

New Leaf Recovery and Wellbeing College

Inspiring Hope, Opportunity and Control

Summer 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
Enrol and book a course now - no need for referrals

Online: www.newleafcollege.co.uk

Tel: 01442 864966

Email: newleaf.wellbeingcollege@nhs.net



April - July 2024

Course title	Dates	Times	Location
Assertive communication skills	Tue 16th Apr Tue 23rd Apr Tue 30th Apr	Day 1: 10.00am - 12.00pm Day 2: 10.00am - 12.00pm Day 3: 10.00am - 12.00pm	Hemel (St Pauls)
Anxiety: an introductory session	Wed 17th Apr	7.00pm- 8.00pm	Zoom
Spiritual self-care to support mental wellbeing	Wed 24th Apr	1:30pm - 4:30pm	Zoom
Stress: an introductory session	Thur 25th Apr	7.00pm- 8.00pm	Zoom
Pressures of daily living	Wed 1st May	1:30pm - 4:30pm	Watford (Colne House)
Understanding self-care	Tue 7th May	1.30pm - 2.30pm	Zoom
Understanding and managing emotions	Wed 8th May	1:30pm - 4:30pm	Bishop's Stortford (Oxford House)
Self-compassion for everyday living	Thur 9th May	1.30pm - 4.30pm	Zoom
In the moment	Mon 13th May	7.00pm - 8.00 pm	Zoom
Understanding medication to support mental wellbeing	Wed 15th May	1.30pm - 4.30pm	Zoom
Depression: an introductory session	Thur 16th May	7.00pm - 8.00 pm	Zoom
Understanding and managing stress	Tue 21st May	1.30pm - 4.30pm	Stevenage (Everyone Active)
Art expression for mental wellbeing	Thur 23rd May	1.30pm - 2.30pm	Zoom
Anxiety: an introductory session	Thur 23rd May	7.00pm - 8.00 pm	Zoom
Wellbeing and creativity	Tue 4th June	10.00am - 1.00pm	Hemel (St Pauls)
Mindfulness for everyday life	Wed 5th June Wed 12th June Wed 19th June	Day 1: 10.00am - 1.00pm Day 2: 10.00am - 1.00pm Day 3: 10.00am - 1.00pm	Zoom
Understanding and managing anxiety	Thur 6th June	1.30pm - 4.30pm	Zoom
Five steps to wellbeing	Tue 11th June	1.30pm - 4.30pm	Bishop's Stortford
Understanding and managing depression	Thur 13th June	10.00am - 1.00pm	Zoom
Making sense of voices	Tue 18th June Tue 25th June	Day 1: 10.00am - 1.00pm Day 2: 10.00am - 1.00pm	Zoom
Writing for self-expression	Mon 24th June Mon 1st July Mon 8th July Mon 15th July	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
Drugs, alcohol and mental health recovery	Wed 26th June	1.30pm - 4.30pm	Stevenage (Everyone Active)
Employment and self-management	Thur 27th June Thur 4th July	Day 1: 1.30pm - 4.30pm Day 2: 1.30pm - 4.30pm	Watford (Colne House)
Pain and the role of acceptance	Wed 3rd July	10.00am - 11.00am	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.



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



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

Bishop's Stortford



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. Course held in Room 5.

Hemel Hempstead



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



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. Parking tickets can be validated at reception for a discount.

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