



Pilot Scheme

Wednesday 17th - Wednesday 24th July
2013

11 co-produced & co-delivered courses for service users, supporters
(family, friends and carers) and staff



Maudsley Charity
Health in Mind

South London and Maudsley
NHS Foundation Trust



Your opportunity to become one of the first ever students of the SLaM Recovery College!

When it opens, our college will offer recovery-focused education and training, delivered by peers and professionals, in an open and friendly setting. As part of the development of the college we are running a pilot scheme of eleven courses, covering a range of topics.

All of these courses, created and delivered by peers and professionals working together, will be held at the Ortus Learning Centre.

Timetable

Wednesday 17th July

10.30 am - 1.00 pm Help, I've Been Invited to a Meeting!

For anyone new to attending meetings, here's a fun and interactive session covering the basics - what a meeting is, what paperwork there might be, who does what, and how to prepare.

10.00 am - 1.00 pm Volunteering and Recovery

How volunteering can be an important part of recovery – by boosting confidence, offering a valued role within the community and opening up possibilities for the future.

Thursday 18th July

10.30 am - 12.30 pm Personal Independent Payments (PIP) Explained

PIP is replacing Disability Living Allowance (DLA). This session explores both the similarities and the differences between the two benefit schemes and how it might affect you.

1.30 pm - 4.30 pm The Mindful Way to Wellbeing (an Introduction)

The aim of this interactive session is to provide an introduction to the principles and practices of mindfulness. The session includes three short, seated meditations.

Monday 22nd July

9.45 am - 4.00 pm Whose Mental Health Is It Anyway? Collaborative working in recovery

This course aims to help develop the skills needed (by service users, supporters and staff) to develop and support the individual's choices in, and ownership of, their recovery journey.

Tuesday 23rd July

10.30am - 1.00pm Improve Your Meeting Skills

For those with some experience of attending meetings, this session will explore the challenges of making meetings productive and how you can make the most of your contribution. The session aims to be interactive and thought provoking.

1.30 pm - 4.30 pm How Do People Overcome Drug and Alcohol Use?

This workshop explores how people come to use substances and/or engage in other addictive behaviours, and how people change their behaviour patterns.

10.00 am - 4.30pm Train the Trainers (Day One)

A two-day workshop (see also Wed 24th) for individuals interested in delivering, as co-facilitators, courses at the college. The workshop will incorporate learning theories and expertise on presenting skills. Facilitated by staff of the CNWL Recovery College.

Wednesday 24th July

9.30 am - 4.30 pm Mental Health Awareness For All

This course aims to increase understanding of what influences our mental health, including the causes of, and the impact of stigma on, mental distress. We will also explore the impact of verbal and non-verbal communication skills and how we can use these skills to support one another.

10.00 am - 4.30pm Train the Trainers (Day Two)

The second day of the training workshop delivered by the staff of CNWL's Recovery College.

1.30 pm - 4.30 pm Spirituality and Wellbeing

This workshop will focus on a gentle exploration of participants' spiritual values, world views and guiding philosophies and how these are important for, and connected to, a sense of wellbeing. It will also explore the relationship between spirituality and mental health as it is experienced in people's everyday lives, and how this can contribute to recovery and healing.

1.00 pm - 4.00 pm Motivation: Finding Your 'Get Up and Go'

An opportunity to discuss and describe what can make it hard for us to do the things we'd like to do, and to provide some tips on ways of feeling more motivated.

HOW TO REGISTER FOR A COURSE

If you are a service user, supporter or a member of staff and would like to register as a student, please email: tony.holmes@slam.nhs.uk

If you do not have access to a computer, please call us on: 020 3228 2175

Places for this initial pilot scheme are limited. If you are unable to secure a place on a course, there will be plenty of opportunity to re-apply when the college officially opens.

Please note: no expenses can be reimbursed for attendance and no refreshments are provided (other than water). However, students will get a 10% discount on items purchased in the venue's café.

Venue/Location

ORTUS Learning Centre
82 - 96 Grove Lane
Denmark Hill
SE5 8SN

Nearest train/tube: Denmark Hill. Turn right out of the station, then right into Windsor Walk, and enter the Maudsley site through the black gates. Turn right and follow signage for "ORTUS Learning Centre".

By bus: Routes 40, 42, 68 (24 hrs) 176 (24 hrs), 185, 468, 484 all stop nearby.

