

2026/27 PROSPECTUS

www.northerntrust.hscni.net/recoverycollege



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Facebook

WELCOME

Welcome to our 2026/27 prospectus for the Northern Trust Recovery College.

We're really glad you are here and taking a look at what we have to offer for the upcoming academic year September 2026 – June 2027. Firstly, we'd like to say a big Thank You to all our previous students. Your experiences, ideas and feedback have helped shape our courses and continue to inspire what we do.

This year we are excited to offer a mix of both our much-loved core courses and some new ones too. These courses cover a wide range of mental health and well-being topics, all designed to support you in learning more about yourself and what helps you stay well. This prospectus will give you an overview of all the courses we hope to deliver this year.

Our Recovery College is open to anyone over the age of 16 years, and all courses are completely FREE to attend. We welcome everyone – service users, trust staff, families and carers, and people from the local community. Anyone who wishes to learn more about health and well-being is welcome along and everyone comes as a student. All our courses are co-produced which means they are created and delivered by both professionals with learned experience and individuals

with lived experience. All these experiences are important and together make our workshops, engaging, meaningful and easy to relate to.

We know that coming along to something new can be daunting. Our sessions are relaxed, informal and friendly. There is no pressure to speak or take part – you can join in as little or as much as you like. No one is ever put on the spot. This isn't school – it's a space to learn in a way that feels comfortable for you. One of the best parts of being a student with the college is the chance to connect with others. Many people find it really helpful to share experiences, learn together and build skills that support their well-being and resilience. Signing up is simple. You can register by post, by phone or online. No referral is required.

Whatever brings you here, you'll be welcomed, supported and encouraged to discover more about yourself and the things that matter to you. We warmly invite you to come along, try a course and see what the Recovery College has to offer.

Janice Gray
Recovery College Manager

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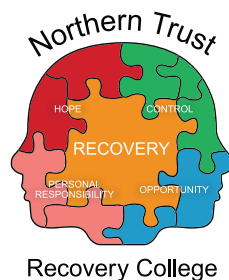
**TAKE
NOTICE**

**BE
ACTIVE**

GIVE

**KEEP
LEARNING**

WHO'S WHO IN THE RECOVERY COLLEGE



COLLEGE MANAGER



Janice Gray

ADMIN TEAM

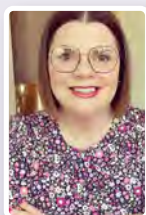


**Stephanie
Dempsey**

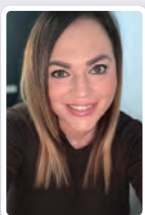


Lesley Rogers

TRAINERS



**Audrey
Montgomery**



**Margarette
O'Donnell**



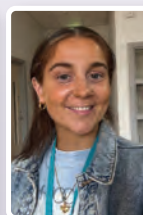
**Gwen
Blackwell**



**Paul
McCarroll**



**Claire
Stuart**



**Katie
O'Hara**

Special Thanks

We would like to give a special thanks to our extended team made up of Volunteers, Sessional Trainers and Practitioners who help us deliver the different variety and volume of courses we offer.

WHAT IS A RECOVERY COLLEGE?

Recovery Colleges are centres that run workshops specifically designed to increase awareness and understanding of well-being and what it means to each individual.

- Run like a college based on college principles – terms, timetables, prospectus, students etc.
- Courses are all Co-Produced and Co-Delivered- this means people with lived experience of different mental health and well-being challenges, work alongside individuals with learned experience (Nurses, Occupational Therapists, Social Workers etc) to create and facilitate our sessions
- College Team includes – College Manager, Peer Recovery Trainers, Recovery Trainers, Bank Sessional Trainers, Volunteers and an Admin Team
- Everyone is equal – all experience is valuable!
- Everyone is welcome (16+ years), this includes service users, carers, family, trust staff, members of the general public – Anyone!
- Participation is optional – this is not school. Learning is informal and fun
- All courses are FREE to attend – you can attend as many or as few as you wish
- You self-register to attend – No referral is required
- Educational not Therapeutic – we focus on learning and are not a substitute for any other therapies
- All we do is based around the principles of HOPE, OPPORTUNITY, CONTROL and EMPOWERMENT

HOW TO USE THE PROSPECTUS

All course details can be found on pages 22-28

This prospectus can be used alongside our timetables when deciding on which courses to attend.

TIMETABLES

- Produced every two months with courses delivered online and in community settings
- Posted and/or emailed if you are on our mailing list
- Available on our website, Facebook page or by calling the office
- Include the dates, times and venues for each course

HOW TO APPLY

- You must register using one of the methods below to book your place on courses.
- When you register, you will be contacted by email to confirm your place or let you know if you are on a waiting list
- You will also receive a confirmation letter by post with course details and materials
- Reminder emails or texts are sent one week ahead and again one day before the course starts

If you can no longer attend, please let us know as soon as possible



Register Online:

www.northerntrust.hscni.net/recoverycollege



Email to request an application form:

Recovery.college@northerntrust.hscni.net



Phone:

028 94413449 to register by phone.



Post: Return the registration form inside this prospectus to:

**Recovery College Hub, Carrick 3,
60 Steeple Road,
Antrim,
BT41 2RJ**

PROTECTING AND USING YOUR INFORMATION

In order for the Northern Health and Social Care Trust to help provide a service for you we need to know some information about you. Personal information that we process about you is governed by the Data Protection Act 2018 and the General Data Protection Regulation (GDPR).

We only collect the information we need to, this is all included on our registration form. Information you provide to us is recorded on a paper file and also on our computer systems. We collect this information to be able to contact you in regard to the workshops you have registered for.

Your information may also be used for gathering Recovery College statistics.

We will not use your information for any other purposes.



RECOVERY APPROACH

Everyone's understanding of Recovery is different – and that's ok. For many people recovery doesn't mean a complete cure or having no symptoms. Instead, its about finding ways to manage life challenges, using coping strategies and self-management tools that work for you. Here in the College, we focus a lot on Hope. Building Hope and Connecting with others can make a real difference and often plays an important part in someone's journey.

Recovery is about recognising that while we might not always be able to control our circumstances or symptoms, we can take steps towards living the life we want. It's not about 'getting rid' of problems, but seeing yourself as more than your circumstance or your mental health -acknowledging your strengths, interests and the things that matter to you.

Every experience can be an opportunity to learn something new about yourself, develop skills and discover new interests along the way.

(adapted from content by [mentalhealth.org.uk](https://www.mentalhealth.org.uk))

It's always encouraging to hear from students who have taken part in our courses. Many tell us they feel more confident and better able to manage their health and well-being.

We would encourage you to have a look through this prospectus to find the courses that feel right for you, whether you'd prefer to join us online or in the community.



NORTHERN TRUST RECOVERY COLLEGE CHARTER

YOU CAN EXPECT US TO:

- Handle all enquiries in a friendly, professional and timely manner
- Give you comprehensive details of our online sessions and the online platform used
- Respect diversity and individuality
- Promote a safe, inclusive and friendly learning environment in which everyone is treated with dignity and respect
- Focus on education and learning as opposed to treatment and therapy
- Allow opportunities to provide feedback about the College that will be used in future course development
- Explain the safety policies and procedures of any venue where training is delivered
- Provide courses that are evidence based, co-produced and developed around the concepts of Hope, Opportunity and Control
- Validate all contributions made throughout sessions

WE EXPECT YOU TO:

- Provide us with the information required to enrol you at the College
- Feel no pressure to disclose anything in relation to personal or professional life
- Attend courses punctually and let us know if you are running late, or can no longer attend
- Respect others who attend the sessions
- Not behave in any way that may be considered threatening or disruptive or is likely to upset other students or staff
- Take personal responsibility in contributing to a safe, and comfortable learning environment – including refraining from the use of alcohol, un-prescribed medication or illegal substances
- Understand the Recovery College exists as a place of learning; not as a therapy or treatment centre
- Treat public venues with respect and adhere to their policies and procedures
- Respect diversity and individuality – we are all different

FREQUENTLY ASKED QUESTIONS

Q Who can attend Recovery College courses?

A Our courses are open to anyone aged 16+. We do not take referrals; it is self-registration. Courses are open to everyone including staff, carers, and anyone from the general public.

Q Where will the course(s) be held?

A Courses run online and in community settings.

Q How much do courses cost?

A The courses are all free, but you must register before attending.

Q How can I register?

A You can register by post, email, online and over the phone.

Q Can someone attend with me?

A Yes, anyone can attend our courses, over the age of 16. Even if someone is coming to support you, but they must register also and will be involved in the course the same as other students.

Q What if I can no longer attend a course I have booked?

A Contact the Recovery College as soon as possible. Our courses have waiting lists and if you can no longer attend these can be offered to those on the lists.

Q What happens on a course?

A Our courses are friendly, informative, and enjoyable. They are delivered by trainers who have lived and learned experience. Our trainers will share elements of their own recovery stories throughout each session.

Q Will I get paid travel expenses?

A No. We do not pay travel expenses, and we are unable to provide a transport service to/from our courses.

Q Where can I find timetables?

A Timetables are produced every 2 months, they are shared with our mailing lists, online and on Facebook. You can also ring the office to obtain a copy.

Q If my details change, what do I do?

A If your information changes, please let us know as soon as possible as we have no access to your clinical files.

Q Can my children/infants attend Recovery College courses with me?

A Unfortunately we have no creche/childcare facilities, therefore children/infants are unable to attend Recovery College courses.

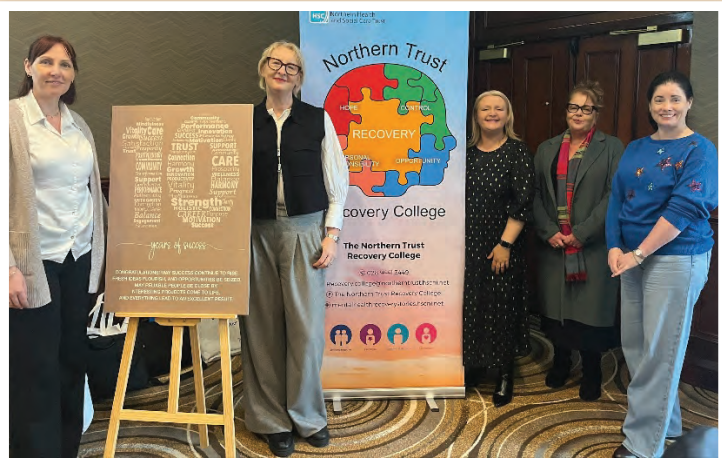
HELPFUL TIPS FOR ATTENDING SESSIONS

ONLINE

- **Be prepared in advance – download the online platform. Use the user guide included with your registration pack to download.**
- **You will receive codes for courses prior to the day they are due. If you have not received them – please contact the office.**
- **Please remain on mute to help eliminate background noise and prevent disturbing others. There will be opportunities for conversations throughout the courses.**
- **Try to complete sessions in a space free from distractions, whilst remaining comfortable.**
- **Bring refreshments so you don't have to miss any of the session.**
- **Course presentations (where applicable) will be posted out prior to the course commencing for you to follow along with.**
- **Please display your name or let the trainers know your name to ensure we can mark your attendance, you can receive your certificate, and have the course counted towards the graduation.**

COMMUNITY

- **When attending in the community you will receive a pack on the day with everything you need – pens, course slides, feedback form etc. You do not need to bring anything**
- **If you are running late – please let us know**
- **If you wish to be accompanied by someone, please ensure they have registered with the College as well.**
- **Tea/coffee will be provided – but please feel free to bring other refreshments if you wish**
- **Meet & Greet (New Students Only) - our staff and volunteers are available to welcome and support new students when attending Recovery College community workshops for the first time. Please contact our office for further information.**



2025/26 We celebrated ten years of Northern Trust Recovery College!

We celebrated in December 2025 marking a decade of growth, hard work and commitment by all involved with the work of Recovery College over these years.



GRADUATION

Each year, at the end of our academic programme in June, we come together to celebrate everything our students have achieved.

Our Graduation is a special day where we recognise the time, effort and commitment shown by everyone who has taken part in our courses. Any student who has completed four or more sessions during the year, will be invited to join us for this celebration.

It is a relaxed and uplifting event bringing students, facilitators and supporters together to reflect on the college journey. Whether you have taken big steps or small ones, this day is about recognising your progress and the hard work you have put in.

Most importantly Graduation is a chance to celebrate – celebrate learning, growth, connection, partnership and the courage it takes to try something new. We look forward to celebrating with you at our next Graduation June 2027!



Northern Trust Recovery College Registration Form



Northern Health
and Social Care Trust



Protecting and Using Your Information

Personal information that we process about you is governed by the Data Protection Act 2018 and the General Data Protection Regulation (GDPR). Further information can be found on page 9 of the prospectus

There is no limit on the number of workshops you can register for!
Please post your completed form to:
The Recovery College, Carrick 3, 60 Steeple Road, Antrim, BT41 2RJ

Or email all the details to: recovery.college@northerntrust.hscni.net

Register online at www.northerntrust.hscni.net/recoverycollege

Or you can call us on 028 9441 3449 and register over the phone.

MAILING LIST

Do you wish to be added to our mailing list to receive our prospectus/timetables and further Recovery College information for this academic year (Aug 2026-June 2027)?

Please select: Yes ☐ No ☐

*If you no longer wish to receive updates from ourselves, please contact us.

Northern Trust Recovery College Registration Form

PERSONAL AND CONTACT DETAILS			
Full Name			
Date of Birth		Gender	Male ☐ Female ☐ Non - specified ☐
Address			
Landline No		Mobile No	
Email address			
Preferred method to receive codes for online sessions		Email ☐ Text ☐ Both ☐	
CONTACT DETAILS IN CASE OF EMERGENCY			
Name		Number	

THE FOLLOWING ARE USED FOR MONITORING PURPOSES ONLY		
Are you a returning student?	Yes ☐ No ☐	
Are you registering to support someone on the course?	Yes ☐ No ☐	
Please Tell Us Whether You Are (Tick All That Apply):		
Person with lived experience ☐	NHSCT staff ☐	Other HSCNI staff ☐
Health Professional ☐	Public Sector staff (Civil Servant, Fire Service etc.) ☐	
Private Sector Staff ☐	Community/Voluntary Staff ☐	Carer ☐
Retired ☐	Student ☐	Unemployed ☐
How Did You Hear About The Recovery College? (Tick All That Apply)		
Key Worker ☐	GP ☐	Facebook/Social Media ☐
Search Engine ☐	Health Fair ☐	Word of mouth ☐
Trust intranet/Broadcast email ☐	Other _____	

Northern Trust Recovery College Registration Form

Course 1	
Date(s)	
Venue	
Course 2	
Date(s)	
Venue	
Course 3	
Date(s)	
Venue	
Course 4	
Date(s)	
Venue	
Course 5	
Date(s)	
Venue	

Please continue on a separate sheet if you wish to register for more than 5 courses

Northern Trust Recovery College Registration Form

Please outline in brief, any difficulty which may make it hard for you to attend or fully benefit from any courses you have registered for. This could connect to mental health learning difficulties or a disability issue (including reading and writing).

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IMPORTANT INFORMATION

Please be advised all venues, dates and times are subject to change. Please ensure you have provided us with a current contact number so we can notify you of any changes that may occur.

CANCELING A COURSE

If you have registered and can no longer attend a course, please contact us as soon as possible to cancel. You can contact us via telephone or email.

For official use only
Current student ☐ Student number _____
Added to Student ☐ Database ☐ Added to Courses database ☐
Confirmation letter complete ☐

FEEDBACK FROM STUDENTS AND TRAINERS

Being a facilitator isn't just a job; it's about creating space where people feel safe, valued, and able to be themselves.



I love being a peer facilitator as it benefits my own mental health and the students help me to see things from other perspectives.



Watching many students grow on their journey, reminds me that what we do to help others can make a difference



I feel fortunate to have progressed from being a student to a trainer within a supportive team, who have helped me grow, find hope, and realise recovery is possible for everyone.



Excellent! I really enjoyed it! It really helped me to get out of my head, calm my overthinking and anxiety and be present in the moment.



For someone who struggles to walk alone, the walking group has been a lifeline and reminded me to simply enjoy the moment.



Very beneficial - nice and relaxed atmosphere. No pressure or expectations put on you. Facilitators very friendly and inclusive, making sure everyone felt welcome and free to speak out.



Absolutely fantastic! I learnt lots of "do able" hints and tips.



STUDENT'S LEARNING JOURNEY

Sometimes it is difficult to know what courses to do and in what order. We have included a plan within this prospectus that may be helpful for you when choosing your sessions. We have categorised each course into one of the following: 'Starting off', 'Developing my Knowledge and Wellbeing', 'Living with/Understanding' and 'Tools to Support Wellbeing'. This may be useful when deciding which order to complete courses. It is important to note that you do not have to follow this plan. YOU can choose to do the courses that are important to you in ANY order you wish.

DEVELOPING my Knowledge and Wellbeing

This is a group of sessions designed to increase knowledge on a number of mental health and general wellbeing topics, exploring tools that may support ourselves or others in their recovery journey.

STARTING OFF with the College

This is a group of sessions that may be useful for anyone beginning their learning with the College. They are designed to assist your understanding of recovery as you move through your own recovery journey.

2

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GOING FORWARD

- Tools to support wellbeing

These sessions are designed to consider the value of your recovery story and how you may develop skills/tools to further support both yourself and others.



LIVING with/ UNDERSTANDING

These are a number of sessions designed to increase our knowledge in relation to specific conditions. They acknowledge individual experience, exploring the different aspects of support and self-management.





STARTING OFF with the College

Title: **Introduction to the Recovery College**

Overview: This short session will give an overview of the Recovery College, and what we do.

Title: **Starting my Recovery Journey**

Overview: In this workshop we aim to provide an opportunity to understand the concept of recovery, and what it means to you as an individual.

We look at how to get started on your journey, what keeps us going, and things to look out for along for on the way.

Title: **Living life with Purpose**

Overview: Have you ever reflected on a missed opportunity, or perhaps a poor decision?

This course helps encourage us to be in tune with what's going on in our lives. We look at the importance of being 'intentional' with our actions, making the most of situations and staying connected to what's important.

Title: **Gratitude**

Overview: The act of gratitude or being grateful is often more straightforward when life is going well. When things are good, gratitude flows naturally. When facing some of life's more challenging times, gratitude feels much more difficult. This workshop explores the meaning of gratitude, the many benefits associated with practicing gratitude and how, when faced with very difficult times, there are simple ways in which we can continue to practice gratitude to benefit our overall health and wellbeing.

Title: **Recovery College Walking Group**

Overview: The Recovery College Walking Group is an informal, relaxed walking group that meets in different locations across the trust. It is a light walk, in which you set the pace, usually lasting around 30 minutes. We finish each walk with a cuppa and some craic. A great way for getting out and about, and connecting with others.



DEVELOPING my knowledge on wellbeing

Title: **Building Resilience**

Overview: Life is full of challenges, however developing resilience may help us manage these challenges more effectively. This course will allow us to explore ways to build our personal resilience and develop skills.

Title: **Let's talk about Sleep**

Overview: This course will provide information about the common causes of sleep difficulties. We will also look at how much sleep we need and explore some practical ways which may help overcome our sleeping problems.

Title: **CHIME**

Overview: This course identifies 5 key components which are central to recovery for us as individuals. We use an approach called CHIME which stands for Connection, Hope, Identity, Meaning and Empowerment. This is a good introduction to the theme of recovery and challenges us to make positive change.

Title: **Self-Care**

Overview: Self Care is a general term that describes everything we do deliberately to support ourselves. Self-care is something many may struggle with due to other responsibilities in life, and we often forget to take care of our own personal needs. This course allows us to focus on our own wellbeing reminding us we are important too.

Title: **Parenting Through Recovery**

Overview: This course explores the relationship between mental health and parenting, recognising how each can influence the other. It provides an opportunity to reflect on common parenting challenges and consider practical ways to manage them. The sessions emphasise the value of effective communication, including how to have open, age-appropriate conversations with children about mental health. Students will also explore the importance of self-care, recognising that supporting our own wellbeing can enhance our ability to care for and support our children.

Title: **Being Mindful Everyday**

Overview: This course will introduce you to ways in which we can be more mindful every day. We will explore the importance of 'listening to ourselves' and being present in all that we do.



DEVELOPING my knowledge on wellbeing

Title: **Self-Care at Christmas**

Overview: Self-care is the general term we use to describe all that we intentionally do to look after ourselves and support our mental and physical well-being. Self-care can be something we neglect particularly during stressful/busy periods such as Christmas time. This course allows us to explore some of the barriers to practising self-care at Christmas. Together we will develop plans to include self-care as part of our Christmas routines, whilst reminding ourselves that we too are important.

Title: **What is WRAP?** (Wellness Recovery Action Planning)

Overview: This session gives an overview of what the WRAP course is, and what you can expect on the full course.

Title: **Managing Stress**

Overview: This short workshop will look at the causes of stress and discuss simple techniques which may help to manage stress.

Title: **Looking after myself while caring for others**

Overview: Often we have many roles & responsibilities that can result in us being so busy we can forget to take care of ourselves and our own wellbeing. This workshop will allow us to explore those roles, focusing on the role of a carer and the various demands and rewards attached to this role. We will explore different ways to obtain support and focus on the importance of self-care in order to benefit our overall wellbeing.



LIVING with/UNDERSTANDING

Title: **An Introduction to Anxiety**

Overview: This introductory course will provide information about anxiety. It will explore common symptoms of anxiety, and highlight ways that may help manage these. We will also guide you through an optional short relaxation exercise.

Title: **Managing Persistent Fatigue**

Overview: This course is aimed at individuals who are experiencing persistent fatigue for known or unknown reasons. The aims are to help individuals to understand the factors that can contribute to persistent fatigue, and develop fatigue management strategies that can be used day to day.

Title: **An Introduction to Depression**

Overview: Depression goes beyond feelings of sadness or unhappiness and can deeply disrupt how we think, feel and live our daily lives. This introductory course explores how depression can impact on individuals in many different ways, and ways to manage this.

Title: **Autism Spectrum Disorder**

Overview: Sometimes people with Autism struggle to make sense of their feelings and the feelings of others. In this introductory course we will discuss helpful ways to recognise and manage emotions for adults living with Autism.

Title: **A Guide to Autism Support Services, Practical Tools & Resources**

Overview: This course aims to provide details on a range of autism support services and resources which autistic adults can access. Whether you are looking for guidance on workplace adjustments, education and training opportunities or everyday wellbeing we hope to help you find the right resources. The course aims to provide access to trusted information, practical tools and signposting to specialist organisations, support networks and advocacy services



LIVING with/UNDERSTANDING

Title: **An Introduction to Personality Disorder**

Overview: This short workshop/introduction gives us an insight into Personality Disorder, challenging some of the misconceptions we may hold.

Title: **An Introduction to PTSD** (Post-Traumatic Stress Disorder)

Overview: This course invites us to gain a better knowledge and understanding of what Post Traumatic Stress Disorder (PTSD) is and techniques we can use to help manage symptoms of this. Delivered by individuals with lived experience and professionals, we can identify many coping strategies that may help individuals, carers and professionals support themselves or those with PTSD.

Title: **An Introduction to Persistent Pain**

Overview: Pain, especially when persistent, can significantly impact our daily lives. This introductory course reflects on the effect that persistent pain has on us and begins to explore some self-management techniques.

Title: **An Introduction to Hoarding**

Overview: This short introductory workshop gives us an insight into the Topic of Hoarding. Acknowledging how hoarding can impact on individuals and their lives, exploring some of the common negative misconceptions, and hearing personal stories of challenge and hope. This workshop will give the opportunity to discuss practical steps, hints and tips, that could help you in taking the first steps to addressing hoarding, as well as signposting to any additional supports available within our communities.



GOING FORWARD tools to support wellbeing

Title: **Mindful Self-Compassion**

Overview: Mindful Self-Compassion is the process of combining mindfulness alongside practicing self-compassion. This course encourages students to respond to difficult moments in their lives with self-kindness, mindful awareness, and an understanding that life can, at times, be challenging for us all.

Title: **Assertiveness**

Overview: This workshop will help students discover our inner strengths which will help us become more assertive when expressing our views. We will be better equipped to have our voices heard and in turn aid our recovery journey.

Title: **The Well Read Project**

Overview: This course is delivered in conjunction with 'Prime Cut Productions'. Throughout the course students will read scripts/plays and each participant will be allocated a character's lines to read. At the end of each week the students and facilitators will discuss the section of the script/play read.

Title: **WRAP** (Wellness Recovery Action Planning)

Overview: WRAP (Wellness Recovery Action Planning) is a recovery programme developed by a lady Mary Ellen Copeland alongside other peers. The WRAP workshop can support individuals to create personal WRAP plans that may help deal with uncomfortable feelings, find and maintain hope, explore the choices available to us and build on our existing strengths. This is a 16-hour programme that will be delivered over 2 full days or 4 half days. Previous College students have noted the 'Intro to WRAP' session to have been useful, prior to completing the 16 hour programme.



GOING FORWARD tools to support wellbeing

Title: **Drumming for Wellness Taster Session**

Overview: These workshops will take place between September and December 2026 in various locations throughout the Northern Trust area. They are for anyone who would like to sample the benefits of drumming and experience a single practical session prior to signing up to the 3 week 'Drumming for Wellness' course.

Title: **Mental Health First Aid**

Overview: This specialist course has been devised to increase the knowledge and confidence of participants, to enable them to provide first aid and support for people experiencing mental health problems at home and at work. Developing skills, and motivation in offering help to those with symptoms of mental illness, and mental health challenges.

Title: **Drumming for Wellness**

Overview: In this 3-week workshop we will look at the benefits of drumming and have practical sessions using the equipment.

Courses we hope to deliver

We hope to deliver some of the following new courses this academic year so please check out timetables when they are available:

- **Maternal Journaling**
- **Positive Self Image**
- **Activities for Wellness**
- **Healthy Me**
- **Gardening for Growth**



OVERVIEW OF ACADEMIC YEAR 2026/27

SEPTEMBER							OCTOBER							NOVEMBER						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
	1	2	3	4	5	6				1	2	3	4							1
7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
														30						
DECEMBER							JANUARY							FEBRUARY						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
	1	2	3	4	5	6					1	2	3	1	2	3	4	5	6	7
7	8	9	10	11	12	13	4	5	6	7	8	9	10	8	9	10	11	12	13	14
14	15	16	17	18	19	20	11	12	13	14	15	16	17	15	16	17	18	19	20	21
21	22	23	24	25	26	27	18	19	20	21	22	23	24	22	23	24	25	26	27	28
28	29	30	31				25	26	27	28	29	30	31							
MARCH							APRIL							MAY						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
1	2	3	4	5	6	7				1	2	3	4						1	2
8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30
														31						
JUNE																				
M	T	W	T	F	S	S														
	1	2	3	4	5	6														
7	8	9	10	11	12	13														
14	15	16	17	18	19	20														
21	22	23	24	25	26	27														
28	29	30																		

RECOVERY COLLEGE COMMUNITY VENUE DETAILS

Antrim/ Ballymena

Holiday Inn Express
The Junction Shopping
Complex
Ballymena Road
Antrim
BT41 4LL

Antrim Castle Gardens
Randalstown Road
Antrim
BT41 4LH

**Stiles Community
Centre**
11 Fountain Hill
Antrim
BT41 1LZ

Adair Arms Hotel
1-7 Ballymoney Road
Ballymena
BT43 5BS

Ballymena Library,
5 Pat's Brae,
Ballymena BT43 5AX

Braid Centre
1-29 Bridge St,
Ballymena
BT43 5EJ

Magherafelt/ Cookstown

InVOLve House
16 - 18 Queen Street
Magherafelt
BT45 6AB

The Terrace Hotel
42 - 48 Church Street
Magherafelt
BT45 6AW

Ballyronan Wood
135a Shore Road
Magherafelt
BT45 6JA

**The Burnavon
(Arts and Culture
Centre)**
Burn Road
Cookstown
BT80 8DN

Cookstown Library
13 Burn Road
Cookstown
BT80 8DJ

Ballymoney/ Coleraine

CRUN
1 Brook Street
Coleraine
BT52 1EN

Vineyard Compassion
Hope Centre
10 Hillmans Way
Coleraine
BT52 2ED

**Coleraine Leisure
Centre**
26a Railway Road
Coleraine
BT52 1PB

**Balnamore Community
Centre**
59 Balnamore Road
Ballymoney
BT53 7PU

Ballymoney Town Hall
1 Townhead Street
Ballymoney
BT53 6BE

Joey Dunlop Centre
33 Garryduff Road
Ballymoney
BT53 7DB

RECOVERY COLLEGE COMMUNITY VENUE DETAILS

Larne/Carrick/ Newtownabbey

Larne Leisure Centre
28 Tower Road
Larne
BT40 1AB

Sandy Bay Pavilion
15 Tower Road
Larne
BT40 1AB

Larne Library
36 Pound Street
Larne
BT40 1SQ

Carrickfergus Library
2 Joymount
Carrickfergus
BT38 7DQ

Eden Community Centre
42 Beltoy Road, Eden
Carrickfergus
BT38 9BH

Oakfield Community Centre
Carrickfergus
Co. Antrim
BT38 7SP

Lilian Bland Pavilion
30a Carnmoney Road
Glengormley
Newtownabbey
BT36 6HW

Loughshore Park (Jordanstown)
Shore Road
Newtownabbey
BT37 OPY

Corrs Corner Hotel
315 Ballyclare Road
Newtownabbey
BT36 4TQ

Ballyclare Presbyterian Church
2 Foundry Lane
Ballyclare
BT39 9BQ

Merville House
Merville Garden Village,
Newtownabbey,
BT37 9TH

The Dunnaney Centre
Rathmullan Drive,
Newtownabbey
BT37 9DQ

Education at The Recovery College

These workshops are all free and open to everyone (aged 16+), including service users, Trust staff, carers, and those wishing to learn more about health and wellbeing.

Please contact the Recovery College to be added to our mailing list.

For more information please contact us on:



The Recovery College
Carrick 3
60 Steeple Road
Antrim
BT41 2RJ



028 9441 3449



Recovery.college@northerntrust.hscni.net



Find us on Facebook, search:
The Northern Trust Recovery College



www.northerntrust.hscni.net/recoverycollege