



New Leaf Recovery and Wellbeing College

Inspiring Hope, Opportunity and Control



Autumn term timetable 2022

FREE courses, seminars and workshops to support mental wellbeing and personal recovery. For anyone over 18 living in Hertfordshire.





New Leaf Recovery and Wellbeing College

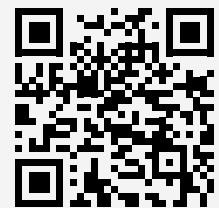
FREE courses and seminars to support your mental wellbeing and recovery.

At the college, we offer hope for the future despite life's challenges, opportunity and learning from other students experiences, equipping students with the skills to make changes to support their wellbeing. The college is not somewhere to obtain qualifications but to learn self-management and personal development. Our ethos is to increase students' knowledge and skills and help them take control by learning self-management strategies to help their mental health and wellbeing.

We are passionate about making sure students are placed at the centre of all we do. We build on peoples' strengths and work together collaboratively at every level, assisting the individual in their personal recovery journey to share and empower others on their recovery. Our courses are free of charge and available to all Hertfordshire residents aged 18+

Enrolment and course bookings

We continually review and add courses throughout the year. For the most up to date information, [venue details](#) or to [enrol](#), please visit:.



www.newleafcollege.co.uk or call 01442 864966

For more information about the college, our venues, recovery, development opportunities and access to resources, visit our website or request a brochure.

September - December 2022			
Art journaling to support mental health	Mon 5th Sep Mon 12th Sep Mon 26th Sep	Day 1: 9:30am - 12:30pm Day 2: 9:30am - 12:30pm Day 3: 9:30am - 12:30pm	Hemel Hemel Hemel
Mindfulness for everyday life	Mon 5th Sep Mon 12th Sep Mon 26th Sep	Day 1: 1:30pm - 4:30pm Day 2: 1:30pm - 4:30pm Day 3: 1:30pm - 4:30pm	Hemel Hemel Hemel
Pain the role of acceptance seminar	Tues 6th Sep	10:00am - 10:45am	Zoom
Understanding Anxiety	Wed 7th Sep	10:00am - 1:00pm	Watford
Sleeping Well	Wed 7th Sep	2:00pm - 5:00pm	Watford
Understanding self-care seminar	Tue 13th Sep	10:00am - 10:45am	Zoom
Thinking holistically about wellbeing and wellness seminar	Tue 13th Sep	1:30pm - 2:15pm	Zoom
Art expression for mental wellbeing seminar	Mon 19th Sep	10:00am - 10:45am	Zoom
In the moment seminar	Mon 19th Sep	1:30pm - 2:15pm	Zoom
Practising self-care workshop	Wed 21st Sep	10:00am - 12:00pm	Ware
Self compassion for everyday living	Wed 21st Sep	1:30pm - 4:30pm	Ware
Building healthy relationships	Thur 29th Sep	10:00am - 1:00pm	Watford
Writing creatively for wellbeing	Thur 29th Sep	2:00pm - 5:00pm	Watford

Timetable continued overleaf

Assertive communication skills	Mon 3rd Oct Mon 10th Oct Mon 17th Oct	Day 1: 10:00am - 12:00pm Day 2: 10:00am - 12:00pm Day 3: 10:00am - 12:00pm	Watford Watford Watford
Daring to dream	Wed 5th Oct	9:30am - 12:30pm	Stevenage
Pressures of daily living	Wed 5th Oct	1:30pm - 4:30pm	Stevenage
Living well with fatigue	Wed 12th Oct Wed 19th Oct	Day 1: 10:00am - 12:00pm Day 2: 10:00am - 12:00pm	Zoom Zoom
Understanding Anxiety	Thur 13th Oct	9:30am - 12:30pm	Hemel
Sleeping well	Thur 13th Oct	1:30pm - 4:30pm	Hemel
5 steps to wellbeing	Wed 19th Oct	9:30am - 12:30pm	Ware
Pressures of daily living	Wed 19th Oct	1:30pm - 4:30pm	Ware
Acceptance and recovery	Thur 20th Oct	9:30am - 12:30pm	Zoom
Understanding medication to support mental wellbeing	Tue 8th Nov	9:30am - 12:30pm	Zoom
Understanding anxiety	Wed 9th Nov	9:30pm - 12:30pm	Ware
Sleeping well	Thur 9th Nov	1:30pm - 4:30pm	Ware
Making sense of voices	Wed 9th Nov Wed 16th Nov	Day 1: 9:30am - 12:30pm Day 2: 9:30am - 12:30pm	Zoom Zoom
Practising self-care Workshop	Thur 10th Nov	10:00am - 12:00pm	Stevenage
Self compassion for everyday living	Thur 10th Nov	1:30pm - 4:30pm	Stevenage
Understanding depression	Tue 15th Nov	9:30am - 12:30pm	Hemel
Understanding stress	Tue 15th Nov	1:30pm - 4:30pm	Hemel
5 ways to wellbeing	Thur 17th Nov	10:00am - 1:00pm	Watford
Writing creatively for wellbeing	Thur 17th Nov	2:00pm - 5:00pm	Watford
Pain the role of acceptance seminar	Tues 22nd Nov	1:30pm - 2:15pm	Zoom
Discover to recover	Thur 24th Nov Thur 1st Dec	Day 1: 1.30pm - 4.30pm Day 2: 1.30pm - 4.30pm	Zoom Zoom
Art expression for mental wellbeing seminar	Mon 28th Nov	10:00am - 10:45am	Zoom
In the moment seminar	Mon 28th Nov	1:30pm - 2:15pm	Zoom
Writing creatively for wellbeing	Wed 30th Nov	9:30am - 12:30pm	Ware
Building healthy relationships	Wed 30th Nov	1:30pm - 4:30pm	Ware
Art Journaling to support mental health	Mon 5th Dec Mon 12th Dec Mon 19th Dec	Day 1: 9:30pm - 12:30pm Day 2: 9:30pm - 12:30pm Day 3: 9:30pm - 12:30pm	Stevenage Stevenage Stevenage
Mindfulness for everyday life	Mon 5th Dec Mon 13th Dec Mon 19th Dec	Day 1: 1:30am - 4:30pm Day 2: 1:30am - 4:30pm Day 3: 1:30am - 4:30pm	Stevenage Stevenage Stevenage
Living well with fatigue	Wed 7th Dec Wed 14th Dec	Day 1: 10:00am - 12:00pm Day 2: 10:00am - 12:00pm	Zoom Zoom
Assertive communication skills	Wed 7th Dec Wed 14th Dec Wed 21st Dec	Day 1: 1:30pm - 3:30pm Day 2: 1:30pm - 3:30pm Day 3: 1:30pm - 3:30pm	Zoom Zoom Zoom
Building healthy relationships	Mon 19th Dec	9:30am - 12:30pm	Zoom
Having a positive relationship with social media	Mon 19th Dec	1:30pm - 4:30pm	Zoom

Continue for venue details

Venues

Our courses are delivered either using the online Zoom platform or in the classroom in our campuses across Hertfordshire. Due to the COVID-19 situation and adhering to the NHS and Government guidance, we may have to change the venue and move online. Please check dates, times and locations in advance of attending the course.

New Leaf Recovery and Wellbeing College runs courses 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



Room: Ellen Terry

Address: The Healthy Hub, Stevenage Arts & Leisure Centre, Lytton Way, Stevenage, SG1 1LZ

Facilities: disabled access, disabled toilets, bring your own or purchase refreshments at the cafe inside the venue

Ware



Room: Memorial Hall

Address: Christ Church Hall, New Road, Ware, SG12 7BS

Facilities: disabled access, disabled toilets, bring your own or purchase in the town centre a few minutes away

Hemel



Room: To be confirmed on the day

Address: South Hill Centre, Cemetery Hill, Hemel Hempstead, HP1 1JF

Facilities: disabled access, disabled toilets. There is no nearby shop or cafe, one beverage will be provided or you can bring your own

Watford



Room: Lecture Hall, 1st Floor

Address: Watford Central Library, Hempstead Road, Watford, WD17 3EU

Facilities: Disabled access, wheelchair access, hearing induction loop baby changing facilities, toilets (disabled access), lift to first floor, refreshments: café located in library itself.

Co-production is at the heart of the college and a vital part of our work includes using your feedback to ensure our courses are beneficial for all. Please allow some extra time to provide feedback when planning your journey.

New Leaf Recovery and Wellbeing College is delivered by Hertfordshire Partnership University NHS Foundation Trust.

[Venues](#)

[Book a course](#)



@newleafcollege