

Wellbeing & Recovery College

Spring 2025 term guide

www.westlondon.nhs.uk

Please check the URL to make sure it looks authentic and it is the intended site. All courses and workshops advertised here are free and you should not be asked for payment to attend.



About the Wellbeing & Recovery College

The West London Wellbeing & Recovery College is open to everyone 18 and over, living, working and studying in Ealing, Hounslow and Hammersmith & Fulham. Our educational courses and workshops are free and focus on physical, mental and emotional wellbeing and recovery.

We believe hope, empowerment, possibility and aspiration are central to good mental health and wellbeing. Courses and workshops are developed and delivered using a combination of lived and professional experience. This co-production process is at the heart of everything we do.

We will continue to work closely with our partners and communities to develop and offer relevant courses and workshops. Within our collaborative framework, we also provide a limited number of free advertising spaces in our term guide for community and charitable organisations. This initiative allows us to promote activities and events that complement the work of the Wellbeing and Recovery College and are considered beneficial to our broader communities. Community events and activities will be categorised under "Happening in the Community" to clearly differentiate them from the programs led by the WBR College.

We look forward to welcoming new and returning students who want to learn about their mental health and wellbeing in a friendly, supportive environment. We are available, if needed, to answer questions and help you decide which courses or workshops might be right for you.

For more information or to book our Workshops/Courses, please contact us on: **07483 950 910 / 020 8483 1456**
or email bookings.recoverycollege@westlondon.nhs.uk

Wellbeing

W. Introduction to anxiety management

Tue 14 Jan | 2pm-4pm | Online

This workshop will briefly explore how being anxious affects us. We will look at some of the reasons for this and practice a number of techniques that can relieve anxiety. The workshop will provide an overview of the anxiety management course, for those interested in the longer course but wanting more information.

W. Low mood: how it can affect us

Thurs 16 Jan | 2pm-4pm | Online

In this workshop we will discuss low mood and its associated symptoms. We will consider why we might be experiencing low mood and identify what can help as well as outlining other support available.

C. Relaxation techniques

Fri 17 Jan (for 4 weeks) | 11am-12.30pm
Online

This 4 part course will be a space to learn how to relax. We will practise a variety of relaxation techniques including visualisation, breathing exercises, and progressive muscular relaxation.

W. Nature and wellbeing

Mon 20 Jan | 11am-1pm | Online

Being in nature is proven to support our mood, sleep and general wellbeing. Never has it been more important to explore the natural world around us. This 2 hour workshop will briefly explore the science and help us to engage in everyday nature whilst living in an urban environment.

C. Mindfulness: learning to be present

Tue 21 Jan (for 6 weeks) | 2pm-3.30pm |
Online

These 6 sessions are best suited to those who feel they have come some way along their recovery journey. The sessions will incorporate meditation, self-reflection exercises and group interaction focused on living in the present moment with more ease.

C. Learning about Thinking, Emotions and Relationships (LATER)

Wed 22 Jan (for 10 weeks) | 10am-12pm |
West Thames College

This is an 10 week course for 2 hours per week. The course teaches skills and theory from mentalisation based therapy (MBT), dialectical behaviour therapy (DBT), Group psychotherapy and attachment theory to help manage thoughts, feelings and relationships differently.

C. Improving our relationship with food

Fri 24 Jan (for 3 weeks) | 10am-12pm |
Online

Food plays a significant role in our daily lives and is central to human culture and family life. This 3 part course will delve into the question of why we eat the way we do, explore what a healthy relationship with food can look like, and will take a closer look at the role of social media and nutritional misinformation.

Wellbeing

C. Anxiety management

Tue 28 Jan (for 6 weeks) | 11am-1pm | online

These 6 sessions will explore when, why and how we experience anxiety. We will look at a variety of tools that can be used to help manage both the physical and psychological difficulties associated with having anxiety.

C. Speaking out: an introduction to being assertive

Wed 29 Jan (for 3 weeks) | 1pm-4pm
West Thames College

These 3 sessions cover the basics of assertiveness; what it is, and the challenges that we can face when we struggle to be assertive. We will explore how we can communicate more effectively in order to get our needs met and identify tools and skills that can help us to think and act more assertively in our everyday lives.

C. Exploring spirituality

Thurs 30 Jan (for 3 weeks) | 10am-1pm | ICC

This course is an opportunity to explore the role spirituality plays in our wellbeing. Over 3 sessions we will look at the role of spirituality within the context of mental and physical health. We will discuss the differences and commonalities between spirituality and religion, and explore how spiritual resources can help develop resilience and promote wellbeing.

C. Understanding and managing depression

Thurs 30 Jan (for 3 weeks) | 2pm-4pm | Online

These 3 sessions will look at depression and the ways in which it can affect us. We will explore practical steps that people have

found useful in managing their experiences. This will include discussions about how we look after ourselves, identifying triggers, early warning signs, and communicating with people in our lives.

W. Memory strategies for all

Mon 3 Feb | 2pm-4pm | Venue TBC

We are all forgetful at times. This workshop will provide information about memory function and what can impact it. It will also outline practical strategies and helpful techniques we can use day to day.

W. Understanding obsessive compulsive disorder (OCD)

Wed 5 Feb | 2pm-4pm | Online

This workshop will explore the symptoms of OCD and how it affects people and their ability to live day to day. The session will also look at some of the ways people can manage thoughts and compulsive behaviours and will provide signposting for those wishing to seek further support.

W. Getting a better night's sleep

Mon 10 Feb | 2pm-4pm | Online

This 2 hour workshop will explore how sleep works, why we need it and some of the common causes of sleep difficulties, as well as giving some strategies to help you to get a better night's sleep.

W. Meet the pharmacist: understanding medication for depression and anxiety

Fri 14 Feb | 10am-12pm | Online

Do you want to know more about medications available for depression and anxiety? We will look at how they work, the potential side effects, withdrawal symptoms

Wellbeing

and overall management of medications. This workshop is not designed for individual circumstances, but will include an overview of the role of mental health pharmacists and how they can support us around medication.

C. To Keep or not to keep: learning about decluttering

Mon 24 Feb (for 3 weeks | 2pm-4pm | Online

In these 3 sessions we will look at our thoughts and feelings around letting go, and identify healthy ways to release our attachments to objects that may hold meaning for us. We will explore decluttering techniques and improve our decision making skills. This process may lead to us being able to free up physical and emotional space.

C. Coping skills

Wed 26 Feb (for 6 weeks) | 2pm-4pm | Online

This 6 part course looks at managing our mental health as well as improving our wellbeing and quality of life. We will cover a variety of topics that give us tools to help with managing our thoughts and difficult emotions, developing more helpful behaviours, coping with stress and worry, and getting a better night's sleep.

C. Raising children whilst caring for yourself

Thru 27 Feb (for 2 weeks) | 11am-1pm | Online

Parenting can be hard work. This 2 part course is aimed at parents with babies and young children and will help us to acknowledge that being a 'perfect parent' all the time is not possible. We will look at the importance of mental health and wellbeing, as well as recognising when stress levels are rising and consider things we can do to help. The course will also outline what support and services are available.

W. Meet the pharmacist-understanding medication for depression & anxiety

Fri 28 Feb | 10am-12pm | Online

Do you want to know more about medications available for depression and anxiety? We will look at how they work, the potential side effects, withdrawal symptoms and overall management of medications. This workshop is not designed for individual circumstances, but will include an overview of the role of mental health pharmacists and how they can support us around medication.

C. What shapes us?

Mon 3 Mar (for 3 weeks) | 2pm-4:30pm | Venue West Thames College

In this course we will be thinking about what makes us who we are. We will look at different models and theories that show us that our personalities and identities are in fact not fixed. The course will help us to see that we are constantly changing as we are shaped by our experiences and relationships. Not just in early childhood and adolescence, but across the course of our lives. In exploring relationships we will think about how the way we interact with others is also informed by who we are.

C. Grief and loss

Wed 5 Mar (for 2 weeks) | 10am-1pm | West Thames College

Grieving is a highly individual experience; how we grieve and the effects it will have on us will depend on many factors. These 2 sessions will explain the grieving process and investigate the complex feelings that can be involved. It will look at the differences between grief and depression as well as outlining coping strategies to help us navigate the future.

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C. Tapping into emotional freedom

Thurs 6 Mar (for 5 weeks) | 9.30am-12pm
Online

Emotional Freedom Technique (EFT) is based on the same principles as acupuncture, but instead of using needles, we gently tap on the meridian points on the face and upper body. During the 5 sessions we will learn this tapping technique to help manage any physical or psychological symptoms and increase our sense of wellbeing.

C. Chelsea Physic Garden sessions

Mon 10 Mar (for 4 weeks) |
2pm -3.30pm | Mindsports

Are you missing a connection with nature? Are you wondering how to improve your wellbeing naturally? We will spend 3 workshops together exploring physic (medicine) gardens, herbal remedies and the power of being outdoors on our wellbeing. A fourth session will be at Chelsea Physic Garden where you will visit this secret oasis and discover another world of plants.

W. Hearing voices and unusual beliefs

Tue 11 Mar | 1:30pm-4:30pm | Online

This workshop explores voice-hearing and unusual beliefs. The objective is to look at solution based options that may be beneficial to those who attend. We will also signpost to local Hearing Voices Groups.

W. Understanding the connection between our thoughts, feelings and behaviours

Thurs 13 Mar | 2pm-4pm | Online

This 2 hour workshop will explore how our thoughts, feelings and behaviours are linked using the framework of the Cognitive Behavioural Model. This overview would also

be helpful for anyone wanting to do the Coping Skills course.

C. Understanding Low mood and Anxiety

Tue 18 Mar (for 2 weeks) |11am-1pm| online

In this 2 part course we will explore what we mean by low mood and anxiety, how best to support ourselves and when to look for extra help. We will also signpost to other courses and talk about what else is on offer in the local community.

C. Exploring values and self-compassion

Tue 18 Mar (for 3 weeks) | 1pm-4pm | ICC

This 3 part course will explore the role of emotions and how we can learn to accept them, even if they are uncomfortable. We will also consider the role that our core values play in relation to wellbeing, and practice mindfulness techniques as a way of helping us to become kinder and more compassionate towards ourselves. This course incorporates self reflective exercises and is best suited to those who feel they have come some way along their mental health journey.

C. Exploring body image

Tue 18 Mar (for 3 weeks) | 10am-12pm |
Online

These 3 sessions will explore why body image is important and how cultural ideals, gender and other factors can shape the way we feel about our bodies. We will investigate the impact of social media and ways in which body positivity and self-acceptance can enhance our wellbeing. We welcome anyone who would like to learn more about body image or would like to start thinking about how to develop a better relationship with their body.

Wellbeing

W. Food, Sports and Men's health

Tue 25th Feb | 5.30 pm - 7pm | Venue TBC

This workshop will explore the connections between food, body image, and eating challenges, with a focus on men's experiences. Covering topics such as societal pressures, sports-related body ideals, and nutritional myths, the session combines mental health, sports, and lived experience expertise. Whether you're looking to improve your relationship with food, support someone you know or simply want to learn more, this session offers guidance and tools for building a balanced approach to nutrition and wellbeing.

C. Food, Sports and Men's health

Wed 5th March (for 4 weeks) | 6pm - 8pm
| BFC

This course will explore the connections between food, body image and potential difficulties with eating. Included will be discussion around athleticism, body perception and balanced relationships with food. Delivered using a combination of mental health, sports and lived experience expertise, the workshop will explore societal pressures, sports related body ideals and nutritional myths that can impact mental and physical wellbeing.

The above workshop and course are delivered in partnership with Brentford FC Community Sports Trust.

C. Nature and recovery

Wed 19 Mar (for 3 weeks) | 11am-1pm

Week 1: Online

Week 2: local walk

Week 3: Kew Gardens

Over 3 sessions we will look at the science behind why nature is so beneficial for our

mental wellbeing and the importance of spending time outside. It will also look at ways we can connect with nature every day, whilst living in an urban environment.

C. Confidence building

Mon 24 Mar | 1pm-4pm | West Thames College

Many of us feel we might be lacking in confidence or self-esteem. Over these 3 sessions we will look at a range of confidence building techniques, we will try them out and experiment to see which ones we find helpful.

W. Recognising unhealthy relationships

Thurs 27 Mar | 11am-1pm | Online

This interactive workshop offers a whistle-stop tour to help understand potentially unhealthy relationships. The session will explore different types of domestic abuse and coercion. You may be concerned about your own relationship or someone you support, or may just be interested and want to know more. The course will outline support available in Hounslow but will also give information about services in Hammersmith & Fulham and Ealing.

C. Discovering self-compassion

Fri 28 Mar (for 2 weeks) | 11am-1pm | Online

Do you find it hard to make time to look after yourself? Do you criticise yourself and treat yourself more harshly than you would other people? This 2 sessions course will help you to learn to look after yourself and understand that being kinder to yourself is possible for everyone.

Physical wellbeing

C. Walking football

Mon 24 Feb (for 6 weeks) | 1pm-3pm | QPR

A non-contact sport, similar to regular football except walking not running. It is an excellent way of staying fit and healthy and everyone is welcome regardless of age, ability and gender. This 6 week course will include 60 minutes of Walking Football and 30 minutes of training on a different topic each week including Low Mood, Stress, Nature and Wellbeing.

C. Managing fatigue

Mon 24 Feb (for 2 weeks) | 2pm-4pm | Online

This course will cover some of the causes and effects of fatigue (feeling extremely tired or exhausted most of the time, possibly as a result of illness or long term condition). We will explore strategies to help manage energy levels and things you can do that may help reduce the impact of fatigue day to day. There will be opportunities to share experiences and tips in a supportive group.

C. Your physical wellbeing

Fri 7 Mar (for 4 weeks) | 11am-1:30pm
Venue TBC

In these 4 sessions we will learn about different aspects of physical health. We will look at barriers we may face and how to make positive changes, set goals and increase motivation to help you improve your overall wellbeing.

Happening in the community

Introduction to healthy lifestyle

Designed for adults who are receiving or seeking support for their mental health, these 12 sessions explore aspects of a healthy lifestyle including habit creation, looking after our physical health and mental health, and how to make sustainable lifestyle changes. Starts Thurs Jan 9th | 11am-12pm

Comedy for thought

This course focuses on personal empowerment, performance skills and finding your unique comedic voice, providing an outlet in a relaxed and trusted environment. NB: this is a men-only course (18+). Starts Mon Jan 27th | 18:00-19:30

Football for thought

A FREE football session for men aged 18-55 in a friendly atmosphere. All abilities welcome! Sessions are supported by qualified football coaches and mental health specialists.

These courses are part of Brentford FC Community Hub programme, for more info and to sign up please contact: health@brentfordfcst.com



Community
Sports Trust

Creativity

C. Creative writing

Tue 21 Jan (for 6 weeks) | 2pm-4pm | ICC

Join professional writers from **Write-London** for a new poetry based creative writing project. This 6 week course, will explore various forms of poetry that provide everyone an opportunity to express their creativity. While looking at some forms and technique we will also look closely at creative practise, examining and exploring various ways in which writing can be approached.

C. Gay in the 80s' a Creative Writing Course

Wed 5th Feb (for 2 weeks) 2pm – 4pm
Venue TBC

This 2 session creative writing course is an opportunity for members of the LGBTQIA+ community, aged 60+, to come together and engage in a project creatively exploring the past.

C. Writing for self expression

Fri 28 Feb (for 4 weeks) | 11am-1pm | ICC

Over 4 sessions we will be exploring various short stories and poems by famous writers, we will then start the expressive writing process. Expressive writing is not creative writing or therapy, but a form of self-expression which helps a person to think about their life and put their thoughts and feelings into words. It is personal freestyle writing that fosters self-awareness and wellbeing. In partnership with the **Royal Literary Fund**.

C. Using art to better understand our emotions

Mon 10 Mar (for 4 weeks) | 2pm-4pm | ICC

This 4 session course will explore our wellbeing through simple art techniques. It will include increasing our understanding of emotions, how they link with our thoughts, and how they influence our behaviour and relationships. You don't need to be good at art or have any previous experience.

Happening in the community

Events at The English National Opera Venue: London Coliseum

Thurs 30th Jan, 13:00 pm | Relaxed performance of The Pirates of Penzance

Mon 3rd Feb, 14:30pm | Dress rehearsal of The Marriage of Figaro

Friday, 14 Feb, 10:30 – 12:00 | On-stage singing workshop

Research shows that music, singing, and opera promote engagement, enhance positive emotions, and foster social connections. During the autumn term, we successfully launched our first singing course in collaboration with the English National Opera (ENO). ENO is proud to offer both new and existing students the opportunity to explore opera through a variety of events. These events are part of our community access package therefore are offered free of charge. Spaces are limited and ticket allocation will be on a first-come, first-served basis.

For more info or to book please contact:
07483 950 910/020 8483 1456 or
bookings.recoverycollege@westlondon.nhs.uk

Lunch and Learn (LL)

Learn simple tools to relax and unwind with these 45 minute **online** workshops.

Mindfulness

Thurs 23 Jan | 12.30pm-1.15pm

An overview of Mindfulness principles to help manage distress and overwhelming feelings.

Mindful movement

Thurs 30 Jan | 12.30pm-1.15pm

Thurs 13 Feb | 12.30pm-1.15pm

Learn to focus on gentle body movements to help release tension and strengthen the mind-body connection.

Stress and the stress bucket

Thurs 6 Feb | 12.30pm-1.15pm

Recognise the signs of stress levels rising, and identify strategies which can help managing stress.

Heart breathing

Thurs 6 Mar | 12.30pm-1.15pm

An ancient style of meditation which focuses on the breath and the heart centre.

Gratitude and grounding

Thurs 13 Mar | 12.30pm-1.15pm

Recognising things we are grateful for can help us to feel less stressed. We will close with a grounding exercise.

Body scan

Thurs 20 Mar | 12.30pm-1.15pm

This meditation will help you release physical tension in your body, allowing you to feel more relaxed.

Forest visualisation

Thurs 27 Mar | 12.30pm-1.00pm

During this session we will relax and unwind and take a trip to the forest (in our minds)

Beach visualisation

Thurs 3rd April | 12.30pm-1.00pm

During this session we will relax and unwind and take a trip to the beach (in our minds)



Evening Courses (EC) & Workshops (EW)

EC. Overcoming Social Anxiety for the LGBTQIA community

Mon 13 Jan (2 weeks) | 6pm–7:30pm |

Session 1: Online, Session 2 –TBC

Feeling anxious in new settings and with new people is really common. This 2 week evening course will explore what social anxiety is, how it feels, and the ways we may be able to manage it. The first session will be online and the second session will be an in-person activity with the West London Queer Project.

EC. Mindfulness

Thurs 6 Mar (for 5 weeks) | 6pm-7pm | Online

Mindfulness is the ability to be fully present and not overwhelmed by what's going on around us. These 5 sessions will teach simple but effective techniques to help us to feel more calm, be kinder to ourselves and focus on what's happening in the current moment.

Additional courses

W. Keeping warm this winter: Green Doctors London

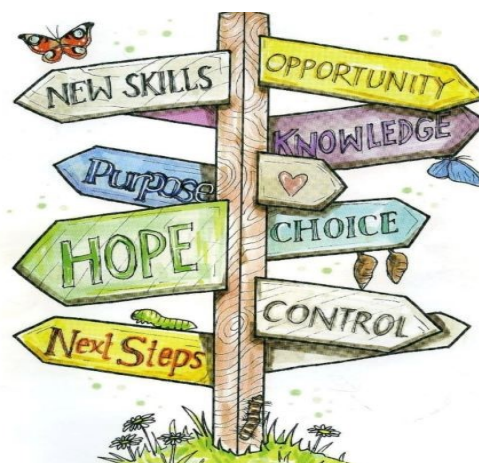
Fri 24 Jan | 11am-1pm | Online

Taking back control of our energy bills can help improve both our physical and mental health. In this workshop run by the Green Doctors, part of the community charity Groundwork London, we will start to look at the current energy situation, ways to save money on energy bills, improving energy efficiency in our homes and will look at what help is available for eligible residents.

EW. Telling your employer about your mental health and reasonable adjustments

Mon 24 Mar | 6pm-8pm | Online

This workshop looks at why we might want or not want to tell our employer about our mental health. We discuss how and when to tell them, who to tell at work and how much information you might want to give. We consider reasonable adjustments and what this could mean for you. We also discuss discrimination at work and how the Equality Act 2010 can help you.



W. Staying well at work

Mon 10 Mar | 2pm-4pm | Online

In this workshop we will look at what well-being means to us and how we can stay well in general and at work. We will start to create our own wellbeing plans, and will look at how to use these effectively and will signpost to other organisations that can help going forward.

Additional courses

W. Suicide awareness

Thurs 27th Feb | 2pm-4.30pm | Venue: TBC

We understand this is a sensitive topic but also one which is important for us to talk about. During this workshop we will watch a video and have breaks for discussion and to reflect on the material. This training can help us break the stigma and feel more comfortable having honest conversations around mental health, suicidal thoughts, and bereavement. The #ZeroSuicideLDN training has been developed by the Thrive LDN campaign.

W. Starting to think about volunteering, training and work event

Mon 17 Mar | 2pm-4pm | Online

This workshop will explore options for job seeking, training and volunteering and how they can help with your mental health and wellbeing. We will have guest speaker (s) and will hold space for questions.

W. What is peer support and peer training?

Tue 1 Apr | 1pm-4pm | Online

There are volunteering and paid roles where you can use your lived experience of mental health difficulties. This 3 hour workshop will outline Peer support and Peer training roles. It will give a brief historical context as well as discuss the plans for future development of Peer roles within our services.

W. Volunteering at West London NHS Trust

Fri 4 Apr | 2pm-4pm | Online

Come and join us to learn more about volunteering with the Trust. Volunteering can help you build skills, increase your understanding of the NHS and make a real difference to patient care. It can also be a good stepping stone into employment if that is your goal.

W. Introduction to Co-Production

Co-production is a term which refers to staff, service-users and carers working together collaboratively, bringing lived and professional experience to design, develop and improve services. If you are a staff member, service user, patient or carer at West London NHS Trust and would like to learn more about co-production, sign up to one of these 3 hour workshops. There are in person and online options.

For more information or to book:
info@futurebrightsolutions.co.uk or
07860 104223

Happening in the community

Dancing Books

Where the magic of movement and storytelling come together! FREE classes for children under four, adults 60+ (seated and standing classes) and for adults with disabilities and learning disabilities (SEND).

For more information and to sign up visit: <https://www.dancewest.co.uk/dancingbooks2024>

Happy Parent: confident child

Discover the Secrets to Confident Parenting! The Confident Parent, Happy Child project supports parents and carers of children aged 0-18 years living in the London Borough of Hammersmith and Fulham. Join us to explore common parenting challenges, from toddler tantrums to dealing with rude teens, and discover effective solutions. Understand the real reasons behind your child's behaviours and turn frustration into understanding. The project offers a range of evidence-based parenting programs that provide valuable insights and practical strategies. Build a happier home and a stronger bond with your child.

For info contact: Marina Kopanja
07740752679/0207 605 0800
marina@upg.org.uk
parenting@upg.org.uk
<https://www.upg.org.uk/confident-parent-happy-child/>

Money skills workshops

Crosslight Advice offer a range of free courses and workshops to support you with managing your finances day to day, and to feel more confident and in control of your money. Locations in Hounslow, Richmond & Ealing (daytime and evening workshops) + online options available.

For more information and to sign up visit: www.themoneycourse.org/join or contact Megan on 020 3750 2537 / info@themoneycourse.org



Ongoing groups and forums

Co-production Café

The Wellbeing and Recovery College is passionate about co-production being at the core of everything we do. We would like to start discussions around some of the complexities surrounding Complex Emotional Needs (CENs) associated with a diagnosis of Personality Disorder, and how we can feed your views into our developing timetable. **Please contact us for more information.**

Have your say at the Recovery College

Working together is at the heart of what we do at the Recovery College. Co-production means using combined expertise from students, including families, friends and mental health professionals to develop what we do. As well as our evaluation forms, we are planning regular sessions to share ideas and gather opinions to help us shape the courses we deliver and where/how we deliver them. **Please contact us for more information.**

How to book our courses and workshops

Step 1:

New students should complete the online registration form at:

www.westlondon.nhs.uk/recovery-college

- Scroll down the page
- In the pink menu, click on the tab called Enrol online
- The form can be completed from any device with an internet connection
- If you do not have online access or need support with enrolment contact us on **07483 950 910 / 020 8483 1456**

Step 2:

After completing the enrolment form, or if you are a returning student, contact us to book courses/workshops:

07483 950 910 / 020 8483 1456

bookings.recoverycollege@westlondon.nhs.uk

Timetable: January to April 2025

Week 3

Jan	13	Mon	6pm-7.30pm	Overcoming Social Anxiety week 1	EC	Online	11
Jan	14	Tue	2pm-4pm	Introduction to Anxiety Management	W	Online	3
Jan	16	Thurs	2pm-4pm	Low Mood - How it can affect us	W	Online	3
Jan	17	Fri	11am-12.30pm	Relaxation Techniques week 1	C	Online	3

Week 4

Jan	20	Mon	11am-1pm	Nature & Wellbeing	W	Online	3
Jan	20	Mon	6pm-7.30pm	Overcoming Social Anxiety week 2	C	TBC	11
Jan	21	Tue	2pm-3.30pm	Mindfulness: Learning to be Present Week 1	C	Online	3
Jan	21	Tue	2pm-4pm	Creative Writing week 1	C	ICC	9
Jan	22	Wed	10am-12pm	LATER week 1	C	West Thames	3
Jan	23	Thurs	12.30pm-1.15pm	Mindfulness Lunch and Learn	LL	Online	10
Jan	24	Fri	10am-12pm	Improving our Relationship with Food week 1	C	Online	3
Jan	24	Fri	11am-1pm	Keeping Warm this Winter	W	Online	11
Jan	24	Fri	11am - 12.30pm	Relaxation Techniques week 2	C	Online	3

Week 5

Jan	28	Tue	11am-1pm	Anxiety Management week 1	C	Online	4
Jan	28	Tue	2pm-3.30pm	Mindfulness: Learning to be Present week 2	C	Online	3
Jan	28	Tue	2pm-4pm	Creative Writing week 2	C	ICC	9

Jan	29	Wed	10am-12pm	LATER week 2	C	West Thames	3
Jan	29	Wed	1pm-4pm	Speaking Out: An Introduction to being Assertive week 1	C	West Thames	4
Jan	30	Thurs	10am-1pm	Exploring Spirituality week 1	C	ICC	4
Jan	30	Thurs	2pm-4pm	Understanding and Managing Depression week 1	C	Online	4
Jan	30	Thurs	12.30pm-1.15pm	Mindful Movement	LL	Online	10
Jan	31	Fri	10am-12pm	Improving our Relationship with Food week 2	C	Online	3
Jan	31	Fri	11am-12.30pm	Relaxation Techniques week 3	C	Online	3
Week 6							
Feb	3	Mon	2pm-4pm	Memory Strategies For All	W	TBC	4
Feb	4	Tue	11am-1pm	Anxiety Management week 2	C	Online	4
Feb	4	Tue	2pm-3.30pm	Mindfulness: Learning to be Present week 3	C	Online	3
Feb	4	Tue	2pm-4pm	Creative Writing week 3	C	ICC	9
Feb	5	Wed	10am-12pm	LATER week 3	C	West Thames	3
Feb	5	Wed	1pm-4pm	Speaking Out: An Introduction to being Assertive week 2	C	West Thames	4
Feb	5	Wed	2pm-4pm	Gay in the '80s" a Creative Writing course - week 1	C	TBC	9
Feb	5	Wed	2pm-4pm	Understanding OCD	W	Online	4
Feb	6	Thurs	10am-1pm	Exploring Spirituality week 2	C	ICC	4
Feb	6	Thurs	2pm-4pm	Understanding and Managing Depression week 2	C	Online	4
Feb	6	Thurs	12.30pm-1.15pm	Stress and the Stress Bucket	LL	Online	10
Feb	7	Fri	10am-12pm	Improving our Relationship with Food Week 3	C	Online	3
Feb	7	Fri	11am-12.30pm	Relaxation Techniques week 4	C	Online	3

Week 7							
Feb	10	Mon	2pm-4pm	Getting a Better Nights Sleep	W	Online	4
Feb	11	Tue	2pm-3.30pm	Mindfulness: Learning to be Present week 4	C	Online	3
Feb	11	Tue	2pm-4pm	Creative Writing week 4	C	ICC	9
Feb	11	Tue	11am-1pm	Anxiety Management 3	C	Online	4
Feb	12	Wed	10am-12pm	LATER week 4	C	West Thames	3
Feb	12	Wed	1pm-4pm	Speaking Out: An Introduction to being Assertive week 3	C	West Thames	4
Feb	12	Wed	2pm-4pm	Gay in the '80s" a Creative Writing course - week 2	C	TBC	9
Feb	13	Thurs	10am-1pm	Exploring Spirituality week 3	C	ICC	4
Feb	13	Thurs	12.30pm -1.15pm	Mindful Movement	LL	Online	10
Feb	13	Thurs	2pm-4pm	Understanding and Managing Depression week 3	C	Online	4
Feb	14	Fri	10am-12pm	Meet The Pharmacist - Understanding Antipsychotic Medication	W	Online	4
Week 8 - half term - Mon 17 Feb - Fri 21 Feb							
Week 9							
Feb	24	Mon	1pm-3pm	Walking Football week 1	C	QPR	8
Feb	24	Mon	2pm-4pm	Managing Fatigue week 1	C	Online	8
Feb	24	Mon	2pm-4pm	To Keep or not to Keep: Learning about Decluttering week 1	C	Online	5
Feb	25	Tue	2pm-3.30pm	Mindfulness: Learning to be Present week 5	C	Online	3
Feb	25	Tue	2pm-4pm	Creative Writing week 5	C	ICC	9
Feb	25	Tue	11am-1pm	Anxiety Management week 4	C	Online	4
Feb	25	Tue	5.30pm-7pm	Food, sports and men's health	W	TBC	7
Feb	26	Wed	2pm-4pm	Coping Skills week 1	C	Online	5
Feb	26	Wed	10am-12pm	LATER week 5	C	West Thames	3
Feb	27	Thurs	11am-1pm	Raising Children whilst Caring for Yourself week 1	C	Online	5

Feb	27	Thurs	2pm-4pm	Suicide Awareness	W	TBC	12
Feb	28	Fri	10am -12pm	Meet The Pharmacist - Understanding Medication for Depression and Anxiety	W	Online	5
Feb	28	Fri	11am-1pm	Writing for Self Expression week 1	C	ICC	9
Week 10							
Mar	3	Mon	1pm-3pm	Walking Football week 2	C	QPR	8
Mar	3	Mon	2pm-4pm	Managing Fatigue week 2	C	Online	8
Mar	3	Mon	2pm-4.30pm	What shapes us? week 1	C	West Thames	5
Mar	3	Mon	2pm-4pm	To Keep or not to Keep: Learning about Decluttering week 2	C	Online	5
Mar	4	Tue	2pm-3.30pm	Mindfulness: Learning to Be Present week 6	C	Online	3
Mar	4	Tue	2pm-4pm	Creative Writing week 6	C	ICC	9
Mar	4	Tus	11am-1pm	Anxiety Management week 5	C	Online	4
Mar	5	Wed	10am-12pm	LATER week 6	C	West Thames	3
Mar	5	Wed	2pm-4pm	Coping Skills week 2	C	Online	5
Mar	5	Wed	10am-1pm	Grief and Loss week 1	C	West Thames	5
Mar	5	Wed	6pm-8pm	Food, Sports, and Men's Health week 1	C	BFC	7
Mar	6	Thurs	12.30pm -1.15pm	Heart Breathing	LL	Online	10
Mar	6	Thurs	9.30am-12pm	Tapping into Emotional Freedom week 1	C	Online	6
Mar	6	Thurs	11am-1pm	Raising Children whilst Caring for Yourself week 2	C	Online	5
Mar	6	Thurs	6pm-7pm	Mindfulness Evening week 1	EC	Online	11
Mar	7	Fri	11am-1.30pm	Physical Wellbeing week 1	C	TBC	8
Mar	7	Fri	11am-1pm	Writing for Self Expression week 2	C	ICC	9

Week 11							
Mar	10	Mon	1.30pm-4.30pm	Walking Football week 3	C	QPR	8
Mar	10	Mon	2pm-4pm	Staying Well at work	W	Online	11
Mar	10	Mon	2pm-4pm	To keep or not to keep: Learning about Decluttering week 3	C	Online	5
Mar	10	Mon	2pm-4pm	Using Art to Better Understand our Emotions week 1	C	ICC	9
Mar	10	Mon	2pm-3.30pm	Chelsea Physic Garden week 1	C	Mindsports	6
Mar	10	Mon	2pm-4.30pm	What shapes us? week 2	C	West Thames	5
Mar	11	Tues	1.30pm-4.30pm	Hearing Voices and Unusual Beliefs	W	Online	6
Mar	11	Tues	11am-1pm	Anxiety Management week 6	C	Online	4
Mar	12	Wed	10am-12pm	LATER week 7	C	West Thames	3
Mar	12	Wed	2pm-4pm	Coping Skills week 3	C	Online	5
Mar	12	Wed	10am-1pm	Grief and Loss week 2	C	West Thames	5
Mar	12	Wed	6pm-8pm	Food, Sports, and Men's Health week 2	C	BFC	7
Mar	13	Thurs	12.30am -1.15pm	Gratitude and Grounding	LL	Online	10
Mar	13	Thurs	9.30am-12pm	Tapping into Emotional Freedom week 2	C	Online	6
Mar	13	Thurs	6pm-7pm	Mindfulness Evening week 2	EC	Online	11
Mar	13	Thurs	2pm-4pm	Understanding the Connection between Thoughts, Feelings and Behaviours	W	Online	6
Mar	14	Fri	11am-1.30pm	Physical Wellbeing week 2	C	TBC	8
Mar	14	Fri	11am-1pm	Writing for Self Expression week 3	C	ICC	9

Week 12							
Mar	17	Mon	1pm-3pm	Walking Football week 4	W	QPR	8
Mar	17	Mon	1pm-3.30pm	Chelsea Physic Garden week 2	C	Mindsports	6
Mar	17	Mon	2pm-4pm	Starting to Think about Work/ Training/Volunteering	W	Online	12
Mar	17	Mon	2pm-4pm	Using Art to Better Understand our Emotions week 2	C	ICC	9
Mar	17	Mon	2pm-4.30pm	What Shapes Us? week 3	C	West Thames	5
Mar	18	Tue	11am-1pm	Understanding Low Mood and Anxiety week 1	C	Online	6
Mar	18	Tue	1pm-4pm	Exploring Values and Self- compassion week 1	C	ICC	6
Mar	18	Tues	10am-12pm	Exploring Body Image week 1	C	Online	6
Mar	19	Wed	11am-1pm	Nature & Recovery week 1	C	Online	7
Mar	19	Wed	10am-12pm	LATER week 8	C	West Thames	3
Mar	19	Wed	6pm-8pm	Food, Sports, and Men's Health week 3	C	BFC	7
Mar	19	Wed	2pm-4pm	Coping Skills week 4	C	Online	5
Mar	20	Thurs	12.30pm -1.15pm	Body Scan	LL	Online	10
Mar	20	Thurs	9.30am-12pm	Tapping into Emotional Free- dom week 3	C	Online	6
Mar	20	Thurs	6pm-7pm	Mindfulness Evening week 3	EC	Online	11
Mar	21	Fri	11am-1pm	Writing for Self-Expression week 4	C	ICC	9
Mar	21	Fri	11am-1.30pm	Physical Wellbeing week 3	C	TBC	8
Week 13							
Mar	24	Mon	1pm-3pm	Walking Football week 5	C	QPR	8
Mar	24	Mon	1pm-3.30pm	Chelsea Physic Garden week 3	C	Mindsports	6
Mar	24	Mon	1pm-4pm	Confidence Building week 1	C	West Thames	7
Mar	24	Mon	2pm-4pm	Using Art to Better Understand our Emotions week 3	C	ICC	9

Mar	24	Mon	6pm-8pm	Telling your employer about your MH and Reasonable Adjustments	W	Online	11
Mar	25	Tue	11am-1pm	Understanding Low mood and Anxiety week 2	C	Online	6
Mar	25	Tue	10am-12pm	Exploring Body Image week 2	C	Online	6
Mar	25	Tue	1pm-4pm	Exploring Values and Self-compassion week 2	C	ICC	6
Mar	26	Wed	10am-12pm	LATER week 9	C	West Thames	3
Mar	26	Wed	11am-1pm	Nature & Recovery week 2	C	Local Walk	7
Mar	26	Wed	2pm-4pm	Coping Skills week 5	C	Online	5
Mar	26	Wed	6pm-8pm	Food, Sports, and Men's Health week 4	C	BFC	7
Mar	27	Thurs	12.30pm -1.15pm	Forest Visualisation	LL	Online	10
Mar	27	Thurs	9.30am-12pm	Tapping into Emotional Freedom week 4	C	Online	6
Mar	27	Thurs	6pm-7pm	Mindfulness Evening 4	EC	Online	11
Mar	27	Thurs	11am-1pm	Recognising Unhealthy Relationships	W	Online	7
Mar	28	Fri	11am-1.30pm	Physical Wellbeing week 4	C	TBC	8
Mar	28	Fri	11am-1pm	Discovering Self-compassion week 1	C	Online	7
Week 14							
Mar	31	Mon	1pm-3pm	Walking Football week 6	C	QPR	7
Mar	31	Mon	1pm-4pm	Confidence Building week 2	C	West Thames	7
Mar	31	Mon	2pm-3.30pm	Chelsea Physic Garden week 4	C	Mindsports	6
Mar	31	Mon	2pm-4pm	Using Art to Better Understand our Emotions week 4	C	ICC	9

Apr	1	Tues	1pm-4pm	What is Peer Support & Peer Training?	W	Online	11
Apr	1	Tues	1pm-4pm	Exploring Values and Self-compassion week 3	C	ICC	6
Apr	1	Tues	10am-12pm	Exploring Body Image week 3	C	Online	6
Apr	2	Wed	11am-1pm	Nature & Recovery week 3	C	Kew Gardens	7
Apr	2	Wed	10am-12pm	LATER week 10	C	West Thames	3
Apr	2	Wed	2pm-4pm	Coping Skills week 6	C	Online	5
Apr	3	Thurs	9.30am-12pm	Tapping into Emotional Freedom week 5	C	Online	6
Apr	3	Thurs	12:30pm-1pm	Beach Visualisation	LL	Online	10
Apr	3	Thurs	6pm-7pm	Mindfulness Evening 5	EC	Online	11
Apr	4	Fri	11am-1pm	Discovering Self-compassion week 2	C	Online	7
Apr	4	Fri	2pm-4pm	Volunteering at West London NHS Trust	W	Online	11

Venues for face-to-face training

Spring 2025

Fulham Football Club

Craven Cottage
Stevenage Rd
London SW6 6HH

ICC

Irish Cultural Centre

5 Black's Rd
London W6 9DT

Mindsports

21 Dalling Rd
London W6 0JD

QPR Stadium

(Power League)

41 South Africa Rd
London W12 7RW

West Thames College

London Rd
Isleworth
London TW7 4HS

Brentford FC Community Sports Trust

1a Thomas Layton Way,
Underwood House, Brentford,
TW8 0SB

NB: the Wellbeing and Recovery College is temporarily operating from a range of local venues. We hope to be able to return to our base in Brentford soon, and we will be notifying our students when this happens.



Community Sports Trust



Royal Literary Fund

