



# What's on in the LDA Division

## June 2024

Acorn - Berry - Brook - Fern - Hawkins - Oak - Marsh -  
Meadow - Sunley - Sycamore

### Highlight of the Month

A patient talking the group through a mindfulness exercise, which they'd learnt on a previous wellness walk

### Learner Feedback:

"I like getting the certificates"

"The course helped me learn about myself"



**Violet Skinner**  
Recovery Partner  
for the LDA  
Division



### Open Courses

Courses open to the public (over 18 years old). Search REDS Recovery College on [Eventbrite.co.uk](https://www.eventbrite.co.uk) or scan the QR code.

### Off Ward Courses

Tuesday 4th June, Discovery of Recovery, 13:30 - 16:30,  
William Wake House, 1st floor Schillizzi room.

10th June, How to Find Hope, 14:00 - 16:00

Patient Recreation Club (PRC), Open to the public (over 18 years old)

### Courses on Wards

Fern Ward

Monday 3rd June 14:00 - 15:00, Introduction to Resilience

Brook Ward

Monday 3rd June 15:00 - 16:00, Introduction to Anxiety

Oak Ward

Monday 10th June 15:00 - 16:00, Introduction to Bipolar Disorder

Monday 24th June 15:00 - 16:00, Introduction to Borderline Personality Disorder

Sunley Ward

Wednesday 26th June, 11:00 - 12:00, Making a Wellness Toolbox

Sycamore Ward

Monday 10th June 14:00 - 15:00, Introduction to Bipolar Disorder

Monday 24th June 14:00 - 15:00, Introduction to Borderline Personality Disorder

### Ward Wellness Walks

Hawkins - Tuesday 11:00 - 12:00 every week

Meadow - Tuesday 14:00 - 15:00 every week

Sunley - Wednesday 10:30 - 11:30 every week

**All courses open to staff and patients. Recovery College courses count towards patients' meaningful activity and staff CPD!**

**BOOK NOW**



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