



Milton Keynes Recovery & Wellbeing College

Wednesday 10th January – Thursday 28th March

Please note

- Students may attend the same course or workshop no more than twice
- You can request places on up to five courses or workshops each term

Your guide to enrolment and booking places on courses

If you would like to attend our courses and workshops you can self-refer, or be supported to enrol by someone else involved in your care, such as a health professional, keyworker or contact us on 01908 725351 or cnwl.mkrecoverycollege@nhs.net.

You can enrol with us by filling in and submitting an online enrolment form through [this link](#) or by using this QR code:



You will receive an email confirming your enrolment. Please check your junk/spam folder in case it arrives there.

For full course descriptions, please see the online prospectus

[**CNWL Recovery & Wellbeing College**](#)

226 Queensway Bletchley MK2 2TE



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Individual Learning Plan (ILP)

A 30min to 1hour session where you can discuss the following in a 1 to 1 basis:

***What do you hope to gain from attending courses and workshops at the College?**

***What are your recovery goals?**

What can the College do to help you feel comfortable whilst learning with us? We can make reasonable adjustments to support you and keep you safe.

Explore any support needs you may have in:

- **Physical and mental health support needs**
- **Educational support**
- **Anything else that may require reasonable adjustments**

Please request to book an appointment for your ILP session

By speaking to a staff member in person

Or via phone or e-mail

01908 725351

cnwl.mkrecoverycollege@nhs.net

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Focus Groups

During this timetable we are looking to launch our focus groups. These will be held every two weeks on a Thursday. The main idea for the group is to work together on course and session ideas to ensure that they are reflecting the needs and desires of the communities we serve.

We really value the input of the members of our community and as a recovery college are committed to ensuring that we have a diverse and inclusive programme.

We are still finalising the details of these groups however more information will be sent out in due course.

Community Inclusion Service

Alongside our courses and focus groups we are also offering our community inclusion service. We have created a timetable of groups that are available to book onto in the new year. If you need any further information, please do contact us on the details above.

For full course descriptions, please see the online prospectus

[CNWL Recovery & Wellbeing College](#)

226 Queensway Bletchley MK2 2TE

Introduction to Mindfulness (for Milton Keynes residents only)

Face-to-Face 4 Week Course

226 Queensway Bletchley Milton Keynes MK2 2TE	10.30am – 1pm	Wednesday 10th January Wednesday 17th January Wednesday 24th January Wednesday 31st January
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Introduction to Easy Crafts for Recovery (for Milton Keynes residents only)

Face-to-Face 2.5 hour workshop

226 Queensway Bletchley Milton Keynes MK2 2TE	1.30pm – 4pm	Thursday 11th January
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Understanding Bipolar Disorder (for Milton Keynes residents only)

Face-to-Face 2 Week Course

226 Queensway Bletchley Milton Keynes MK2 2TE	10.30am – 1pm	Friday 12th January Friday 19th January
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For full course descriptions, please see the online prospectus

[CNWL Recovery & Wellbeing College](http://www.cnwl.org.uk)

226 Queensway Bletchley MK2 2TE

Introduction to Discovering Self-Compassion (for Milton Keynes residents only)

Face-to-Face 2.5 hour workshop

226 Queensway Bletchley Milton Keynes MK2 2TE	10.30am – 1pm	Tuesday 23rd January
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How Healthy Eating and Being Active can Improve Mental Health (for Milton Keynes residents only)

Face-to-Face 2 Week Course

25 Witham Court Tweed Drive Bletchley Milton Keynes MK3 7QU	10.30am – 1pm	Friday 26th January Friday 2nd February
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For full course descriptions, please see the online prospectus

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Understanding Depression (for Milton Keynes residents only)

Face-to-Face 2.5 hour workshop

226 Queensway Bletchley Milton Keynes MK2 2TE	1.30pm – 4pm	Tuesday 30th January
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Setting up a Peer Support Group (for Milton Keynes residents only)

Face-to-Face 2 week course

226 Queensway Bletchley Milton Keynes MK2 2TE	10.30am – 1pm	Wednesday 7 th February Wednesday 14 th February
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Introduction to Easy Crafts for Recovery (for Milton Keynes residents only)

Face-to-Face 2.5 hour workshop

226 Queensway Bletchley Milton Keynes MK2 2TE	1.30pm – 4pm	Thursday 8th February
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For full course descriptions, please see the online prospectus

[CNWL Recovery & Wellbeing College](#)

226 Queensway Bletchley MK2 2TE

Understanding Anxiety (for Milton Keynes residents only)

Face-to-Face 2.5 hour workshop

226 Queensway Bletchley Milton Keynes MK2 2TE	10.30am – 1pm	Friday 9th February
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Understanding Complex Emotional Needs (Personality Disorders) (for Milton Keynes residents only)

Face-to-Face 2 Week Course

226 Queensway Bletchley Milton Keynes MK2 2TE	10.30am – 1pm	Friday 16th February Friday 23rd February
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Understanding Bereavement (for Milton Keynes residents only)

Face-to-Face 2.5 hours workshop

The Health Centre Market Square Stony Stratford Milton Keynes MK11 1YA	10.30am – 1pm	Wednesday 21st February
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For full course descriptions, please see the online prospectus

[CNWL Recovery & Wellbeing College](http://www.cnwl.org.uk)

226 Queensway Bletchley MK2 2TE

Introduction to Developing Resilience (for Milton Keynes residents only)

Face-to-Face 2.5 hours workshop

226 Queensway Bletchley Milton Keynes MK2 2TE	1.30pm – 4pm	Thursday 22nd February
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Introduction to Hearing Voices (for Milton Keynes residents only)

Face-to-Face 2 Week Course

226 Queensway Bletchley Milton Keynes MK2 2TE	1.30pm – 4pm	Wednesday 28th February Wednesday 6th March
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Writing for Recovery (for Milton Keynes residents only)

Face-to-Face 4 Week Course

226 Queensway Bletchley Milton Keynes MK2 2TE	10.30am – 1pm	Friday 1st March Friday 8th March Friday 15th March Friday 22nd March
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Getting a good night's sleep (for Milton Keynes residents only)

Face-to-Face 2.5 hour workshop

226 Queensway Bletchley Milton Keynes MK2 2TE	1.30pm – 4pm	Thursday 7th March
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Exploring what works for me (for Milton Keynes residents only)

Face-to-Face 3 Week Course

226 Queensway Bletchley Milton Keynes MK2 2TE	10.30am – 1pm	Wednesday 13th March Wednesday 20th March Wednesday 27th March
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Introduction to Developing Resilience (for Milton Keynes residents only)

Face-to-Face 2.5 hour workshop

226 Queensway Bletchley Milton Keynes MK2 2TE	1.30pm – 4pm	Thursday 21st March
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