

## CAMDEN AND ISLINGTON NHS TRUST RECOVERY COLLEGE

In our Summer 2025 term we will deliver courses as classes in person, online sessions via the Microsoft Teams platform, and pre-recorded sessions.

For in-person courses we will email you date, time and venue details. For MS Teams sessions we will email you a link to the session(s) once you enrol. You can then join the course on the day by clicking the link. Reminders are sent out by email and text a day before.

Some of our courses are 'pre-recorded video' – these are self-learning video workshops that we host on YouTube. We will email links to these videos to students who enrol on them.

You can enrol on a maximum of three (3) courses per term. Below alphabetical list of courses is followed by a calendar:

1	Alone but not lonely, <b>in person</b>	9 June 2025, Monday 10am-3pm
2	Building healthy relationships, six sessions <b>in person</b>	6, 13, 20, 27 June, 11 July 2025 Fridays, 1:30-4pm
3	Coping with anxiety toolbox	Pre-recorded video series
4	Dealing with debt In partnership with Quaker Social Action	Pre-recorded video session
5	Dealing with difficult emotions, three sessions <b>online</b>	7, 14, 21 May 2025, Wednesdays 2:30-4pm
6	Dealing with low mood and depression, two sessions <b>online</b>	4, 11 July 2025, Fridays 10:30am-12pm
7	Exercise to feel good	Two pre-recorded video sessions
8	Exploring medication: how can medication support your recovery?, two sessions <b>online</b>	22, 29 April 2025, Tuesdays, 11am-1pm
9	Food for wellbeing	Pre-recorded video session

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10	Food to improve your mental health, <b>in person</b>	5 June 2025, Thursday, 1-4pm
11		
12	Getting a good night's sleep	Two pre-recorded video sessions
13	Green prescription: Growing plants for wellbeing. In partnership with Castlehaven Community Centre.	Two pre-recorded video sessions
14	Green prescription: Growing plants for wellbeing, four sessions <b>in person</b> In partnership with Castlehaven Community Centre.	12, 19, 26 June, 3 July 2025, Thursdays, 1:30-4pm
15	How to cope with traumatic events, <b>in person</b>	16 June 2025, Monday 10:30am-3:30pm
16	How to tell your recovery story, <b>in person</b>	14 July 2025, Monday, 10am-4pm
17	Introduction to mindfulness, <b>in person</b>	21 May 2025, Wednesday, 1-4pm
18	Introduction to spirituality and wellness	Pre-recorded video session
19	Kundalini yoga	Three pre-recorded video sessions
20	Making and enjoying herbal tea mindfully In partnership with Castlehaven Community Centre.	Pre-recorded video session
21	Making and enjoying herbal tea mindfully, <b>in person</b> In partnership with Castlehaven Community Centre.	23 May 2025, Friday, 1:30-4pm
22	Move into confidence, six sessions <b>in person</b> In partnership with The Place.	3, 10, 17, 24 June, 1, 8 July 2025, Tuesdays, 3-5pm
23	Nurturing self-compassion	Two pre-recorded video sessions
24	Steps into peer role, three sessions <b>in person</b>	1, 8, 15 July 2025, Tuesdays, 10am-3pm

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25	Student enrolment drop-in, <b>in person</b> <a href="http://northlondonmentalhealth.nhs.uk/recoverycollege">northlondonmentalhealth.nhs.uk/recoverycollege</a>	Please check our webpage for dates, times and venue details
26	Student induction, <b>online</b> session, Tuesdays We will enrol you on the first available, or please choose one that suits you	22 April 2025, 10-10:45am 3 June 2025, 10-10:45am 1 July 2025, 10-10:45am
27	Thinking differently: identifying and living well with neurodivergence (for women only), <b>in person</b>	30 June 2025, Monday, 10am-2pm
28	Train the Tutor: Co-production training, for NLFT NHS staff, three sessions <b>in person</b>	3, 10, 17 July 2025, Thursdays 10am-4pm
29	Tree of life, <b>in person</b>	23 June 2025, Monday, 10am-3pm
30		
31	Understanding anxiety	Three pre-recorded video sessions
32	Understanding anxiety, <b>in person</b>	20 May 2025, Tuesday, 1-4pm
33	What is peer working?, <b>in person</b>	6 May 2025, Tuesday, 10am-4pm
34		
35	With nature in mind, six sessions <b>in person</b> In partnership with St Ethelburga's Centre for Reconciliation and Peace	4, 11, 18, 25 June, 2, 9 July 2025 Wednesdays, 1:30-4pm
36	Writing for self-expression, four sessions <b>online</b>	3, 10, 17, 24 June 2025, Tuesdays, 11:30am-1pm

# APRIL 2025

Summer term 2025 Tuesday 22 April to Tuesday 22 July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 BANK HOLIDAY	22 TERM STARTS Student Induction, <b>online</b> , 10-10:45am  Exploring medication: how can medication support your recovery? <b>online</b> , 11am-1pm, 1/2	23 OPEN DAY 10am-1pm	24	25
28	29 Exploring medication: how can medication support your recovery? <b>online</b> , 11am-1pm, 2/2	30	May 1	2

# May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 BANK HOLIDAY	6 What is peer working? <b>in person</b> , 10am-4pm	7 Dealing with difficult emotions, <b>online</b> , 2:30-4pm, 1/3	8	9
12	13	14 Dealing with difficult emotions, <b>online</b> , 2:30-4pm, 2/3	15	16
19	20 Understanding anxiety <b>in person</b> , 1-4pm	21 Introduction to mindfulness <b>in person</b> , 1-4pm  Dealing with difficult emotions, <b>online</b> , 2:30-4pm, 3/3	22	23 Making and enjoying herbal tea mindfully <b>in person</b> , 1:30-4pm

Half-term: Monday 26 May - Friday 30 May 2025 (Spring Bank Holiday on 26 May)

# June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Jun 2</p>	<p>3</p> <p>Student Induction, <b>online</b>, 10-10:45am</p> <p>Writing for self-expression, <b>online</b>, 11:30am-1pm, 1/4</p> <p>Move into confidence, <b>in person</b>, 3-5pm, 1/6</p>	<p>4</p> <p>With nature in mind, <b>in person</b>, 1:30-4pm, 1/6</p>	<p>5</p> <p>Food to improve your mental health, <b>in person</b>, 1-4pm</p>	<p>6</p> <p>Building healthy relationships, <b>in person</b>, 1:30-4pm, 1/6</p>
<p>9</p> <p>Alone but not lonely, <b>in person</b>, 10am-3pm</p>	<p>10</p> <p>Writing for self-expression, <b>online</b>, 11:30am-1pm, 2/4</p> <p>Move into confidence, <b>in person</b>, 3-5pm, 2/6</p>	<p>11</p> <p>With nature in mind, <b>in person</b>, 1:30-4pm, 2/6</p>	<p>12</p> <p>Green prescription: growing plants for wellbeing, <b>in person</b>, 1:30-4pm, 1/4</p>	<p>13</p> <p>Building healthy relationships, <b>in person</b>, 1:30-4pm, 2/6</p>
<p>16</p> <p>How to cope with traumatic events, <b>in person</b> 10:30am-3:30pm</p>	<p>17</p> <p>Writing for self-expression, <b>online</b>, 11:30am-1pm, 3/4</p> <p>Move into confidence, <b>in person</b>, 3-5pm, 3/6</p>	<p>18</p> <p>With nature in mind, <b>in person</b>, 1:30-4pm, 3/6</p>	<p>19</p> <p>Green prescription: growing plants for wellbeing, <b>in person</b>, 1:30-4pm, 2/4</p>	<p>20</p> <p>Building healthy relationships, <b>in person</b>, 1:30-4pm, 3/6</p>

23 Tree of life, <b>in person</b> , 10am-3pm	24 Writing for self-expression, <b>online</b> , 11:30am-1pm, 4/4  Move into confidence, <b>in person</b> , 3-5pm, 4/6	25 With nature in mind, <b>in person</b> , 1:30-4pm, 4/6	26 Green prescription: growing plants for wellbeing, <b>in person</b> , 1:30-4pm, 3/4	27 Building healthy relationships, <b>in person</b> , 1:30-4pm, 4/6
30 Thinking differently: identifying and living well with neurodivergence (for women only), <b>in person</b> , 10am-2pm	<b>July 1</b> Student Induction, <b>online</b> , 10-10:45am  Steps into peer role, <b>in person</b> , 10am-3pm, 1/3  Move into confidence, <b>in person</b> , 3-5pm, 5/6	<b>July 2</b> With nature in mind, <b>in person</b> , 1:30-4pm, 5/6	<b>July 3</b> Train the tutor: Co-production training, for NLFT NHS staff, <b>in person</b> , 10am-4pm, 1/3  Green prescription: growing plants for wellbeing, <b>in person</b> , 1:30-4pm, 4/4	<b>July 4</b> Dealing with low mood and depression, <b>online</b> , 10:30am-12pm, 1/2  Building healthy relationships, <b>in person</b> , 1:30-4pm, 5/6

# July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	8 Steps into peer role, <b>in person</b> , 10am-3pm, 2/3  Move into confidence, <b>in person</b> , 3-5pm, 6/6	9 With nature in mind, <b>in person</b> , 1:30-4pm, 6/6	10 Train the tutor: Co-production training, for NLFT NHS staff, <b>in person</b> , 10am-4pm, 2/3	11 Dealing with low mood and depression, <b>online</b> , 10:30am-12pm, 2/2  Building healthy relationships, <b>in person</b> , 1:30-4pm, 6/6
14 How to tell your recovery story, <b>in person</b> , 10am-4pm	15 Steps into peer role, <b>in person</b> , 10am-3pm, 3/3	16 End of term celebration 10am-1pm	17 Train the tutor: Co-production training, for NLFT NHS staff, <b>in person</b> , 10am-4pm, 3/3	18
21	22 TERM ENDS	23	24	25
28	29	30	31	Aug 1