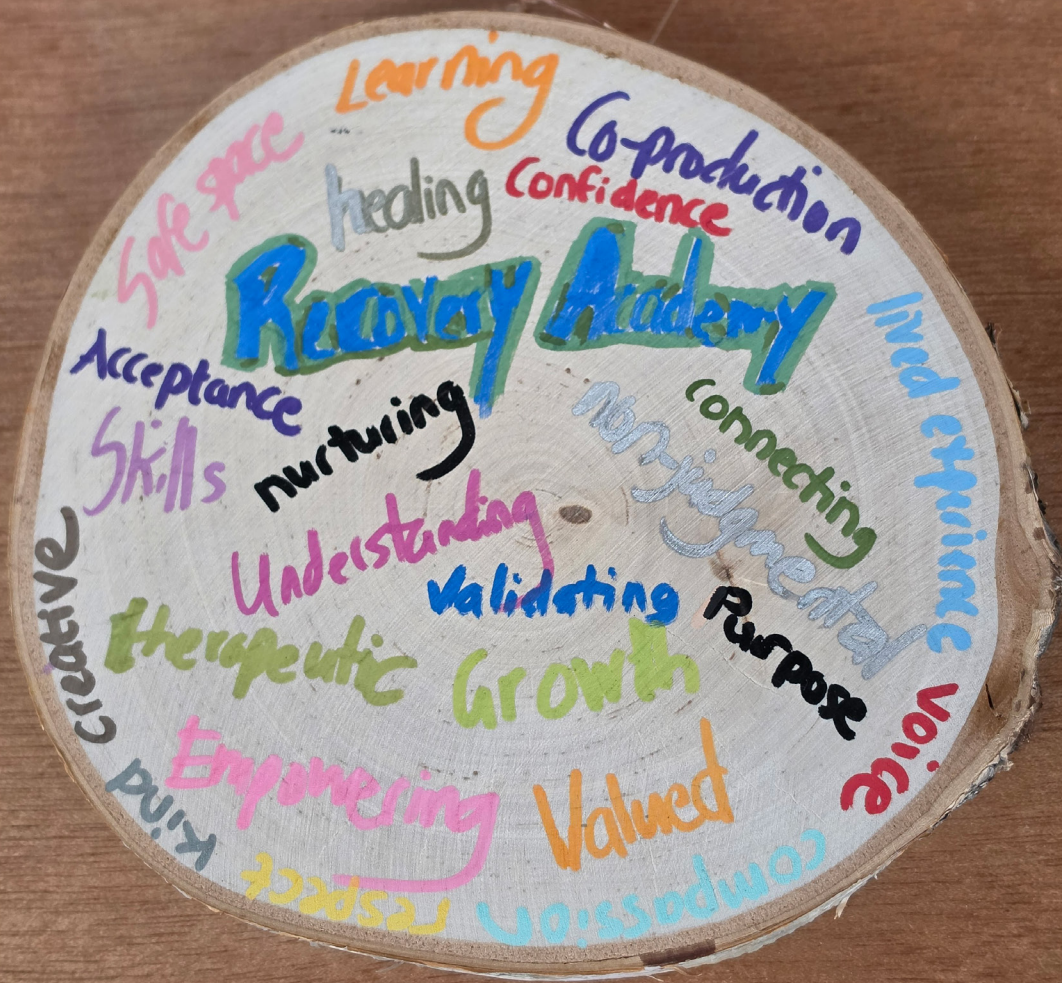




Recovery Academy Course List

November 2026 to March 2027

To create a Recovery Academy account
and book onto our courses, please visit:
recoveryacademy.gmmh.nhs.uk

GMMH staff and volunteers, please book
onto courses via your Learning Hub account.

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Welcome to the Recovery Academy

GMMH Recovery Academy provides a range of free educational resources for people with mental health and/or substance misuse problems, their families and carers as well as health care professionals.

Within this prospectus you will find information on all our face-to face courses which focus on supporting people with their recovery and promote good health and wellbeing. The courses are co-written and co-delivered by professionals and people with lived experience of mental health or substance misuse, in order to recognise with equal importance both professional expertise and lived experience and promote our philosophy of shared learning.

The prospectus also offers further information on our wide range of digital resources, all of which can be accessed via a **Recovery Academy account** or **Learning Hub account**.

Our courses explained

Our **Kick Starting Your Recovery Academy Journey** courses are for people with lived experience of mental health and/or addiction difficulties who are new to the Recovery Academy. You do not have to start your Recovery Academy journey with these courses, but if you are unsure what recovery is, what it means for you, what the Recovery Academy can offer you, and perhaps feel like you have low self-esteem, then these courses may be a good starting point. We have a team of volunteers who can support you to develop your own Individual Learning Plan (ILP) so you can get the most out of your time with us.

Our **Mental Health Awareness** courses explore people's experiences of living with certain conditions, disabilities or difficulties. Most importantly, the courses encourage shared learning from people's lived experience, and professional expertise, so that you can gain a better understanding and learn ways to either support your own recovery journey or support others in theirs.

Our **Therapeutic Skills to Support Recovery** courses explore different approaches used in mental health to support people's recovery. Each course teaches some basic, practical techniques that are often used in therapy that can be used by anyone. The techniques can be applied by individuals to themselves, or between peers, friends, and family members on a one to one basis or in groups.

Our **Looking After Your Physical Wellbeing** courses explore the link between physical health and mental wellbeing. A large amount of evidence points to the benefit of physical activity in terms of preventing ill health, improving energy and quality of life as well as improving your quality of sleep. Physical wellbeing involves exercising, good nutrition and of course making healthy lifestyle choices and the courses in this section cover these topics.

Our **Spiritual Interventions to Support Recovery** courses explore different spiritual techniques that are known to help people in recovery from mental health difficulties, often by helping to reduce anxiety. These courses allow people to connect to faith and nature for example and to be more mindful of themselves and the things around them. They also encourage people to relax and reflect so that people can appreciate the things that matter to them the most.

Our **Getting Creative** courses encourage you to explore your creative side, whether this is through art or storytelling. These courses are messy, loud, and fun and can help people to create a sense of identity. They also teach different creative techniques that can be used to support your recovery or support others in theirs.

Our **Taking Back Control** courses aim to give you the information and understanding to make decisions and choices that affect your care and wellbeing. They cover things like our rights to advocacy, how to get the best from relationships and how to manage difficult experiences that might impact our health and wellbeing.

Our **Learning New Skill Sets** courses will be helpful for anyone who wants to get involved with the Recovery Academy or set up their own support group, social enterprise or Community Interest Company. The courses offer lots of knowledge either from personal experiences or professional expertise focussing on facilitation skills, training, quality improvement and innovation.

Digital resources



New digital resources are also available! Keep an eye out for our digital resources icon. It means there are new or updated digital resources on the same or a similar topic.

Access them via the Recovery Academy website

➡ recoveryacademy.gmmh.nhs.uk

Or, via the GMMH Learning Hub

➡ learninghub.gmmh.nhs.uk (restricted access)

Wellbeing Resource Hub

Explore trusted resources, tools and information to support wellbeing, recovery and personal growth.

Recovery Academy or GMMH Learning Hub account required.

Our Autumn/Winter term has the following new content:

e-learning courses

Common Problems and First Help - Mindfulness (minded.org.uk) New!

This session aims to give an overview and define what mindfulness is. It will look at the evidence base for it and provide information on further resources and support.

Common problems and First Help - Sad, Bored, and Isolated (minded.org.uk) New!

This session is aimed at a universal audience and covers recognising the difference between clinical depression and normal emotional experiences of sadness. It will also review ways to respond and help those who are distressed but not depressed.

Common Problems and First help - The Loner (minded.org.uk) New!

This session is aimed at a universal audience and describes the reasons why children and young people may suffer from shyness or social anxiety and struggle to interact with their peers and offers guidance as to how best to support them.

Common problems and First help - Loss and grief (minded.org.uk) New!

This session is aimed at a universal audience and will address mainly loss of parents or others by death or separation/divorce, but the bereavement or mourning reactions can be seen to some degree in the other losses mentioned.

Conversations in the Community (mind.org.uk) New!

Do you want to be there for someone who's having a hard time, but worry about what to say?

This course aims to build your confidence in having everyday conversations about mental health and wellbeing.

Media Hub

This May Help - How to Find Support for Parents of Children with Mental Illness (thismayhelp.me) New!

In this video Alex Beresford shares some advice from NHS mental health professionals on how to build a support network if you are a parent of a child with mental health problems.

This May Help - Parenting a Child with Mental Health Issues (thismayhelp.me) New!

In this video Chris Hollins shares some advice from NHS mental health professionals for parents wanting to know how to support a child experiencing mental health issues.

This May Help - How to Talk with Mental Health Professionals (thismayhelp.me) New!

In this video Jake Wood shares five tips from NHS mental health experts that might help you to get the information and support that you and your child need.

This May Help - How to Talk about Mental Health (thismayhelp.me) New!

In this video, Dr Sian Williams shares some guidance from NHS Mental Health experts for parents wanting to know how to have more open conversations about their child's mental health.

This May Help - How to Support your Child's mental Health (thismayhelp.me) New!

In this video, Tamzin Outhwaite shares expert advice from NHS mental health professionals for parents concerned about a child or teenager's mental health, with five tips that may help.

Self-help resources

Neurodiversity: ADHD in Adults (nhs.uk) **New!**

ADHD (attention deficit hyperactivity disorder) is a condition where the brain works differently to most people. If you have ADHD, you may have trouble with things like concentrating and sitting still. There are things you can do to help manage your symptoms.

Neurodiversity: ADHD in Children and Young People (nhs.uk) **New!**

ADHD (attention deficit hyperactivity disorder) is a condition where the brain works differently to most people. Children and young people with ADHD may have trouble with things like concentrating and sitting still. There are ways to help manage the symptoms of ADHD.

Neurodiversity: Dyscalculia **New!**

Dyscalculia is a term used to describe ongoing difficulties with mathematics that are unexpected in relation to a person's general ability and educational experience. People with dyscalculia find working with numbers particularly challenging.

Neurodiversity: Dyslexia in Adults (nhs.uk) **New!**

Dyslexia is a common learning difficulty where your brain works differently to most people. It mainly affects things like reading, writing and using numbers. There is no cure but there are things you can do to help manage the condition.

Neurodiversity: Dyslexia in Children (nhs.uk) **New!**

Dyslexia is a common learning difficulty where your brain works differently to most people. It mainly affects things like reading, writing, and using numbers. There is no cure but there are things you can do to help manage the condition.

Neurodiversity: Tourette Syndrome (nhs.uk) **New!**

Tourette syndrome is a condition that causes you to make sudden, repetitive sounds or movements (tics). There is no cure, but treatment can help manage the tics.

Mental Health and Debt Guide (moneysavingexpert.com) **New!**

This PDF booklet from Money Saving Expert (moneysavingexpert.com) is supported by Mind, Rethink, CAP UK and others, for people with mental health problems and those caring for them. It covers how to handle debts when unwell, work with banks, free debt counselling, specific tips for individuals living with bipolar disorder or depression, whether to declare a condition and more.



Continue on to see our full course list





An Introduction to the Recovery Academy - Health. Opportunities. Progression. Education. (H.O.P.E)

The Recovery Academy is a safe and supportive learning environment that strives to promote hope and firmly believes that recovery is possible. With our passion to empower people to be actively involved in their own recovery, we aim to provide opportunities through education and lived experience that will support you to understand and manage your own experiences.

Join us on this course and get to know the Recovery Academy and how it could benefit you via an Individual Learning Plan. You will explore the wide realms of recovery and explore what this means for you. You will also consider the importance of resilience and how this can be developed to support your recovery journey.

We focus on health. We provide opportunities. We support progression. We offer education.

By the end of the course, you will:

Have been introduced to the Recovery Academy and our core values

Have a greater understanding of the concept of recovery and explore what this means for you

Have a greater understanding of the term 'resilience' and the potential to build resilience despite ongoing distress

Be inspired by people's lived experience of recovery and the support that the Recovery Academy can offer

Have had the opportunity to explore the Recovery Academy courses and develop your own Individual Learning Plan to kick start your recovery journey.

Duration: One day

● Kick Starting Your Recovery Academy Journey

Our Kick Starting Your Recovery courses are for people with lived experience of mental health and/or addiction difficulties who are new to the Recovery Academy.

You do not have to start your Recovery Academy journey with these courses, but if you are unsure what recovery is, what it means for you, what the Recovery Academy can offer you, and perhaps feel like you have low self-esteem, then these courses may be a good starting point.

We have a team of volunteers who can support you to develop your own Individual Learning Plan (ILP) so you can get the most out of your time with us.



"This course is an excellent introduction to both the Recovery Academy and the recovery journey."

Dates, times and venues:

6 April 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Building Self Esteem

Many people will have low confidence and difficulty believing in themselves at some point in their lives, depending on what they may be going through at that time. When it becomes a long-term difficulty, it can have a harmful effect on someone’s mental health and their lives in general.

This course aims to help those who may find it difficult to build their self-belief and feelings of self-worth, by giving them a variety of practical ways that they can start to challenge the negative thoughts they may have about themselves. There is no expectation that people share their reasons for having low confidence or self-esteem, but it will be an opportunity to learn about the various ways someone’s self-esteem can be affected.

By the end of the course, you will:

- Understand what the term ‘self-esteem’ includes
- Recognise the various ways in which someone’s self-esteem can be affected, both negatively and positively
- Be given information on the ways you can start challenging negative thoughts towards yourself
- Be equipped with various ‘tools’ for you to use to help build your self-esteem at times of difficulty
- Gain practice in using these tools and then reviewing how beneficial they have been for you
- Be given information on where you may be able to get ongoing support with building your self-esteem.

Duration: One day



“The group discussion around table allowed for more in-depth and personal discussion.”

Dates, times and venues:

- 30 November 2026** - 10am to 4pm - St. Peter’s Pavilion, Walter Hurst Room, Hurst Street, Hindley WN2 3DN
- 12 February 2027** - 10am to 4pm - Online via Microsoft Teams

Developing your Assertiveness Skills

We all can benefit from learning to get the most from working with others whilst ensuring that our own views are considered. Assertiveness is about having self-confidence without being aggressive.

Being assertive is an important communication skill which could help you to reduce stress and anxiety, control anger, as well as improve your self-esteem. This course will help you to gain assertiveness skills and will provide you with practical techniques to feel more confident in different situations.

By the end of the course, you will:

- Understand what assertiveness means
- Identify barriers to assertiveness and explore ways to overcome them
- Recognise the different communication styles we and others use
- Understand why we use the communication styles we do
- Explore different self-management techniques which promote assertiveness
- Explore the best way to communicate with others to achieve common goals
- Share your experiences to promote shared learning within the group.

Duration: One day



I enjoyed...“Receiving feedback for personal situations from the tutor and the group.”

Dates, times and venues:

- 11 November 2026** - 10am to 4pm - Online via Microsoft Teams
- 13 January 2027** - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL



Becoming a Parent and the Effect on Mental Health

‘Starting a family is a milestone in many people’s lives. It can also be a stressful time and many parents experience mental ill health. The most common mental health problems experienced during pregnancy and after birth are anxiety, depression and Post-Traumatic Stress Disorder (PTSD), however some women can experience more severe symptoms such as postpartum psychosis.’ (Mental Health Foundation, 2019).

This course will look at some of the signs that might indicate new parents are struggling. It looks at what we can all do to support people in their parenting role, and explains the services and interventions available should people need these.

By the end of the course, you will:

Explore some of the mental health experiences people can have during pregnancy and after birth and how common these can be

Know some of the signs and symptoms people might display that may indicate they need some help and support

Understand the impact of stigma and guilt on new parents and how this can prevent people getting the help and support they need

Understand a little about what can cause some of these signs and symptoms

Have listened to different lived experiences of mental health difficulties after becoming a new parent and how these experiences make people feel

Explore the kind of things that do help and don’t help during this difficult time

Think about what you can do to support new parents whatever your role may be: be that professional, peer, friend, grandparent etc.

Know what specialist services and interventions exist and how to request a referral for assessment.

Duration: One day



Mental Health Awareness

Our Mental Health Awareness courses explore people’s experiences of living with certain conditions, disabilities or difficulties.

Most importantly, the courses encourage shared learning from people’s lived experience, and professional expertise, so that you can gain a better understanding and learn ways to either support your own recovery journey or support others in theirs.

Dates, times and venues:

21 January 2027 - 10am to 4pm - Conference Room 6, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Deaf Awareness Training

There are approximately 8.7 million people in the UK with hearing loss, which is approximately one in seven people, so the likelihood of you meeting a deaf or hard of hearing person in your workplace or local community is high.

The John Denmark Unit (JDU) in Prestwich is an inpatient unit for deaf people - one of only three such units in the country. The Trust's JDU is proud to deliver Deaf Awareness Training and aims to provide a more detailed understanding of deafness; deaf people, their culture, community, and language.

The course includes some fun games where you get to experience first-hand the types of communication barriers deaf people experience every day. You will have fun as you learn!

By the end of the course, you will:

Understand and demonstrate how you can engage and communicate with people who have hearing loss

Gain some understanding of deaf culture and community

Be more aware of the importance of body language, facial expression and non-verbal communication

Experience some difficulties in communicating from a deaf perspective and be able to assist in improving communication

Demonstrate a positive attitude with deaf and hard of hearing people.

Duration: Four hours

"Everyone should do some deaf awareness training to help involve deaf people in society. Having trainers with lived experience of being deaf made the course more interesting and enjoyable."

Dates, times and venues:

4 January 2027 - 9am to 1pm - Room 1, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

15 March 2027 - 9am to 1pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Gender and Sexual Identity

Lesbian, gay, bisexual, trans, intersex, and people of other minorities, like anyone, will experience mental health challenges and distress during their lifetime. However, the evidence both from the UK and internationally highlights increased levels of common mental health problems, such as depression, anxiety and stress among people from these groups.

The negative impacts of experiences of discrimination and marginalisation, both direct and indirect, on LGBT+ individuals and groups are well established, with research indicating that:

52% of young LGBT+ people reported self-harm either recently or in the past compared to 25% of heterosexual non-trans young people and 44% of young LGBT+ people have considered suicide compared to 26% of heterosexual non-trans young people.

This course will explore the difficulties in coming out experienced by LGBT+ people and the impact this has on their mental health. Most importantly, it will explore options for how we can all support people better as peers, family members and mental health professionals.

By the end of this course, you will:

Be familiar with gender identity and sexual orientation definitions

Gain a greater awareness and understanding of the issues and difficulties experienced by individuals when coming out

Have explored research on the impact of gender identity and sexual orientation

Have looked at coping strategies used in response to mental health difficulties

Consider what help and support you can provide

Know what support and services are available.

Duration: One day



"A great in-depth look into the lives and issues regarding LGBTQ+ community."

Dates, times and venues:

19 January 2027 - 10am to 4pm - Redbank House, 4 St. Chad's Street, Manchester M8 8QA

Living Well with Dementia

Dementia is caused by a number of diseases that affect the brain. The most common is Alzheimer’s but there are many different types of dementia, which affect the brain at different rates and in different ways.

The aim of this course is to provide you with facts about dementia, common symptoms, treatments available, and techniques that will help you to cope with the effects of dementia. The course will also help carers, family members and professionals understand people’s experiences of living with dementia and find out what support is available.

By the end of this course, you will:

- Learn about the impact of the environment on dementia and what support is available to help you maintain independence e.g. tele-care
- Explore cognitive coping strategies e.g. coping with forgetting
- Explore emotional coping strategies e.g. managing stress and feelings associated with dementia
- Understand the importance of maintaining supportive relationships and networks in your local community
- Consider planning for the future
- Learn about research around dementia and how to get involved.

Duration: One day



“Useful and realistic approach to a mixed group of staff and service users.”

Dates, times and venues:

1 March 2027 - 9:30am to 4:30pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Mirror of the Mind: Understanding Body Dysmorphic Disorder

This course will support you to increase understanding of Body Dysmorphic Disorder (BDD), explore the impact of social media and body image, recognise helpful and unhelpful thinking patterns, and identify practical strategies and sources of support.

By the end of this course, you will:

- Describe what Body Dysmorphic Disorder (BDD) is and distinguish it from normal appearance concerns
- Recognise signs and symptoms of BDD and identify the key diagnostic criteria
- Recognise how BDD can occur alongside other mental health difficulties and understand the impact this can have on an individual’s wellbeing and recovery
- Understand how social media, image-driven culture, and digital technologies can influence body image, self-esteem, and comparison
- Identify the cycle of comparison, obsessive thinking, and safety behaviours that can maintain BDD
- Apply supportive communication when interacting with someone affected by BDD
- Explore evidence-based coping strategies and recovery approaches that can help individuals manage BDD and improve wellbeing
- Develop a personalised wellbeing and support plan
- Know where to seek further support including Peer and Professional help options.

Duration: One day

New course

Dates, times and venues:

16 March 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Raising Awareness of Autism Spectrum Condition

‘Autism is a lifelong developmental disability that affects how a person communicates with, and relates to other people. It also affects how they make sense of the world around them. It is a spectrum condition, which means that, while all people with autism share certain difficulties, their condition will affect them in different ways.’ (National Autistic Society)

Autism itself is not a mental health condition. However, people with autism can experience mental health difficulties because of the stress of everyday life. This course aims to raise awareness of some of the difficulties that people with autism face and how to live well with autism by thinking about practical strategies and support available.

A large part of the training is facilitated by people with autism spectrum conditions (ASC).

By the end of the course, you will:

- Gain information and increase your knowledge about the autism spectrum
- Discuss common difficulties that people with autism experience and think about how this may impact their lives - including stress, anxiety, sensory issues and social/communication problems
- Think about other difficulties experienced by people on the autism spectrum, such as problems with work and social relationships
- Discuss some practical strategies for understanding and caring for people with ASC
- Identify the services that are available locally for people seeking a diagnostic assessment, and identify what support there is for people once they are diagnosed with an ASC.

Duration: One day



“A very informative course, with in-depth details of how autism affects day to day living.”

Dates, times and venues:

- 19 November 2026** - 10am to 4pm - Online via Microsoft Teams
- 4 March 2027** - 10am to 4pm - Online via Microsoft Teams

Raising Awareness of Eating Disorders

‘Eating disorders aren’t just about food and eating. They are about difficult problems and painful feelings, which you may be finding hard to express, face or resolve. Focusing on food is a way of disguising these problems, even from yourself.’ (Mind)

This course will increase your awareness of what it is like to live with an eating disorder, and outlines strategies that enable people to cope with long-term eating disorders.

By the end of the course, you will:

- Understand what is meant by the term eating disorder
- Be familiar with some of the signs and symptoms of the main eating disorders
- Consider the possible causes of anorexia, bulimia and binge eating
- Consider how particular eating disorders make the individual experiencing them feel
- Think about what helps and what doesn’t help people living with an eating disorder
- Consider the range of different interventions and services available
- Appreciate people’s stories and journeys of recovery.

Duration: One day



“As always with the ‘living with’ training having the course co-produced/ facilitated by someone with lived experience really makes the training.”

Dates, times and venues:

- 18 January 2027** - 10am to 3pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL
- 9 March 2027** - 10am to 3pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Raising Awareness of Personality Disorder and Recovery

‘People who have a personality disorder, may find that their beliefs and attitudes are different from others. Their patterns of thinking, feeling and behaving are more difficult to change and they will have a more limited range of emotions, attitudes and behaviours with which to cope with everyday life. This can make things difficult for them or for other people.’ (Mind)

This course will help you to understand personality disorder better and provide you with practical advice to help manage the condition and feel more equipped to support yourself and others to achieve greater emotional wellbeing.

By the end of the course, you will:

- Know what personality disorder is and the different types of personality disorder
- Look at the different thoughts, emotions, and behaviours displayed by people with personality disorder
- Discuss the impact these thoughts, emotions, and behaviours have for individuals and their families and friends
- Consider some of the life experiences which may affect personality development
- Understand the coping mechanisms that people with personality disorder may use
- Consider your own emotional responses to people with personality disorder and how these responses may affect others
- Consider some of the challenges to accessing support for individuals and families and carers
- Explore different ways to wellbeing that can support people through their recovery journey.

Duration: One day



“Lived experience from the expert by experience was very insightful and impactful – many thanks.”

Dates, times and venues:

- 14 January 2027** - 10am to 4pm - St. Peter’s Pavilion, Walter Hurst Room, Hurst Street, Hindley WN2 3DN
- 26 February 2027** - 10am to 4pm - Redbank House, 4 St. Chad’s Street, Manchester M8 8QA

Raising Awareness of Psychosis

‘Psychosis is when people perceive or interpret events differently from other people. This could include experiencing hallucinations, delusions or flight of ideas.’ (Mind)

This course will help you to gain an understanding of what it’s like to live with psychosis and its possible causes. Using a variety of group work discussion from lived experience and research, the course will also explore toolkits that support people living with psychosis in their recovery journey.

By the end of the course, you will:

- Have a better understanding of what psychosis means
- Know some of the potential causes of psychosis
- Discuss how psychosis affects daily life and know how to cope with distressing experiences
- Be able to support people experiencing distressing symptoms
- Have a better understanding of how to address stigma
- Know how to support people in their recovery journey.

Duration: One day

“Having a better understanding about psychosis and how it presents itself and how best to support someone experiencing psychosis.”

Dates, times and venues:

- 9 December 2026** - 10am to 4pm - Redbank House, 4 St. Chad’s Street, Manchester M8 8QA

Talking about Trauma and Psychosis: A skills workshop and short film produced by experts by experience

Many people who experience psychosis have also experienced traumatic life events. Staff and the general public tell us they do not feel confident about talking about traumatic events and worry they might make things worse. They also describe lacking confidence to respond well when sensitive conversations arise. This one-day training is centered on a recently produced short film by two people with lived experience of psychosis and trauma.

It explores what helped and hindered in conversations with the people trying to support them. The workshop aims to provide practical skills and approaches to make these conversations more helpful.

Trauma-informed practice is not just about knowledge - it is about how we listen, respond, and build safety. Staff and other supporters need practical, usable skills, and service users need relationships that feel validating, safe, and non-judgemental.

This course provides clear, accessible approaches that fit the busy realities of mental health services and beyond.

By the end of the course, you will:

- Know how to begin, pace, and talk about adverse events without re-traumatising people
- Gain confidence in using the therapeutic relationship as an intervention in itself
- Understand and explain distress as an understandable response to trauma
- Understand how to use the co-produced film and leaflet in practice to help with sensitive conversations.

Duration: One day



New course

Dates, times and venues:

27 January 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Understanding and Exploring Neurodiverse Experiences

The term neurodiverse recognises and celebrates the difference in the way our brains work. This may include a variety of experiences including ADHD, Autism, Dyslexia, Dyspraxia and Tourette's.

With around one in seven people in the UK experiencing neurodiversity, there is no time like the present to get these conversations started. Join us on this one-day course where we aim to do just that. During the course we will explore key areas of neurodiversity, drawing on lived experience to raise awareness, stamp out stigma and celebrate the strengths neurodiversity can bring.

By the end of the course, you will:

- Gain a greater understanding of the term neurodiversity and explore a variety of neurodiverse experiences
- Consider the wide variety of impacts neurodiversity can bring, ranging from relationships, study, work, and mental health
- Explore inclusive approaches that promote well-being and empower individuals with cognitive differences, including consideration of the Equality Act
- Challenge stereotypes and misconceptions surrounding neurodiverse experiences
- Explore the positive implications and strengths of neurodiversity.

Duration: One day



"Hearing other's lived experience and learning more about neuro diverse conditions besides ADHD and Autism."

Dates, times and venues:

23 November 2026 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

25 February 2027 - 10am to 4pm - Start in Salford, Brunswick House, 62 Broad Street, Salford, Manchester M6 5BZ

Understanding and Managing Attention Deficit Hyperactivity Disorder (ADHD)

Attention Deficit Hyperactivity Disorder is a condition best characterised by difficulties with hyperactivity, impulsivity, and attention.

Most notably we see this in terms of differences in executive function and how the world is perceived by us and how we are perceived by the world. It is estimated that in the UK alone there are approximately 2,498,000 people living with ADHD (both diagnosed and undiagnosed).

By the end of the course, you will:

Have a better understanding of ADHD in general

Feel more confident in recognising and understanding signs and symptoms of ADHD

Explore risk management strategies and consider the benefits of positive risk taking in terms of ADHD

Access a variety of resources to support someone with ADHD

Have a better understanding of psychological safety when supporting someone with ADHD.

Duration: One day



Understanding and Managing Bipolar Disorder

‘People who have bipolar disorder experience extreme swings in mood – from periods of overactive, excited behaviour - known as ‘mania’ or ‘manic episodes’ - to deep depression. Between these severe highs and lows, people may have stable times.’ (Mind)

The aim of this interactive session is to describe the symptoms of bipolar disorder and equip you with a better understanding of what it’s like to have bipolar disorder. The course will also identify a range of behaviours and skills that can help you to manage the symptoms of bipolar disorder and support mental health and wellbeing.

By the end of the course, you will:

Be familiar with the symptoms associated with bipolar disorder and mood swings

Have considered the range of experiences individuals, family and friends might have

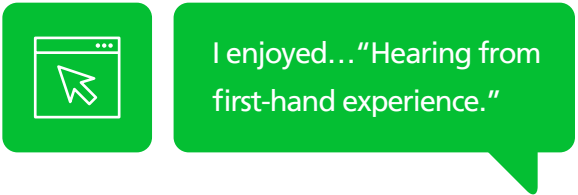
Have considered the effects of labelling and stigma on those living with bipolar disorder, and the way it is represented in the media

Be familiar with some of the research and theories relating to bipolar disorder and mood swings

Consider some of the interventions and approaches used to help people living with bipolar disorder, including:

- The ways that we can help to promote recovery from bipolar disorder
- The barriers to recovery and ways to overcome them

Duration: One day



Understanding and Managing Hearing Voices

Hearing a voice when no-one is present, or which other people with you cannot hear, is considered to be a hallucination. This does not make it abnormal - it's just a word or a perception you may have that is not shared by those around you. You may also see things that others can't see. You may experience touch, smell or taste sensations which you cannot account for in usual everyday ways. Some people may not realise that many other people do not have such experiences.

This course aims to look at the range of sensory perceptions people may have and attempts to normalise these by looking at the range of factors that may contribute to people experiencing them. It will also consider ways to support people to live with these sensory perceptions by considering the range of options and support available to them.

By the end of the course, you will:

- Consider the range of experiences people may have and directly experience what it might feel like to hear voices or see visions
- Understand how common these experiences can be by exploring the range of factors that can contribute to people experiencing sensory perceptions
- Consider the range of explanations different people may have for experiencing sensory perceptions
- Consider the range of interventions available and explore the background to the Hearing Voices movement
- Learn coping strategies and different ways to support people
- Be able to signpost people to local support services.

Duration: One day



"Has a real focus on understanding the person."

Dates, times and venues:

- 3 December 2026** - 10am to 4pm - Wigan Pavilion, Bull Hey, Parsons Walk, Wigan WN1 1RU
- 25 March 2027** - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Understanding and Managing OCD

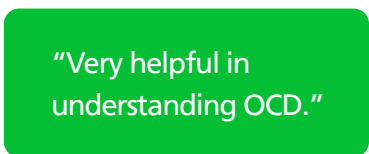
Obsessive Compulsive Disorder (OCD) is an anxiety disorder characterised by frequent unwanted, uninvited and intrusive thoughts, images, urges, impulses and doubts which cause marked and significant distress. They are accompanied by compulsive and ritualistic behaviours which act to reduce the distress.

This course aims to increase your awareness and understanding of this often misunderstood and secretive disorder. We look at common misconceptions and explore the wider context of OCD to help you manage the symptoms of OCD and know how to support people living with the disorder.

By the end of the course, you will:

- Be able to define OCD and explore common misconceptions of the disorder
- Know the difference between obsessions and compulsions
- Have a better understanding of the nature of intrusive thoughts, images, impulses, urges and the obsessive compulsive cycle
- Understand the long term effects of OCD on individuals, their families and carers
- Understand the use of Cognitive Behavioural Therapy
- Understand the use of medication
- Understand how OCD affects people and learn techniques that help reduce anxiety and distress
- Understand the role that friends and family play in supporting people in their recovery.

Duration: One day



"Very helpful in understanding OCD."

Dates, times and venues:

- 5 February 2027** - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Understanding and Managing Post Traumatic Stress Disorder (PTSD)

If you are involved in or witness a traumatic event, it is common to experience upsetting, distressing or confusing feelings afterwards. The feelings of distress may not emerge straight away - you may just feel emotionally numb at first. After a while you may develop emotional and physical reactions, such as feeling easily upset or not being able to sleep.

‘If your symptoms last, or are very extreme, you may be given a diagnosis of post-traumatic stress disorder.’
(Mind)

This course looks at how trauma affects us and the way our bodies react (both physically and psychologically) to protect us. PTSD can be very distressing for the individuals experiencing it and their families and can impact day-to-day life quite significantly. This course will help you to understand certain behaviours and find out what support is available.

By the end of the course, you will:

- Understand that people interpret and react to events differently and that what is traumatic to one person may not be to another
- Understand a bit about neurological pathways and the way our bodies react to trauma in order to protect ourselves
- Know some of the symptoms of PTSD such as hypervigilance, avoidance/numbness, re-experiencing, and other mental health/substance misuse difficulties
- Look at interventions for PTSD such as trauma based Cognitive Behavioural Therapy and Eye Movement Desensitization and Reprocessing
- Know what support and services are available.

Duration: One day



“Interactive and inclusive learning in a safe environment.”

Dates, times and venues:

- 8 December 2026** - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL
- 19 March 2027** - 10am to 4pm - Start in Salford, Brunswick House, 62 Broad Street, Salford, Manchester M6 5BZ

Understanding and Managing Self-Harm Behaviours

‘Self-harm is a way of expressing very deep distress. Often, people don’t know why they self-harm.’
(Mind)

People who self-harm may injure themselves in a variety of ways. This course will help you to understand why people self-harm and what support is available. It also aims to dispel the most common myths surrounding self-harm and addresses the feelings of fear, guilt and shame that self-harm can bring due to the stigma around it.

The course includes tips for helping yourself and provides non-judgemental, compassionate advice for friends, family members and professionals when encountering self-harming behaviour.

By the end of the course, you will:

- Have a greater understanding of self-harm and what can trigger it
- Understand why people harm themselves and the purpose it serves
- Understand how self-harming behaviour interacts with other mental health conditions
- Understand the stigma, shame and taboo of self-harm
- Be aware of treatment, interventions, recovery and support
- Understand how to support someone who engages in self-harm.

Duration: One day



“All course members were open and honest and shared their personal experiences.”

Dates, times and venues:

- 25 January 2027** - 10am to 4pm - Seminar Room 2, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Understanding and Responding to Crises

A crisis presentation is when an individual feels at breaking point with their mental health and needs urgent support to navigate through this. In December 2021, there were 1,025,134 adults in mental health services in the UK, of which 21,066 adults were subject to the Mental Health Act, with 15,967 requiring hospital admission as a result.

This course aims to increase your understanding of what crisis presentations can look like in different individuals, as well as providing you with a range of resources and psychological safety when supporting someone in crisis. We look at common misconceptions of crisis presentations, as well as safety planning and positive risk taking.

By the end of the course, you will:

- Have a better understanding of the term ‘crisis’
- Feel more confident in recognising and understanding the differences between long-term difficulties and crisis presentations
- Have access to a variety of resources to support someone in crisis
- Have a better understanding of psychological safety when supporting someone in crisis.

Duration: One day



“The content of the course was very knowledgeable and the tutors were friendly.”

Dates, times and venues:

27 November 2026 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Understanding Depression and Recovery

The World Health Organisation states that over 264 million people experience depression worldwide. Depression is more than feeling low in mood for short periods of time and differs from everyday mood changes. In fact, depression can cause a lot of different feelings and experiences and can affect every part of a person’s day to day life.

This course will support you to gain a better understanding of depression, including a key focus around hope and recovery.

By the end of the course, you will:

- Have a greater understanding of the symptoms of depression
- Have explored theories of why people may experience depression
- Have heard lived experience of living with depression
- Have explored day to day techniques to support yourself or others
- Have gained information around support services.

Duration: One day



“Hearing lived experience was very good and brought the training to life. I enjoyed all parts of the training course.”

Dates, times and venues:

17 November 2026 - 10am to 4pm - Friends Meeting House, 50 Silverwell Street, Bolton BL1 1PP
22 February 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

An Introduction to Cognitive Behavioural Therapy Informed Practice

Cognitive Behavioural Therapy (CBT) is a talking therapy that considers how our thoughts, feelings and behaviours interact with each other. CBT teaches individuals evidence-based coping strategies to support them in dealing with a variety of difficulties.

CBT has a vast amount of support behind it and, with this, found itself in the mainstream of mental health support. This left the demand for CBT high and meant the need to find new ways to deliver the approach became crucial.

This course aims to introduce you to the basic foundations of CBT and discusses how and why CBT principles have been developed into more accessible forms of lower intensity and self-help techniques. The course will teach participants not only the foundations of CBT, but also CBT informed techniques, that participants can implement within their daily lives.

By the end of this course, you will:

Understand the basic foundations of CBT

Understand how and why CBT has been developed into more accessible self-help approaches

Have been introduced to specific CBT informed techniques that can be applied in daily life

Have heard real life examples of CBT informed practice in action

Have had the opportunity to apply information and techniques learnt to own experiences.

Duration: One day

Therapeutic Skills to Support Recovery

Our Therapeutic Skills to Support Recovery courses explore different approaches used in mental health to support people's recovery.

Each course teaches some basic, practical techniques that are often used in therapy that can be used by anyone. The techniques can be applied by individuals to themselves, or between peers, friends, and family members on a one to one basis or in groups.



"Awesome, this is probably the best training I have had."

Dates, times and venues:

13 January 2027 - 10am to 4pm - Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG

17 March 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

An Introduction to Compassion Focussed Therapy

Compassion Focused Therapy (CFT) focuses on strengthening our intention and ability to skilfully care for ourselves when we are struggling, rather than criticising or neglecting ourselves.

Understanding and working with the common fears, blocks, and resistance to this process is a core part of the work. Evidence exists that developing our compassionate minds can aid recovery from a wide range problems, contribute to ongoing resilience and build a sense of connectedness and wellbeing.

By the end of this course, you will:

- Understand how a compassion-focused informed approach to therapy can help to reduce feelings of isolation and shame
- Understand that many of our struggles are not our fault, but that we do need to take responsibility for working with them
- Understand that while it is important to be able to experience threat emotions (anxiety, fear, disgust and anger), our human minds can become threat dominated, leading us to feel chronically exhausted and fearful
- Understand that developing a sense of inner warmth and acceptance can counterbalance our threat focused minds
- Become aware that strengthening our compassionate minds can increase our courage, and willingness and ability to cope with our challenges
- Understand how strengthening our compassionate mind can enable us to identify and engage in recovery opportunities and develop a sense of wellbeing.

Duration: One day

“The real-life examples and benefit of lived experience contribution – this is always very valuable and generous.”

Dates, times and venues:

- 2 December 2026 - 10am to 4pm - St. Peter’s Pavilion, Walter Hurst Room, Hurst Street, Hindley WN2 3DN
- 10 February 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

An Introduction to Listening Skills

Being genuinely listened to is one of the most valuing and helpful experiences we can have and can enable us to feel fully understood. It is the essential ingredient in effective communication and helps build satisfying relationships. But it can be hard to do!

This introductory course will cover basic skills that will enable us to listen effectively, whether at home or at work and we will look at those factors which might be a barrier to us listening to others.

By the end of this course, you will:

- Have an understanding of the skills which are key to effective listening
- Understand the importance of body language
- Experience the power of being genuinely listened to
- Consider our own blocks to listening effectively.

Duration: One day

“Both facilitators were very approachable and I felt able to relax and participate.”

Dates, times and venues:

- 1 December 2026 - 10am to 4pm - Redbank House, 4 St. Chad’s Street, Manchester M8 8QA

An Introduction to Motivational Interviewing

Motivational Interviewing (MI) is a collaborative conversation style that strengthens people’s own motivation and commitment to change by using collaborative conversation to explore people’s own reasons for change.

The rationale for this approach is that people are more likely to change if they have been encouraged to make their own decisions to do this. This introductory course will introduce you to the principles and underlying spirit of MI.

By the end of this course, you will:

- Understand the basic principles of MI
- Become familiar with the fundamental spirit of MI
- Know about the effectiveness of MI
- Directly experience an MI approach and contrast it with other approaches
- Know the practical guidelines for using MI
- Gain direct experience and initial practice of MI
- Learn the processes used within MI sessions.

Duration: Two days



“Felt the content was delivered at a good pace, handouts and exercises were relevant, and learning points were easy to understand.”

Dates, times and venues:

15 and 16 December 2026 - 10am to 4pm - Redbank House, 4 St. Chad’s Street, Manchester M8 8QA
23 and 24 March 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Coaching Skills for Recovery

Coaching is a way of having conversations that are safe, supportive, and sometimes challenging. It can often be a thought provoking and creative process and can help you to maximise your personal or professional potential. This can have a significant impact not only on you, but also on teams, service users, and loved ones.

Recent research points to the huge benefits to people who have coaching, particularly at times of change. People might see a coach to improve how they relate to their circumstances to achieve their goals or to explore new ways of managing situations and relationships. Coaching is rapidly becoming an integral part of our culture and to embrace this fully we can learn to engage in coaching behaviours and approaches.

This course aims to introduce you to the many benefits of coaching and to equip you with coaching based skills. This interactive day will help you to explore ways of integrating these skills into your daily life to help support well-being.

By the end of this course, you will:

- Develop an understanding of what coaching is and what coaching isn’t
- Be able to identify the benefits of coaching in a variety of environments
- Have had the opportunity to explore and practise coaching-based skills
- Cultivate an appreciation for the process of coaching, from introduction to evaluation
- Consider and reflect on how coaching-based skills might fit into your own practice/life.

Duration: One day

“The way it was delivered supported people to feel safe and open up about their experiences and share ideas with each other.”

Dates, times and venues:

26 February 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Facilitating Self-Help Groups

People often find it helpful to come together to share their experiences and get support in a group setting. The aim of this course is to help you run effective groups with the emphasis on developing and practising group work skills that are applicable across a wide range of different types of group work.

For people who may go on to run mental health support groups, the course will also focus on group work content. This content has been developed by one of our tutors with lived experience of mental health difficulties and has run support groups in the community for several years. The content is influenced by the tutor’s own experiences of what helped him in his own recovery, which he shares to help others.

By the end of the course, you will:

- Be able to share ideas for preparing and running groups
- Know the importance of establishing and maintaining group rules
- Consider different group dynamics and ways of encouraging equal participation
- Know a range of facilitator styles and when to use different styles in different situations
- Feel confident about running your own group
- Be able to reflect on group progress and plan for people moving on.

Duration: Two days

“Combination of presentations and group work – engaging and informative.”

Dates, times and venues:

1 and 2 December 2026 - 10am to 4pm - Redbank House, 4 St. Chad’s Street, Manchester M8 8QA



Node-Link Mapping and Behavioural Activation

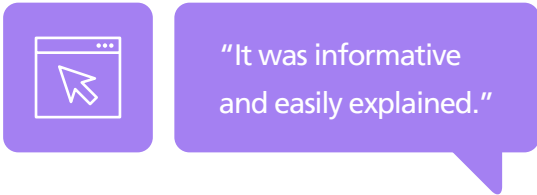
Node-Link Mapping is a visual communication tool for clarifying shared information between people. It helps people to look at the causes and effects of their behaviour and helps them to problem solve. As the information is presented in the form of a diagram it also helps people to monitor their progress.

Behavioural Activation is a brief talking therapy that uses mapping to encourage people to approach activities that they are avoiding and is particularly helpful for people experiencing anxiety and depression. This course will equip you with the knowledge and skills around both techniques to support you in helping yourself and others.

By the end of this course, you will:

- Understand and be able to use Node-Link Mapping
- Understand and be able to use the ‘Working towards change’ package developed for this course
- Explore how this approach may be used for different mental health and/or substance misuse problems
- Be able to use different maps to specifically promote recovery and be able to support people in overcoming barriers to recovery
- Be familiar with Behavioural Activation and its effectiveness for working with people experiencing depression and anxiety
- Develop skills, confidence and experience in using Node-Link Mapping and Behavioural Activation.

Duration: Two days



Dates, times and venues:

26 and 27 November 2026 - 10am to 4pm - Start in Salford, Brunswick House, 62 Broad Street, Salford, Manchester M6 5BZ

18 and 19 March 2027 - 10am to 4pm - Friends Meeting House, 50 Silverwell Street, Bolton BL1 1PP

The True Face of Trauma: Understanding and supporting Adversity and Trauma

‘Adversity: A state or instance of serious or continued difficulty, threat or misfortune’

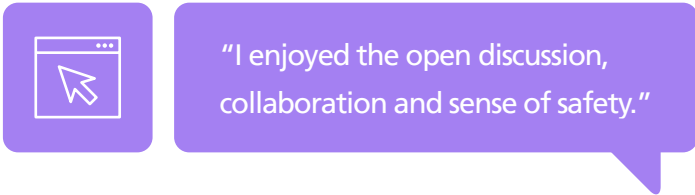
Most people will experience adversity at some stage throughout their life. When adverse events overwhelm our ability to cope, we describe this experience as trauma. Both trauma and adversity are very common, and can significantly impact an individual’s mental and physical health, relationships and identity.

Join us on this course and explore the true face of trauma. You will also have the opportunity to reflect on your own experiences of trauma and learn ways to support yourself and others.

By the end of this course, you will:

- Have gained a better understanding of adversity and trauma
- Have gained a better understanding of the wide range of impacts trauma can have
- Have explored the importance of trauma-informed care
- Have heard lived experiences of the impact of trauma
- Have had the opportunity to reflect upon your own experiences of trauma
- Have gained an understanding of the importance of post-trauma growth
- Have explored coping skills to help yourself and others when impacted by trauma.

Duration: One day



Dates, times and venues:

21 January 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Overcoming Sleep Problems

Sleep affects our ability to sustain attention, and maintain performance and relationships. If we compromise on our sleep it can affect our mood and our mental health. Good sleep hygiene has been shown to not only have a positive effect on our mental wellbeing, but also protect our immune system and have benefits for our physical health. The amount that each person needs is different.

This course will look at sleep patterns, what affects our ability to sleep well and most importantly provide practical tips for getting off to sleep and staying asleep. It will not consider specific sleep disorders such as sleep apnoea, REM sleep disorder, narcolepsy or chronic insomnia.

By the end of this course, you will:

Understand sleep and sleep problems

Know how much sleep is recommended for different groups of people

Understand different types of sleep and sleep patterns

Discuss causes of sleep problems and identify the ones you may have

Consider ways to overcome sleep problems and identify good sleep habits

Practise relaxation techniques to help prepare for sleep.

Duration: One day



“The whole programme was enjoyable - knowing I’m not the only person who struggles with sleeping issues was great – talking to others who experience the same issues.”

Looking After Your Physical Wellbeing

Our Looking After Your Physical Wellbeing courses explore the link between physical health and mental wellbeing.

A large amount of evidence points to the benefit of physical activity in terms of preventing ill health, improving energy and quality of life as well as improving your quality of sleep. Physical wellbeing involves exercising, good nutrition and of course making healthy lifestyle choices and the courses in this section cover these topics.

Dates, times and venues:

4 January 2027 - 10am to 4pm - Wigan Pavilion, Bull Hey, Parsons Walk, Wigan WN1 1RU

Trust Your Gut

This course aims to provide participants with an introduction to the emerging scientific research on the connection between gut health and mental health.

Participants will learn about the communication between the gut and the brain, how gut health impacts overall well-being, and practical strategies to promote both gut and mental health.

By the end of this course, you will:

- Gain insight into the relationship between gut health and mental wellbeing
- Have explored the scientific basis behind the gut-brain axis and its role in influencing mood, emotions, and mental health
- Develop an awareness about the significance of maintaining a healthy gut for overall mental wellness and to dispel common misconceptions
- Be equipped with practical knowledge and strategies for enhancing gut health through dietary and lifestyle modifications.

Duration: One day

“The knowledge of the impact of food on our gut that influences our mood to impact our behaviour and the links between mental, emotional, physical health.”

Dates, times and venues:

11 February 2027 - 10am to 4pm - Friends Meeting House, 50 Silverwell Street, Bolton BL1 1PP

Understanding Medication Used to Treat Mental Health Problems

The feedback we receive from our service users and carers who use our clinical services tells us that they would like more information about the medication used to treat mental health and the terminology used as well as the side effects and ways to manage those side effects.

This course has been developed to empower our service users and carers so that they have a better understanding of their treatment options and most importantly feel able to talk to healthcare professionals about their queries and concerns.

By the end of this course, you will:

- Know the way that medicines work in our bodies
- Understand the effects of anti-depressants, mood stabilisers and anti-psychotics
- Consider the range of side effects experienced by people taking medication to treat mental health
- Understand the range of medication available to treat the side effects of anti-depressants, mood stabilisers and anti-psychotics
- Be aware of the interactions between mental health medication, smoking, diet, drinking and illicit drug use
- Consider strategies for managing side effects of medication
- Consider ways of approaching mental health professionals to discuss options in relation to medication.

Duration: One day



“I am glad I attended. All the information was put in such an accessible and informative way.”

Dates, times and venues:

1 February 2027 - 10am to 3pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

An Introduction to Emotional Freedom Technique (EFT)

Emotional Freedom Technique is a gentle and simple to learn, self-help technique that uses the art of tapping on acupuncture pressure points to release negative emotions. Some people with lived experience say it is effective in reducing anxiety and improving overall wellbeing. EFT is often described as 'like acupuncture without the pins'.

The practice of EFT dates back to the 1960s where a well-known chiropractor incorporated it into his work. He discovered you can get the same beneficial results of acupuncture, simply by tapping on the acupuncture pressure points. It has since been developed across the years and is now used in a variety of settings including healthcare, pain management and general wellbeing.

This course will introduce participants to the history of EFT and explore a variety of interactive tapping exercises.

By the end of this course, you will:

Gain a good understanding of Emotional Freedom Technique

Have learnt, and be able to apply, a new self-help technique and a new way of meditating

Have heard lived experience of how EFT has benefited others

Had the opportunity to try EFT for yourself.

Duration: One day

"It was helpful and gives a good overview of a helpful technique."

Spiritual Interventions to Support Recovery

Our Spiritual Interventions to Support Recovery courses explore different spiritual techniques that are known to help people in recovery from mental health difficulties, often by helping to reduce anxiety.

These courses allow people to connect to faith and nature for example and to be more mindful of themselves and the things around them. They also encourage people to relax and reflect so that people can appreciate the things that matter to them the most.

Dates, times and venues:

9 December 2026 - 10am to 4pm - Start in Salford, Brunswick House, 62 Broad Street, Salford, Manchester M6 5BZ

19 February 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

An Introduction to Mindfulness

Mindfulness can help us enjoy the world more and understand ourselves better by changing the way we think, feel and act. It involves developing an ability to become aware of what is happening in the present, moment by moment, rather than being on ‘automatic pilot’.

This course will help you to learn mindfulness techniques that can improve your mental wellbeing.

By the end of this course, you will:

- Have an understanding of what mindfulness is and how it helps
- Better understand the factors, common to us all, that cause and maintain distress
- Improve your response to distress by developing skills in mindfulness
- Have the resources to practise mindfulness for your own wellbeing
- Be able to decide whether mindfulness is something you wish to pursue.

Duration: This programme is a four-week course, one session per week. Each session lasts between one to one and a half hours in duration.



“I enjoyed how it taught me to think about things in a different way. Being able to practice what we had learnt in a safe, non-judgemental space.”

Dates, times and venues:

Prestwich Cohort

- 10 February 2027 - 4:30pm to 5:30pm - Room 3, The Curve, GMMH, Bury New Road, Prestwich, M25 3BL
- 17 February 2027 - 4:30pm to 5:30pm - Room 3, The Curve, GMMH, Bury New Road, Prestwich, M25 3BL
- 24 February 2027 - 4:30pm to 5:30pm - Room 3, The Curve, GMMH, Bury New Road, Prestwich, M25 3BL
- 3 March 2027 - 4:30pm to 5:30pm - Room 3, The Curve, GMMH, Bury New Road, Prestwich, M25 3BL

Trafford Cohort

- 24 February 2027 - 3:30pm to 5pm - Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
- 3 March 2027 - 3:30pm to 5pm - Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
- 10 March 2027 - 3:30pm to 5pm - Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
- 17 March 2027 - 3:30pm to 5pm - Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG

An Introduction to Relaxation Skills

The goal of all relaxation techniques is to consciously induce the body’s natural physiological relaxation response, which is characterised by slower breathing, lower blood pressure and a feeling of calm and wellbeing.

They differ from mindfulness practice in that mindfulness is about being aware of your moment to moment experience, both internal and external and accepting whatever this is: there is no intention or goal to bring about change to the central nervous system. Relaxation techniques include a number of practices that have a direct effect on the nervous system such as progressive muscular relaxation, imagery and deep breathing exercises.

This introductory session is aimed at developing an understanding of relaxation and its benefits. Attendees will also experience a variety of relaxation techniques.

By the end of this course, you will:

- Have an understanding of what relaxation is
- Understand the benefits of relaxation techniques
- Understand and experience what “deep breathing” is
- Experience and practice a variety of relaxation techniques
- Identify which techniques work for you and/or which techniques may best work for others and how to adapt them to everyday life.

Duration: Three hours



“Theory and practise is a best way of teaching, so I am happy with the way the course was conducted.”

Dates, times and venues:

- 14 January 2027 - 1:30pm to 4:30pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Nature to Nurture

During this course, the Lancashire Wildlife Trust will give you practical experiences that demonstrate the positive effects the outdoor environment can have on our health.



In line with the well-researched Five Ways to Wellbeing, you will:

Connect and Take Notice: by exploring a nature reserve to look at wildlife that can be found by using your five senses to take a closer look.

Be active: working as a team you will be asked to carry out a practical task (e.g. den building). This is a fun, physical task that builds up team spirit and provides a sense of achievement.

Learn a new skill: we will plant wildflower seeds that you can look after and plant outside in your own garden or inside on your windowsill. We'll also help you to understand why wildflower meadows are important.

Give to others: learn ways to create gifts that you can give to others, using natural materials.

By the end of this course, you will:

- Understand the power of living in nature, not with it but in it
- Consider different ways in which we can improve our wellbeing through nature
- Experience first-hand the effect of doing something positive with nature
- Have a better understanding of how nature can improve mood and our sense of wellbeing
- Understand how to reconnect yourself to nature using all five senses
- Feel inspired and motivated to explore nature more for improved wellbeing.

Duration: One day

Please note: Due to the nature of activities described, things can get a little bit messy. If you secure a place on this course, please wear practical clothes that you don't mind getting dirty and bring a bottle of water and a waterproof jacket with you if you can.



Roots of Recovery

"Into the forest I go, to lose my mind and find my soul"
(John Muir, Scottish-born naturalist, explorer, writer, and early champion of wilderness conservation).

This course will provide you with the tools to cultivate a mindful and beneficial relationship with nature. Forest bathing, or Shinrin-yoku, is a sensory, mindful, and therapeutic practice that invites you to immerse yourself in a forest or natural surroundings.

The course involves hands-on outdoor sensory activities along the Prestwich Green Health Walk. For more information on the Prestwich Green Health Walk, please visit www.gmmh.nhs.uk/green-health-walk

Please advise us of any mobility issues or allergies **at the time of booking** so we can support a positive, inclusive experience for all.

Please dress appropriately for the weather on the day. The course facilitators may amend the trail to suit weather and mobility needs of the group on the day.

By the end of this course, you will:

- Have explored the foundations of 'forest bathing': a mindful nature-based practice
- Have been invited to engage the senses when exploring natural surroundings
- Have reflected on ways to support your mental wellbeing outdoors
- Have appreciated nature as an 'ally' to be respected and protected.

Duration: One day

Dates, times and venues:

22 March 2027 - 10am to 4pm - Lancashire Wildlife Trust, The Environmental Resource Centre, 499/511 Bury Road, Bolton BL2 6DH

Dates, times and venues:

12 March 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Spiritual Care and Recovery

There is a considerable body of evidence to show that faith can be a major factor in supporting recovery in mental health.

Becoming aware of your own spirituality, whether it is based on a religious tradition or not, offers a new perspective for future living. Recovery and wellbeing are about the whole of life, and spiritual care of ourselves and others addressing our deepest motivations and concerns.

This course aims to introduce the concepts of faith and spirituality, their contribution to recovery, and explores some practices, religious and non-religious, which may be used to help you regain and maintain a healthier approach to life.

By the end of this course, you will:

- Be familiar with the role of faith and spirituality in promoting mental wellbeing
- Look at the evidence to show that faith and spirituality can have a positive effect on mental health
- Learn about and experience some spiritual practices which may aid recovery for you or those you care for
- Know about the role of the chaplains within the Trust and how to access their services.

Duration: One day



I enjoyed...“Discussing different beliefs, and the conflict between spirituality and the medical model.”

Yoga and Wellbeing

If you’ve ever been interested in yoga but are disheartened by images of people contorted into pretzel-like poses, or have been put off by the media’s representation of yogis as being super supple and toned, then this could be the course for you.

Yoga has many accessible practices to offer and the benefits extend far beyond a sculpted body. Much more than a form of exercise, yoga is a systematic practice of mindful movement, breathing, positive affirmations, relaxation and meditation aimed at finding a sense of balance in mind, body, and spirit.

If yoga is new to you then this is a great way to gain a good foundation in the discipline. For those who are more experienced, it might be a great way to get back to basics and find out more about the background of yoga and how to fit it into your life. Some of the many benefits of yoga include improvement in posture and controlled breathing, increased muscle tone, strength and flexibility, a greater ability to cope with stress and a feeling of relaxation.

This course is broken down into key areas to help guide you through the practice of yoga in a structured and safe way. We will talk about the history, philosophy and key benefits of yoga, allowing you to finish the course feeling confident and strengthened in understanding your yoga practice.

By the end of this course, you will:

- Have developed an awareness of the philosophy of yoga
- Have performed a short yoga sequence
- Have practiced various breathwork techniques
- Be able to recognise the benefits of regular yoga practice on your physical, psychological, emotional and spiritual health
- Be able to demonstrate an understanding of the purpose of mindfulness.

Duration: One day

Dates, times and venues:

2 March 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

18 December 2026 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL



An Introduction to Improv for Mental Wellbeing

Improv (short for improvisation) is a form of theatre or comedy that involves making things up as you go along. Like recovery journeys, improv can involve unexpected twists and turns and ultimately opens up a world of different opportunities.

At its core, improv is about being in the present moment, listening, exploring different perspectives and having fun in the process. Improv can have huge benefits for mental wellbeing, giving you tools and experiences that can help in your day to day life, and importantly giving you a safe space to play!

This is not a session for comedians, but will provide plenty of laughs and try out a range of exercises and games that will help us find the funny together.

By the end of this course, you will:

Be introduced to some of the founding concepts of improv and how we can use this to improve our mental wellbeing

Participate in improv games and exercises in a safe and supportive environment

Have a chance to leave the daily life behind and to play.

Duration: Three hours

“I loved that the course was involving, engaging and participatory from beginning to end and I strongly felt that the facilitator ensured everyone felt comfortable throughout.”

Getting Creative

Our **Getting Creative** courses encourage you to explore your creative side, whether this is through art or storytelling.

These courses are messy, loud, and fun and can help people to create a sense of identity. They also teach different creative techniques that can be used to support your recovery or support others in theirs.

Dates, times and venues:

19 November 2026 - 1pm to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

11 February 2027 - 1pm to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

An Introduction to Life Story Work

Life Story Work provides individuals with the opportunity to talk about their life experiences, memories and hopes for the future and records this in a creative way. It is a process that enables someone with an illness like dementia to reconnect with the important people and events across their life and can help clinicians to see the person and not the illness.

Within this course, a number of different methods for capturing the information are explored – whether this is a DVD, photograph album, collage, life story books, photo-story boards or a memory box – so that you can choose whatever method suits you best. You will have the opportunity to make and take away a creative piece of life story work.

This is an interactive session which will require you to bring an openness to share your positive life experiences in a group setting along with some materials such as valued photographs, or maybe one or two small items that hold meaning for you that you then feel comfortable discussing and sharing.

By the end of this course, you will:

Have an understanding of what Life Story is and how this can help you to retain your wishes, values and beliefs

Consider how having a Life Story can stimulate long term and short term memory

Explore how having a Life Story can improve communication and conversations with those close to you, to further strengthen relationships and support networks that maintain your recovery.

Duration: One day



I enjoyed...“Everything - especially the craft at the end.”

Dates, times and venues:

25 February 2027 - 10am to 3pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Joy Workshop

Joy is vital for our overall health as it acts as a natural fuel that reduces stress hormones, strengthens our immune system, builds our mental resilience to overcome challenges within our daily lives, and deepens social bonds by connecting us with others.

This workshop aims to explore finding joy in everyday life, sharing experiences to develop a self-care plan for the future. There will also be opportunity to work collectively in creating a creative piece to share the message of joy to our future students.

By the end of this course, you will:

Have reflected on what Joy means to you, and the various things that bring you Joy

Gain a greater understanding of why joy is so important to our overall wellbeing

Gain a shared storyboard from the facilitator on their own lived experience of things that bring them joy

Understand some practical things you can do to bring you joy into each and every day by sharing experiences with one another

Feel empowered into creating your own ‘Joy Journal’ to take away from the workshop

Be able to be involved in creative activities throughout the workshop.

Duration: Two days



New course

Dates, times and venues:

8 January 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

15 January 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Neurographics for Mental Wellbeing

Neurographics for Mental Wellbeing is a creative, hands-on workshop designed to introduce participants to the therapeutic technique of Neurographic art.

Guided by foundational principles developed by Russian psychologist and artist Pavel Piskarev, participants will discover how abstract drawing techniques can help dissolve inner tension, reduce stress and anxiety, foster insight, and reconnect with personal strengths with this meditative practice.

Through guided exercises, this session offers a nurturing space to engage with emotions and access calm through mindful creativity. The practice is grounded in the neuroscience of neuroplasticity, which encourages the rewiring of the brain through repetitive and mindful artistic expression. No prior artistic experience is required, just a willingness to engage, reflect and create.

By the end of this course, you will:

- Explain the principles behind neurographics and it’s link to mental wellbeing, alongside its psychological foundations.
- Practise using the neurographic technique as a creative, meditative practice
- Be able to apply neurographic techniques to reduce stress and emotional tension.
- Use drawing as a tool for reflection, focus, transformation, and insight
- Incorporate colour and shape with intention to support emotional regulation and balance
- Create a personal neurographic “Tree of Life” that symbolises inner values, growth, and aspirations
- Engage in guided mindfulness and breathwork techniques to support creative flow.

Duration: One day

“The course facilitators were amazing - very knowledgeable and enthusiastic. I enjoyed the course - how it was taught.”

Dates, times and venues:

7 January 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Using Creativity to Improve Mental Wellbeing

Art can help us think about and understand the world around us, which can help us express ourselves more clearly

Creating art can improve problem solving as it tends to use both sides of the brain both left, logical side, and right, emotional side. This builds connections across the brain which research suggests strengthens our mental agility.

This one day course will look at using creative techniques to help reduce mental health distress. It is not an art therapy course, rather a way for people to use creativity in a positive way to support recovery.

By the end of this course, you will:

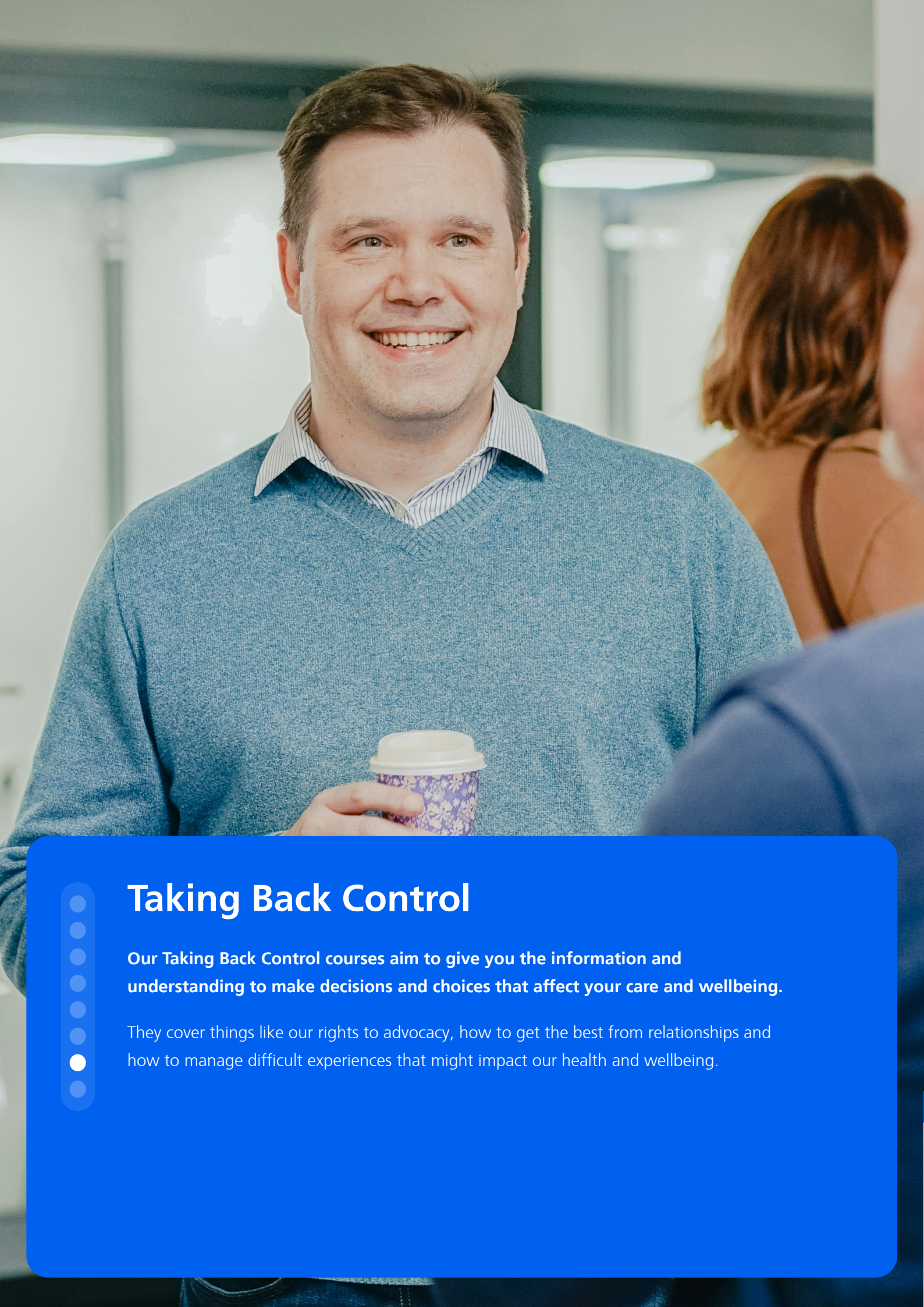
- Know that creativity can take different forms.
- Identify some of the issues creativity can help with.
- Know some of the evidence to show how creativity can help reduce mental health distress.
- Identify personal strengths and techniques that you already use.
- Take part in lots of different art workshops to create pieces of art that helps you to express yourself and how you feel.
- Consider different creative ways to help, distract/stimulate/soothe/calm/challenge yourself.
- Think about how you can use the tools and techniques from this course to support you in the future.

Duration: One day

“I felt quite emotional at how calming and therapeutic being creative with other people can be in a warm, relaxed atmosphere.”

Dates, times and venues:

18 February 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL



Advocacy in Mental Health

Independent Mental Health Advocates support people with mental health problems and their families to exercise their basic human rights, and to assist public services in avoiding breaches of human rights.

This course looks at what our rights are and how advocates can assist people with mental health problems and their families to take control of the decisions that affect their care. Any person who, without reasonable cause, obstructs the rights of people to see an Independent Mental Health Advocate (IMHA), or obstructs an advocate in their duties is guilty of an offence.

This course covers everything service users, their families, and professionals need to know about advocacy, demonstrates how staff and volunteers can support people to have a ‘voice’ and lets you know how to access advocacy services in your local area.

By the end of this course, you will:

- Understand the values and principles underpinning the Human Rights Act, Mental Health Act and Mental Capacity Act
- Consider the roles and responsibilities of professionals, carers, families and service users in relation to this legislation
- Understand the ethos and principles of advocacy, and the varied roles and responsibilities of mental health advocates
- Have an awareness of circumstances where advocates must be involved and where they may be involved to protect service users’ rights
- Consider how advocates may help in situations where people face losing or have lost their liberty.

Duration: One day



“The course was informative and highlighted many issues with some relevant to recent life events.”

Taking Back Control

Our Taking Back Control courses aim to give you the information and understanding to make decisions and choices that affect your care and wellbeing.

They cover things like our rights to advocacy, how to get the best from relationships and how to manage difficult experiences that might impact our health and wellbeing.

Dates, times and venues:

23 February 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

An Introduction to Housing Law

What are the different types of housing available? What help is available for people experiencing homelessness? Can people get help with paying their rent if they are on a low income? Find out the answers to these questions and more on this one-day introductory course with The University of Law.

This course provides an accessible introduction to housing law and the support available to people experiencing housing difficulties. It is suitable for anyone wishing to develop a better understanding of housing rights and responsibilities, including people with lived experience, family members and carers, NHS staff, voluntary sector organisations and other frontline professionals. No prior knowledge or experience of housing law is required.

The course will help you recognise common housing issues, understand the support available, and identify where to access further advice for yourself or someone you may be supporting.

By the end of this course, you will:

Understand the main forms of housing occupation, including home ownership, private tenancies, social housing tenancies, licences to occupy and excluded occupiers.

Recognise the stages of the possession process, including notices, court proceedings, possession orders and enforcement of eviction.

Be aware of when a local authority may owe duties to people who are homeless or threatened with homelessness.

Understand the difference between a housing register application and a homelessness application. Identify the main sources of financial support available to help with housing costs and rent.

Identify the main sources of financial support available to help with housing costs and rent.

Know where to access housing advice and support, including local services, online resources and legal aid where available.

Duration: One day

Dates, times and venues:

20 January 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Family Law (The Basics) - Domestic Abuse and Private Children’s Law



This course is in two parts and will provide an overall summary relating firstly, to domestic abuse and secondly, to the arrangements for children upon separation.

This course would be very useful for anybody who wants to know a bit more about their legal rights and options when experiencing domestic abuse, or when having issues in relation to arrangements for their children.

By the end of this course, you will:

Have an understanding of domestic abuse and the different forms that it can take

Have an understanding of what legal options are available to victims of domestic abuse, both under the criminal law and the civil law

Have an understanding of the role of Mediation in family law

Have an understanding of Child Arrangements Orders

Have an understanding of the availability of Legal Aid to help fund representation from a Family Law Solicitor.

Duration: One hour

I enjoyed...“Gaining knowledge on family law and practice.”

Dates, times and venues:

Domestic Abuse:
19 March 2027 – 10am to 11am – Online via Microsoft Teams

Private Children’s Law:
25 March 2027 – 10am to 11am – Online via Microsoft Teams

Getting Back into Employment

Unemployment can have a detrimental impact on an individual’s mental wellbeing, as well as being in a job role that does not feel supportive. At the Recovery Academy, we believe that providing education on how to re-enter a workforce or explore alternative roles, whatever role this may be in, is a powerful tool for rebuilding lives after adversity or long-term unemployment.

We have partnered with the Growth Company to provide a one-day course that aims to give you a variety of tools to help manage the practical hurdles as well as the emotional difficulties when it comes to getting back into employment or going into alternative employment.

By the end of this course, you will:

- Recognise and relate to some of the barriers of getting back into employment
- Feel more confident in explaining gaps in employment when applying for positions
- Gain a greater understanding of your rights as an employee and protected characteristics around this
- Be given the opportunity to build on CV writing skills
- Be given the opportunity to build on cover letter writing skills
- Understand what reasonable adjustments are, how to get these and what your options may be for both interviews and within the workplace
- Acknowledge and manage anxieties around the interview process by learning practical things that can help
- Gain an awareness of The Growth Company as a service and what they can offer
- Know what other support services there are in relation to employment support in Greater Manchester, including for those in work and wanting to progress.

Duration: One day



Dates, times and venues:

10 March 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Let’s talk about Domestic Abuse

Domestic abuse is a common experience that can happen to anyone. It can take on many forms and the impacts can be wide and varied.

In March 2022 the National Centre for Domestic Violence published the following findings:

- “One in five adults experience domestic abuse during their lifetime”.
- “A domestic abuse related call is made to the police every 30 seconds”.
- “It is estimated that less than 24% of domestic abuse crime is reported to the police”.

With this in mind, it is vital we get the conversation started and raise awareness around domestic abuse. During this short course, participants will explore domestic abuse, including the different forms this may take, the impacts it can have and options for support that people may find helpful. Overall, the course aims to raise awareness around domestic abuse in order to upskill communities, empower individuals and support those who may need it.

By the end of this course, you will:

- Have a greater understanding of the different forms of domestic abuse, including physical, emotional, financial, sexual abuse and control and coercion
- Explore the wide-ranging impacts domestic abuse can have on individuals, families, and communities
- Explore common myths and misconceptions about domestic abuse
- Explore potential risk factors and warning signs of domestic abuse
- Be familiar with available resources and support services whilst also considering potential barriers to support and how we can overcome them
- Consider how they can contribute to a culture of zero tolerance towards domestic abuse and continue to raise awareness in this area following the course.

Duration: One day



Dates, times and venues:

4 February 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Let’s talk about Menopause

Whether you are experiencing symptoms yourself, supporting someone else, or simply want to understand what menopause really is, this course has been designed to provide clear, evidence and lived experienced based information in a supportive and non-judgemental environment.

Our aim is to empower you with the knowledge required to navigate Peri Menopause, Menopause and Post Menopause.

By the end of this course, you will:

- Be provided with information on what menopause is including its stages and a variety of symptoms
- Be given time to focus on perimenopause and these experiences
- Understand how menopause can impact on someone’s day to day functioning, both in personal and professional life
- Understand how experiences of menopause can feel alongside other conditions such as a physical or mental health issue or neurodiversity
- Gain an awareness of how menopause is viewed in a variety of cultures
- Understand what treatment and lifestyle choices/changes can help alleviate symptoms and improve quality of life
- Understand what adjustments can be made to support people experiencing menopausal symptoms.

Duration: One day



New course

Let’s talk about Suicide



The World Health Organisation describes suicide as a global concern, stating that close to 800,000 people worldwide lose their life through suicide every year. Feeling suicidal does not mean someone is weak, it is a symptom of persistent psychological pain that people often find difficult to see through.

Supporting those who feel suicidal is everyone’s business, however one of the biggest barriers in doing so is often stigma. People are often fearful talking about suicide when feeling this way or trying to support someone.

It’s time to break the stigma surrounding suicide, the biggest killer of men under 49 and women aged between 20 to 34 in the region. Join us on this course to encourage people to talk about suicide. Talking about suicide does not cause someone to feel suicidal, however it may just help save someone’s life.

Let’s Talk About Suicide aims to:

- Increase confidence in discussing suicide
- Challenge the stigma and myths that surround suicide
- Explore the common risk factors that are associated with suicide
- Increase understanding around protective factors and safety plans
- Identify appropriate signposting information to support people in accessing support.

Duration: One day



“I enjoyed learning about the language/ways we can speak with those experiencing wanting to end their life.”

Dates, times and venues:

Dates, times and venues:

5 January 2027 - 10am to 4pm - Conference Room 7, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

2 December 2026 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

3 March 2027 - 10am to 4pm - Stretford Public Hall, Rylands Room, Chester Road, Stretford, Manchester M32 0LG

The Role of an Appropriate Adult at a Police Station

This presentation will demystify the duties and responsibilities of an Appropriate Adult, bringing the role to life through practical insight, real-world scenarios, and clear guidance.

Whether you’re new to the role, considering becoming an Appropriate Adult, or simply want a deeper understanding of how the system protects vulnerable individuals, this session is designed for you.

This is more than a legal overview - it’s about making a real difference at critical moments, ensuring voices are heard, rights are respected, and justice is done properly.

By the end of this course, you will:

- Understand why Appropriate Adults are essential to a fair and lawful criminal justice process
- Gain clarity on core duties, powers, and boundaries of the role
- Learn how to identify and support vulnerability in custody and during police interviews
- Explore how Appropriate Adults challenge, clarify, and safeguard without obstructing justice
- Feel confident in what good practice looks like - and how to deliver it.

Duration: Two hours

“It was well delivered, made it easy to follow and understand.”

Dates, times and venues:

21 January 2027 - 10am to 12pm - Online via Microsoft Teams

Understanding Anger and Aggression

“When something makes you angry, adrenaline causes your body to prepare for ‘fight or flight’, giving you energy and making you feel tense. Releasing this energy and tension is good for you, but it can be difficult to do so in ways that are constructive.” (Mind)

This course will help you to understand your own triggers for getting angry and help you to explore different ways to manage your emotions, so that you stay well and develop and maintain healthy relationships.

By the end of this course, you will:

- Know your own triggers for getting angry and recognise your own early warning signs
- Recognise your own thinking distortions which can make situations worse
- Know the difference between internalised and externalised anger as well as direct and indirect aggression
- Understand the impact of verbal and non-verbal aggression on yourself and other people
- Consider when anger can be a positive emotion to have
- Look at different ways to be able to manage anger better and consider appropriate ways to respond to other people’s anger
- Consider a range of scenarios and reflect on how you may have reacted in the past and how you could react in the future to get a better outcome.

Duration: One day



“Extremely well facilitated, informative and productive in my personal progress and development.”

Dates, times and venues:

24 November 2026 – 10am to 4pm – Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

24 February 2027 – 10am to 4pm – Redbank House, 4 St. Chad’s Street, Manchester M8 8QA

Understanding and Managing Grief

Grief is a common experience that most people will go through at some point in their lives. Grief occurs when we lose someone or something that is close to us and there is no ‘normal’ or ‘right’ way to grieve. People experience a wide range of emotions and reactions following a loss and this can cause significant distress to those affected.

Join us on this course to gain a deeper understanding of loss and the grieving process. We will also explore how you can support yourself and others following a loss, as well as NHS and community support services that are available.

“No one ever told me that grief felt so like fear” - C.S Lewis

By the end of this course, you will:

- Have developed a greater understanding of loss and the grieving process
- Have explored the wide range of emotions and reactions people may experience following a loss
- Have heard lived experiences of living with loss and grief
- Have considered ways to support yourself and others experiencing grief
- Be aware of NHS and community services which support those impacted by loss and grief.

Duration: One day

“I liked the helpful resources, books for children and signposting of services.”

Dates, times and venues:

16 February 2027 - 10am to 4pm - Friends Meeting House, 50 Silverwell Street, Bolton BL1 1PP

Understanding and Managing Imposter Syndrome

Imposter syndrome is a common experience that can cause persistent self-doubt, a fear of being exposed as a fraud, and the inability to internalise achievements. Many people will encounter feelings of imposterism at some point in their lives, particularly in moments of transition, success, or challenge. While often hidden, these feelings can undermine confidence, increase anxiety, and limit personal and professional growth.

This course will help participants understand imposter syndrome, recognize its impact, and develop strategies to manage it. Using a mix of psychological insights, practical, evidence-based strategies, interactive activities, holistic approaches and real-life experiences, attendees will leave with tools to overcome self-doubt and build a more compassionate and realistic sense of your own competence and worth.

By the end of this course, you will:

- Define imposter syndrome and recognise its different types
- Identify personal triggers and thought patterns that fuel self-doubt
- Understand the impact of imposter syndrome on personal and professional life
- Explore the relationship between imposter syndrome, self-esteem and core beliefs
- Learn and apply strategies and holistic approaches that build confidence to shift from doubt to empowerment and challenge and manage imposter syndrome
- Develop a personal action plan for building long term self-confidence and resilience
- Engage with lived experiences to normalise struggles and foster peer support.

Duration: One day



“Shared experiences and peer learning. It was great to experience grounding exercises from the other side well facilitated.”

Dates, times and venues:

4 March 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Understanding and Managing Worry

Worry is a normal response to everyday life that causes anxiety. Most people will experience worry throughout their lifetime with no long term effect. Worry can however become uncontrollable causing a constant feeling of anxiety and fear. When worry becomes problematic it can have a significant impact on our overall wellbeing and day to day lives.

This course will enable you to understand what worry is and how our own thoughts and behaviours maintain it. This course will also introduce you to specific evidence based techniques that reduce worry and help manage the anxiety worry causes day to day.

By the end of this course, you will:

- Understand what worry is and recognise when it becomes a problem
- Understand what causes worry and how it is maintained
- Have learnt a variety of management techniques that you can use daily to reduce problematic worry
- Have had the opportunity to apply learnt techniques to your own experiences
- Have heard examples of worry management techniques in action.

Duration: One day



“Presenter clearly had knowledge and personal experience and went beyond content of slides.”

Dates, times and venues:

15 January 2027 - 10am to 4pm - Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG

Understanding Chronic Pain and Taking Back Control

Pain will affect us all from time to time but will usually ease over a short period or be easily managed. For around one third of the UK population pain becomes persistent or chronic. We know that living with chronic pain can be a very distressing experience and can significantly impact your quality of life and physical, psychological, and social functioning.

There is no known cure for persistent pain (long term pain) and whilst medications or other treatments can offer some help, they are often not as effective as we would like. Therefore, exploring other ways to manage your life living with chronic pain can be hugely beneficial.

This course will explore some of the science behind why pain persists and the significant impact it can have on people’s quality of life. It aims to introduce/outline evidence based self-management strategies to help think about managing pain whilst living a fulfilling life.

By the end of this course, you will:

- Gain a greater understanding of chronic pain using a science-based approach
- Understand the wide-ranging impacts that chronic pain has on an individual and those who support them
- Explore ways to communicate with others around the experience of pain and its impact
- Have heard lived experience of living with, and taking back control, of chronic pain
- Feel more equipped with information about evidence-based tools to support yourself and others, including an awareness around helpful signposting information.

Duration: One day



“Having someone with lived experience share their side and the course facilitators was extremely qualified in the subject.”

Dates, times and venues:

11 March 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL



Co-Production in Practice - Getting it Right

Today, co-production is a hot topic in mental health, but do any of us really know what it means and how to do it?

This course will explore what it is, its importance in the design and delivery of mental health services, and how we can all do it better, together. It explores the everyday challenges for everyone involved, but more importantly considers how we can start to overcome some of these challenges, so that everyone feels valued and respected.

By the end of this course, you will:

Consider what co-production is and what it isn't

Learn the benefits of co-production and working together in a meaningful way

Appreciate who to involve and how to recognise their assets

Learn the core values and principles of co-production

Establish how to put these core values and principles into practice

Learn how to listen and value different perspectives

Identify the challenges and how to address them.

Duration: One day

Learning New Skill Sets

Our Learning New Skill Sets courses will be helpful for anyone who wants to get involved with the Recovery Academy or set up their own support group, social enterprise or Community Interest Company.

The courses offer lots of knowledge either from personal experiences or professional expertise focussing on facilitation skills, training, quality improvement and innovation.

"Group work on examples of situations and deciding where they are on the co-production ladder."

Dates, times and venues:

6 January 2027 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Creative Facilitation Skills

A facilitator is a person who skilfully assists a group of people to understand their common objectives and to help them learn from one another.

This course will help you to develop facilitation and leadership skills so that you can effectively guide both small and large groups in the future. The course will explore a variety of art forms designed to develop your confidence and will show you a range of interactive techniques to effectively engage with others and manage different group dynamics.

For those who want to go on to co-facilitate training as part of the Recovery Academy, it is recommended you attend the Train the Trainer course following this programme.

By the end of this course, you will:

- Have explored the leadership/facilitation qualities you already have
- Have developed in the areas you wanted to work on
- Discussed different situations that you may encounter when working with other people
- Developed strategies to overcome difficult moments.

Duration: One day

“The best course I’ve ever been on with the Recovery Academy, fantastic, interactive, engaging and well delivered.”

Dates, times and venues:

21 December 2026 - 10am to 4pm - Conference Room 7, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Systematic Innovation Training

Innovation is about generating new ideas and putting them into practice, in a way that changes how things are done, or what is provided in a significant way.

Complex work, system or organisational problems can be hard to make sense of and find solutions to. Often we feel that the current way is the only way, despite many challenges. This course aims to raise awareness and improve theoretical and practical understanding of innovative problem solving.

The course will enable you, along with colleagues, co-workers, or friends, to bring a complex problem, of your choice, to work through, shed light on and generate robust solutions.

By the end of this course, you will:

- Understand what psychological inertia is
- Be able to use a range of thinking styles to explore problems
- Be able to analyse complex problems using the Systematic Innovation tool kit
- Gain an introductory understanding of Inventive Principles, which are robust, solution finding strategies
- Have a good understanding of the complex problem you choose to explore, along with solutions to take away.

Duration: Two days

“Systematic Innovation: somebody, somewhere has already solved your problem.”

Dates, times and venues:

9 and 10 December 2026 - 10am to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

To Tell or not to Tell - Sharing your Story

When you have experienced a mental health and/or substance misuse problem it can be difficult to decide who, what and how to tell the people you work with.

For people involved in the Recovery Academy, peer mentors, volunteers and staff members with lived experience of mental health problems and/or substance misuse (directly as a service user or indirectly as a carer or family member), decisions about what personal information to share with others can create personal dilemmas.

This course aims to provide participants with the opportunity to reflect on the purpose, benefits and risks associated with disclosure as well as developing some skills that may be useful in working out when it may be appropriate to disclose; to who; in what circumstances; and how much information to share.

By the end of this course, you will:

Understand the purpose of disclosure and how to get the most out of this intervention

Understand how to set a personal disclosure ‘ceiling’ in order to maintain appropriate boundaries and feel more confident and safe when disclosing personal information

Understand the importance of reflecting on disclosure, e.g. reviewing past disclosure decisions and goals, weighing up the pros/cons of disclosure, and exploring professional/personal boundaries

Understand the importance of sharing post-treatment recovery journeys so that disclosure can enable people with lived experience to act as inspirational role models.

Duration: Three hours

“Comfortable atmosphere - nice to hear who everyone was and reasons/aims for looking to take today’s course - I enjoyed the diversity of reasons and backgrounds.”

Dates, times and venues:

10 February 2027 - 1pm to 4pm - Friends Meeting House, 50 Silverwell Street, Bolton BL1 1PP

Understanding Quality Improvement – Bronze Training

Quality Improvement in healthcare has undoubtedly gained momentum in recent years and thankfully ‘quality’ and ‘improvement’ are now words fully embedded in the culture of the NHS.

Just focusing on the NHS, the last ten years have seen a quantum leap towards embedding quality improvement methodologies within everyday practice. There is no single definition of Quality Improvement, however, a number of definitions describe it as a systematic approach that uses specific tools and techniques to improve quality. One important ingredient in successful and sustained improvement is the way in which a ‘change’ is introduced and implemented.

Improving quality is about making healthcare safe, effective, patient-centred, timely, efficient and equitable. All staff, service users and carers have a role to play in ensuring that healthcare services continue to improve and if you are interested in finding out more this course is for you!

By the end of this course, you will:

Know the work of the Quality Improvement Department and their current priorities

Have a basic understanding of the basic steps of any improvement project

Be introduced to one of our main improvement methodologies

Understand the PDCA (Plan, Do, Check, Act) cycle and its role in improvement

Understand the importance and benefits of measurement for improvement including types of measures

Know how to develop the building blocks for delivering a QI project - through the application of Improvement tools

Understand perspective and diagnostic tools

Be aware of change models that can accelerate improvement including a breakthrough series collaborative.

Duration: Two hours

Dates, times and venues:

1 December 2026 - 2pm to 4pm - Room 3, The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

Course calendar with venues

November 2026

Date	Course	Venue
11 November 2026	Developing Your Assertiveness Skills	Online via Microsoft Teams
17 November 2026	Understanding Depression and Recovery	Friends Meeting House, 50 Silverwell Street, Bolton BL1 1PP
19 November 2026	Raising Awareness of Autistic Spectrum Condition	Online via Microsoft Teams
19 November 2026 1pm to 4pm	An Introduction to Improv for Mental Wellbeing	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
23 November 2026	Understanding and Exploring Neurodiverse Experiences	Room 3, The Curve, GMMH, Bury New Road, Prestwich M25 3BL
24 November 2026	Understanding Anger and Aggression	Room 3, The Curve, GMMH, Bury New Road, Prestwich M25 3BL
26 and 27 November 2026	Node Link Mapping and Behavioural Activation	Start in Salford, Brunswick House, 62 Broad Street, Salford, Manchester M6 5BZ
27 November 2026	Understanding and Responding to Crises	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
30 November 2026	Building Self Esteem	St. Peter's Pavillion, Hurst Street, Hindley WN2 3DN

December 2026

Date	Course	Venue
1 December 2026	An Introduction to Listening Skills	Redbank House, 4 St. Chad's Street, Manchester M8 8QA
1 December 2026 2pm to 4pm	Understanding Quality Improvement - Bronze Training	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
1 and 2 December 2026	Facilitating Self Help Groups	Redbank House, 4 St. Chad's Street, Manchester M8 8QA
2 December 2026	An Introduction to Compassion Focused Therapy	St. Peter's Pavillion, Hurst Street, Hindley WN2 3DN
2 December 2026	Let's Talk About Suicide	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
3 December 2026	Understanding and Managing Hearing Voices	Wigan Pavilion, Bull Hey, Parsons Walk, Wigan WN1 1RU
8 December 2026	Understanding and Managing PTSD	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
9 December 2026	Raising Awareness of Psychosis	Redbank House, 4 St. Chad's Street, Manchester M8 8QA
9 December 2026	An Introduction to Emotional Freedom Techniques	Start in Salford, Brunswick House, 62 Broad Street, Salford, Manchester M6 5BZ
9 and 10 December 2026	Systematic Innovation Training	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
10 December 2026	Understanding and Managing Bipolar Disorder	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
11 December 2026	Understanding and Managing ADHD - NEW!	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
15 and 16 December 2026	An Introduction to Motivational Interviewing	Redbank House, 4 St. Chad's Street, Manchester M8 8QA
18 December 2026	Yoga and Wellbeing	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
21 December 2026	Creative Facilitation Skills	Conference Room 7, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL

Course calendar with venues

January 2027

Date	Course	Venue
4 January 2027 9am to 1pm	Deaf Awareness	Seminar Room 1, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
4 January 2027	Overcoming Sleep Problems	Wigan Pavilion, Bull Hey, Parsons Walk, Wigan WN1 1RU
5 January 2027	Let’s Talk About Menopause - New!	Conference Room 7, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
6 January 2027	Co-Production - Getting it Right	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
7 January 2027	Neurographics for Mental Wellbeing	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
8 January 2027	Joy Workshop - Day 1	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
13 January 2027	An Introduction to CBT Informed Practice	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
13 January 2027	Developing Your Assertiveness Skills	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
14 January 2027	Raising Awareness of Personality Disorder	St. Peter’s Pavillion, Hurst Street, Hindley WN2 3DN
14 January 2027 1:30pm to 4:30pm	An Introduction to Relaxation Skills	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
15 January 2027	Understanding and Managing Worry	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
15 January 2027	Joy Workshop - Day 2	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
18 January 2027	Raising Awareness of Eating Disorders	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
19 January 2027	Gender and Sexual Identity	Redbank House, 4 St. Chad’s Street, Manchester M8 8QA
20 January 2027	An Introduction to Housing Law	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL

Date	Course	Venue
21 January 2027	Becoming a Parent and its Effect on Mental Health	Conference Room 6, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
21 January 2027	True Face of Trauma	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
21 January 2027 10am to 12pm	The Role of an Appropriate Adult at the Police Station	Online via Microsoft Teams
25 January 2027	Understanding and Managing Self-Harm Behaviours	Seminar Room 2, The Curve, GMMH. Bury New Road, Prestwich, Manchester M25 3BL
27 January 2027	Talking About Trauma and Psychosis - New!	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL

Course calendar with venues

February 2027

Date	Course	Venue
1 February 2027	Understanding Medication used to treat Mental Wellbeing	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
4 February 2027	Let’s Talk About Domestic Abuse	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
5 February 2027	Understanding and Managing OCD	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
10 February 2027	An Introduction to Compassion Focused Therapy	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
10 February 2027 4:30pm to 5:30pm	An Introduction to Mindfulness - Day 1	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
10 February 2027 1pm to 4pm	To Tell or Not To Tell	Friends Meeting House, 50 Silverwell Street, Bolton BL1 1PP
11 February 2027	Trust Your Gut	Friends Meeting House, 50 Silverwell Street, Bolton BL1 1PP
11 February 2027 1pm to 4pm	An Introduction to Improv for Mental Wellbeing	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
12 February 2027	Building Self Esteem	Online via Microsoft Teams
12 February 2027	Understanding and Managing Bipolar Disorder	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
16 February 2027	Understanding and Managing Grief	Friends Meeting House, 50 Silverwell Street, Bolton BL1 1PP
17 February 2027 - 4:30pm to 5:30pm	An Introduction to Mindfulness - Day 2	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
18 February 2027	Using Creativity to Improve Mental Wellbeing	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
19 February 2027	An Introduction to Emotional Freedom Techniques	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
22 February 2027	Understanding Depression and Recovery	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL

Date	Course	Venue
23 February 2027	Advocacy in Mental Health	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
24 February 2027 4:30pm to 5:30pm	An Introduction to Mindfulness - Day 3	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
24 February 2027 3:30pm to 5pm	An Introduction to Mindfulness - Day 1	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
24 February 2027	Understanding Anger and Aggression	Redbank House, 4 St. Chad’s Street, Manchester M8 8QA
25 February 2027 10am to 3pm	An Introduction to Life Story Work	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
25 February 2027	Understanding and Exploring Neurodiverse Experiences	Start in Salford, Brunswick House, 62 Broad Street, Salford, Manchester M6 5BZ
26 February 2027	Raising Awareness of Personality Disorder	Redbank House, 4 St. Chad’s Street, Manchester M8 8QA
26 February 2027	Coaching Skills for Recovery	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL

Course calendar with venues

March 2027

Date	Course	Venue
1 March 2027	Living Well with Dementia	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
2 March 2027	Spiritual Care and Recovery	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
3 March 2027 4:30pm to 5:30pm	An Introduction to Mindfulness - Day 4	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
3 March 2027 3:30pm to 5pm	An Introduction to Mindfulness - Day 2	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
3 March 2027	Let’s Talk About Suicide	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
4 March 2027	Raising Awareness of Autistic Spectrum Condition	Online via Microsoft Teams
4 March 2027	Understanding and Managing Imposter Syndrome	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
9 March 2027	Raising Awareness of Eating Disorders	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
10 March 2027	Getting back into Employment - New!	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
10 March 2027 3:30pm to 5pm	An Introduction to Mindfulness - Day 3	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
11 March 2027	Understanding Chronic Pain and Taking Back Control	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
12 March 2027	Roots of Recovery	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
15 March 2027 9am to 1pm	Deaf Awareness	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
16 March 2027	Mirror of the Mind - New!	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
17 March 2027	An Introduction to CBT Informed Practice	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL

Date	Course	Venue
17 March 2027 3:30pm to 5pm	An Introduction to Mindfulness - Day 4	Stretford Public Hall, Chester Road, Stretford, Manchester M32 0LG
18 and 19 March 2027	Node Link Mapping and Behavioural Activation	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
19 March 2027	Understanding and Managing PTSD	Start in Salford, Brunswick House, 62 Broad Street, Salford, Manchester M6 5BZ
19 March 2027 10am to 11am	Family Law (The Basics) - Domestic Abuse	Online via Microsoft Teams
22 March 2027	Nature to Nurture	Lancashire Wildlife Trust, Environmental Centre, 499-511 Bury Road, Bolton BL2 8DH
23 and 24 March 2027	An Introduction to Motivational Interviewing	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
25 March 2027	Understanding and Managing Hearing Voices	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL
25 March 2027 10am to 11am	Family Law (The Basics) - Private Childen’s Law	Online via Microsoft Teams

April 2027

Date	Course	Venue
6 April 2027	An Introduction to the Recovery Academy: HOPE	Room 3, The Curve, GMMH, Bury New Road, Prestwich, Manchester M25 3BL

This calendar is for information only.
To book onto a course, you need to find the course in the courses menu and add to your basket.

We are here to support our students

Recovery Academy Volunteers

We are committed to ensuring all of our students feel supported and recognise that there can be factors that make accessing and attending courses and learning more difficult. For this reason, we have two vital volunteer roles within our team.

Study Buddies

Our Study Buddies are members of the Recovery Academy Team who have their own lived experience of attending our courses and managing anxiety around this. They can support students before and during a course.

If you would like support from a Study Buddy, please contact us on:

☎ 0161 938 5122

@ recoveryacademy@gmmh.nhs.uk

Learning Mentor

Our Learning Mentors are part of our Recovery Academy Learning Experience Team and have a good overall knowledge of the courses we have on offer.

They also have the skills to help you develop your own unique Individual Learning Plan (ILP) so that you can get the most out of your time with us. They can help you set a plan and also monitor it towards the end of each term so you can start planning what you might want to do the following term.

To access a Learning Mentor please book on the Introduction to the Recovery Academy course where you will be allocated a mentor to work with.

How to register?

Registering as a student with the Recovery Academy is free and easy to do

Visit recoveryacademy.gmmh.nhs.uk to create your Recovery Academy student account and book a place on the courses you would like to attend.

Your Recovery Academy account will also provide you access to all our digital resources.

For further support around registration, or any questions, please contact the Recovery Academy directly:

☎ 0161 938 5122

🖱 recoveryacademy.gmmh.nhs.uk

GMMH staff members or volunteers

If you are a GMMH staff member or volunteer, you can book on all courses via your GMMH Learning Hub. To explore what else the Recovery Academy has to offer, please visit:

🖱 recoveryacademy.gmmh.nhs.uk

Student feedback

“Well presented, very relevant and loved that you had a good mix of people with different experiences. I feel the information I have learnt today was extremely helpful.”

- Student from **Let's talk about Suicide course**.

“Being in the training environment and learning these skills, gave me a real confidence boost. The course had a direct impact on helping me get my new job, and GMMH provided good support for me during a difficult time.”

- Student from **Systematic Innovation course**.

“I really enjoy coming to the Recovery Academy courses. I feel I always learn a lot and enjoy viewing topics from different perspectives.”

- Student from **Understanding and Managing Bipolar Disorder course**.

We look forward to meeting you!

Contact us

Recovery Academy, Greater Manchester Mental Health NHS Foundation Trust,
The Curve, Bury New Road, Prestwich, Manchester M25 3BL

 0161 938 5122

 www.gmmh.nhs.uk/recovery

 recoveryacademy@gmmh.nhs.uk

To get involved with GMMH and/or share your views, please visit:

www.gmmh.nhs.uk/get-involved

**Please contact us if you require support with this information,
including other languages, audiotape, Braille or larger print.**