

# New Leaf Recovery and Wellbeing College

Spring 2024 Timetable

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

New Leaf Recovery and Wellbeing College courses provide strategies and tools you can use in your daily life. Our 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.

Together with our experienced tutors, our courses are co-produced by people with their own experiences of mental health challenges. We call them experts by experience. They help facilitate our classes and bring the subject to life by sharing what has helped them. At our classes, hearing about how others have taken control of their wellbeing brings hope.



@newleafcollege

Free for anyone 18+ living in Hertfordshire  
Inspiring Hope, Opportunity and Control

**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)



## Jan - Mar 2024

Course title	Dates	Times	Location
Self-compassion for everyday living	Tue 9th Jan	10.00am - 1.00pm	Hemel (St Pauls)
Anxiety: an introductory session	Wed 10th Jan	7.00pm- 8.00pm	Zoom
An introduction to wellbeing plans	Tue 16th Jan	10.00am - 11.00am	Zoom
Pain and the role of acceptance	Wed 17th Jan	10.00am - 11.00am	Zoom
Art journalling to support mental health	Thu 18th Jan Thur 25th Jan Thur 1st Feb	Day 1: 1:30pm - 4:30pm Day 2: 1:30pm - 4:30pm Day 3 1:30pm - 4:30pm	Stevenage (Leisure centre)
Understanding personal recovery	Tue 23rd Jan	10.00am - 11.00am	Zoom
Drugs, alcohol and mental health recovery	Wed 24th Jan	1:30pm - 4:30pm	Zoom
Living well with fatigue	Tue 30th Jan Tue 6th Feb	Day 1: 10am - 12pm Day 2: 10am - 12pm	Zoom
Depression: an introductory session	Wed 31st Jan	7.00pm - 8.00 pm	Zoom
Stress: an introductory session	Wed 7th Feb	7.00pm - 8.00 pm	Zoom
Sleeping well	Thu 8th Feb	1.30pm - 4.30pm	Zoom
Understanding and managing anxiety	Tue 13th Feb	10.00am - 1.00pm	Hemel (St Pauls)
Pain explained	Wed 14th Feb	10.00am - 1.00pm	Zoom
Employment: the pros and cons of telling your employer about your health challenge	Thu 15th Feb	1.30pm - 2.30pm	Zoom
Writing for self-expression	Tues 27th Feb Tues 5th Mar Tues 12th Mar Tues 19th Mar	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
Understanding and managing depression	Tues 27th Feb	1.30pm - 4.30pm	Watford (Colne House)
In the moment	Wed 28th Feb	10.00am - 11.00am	Zoom
Understanding and managing anxiety	Wed 6th Mar	10.00am - 1.00pm	Zoom
Self-compassion for everyday living	Thur 7th March	10.00am - 1.00pm	Bishop's Stortford (Oxford House)
Building opportunities	Tue 12th Mar	1.30pm - 4.30pm	Watford (Colne House)
Understaning and managing stress	Thu 21st Mar	1.30pm - 4.30pm	Zoom
In the moment	Mon 25th Mar	7.00 - 8.00 pm	Zoom
Practising self-care	Tue 26th Mar	10.00am - 12.00pm	Hemel (St Pauls)

## 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.



## 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:** 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

### Bishop's Stortford

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**Address:** Oxford House, London Rd, Bishop's Stortford, CM23 3LA

**Facilities:** Disabled access, toilets (disabled access). There are no nearby shop or cafe for refreshments, please bring your own.

**Notes:** Please wait in reception area

### 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 shop or cafe for refreshments, please bring your own.

**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 no nearby shop or cafe for refreshments, please bring your own.

**Notes:** Please wait in reception area

Please visit the [website](#) or [www.accessable.co.uk](http://www.accessable.co.uk) for more details about venues, travel and accessibility.