The Recovery College
FOR THE BLACK COUNTRY

NHS
Black Country Healthcare
NHS Foundation Trust

Spring 2025 Timetable of Courses

What's New?

Sandwell courses: Wednesdays and Fridays
Dudley courses: Thursdays and Fridays
Walsall courses: Mondays and Thursdays
Wolverhampton courses: Mondays and Wednesdays

We have co-produced the timetable to make it easier to see your courses at a glance, separating them into our four areas of delivery: **Sandwell, Dudley, Walsall and Wolverhampton**. We have also included our online only courses which you will find on pages 6 and 7.

We have a range of courses delivered face to face in our bases as well as our online sessions, to offer our students plenty of opportunities to come into our friendly bases and interact with fellow students, volunteers and our facilitator team.

We run **Taster Sessions** throughout the year. These one off sessions are a great way to discover new pathways you may want to explore. You can find our Spring Term Taster Sessions on page 8.

On page 9 you will find a **'What I Have Learned This Term'** page to take notes and reflect on your successes.

On page 10 you can set your own **SMART Goals** for your recovery journey!

The course dates and times are correct at the time of going to press; however, some details may be subject to change. The Recovery College for the Black Country reserves the right to cancel courses or change venues, dates or times. When registering for courses, please make sure you can attend all dates for that course.

We will have connecting Recover Together sessions and Health Walks running between November and January. We also have some exciting new workshops, led by our Learning Support Assistants taking place between November and January. These will be advertised via Social Media.

For all enquiries please contact the college:

Telephone: 0121 543 4061
Email: info@therecoverycollege.co.uk

We hope you enjoy our new look!

- The Recovery College Team

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SANDWELL COURSES

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Course Name	Day & Start Date	Time & Sessions	Where?
Creative Writing 2	Wednesday 29th Jan - 26th Feb	10:00am - 11:45am 5 Sessions	Face to face with online option
Health Walk	Wednesday 29th Jan - 2nd Apr	12:30pm - 1:30pm 10 Sessions	Face to Face
Recover Together	Wednesday 29th Jan - 2nd Apr	2:30pm - 3:45pm 8 Sessions	Face to Face
Gardening	Wednesday 5th March - 2nd Apr	10:00am - 11:45am 5 Sessions	Face to Face
Who Am I?	Friday 31st Jan - 14th Feb	10:00am - 11:45am 3 Sessions	Face to face with online option
Voices Workshop	Friday 31st Jan	12:30pm - 1:45pm 1 Session	Face to face with online option
Gratitude	Friday 31st Jan - 7th Mar	2:30pm - 4:15pm 6 Sessions	Face to face with online option
Voices Support Group	Friday 7th Feb, 21st Mar	12:30pm - 1:45pm 2 Sessions	Face to face with online option
Sound Relaxation	Friday 28th Feb - 4th Apr	10:00am - 11:15am 6 Sessions	Face to Face
Cafe CHIME	Friday 14th Feb - 14th Mar	12:30pm - 1:30pm 5 Sessions	Face to face with online option
Money Matters	Friday 14th Mar - 28th Mar	2:30pm - 4:15pm 3 Sessions	Face to face with online option

Recover Together sessions will not be running Wednesday 12th February and Wednesday 26th March due to staff training

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Address:
Quayside House,
Rounds Green Road,
Oldbury,
B69 2DG

DUDLEY COURSES

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Course Name	Day & Start Date	Time & Sessions	Where?
Planning Our Wellbeing	Thursday 30th Jan - 20th Feb	10:00am - 11:45am 4 Sessions	Face to Face
Health Walk	Thursday 30th Jan - 3rd Apr	12:30pm - 1:30pm 10 Sessions	Face to Face
Women's Wellbeing	Thursday 30th Jan - 13th Feb	2:30pm - 4:15pm 3 Sessions	Face to face with online option
Food and Mood	Thursday 6th Mar - 3rd Apr	2:30pm - 4:15pm 5 Sessions	Face to face with online option
Gardening	Thursday 6th Mar - 3rd Apr	10:00am - 11:45am 5 Sessions	Face to Face
Creative Writing 1	Friday 31st Jan - 28th Feb	10:00am - 11:45am 5 Sessions	Face to face with online option
Recover Together	Friday 31st Jan - 4th Apr	12:30pm - 1:45pm 10 Sessions	Face to Face
Basic English	Friday 31st Jan - 7th Mar	2:30pm - 4:15pm 6 Sessions	Face to face with online option
Exploring	Friday 7th Mar - 4th Apr	10:00am - 11:45am 5 Sessions	Face to face with online option
Men's Wellbeing	Friday 14th Mar - 4th Apr	2:30pm - 4:15pm 4 Sessions	Face to face with online option

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Address:
DY1 Community Centre
Stafford St
Dudley
DY1 1SA

WALSALL COURSES

NHS
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Course Name	Day & Start Date	Time & Sessions	Where?
Moving Forwards: Building a Brighter Future *	Monday 27th Jan - 24th Feb 31st Mar - 7th April	10:00am - 1:30pm 7 Sessions	Face to Face with online option
Recover Together Art	Monday 27th Jan - 24th Feb	12:30pm - 1:45pm 5 Sessions	Face to face with online option
Getting to Know Your Emotions	Monday 27th Jan - 17th Feb	2:30pm - 4:15pm 4 Sessions	Face to Face
Basic Art	Monday 24th Feb - 31 Mar	2:30pm - 4:15pm 6 Sessions	Face to face with online option
Basic I.T	Monday 3rd Mar - 24 Mar	12:30pm - 1:45pm 4 Sessions	Face to Face
Moving Forward	Thursday 30th Jan - 27th Feb	10:00am - 11:45am 5 Sessions	Face to face with online option
Health Walk	Thursday 30th Jan - 3rd Apr	1:30pm - 2:30pm 10 Sessions	Face to Face
Recover Together	Thursday 30th Jan - 3rd Apr	3:00pm - 4:15pm 10 Sessions	Face to Face
Gardening	Thursday 6th Mar - 3rd Apr	10:00am - 11:45am 5 Sessions	Face to Face

*** For those who have served in the Armed Forces**

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Address:
YMCA
1A Small Street
Walsall
WS1 3PR

WOLVERHAMPTON COURSES

NHS
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Course Name	Day & Start Date	Time & Sessions	Where?
Self Care and Compassion	Monday 27th Jan - 3rd Mar	10:00am - 11:45am 6 Sessions	Face to face with online option
Health Walk	Monday 27th Jan - 31 Mar	1:30pm - 2:30pm 10 Sessions	Face to Face
Recover Together	Monday 27th Jan - 31st Mar	3:00pm - 4:15pm 10 Sessions	Face to face with online option
Planning Our Wellbeing	Monday 10th Mar - 31st Mar	10:00am - 11:45am 4 Sessions	Face to Face
Recover Together LGBTQ+	Wednesday 29th Jan - 2nd Apr	12:30pm - 1:45pm 8 Sessions	Face to face with online option
CHIME	Wednesday 29th Jan - 5th Mar	2:30pm - 4:15pm 5 Sessions	Face to face with online option
Coping With...	Wednesday 5th Feb - 26th Feb	10:00am - 11:45am 4 Sessions	Face to Face
Gardening	Wednesday 5th Mar - 2nd Apr	10:00am - 11:45am 5 Sessions	Face to Face
Poetry	Wednesday 12th Mar - 9th Apr	2:30pm - 4:15pm 4 Sessions	Face to face with online option

Recover Together LGBTQ sessions will not be running Wednesday 12th February and Wednesday 26th March due to staff training
CHIME Session will not be running Wednesday 12th February due to staff training
Poetry Session will not be running Wednesday 26th March due to staff training

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Address:
The Good Shepherd
63 Waterloo Road
Wolverhampton
WV1 4QU

ONLINE COURSES

NHS
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Course Name	Day & Start Date	Time & Sessions
Let's Talk About Loneliness	Monday 27th Jan - 24th Feb	10:00am - 11:45am 5 Sessions
Planning Our Wellbeing	Monday 10th Mar - 31st Mar	10:00am - 11:45am 4 Sessions
Getting to Know Your Emotions	Monday 27th Jan - 17th Feb	2:30pm - 4:15pm 4 Sessions
Let's Talk About Loneliness	Monday 24th Feb - 31st Mar	2:30pm - 4:15pm 5 Sessions
Basic Maths	Tuesday 28th Jan - 1st Apr	2:30pm - 4:15pm 10 Sessions
Introduction to Spirituality	Tuesday 4th February	2:30pm - 4:15pm 1 Session
Exploring your Spiritual Side	Tuesday 11th Feb - 4th Mar	2:30pm - 4:15pm 4 Sessions
JOBS	Tuesday 18th Feb - 1st Apr	2:30pm - 4:00pm 7 Sessions
Coping With...	Wednesday 5th Feb - 26th Feb	10:00am - 11:45am 4 Sessions
Food and Mood	Wednesday 5th Mar - 2nd Apr	10:00am - 11:45am 5 Sessions
CHIME	Wednesday 29th Jan - 5th Mar	2:30pm - 4:15pm 5 Sessions

CHIME is not running Wednesday 12th February due to staff training

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ONLINE COURSES CONTINUED

NHS
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Course Name	Day & Start Date	Time & Sessions
Planning Our Wellbeing	Thursday 30th Jan - 20th Feb	10:00am - 11:45am 4 Sessions
Self Care and Compassion	Thursday 27th Feb - 3rd Apr	10:00am - 11:45am 6 Sessions
Mental Health Aware	Thursday 6th February	10:00am - 2:00pm 1 Session
Chair Yoga	Thursday 30th Jan - 3rd Apr	12:30pm - 1:30pm 10 Sessions
Recover Together Online	Thursday 30th Jan - 3rd Apr	12:30pm - 1:45pm 10 Sessions
Introduction to Mindfulness	Friday 31st January	10:00am - 11:45am 1 Session
Mindfulness and Wellbeing	Friday 7th Feb - 28th Feb	10:00am - 11:45am 4 Sessions
Mindfulness Practice	Friday 7th Feb, 21st Feb, 7th Mar, 21st Mar, 4th Apr	12:30pm - 1:30pm 5 Sessions

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TASTER SESSIONS

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Course Name	Date	Time	Where?
Self-Care and Compassion	Wednesday 29th January	10:00am - 11:00am	Online
Money Matters	Friday 21st February	10:00am - 11:00am	Sandwell with online option
Getting to Know Your Emotions	Monday 17th March	10:00am - 11:00am	Walsall with online option
Goal Setting	Friday 28th March	12:30pm - 1:30pm	Sandwell
Coping With...	Monday 31st March	12:30pm - 1:30pm	Walsall with online option
Creative Writing	Friday 4th April	12:30pm - 1:30pm	Sandwell with online option

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WHAT I HAVE LEARNT THIS TERM

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SMART GOALS

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S
Smart
Be clear in what you want to achieve – what do I want to accomplish? Why is this goal important to me? Who is involved?

M
Measurable
How will you know when you have achieved your goal? What will you be doing differently? What might others notice? What will you be doing more of? What will you be doing less of?

A
Achievable
How can I accomplish this goal? Ensure your goals are not too high, don't set yourself up to fail. Consider setting smaller goals to help to reach your main goal. If you don't achieve what you set out to do, then ask yourself what could you do differently?

R
Realistic
Does it seem worthwhile? Is this the right time? It this achievable with the resources I have got? Consider if there are any other resources you may need to help you achieve your goal? Can you access the resources? What problems might you have and what could you do to overcome them?

T
Timely
When? Set a reasonable and realistic time limit to achieve your goal – what can I do today? What can I do in two weeks' time from now? What can I do in two months' time from now?

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College mobile no: 07979 199991
Email: info@therecoverycollege.co.uk
Facebook: @TheRecoveryCollegeBCHFT
YouTube: @RecoveryCollegeBC