



# SLaM Recovery College Summer Term Timetable 2024



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**Maudsley  
Charity**

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**SLaMrecoverycollege**  
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**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') to complement the clinical support offered by the Trust to a person, their family, and their 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.

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, and Croydon, alongside a comprehensive online programme. Please see the following pages for eligibility criteria and venue information.



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





## 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
- People over the age of 16 who are supporters (carers, family, and friends) of a SLaM service user
- People who have been discharged from SLaM services within the past six months and their supporters
- SLaM volunteers, peer supporters or Involvement Register members
- SLaM Staff
- Students on clinical placement with SLaM can also attend, space permitting.

### Online via Microsoft Teams or Zoom

All our online courses are free of charge and available to anybody, anywhere, unless stated in the course information.



## Course and Workshop Formats

N.B. If the date, venue, or format for a course is not yet confirmed it will be identified as "TBC".

### Classroom

These are face-to-face sessions where you take part in-person, together with other students, at one or other of our community venues.

See page 23 for details of this term's venues.

Please note that to take part in any of our classroom sessions you need to have a current or recent connection to SLaM, as detailed in the section "who can attend our college?".

### Microsoft Teams meetings or Zoom

These are online courses via 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 is the occasional exception - please check the course details.

### Microsoft live events (Webinars)

These are online courses delivered via 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 can access and watch the recordings for up to six months after the course date if they wish.



## How To Enrol

### Enrol online at any time

Enrolments can be completed online on a smartphone, tablet or computer via the Recovery College website ([slamrecoverycollege.co.uk](http://slamrecoverycollege.co.uk)) or by clicking on this link to the enrolment form:

<https://forms.office.com/e/qwbUB8PhR3>

### Enrol by telephone

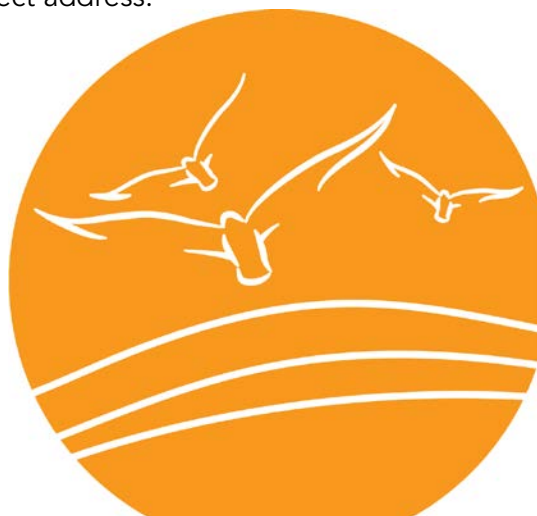
Enrolments can also be made over the telephone, Monday to Friday between 10:00am and 5:00pm, by calling 020 3228 3643.

### Enrol by post

Paper copies of the enrolment form are available on request by contacting the Recovery College office. We can email it to you to print out yourself, or we can post it to you. We will be moving offices to Blue Star House in Brixton during this term. Before posting anything to us, please get in touch for the correct address.

### A note about enrolling

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.



# Course Categories and Descriptions

## 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.

## Rebuilding Your Life (pages 9-10)

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 (pages 13-14)

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 15-16)

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.

## Community Inclusion (pages 17)

South London is a diverse and vibrant place, made up of many communities and experiences. This category aims to offer opportunities for our diverse communities and tackle inequalities within a safe and educative environment.

## Getting Involved (pages 18)

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.

## Course Descriptions

Information about the content of each of our courses and workshops can be found on our website: [slamrecoverycollege.co.uk/course-descriptions](http://slamrecoverycollege.co.uk/course-descriptions).



# Understanding Mental Health Diagnosis and Treatment

## **Introduction to Psychological Therapies**

One-day workshop, open to all students  
Thursday 4th July at 10am to 4pm  
Microsoft Teams Meeting – online

## **Exploring Medication: How Can Medication Support Your Recovery?**

Two-week course, for students connected to SLaM  
Session 1:  
Tuesday 11th June at 10am to 12pm  
Session 2:  
Tuesday 18th June at 10am to 12pm  
Microsoft Teams Meeting – online

## **Understanding & Managing Anxiety A**

One-day workshop, open to all students  
Tuesday 14th May at 10am to 4pm  
Microsoft Teams Meeting – online  
Both Understanding & Managing Anxiety workshops are the same.  
Please choose one date only

## **Understanding & Managing Anxiety B**

One-day workshop, for students connected to SLaM  
Tuesday 16th July to 10am to 4pm  
Classroom: Mind in Croydon (Croydon)  
Both Understanding & Managing Anxiety workshops are the same.  
Please choose one date only

## **Understanding & Managing Depression A**

One-day workshop, for students connected to SLaM  
Thursday 9th May at 10am to 4pm  
Classroom: Bethlem Museum of the Mind  
Both Understanding & Managing Depression workshops are the same.  
Please choose one date only

## **Understanding & Managing Depression B**

One-day workshop, open to all students  
Tuesday 18th June at 10am to 4pm  
Microsoft Teams Meeting – online  
Both Understanding & Managing Depression workshops are the same.  
Please choose one date only

## **Understanding Psychosis A**

Half-day workshop, open to all students  
Wednesday 24th April at 1pm to 4pm  
Microsoft Teams Meeting – online  
Both Understanding Psychosis workshops are the same.  
Please choose one date only

## **Understanding Psychosis B**

Half-day workshop, for students connected to SLaM  
Thursday 18th July at 1pm to 4pm  
Classroom: Bethlem Museum of the Mind  
Both Understanding Psychosis workshops are the same.  
Please choose one date only

## **Hearing Voices A**

Half-day workshop, open to all students  
Monday 13th May at 1pm to 4pm  
Microsoft Teams Meeting – online  
Both Hearing Voices workshops are the same.  
Please choose one date only

## **Hearing Voices B**

Half-day workshop, for students connected to SLaM  
Monday 22nd July at 1pm to 4pm  
Classroom: Employment Academy (Southwark)  
Both Hearing Voices workshops are the same. Please choose one date only

# Understanding Mental Health Diagnosis and Treatment

<p><b>Understanding Bipolar Disorder A</b> Half-day workshop, for students connected to SLaM Thursday 20th June at 1pm to 4pm Classroom: Bethlem Museum of the Mind Both Understanding Bipolar workshops are the same. Please choose one date only</p>	<p><b>Understanding Bipolar Disorder B</b> One-day workshop, open to all students Friday 16th July at 10am to 1pm Microsoft Teams Meeting – online Both Understanding Bipolar workshops are the same. Please choose one date only</p>
<p><b>Understanding &amp; Managing Personality Disorder A</b> One-day workshop, for students connected to SLaM Tuesday 16th April at 10am to 4pm Classroom: Dulwich Picture Gallery Both Understanding &amp; Managing Personality Disorder workshops are the same. Please choose one date only</p>	<p><b>Understanding &amp; Managing Personality Disorder B</b> One-day workshop, open to all students Friday 19th July at 10:30am to 4pm (with a lunch break) Microsoft Teams Live Event - online webinar Both Understanding &amp; Managing Personality Disorder workshops are the same. Please choose one date only</p>
<p><b>Understanding Eating Disorders</b> Half-day workshop, open to all students Tuesday 18th June at 10am to 1pm Microsoft Teams Meeting – online</p>	<p><b>Recovering from an Eating Disorder</b> Half-day workshop, open to all students Wednesday 26th June at 10am to 1pm Microsoft Teams Meeting – online</p>
<p><b>Understanding Postnatal Depression</b> Half-day workshop, for students connected to SLaM Wednesday 5th June at 10am to 1pm Classroom: PLACE/Ladywell (Lewisham)</p>	<p><b>Understanding Self-Harm</b> Half-day workshop, open to all students Thursday 11th July at 1pm to 4pm Microsoft Teams Meeting – online</p>
<p><b>Understanding &amp; Coping with Stress A</b> One-day workshop, for students connected to SLaM Monday 20th May at 10am to 4pm Classroom: Dulwich Picture Gallery Both Understanding &amp; Coping with Stress workshops are the same. Please choose one date only</p>	<p><b>Understanding &amp; Coping with Stress B</b> One-day workshop, open to all students Thursday 25th July at 10am to 4pm Microsoft Teams Meeting – online Both Understanding &amp; Coping with Stress workshops are the same. Please choose one date only</p>



# Understanding Mental Health Diagnosis and Treatment

## **Understanding & Managing Panic Attacks**

One-day workshop, for students connected to SLaM  
Tuesday 2nd July at 10am to 4pm  
Classroom: Mind in Croydon (Croydon)

## **Understanding Obsessive Compulsive Disorder**

Two-hour workshop, open to all students  
Monday 3rd June at 11am to 1pm  
Microsoft Teams Live Event - online webinar

## **Understanding & Overcoming Health Anxiety**

Half-day workshop, for students connected to SLaM  
Monday 17th June at 10am to 1pm  
Classroom: PLACE/Ladywell (Lewisham)

## **Alcohol: friend or foe?**

One-day workshop, for students connected to SLaM  
Thursday 20th June at 10am to 4pm  
Classroom: ORTUS (Southwark)

## **Fear Of Abandonment: Causes, Symptoms, And What Can Help Alleviate It**

Two-hour workshop, open to all students  
Thursday 13th June at 10:30am to 12:30pm  
Microsoft Teams Live Event - online webinar

## **Understanding & Managing The Impact Of Isolation On Mental Health**

Half-day workshop, for students connected to SLaM  
Monday 15th July at 10am to 1pm  
Classroom: PLACE/Ladywell (Lewisham)

## **Understanding the Impact of Substance Use on Mental Health**

Two and a half-hour workshop, open to all students  
Wednesday 1st May at 10:30am to 1pm  
Microsoft Teams Live Event - online webinar



# Rebuilding Your Life

<p><b>Introduction to Recovery A</b> Half-day workshop, open to all students Monday 29th April at 1pm to 4pm Microsoft Teams Meeting – online Both Introduction to Recovery workshops are the same. Please choose one date only</p>	<p><b>Introduction to Recovery B</b> Half-day workshop, for students connected to SLaM Thursday 4th July at 1pm to 4pm Classroom: Bethlem Museum of the Mind Both Introduction to Recovery workshops are the same. Please choose one date only</p>
<p><b>Making Changes: Where To Start And How To Maintain</b> Two-week course, for students connected to SLaM Session 1: Wednesday 3rd July at 10am to 4pm Session 2: Wednesday 10th July at 10am to 4pm Classroom: Employment Academy (Southwark)</p>	<p><b>The Power Of Generosity: Cultivate A Giving Mindset For A More Fulfilling Life</b> One-day workshop, open to all students Friday 21st June at 11am to 4pm Microsoft Teams Meeting – online</p>
<p><b>Five Obstacles to Wellbeing</b> One-day workshop, for students connected to SLaM Friday 26th July at 10am to 4pm Classroom: Dulwich Picture Gallery</p>	<p><b>Managing Your Mood</b> Two-week course, open to all students Session 1: Friday 7th June at 2pm to 4pm Session 2: : Friday 14th June at 2pm to 4pm Microsoft Teams Live Event – online webinar</p>
<p><b>Resilience A</b> Two-week course, open to all students Session 1: Tuesday 23rd April at 10am to 4pm Session 2: Tuesday 30th April at 10am to 4pm Microsoft Teams Meeting – online Both Resilience courses are the same. Please choose one date only</p>	<p><b>Resilience B</b> Two-week course, open to all students Session 1: Thursday 6th June at 10am to 4pm Session 2: Thursday 13th June at 10am to 4pm Microsoft Teams Meeting – online Both Resilience courses are the same. Please choose one date only</p>
<p><b>Recovering Our Purpose</b> Half-day workshop, open to all students Monday 24th June at 1pm to 4pm Microsoft Teams Meeting – online</p>	<p><b>Routines for Recovery</b> Two-hour workshop, open to all students Wednesday 17th July at 1pm to 3pm Microsoft Teams Meeting – online</p>

# Rebuilding Your Life

## **Increasing Social Confidence**

One-day workshop, open to all students  
Wednesday 24th April at 10am to 4pm  
Microsoft Teams Meeting – online

## **Creativity & Wellbeing**

Two-hour workshop, for students connected to SLaM  
Date to be Confirmed,  
at 10:30am to 12:30pm  
Classroom: Dulwich Picture Gallery (Southwark)

## **Reading for Recovery: The Recovery College Book Club**

Ongoing bi-monthly sessions (two this term), open to all students  
Session 1:  
Wednesday 1st May at 11am to 1pm  
Session 2:  
Wednesday 3rd July at 11am to 1pm  
Microsoft Teams Meeting – online

## **Tree of Life for Families**

Half-day workshop, for SLaM service users and their families  
Limited to six families with three places for each: parents, babies and children under 5, family members or friends.

Wednesday 24th April at  
9:30am to 12:30pm  
Classroom: ORTUS (Southwark)

## **Thriving in the Face of Stigma**

Two-week course, open to all students  
Session 1:  
Wednesday 19th June 10am to 4pm  
Session 2:  
Wednesday 26th June 10am to 4pm  
Microsoft Teams Meeting – online

## **Maintaining Wellbeing: Staying Positive**

Half-day workshop, open to all students  
Tuesday 11th June at 1pm to 4:30pm  
Microsoft Teams Meeting – online



**The Royal  
Literary Fund:  
Writing for  
Self-Expression**

Four-week course, for students connected to SLaM  
Wednesdays at 5th June to 26th June  
11am to 12:30pm  
Microsoft Teams Meeting – online





## Courses with the Comedy School

Three fantastic courses from the Comedy School and SLaM Recovery College, made possible by funding from the National Lottery Community Fund. Build your confidence with other beginners while having fun!

If you'd like to register an interest in either the Improvisation or Stand Up course, please choose one of the two taster sessions for the course you're interested in and let us know. 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.

### Improvisation: Taster Session Followed By A Seven-Week Course

#### Improvisation: Taster Session A

Two and a half-hour workshop, for students connected to SLaM  
Wednesday 15th May at  
10:30am to 1pm  
Classroom: St. Vincent's Centre (Lambeth)

#### Improvisation: 7-Week Course

One workshop each week, for students connected to SLaM  
Wednesdays from 29th May to 10th July  
at 10:30am to 1pm  
Classroom: St. Vincent's Centre (Lambeth)

#### Improvisation: Taster Session B

Two and a half-hour workshop, for students connected to SLaM  
Wednesday 22nd May at  
10:30am to 1pm  
Classroom: St. Vincent's Centre (Lambeth)



REGISTERED CHARITY NUMBER 1120951





## Courses with the Comedy School

### Stand Up Comedy: Taster Session Followed By A Seven-Week Course

#### Stand Up: Taster Session A

Two and a half-hour workshop, for students connected to SLaM  
Wednesday 15th May at 2pm to 4:30pm  
Classroom: St. Vincent's Centre (Lambeth)

#### Stand Up: Taster Session B

Two and a half-hour workshop, for students connected to SLaM  
Wednesday 22nd May at 2pm to 4:30pm  
Classroom: St. Vincent's Centre (Lambeth)

#### Stand Up: 7-Week Course

One workshop each week, for students connected to SLaM  
Wednesdays from 29th May to 10th July at 2pm to 4:30pm  
Classroom: St. Vincent's Centre (Lambeth)

### Sounds Great: How To Make A Podcast Seven-Week Course

#### Sounds Great: How To Make A Podcast

One workshop each week, for students connected to SLaM  
Tuesdays from 16th April to 28th May at 1pm to 4pm  
Classroom: The Trunk, Elephant & Castle



# Mind and Body

<p><b>Mindful Monday</b> One-hour workshops during the term, open to all students Mondays from 15th April to 17th June at 4pm to 5pm (Excluding Bank Holidays) Mondays from 8th July to 22nd July at 4pm to 5pm Microsoft Teams Meeting – online</p>	<p><b>Recovery Yoga</b> One-hour workshops during the term, open to all students Wednesdays from 17th April to 19th June at 8am to 9am Wednesdays from 10th July to 24th July at 8am to 9am Microsoft Teams Meeting – online</p>
<p><b>Ayurveda Self-Massage for Hands</b> Two-hour workshop, open to all students Friday 26th April at 2pm to 4pm Microsoft Teams Meeting – online</p>	<p><b>Ayurveda Self-Massage for Feet</b> Two-hour workshop, open to all students Friday 3rd May at 2pm to 4pm Microsoft Teams Meeting – online</p>
<p><b>Eating Healthily</b> Half-day workshop, open to all students Tuesday 18th June at 2pm to 5pm Microsoft Teams Meeting – online</p>	<p><b>Eating Healthily to Look After Your Weight</b> Two-hour workshop, open to all students Tuesday 25th June at 2pm to 4pm Microsoft Teams Meeting – online</p>
<p><b>How to Get a Good Night's Sleep</b> Two-hour workshop, for students connected to SLaM Tuesday 16th April at 2pm to 5pm Classroom: PLACE/Ladywell (Lewisham)</p>	<p><b>DESMOND Type 2 Diabetes Education Taster Session</b> Two-hour workshop, for students connected to SLaM who would like to know more about Type 2 Diabetes and the DESMOND course Wednesday 17th April at 2pm to 4pm Microsoft Teams Meeting – online</p>
<p><b>DESMOND Type 2 Diabetes Education (A)</b> Four session course, for students connected to SLaM who have Type 2 diabetes Wednesday from 1st May to 22nd May at 2pm to 4:15pm Microsoft Teams Meeting – online Both DESMOND courses have the same learning experience. Please choose one course only</p>	<p><b>DESMOND Type 2 Diabetes Education (B)</b> Three session course, for students connected to SLaM who have Type 2 diabetes Tuesdays from 25th June to 9th July at 1:30pm to 4pm Classroom: PLACE/Ladywell (Lewisham) Both DESMOND courses have the same learning experience. Please choose one course only</p>

# Mind and Body

## **Finding the Off Switch: Guided Self-Care**

These short sessions offer opportunities to develop breath-work skills, guided by Neil Cunningham.

15-minute workshops during the term, open to all students  
Monday evenings at 8:30pm to 8:45pm  
from 15th April to 15th July  
(Excluding Bank Holiday Mondays)

## **Tour de Park: A Walking For Confidence Summer Challenge**

Six walks with confidence coaching, for students connected to SLaM

### **Meanderer Challenges (relaxed walks)**

Walk 1:

Tuesday 30th July at 1pm to 4pm

Location: Burgess Park

Walk 2:

Tuesday 6th August at 1pm to 4pm

Location: Crystal Palace Park

Walk 3:

Tuesday 13th August at 1pm to 4pm

Location: Streatham Common

### **Adventurer Challenges (longer walks)**

Walk 1:

Thursday 1st August at 1pm to 4pm

Location: Battersea Park

Walk 2:

Thursday 8th August at 1pm to 4pm

Location: St. James Park to Hyde Park

Walk 3:

Thursday 15th August at 1pm to 4pm

Location: Beckenham Place Park

Group sizes will be between 6 and 12 walkers.



# Developing Knowledge and Skills

<p><b>Mental Health Awareness</b>          Half-day workshop, open to all students          Wednesday 8th May at          10:30am to 1:30pm          Microsoft Teams Meeting – online</p>	<p><b>Mental Health Act: The Basics</b>          One-day workshop, for students          connected to SLaM          Tuesday 4th June at 10am to 3pm          Classroom: Mind in Croydon (Croydon)</p>
<p><b>A Guide to Independent Mental Health Advocacy</b>          90 minute workshop, open to all students          Tuesday 18th June at 3pm to 4:30pm          Microsoft Teams Meeting – online</p>	<p><b>Open Dialogue:</b>          (A new approach to care conversations and care planning)          One-hour workshop, open to all students          Monday 17th June at 4pm to 5pm          Microsoft Teams Meeting – online</p>
<p><b>Finding My Strengths, Values &amp; Skills to Return to Work</b>          Two-week course, for students connected to SLaM          Session 1:          Monday 15th April at 1pm to 4pm          Session 2:          Monday 22nd April at 1pm to 4pm          Classroom: Employment Academy (Southwark)</p>	<p><b>Using the Career Confidence Compass for Recovery Job-Seeking</b>          One-day workshop, for students connected to SLaM          Thursday 18th July at 10am to 4pm          Classroom: ORTUS (Southwark)</p>
<p><b>Exploring Self-Employment During Your Recovery Journey</b>          Half-day workshop, for students connected to SLaM          Wednesday 15th May at 10am to 1pm          Classroom: Employment Academy (Southwark)</p>	<p><b>Motivation</b>          One-day workshop, for students connected to SLaM          Tuesday 25th June at 10am to 1pm          Classroom: Mind in Croydon (Croydon)</p>
<p><b>Communication &amp; Active Listening</b>          Two and a half-hour workshop, open to all students          Friday 14th June at 10:30am to 1pm          Microsoft Teams Live Event - online webinar</p>	<p><b>Communication Skills for Resilient Relationships</b>          One-day workshop, open to all students          Tuesday 4th June at 10am to 4pm          Microsoft Teams Live Event - online webinar</p>



# Developing Knowledge and Skills

<p><b>Emotional First Aid Kit</b> 90 minute workshop, open to all students Tuesday 23rd April at 10:30 to 12pm Microsoft Teams Meeting – online</p>	<p><b>Emotional Intelligence: The Path To Emotional Serenity</b> Two-week course, for students connected to SLaM Session 1: Tuesday 30th April at 10am to 4pm Session 2: Tuesday 7th May 10am to 4pm Classroom: Mind in Croydon (Croydon)</p>
<p><b>Harnessing Emotional Contagion for Recovery</b> Half-day workshop, open to all students Thursday 23rd May at 10am to 1pm Microsoft Teams Meeting – online</p>	<p><b>Mentalizing: Using Compassionate Curiosity in Everyday Life</b> Half-day workshop, open to all students connected to SLaM Thursday 25th July at 1pm to 4pm Microsoft Teams Meeting – online</p>
<p><b>News, Social Media &amp; Mental Health</b> One-day workshop, open to all students Wednesday 22nd May at 11am to 4pm Microsoft Teams Meeting – online</p>	<p><b>Ours to Own: Making Human Rights Work for You</b> One-day workshop, open to all students Thursday 20th June at 10am to 3:30pm Microsoft Teams Meeting – online</p>
<p><b>Caring for Carers</b> Half-day workshop, for students connected to SLaM Thursday 16th May at 10am to 1pm Classroom: ORTUS (Southwark)</p>	<p><b>Facts &amp; Guidance for Carers</b> 90 minute workshop, open to all students Wednesday 5th June at 10:30 to 12pm Microsoft Teams Live Event - online webinar</p>



# Community Inclusion

## Creative Wellbeing for Refugee Women in Lewisham



Spread the Word, London's writer development agency based in Deptford, has partnered with SLaM Recovery College and South London Listens to offer creative learning opportunities for refugee women in Lewisham who are experiencing mental health challenges. We have recently delivered a seven-week course, Sole Sisters, but please look out for further information.

## Uncomfortable Truths

This course is inclusive. It is open to everyone regardless of how people identify themselves. Everyone is warmly welcome.

The experience of being a person of colour and having to navigate oneself in a Eurocentric mental health service can be confusing, frustrating, and even painful for some. This course does not attempt to speak for all black communities because that is impossible. As every individual has a unique way in which they move through the world we're in, even if we share the experience of being within a marginalised group. This two-part course draws primarily on research/evidence regarding the experience of black communities and will explore historical and current experiences of black people within mental health services. Please see the enrolment form for more detailed information.

## Veterans Moving Forward

SLaM Recovery College is collaborating with Camden and Islington Recovery College and Inclusion Thurrock Recovery College to deliver the Help for Heroes Recovery College Course, Veterans Moving Forward.

It is a face to face course delivered by veterans, peers and clinicians trained by Help for Heroes. It aims to equip armed forces veterans with skills to move forward, navigate life's challenges and build a brighter future.

### **Veterans Moving Forward**

Six-week course for students connected to SLaM who are armed forces veterans.

Classroom:

A central London venue to be announced

Session 1: Tuesday 4th June at 10am to 4pm

Session 2: Tuesday 11th June at 10am to 4pm

Session 3: Tuesday 18th June at 10am to 4pm

Session 4: Tuesday 25th June at 10am to 4pm

Session 5: Tuesday 2nd July at 10am to 4pm

Session 6: Tuesday 9th July at 10am to 4pm





## Getting Involved

### **Facilitation Skills**

One-day workshop, for students connected to SLaM  
Tuesday 9th July at 10am to 4pm  
Classroom: PLACE/Ladywell (Lewisham)

### **Working Together: Co-Production In Action**

Half-day workshop, for students connected to SLaM  
Tuesday 23rd July at 10am to 1pm  
Classroom: PLACE/Ladywell (Lewisham)

### **Volunteering & Recovery**

Half-day workshop, for students connected to SLaM  
Tuesday 11th June at 10am to 1pm  
Classroom: Mind in Croydon (Croydon)

### **Research Club**

one stand alone ebinar each month  
Open to all students  
April Research Club:  
Thursday 25th April at 2pm to 3pm  
May Research Club:  
Thursday 30th May at 2pm to 3pm  
June Research Club:  
Thursday 27th June at 2pm to 3pm  
July Research Club:  
Thursday 25th July at 2pm to 3pm

Microsoft Teams Live Event - online webinar

N.B. Topics for each session will be announced as soon as they are available.



# News

## Ten Year Anniversary Celebration

In April 2024, SLaM Recovery College celebrates its ten-year anniversary as a full SLaM service. To mark the occasion, we will be holding a celebration, reflection, and forward planning event in Connect at Ortus on Tuesday 21st May 2024.

We would like to invite students, staff, and stakeholders to join us. If you are interested in taking part, please email us at [recoverycollege@slam.nhs.uk](mailto:recoverycollege@slam.nhs.uk) with 'Ten Year Anniversary' as the subject line.

We will send invitations closer to the event. Spaces will be limited.

## SLaM Recovery College Website

Over the coming months, you'll notice some changes to the SLaM Recovery College website. We are moving over to the main South London and Maudsley NHS Foundation Trust website, but you'll still be able to find us at [www.slamrecoverycollege.co.uk](http://www.slamrecoverycollege.co.uk) too.

## Learning Management System

Later this year we'll invite all students to sign up for a student account on our learning management system (called AccessPlanIT). This means you'll have your own online account where you can enrol, see your timetable, course materials, certificates and more.

We'll also continue to accept post and telephone enrolments too.

## Student Opportunities

### RECOLLECT 2

The RECOLLECT research team are looking for participants for a study about Recovery Colleges. RECOLLECT 2 is a five-year programme of research to better understand Recovery Colleges in England. Over the last decade Recovery Colleges have rapidly expanded. RECOLLECT want to explore how Recovery Colleges might benefit those that use them.

If you have any questions or require more information about this project, please complete this expression of interest form: <https://kings.onlinesurveys.ac.uk/expression-of-interest-form-2>



You can also send an email to [RECOLLECT@kcl.ac.uk](mailto:RECOLLECT@kcl.ac.uk)  
Scan this QR code to watch a video about the study.



### The PATHWAY Study

The PATHWAY study would like to speak with adults of Black heritage to understand how mental health services can better support Black adults with complex trauma. They are looking to interview adults of Black heritage with histories of trauma to explore their journeys accessing support following on from trauma and experiences of mental health support.

There are also optional collective storytelling groups for Black adults who take part for narratives to be told and shared and to elevate the stories of Black adults with trauma.

If interested or if you have any questions, please contact the PATHWAY team at [lewis.benjamin@city.ac.uk](mailto:lewis.benjamin@city.ac.uk)



# Student Support

## Peer Learning Advice and Individual Learning Plans (ILPs)

Students, who have used SLaM NHS Foundation Trust's services within the past six months can book a telephone, online, or face-to-face discussion with one of our peer learning advisors.

We can support you to choose courses to meet your individual needs, complete an enrolment, and develop a set of learning goals within an ILP.

For more information, please call or email us (details below).

Please note this service is only available to students who are SLaM service users or carers.

## General enquiries

Please contact the Recovery College team if you have any questions.

Phone: 020 3228 3643

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

# Venues

## **ORTUS Conference and Events Venue (Southwark)**

82-96 Grove Lane, London SE8 8SN

ORTUS is a purpose-built conference venue at the back of the Maudsley Hospital campus in Camberwell and the home of The Maudsley Charity, who were instrumental in developing SLaM Recovery College and contribute generously to its on-going funding.

## **Dulwich Picture Gallery (Southwark)**

Gallery Road, London SE21 7AD

Dulwich Picture Gallery is a vibrant cultural hub hosting some of the UK's leading exhibitions alongside its permanent collection of Baroque masterpieces. They offer a range of inspiring opportunities for schools, young people, adults and families to engage with art and artists.

## **Employment Academy (Southwark)**

29 Peckham Road, Camberwell, London SE8 8UA

The Employment Academy hosts, and works alongside, a wide range of organisations providing support and training for the long-term unemployed to help them develop the skills and confidence to find jobs.

## **St Vincent's Centre (Lambeth)**

Talma Road, Brixton, London, SW2 1AS

St Vincent's Centre, in Brixton is a community centre run by the St Vincent de Paul Society (England and Wales). The SVP works with people and communities offering practical help, general support and friendship to the lonely, hungry, homeless and vulnerable.

## **PLACE/Ladywell (Lewisham)**

Lewisham Local, Unit C 261, Lewisham High St, London SE13 6AY

PLACE/Ladywell is home to Lewisham Local. It's the brightly coloured, multi-storied building near to Lewisham Hospital. Lewisham Local is the name of the charity that has existed for over 20 years serving local communities in Lewisham.

## **Mind in Croydon (Croydon)**

Fairfield House, 10 Altyre Road, East Croydon CR0 9SLA

Mind in Croydon is affiliated to national Mind through a Network Federation Agreement bringing the strengths and benefits of being part of a national network of 110 local Mind organisations. Mind in Croydon offers a wide range of mental health supports to people in the borough.

## **Bethlem Museum of the Mind**

Bethlem Royal Hospital, Monks Orchard Road, Beckenham, Kent BR3 3BX

Situated within the hospital grounds, in a stunning Art Deco building shared with the Bethlem Gallery, Bethlem Museum of the Mind was formally opened by artist Grayson Perry in March 2015. The museum cares for an internationally renowned collection of archive, art, and historic objects, which offer an unparalleled resource to support the history of mental healthcare and treatment.





## Contact Information

### Office

1st Floor Admin Building  
Maudsley Hospital  
Denmark Hill  
Camberwell  
London SE5 8AZ

*Please note that we will be moving offices to Blue Star House in Brixton during this term. Before posting anything to us, please get in touch for the correct address.*

Phone Number 020 3228 3643

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

Website [www.slamrecoverycollege.co.uk](http://www.slamrecoverycollege.co.uk)

X(Twitter) @SLaMRecovery



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