

# New Leaf Recovery and Wellbeing College

Inspiring Hope, Opportunity and Control

## Autumn 2024 Timetable

Learn how to take control and develop skills to manage your mental health

Hertfordshire Partnership University NHS Foundation Trust's New Leaf Recovery and Wellbeing College provides strategies and tools you can use in your daily life.

Courses focus on how you can manage your mental wellbeing and personal recovery. Personal recovery means building a satisfying, fulfilling and enjoyable life, even if you still face challenges. It's about inspiring hope and building resilience, helping you to bounce back more quickly from life's setbacks. We aim to provide a safe place for you to grow and learn skills for your unique mental health recovery journey.

We co-produce our courses with people who have their own experience of mental health challenges. All courses are co-delivered by a practice tutor and a lived experience tutor.



@newleafcollege



Free for anyone 18+ living in Hertfordshire  
Enrol and book a course now - no need for referrals

**Online:** [www.newleafcollege.co.uk](http://www.newleafcollege.co.uk)

**Tel:** 01442 864966

**Email:** [newleaf.wellbeingcollege@nhs.net](mailto:newleaf.wellbeingcollege@nhs.net)



## September - December 2024

Course title	Dates	Times	Location
<b>Writing creatively for wellbeing</b>	Tue 3rd Sep	10.00am - 1.00pm	Hemel (St Pauls)
<b>Thinking holistically about wellbeing and wellness</b>	Thur 5th Sep	1.30pm - 2.30pm	Zoom
<b>In the moment</b>	Mon 9th Sep	7:00pm - 8:00pm	Zoom
<b>Self compassion for every day living</b>	Wed 11th Sep	10:00am - 1.00pm	Watford (Colne House)
<b>Understanding personal recovery</b>	Thur 12th Sep	1:30pm - 2:30pm	Zoom
<b>Carers: change, acceptance and your wellbeing</b>	Mon 16th Sep Mon 23rd Sep	Day 1: 10.00am - 1.00pm Day 2: 10.00am - 1.00pm	Zoom
<b>Pressures of daily living</b>	Wed 18th Sep	10:00am - 1:00pm	Stevenage (Everyone Active)
<b>Anxiety: an introductory session</b>	Thur 19th Sep	7.00pm - 8.00pm	Zoom
<b>Learning for wellbeing</b>	Mon 30th Sep	10.00am - 1.00pm	Welwyn Garden City Library
<b>Employment: the pros and cons of telling your employer about your health challenges</b>	Wed 2nd Oct	1.30pm - 2.30pm	Zoom
<b>Healthy living, living well</b>	Thur 3rd Oct	1.30pm - 4.30 pm	Zoom
<b>Building opportunities</b>	Wed 9th Oct	1.30pm - 4.30pm	Ware Priory
<b>Drugs, Alcohol and Mental Health Recovery</b>	Mon 14th Oct	1.30pm - 4.30pm	Watford (Colne House)
<b>Depression: an introductory session</b>	Wed 16th Oct	7.00pm - 8.00 pm	Zoom
<b>Wellbeing plans can help with mental health recovery</b>	Thur 17th Oct	10.00am - 12.00pm	Welwyn Garden City Library
<b>In the moment</b>	Mon 21st Oct	10.00am - 11.00am	Zoom
<b>Understanding self-care</b>	Wed 23rd Oct	10.00am - 11.00pm	Zoom
<b>Understanding and managing depression</b>	Tue 5th Nov	10:00am - 1:00pm	Hemel (St Pauls)
<b>Mindfulness for everyday life</b>	Wed 6th Nov Wed 13th Nov Wed 20th Nov	Day 1: 10.00am - 1:00pm Day 2: 10.00am - 1:00pm Day 3: 10.00am - 1:00pm	Stevenage (Everyone Active)
<b>Acceptance and recovery</b>	Thur 7th Nov	10.00am - 1.00pm	Zoom
<b>Writing for self-expression</b>	Mon 11th Nov Mon 18th Nov Mon 25th Nov Mon 2nd Dec	Day 1: 10.00am - 11.30am Day 2: 10.00am - 11.30am Day 3: 10.00am - 11.30am Day 4: 10.00am - 11.30am	Zoom
<b>Stress: an introductory session</b>	Thur 14th Nov	7:00pm - 8:00pm	Zoom
<b>Sleeping well</b>	Thur 21st Nov	Day 1: 1.30pm - 4.30pm	Zoom

## September - December 2024 cont.

Course title	Dates	Times	Location
<b>Understanding and managing stress</b>	Wed 27th Nov	10:00am - 1:00pm	Zoom
<b>Practising self-care</b>	Thur 28th Nov	1:30pm - 3:30pm	Welwyn Garden City Library
<b>Art journaling to support mental health</b>	Tue 3th Dec	10:00am - 1:00pm	Hemel (St Pauls)
	Tue 10th Dec	10:00am - 1:00pm	Hemel (St Pauls)
	Tue 17th Dec	10:00am - 1:00pm	Hemel (St Pauls)
<b>Pain and the role of acceptance</b>	Wed 4th Dec	1:30pm - 2:30pm	Zoom
<b>Understanding and managing anxiety</b>	Mon 9th Dec	10:00am - 1:00pm	Ware Priory
<b>Understanding and overcoming stigma</b>	Wed 11th Dec	1:30pm - 4:30pm	Zoom

### Book a course

To book your place on any of our courses, visit our [book a course page](#) or scan the QR code. We offer an increasing number of courses and we update our timetable regularly. We may need to change the venue, date, time or move the course online. Please check our website for the most up to date information.



### Student development programme

The Student Development Programme (the Programme) aims to foster hope, optimism and control, empowering students to strengthen and self-manage their mental health and recovery. Everyone on the Programme will participate in teaching sessions, create a development plan and attend group and one-to-one support sessions. The Programme also provides development opportunities for students to progress in their recovery, including co-producing courses and projects, shadowing facilitators in the classroom, attending promotional events and administrative tasks.

The Programme is an excellent opportunity for students to advance in their recovery and achieve their personal goals, including those considering taking up new activities, volunteering, or employment. It is for any student at the College who want to learn more about recovery, move forward despite life's challenges and improve their self-confidence and self-esteem. It is particularly suitable for students that have a lived experience of mental health challenges who feel they are in a place of recovery at the moment.

This is an extended programme of learning over several terms and a regular time commitment is required. Please contact us for more information.

### About Hertfordshire Partnership University NHS Foundation Trust

Hertfordshire Partnership University NHS Foundation Trust supports people with mental health challenges, learning disabilities and autism across Hertfordshire, Buckinghamshire, Norfolk, Waveney and Essex. If you need support, please get in touch with us at:

- Freephone Single Point of Access (SPA) on 0800 6444 101 (24/7, 365 days a year)
- NHS 111 and select option 2 for mental health services
- Email: [hpft.spa@nhs.net](mailto:hpft.spa@nhs.net), Website: [hpft.nhs.uk](http://hpft.nhs.uk)
- NHS Hertfordshire and Mid-Essex Talking Therapies - Free and confidential talking therapy, webinars and practical support to help with: worry, low mood, insomnia and stress. The service also helps carers and people who are struggling with the reality of living with long term physical health challenges. Make a referral, book a webinar or find out more: [hpft-talkingtherapies.nhs.uk](http://hpft-talkingtherapies.nhs.uk).

## Venues

Our courses are delivered either using the online Zoom platform or from accessible community venues across Hertfordshire. If a course isn't running at your nearest venue, we encourage you to access any of our venues to aid your learning experience.

### Stevenage

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**Address:** Everyone Active, Stevenage Arts & Leisure Centre  
Lytton Way, Stevenage, SG1 1LZ

**Facilities:** Disabled access, toilets (disabled access). There are shops at the train station or town centre for you to bring your own refreshments.

**Notes:** Please wait in reception area

### Ware

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**Address:** Ware Priory, High street, Ware, SG12 9AL

**Facilities:** Disabled access, toilets (disabled access).

There are local shops for refreshments in the town centre - or please bring your own.

**Notes:** Course held in the Priory Hall

### Welwyn Garden City

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**Address:** Central Library Campus West, Welwyn Garden City AL8 6AJ

**Facilities:** Disabled access, toilets (disabled access).

Shops and cafes for refreshments can be found nearby in the town centre - or please bring your own

### Hemel Hempstead

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**Address:** St Pauls, Slippers Hill, Hemel Hempstead, HP2 5XY

**Facilities:** Disabled access, toilets (disabled access). There are

no nearby shops or cafes for refreshments apart from a local petrol station.

**Notes:** Please wait in reception area

### Watford

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**Address:** Colne House, 21 Upton Road, Watford, WD18 0JP

**Facilities:** Disabled access, ramp, lifts, hearing induction loop, toilets (disabled access). There are nearby shop or cafe for refreshments - or please bring your own.

**Notes:** Please wait in reception area.