



The Recovery Education Centre

SPRING TIMETABLE

Spring Term 2017

Welcome to the Recovery Education Centre

The Recovery Education Centre is delivered by the Wellbeing and Recovery Partnership (WaRP) formed between Dorset Healthcare (NHS) and Dorset Mental Health Forum (a local peer led charity). All our courses have been co-designed and are co-delivered by a NHS member of staff and a Peer Trainer, who has lived experience. By bringing together people's expertise of living life despite challenges alongside professional expertise our courses aim to provide a holistic view of Recovery and wellbeing.

The key aim of the Recovery Education Centre is to empower students to find **hope**, to gain **control** by building on strengths and skills and to embrace **opportunities**. The prospectus is divided into each of these three elements with courses that explore in more detail the role of hope, control and opportunity in Recovery.

This information provides the details of the courses running. **There is an accompanying prospectus which can be obtained and includes further information about the Recovery Education Centre and course descriptions.**

The courses are free to attend; they are open to anyone living in Dorset aged 18 and over. We hope that enrolling on a course with us will help you develop a greater understanding of your life experiences and help improve your wellbeing.

How do I attend the Recovery Education Centre?

If you are interested in attending courses the first step is to Register with us. The Registration Form can be completed online by visiting www.dorsethealthcare.nhs.uk and searching for the Recovery Education Centre or alternatively we can post you a copy of the form for you to return to us.

Once you have Registered with the Recovery Education Centre we will contact you to arrange for you to meet with an Admissions Tutor for your Enrolment appointment. **Every student who would like to attend courses will have an Enrolment appointment prior to attendance.**

If you would like to find out any more information about the Recovery Education Centre please contact the team on:

By email:

recovery.educationcentre@dhuft.nhs.uk

By Telephone:

01202 584478

By mobile:

07787 836708



WELCOME



Introducing Recovery

Date: 17 January 2017
Time: 10.00 am – 4.00 pm
Venue: B126a Bournemouth House, Lansdowne Campus of Bournemouth University, Christchurch Road, Bournemouth, BH1 3LH

Date: 31 January 2017
Time: 10.00 am – 4.00 pm
Venue: Borough Gardens House, Community Room, Cornwall Road, Dorchester, DT1 1RG

Date: 16 February 2017
Time: 10.00 am – 4.00 pm
Venue: Faith House, Holton Lee, Holton Heath, Poole, BH16 6JN

Date: 28 February 2017
Time: 10.00 am – 4.00 pm
Venue: Woodhouse Gardens Pavilion, The Tabernacle, Blandford Forum, DT11 7DN

Change: Understanding the Stages of Recovery

Dates: 23 February 2017, 2 March 2017
Time: 10.00 am – 1.00 pm
Venue: 'The Gallery', Dorset Mental Health Forum, 29-29a Durngate Street, Dorchester, DT1 1JP

Dates: 1 March 2017, 8 March 2017
Time: 10.00 am – 1.00 pm
Venue: B126a Bournemouth House (1/3/2017), B204 Bournemouth House (8/3/2017), Lansdowne Campus of Bournemouth University, Christchurch Road, Bournemouth, BH1 3LHR

Perspectives on Mental Illness: Myths and Realities

Date: 22 February 2017
Time: 10.00 am – 4.00 pm
Venue: Room 6, Priory House, Quay Road, Christchurch, BH23 1BX

Date: 13 April 2017
Time: 10.00 am – 4.00 pm
Venue: 'The Gallery', Dorset Mental Health Forum, 29-29a Durngate Street, Dorchester, DT1 1JP



Finding Strength

Date: 10 February 2017
Time: 10.00 am – 1.00 pm
Venue: Community Room 2, Weymouth Community Safety Centre, Radipole Lane, Weymouth, DT4 0QF

Date: 13 February 2017
Time: 1.30 pm – 4.30 pm
Venue: Room 6, Priory House, Quay Road, Christchurch, BH23 1BX

Identifying with your Values

Dates: 19 January 2017, 26 January 2017, 2 February 2017
Time: 10.00 am – 1.00 pm
Venue: B126a Bournemouth House (19/1/2017; 26/1/2017) and B203 Bournemouth House (2/2/2017) Lansdowne Campus of Bournemouth University, Christchurch Road, Bournemouth, BH1 3LH

Dates: 24 February 2017, 3 March 2017, 10 March 2017
Time: 10.00 am – 1.00 pm
Venue: 'Darknoll' The Exchange, Old Market Hill, Sturminster Newton, Dorset, DT10 1FH

Recovery Narratives

Dates: 20 February 2017, 27 February 2017, 6 March 2017, 13 March 2017, 20 March 2017, 3 April 2017
Time: 1.00 pm – 4.00 pm
Venue: Large Room, Quaker Meeting House, 8 Holloway Road, Fordington, Dorchester, DT1 1LF

Introduction to Spirituality

Date: 28 February 2017
Time: 10.00 am – 1.00 pm
Venue: EB303 Executive Business Centre, 89 Holdenhurst Road, Bournemouth, BH8 8EB

Date: 28 March 2017
Time: 10.00 am – 1.00pm
Venue: Meeting Room, Bridport Community Hospital, Hospital Lane, Bridport, DT6 5DR

Recovery for Carers & Supporters: An Introduction

Date: 3 April 2017
Time: 10.00 am – 4.00pm
Venue: B126 Bournemouth House, Lansdowne Campus of Bournemouth University, Christchurch Road, Bournemouth, BH1 3LH

Recovery for Carers & Supporters

Dates: 20 February 2017, 27 February 2017, 6 March 2017
Time: 1.00 pm – 4.00 pm
Venue: Weymouth Avenue Pavilion, Weymouth Avenue, Dorchester, DT1 1QZ



5 Steps to Wellbeing

Dates: 20 January 2017, 27 January 2017, 3 February 2017
Time: 10.00 am – 1.00 pm
Venue: R302 Royal London House (20/1/2017),
 B126 Bournemouth House (27/1/2017; 3/2/2017),
 Lansdowne Campus of Bournemouth University, Christchurch Road,
 Bournemouth, BH1 3LT/BH1 3LH

Dates: 7 February 2017, 14 February 2017, 21 February 2017
Time: 1.30 pm – 4.30 pm
Venue: 'The Gallery', Dorset Mental Health Forum, 29-29a Durngate Street,
 Dorchester, DT1 1JP

Mentally Healthy

Dates: 28 February 2017, 7 March 2017, 14 March 2017
Time: 10.00 am – 1.00 pm
Venue: R201 Royal London House (28/2/2017),
 B203 Bournemouth House (7/3/2017),
 S203 Studland House (14/3/2017),
 Lansdowne Campus of Bournemouth University, Christchurch Road,
 Bournemouth, BH1 3LT/BH1 3LH/BH1 3NA

Dates: 21 March 2017, 28 March 2017, 4 April 2017
Time: 10.00 am – 1.00 pm
Venue: Community Room 2, Weymouth Community Safety Centre,
 Radipole Lane, Weymouth, DT4 0QF

Fatigue Management

Dates: 19 January 2017, 26 January 2017,
 2 February 2017, 9 February 2017, 16 February 2017, 9 March 2017
Time: 10.00 am – 12.30 pm
Venue: B126 Bournemouth House (19/1/2017; 26/1/2017; 2/2/2017),
 B321 Bournemouth House (9/2/2017),
 B204 Bournemouth House (16/2/2017),
 B242 Bournemouth House (9/3/2017),
 Lansdowne Campus of Bournemouth University, Christchurch Road,
 Bournemouth, BH1 3LH

Dates: 30 January 2017, 6 February 2017, 13 February 2017,
 20 February 2017, 27 February 2017, 20 March 2017
Time: 1.30 pm – 4.00 pm
Venue: 'The Gallery', Dorset Mental Health Forum, 29-29a Durngate Street,
 Dorchester, DT1 1JP.

Self Management

Dates: 24 February 2017, 3 March 2017, 10 March 2017, 17 March 2017
Time: 10.00 am – 1.00 pm
Venues: R302 Royal London House (24/2/2017; 3/2/2017),
 B126a Bournemouth House (10/3/2017),
 S219 Studland House, Lansdowne Campus of Bournemouth
 University, Christchurch Road,
 Bournemouth, BH1 3LT/BH1 3LH/BH1 3NA

Dates: 15 March 2017, 22 March 2017, 29 March 2017, 5 April 2017
Time: 10.00 am – 1.00 pm
Venue: 'The Gallery', Dorset Mental Health Forum, 29-29a Durngate Street,
 Dorchester, DT1 1JP

Emotion Management

Dates: 23 January 2017, 30 January 2017, 6 February 2017, 13 February 2017
Time: 1.30 pm – 4.30 pm
Venue: The Exchange, Old Market Hill,
 Sturminster Newton, Dorset, DT10 1FH

Dates: 14 February 2017, 21 February 2017, 28 February 2017, 7 March 2017
Time: 10.00 am – 1.00 pm
Venues: B126a Bournemouth House (14/2/2017),
 B126 Bournemouth House (21/2/2017),
 S219 Studland House (28/2/2017),
 B242 Bournemouth House (7/3/2017), Lansdowne Campus of
 Bournemouth University, Christchurch Road,
 Bournemouth, BH1 3LH/BH1 3NA

Mindful Living

Dates: 25 January 2017, 1 February 2017, 8 February 2017, 15 February 2017
Time: 10.00 am – 1.00 pm
Venue: B126a Bournemouth House (25/1/2017; 1/2/2017),
 B407 Bournemouth House (8/2/2017),
 B202 Bournemouth House (15/2/2017), Lansdowne Campus of
 Bournemouth University, Christchurch Road,
 Bournemouth, BH1 3LH

Dates: 7 March 2017, 14 March 2017, 21 March 2017, 28 March 2017
Time: 10.00 am – 1.00 pm
Venue: 'Committee Room', Mountfield,
 Bridport, DT6 3JP

Dates: 20 March 2017, 27 March 2017, 3 April 2017, 10 April 2017
Time: 1.30 am – 4.30 pm
Venue: Community Room 2, Weymouth Community Safety Centre,
 Radipole Lane, Weymouth, DT4 0QF



Everyday People Skills

Dates: 20 February 2017, 27 February 2017, 6 March 2017, 13 March 2017
Time: 1.30 am – 4.30 pm
Venue: Woodhouse Gardens Pavilion, The Tabernacle,
 Blandford Forum, DT11 7DN

Introducing Pain Management

Date: 6 March 2017
Time: 10.00 am – 3.00 pm
Venue: B126 Bournemouth House,
 Lansdowne Campus of Bournemouth University, Christchurch Road,
 Bournemouth, BH1 3LH

Understanding Depression & Anxiety

Date: 18 January 2017
Time: 10.00 am – 4.00 pm
Venue: B330 Bournemouth House,
 Lansdowne Campus of Bournemouth University, Christchurch Road,
 Bournemouth, BH1 3LH

Date: 16 February 2017
Time: 10.00 am – 4.00 pm
Venue: 'The Gallery', Dorset Mental Health Forum, 29-29a Durngate Street,
 Dorchester, DT1 1JP

Date: 13 March 2017
Time: 10.00 am – 4.00 pm
Venue: 'Studland Room', Wareham Community Hospital, Streche Road,
 Wareham BH20 4QQ

Date: 13 April 2017
Time: 10.00 am – 4.00 pm
Venue: 'Darknoll' The Exchange, Old Market Hill,
 Sturminster Newton, Dorset, DT10 1FH

Managing Anxiety

Date: 26 January 2017
Time: 10.00 am – 4.00 pm
Venue: B203 Bournemouth House,
 Lansdowne Campus of Bournemouth University, Christchurch Road,
 Bournemouth, BH1 3LH

Date: 11 April 2017
Time: 10.00 am – 4.00 pm
Venue: 'Meeting Room', Mountfield,
 Bridport, DT6 3JP



An Introduction to Asperger's Syndrome

Date: 14 March 2017
Time: 10.00 am – 4.00 pm
Venue: S206 Studland House, Lansdowne Campus of Bournemouth University, Christchurch Road, Bournemouth, BH1 3NA

Date: 4 April 2017
Time: 10.00 am – 4.00 pm
Venue: Woodhouse Gardens Pavilion, The Tabernacle, Blandford Forum, DT11 7DN

Understanding Unusual Experiences

Date: 14 March 2017
Time: 10.00 am – 4.00 pm
Venue: EB205 Executive Business Centre, 89 Holdenhurst Road, Bournemouth, BH8 8EB

Date: 6 April 2017
Time: 10.00 am – 4.00 pm
Venue: 'The Gallery', Dorset Mental Health Forum, 29-29a Durngate Street, Dorchester, DT1 1JP

Living with Bipolar Affective Disorder: An Introduction

Date: 6 March 2017
Time: 10.00 am – 4.00 pm
Venue: B126a Bournemouth House, Lansdowne Campus of Bournemouth University, Christchurch Road, Bournemouth, BH1 3LH

Date: 10 April 2017
Time: 10.00 am – 4.00 pm
Venue: 'Studland Room', Wareham Community Hospital, Streche Road, Wareham BH20 4QQ

Early Warning Signs

Date: 1 March 2017
Time: 10.00 am – 4.00 pm
Venue: Faith House, Holton Lee, Holton Heath, Poole, BH16 6JN

Date: 29 March 2017
Time: 10.00 am – 4.00 pm
Venue: Large Room, Friends Meeting House, Abbey Walk, Shaftesbury, SP7 8BB



Developing a Crisis Plan

Dates: 16 March 2017, 23 March 2017, 30 March 2017
Time: 1.30 pm – 4.30 pm
Venue: Eastgate Lodge, Poole Park,
 Poole, BH15 2SF

Planning your Recovery

Dates: 8 March 2017, 15 March 2017, 22 March 2017
Time: 10.00 am – 1.00 pm
Venues: R302 Royal London House (8/3/2017),
 R207 Royal London House (15/3/2017),
 B126 Bournemouth House (22/3/2017),
 Lansdowne Campus of Bournemouth University, Christchurch Road,
 Bournemouth, BH1 3LT/BH1 3LH

Medication: Choices and Options

Date: 21 February 2017
Time: 1.00 pm – 4.00 pm
Venue: Borough Gardens House, Community Room, Cornwall Road,
 Dorchester, DT1 1RG

Date: 24 March 2017
Time: 10.00 am – 1.00 pm
Venue: B126a Bournemouth House,
 Lansdowne Campus of Bournemouth University, Christchurch Road,
 Bournemouth, BH1 3LH

Advocacy: Knowing your Rights and how to be Heard

Date: 6 April 2017
Time: 10.00 am – 4.00 pm
Venue: Community Room 2, Weymouth Community Safety Centre,
 Radipole Lane, Weymouth, DT4 0QF

Staying Safe: Independence, Choice and Control

Date: 16 March 2017
Time: 10.00 am – 4.00 pm
Venue: The Gallery', Dorset Mental Health Forum, 29-29a Durngate Street,
 Dorchester, DT1 1JP

Introduction to Work

Date: 30 March 2017
Time: 10.00 am – 4.00 pm
Venue: ‘The Gallery’, Dorset Mental Health Forum, 29-29a Durngate Street, Dorchester, DT1 1JP

Date: 5 April 2017
Time: 10.00 am – 4.00 pm
Venue: B330 Bournemouth House, Lansdowne Campus of Bournemouth University, Christchurch Road, Bournemouth, BH1 3LH

Managing and Maintaining Work

Date: 9 March 2017
Time: 10.00 am – 4.00 pm
Venue: ‘The Gallery’, Dorset Mental Health Forum, 29-29a Durngate Street, Dorchester, DT1 1JP

Date: 15 March 2017
Time: 10.00 am – 4.00 pm
Venue: R201 Royal London House, Lansdowne Campus of Bournemouth University, Christchurch Road, Bournemouth, BH1 3LH

Sharing your Experiences

Date: 7 March 2017
Time: 10.00 am – 4.00 pm
Venue: Meeting Room, Bridport Community Hospital, Hospital Lane, Bridport, DT6 5DR

Recovery Focused Conversations

Dates: 21 March 2017, 28 March 2017
Time: 10.00 am – 4.00 pm
Venue: B202 Bournemouth House (21/3/2017), B126a Bournemouth House (28/3/2017), Lansdowne Campus of Bournemouth University, Christchurch Road, Bournemouth, BH1 3LH

Dates: 5 April 2017, 12 April 2017
Time: 10.00 am – 4.00 pm
Venue: Borough Gardens House, Community Room, Cornwall Road, Dorchester, DT1 1RG



My Recovery

Dates: 21 March 2017, 28 March 2017, 4 April 2017, 11 April 2017, 18 April 2017, 25 April 2017, 2 May 2017, 9 May 2017

Time: 10.00 am – 1.00 pm

Venue: B126a Bournemouth House (21/3/2017),
B126 Bournemouth House (28/3/2017),
B126a Bournemouth House (4/4/2017),
B126 Bournemouth House (11/4/2017; 18/4/2017),
B126a Bournemouth House (25/4/2017),
B126 Bournemouth House (2/5/2017),
B202 Bournemouth House (9/5/2017),
Lansdowne Campus of Bournemouth University, Christchurch Road,
Bournemouth, BH1 3LH

