

South Staffordshire and Shropshire Healthcare
NHS Foundation Trust



Wellbeing and Recovery College

Live and Learn

Prospectus Autumn 2017

Free and open to ALL

Check out our Web Site:

www.recoverycollegessft.co.uk

- Download a copy of our latest prospectus and a registration form
- See our latest events
- Meet some of our team
- Look at our photo gallery
- Read some feedback from our students
- Learn more about the college

Facebook:

Wellbeing and
Recovery College
SSSFT

Twitter:

recoverycollegessft

Keep up to date by following
our social media pages.



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Welcome

Hello and Welcome to the South Staffordshire and Shropshire Wellbeing and Recovery College.

We are a recovery-focused education and training college without walls. Our courses run predominantly in community venues across South Staffordshire and Shropshire. All courses are fully co-produced and co-delivered by a peer trainer (with lived experience of either mental health challenges, learning disabilities and/or caring) and a trainer with relevant professional experience, working in partnership.

We are steadily increasing the number of courses we offer to meet the growing demand from people keen to learn new skills and knowledge to help manage their own health and wellbeing. The courses provide an inspiring and friendly environment for students to share experiences and learn together. Recovery is a journey, and this process can be different for everyone. At the college we believe that every individual has something of value to offer, and aim to create safe spaces where all can share in learning new skills, benefit from new opportunities, and discover new hope and meaning in our lives.

Although our initial courses have an adult mental health focus, as the college develops we aim to bespoke courses to ensure the college is fully inclusive for all those who use and work within our Trust and beyond. For example, we are working towards expanding our scope in the near future to include young people, those with dementia and their families, and people accessing our forensic services. In addition we are looking at opportunities to increase our courses which support people's physical health needs. We will also be developing courses to include and make recovery education more accessible to minority groups, as well as ensuring courses are available across the whole geographical area of the Trust.

**Course Dates – Autumn 2017
September 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7 Anxiety Management Page 17	8	9
10	11 *Train the Trainer (Session 1) Page 29 *Train the Trainer (Session 1) Page 29	12	13	14 *Dignity and Diversity Page 22 *Introduction to Mindfulness (Session 1) Page 16	15 Exploring Unusual Experiences Page 18	16
17	18 Train the Trainer (Session 2) Page 29	19 Train the Trainer (Session 2) Page 95	20	21 Introduction to Mindfulness (Session 2) Page 16	22	23
24	25 Sleeping Well Page 24	26	27	28 Introduction to Mindfulness (Session 3) Page 16	29 Exploring Unusual Experiences Page 18	30
Stafford Shrewsbury Cannock Burton Tamworth Rugeley						

Course Dates – Autumn 2017
 October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Understanding PTSD Page 27	4	5 Introduction to Mindfulness (Session 4) Page 16	6	7
8	9 Thinking about using your Lived Experience (Session 1) Page 19	10 Introduction to Recovery Page 15	11	12 Thinking about using your Lived Experience (Session 2) Page 19	13 Exploring Unusual Experiences Page 18	14
15	16	17	18	19 Understanding Anxiety Page 28	20 Wellbeing Toolkit Page 21	21
22	23	24	25	26	27	28
29	30 Taking the Stress out of Christmas (Session 1) Page 27	31				
Stafford Shrewsbury Cannock Burton Tamworth						

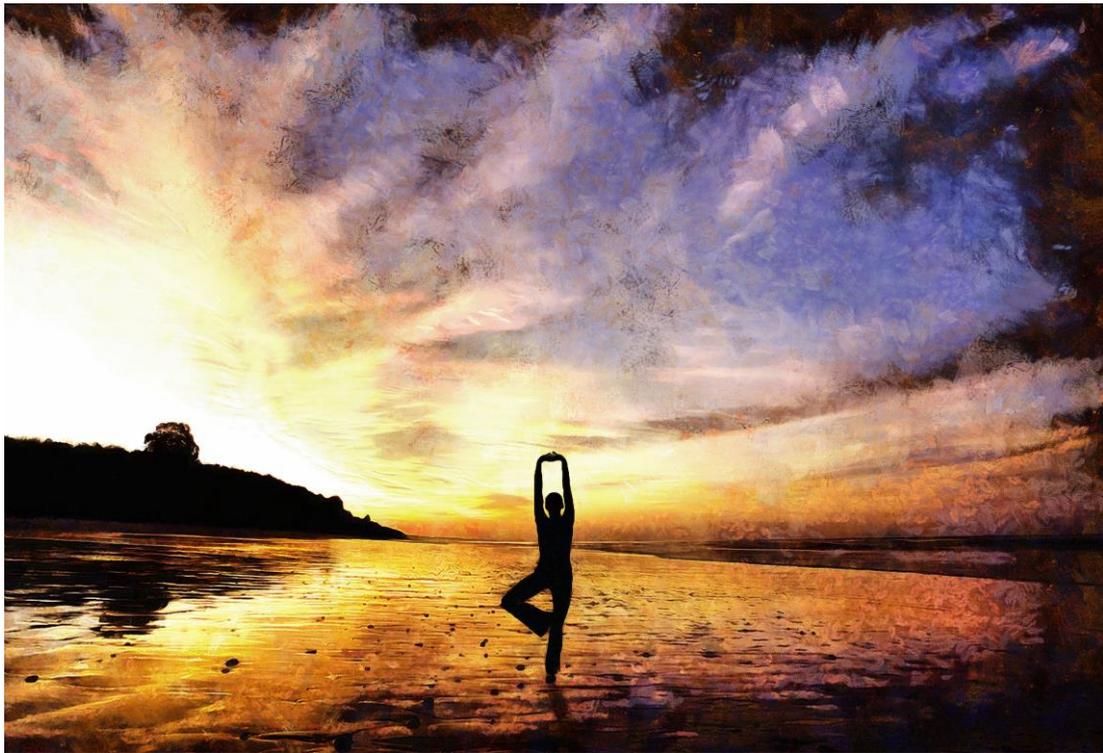
Course Dates – Autumn 2017
November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 Introduction to Mindfulness (Session 1) Page 16	4
5	6 *Art for Creative Wellbeing (Session 1) Page 20 *Taking the Stress out of Christmas (Session 2) Page 27	7	8 Understanding Chronic Fatigue Page 27	9	10 Introduction to Mindfulness (Session 2) Page 16	11
12	13 *Art for Creative Wellbeing (Session 2) Page 20 *Taking the Stress out of Christmas (Session 3) Page 27	14	15	16	17 Introduction to Mindfulness (Session 3) Page 16	18
19	20 *Introducing Compassion Page 25 (Session 1) *Art for Creative Wellbeing (Session 3) Page 20 *Taking the Stress out of Christmas (Session 4) Page 27	21	22	23 *Understanding Eating Disorders Page 27 *Understanding Anxiety Page 28	24 Introduction to Mindfulness (Session 4) Page 16	25

26	27 *Introducing Compassion Page 25(Session 2) *Art for Creative Wellbeing (Session 4) Page 20 *Taking the Stress out of Christmas (Session 5) Page 27	28	29	30 Understanding Eating Disorders Page 27		
Stafford Shrewsbury Cannock Burton Tamworth						

Course Dates – Autumn 2017
December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 *Introducing Compassion Page 25(Session 3) *Art for Creative Wellbeing (Session 5) Page 20	5	6	7 Life after Discharge Page 23	8	9
10	11 *Art for Creative Wellbeing (Session 6) Page 20 *Taking the Stress out of Christmas (Session 6) Page 27	12	13	14 Life after Discharge Page 23	15	16
17	18 *Taking the Stress out of Christmas (Session 7) Page 27	19	20	21	22	23
14	25	26	27	28	29	30
31						
Stafford Shrewsbury Cannock Burton Tamworth						



Welcome the Sun by John Hoskison

Our Values and Philosophy

Education and Shared Learning

The Wellbeing and Recovery College provides an educational approach to recovery, with an aim to empower students to live well through shared learning, whether they be service users, carers, staff, or anyone with an interest in attending a course. As human beings we all experience our own personal recovery journeys, and can benefit greatly from sharing and learning from each other in a safe and equal space.

Co-production

All courses at the Wellbeing and Recovery College are developed and delivered in partnership by peer trainers, who have lived experience (ie of mental health issues and/or learning disabilities) or of caring for someone with these experiences, together with a health professional trainer.

Our peer trainers will use their own experiences to support and inspire students in their recovery journey. This model of shared learning is at the very

heart of the Wellbeing and Recovery College and allows for rich and diverse perspectives on living well with mental health or related issues.

Accessibility

The Wellbeing and Recovery College is open to anyone aged 18 or over (or 16-17 in certain circumstances) who currently or previously has used our Trust's services, their family and friends, staff and anyone with an interest in our work and residing within the Trust area. Please do feel free to get in touch with us if you would like to talk through what the college may have to offer you, or to discuss your individual needs.

Support with Learning

We offer information, advice and guidance about our courses and their content. When you first enrol on a course and meet with a member of our team, you will have the opportunity to complete a plan so that we will be able to work with you to ensure your learning needs are met.



Buttercup Meadow by Jean MacDonald

How to enrol/eligibility

Registration

- When we receive an expression of interest from you (via telephone, email or via our website) we will send you a registration form to complete and return to us.

Individual Learning Plan

- When we have received your completed registration form, we will contact you to arrange a short one-to-one meeting to complete your Individual Learning Plan - we try to do this before you attend any courses.

Enrolment

- Once your Individual Learning Plan is complete, you are fully enrolled with the college and can book onto courses

In order to enrol, simply call: 01785 257888 ex: 8607 or 07891 099460, or email us at WellbeingREC@sssft.nhs.uk and ask for a **registration form**.

Places will be allocated on a first-come, first-served basis. You can also download a registration form from the home page of our website www.recoverycollegesssft.co.uk. The next step will be to arrange a one-to-one interview to discuss what you would like to gain from the college and your learning requirements, and together complete an **Individual Learning Plan**.

Individual Learning Plan (ILP)

The Individual Learning Plan is a central part of your student journey. It is a personalised tool which allows you to reflect on your previous learning and experience, and personal qualities, identify your short term goals and longer term aspirations, and discuss and plan for any learning support needs and/or personal support you may require while attending the college.



Rainbow of Hope by Deborah Judson

Meet Some of Our Team



Hi, I'm Danni, I'm the Trust Recovery Lead Partner for our Trust, and Operations Manager of the college. I have experience of using our mental health services, and have recently been discharged. I'm a mummy of two daughters and we share a love for festivals and new adventures.



Hello, I'm Rachel, I'm the Trust Recovery Lead and Director of Psychological Services. The college embodies my belief that there isn't a 'them and us'... there's only 'us'! I'm a mum, wife, daughter, friend, and seeker of laughter, love and truth. I also have a big, bear of a poodle!



I'm Laura and I am a Peer Support Worker. I used to be a service user and I have worked hard to recover. I want to share what I have learned with others so they can get the most out of their recovery. I really enjoy working with the college as I am learning so much which helps me continue in the right direction on my recovery journey.



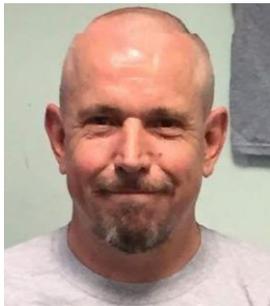
Hello, my name is Grant. I am a carer for my wife of 35 years. I am also a Trainer with the college, because I want to put something back into the system which has helped me care for my wife. I also love dogs and I have 4!



Hi, my name is Carol and I became involved in the recovery college in order to help people explore and find out more about psychosis. I also have a passion for food and love singing (but not at the same time!)



Hi, I'm Kim, mummy of a beautiful boy, and I work as a volunteer doing admin support for the college. I am a service user and have attended some of the college courses which I have found so helpful. I really enjoy volunteering with the college as I feel it is helping me with my own recovery and I feel like I am also helping other people on their recovery journey.



Hi I'm Mark. I became involved with the Recovery college to share my lived experience and also expand my knowledge about Mental health and Wellbeing; subjects I am very passionate about. I love food (especially cake!) and enjoy exercising to work off the calories and keep fit.



Hi, I'm Kate and I work as a Clinical Psychologist in South Staffs and Shropshire Trust. I wanted to be involved with the Recovery College right from the start because I believe that through working together we can change attitudes and begin to do things differently. I have co-produced and help to facilitate the Introduction to Mindfulness and Understanding



I'm Nigel. I've been an Occupational Therapist for 12 years, and worked in healthcare for over 30 years. I love good, healthy food, and enjoy cookery & quizzes on TV. I've followed Tranmere Rovers FC for 40 years, and was an International Wheelchair Basketball player/coach for nearly 20 years; I'm also an avid Heavy Metal fan, and attend loads of gigs & festivals

Courses:

Introduction to Recovery

One-day course

Six hours

If you are new to the Wellbeing and Recovery College or would like to take a fresh look at recovery, this course is a great starting point. This introductory session explores the impact of mental health difficulties on people's lives and looks at ways in which we may develop improved choices, hope, control where possible, and opportunities for growth and fulfilment.

Often people find being diagnosed with mental health conditions very difficult. They may feel that their life is over, and they will never be able to fulfil their dreams and ambitions or experience a satisfying quality of life. It doesn't have to be this way.

Whether a person is young or old, has only recently been diagnosed or has had a diagnosis for some time, recovery is possible no matter how serious their difficulties are. It is possible for people to rebuild a meaningful, valued and satisfying life. In short, this course will support you to reflect on what "recovery" might mean to you personally, and how to set about achieving it.

Dates:	Time	Location
Tuesday 10 th October	10.00 – 16.00	Learning Centre, St Georges Hospital, Stafford

Introduction to Mindfulness

Four-week course

Two hour workshop each week

In this course we will learn to increase awareness by paying attention to thoughts, feelings and bodily sensations that focus the mind in the present moment. Focusing on the present moment can help us to feel more in control of our lives and make informed decisions about our actions and the ways we choose to interact with others. This course will be interactive and practical, offering tools and home exercises to explore the concepts we introduce during the workshops. ***This is one of our most popular courses. We recommend you book as soon as possible if you are interested in attending.***

Dates	Time	Location
Course 1. Thursday afternoons Starting from: 14 th September	13.00 – 15.00	Stafford Baptist Church Stafford
Course 2. Thursday afternoons starting from 3 rd November	13.00 – 15.00	Fire Station, Cannock

Anxiety Management

One Session

Two Hours

This course looks at strategies for managing anxiety that you can use yourself or to help support someone else experiencing anxiety. The session will be run by a professional who has experience of delivering anxiety management and a person with lived experience who uses anxiety management techniques as part of their own recovery. This course is suitable for everyone, whether you experience anxiety or have an interest in anxiety management techniques and would like to learn more.

Dates	Time	Location
Thursday 7 th September	13.00 – 15.00	Cannock Community Library

Exploring Unusual Experiences

One Session

Three hours

This workshop will explore the origins of voice hearing and unusual beliefs. Together we will look at differing cultural perspectives, ways of understanding voice hearing experiences and discuss strategies to manage and cope with these. It will not be a support group to explore individual experiences, but an interactive teaching session facilitating discussion and reflection.

Dates	Time	Location
Friday 15 th September	13.00 – 16.00	Rugeley Community Centre, Rugeley
Friday 29 th September	13.00 – 16.00	Burton Fire Station, Burton
Friday 13 th October	13.00 – 16.00	Glascote Library, Tamworth



Home and Away Skopelos Sea 2 by Lisa Davies

Thinking About Using Your Lived Experience within the Workforce

Two sessions

Two and a half hours per session

This is a two day course designed for anyone who would like to think about how lived experience (both explicit and implicit) is used within the workforce and the impact that can have on the service, personally and professionally. When we consider that one in four of the general population will at some point within their lives experience some form of mental health issue it follows that a substantial number of people within our workforce will have or will in the future also experience these issues. The Trust encourages the use of this personal insight to enhance our services and as a result has seen the number of peer roles expand and supports an open dialogue amongst all members of staff.

This course is open to everyone at all levels and is an ideal opportunity to explore this area in more detail.

Dates	Time	Location
Monday 9 th October and Thursday 12 th October	13.30-15.30	Cannock Community Fire Station, Cannock

Art for Creative Wellbeing

Six-week course

Two hour workshop each week

Myth: Art is only for creative people and not for people without any artistic skills.

Fact: You do not have to be creative or a skilled artist to enjoy art. Art can be used in other ways, such as a form of expression or to aid relaxation.

My name is Laura and I used to be a service user. When I was unwell I could not express myself verbally and this made me feel very frustrated and alone. I had very little artistic talent but I discovered art and it really helped me express what I was feeling and make sense of what was happening to me. Now I create art all of the time and it helps me to relax and keep myself well, so much so that now as part of my role as a Peer Support Worker I support others to express themselves creatively.

This six week course is open to anyone who is interested in art and how it can be used as a tool for wellbeing and recovery; whether that be your own or someone you are supporting/working with. It doesn't matter if you have never done art before or if you are already quite artistic as the aim of the sessions is to contribute to wellbeing through art rather than looking at your artistic ability. There is no right or wrong way of creating art as long as it means something to you. ***This is one of our most popular courses. We recommend you book as soon as possible if you are interested in attending.***

Dates	Time	Location
Monday afternoons starting 6 th November	13.00 – 15.00	Stafford Baptist Church Stafford



I will build my own asylum and carry it for eternity by Sara

Wellbeing Toolkit

One sessions

Three hours per session

Looking after your wellbeing is vital in maintaining a healthy and meaningful life. This course will look at the importance of wellbeing and how you can take care of your own wellbeing and support others to take care of their wellbeing. The session will be run by a professional who has experience of supporting people to take positive steps to look after their wellbeing and by a trainer with lived experience of caring for their own wellbeing whilst coping with mental health problems. This course is suitable for everyone, whether you are a service user, carer, relative of someone with mental health problems, a member of staff or simply interested in learning more about caring for your own wellbeing. We may have different experiences, but everyone's wellbeing is equally as important

Dates	Time	Location
Friday 20 th October	13.00 – 16.00	County Buildings, Stafford

Dignity and Diversity

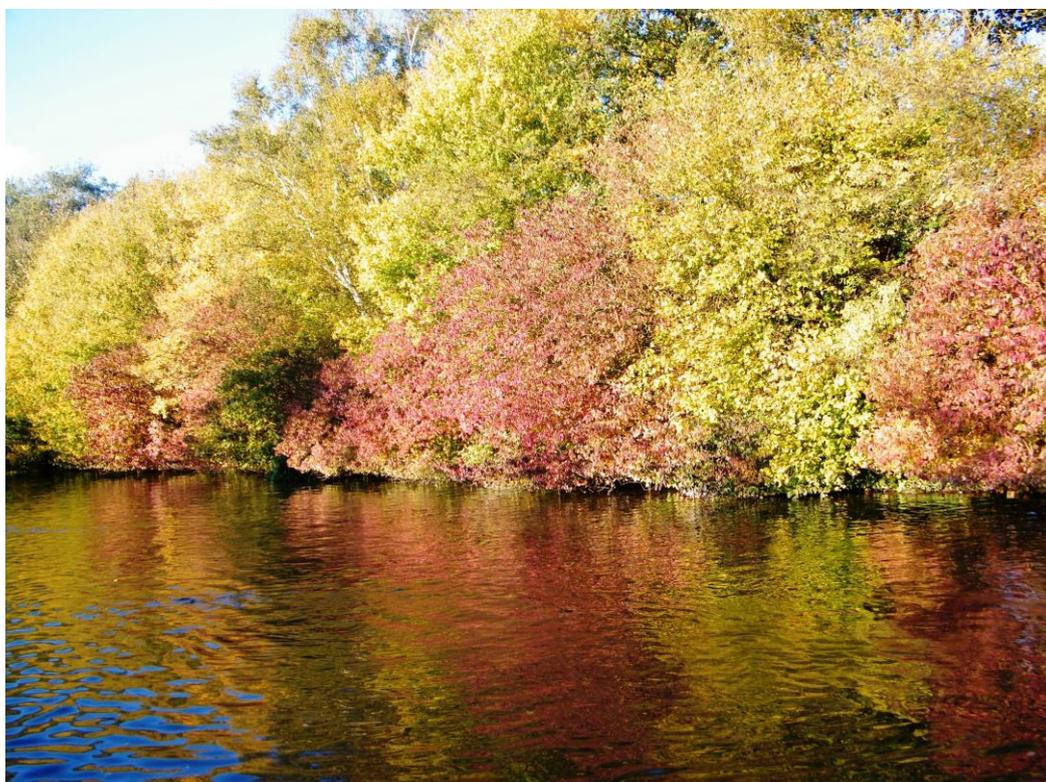
One Session

Two and a half hours each session

This course aims to highlight the prominent issues in the areas of dignity and compassion as part of a person-centred approach to health and social care, as well as bringing into focus the issue of discrimination, using a range of perspectives to promote tolerance, understanding and empathy within health and social care and beyond in a diverse 21st century society.

This course is open to all, and especially to anyone with personal experience and/or an interest in this area.

Dates	Time	Location
Thursday 14 th September	10.00 – 14.30	County Buildings, Stafford



A Reflective Blaze by Janice Ingham

Life After Discharge

One session

Three hours

Discharge is a huge event in someone's recovery journey. Sometimes it can raise questions such as "How will I cope?" "Am I ready?" "What's going to happen to me?" Then before you know it, "D-Day" has arrived and you have to take that next step on your recovery journey. This is a point in our lives where we may feel less supported but have even more unanswered questions than when we were unwell. It can leave us feeling lost and unsure who we can ask for advice.

There is an expression that driving students often hear: "When you have passed your driving test that's when you really learn to drive" and the same can be applied to discharge from mental health services. When you are discharged that's when you really learn how to maintain your recovery and what you are truly capable of, but this can be a very scary and confusing time none-the-less. This session will look at what life is like after discharge and answer any questions you may have. It is a safe and supportive space where people can discuss their experiences, share what they have learned and help each other recognise just how much of an achievement discharge really is.

This course is open to everyone, whether you are embarking on your own recovery journey after discharge, supporting someone as a friend or family member or as a member of staff.

Dates	Time	Location
Thursday 7 th December	13.00 – 16.00	Learning Centre, St Georges, Stafford
Thursday 14 th December	13.00 – 16.00	Cannock Fire Station, Cannock

Sleeping Well

One session

3 hours

Getting a good night's sleep is so important for our physical and mental wellbeing. This short and friendly course will look at the importance of sleep, the sleep cycle, and some practical strategies to improve our chances of getting a good night's sleep.

Dates	Time	Location
Monday 25 th September	12.00 – 16.00	Redwoods Centre, Shrewsbury



A stroll on golden sands by Jean MacDonald

Introducing Compassion

Three sessions

3 hours

Compassion is a relatively new approach in modern mental health, but it has been adapted from ancient Buddhist wisdom. Alongside this, it is based firmly in the scientific theories of human evolution, and can help us make sense of why human beings think and behave the way we do in the modern world.

This course aims to explore these ideas, and use them as a basis for simple exercises that help us to practice kindness to ourselves and others, improving our mental wellbeing and aiding recovery in the process.

Dates	Time	Location
Monday 20 th November, Monday 27 th November, Monday 4 th December	10.00-13.00	Stafford Baptist Church, Stafford

*“..... let’s focus on the
humanity we share
rather than the
diagnosis we do not.”*

Elyn Saks. TED talks 2012

Taking the Stress out of Christmas

Eight-week course

Two hours per session

Prepare for a stress-free Christmas! This course offers plenty of practical and supportive hints and tips for preparing for and getting through Christmas with maximum enjoyment and minimal stress. Sessions will include card making, present making, budgeting, planning and prioritising, and learning to say no when necessary!

Dates	Time	Venue
Monday afternoons starting Monday 30 th October (excluding 4 th December) Last session on 8th January 2018	13.00 – 16.00	Mill Street Methodist Church, Cannock



A California Sunset by Fiona Rees

Understanding...

Our Understanding... section of the prospectus is focused on a number of one-off courses which will explore some of the diagnoses that people receive. Each course will look at a range of perspectives surrounding that diagnosis. We will address issues around stigma, myths and explore ways of coping. All of these topics will be facilitated by a trainer with a lived experience of that given diagnosis and a trainer with professional experience.

These courses are open to all. They are particularly relevant to people who may have received one of these diagnosis, friends and family members, staff or anyone who would like to learn more in a shared learning environment.



Grounded yet still full of Hope

Understanding Eating Disorders

One session

Three hours

Dates	Time	Location
Thursday 23 rd November	13.00 – 16.00	Heath Hayes Library, Cannock
Thursday 30 th November	13.00 – 16.00	Learning Centre, Stafford

Understanding Chronic Fatigue Syndrome/Myalgic Encephalomyelitis

One session

Three hours

Date	Time	Location
Wednesday 8 th November	13.00 – 16.00	Learning Centre, Stafford

Understanding Post Traumatic Stress

One session

Three hours

Dates	Time	Location
Tuesday 3 rd October	13.00 – 16.00	County Buildings, Stafford

Understanding Anxiety

One session

Three hours

Dates	Time	Location
Thursday 19 th October	10.00 – 13.00	Northfield Community Centre, Stafford
Thursday 23 rd November	13.00 – 16.00	Cannock Community Fire Station, Cannock

This is one of our most popular courses. We recommend you book as soon as possible if you are interested in attending.



Untitled by Andrew Fusek Peters

Train the Trainer

Two day course

Six hours each day

This is a comprehensive and interactive course for anyone who is interested in applying to work as a trainer at the college. Key areas covered include the recovery approach to education; different learning styles, lesson planning and classroom management, and an opportunity to deliver your own “microteach” session on a subject of your choice.

For more information about this course, and upcoming dates, please contact WellbeingRec@sssft.nhs.uk or 01785 257888 ext: 8607.

What Our Students Say...

Understanding Anxiety: The course was brilliant, everyone contributed and it was good to hear both the views and practised psychology as well as the viewpoints of other people on the course. Excellent.

“The Train the Trainer course really inspired me to get involved in recovery-based learning and I feel much more confident about co-producing and delivering a course myself.”

“Compassionate and courageous delivery to share personal stories. Lovely relaxed teaching style...thank you”



“Trainers sharing with the group their own personal experiences of anxiety. I feel this enables them to deliver the group better knowing how others in the group may be feeling.”

Life After Discharge: “Really enjoyable – trainers were welcoming and excellent in their delivery. Sharing of experiences really useful/reassuring

FAQS

How much do courses cost?

All courses at the Wellbeing and Recovery College are currently free to attend for eligible students.

How long are the courses?

Courses vary in length. For example, some may be a single day or half day session, while others may be weekly for up to eight weeks (one – three hours per session, with a break for longer sessions). The courses would not usually last more than one term, and would not usually be more than once or twice a week.

How many courses can I apply for at once?

There is no set limit for the amount of courses you can apply for. However, priority will be given to your first three choices. Any subsequent courses will be subject to availability. This can be discussed while developing your Individual Learning Plan.

What do I do if I want further information about a course?

Please feel free to contact us on 01785 257888 ex: 8607 or 07891 099460, or email us at: WellbeingREC@sssft.nhs.uk. We are always happy to talk to you regarding any information you may need.

How is the content of the course designed?

All of our courses are co-designed and co-facilitated by both a Peer Trainer with lived experience of mental health challenges or caring for someone with mental health challenges, and an NHS member of staff.

Are there parking facilities?

This will depend on the venue. There are also usually public car parks near most of our venues.

What if I find I need support with my learning once the course has started?

Please contact a member of the Wellbeing and Recovery College Team, and we will arrange a meeting to work with you to create a plan to ensure your learning needs are met.

What if I need support with my mental wellbeing whilst attending the Wellbeing and Recovery College?

The Wellbeing and Recovery College is set up and run as a Further Education provider. Therefore we do not provide clinical interventions or therapy, as we expect you to be able to access support outside of the college. If you are feeling unwell or distressed while attending a course it is important to speak with your trainer. Your trainer will have access to your Personal Support Plan, which is developed with you during enrolment.

Is food and drink provided?

Some of the venues will offer tea and coffee, although sometimes this will need to be purchased depending on the venue's facilities.

I have specific requirements such as large print, or an interpreter, is this possible?

We endeavour to do everything we can to meet your needs. As long as you let us know in advance of attending your course, we will do all we can to support your requirements.

If I attend the Train the Trainer course, will I receive a Service User Involvement fee and travel expenses?

No. Train the Trainer is run alongside the other courses at the Wellbeing and Recovery College, and you would be enrolled as a student just like any other course at the college.

Is there access to computers?

This will depend on the venue and the nature of the course. We aim to provide venues with computer facilities where these will be necessary for the activities of the workshop.

Why do you not offer any courses in my area?

As a relatively new service, we are slowly expanding our geographical offering of courses and subjects offered. We are always keen to hear where there is a demand for courses, so that we can factor this into our planning (taking into account funding/capacity etc). We are aiming for quality over quantity and will ensure that all of our courses are fully co-produced and co-delivered.

I use mental health services - do I need to be referred by my community team?

There is no need for a referral; in fact we do not have a system for referrals. Although the college is designed for people with lived and professional experience of mental health services, we operate the same as any other further education establishment. Your local team may recommend us to you but they cannot refer. All are welcome to share their learning journey together with no discrimination or distinction.

I work for the Trust and am interested in some of the courses - can I enrol?

Yes! One of the things that make our Wellbeing and Recovery College so unique is that it is truly collaborative. When you enrol into the college you will not be labelled as a 'Service User', 'Carer' or 'Professional' - you will simply be considered a student. You may wish to learn more to help your practice and/or to gain knowledge to help you to manage your own wellbeing. Everyone learns together and from each other.

I care for someone who uses services, can I enrol?

Of course! Our courses are designed for anyone who cares for someone, for people who use our services, people who work in them, and those who are simply interested in recovery based learning.



Contact Us

If you are interested in being involved with the Wellbeing and Recovery College, or have any ideas for courses, we would love to hear from you!

Please contact a member of our team on:

01785 257888 ext: 8607

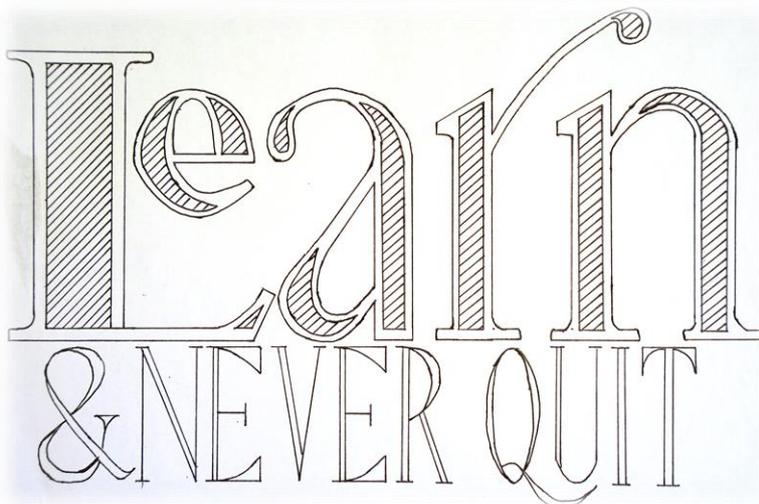
07891 099460

Email: WellbeingREC@sssft.nhs.uk

Facebook: Wellbeing and Recovery College SSSFT

Twitter: [recoverycollegessft](https://twitter.com/recoverycollegessft)

With many thanks to Arts for Health and artists for kindly allowing us to use pictures from the 2017 Trust Art Competitions.



Learn and Never Quit by Simon Levett