



## Recovery Education Programme – Waterford (Open to All) April to July 2026.

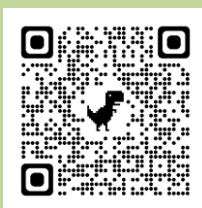
You are invited to join us in our new Recovery Education Programme for Spring/Summer 2026.

All our courses and workshops are co-produced and co-delivered by those who have lived experience in partnership with professional expertise, ***“the expert by experience working alongside the expert by profession”***.

Courses and workshops at the Recovery College South East are for everyone and are free.

You will see that some of our workshops are both online and in house. We offer a choice of platforms for people to access. When enrolling please specify whether you will be attending in – person or online.

(For more detailed information on our workshops, please go to the Workshop Section of our Website – [www.recoverycollegesoutheast.com](http://www.recoverycollegesoutheast.com).) You can scan our QR code for quick access to our website



1. Complete the attached enrolment form and email it to the Recovery College South East at [info@recoverycollegesoutheast.com](mailto:info@recoverycollegesoutheast.com) or
2. Phone us on 086 1746330 to enrol

### APRIL

VENUE	WORKSHOP NAME	DATES	TIME
Involvement Centre Enterprise House New Street Waterford X91 YN7X  In-house	<p><b><u>Better Days Ahead... (6-week workshop continuing from before the easter break.)</u></b></p> <p>Join us every Wednesday afternoon in a safe, welcoming space to explore practical tools for managing stress, anxiety, and low mood. Through open conversations and shared experiences, we'll focus on building healthy habits, resilience, and hope—supported by facilitators with lived experience.</p> <p><i>See workshop description for more information</i></p>	April 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>	1.00pm to 3.00pm
Waterford Disability Network Enterprise House New Street Waterford X91 YN7X  In-house	<p><b><u>HSE Local Mental Health Forum (Monthly Meetings - Second Tuesday of every month)</u></b></p> <p>A welcoming space to share experiences and discuss what's happening in mental health services—challenges, successes, and ideas for improvement.</p> <p>Meetings are monthly (60–90 mins), and your voice can make a real difference!</p> <p><i>See description</i></p>	Tuesday 14 <sup>th</sup> April	2:00pm - 3:30pm

<p>Recovery College South East Greenshill Kilkenny R95 YYCO</p> <p><b>Online and in-house</b></p>	<p><b><u>Over coming Loneliness and Isolation.</u></b> <b><u>Reconnecting with yourself and your community</u></b> <b><u>(3-week workshop – one morning per week)</u></b></p> <p>This three-week workshop explores how loneliness and isolation impacts on all aspects of life and shares ideas on how loneliness and isolation can be positively addressed.</p> <p><i>See workshop description</i></p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Monday 13<sup>th</sup>, 20<sup>th</sup> &amp; 27<sup>th</sup> April</p>	<p>10.00am – 12.30pm</p>
<p><b>Online Only</b></p>	<p><b><u>Let’s Talk Neurodiversity (4-week workshop - one afternoon per week - online)</u></b></p> <p>This four-week online workshop offers a gentle introduction to mental health from a neurodivergent perspective. Together, we’ll explore what neurodiversity means, the range of experiences it includes, and some of the common misconceptions and misunderstandings neurodivergent people face. We’ll look at how being neurodivergent can influence mental health and wellbeing, and share supportive, recovery-focused ways to understand ourselves and each other better, while helping to build more supportive and inclusive environments.</p> <p>All are welcome, whether you identify as neurodivergent or simply want to learn more about how to support others.</p> <p><i>See workshop description – Page 6</i></p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Thursday 16<sup>th</sup>, 23<sup>rd</sup> &amp; 30<sup>th</sup> April and 7<sup>th</sup> May</p>	<p>2:00pm – 4:30pm</p>
<p>Recovery College South East Greenshill Kilkenny R95 YYCO</p> <p><b>In-house(Kilkenny) and online</b></p>	<p><b><u>Writing Group (Weekly)</u></b></p> <p>Open to everyone—whether you’re an experienced writer, a beginner, or just curious about creative writing. Come along, join the group, and give it a try!</p> <p><i>See workshop description – Page 5</i></p>	<p>Every Wednesday Starting 15<sup>th</sup> April</p>	<p>3.00pm – 4.00pm</p>
<b>May</b>			
<p>Involvement Centre Enterprise House New Street Waterford X91 YN7X</p> <p><b>In-house</b></p>	<p><b><u>Lets Talk the Menopause and Mental Health</u></b></p> <p>Join us for a workshop on the menopause and learn how it impacts our mental health and how hormonal changes impact mood, stress, and overall wellbeing.</p> <p><i>See workshop description for more information</i></p>	<p>May 26<sup>th</sup> June 2<sup>nd</sup> and 9<sup>th</sup></p>	<p>10.00am to 12.00pm</p>
<p>Waterford Primary Care Centre St Otterans Hospital Campus, John’s Hill, Waterford, Waterford, X91 F65D</p> <p><b>In-house</b></p>	<p><b><u>Challenging Stigma. Reclaiming Identity</u></b></p> <p>Join us for a workshop that takes a look at the stigma we experience around our mental health. How we can overcome it and grow stronger by challenging the stereotypes and showing we are more than our illness.</p> <p><i>See workshop description for more information</i></p>	<p>May 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup> June 3<sup>rd</sup>, 10<sup>th</sup></p>	<p>2.00pm to 4.00pm</p> <p><i>(Time has been changed)</i></p>

<p>Waterford Disability Network Enterprise House New Street Waterford X91 YN7X <b>In-house</b></p>	<p><b><u>HSE Local Mental Health Forum (Monthly Meetings - Second Monday of every month)</u></b></p> <p>A welcoming space to share experiences and discuss what's happening in mental health services—challenges, successes, and ideas for improvement.</p> <p>Meetings are monthly (60–90 mins), and your voice can make a real difference!</p> <p><i>See description</i></p>	<p>Tuesday 12th</p>	<p>2:00pm - 3:30pm</p>
<p>Recovery College South East Greenshill Kilkenny R95 YYCO <b>In-house(Kilkenny) and online</b></p>	<p><b><u>Writing Group (Weekly)</u></b></p> <p>Open to everyone—whether you're an experienced writer, a beginner, or just curious about creative writing. Come along, join the group, and give it a try!</p> <p><i>See workshop description</i></p>	<p>Every Wednesday</p>	<p>3.00pm – 4.00pm</p>
<p>Recovery College South East Greenshill Kilkenny R95 YYCO <b>In house (Kilkenny) and online</b></p>	<p><b><u>Understanding and Living with Hearing Voices (Morning Workshop)</u></b></p> <p>Discover a safe space to learn about the experience of hearing voices, share insights, and explore practical ways to live well while managing this experience.</p> <p><i>See workshop description</i></p>	<p>Friday 8<sup>th</sup> May</p>	<p>10.00am – 12.30pm</p>
<p>Recovery College South East Greenshill Kilkenny R95 YYCO <b>In-house (Kilkenny) and online</b></p>	<p><b><u>Getting a Good Night's Sleep (2-Week Workshop – one morning per week)</u></b></p> <p>Struggling with sleep? This course explores why sleep matters, what gets in the way, and shares practical tips and tools to help you rest better.</p> <p><i>See workshop description</i></p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Monday 11<sup>th</sup> &amp; 18<sup>th</sup> May</p>	<p>10.00am – 12.30pm</p>
<p>Recovery College South East Greenshill Kilkenny R95 YYCO <b>In house (Kilkenny) and online</b></p>	<p><b><u>Understanding and Managing Psychosis/Paranoia (Morning Workshop)</u></b></p> <p>This workshop offers a safe space to learn about psychosis and paranoia, understand their impact, and explore practical ways to live well while managing these experiences.</p> <p><i>See workshop description</i></p>	<p>Friday 22nd May</p>	<p>10.00am – 12.30pm</p>
<b>JUNE</b>			
<p>Waterford Disability Network Enterprise House New Street Waterford X91 YN7X <b>In-house</b></p>	<p><b><u>HSE Local Mental Health Forum (Monthly Meetings - Second Monday of every month)</u></b></p> <p>A welcoming space to share experiences and discuss what's happening in mental health services—challenges, successes, and ideas for improvement.</p> <p>Meetings are monthly (60–90 mins), and your voice can make a real difference!</p> <p><i>See description</i></p>	<p>Tuesday 9th</p>	<p>2:00pm - 3:30pm</p>

<p>Recovery College South East Greenshill Kilkenny R95 YYCO</p> <p><b>In-house and online</b></p>	<p><b><u>Writing Group (Weekly)</u></b></p> <p>Open to everyone—whether you’re an experienced writer, a beginner, or just curious about creative writing. Come along, join the group, and give it a try!</p> <p><i>See workshop description</i></p>	<p>Every Wednesday</p>	<p>3.00pm – 4.00pm</p>
<p><b>In house(Kilkenny) and online</b></p>	<p><b><u>Compassion and Kindness for Myself (Afternoon Workshop - Online)</u></b></p> <p>Practicing self-compassion can transform the way we approach difficult emotions and self-criticism. With a compassionate focus, we can learn to develop a kinder, more supportive inner dialogue and become more accepting of ourselves.</p> <p>This online workshop will explore practical strategies to cultivate and strengthen self-compassion in daily life, helping to counteract challenging thoughts and emotions and foster a more positive relationship with yourself.</p> <p><i>See workshop description</i></p>	<p>Thursday 4<sup>th</sup> June</p>	<p>2.00pm – 4.30pm</p>
<p><b>In house(Kilkenny) and online</b></p>	<p><b><u>Identifying Values &amp; Achieving Goals (Afternoon Workshop - Online)</u></b></p> <p>This online workshop helps participants identify their core personal values and set meaningful, achievable goals that align with those values. Through guided activities and reflection, individuals will explore what matters most and learn practical steps for moving towards a more fulfilling life.</p> <p><i>See workshop description</i></p>	<p>Thursday 11<sup>th</sup> June</p>	<p>2.00pm – 4.30pm</p>
<p><b>In house(Kilkenny) and online</b></p>	<p><b><u>Let’s Talk Medication (Afternoon Workshop - Online)</u></b></p> <p>This online workshop offers a chance to talk honestly about psychotropic medications—without jargon or overwhelm. We’ll look at what medication can offer, explore common myths, and discuss the potential pros and cons of medication, and alternative options, helping participants make informed decisions about what’s right for their mental health.</p> <p><i>See workshop description</i></p>	<p>Thursday 18<sup>th</sup> June</p>	<p>2.00pm – 4.30pm</p>
<p><b>In house(Kilkenny) and online</b></p>	<p><b><u>Discovering Hope (Afternoon Workshop - Online)</u></b></p> <p>Hope is the belief that things can get better. This online workshop explores how hope can be nurtured by recognising the parts of our lives we can influence and by learning from how others have found a way forward. Hope is often the starting point of recovery - when we believe change is possible, new paths open up.</p> <p><i>See workshop description</i></p>	<p>Thursday 25<sup>th</sup> June</p>	<p>2.00pm – 4.30pm</p>

# Workshop Descriptions

Workshop Title	Description
<b>Better Days Ahead... (6 week Workshop.)</b>	Join us every Tuesday morning for a mental health recovery workshop to support anyone experiencing challenges with their mental health. Facilitated by individuals with lived experience of being on a recovery journey in a safe, welcoming environment, together we'll share healthy conversations, explore practical tools for managing stress, anxiety, and low mood, focus on developing healthy habits, make meaningful connections and build hope, self-compassion and resilience.
<b>HSE Local Mental Health Forum (Monthly Meetings)</b>  <b>In house</b>	Mental Health forums bring together people with lived experience of mental health services, family members and supporters, and those working in the services. They're a welcoming space to share experiences, discuss challenges and successes, and help shape the future of mental health care. Meetings are held monthly and last 60–90 minutes—your voice can make a real difference!
<b>Loneliness, Isolation and Reconnecting (3-week workshop)</b>	<p>Everybody can be affected by loneliness and isolation at different times in life, and research shows that these experiences can have a significant impact on both mental and physical health. This three-week workshop offers a space to explore these challenges and consider practical ways to reconnect with others and with the community.</p> <p><b>The aims of this workshop are to:</b></p> <ul style="list-style-type: none"> <li>• Explore how loneliness and isolation affect different aspects of life.</li> <li>• Share ideas on how these experiences can be understood and positively addressed.</li> <li>• Identify practical ways of building or rebuilding connections with others.</li> <li>• Explore resources and services available locally that can support reconnection.</li> </ul> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>
<b>Lets talk the Menopause (3 week workshop.)</b>	<p>Lets talk the menopause is an educational workshop about how the menopause effects our mental health. Developed by people with lived experience of going through the menopause themselves this workshop takes a look at what the menopause is, how it affects us physically and mentally and how both of those can play a large role in our mental health. Through informal discussions and group work participants will build knowledge and learn effective ways to live with the effects the menopause has on yourself and the people around you.</p>
<b>Challenging Stigma. Reclaiming Identity.</b>	<p>In Challenging Stigma. Reclaiming Identity we will be taking a look at the subject of stigma. What it is, all of the different types you can experience, what causes it and the impact it has on your mental health and recovery. Through group discussion and relaxed conversation we will talk about building coping strategies so we can learn to challenge, live with and overcome the stigma we experience in our daily lives.</p>
<b>Writing Group (Weekly)</b>	<p>Finding it hard to fill in your day? Looking for an activity or new interest? Why not join our creative writing group? It's fun, it's entertaining and it is also a great way to meet new friends.</p> <p>This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. This is a great way to express yourself and what may be going on for you in your world.</p> <p>So, come along, join the group and give it a go. Looking forward to meeting you.</p>

<p><b>Let's Talk Neurodiversity (4-week workshop)</b></p>	<p>This four-week online workshop offers a gentle introduction to mental health from a neurodivergent perspective. Together, we'll explore what neurodiversity means, the range of experiences it includes, and some of the common misconceptions and misunderstandings neurodivergent people face. We'll look at how being neurodivergent can influence mental health and wellbeing, and share supportive, recovery-focused ways to understand ourselves and each other better, while helping to build more supportive and inclusive environments.</p> <p>All are welcome, whether you identify as neurodivergent or simply want to learn more about how to support others.</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>
<p><b>Creative Writing (6-week workshop)</b></p>	<p>This six-week workshop offers a welcoming and supportive introduction to creative writing. Together, we'll explore different ways to spark ideas, experiment with language, and express ourselves through writing. Each session includes gentle prompts, optional sharing, and plenty of encouragement. The group is open to everyone—whether you're an experienced writer, a complete beginner, or simply curious to give creative writing a try.</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>
<p><b>Understanding and Living with Hearing Voices (Morning Workshop)</b></p>	<p>The experience of hearing voices can differ from person to person.</p> <p>The aim of this workshop is to provide a safe space to learn about and gain a better understanding of the common nature of voice hearing and to explore and share practical ideas for living well while managing this experience.</p>
<p><b>Getting a Good Night's Sleep (2-week workshop)</b></p>	<p>If you are having problems or difficulties sleeping, then this course might be for you.</p> <p><b>The aim of this 2-week workshop is to:</b></p> <ul style="list-style-type: none"> <li>• Explore why we need sleep</li> <li>• Look at things that stop us sleeping</li> <li>• Share practical tips and tools to help us get a better night's sleep.</li> </ul> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>
<p><b>Understanding and Living with Psychosis/Paranoia (Morning Workshop)</b></p>	<p>While psychosis/paranoia is surprisingly common, it can be a very unsettling and frightening experience for the person experiencing it, as well as the people who care about them.</p> <p>This workshop is for anyone who wants to gain a better understanding of psychosis and paranoia and their impact and explore effective ways of living well while managing these experiences – all in a safe, supportive and welcoming environment.</p>
<p><b>Compassion and Kindness for Myself (Afternoon Workshop)</b></p>	<p>Practicing self-compassion can transform the way we approach difficult emotions and self-criticism. With a compassionate focus, we can learn to develop a kinder, more supportive inner dialogue and become more accepting of ourselves.</p> <p>This online workshop will explore practical strategies to cultivate and strengthen self-compassion in daily life, helping to counteract challenging thoughts and emotions and foster a more positive relationship with yourself.</p>
<p><b>Identifying Values &amp; Achieving Goals (Afternoon Workshop)</b></p>	<p>This online workshop helps participants identify their core personal values and set meaningful, achievable goals that align with those values. Through guided activities and reflection, individuals will explore what matters most and learn practical steps for moving towards a more fulfilling life.</p>
<p><b>Let's Talk Medication (Afternoon Workshop)</b></p>	<p>This online workshop offers a chance to talk honestly about psychotropic medications—without jargon or overwhelm. We'll look at what medication can offer, explore common myths, and discuss the potential pros and cons of medication, and alternative options, helping participants make informed decisions about what's right for their mental health.</p>

**Discovering Hope  
(Afternoon Workshop)**

Hope is the belief that things can get better. This online workshop explores how hope can be nurtured by recognising the parts of our lives we can influence and by learning from how others have found a way forward. Hope is often the starting point of recovery - when we believe change is possible, new paths open up.



**Enrolment Form**

Course title	Commencement date	<b><u>In-house or Online (Zoom)</u></b> <b><u>Please tick your preference below</u></b>	
		<b><u>In-house</u></b> <input type="checkbox"/>	<b><u>Online (Zoom)</u></b> <input type="checkbox"/>
		<b><u>In-house</u></b> <input type="checkbox"/>	<b><u>Online (Zoom)</u></b> <input type="checkbox"/>
		<b><u>In-house</u></b> <input type="checkbox"/>	<b><u>Online (Zoom)</u></b> <input type="checkbox"/>
		<b><u>In-house</u></b> <input type="checkbox"/>	<b><u>Online (Zoom)</u></b> <input type="checkbox"/>

***All our Workshops are free of charge.***

<b>PLEASE COMPLETE USING BLOCK CAPITAL LETTERS</b>		
Surname:		
First name(s)		
Address:		
Telephone:	Mobile	Home/Work
Email:		
Contact Details in Case of Emergency:	Name	Number
Where did you hear about the Recovery College		
Please tick the box that best describes you	Service User/Lived Experience _____	<input type="checkbox"/>
	Family Member/Carer _____	<input type="checkbox"/>
	Service Provider (Area of Work) _____	<input type="checkbox"/>
	Other (Please specify)/Prefer Not to Say _____	<input type="checkbox"/>
<b>All our workshops are based around discussion and group work. Pen and paper would be helpful to have to hand for participants.</b>		

Are you happy for us to contact you periodically by email, post or text about different events, workshops, surveys in relation to the Recovery College South East? (Please tick this box if yes.)

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

*"Recovery is moving on, achieving and learning, being the best and the best that I can be with confidence"*  
Mental Health Discussion Group, Clonmel 2013