	**FULLY BOOKED** **Wednesdays** 12th January – 26th January *Course Code: HBHR/A*	2pm – 4pm	Microsoft Teams
Healthy Sleep Habits *1 session, 2.5 hours*	Online	**FULLY BOOKED** **Tuesday** 1st February *Course Code: HSH/A*	2:30pm – 5pm	Microsoft Teams
Introduction to Crisis Planning *1 session, 2.5 hours*	Online	**Monday** 14th March *Course Code: ICP/A*	10am-12.30pm	Microsoft Teams

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Managing Mental Health at Work *3 sessions, 2 hours*	Online	**FULLY BOOKED** **Thursdays** 13th January – 27th January *Course Code: MMHW/A*	10am-12pm	Microsoft Teams
Moving on from Self-Harm *3 sessions, 2 hours*	Face to Face	**Tuesdays** 11th January – 25th January *Course Code: MOSH/A*	2pm – 4pm	Guildford
Suicide Prevention Training *4 sessions, 2 hours*	Online	**Tuesdays** 2nd March – 23rd March *Course Code: SPT/A*	2pm – 4pm	Microsoft Teams
Sustaining Meaningful Relationships *6 sessions, 2 hours*	Face to Face	**FULLY BOOKED** **Thursdays** 20th January – 3rd March (No session 17th February) *Course Code: SMR/A*	2pm – 4pm	Guildford
Understanding Addictions *3 session, 2 hours*	Online	**Tuesdays** 22nd February – 8th March *Course Code: UA/A*	10am – 12pm	Microsoft Teams
Understanding Adult ADHD *1 session, 2.5 hours*	Online	**FULLY BOOKED** **Friday** 21st January *Course Code: UADHD/A*	10am – 12:30pm	Microsoft Teams
Understanding Depression & Anxiety *4 sessions, 2 hours*	Online	**FULLY BOOKED** **Wednesdays** 12th January – 2nd February *Course Code: UDA/A*	10am-12pm	Microsoft Teams
Understanding Mental Health Medication *2 sessions, 2 hours*	Online	**FULLY BOOKED** **Tuesdays** 22nd February & 1st March *Course Code: UMHM/A*	2:30pm – 4:30pm	Microsoft Teams
Understanding OCD *3 sessions, 2 hours*	Online	**Thursdays** 6th January – 20th January *Course Code: UOCD/A*	2pm – 4pm	Microsoft Teams
Understanding Personality Disorder *3 sessions, 2 hours*	Online	**FULLY BOOKED** **Thursdays** 10th March – 24th March *Course Code: UPD/A*	2pm – 4pm	Microsoft Teams

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Group B	These courses may include tasks and practice to be completed outside the course. To attend one of these courses you first need to have attended our compulsory Introduction to the Recovery College course and completed <u>at least one "group A" course</u> - **Students can book onto 1 B course per term and these courses cannot be repeated within 1 academic year.**			
Course & Number of Sessions	**Course Type**	**Day & Date** *(Course Code for Booking Purposes)*	**Time**	**Location**
Managing Binge Eating *8 session, 2 hours*	Online	**FULLY BOOKED** **Tuesdays** 1st Feb – 5th April (No sessions 22nd Feb & 15th March) *Course Code: MBE/A*	1:30pm – 3:30pm	Microsoft Teams
Managing Intense Emotions *9 sessions, 2 hours*	Face to Face	**Thursdays** 13th January – 17th March (No session 17th February) *Course Code: MIE/A*	10am-12pm	Guildford
	Online	**FULLY BOOKED** **Wednesdays** 19th January – 23rd March (No session 16th February) *Course Code: MIE/B*	10am-12pm	Microsoft Teams
	Online	**Wednesdays** 26th January – 30th March (No session 16th February) *Course Code: MIE/C*	10am-12pm	Microsoft Teams
Recovery in ACTion *7 sessions, 2 hours*	Online	**FULLY BOOKED** **Wednesdays** 2nd February- 23rd March (No session 16th February) *Course Code: ACT/A*	2pm – 4pm	Microsoft Teams
Understanding PTSD *6 sessions, 2 hours*	Face to Face	**FULLY BOOKED** **Thursdays** 3rd February – 10th March *Course Code: UPTSD/A*	2pm – 4pm	Guildford

This course is open to anyone with an ASD diagnosis, their family and support staff.

Post Diagnostic ASD Course *4 sessions, 2 hours*	Online	**Tuesdays** 25th January – 15th Feb *Course Code: PDASD/A*	6pm-8pm	Microsoft Teams

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PARTNER COURSES

Hampshire Cultural Trust (HCT) Courses – for North East Hampshire and Farnham Recovery College Students (NE)

The Recovery College is currently in partnership with Hampshire Cultural Trust to provide creative courses. Due to government funding for these courses Hampshire Cultural Trust can only receive funding for our students to do just <u>1 of their courses within this coming academic year (September 2021 – July 2022).</u>

Please book these courses directly with HCT - deborah.neubauer@hampshireculturaltrust.org.uk

Course & Number of Sessions	Course Type	Day & Date	Time	Location
Get Stuck into Collage *8 sessions, 2 hours*	Face-to-Face	**Tuesdays** 25th January – 22nd March (No session 22nd February) ***Course Code: HCTCo***	10:30am-12:30pm	Aldershot
Jewellery Making *6 sessions, 2 hours*	Face-to-Face	**Tuesdays** 25th January – 8th March (No session 22nd February) ***Course Code: HCTJM***	2pm-4pm	Aldershot
Lino Cutting *8 sessions, 1.5 hours*	Face-to-Face	**Mondays** 17th January – 14th March (No session 21st February) ***Course Code: HCTLC***	1pm-3pm	Aldershot

Workers' Educational Association (WEA) Courses – for Surrey Recovery College Students (RC)

The Surrey Recovery College is currently in partnership with the Workers' Educational Association (WEA) to provide creative courses. Due to funding, these courses are only for our Recovery College students (RC) living in East Surrey in the boroughs of Reigate and Banstead, Epsom & Ewell, Tandridge and Mole Valley.

When Courses are released, they will be added here.

Course & Number of Sessions	Course Type	Day & Date	Time	Location

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