

# AUTUMN 2021 TERM



## CAMDEN AND ISLINGTON NHS TRUST RECOVERY COLLEGE

In the Autumn 2021 term we will deliver our courses as online sessions via the Microsoft Teams platform, classes in person and with pre-recorded sessions.

For MS Teams sessions we will email you a link to the session(s) once you enrol. You can then join the course on the day by clicking the link – no fees or special equipment required.

Some of our courses are 'pre-recorded video' – these are videos that we host on YouTube. We will email links to these videos to students who enrol on them.

You can enrol on maximum three courses per term.

1	Alone, but not lonely – <b>in person</b>	5 November 2021, 10am-3pm
2	Art and flow, three online sessions	23, 30 November, 7 December 2021, 2-3pm
3	Being kind to yourself – <b>in person</b>	9 December 2021, 10am-4pm
4	Building your assertiveness toolbox, three online sessions	17, 24 November, 1 December 2021, 2-3pm
5	Coping with anxiety toolbox	Pre-recorded video series
6	Coping with the festive season – <b>in person</b>	2 December 2021, 1-4pm
7	Dealing with debt	Pre-recorded video session
8	Dealing with difficult emotions, three online sessions	14, 21, 28 September 2021, 11am-12pm
9	Dealing with low mood and depression, two online sessions	19, 26 November 2021, 12-1pm
10	Exercise to feel good	Two pre-recorded video sessions
11	Food for wellbeing	Pre-recorded video session
12	Getting a good night's sleep	Two pre-recorded video sessions

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13	Green prescription - Growing plants for wellbeing	Two pre-recorded video sessions
14	How to cope with traumatic events, three online sessions	23, 30 September, 7 October 2021, 11am-12pm
15	Introduction to dance and movement for health and wellbeing - <b>in person</b> , four sessions In partnership with The Place	1, 8, 15, 22 October 2021, 6:15-7:30pm
16	Introduction to mindfulness, two online sessions	18, 25 November 2021, 2-3pm
17	Introduction to spirituality and wellness	Pre-recorded video session
18	Kundalini yoga	Three pre-recorded video sessions
19	Living well with a long-term condition, three online sessions	1, 8, 15 December 2021, 2-3pm
20	Making and enjoying herbal tea mindfully	Pre-recorded video session
21	Making the most of your memory, three online sessions	15, 22, 29 November 2021, 2-3pm
22	Making the most of your money, two online sessions	6, 13 December 2021, 2-3pm
23	Men's space – <b>in person</b> , four sessions	6, 13, 20 October, 3 November 2021, 2-4pm
24	Nurturing self-compassion, two online sessions	3, 10 November 2021, 11am-12pm
25	Nurturing self-compassion	Two pre-recorded video sessions
26	Psychosis: ways of understanding the experience, two online sessions	14, 21 October 2021, 2-3pm
27	Relationships and self-care, four online sessions	16, 23, 30 November, 7 December 2021, 2-3pm

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28	Staying Sane as a Parent: maintaining your wellbeing in the context of parenting Two online sessions in partnership with The Camden Parents' Wellbeing Service	4, 11 November 2021, 11am-12:30pm
29	Tree of life, two online sessions	1, 8 November 2021, 2-3pm
30	Understanding anxiety	Three pre-recorded video sessions
31	Understanding and coping with anxiety, three online sessions	2, 9, 16 November 2021, 11am-12pm

## SEPTEMBER 2021

MONDAY	TUE	WED	THUR	FRIDAY
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>13</b>	<b>14</b> Dealing with difficult emotions, 1/3, 11am-12pm	<b>15</b>	<b>16</b>	<b>17</b>
<b>20</b>	<b>21</b> Dealing with difficult emotions, 2/3, 11am-12pm	<b>22</b>	<b>23</b> How to cope with traumatic events, 1/3, 11am-12pm	<b>24</b>
<b>27</b>	<b>28</b> Dealing with difficult emotions, 3/3, 11am-12pm	<b>29</b>	<b>30</b> How to cope with traumatic events, 2/3, 11am-12pm	<b>1 OCTOBER</b> Introduction to dance and movement for health and wellbeing, 1/4 6:15-7:30pm

<b>OCTOBER 2021</b>				
MON	TUE	WEDNESDAY	THUR	FRIDAY
<b>4</b>	<b>5</b>	<b>6</b> Men's space, 1/4, 2-4pm	<b>7</b> How to cope with traumatic events, 3/3, 11am-12pm	<b>8</b> Introduction to dance and movement for health and wellbeing, 2/4 6:15-7:30pm
<b>11</b>	<b>12</b>	<b>13</b> Men's space, 2/4, 2-4pm	<b>14</b> Psychosis: ways of understanding the experience, 1/2, 2-3pm	<b>15</b> Introduction to dance and movement for health and wellbeing, 3/4 6:15-7:30pm
<b>18</b>	<b>19</b>	<b>20</b> Men's space, 3/4, 2-4pm	<b>21</b> Psychosis: ways of understanding the experience, 2/2, 2-3pm	<b>22</b> Introduction to dance and movement for health and wellbeing, 4/4 6:15-7:30pm
<b>HALF-TERM AUTUMN BREAK 25-29 OCTOBER 2021</b>				

## NOVEMBER 2021

MONDAY	TUESDAY	WEDNESDAY	THUR	FRIDAY
<b>1</b> Tree of life, 1/2 2-3pm	<b>2</b> Understanding and coping with anxiety, 1/3, 11am-12pm	<b>3</b> Nurturing self-compassion 1/2, 11am-12pm  Men's space, 4/4, 2-4pm	<b>4</b> Staying Sane as a Parent: maintaining your wellbeing in the context of parenting, 1/2 11am-12:30pm	<b>5</b> Alone but not lonely 10am-3pm
<b>8</b> Tree of life, 2/2 2-3pm	<b>9</b> Understanding and coping with anxiety, 2/3, 11am-12pm	<b>10</b> Nurturing self-compassion 2/2, 11am-12pm	<b>11</b> Staying Sane as a Parent: maintaining your wellbeing in the context of parenting, 2/2 11am-12:30pm	<b>12</b>
<b>15</b> Making the most of your memory, 1/3, 2-3pm	<b>16</b> Understanding and coping with anxiety, 3/3, 11am-12pm  Relationships and self-care, 1/4, 2-3pm	<b>17</b> Building your assertiveness toolbox, 1/3, 2-3pm	<b>18</b> Introduction to mindfulness, 1/2, 2-3pm	<b>19</b> Dealing with low mood and depression, 1/2 12-1pm

<p><b>22</b> Making the most of your memory, 2/3, 2-3pm</p>	<p><b>23</b> Relationships and self-care, 2/4, 2-3pm  Art and flow 1/3, 2-3pm</p>	<p><b>24</b> Building your assertiveness toolbox, 2/3, 2-3pm</p>	<p><b>25</b> Introduction to mindfulness, 2/2, 2-3pm</p>	<p><b>26</b> Dealing with low mood and depression, 2/2 12-1pm</p>
<p><b>29</b> Making the most of your memory, 3/3, 2-3pm</p>	<p><b>30</b> Relationships and self-care, 3/4, 2-3pm  Art and flow 2/3, 2-3pm</p>	<p><b>1 DEC</b> Building your assertiveness toolbox, 3/3, 2-3pm  Living well with a long-term condition, 1/3, 2-3pm</p>	<p><b>2 DEC</b> Coping with the festive season, 1-4pm</p>	<p><b>3 DEC</b></p>

## DECEMBER 2021

MONDAY	TUE	WEDNESDAY	THUR	FRIDAY
<b>6</b> Making the most of your money, 1/2, 2-3pm	<b>7</b> Relationships and self-care, 4/4, 2-3pm  Art and flow 3/3, 2-3pm	<b>8</b> Living well with a long-term condition, 2/3, 2-3pm	<b>9</b> Being kind to yourself, 10am-4pm	<b>10</b>
<b>13</b> Making the most of your money, 2/2, 2-3pm	<b>14</b>	<b>15</b> Living well with a long-term condition, 3/3, 2-3pm	<b>16</b>	<b>17</b>  <b>END OF TERM</b>