



Autumn 2026

Timetable of Courses

What's New?

Sandwell courses: Wednesdays and Fridays

Dudley courses: Tuesdays and Thursdays

Walsall courses: Mondays and Thursdays

Wolverhampton courses: Mondays and Wednesdays

We have co-produced the timetable to make it easier to see your courses at a glance, separating them into our four areas of delivery: **Sandwell, Dudley, Walsall and Wolverhampton**. We have also included our online only courses which you will find on page 6.

We have a range of courses delivered face to face in our bases as well as our online sessions, to offer our students plenty of opportunities to come into our friendly bases and interact with fellow students, volunteers and our facilitator team.

Are you a new student? You may be interested in the following!

Planning Our Wellbeing

Planning Our Wellbeing is a course particularly suitable for those new to the College or embarking on a new journey of recovery. The course encourages us to see ourselves beyond labels, exploring what we do when we feel well, how it affects us, and how to carry positive practices into times when we don't feel our best.

Healthy Relationships and Communication Skills

Healthy relationships and effective communication can support our wellbeing, confidence, and sense of connection. This course explores the foundations of positive relationships, helping you develop listening, empathy, and communication skills. Through practical activities and reflection, you will learn how to express your needs and feelings, navigate difficult conversations, manage conflict constructively, and build stronger, healthier relationships in everyday life.

Confidence and Self-Esteem

Confidence and self-esteem can shape how we see ourselves, connect with others, and approach everyday challenges. This course explores the difference between confidence and self-esteem, helping you recognise your strengths, build self-belief, and develop practical strategies to support your wellbeing. Through reflection and discussion, you'll discover ways to nurture a more positive and confident sense of self.

For more information about our courses please email the college requesting a copy of the Recovery College Prospectus

The course dates and times are correct at the time of going to press; however, some details may be subject to change. The Recovery College for the Black Country reserves the right to cancel courses or change venues, dates or times. When registering for courses, please make sure you can attend all dates for that course.

For all enquiries please contact the college:

Telephone: 0121 543 4061

Email: info@therecoverycollege.co.uk

- The Recovery College Team

SANDWELL COURSES



Black Country Healthcare
NHS Foundation Trust

Course Name	Day & Start Date	Time & Sessions	Where?
Understanding Thoughts and Building Helpful Thinking Habits	Wednesday 16 th Sep - 30 th Sep	10:00am - 11:45am 3 Sessions	Face to Face
Thriving with Autism Workshop and Thriving with Autism Support Group	Wednesday 7 th Oct - 18 th Nov	10:00am - 11:45am 7 Sessions	Face to Face
Health Walk	Wednesday 16 th Sep - 18 th Nov	12:45pm - 1:45pm 10 Sessions	Face to Face
Motivation, Purpose and Moving Forward	Wednesday 16 th Sep - 14 th Oct	2:30pm - 4:15pm 5 Sessions	Face to Face with Online Option
Women's Wellbeing	Wednesday 21 st Oct - 11 th Nov	2:30pm - 4:15pm 4 Sessions	Face to Face with Online Option
Planning Our Wellbeing	Friday 18 th Sep - 9 th Oct	10:00am - 11:45am 4 Sessions	Face to Face
Building a Life to Thrive in	Friday 16 th Oct - 30 th Oct	10:00am - 11:45am 3 Sessions	Face to Face
Building Routines	Friday 13 th Nov - 20 th Nov	10:00am - 11:45am 2 Sessions	Face to Face with Online Option
Recover Together	Friday 6 th Nov - 18 th Dec	12:45pm - 2:00pm 7 Sessions	Face to Face
Journalling for Recovery	Friday 23 rd Oct - 13 th Nov	2:30pm - 4:15pm 4 Sessions	Face to Face with Online Option
Writing for Self-Expression	Friday 18 th Sep - 9 th Oct	2:30pm - 4:15pm 4 Sessions	Face to Face

DUDLEY COURSES



Black Country Healthcare
NHS Foundation Trust

Course Name	Day & Start Date	Time & Sessions	Where?
Recover Together	Tuesday 15 th Sep - 27 th Oct	12:45pm - 2:00pm 7 Sessions	Face to Face
Getting To Know Your Emotions	Tuesday 15 th Sep - 6 th Oct	2:30pm - 4:15pm 4 Sessions	Face to Face
DBT Refresher Drop In	Tuesday 6 th Oct, 3 rd Nov, 15 th Dec	10:00am - 11:30am 3 Sessions	Face to Face
Motivation, Purpose and Moving Forward	Tuesday 13 th Oct - 10 th Nov	2:30pm - 4:15pm 5 Sessions	Face to Face with Online Option
Reducing Overwhelm and Managing Demands	Thursday 17 th Sep - 15 th Oct	10:00am - 11:45am 5 Sessions	Face to Face
CHIME	Thursday 22 nd Oct - 19 th Nov	10:00am - 11:45am 5 Sessions	Face to Face with Online Option
Goal Setting	Thursday 8 th Oct - 15 th Oct	12:45pm - 2:00pm 2 Sessions	Face to Face
Gardening	Thursday 17 th Sep - 22 nd Oct	2:30pm - 3:30pm 6 Sessions	Face to Face
Building Healthy Lifestyle Habits	Thursday 12 th Nov - 19 th Nov	2:30pm - 4:15pm 2 Sessions	Face to Face with Online Option

WALSALL COURSES



Black Country Healthcare
NHS Foundation Trust

Course Name	Day & Start Date	Time & Sessions	Where?
Healthy Relationships and Communication Skills	Monday 21 st Sep - 19 th Oct	10:00am - 11:45am 5 Sessions	Face to Face
Recover Together	Monday 14 th Sep - 26 th Oct	12:45pm - 2:00pm 7 Sessions	Face to Face
Who Am I?	Monday 14 th Sep - 28 th Sep	2:30pm - 4:15pm 3 Sessions	Face to Face with Online Option
Building Healthy Lifestyle Habits	Monday 5 th Oct - 12 th Oct	2:30pm - 4:15pm 2 Sessions	Face to Face with Online Option
Creative Writing 2	Monday 19 th Oct - 16 th Nov	2:30pm - 4:15pm 5 Sessions	Face to Face with Online Option
Food and Mood	Monday 26 th Oct - 9 th Nov	10:00am - 11:45am 3 Sessions	Face to Face with Online Option
Confidence and Self-Esteem	Thursday 17 th Sep - 22 nd Oct	10:00am - 11:45am 6 Sessions	Face to Face
Planning Our Wellbeing	Thursday 29 th Oct - 19 th Nov	10:00am - 11:45am 4 Sessions	Face to Face
Tai Chi	Thursday 24 th Sep - 15 th Oct	2:30pm - 3.30pm 4 Sessions	Face to Face with Online Option
Basic Art	Thursday 22 nd Oct - 19 th Nov	2:30pm - 4:15pm 5 Sessions	Face to Face

WOLVERHAMPTON COURSES



Black Country Healthcare
NHS Foundation Trust

Course Name	Day & Start Date	Time & Sessions	Where?
Exploring Resilience	Monday 21 st Sep - 28 th Sep	10:00am - 11:45am 2 Sessions	Face to Face
Exploring Boundaries	Monday 5 th Oct - 12 th Oct	10:00am - 11:45am 2 Sessions	Face to Face
Exploring Frustration, Anger and Assertiveness	Monday 19 th Oct - 2 nd Nov	10:00am - 11:45am 3 Sessions	Face to Face
Volunteer Workshop	Monday 9 th Nov - 16 th Nov	10:00am - 11:45am 2 Sessions	Face to Face with Online Option
Building a Life to Thrive In	Monday 21 st Sep - 5 th Oct	2:30pm - 4:15pm 3 Sessions	Face to Face
Health Walk	Monday 14 th Sep - 16 th Nov	12:45pm - 1:45pm 10 Sessions	Face to Face
Creative Writing 1	Monday 19 th Oct - 16 th Nov	2:30pm - 4:15pm 5 Sessions	Face to Face with Online Option
Reducing Overwhelm and Managing Demands	Wednesday 16 th Sep - 14 th Oct	10:00am - 11:45am 5 Sessions	Face to Face
Self-care and Compassion	Wednesday 21 st Oct - 18 th Nov	10:00am - 11:45am 5 Sessions	Face to Face with Online Option
Building Routines	Wednesday 16 th Sep - 23 rd Sep	2:30pm - 4:15pm 2 Sessions	Face to Face with Online Option
Recover Together	Wednesday 4 th Nov - 16 th Dec	12:45pm - 2:00pm 7 Sessions	Face to Face

ONLINE COURSES



Black Country Healthcare
NHS Foundation Trust

Course Name	Day & Start Date	Time & Sessions
Lets Talk About Loneliness	Monday 21 st Sep - 5 th Oct	10:00am - 11:45am 3 Sessions
Understanding Thoughts and Building Helpful Thinking Habits	Monday 19 th Oct - 2 nd Nov	10:00am - 11:45am 3 Sessions
Confidence to Speak Up in Groups	Monday 14 th Sep - 21 st Sep	2:30pm - 4:15pm 6 Sessions
Confidence and Self-Esteem	Monday 12 th Oct - 16 th Nov	2:30pm - 4:15pm 6 Sessions
Recover Together	Tuesday 15 th Sep - 27 th Oct	12:45pm - 2:00pm 7 Sessions
Mindfulness Practice	Tuesday 15 th Sept, 29 th Sept, 13 th Oct, 27 th Oct, 10 th Nov	12:45pm - 1:45pm 5 Sessions
Planning Our Wellbeing	Tuesday 6 th Oct - 27 th Oct	2:30pm - 4:15pm 4 Sessions

These courses are delivered Online via Zoom.

The joining information will be sent out to you by text and by email.

ONLINE COURSES CONTINUED



Black Country Healthcare
NHS Foundation Trust

Course Name	Day & Start Date	Time & Sessions
Gratitude	Wednesday 16 th Sep - 14 th Oct	10:00am -11:45am 5 Sessions
Getting To Know Your Emotions	Wednesday 28 th Oct - 18 th Nov	10:00am -11:45am 4 Sessions
Mental Health Aware	Wednesday 18th Nov	11:00am -3:00pm 1 Session
Nature Prescribing	Wednesday 16 th Sep - 14 th Oct	2:30pm - 4:15pm 5 Sessions
Coping with Christmas	Wednesday 28 th Oct - 18 th Nov	2:30pm - 4:15pm 4 Sessions
Chair Yoga	Thursday 17 th Sep - 19 th Nov	12:45pm - 1:45pm 10 Sessions
START Course For Carers/Families of people with Dementia	Thursday 17 th Sep - 5 th Nov	1:00pm - 3:00pm 8 Sessions

These courses are delivered Online via Zoom.
The joining information will be sent out to you by text and by email.

WHAT I HAVE LEARNT THIS TERM



Black Country Healthcare
NHS Foundation Trust



The Recovery College
FOR THE BLACK COUNTRY

SMART GOALS

S

Smart

Be clear in what you want to achieve – what do I want to accomplish? Why is this goal important to me? Who is involved?

M

Measurable

How will you know when you have achieved your goal? What will you be doing differently? What might others notice? What will you be doing more of? What will you be doing less of?

A

Achievable

How can I accomplish this goal? Ensure your goals are not too high, don't set yourself up to fail. Consider setting smaller goals to help to reach your main goal. If you don't achieve what you set out to do, then ask yourself what could you do differently?

R

Realistic

Does it seem worthwhile? Is this the right time? Is this achievable with the resources I have got? Consider if there are any other resources you may need to help you achieve your goal? Can you access the resources? What problems might you have and what could you do to overcome them?

T

Timely

When? Set a reasonable and realistic time limit to achieve your goal – what can I do today? What can I do in two weeks' time from now? What can I do in two months' time from now?



The Recovery College

FOR THE BLACK COUNTRY

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YouTube: [@RecoveryCollegeBC](https://www.youtube.com/RecoveryCollegeBC)

