



CNWL recovery  
& wellbeing college  
Hope • Control • Opportunity

**NHS**

Central and  
North West London  
NHS Foundation Trust

# Summer 2017 Term Timetable

## 26 April – 29 July



*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.

**Working in partnership with your GP**  
**Half-day workshop**

Brunel University (Hillingdon)	1.30pm – 4.30pm	Wednesday 26 April 2017
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**Understanding anxiety**  
**Half-day workshop**

Brunel University (Hillingdon)	1.30pm – 4.30pm	Wednesday 3 May 2017
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**Understanding self-harm**  
**Half-day workshop**

Kensington and Chelsea College, Hortensia Road site (Kensington and Chelsea)	10am – 1pm	Thursday 4 May 2017
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**Introduction to managing stress**  
**Half-day workshop**

Salvation Army (Kilburn)	1pm – 4pm	Friday 5 May 2017
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**Taking back control: health and wellbeing plans**  
**Six-week course (Three hours per week)**

CNWL Recovery and Training Centre (Harrow)	10am – 1pm	Monday 8 May 2017
		Monday 15 May 2017
		Monday 22 May 2017
		Monday 5 June 2017
		Monday 12 June 2017
		Monday 19 June 2017

**Introduction to healthy lifestyle workshops**  
**Half-day workshop**

Salvation Army (Kilburn)	1pm – 4pm	Wednesday 10 May 2017
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**Understanding anxiety**  
**Half-day workshop**

Kensington and Chelsea College, Hortensia Road site (Kensington and Chelsea)	10am – 1pm	Wednesday 10 May 2017
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**Managing stress and your health and wellbeing at work**  
**One-day workshop**

CNWL Recovery and Training Centre (Harrow)	10am – 4pm	Friday 12 May 2017
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**You and your wellbeing**  
**One-day workshop**

CNWL Recovery and Training Centre (Harrow)	10am – 4pm	Monday 15 May 2017
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**Understanding dementia**  
**Half-day workshop**

Brent Mencap, 379-381 High Road, Willesden, NW10 2JR (Brent)	10am – 1pm	Monday 15 May 2017
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**Staying safe: independence, choice and control**  
**One-day workshop**

Latimer House (Westminster)	10am – 4pm	Wednesday 17 May 2017
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**Exercising for health**  
**Half-day workshop**

Salvation Army (Kilburn)	1pm – 4pm	Wednesday 17 May 2017
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**Setting up a peer support group**  
**One-day workshop**

Pembroke Centre (Hillingdon)	10am – 4pm	Thursday 18 May 2017
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**Understanding bipolar disorder**  
**One-day workshop**

Nightingale Place (Kensington and Chelsea)	10am – 4pm	Thursday 18 May 2017
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**Understanding alcohol and drug use**  
**Two half-day workshops**

College of North West London (Brent)	1pm – 4pm	Thursday 18 May 2017
		Thursday 25 May 2017





**Assertiveness skills**  
**Four-week course (two and half hours per week)**

CNWL Recovery and Training Centre (Harrow)	10am – 12.30pm	Friday 19 May 2017
		Friday 26 May 2017
		Friday 2 June 2017
		Friday 9 June 2017

**Understanding psychosis**  
**Half-day workshop**

Kensington and Chelsea College, Worlington Road site (Kensington and Chelsea)	10am – 1pm	Monday 22 May 2017
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**How to organise and chair meetings**  
**Half-day workshop**

Stephenson House (Westminster)	1pm – 4pm	Tuesday 23 May 2017
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**Understanding Obsessional Compulsive Disorder (OCD)**  
**Half-day workshop**

Stephenson House (Westminster)	1pm – 4pm	Wednesday 24 May 2017
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**Healthy eating**  
**Half-day workshop**

Salvation Army (Kilburn)	1pm – 4pm	Wednesday 24 May 2017
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**Reading for recovery**  
**Half-day workshop**

Latimer House (Westminster)	1pm – 4pm	Friday 26 May 2017
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**Healthy heart**  
**Half-day workshop**

Salvation Army (Kilburn)	1pm – 4pm	Wednesday 31 May 2017
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**Journey to self-discovery**  
**Six-week course (half a day per week)**

CNWL Recovery and Training Centre (Harrow)	1pm – 4pm	Thursday 1 June 2017
		Thursday 8 June 2017
		Thursday 15 June 2017
		Thursday 22 June 2017
		Thursday 29 June 2017
		Thursday 6 July 2017

**Introduction to our employment courses**  
**Half-day workshop**

CNWL Recovery and Training Centre (Harrow)	10am – 1pm	Monday 5 June 2017
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**A good night's sleep**  
**Two half-day workshops**

Brunel University (Hillingdon)	10am – 1pm	Wednesday 7 June 2017
		Wednesday 21 June 2017

**Introduction to mindfulness**  
**Six-week course (two hours per week)**

CNWL Recovery and Training Centre (Harrow)	2pm – 4pm	Wednesday 7 June 2017
		Wednesday 14 June 2017
		Wednesday 21 June 2017
		Wednesday 28 June 2017
		Wednesday 5 July 2017
		Wednesday 12 July 2017

**Type 2 diabetes – what's my risk?**  
**Half-day workshop**

The Vale Centre (Kilburn)	10am – 1pm	Wednesday 7 June 2017
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**Diabetes and emotional wellbeing**  
**Half-day workshop**

The Vale Centre (Kilburn)	1.30pm – 4.30pm	Wednesday 7 June 2017
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**Understanding depression**  
**One-day workshop**

Salvation Army (Kilburn)	10am – 4pm	Thursday 8 June 2017
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**Recovery focused practice for admin staff**  
**Half-day workshop**

Stephenson House (Westminster)	1pm – 4pm	Thursday 8 June 2017
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**Understanding work-related welfare benefits**  
**One-day workshop**

CNWL Recovery and Training Centre (Harrow)	10am – 4pm	Monday 12 June 2017
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**Understanding mental health medication**  
**Half-day workshop**

Stephenson House (Westminster)	10am – 1pm	Tuesday 13 June 2017
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**Understanding mental health**  
**Half-day workshop**

CNWL Recovery and Training Centre (Harrow)	10am – 1pm	Wednesday 14 June 2017
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**Introduction to hearing voices**  
**Half-day workshop**

Kensington and Chelsea College, Hortensia Road site (Kensington and Chelsea)	10am – 1pm	Wednesday 14 June 2017
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**Understanding personality disorder**  
**One-day workshop**

Nightingale Place (Kensington and Chelsea)	10am – 4pm	Thursday 15 June 2017
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**CV workshop**  
**One-day workshop**

CNWL Recovery and Training Centre (Harrow)	10am – 4pm	Monday 19 June 2017
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**Understanding bereavement**  
**One-day workshop**

Latimer House (Westminster)	10am – 4pm	Tuesday 20 June 2017
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**Understanding self-harm**  
**Half-day workshop**

CNWL Recovery and Training Centre (Harrow)	1pm – 4pm	Tuesday 20 June 2017
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**Understanding anxiety**  
**Half-day workshop**

Salvation Army (Kilburn)	10am – 1pm	Thursday 22 June 2017
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**Creativity and wellbeing**  
**One-day workshop**

CNWL Recovery and Training Centre (Harrow)	10am – 4pm	Friday 23 June 2017
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**Goal setting and skills**  
**Half-day workshop**

CNWL Recovery and Training Centre (Harrow)	10am – 1pm	Monday 26 June 2017
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**Discovering self-compassion**  
**Five-week course (two hours per week)**

Salvation Army (Kilburn)	2pm – 4pm	Wednesday 28 June 2017
		Wednesday 5 July 2017
		Wednesday 12 July 2017
		Wednesday 19 July 2017
		Wednesday 26 July 2017

**Understanding psychosis**  
**Half-day workshop**

College of North West London (Brent)	1pm – 4pm	Thursday 29 June 2017
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**Living with COPD (Chronic Obstructive Pulmonary Disease)**  
**Half-day workshop**

Salvation Army (Kilburn)	1pm – 4pm	Thursday 29 June 2017
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**Job applications and interview skills**  
**One-day workshop**

CNWL Recovery and Training Centre (Harrow)	10am – 4pm	Monday 3 July 2017
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**Introduction to managing stress  
Half-day workshop**

Kensington and Chelsea College, Hortensia Road site (Kensington and Chelsea)	10am – 1pm	Tuesday 4 July 2017
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**Introduction to managing stress  
Half-day workshop**

Brunel University (Hillingdon)	1.30pm – 4.30pm	Wednesday 5 July 2017
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**A good night's sleep  
Two half-day workshops**

Salvation Army (Kilburn)	1pm – 4pm	Thursday 6 July 2017
		Thursday 20 July 2017

**Understanding depression  
One-day workshop**

Kensington and Chelsea College, Hortensia Road site (Kensington and Chelsea)	10am – 4pm	Thursday 6 July 2017
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**Job searching  
One-day workshop**

CNWL Recovery and Training Centre (Harrow)	10am – 4pm	Monday 10 July 2017
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**Mentalisation: Understanding me, understanding you  
Four-week course (three hours per week)**

Latimer House (Westminster)	1.30pm – 4.30pm	Thursday 13 July 2017
		Thursday 20 July 2017
		Thursday 27 July 2017
		Thursday 3 August 2017

**Introduction to recovery  
One-day workshop**

Salvation Army (Kilburn)	10am – 4pm	Thursday 13 July 2017
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**Understanding bipolar disorder  
One-day workshop**

College of North West London (Brent)	10am – 4pm	Thursday 13 July 2017
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**Genuine co-production – not just a token!**

**One-day workshop**

CNWL Recovery and Training Centre (Harrow)	10am – 4pm	Thursday 13 July 2017
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**Job search support and making an action plan**

**One-day workshop**

CNWL Recovery and Training Centre (Harrow)	10am – 4pm	Monday 17 July 2017
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**Mindfulness – taster workshop**

**Half-day workshop**

Latimer House (Westminster)	10am – 1pm	Tuesday 18 July 2017
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**Understanding personality disorder**

**One-day workshop**

Brunel University (Hillingdon)	10am – 4pm	Thursday 20 July 2017
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**Managing personal information at work**

**Half-day workshop**

CNWL Recovery and Training Centre (Harrow)	10am – 1pm	Monday 24 July 2017
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**Understanding depression**

**One-day workshop**

Brunel University (Hillingdon)	10am – 4pm	Tuesday 25 July 2017
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**Mindfulness – taster workshop**

**Half-day workshop**

CNWL Recovery and Training Centre (Harrow)	10am – 1pm	Friday 28 July 2017
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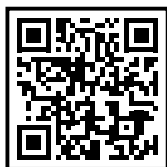




## Get in touch

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**www.cnwl.nhs.uk/recoverycollege**

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Information correct at time of going to print (April 2017).  
Contact us for the latest information and updates.

