

**North East Hampshire & Farnham Recovery College**  
**Summer Term 2017 (April – August)**

<b>Course</b>	<b>Area</b>	<b>Dates</b>	<b>Time</b>
<b>Health and Wellbeing Courses</b>			
<b>Introduction to Recovery and Wellbeing</b>	<b>Farnborough</b>	<b>1 week</b> Monday 22 <sup>nd</sup> May	<b>2.5 hours</b> 1pm – 3.30pm
<b>Healthy Lifestyles and Healthy Eating</b>	<b>Camberley</b>	<b>2 weeks</b> Tuesday 6 <sup>th</sup> June & Tuesday 13 <sup>th</sup> June	<b>2 &amp; 3 hours</b> 3pm – 5pm  2pm – 5pm
<b>Understanding Courses</b>			
<b>Understanding Long-term Physical Health Conditions</b>	<b>Farnborough</b>	<b>4 weeks</b> <b>Thursdays:</b> 29 <sup>th</sup> June – 20 <sup>th</sup> July	<b>1 hour</b> 10.30am – 11.30am
<b>Understanding Personality Disorders</b>	<b>Camberley</b>	<b>3 weeks</b> <b>Thursdays:</b> 8 <sup>th</sup> – 22 <sup>nd</sup> June	<b>2 hours</b> 1.30pm - 3.30pm
<b>Understanding Medication</b>	<b>Farnborough</b>	<b>1 week</b> Wednesday 28 <sup>th</sup> June	<b>4 hours</b> 9.30am – 1.30pm
<b>Understanding Mood Disorder</b>	<b>Farnborough</b>	<b>1 week</b> Wednesday 7 <sup>th</sup> June	<b>2.5 hours</b> 9.30am – 12pm

<b>Dementia Information Group</b>	<b>Frimley</b>	<b>6 weeks</b> <b>Wednesdays:</b> 3 <sup>rd</sup> May – 7 <sup>th</sup> June	<b>1.5 hours</b> 10.00am – 11.30am
<b>Skills Courses</b>			
<b>Confidence &amp; Self-Esteem</b>	<b>Camberley</b>	<b>6 weeks</b> <b>Thursdays:</b> 27 <sup>th</sup> April – 1 <sup>st</sup> June	<b>2 hours</b> 1.30pm – 3.30pm
<b>Managing Intense Emotions</b>	<b>Aldershot</b>	<b>10 weeks</b> <b>Tuesdays:</b> 25 <sup>th</sup> April – 27 <sup>th</sup> June	<b>2 hours</b> 11am – 12pm
<b>Mindfulness</b>	<b>Aldershot</b>	<b>6 weeks</b> <b>Thursdays:</b> 15 <sup>th</sup> April – 18 <sup>th</sup> May	<b>1.5 hours</b> 6am – 7.30am
<b>Introduction to Crisis Planning</b>	<b>Farnborough</b>	<b>1 week</b> Thursday 8 <sup>th</sup> June	<b>2.5 hours</b> 10am – 12.30pm
<b>Healthy Sleep Habits</b>	<b>Frimley</b>	<b>1 week</b> Monday 19 <sup>th</sup> June	<b>3 hours</b> 5pm – 8pm
<b>Work Plan</b>	<b>Frimley</b>	<b>10 weeks</b> <b>Tuesdays:</b> 4 <sup>th</sup> April – 6 <sup>th</sup> June	<b>2 hours</b> 11am – 12pm
<b>Pain Management</b>	<b>Camberley</b>	<b>1 week</b> Thursday 13 <sup>th</sup> July	<b>3 hours</b> 2pm – 5pm

<b>Coping Skills for Mental Health</b>	<b>Aldershot</b>	<b>Mondays &amp; Tuesdays</b> This course is currently only available to NE Hants CMHRS Services Users. For information on dates and booking onto the courses via the Recovery College please contact us.	
<b>Creativity Courses</b>			
<b>Creative Writing</b>	<b>Aldershot</b>	<b>6 weeks</b> <b>Tuesdays:</b> 25 <sup>th</sup> April – 30 <sup>th</sup> May	<b>2 hours</b> 2.00pm – 4.00pm
<b>Card Making Course</b>	<b>Frimley</b>	<b>8 weeks</b> <b>Thursdays:</b> 4 <sup>th</sup> May – 22 <sup>nd</sup> June	<b>2 hours</b> 6pm – 8pm