



SLaMrecoverycollege

hope • control • opportunity



# SLaM Recovery College

## Spring-Summer 2026



Supported by  
**Maudsley  
Charity**

**Backing  
Better  
Mental  
Health.**

**NHS**

**South London  
and Maudsley**  
NHS Foundation Trust



# What does the recovery college offer?

Our college offers a learning approach to support people to live as well as possible ('recovery'), complementing the clinical support offered by the Trust to a person, their family and friends. The workshops and courses aim to provide the tools to make this happen, helping you to become an expert in your own recovery or that of someone you care for.

Staff members working for South London and Maudsley NHS Foundation Trust are also encouraged to participate to support their own understanding of service user and carer experiences of using mental health services and to share their own skills, knowledge and expertise.

A wide range of courses and workshops are offered throughout the year, all taught collaboratively by people with lived experience of long term health conditions and people with subject expertise. Co-production is at the heart of everything we do.

SLaM Recovery College offers courses and workshops in venues across Southwark, Lewisham, Lambeth, Croydon and the Bethlem Royal Hospital, alongside an online programme. Please see the following pages for eligibility and venue information.



SLaM Recovery College is jointly funded by the NHS and the Maudsley Charity

# Course Categories



## Understanding Mental Health Diagnosis and Treatment (pages 6-8)

These workshops aim to demystify the process of receiving a diagnosis and explain the types of treatment and care that may be offered to a service user and their support network.

## Getting involved (page 9)

These workshops showcase opportunities open to service users, carers and staff to become involved in a wide range of activities at South London and Maudsley NHS Foundation Trust including learning about 'coproduction', the philosophy the recovery college is built upon.

## Rebuilding Your Life (pages 10-11)

Experiencing mental health difficulties can cause many bumps in life's journey. This category offers a wide range of courses and workshops to support your recovery journey or that of someone you support.

## Mind and Body (page 12)

Achieving good mental health doesn't occur in isolation from our physical wellbeing. This category focuses on skills, knowledge and routines for reducing risk of poor physical health.

## Developing Knowledge and Skills (pages 13)

Learning or re-learning strategies to support your wellbeing is key to recovery and health. This category offers information, guidance and tools to support recovery.

## Courses with Our Community Partners (pages 14-17)

Courses with our partner organisations, The Comedy School, The Horniman Museum and Gardens, Creative Croydon and Royal Literary Fund and new course information.

**Course descriptions can be found on the recovery college enrolment form or online at**

[slamrecoverycollege.co.uk/course-descriptions.html](http://slamrecoverycollege.co.uk/course-descriptions.html)

# Who can attend SLaM Recovery College?

## Classroom (face to face)

Our classroom based courses are free of charge and open to:

- People over the age of 16, who use South London and Maudsley NHS Foundation Trust's wide range of mental health services
- Supporters (carers, family and friends) of SLaM service users
- People who have been discharged from SLaM services in the past six months and their supporters
- SLaM Staff
- Students on clinical placement can attend, space permitting
- SLaM volunteers, peer supporters or involvement register members who can demonstrate active participation in the previous six months in one or more of these activities

A referral from a clinician or service isn't required. Students are encouraged to choose the workshops or courses that suit their needs. Appointments with peer learning advisors are available to support students to identify a study path and enrol.

## Online via Microsoft Teams or Zoom

Our online curriculum is free of charge and available to anybody, anywhere (unless stated in the course information).

# How to Enrol

## A note about attendance:

If you do put your name down for a course, please make every effort to attend. Places for all our courses are in high demand so if you can't attend for any reason please contact the Recovery College office as soon as possible so your place can be offered to someone on the waiting list.



## Enrol Online at any time:



Enrolments can be completed online on a smartphone, tablet or computer via the QR code, website or link:

## Enrol by Telephone

Enrolments can be made over the telephone, Monday to Friday between 10.00am and 5.00pm by calling 020 3228 3643

## Enrol by Post

Paper copies of the enrolment form are available by contacting the Recovery College office.

## Enrolling in Person

The recovery college team are unable to offer a casual drop in service at the team office. However, should you need support to enrol, please contact the admin team who will make an appointment for you

# Understanding Mental Health Diagnosis and Treatment

## Hearing Voices A

**Half day workshop for students connected to SLaM**

Friday 24<sup>th</sup> April from 1.00pm-4.00pm

Classroom: Clinical Skills Centre (Maudsley)

Both Hearing Voices workshops A and B are the same, please choose one date only.

## Hearing Voices B

**Half day workshop open to all students**

Tuesday 30<sup>th</sup> June from 1.00pm-4.00pm

Online: Microsoft Teams Meeting

Both Hearing Voices workshops A and B are the same, please choose one date only.

## Understanding Psychosis A

**Half day workshop open to all students**

Wednesday 22<sup>nd</sup> April from 1.00pm-4.00pm

Online: Microsoft Teams Meeting

Both Understanding Psychosis workshops A and B are the same, please choose one date only.

## Understanding Psychosis B

**Half day workshop for students connected to SLaM**

Tuesday 9<sup>th</sup> June from 1.00pm-4.00pm

Classroom: Forest Hill Library (Lewisham)

Both Understanding Psychosis workshops A and B are the same, please choose one date only.

## Understanding & Managing Anxiety A

**One day workshop open to all students**

Thursday 16<sup>th</sup> April from 10.00am-4.00pm

Online: Microsoft Teams Meeting

Both Understanding Anxiety workshops A and B are the same, please choose one date only.

## Understanding & Managing Anxiety B

**One day workshop for students connected to SLaM**

Wednesday 8<sup>th</sup> July from 10.00am-4.00pm

Classroom: Blue Star House (Lambeth)

Both Understanding Anxiety workshops A and B are the same, please choose one date only.

## Exploring Medication: how can medication support your recovery?

**Two week workshop (one day per week) for students connected to SLaM**

Tuesday's 21<sup>st</sup> and 28<sup>th</sup> April from 11.00am-1.00pm

Online: Microsoft Teams Meeting

## Understanding Self-Harm

**Half day workshop for students connected to SLaM**

Wednesday 22<sup>nd</sup> April from 10.00am-1.00pm

Classroom: Blue Star House (Lambeth)

## Understanding & Managing Personality Disorder A

**One day workshop for students connected to SLaM**

Thursday 23<sup>rd</sup> April from 10.00am-4.00pm

Classroom: Mind in Croydon (Croydon)

Both Understanding Personality Disorder workshops A and B are the same, please choose one date only.

## Understanding & Managing Personality Disorder B

**One day workshop open to all students**

Tuesday 9<sup>th</sup> June from 10.00am-4.00pm

Online: Microsoft Teams Meeting

Both Understanding Personality Disorder workshops A and B are the same, please choose one date only.

# Understanding Mental Health Diagnosis and Treatment

## Fear of Abandonment

**Half day workshop for students connected to SLaM**

Wednesday 15th April from 10.00am-1.00pm

Classroom: Blue Star House (Lambeth)

## Understanding the Impact of Substance Use on Mental Health

**One day workshop for students connected to SLaM**

Wednesday 29th April from 10.00am-4.00pm

Classroom: Blue Star House (Lambeth)

## Taking Control of my Psychosis Medication A

**Half day workshop open to all students**

Monday 27th April from 1.00pm-4.00pm

Online: Microsoft Teams Meeting

Both Taking Control of my Psychosis Medication workshops A and B are the same, please choose one date only.

## Taking Control of My Psychosis Medication B

**Half day workshop for students connected to SLaM**

Monday 8th June from 1.00pm-4.00pm

Classroom: Blue Star House (Lambeth)

Both Taking Control of my Psychosis Medication workshops A and B are the same, please choose one date only.

## Understanding & Managing Depression A

**One day workshop open to all students**

Tuesday 28th April from 10.00am-4.00pm

Online: Microsoft Teams Meeting

Both Understanding Depression workshops A and B are the same, please choose one date only.

## Understanding & Managing Depression B

**One day workshop for students connected to SLaM**

Thursday 25th June from 10.00am-4.00pm

Classroom: Blue Star House (Lambeth)

Both Understanding Depression workshops A and B are the same, please choose one date only.

## Understanding & Managing Panic Attacks

**One day workshop for students connected to SLaM**

Wednesday 6th May from 10.00am-4.00pm

Classroom: Blue Star House (Lambeth)

## What to Expect from the Adult Autism Diagnostic Journey

**2.5 hour workshop for students connected to SLaM**

Tuesday 12th May from 10.00am-12.30pm

Online: Microsoft Teams Meeting (Webinar)

## Understanding & Coping with Stress A

**One day workshop for students connected to SLaM**

Tuesday 19th May from 10.00am-4.00pm

Classroom: Mind in Croydon (Croydon)

Both Understanding Stress workshops A and B are the same, please choose one date only.

## Understanding & Coping with Stress B

**One day workshop open to all students**

Friday 14th July from 10.00am-4.00pm

Online: Microsoft Teams Meeting

Both Understanding Stress workshops A and B are the same, please choose one date only.

# Understanding Mental Health Diagnosis and Treatment

## Understanding Bipolar Disorder

Half day workshop for students connected to SLaM

Wednesday 10th June from 1.00pm-4.00pm

Classroom: Blue Star House (Lambeth)

## Understanding the Impact of Isolation on Mental Health

2 hour workshop open to all students

Friday 12th June from 11.00am-1.00pm

Online: Microsoft Teams Meeting

## Understanding & Overcoming Health Anxiety

Half day workshop open to all students

Monday 15th June from 1.00pm-4.00pm

Online: Microsoft Teams Meeting

## Mentalizing: using compassionate curiosity in everyday life

Half day workshop for students connected to SLaM

Thursday 18th June from 10.00am-1.00pm

Online: Microsoft Teams Meeting

## Alcohol: friend or foe?

2.5 hour workshop open to all students

Friday 10th July from 1.00pm-3.30pm

Online: Microsoft Teams Meeting (webinar)

## What to Expect from the Adult ADHD Diagnostic Journey

2.5 hour workshop for students connected to SLaM

Tuesday 14th July from 10.00am-12.30pm

Online: Microsoft Teams Meeting (Webinar)

## Understanding Obsessive Compulsive Disorder

Half day workshop open to all students

Wednesday 15th July from 1.00pm-4.00pm

Online: Microsoft Teams Meeting

## Understanding ADHD in Children and Young People: supporting, coping and thriving

Two week course (one workshop per week) open to people with a connection to SLaM

Tuesdays 28<sup>th</sup> April and 5<sup>th</sup> May from 10.00am-1.00pm

Online: Microsoft Teams Meeting

# Getting Involved

## Working Together: co-production in action A

**Half day workshop for students connected to SLaM**

Wednesday 13th May from 1.00pm-4.00pm

Classroom: Blue Star House (Lambeth)

Both Working Together workshops A and B are the same, please choose one date only.

## Working Together: co-production in action B

**Half day workshop open to all students**

Monday 29th June from 1.00pm-4.00pm

Online: Microsoft Teams Meeting

Both Working Together workshops A and B are the same, please choose one date only.

## Research Club

**Monthly 1 hour workshop for students connected to SLaM**

Thursday's 30th April, 28th May, 25th June, 30th July from 2.00pm-3.00pm

Online: Microsoft Teams Meeting (Webinar)

Students can attend as many or as few of the sessions as they like, it will only count as 1 of their 10 course choices.

## Facilitation Skills

**One day workshop for students connected to SLaM**

Friday 26th June from 10.00am-4.00pm

Classroom: Clinical Skills Centre (Maudsley)

# Introduction to SLaM Recovery College

**Meet members of the recovery college training team to learn about the recovery education opportunities on offer and how courses and workshops can support your wellbeing or the wellbeing of someone you support**

## (Session A)

Wednesday 1st April  
from 1.30-3.30pm  
Microsoft Teams Meeting

## (Session B)

Friday 10th April  
from 10.30-12.30pm  
Microsoft Teams Meeting



# Rebuilding Your Life

## Introduction to Recovery A

**Half day workshop open to all students**

Monday 13th April from 1.00pm-4.00pm

Online: Microsoft Teams Meeting

Both Introduction to Recovery workshops A and B are the same, please choose one date only.

## Introduction to Recovery B

**Half day workshop open to all students**

Friday 17th July from 1.00pm-4.00pm

Online: Microsoft Teams Meeting

Both Introduction to Recovery workshops A and B are the same, please choose one date only.

## The Power of Generosity

**One day workshop open to all students**

Wednesday 15th April from 11.00am-4.00pm

Online: Microsoft Teams Meeting

## Recovering Our Purpose

**Half day workshop open to all students**

Friday 8th May from 1.00pm-4.00pm

Online: Microsoft Teams Meeting

## Resilience A

**Two week course (one workshop per week) for students connected to SLAM**

Friday's 17th April and 1st May from 10.00am-4.00pm

Classroom: Forest Hill Library (Lewisham)

Both Resilience courses A and B are the same, please choose one date only.

## Resilience B

**Two week course (one workshop per week) open to all students**

Thursday's 2nd and 16th July from 10.00am-4.00pm

Online: Microsoft Teams Meeting

Both Resilience courses A and B are the same, please choose one date only.

## Increasing Social Confidence A

**One day workshop open to all students**

Tuesday 21st April from 10.00am-4.00pm

Online: Microsoft Teams Meeting

Both Increasing Social Confidence workshops A and B are the same, please choose one date only.

## Increasing Social Confidence B

**One day workshop for students connected to SLAM**

Wednesday 1st July from 10.00am-4.00pm

Classroom: Horniman Museum & Gardens (Lewisham)

Both Increasing Social Confidence courses A and B are the same, please choose one date only.



# Rebuilding Your Life

## Reading for Recovery

**Monthly 2 hour workshop for students connected to SLaM**

Wednesday's 29<sup>th</sup> April, 20<sup>th</sup> May, 24<sup>th</sup> June, 28<sup>th</sup> July from 2.00pm-4.00pm

Online: Microsoft Teams Meeting

Students can attend as many or as few of the sessions as they like, it will only count as 1 of their 10 course choices

## Thriving in the Face of Stigma

**Two week course (one workshop per week) for students connected to SLaM**

Thursday's 4<sup>th</sup> and 11<sup>th</sup> June from 10.00am-4.00pm

Classroom: Blue Star House (Lambeth)

## Managing Your Mood

**One day workshop open to all students**

Friday 5<sup>th</sup> June from 11.00am-4.00pm

Online: Microsoft Teams Meeting (webinar)

## Optimising Your Sleep

**Half day workshop for students connected to SLaM**

Tuesday 16<sup>th</sup> June from 1.00pm-4.00pm

Classroom: Mind in Croydon (Croydon)

## News, Social Media & Mental Health

**One day workshop open to all students**

Monday 22<sup>nd</sup> June from 11.00am-4.00pm

Online: Microsoft Teams Meeting

## Thriving with Neurodiversity: an introduction

**One day workshop for students connected to SLaM**

Tuesday 23<sup>rd</sup> June from 11.00am-4.00pm

Online: Microsoft Teams Meeting

## Making Changes: where to start & how to maintain

**Two week course (one workshop per week) for students connected to SLaM**

Wednesday's 24<sup>th</sup> June and 1<sup>st</sup> July from 10.00am-4.00pm

Classroom: Blue Star House (Lambeth)

## Five Obstacles to Wellbeing

**One day workshop open to all students**

Friday 3<sup>rd</sup> July from 10.00am-4.00pm

Online: Microsoft Teams Meeting



# Mind and Body

## Guided Visualisation for Relaxation

**Two week course (one workshop per week) open to all students**

Course A: Friday's 17th & 24th April from 11.00am-12.00pm  
**OR**

Course B: Friday's 5th & 12th June from 2.00pm-3.00pm

Online: Microsoft Teams Meeting

Both Guided Visualisation courses A and B are the same, please choose one course only.

## Progressing with Guided Visualisation

**1.5 hour workshop open to all students (students must have completed the two week Guided Visualisation course before attending this workshop)**

Workshop A: Friday 19th June from 2.00pm-3.30pm

**OR**

Workshop B: Tuesday 15th July from 11.00am-12.30pm

Online: Microsoft Teams Meeting

Both Progressing with Guided Visualisation courses A and B are the same, please choose one course only.

## Eating Healthily to Look After Your Weight

**1.5 hour workshop open to all students**

Tuesday 12th May from 2.00pm-3.30pm

Online: Microsoft Teams Meeting

## NEW!!! Eating Healthily to Look After Ourselves & Our Planet

**1.5 hour workshop open to all students**

Tuesday 23rd June from 2.00pm-3.30pm

Online: Microsoft Teams Meeting

## Ayurveda Self Massage for Hands

**2 hour workshop open to all students**

Wednesday 13th May from 2.00pm-4.00pm

Online: Microsoft Teams Meeting

## Ayurveda Self Massage for Feet

**2 hour workshop open to all students**

Monday 13th July from 2.00pm-4.00pm

Online: Microsoft Teams Meeting

## Exploring Type-2 Diabetes & Mental Health

**Two week course (half day workshop per week) open to all students**

Tuesday's 23rd and 30th June from 1.30pm-4.30pm

Online: Microsoft Teams Meeting

## NEW!!! The Mindful Way to Wellbeing

**Two hour taster session followed by a mindfulness skills course over five weeks for students connected to SLaM . See the enrolment form for more information.**

**Taster A: Thursday 16th April from 2.00pm-4.00pm**

**OR**

**Taster B: Thursday 23rd April from 2.00pm-4.00pm**

**Followed by:**

Thursday 30th April from 2.00pm-4.00pm

Thursday 7th May from 2.00pm-4.00pm

Thursday 14th May from 2.00pm-4.00pm

Thursday 21st May from 2.00pm-4.00pm

Thursday 28th May from 2.00pm-4.00pm

Classroom: Jamyang Buddhist Centre (Lambeth)



# Developing Knowledge and Skills

## A Guide to Independent Mental Health Advocacy

**1.5 hour workshop open to all students**

Wednesday 15<sup>th</sup> April from 3.00pm-4.30pm

Online: Microsoft Teams Meeting

## Emotional First Aid Kit

**1.5 hour workshop open to all students**

Workshop A: Wednesday 22nd April from 10.30am-12.00pm  
**OR**

Workshop B: Friday 17th July from 10.30am-12.00pm

Online: Microsoft Teams Meeting

Both Emotional First Aid Kit workshops A and B are the same, please choose one course only.

## Mental Health Awareness

**Half day workshop open to all students**

Wednesday 22nd April from 1.00pm-4.00pm

Online: Microsoft Teams Meeting

## Caring for Carers

**2.5 hour workshop for students connected to SLaM**

Wednesday 6th May from 2.00pm-4.30pm

Classroom: Horniman Museum & Gardens (Lewisham)

## Facts & Guidance for Carers

**1.5 hour workshop open to all students**

Wednesday 13th May from 3.00pm-4.30pm

Online: Microsoft Teams Meeting (webinar)

## Routines for Recovery

**2 hour workshop open to all students**

Friday 15th May from 2.00pm-4.00pm

Online: Microsoft Teams Meeting

## Emotional Intelligence: the path to emotional serenity

**Two week course (one workshop per week) for students connected to SLaM**

Thursday's 30th April & 14th May from 10.00am-4.00pm

Classroom: Clinical Skills Centre (Maudsley)

## Harnessing Emotional Contagion for Recovery

**2.5 hour workshop open to all students**

Thursday 21st May from 1.00pm-3.30pm

Online: Microsoft Teams Meeting

## Communication Skills for Resilient Relationships

**One day workshop open to all students**

Tuesday 2nd June from 10.00am-4.00pm

Online: Microsoft Teams Meeting (webinar)

## Communication & Active Listening

**2.5 hour workshop open to all students**

Tuesday 7th July from 10.30am-1.00pm

Online: Microsoft Teams Meeting (webinar)

## Motivation

**Half day workshop open to all students**

Monday 13th July from 10.30am-1.30pm

Online: Microsoft Teams Meeting (webinar)

## Using the Career Confidence Compass in Everyday Job Seeking

**Half day workshop open to all students**

Tuesday 5<sup>th</sup> May 10.00am-4:00pm

Classroom: TBC



# Courses with The Comedy School

Two fantastic courses from the Comedy School and SLaM Recovery College made possible by funding from the National Lottery Community Fund.

Build your confidence and ability to think quickly with other beginners while having fun! If you'd like to take part in either or both, please choose one of the two taster sessions.

Each course has two taster sessions with 16 places on each.

Then, from the 32 students, 16 will go forward onto the full seven-week course.

**N.B. These courses are only available to students who are service users or carers with a current connection to SLaM.**

## Improvisation Level 1

(one taster session followed by a seven-week course)

Our expert tutors will guide you through the fundamentals of improv, unblocking the imagination, making offers, positivity, listening, collaborating, all the way to basic performance readiness. No previous experience of improvisation or performing is required.

If you wish to take part in the seven-week course you will first have to enrol on one of the two taster sessions. Following these, students can sign up to the full course, however, please note that spaces are limited, so, if they are oversubscribed students will be drawn at random for the full course.

**N.B. Students can participate in these courses once only, unless there are exceptional circumstances.**

### Improvisation L1: Taster Session A

2.5 hour workshop for people with a connection to SLaM as a current service user or carer

Wednesday 20th May from 10.30am-1.00pm

Classroom: The Albany, Deptford (Lewisham)

### Improvisation L1: Seven week course

2.5 hour workshop each week  
10.30am-1.00pm on the following dates:

Session 1: Wednesday 3rd June  
Session 2: Wednesday 10th June  
Session 3: Wednesday 17th June  
Session 4: Wednesday 24th June  
Session 5: Wednesday 1st July  
Session 6: Wednesday 8th July  
Session 7: Wednesday 15th July

Classroom: The Albany, Deptford (Lewisham)

### Improvisation L1: Taster Session B

2.5 hour workshop for people with a connection to SLaM as a current service user or carer

Wednesday 27th May from 10.30am-1.00pm

Classroom: The Albany, Deptford (Lewisham)

# An Introduction to the Basics of Illusionary Mime Technique

## (taster session followed by a seven-week course)

As a follow on to the very popular Improvisation, Stand Up and Podcasting courses, The Comedy School are offering this exciting course to support people to develop confidence and wellbeing through the performing arts.

Over the seven sessions you will be taught the fundamental basics of classic mime principles including: The wall, manipulating objects, walking in the wind, the mime walk, the moon walk, robotics, fixed space, fixed objects, pushing and pulling, point of focus and the French pantomime. This workshop is designed for people who have very little to no knowledge of mime at all.

You will learn:

- Basic of Mime Fundamentals. Preparation includes Tension - Release - Reverse - Curves.
- Principles of Pushing & Pulling Objects - The Rope - The Punt - The Wall.
- Understanding the aspect of Resistance - Different Qualities of objects.
- Knowledge of Mime Principles - Fixed Points - Fixed Space - Suspension - Robotics.
- Non-Verbal Communication - Using Breath to create different emotions.
- Qualities of Substance - Earth - Air - Water - Fire.
- Mime Walks - Slow Motion - Running - Walking on the Spot - Moon Walks.
- Using Music with Mime - working with Music in Performance.
- Apply Skills in Performance - A mini group Performance is worked on.

If you wish to take part in the full course you will first have to enrol on one of the two taster sessions. Following these, 16 students will be offered places on the full course. If you have participated in previous Mime courses through The Comedy School and SLaM Recovery College you will not be eligible to attend this course.

### Mime: Taster Session A

2.5 hour workshop for people with a connection to SLaM as a current service user or carer

Wednesday 20th May from 2.00pm-4.30pm  
Classroom: The Albany, Deptford (Lewisham)

### Mime: Taster Session B

2.5 hour workshop for people with a connection to SLaM as a current service user or carer

Wednesday 27th May from 2.00pm-4.30pm  
Classroom: The Albany, Deptford (Lewisham)

### Mime: Seven Week Course

2.5 hour workshop each week  
2.00pm-4.30pm on the following dates:

Session 1: Wednesday 3rd June  
Session 2: Wednesday 10th June  
Session 3: Wednesday 17th June  
Session 4: Wednesday 24th June  
Session 5: Wednesday 1st July  
Session 6: Wednesday 8th July  
Session 7: Wednesday 15th July

Classroom: The Albany, Deptford (Lewisham)

# Courses with the Royal Literary Fund

## Writing for Self Expression

The aim of these co-produced Expressive Writing workshops is for participants to learn about and experience the benefits of expressive writing in a small supportive group with fellow students at the Recovery College. The maximum number of participants for each session will be 14, minimum 7.

**Four week course (1.5 hour workshop each week) for people connected to SLaM**  
**11.00am-12.30pm on the following dates:**

Session 1: Wednesday 10th June

Session 2: Wednesday 17th June

Session 3: Wednesday 24th June

Session 4: Wednesday 1st July

Online: Microsoft Teams Meeting



## Reading Round

Reading Round immerses students in great writing from all corners of the world, travelling deep into a short story or a poem to discover how writing works and what makes a text sing on the page, and to us personally. Led by a professional writer from the RLF, we'll be listening, discussing, and sharing in a safe space where every voice is heard and takes us closer to the story.

**1.5 hour workshop each week for people connected to SLaM**  
**11.00am-12.30pm on the following dates:**

Session 1: Tuesday 5th May

Session 2: Tuesday 12th May

Session 3: Tuesday 19th May

Session 4: Tuesday 2nd June

Session 5: Tuesday 9th June

Session 6: Tuesday 16th June

Online: Microsoft Teams Meeting



# Courses with Creative Croydon

creativecroydon

creating community through song, story and the arts

## Sing and Stroll: Forest Bathing

One hour workshops for people connected to SLAM  
Venue: TBC - within Croydon's parks and open spaces

The walks are gentle strolls in nature, designed for those not experienced in walking. We will take time to be mindful using sense based techniques to be grounded. We will amble a little then stop and sing simple songs about nature. The aim is to get people out, connecting (reducing isolation, building friendships). We also hope to connect people with other things that are happening locally (adult ed, community arts, local cultural and nature events).

Session A: Wednesday 22nd April from 11.00am-12.30pm  
Session B: Wednesday 20th May from 11.00am-12.30pm  
Session C: Wednesday 24th June from 11.00am-12.30pm  
Session D: Wednesday 15th July from 11.00am-12.30pm

Forest Bathing is a Japanese practice and process of relaxation; known in Japan as 'shinrin yoku'. The simple method of being calm and quiet amongst the trees, observing nature around you whilst breathing deeply can de-stress and boost health and wellbeing in a natural way. Please join with our guide from Creative Croydon to learn and try out this approach within one of Croydon's park spaces. Attend one or as many sessions as you would like to.

# Student Support

## Peer Learning Advice and Individual Learning Plans

Students with a connection to SLAM NHS Foundation Trust can book a telephone or online discussion with our senior peer recovery trainer on Wednesdays.

Support is available to choose courses to meet individual student needs, complete enrolments and develop a set of learning goals within an individual learning plan.

Only people using SLAM's clinical services, caring for someone using a SLAM clinical service or SLAM's employees are eligible for the ILP service.

Please contact the Recovery College team for more information.

email: [recoverycollege@slam.nhs.uk](mailto:recoverycollege@slam.nhs.uk)

tel: 020 3228 3643

## Classroom

These are face-to-face sessions in a community venue (in person). Venues are stated in the course details

### Please Note:

Face-to-face classroom sessions are for SLaM Recovery College students who meet one or more of the following criteria:

- a service user of the South London and Maudsley NHS Foundation Trust's mental health services
- a carer for someone who uses SLaM services;
- a person who is actively volunteering or peer supporter for SLaM services
- a member of the SLaM Involvement Register
- or are a SLaM staff member
- in some venues, members of that organisation can also enrol.

If a format or venue is yet to be confirmed, it will state "TBC" in the course details.

## Microsoft Teams Meetings (Webinars)

These are online courses using Microsoft Teams in which students cannot be seen or heard but can type questions using a question & answer function. These sessions are recorded, and students are sent recordings in the week after the session, available for up to six months after the course date.

## Microsoft Teams Meetings or Zoom

These are online courses using Microsoft Teams or Zoom, in which students can be seen and heard by the facilitators and each other. These sessions are not recorded. Most of the sessions run in this format are open to all, but there are some exceptions - please check the course descriptions for more details.

# Venues

## Clinical Skills Centre (Southwark)

Clinical Skills Centre, Maudsley Hospital, London SE5 8AZ

## Mind in Croydon (Croydon)

Fairfield House, 10 Altyre Road, East Croydon, CR0 5LA

## The Albany (Lewisham)

Douglas Way, Deptford, London SE8 4AG

## Blue Star House (Lambeth)

234-244 Stockwell Road, Brixton SW9 9SP

## Beale House (Lambeth)

3-6 Beale House, Lingham Street, London SW9 9HG

## Forest Hill Library (Lewisham)

Dartmouth Road, Forest Hill, London, SE23 3HZ

## Dulwich Picture Gallery (Southwark)

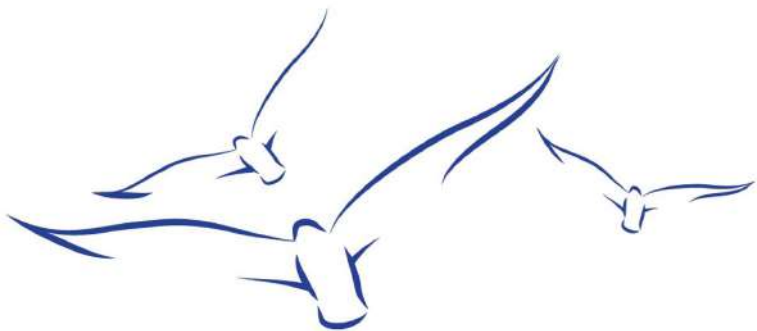
Entrances off College Road or Gallery Road, Dulwich, London SE21 7AD

## The Horniman Museum and Gardens (Lewisham)

100 London Rd, Forest Hill, London SE23 3PQ

## Jamyang London Buddhist Centre (Lambeth)

The Old Courthouse, 43 Renfrew Road, London SE11 4NA



# SLaMrecoverycollege

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## contact information

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