

South Staffordshire and Shropshire Healthcare



NHS Foundation Trust

# Wellbeing and Recovery College

Live and Learn

Prospectus Spring 2018

Free and Open to ALL



# #iamstrong

*Join us in 2018 for our new #iamstrong campaign!!*

*What makes you feel strong?...*



Keep up to date by following our social media pages.

## Website:

<http://recovery.sssft.nhs.uk>

## Facebook:

Wellbeing and Recovery  
College SSSFT

Twitter: @reccollegessft

## PoD Award Winners – Non-clinical team of the year 2017



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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  
January 2018**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10 *Introduction to Yoga (S1) Pg 20	11	12	13
14	15	16	17 *Introduction to Yoga (S2) *Art for Creative Wellbeing (S1) Pg 19	18 *Introduction to Recovery (S1) Pg 15 *Introduction to Mindfulness (S1) Pg 16	19 *Understanding Anxiety Pg 28	20
21	22 *Thinking about using your Lived Experience in the Workforce (S1) Pg 18	23 *Life after Discharge Pg 23 *Understanding Anxiety Pg 28	24 *Introduction to Yoga (S3) *Art for Creative Wellbeing (S2)	25 *Introduction to Recovery (S2) *Understanding PTSD Pg 28	26 *Anxiety Management Pg 29	27
28	29	30 *Thinking about using your Lived Experience in the Workforce (S2) *Anxiety Management Pg 29	31 *Introduction to Yoga (S4) *Art for Creative Wellbeing (S3)			
Stafford Burton	Shrewsbury Rugeley	Cannock Wombourne	Telford Lichfield			

Course Dates – Autumn 2017  
February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 *Introduction to Mindfulness (S2) *Understanding Eating Disorders Pg 27	2	3
4	5 *Art for Creative Wellbeing (S1) Pg 19	6 *Introduction to Recovery (S1) Pg 15	7 *Introduction to Yoga (S5) *Art for Creative Wellbeing (S4)	8 *Introduction to Mindfulness (S3)	9	10
11	12 *Art for Creative Wellbeing (S2)	13 *Introduction to Recovery (S2)	14 *Introduction to Yoga (S6) *Art for Creative Wellbeing (S5)	15 *Introduction to Mindfulness (S4) *Understanding Anxiety Pg 28	16	17
18	19 <i>Half Term</i>	20 <i>Half Term</i>	21 <i>Half Term</i>	22 <i>Half Term</i>	23 <i>Half Term</i>	24
25	26 *Art for Creative Wellbeing (S3)	27	28 *Art for Creative Wellbeing (S6) *Understanding CFS/ME Pg 28			
Stafford Shrewsbury Cannock Telford Burton Rugeley Wombourne Lichfield						

Course Dates – Autumn 2017  
March 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 *Dignity & Diversity Pg 22 *Anxiety Management Pg 29	2	3
4	5 *Art for Creative Wellbeing (S4) *Introducing Compassion (S1) Pg 25	6 *Sleeping Well Pg 24	7 *Introduction to Recovery (S1) Pg 15	8 *Art Taster Session Pg 19	9	10
11	12 *Art for Creative Wellbeing (S5) *Introducing Compassion (S2)	13 *Introduction to Recovery (S2)	14 *Healthcoaching	15 *Understanding Eating Disorders Pg 27	16	17
18	19 *Art for Creative Wellbeing (S6)	20 *Introducing Compassion (S3)	21	22	23 *Wellbeing Toolkit Pg 21	24
25	26 *Wellbeing Toolkit Pg 21	27	28 *Healthcoaching	29	30	31
Stafford Shrewsbury Cannock Telford Burton Rugeley Wombourne Lichfield						



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: 0300 790 7000 ext: 7128607 or 07891 099460 or email us at [WellbeingREC@sssft.nhs.uk](mailto: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 <http://recovery.sssft.nhs.uk>. The next step will be to arrange an informal 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 our Core Team



Hi, I'm Danni, I'm the Trust Recovery Lead Partner and Operations Manager of the college. I have experience of using our mental health services, I was discharged about a year ago. I'm a mummy of two daughters and we share a love for festivals, travel and new adventures and I have been lucky enough to visit a few different places recently.



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!



Hi, I'm Kim, Recovery College Co-ordinator. I am mummy of a beautiful boy and a mischievous dog! I have been a service user and a volunteer within the college as well as attending courses for the last 12 months. I am extremely proud to be a member of the Recovery College team helping it to continue to grow and I am looking forward to getting more involved with training next term.



My name is Jo and I'm Telford's Recovery College Coordinator. After challenging early and adolescent years, I studied recovery techniques in the search of happiness and wellbeing. My journey to date has taught me the amazing power of recovery education and I'm keen to spread the word! I am a proud member of this team who deliver strategies that are tried, tested and delivered by people who have walked similar paths.



Hi, I'm Rachael and I'm the Admissions Tutor for the college. I am also a trainer and have completed some of the courses which I found very enjoyable. I'm passionate about recovery and have experience of using both inpatient and outpatient mental health services. I live in Stafford with my partner and our two rescue cats, and in my spare time I enjoy reading, drinking tea, listening to rock music and baking cakes.



# Meet some of our Trainers



Hey I'm Gareth. I love stories. Whether fact or fiction, as a well told story can be a powerful way to help understand this condition we all share: Being Human. As a wise man once said "we're all stories in the end".... I now use my experience and my story of Recovery to train and recruit professionals in the Trust and on the Clinical Psychology Programme at Staffordshire University.



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 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 Anxiety courses.





Hi, I'm Rachel. I'm a Clinical Psychologist in the Forensic and Criminal Justice Directorate. I have worked for the Trust for 15 years and I am thrilled to have seen the development of the Recovery College and now to be involved with it. I am a lover of the great outdoors, coffee and cake and, as an owners of cats and chickens a passionate animal lover (although that particular combination of pets isn't ideal at times!)



I'm Melissa, I've suffered with social anxiety and depression since childhood but with the help of SSSFT services and the Recovery College I am better able to manage my anxiety and feel more confident. I am an employee of the Trust and understand how important it is to bring service users and staff together outside of therapeutic and ward environments to overcome barriers so we can learn from each other. I'm a keen crafter who loves sewing and knitting, making is my meditation.



I'm Danny, I have worked in mental health services since 1993 after leaving the army. My specialist interest is dual diagnosis. In my spare time I am a member of midland riders and involved in various events on my motorcycle and support Stall racing team at the Isle of Man Grand Prix.



Hi, I'm Anna. I'm a yoga teacher specialising in yoga for mental health. I've also been a service user and I've managed my own mental health with yoga and mindfulness for many years. Yoga is very effective but it only works if we do it regularly so I'm on a mission to get yoga out to the mental health recovery community as much as possible so that it can become a viable adjunct treatment for a variety of mental health issues.

# Courses:

## Introduction to Recovery

### Two-week course

Three hours each week

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.

<b>Dates:</b>	<b>Time</b>	<b>Location</b>
Thursday 18 <sup>th</sup> January 2018 and Thursday 25 <sup>th</sup> January 2018	13.00 – 16.00	Burton Fire Station, Burton
Tuesday 6 <sup>th</sup> February 2018 and Tuesday 13 <sup>th</sup> February 2018	13.00 – 16.00	Hall Court, Telford
Wednesday 7 <sup>th</sup> March 2018 and Tuesday 13 <sup>th</sup> March 2018	13.00 – 16.00	Severnfields Health Village, Shrewsbury

# 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
Thursday 18 <sup>th</sup> January for four weeks (excluding 25 <sup>th</sup> January)	13.00 – 15.00	Stafford Baptist Church, Stafford



Home and Away Skopelos Sea 2 by Lisa Davies

# Healthcoaching

## One session

Two and a half hours

During this course we will think about medication, choices around what we take, how we use it and some issues surrounding those decisions. This is an interactive course which is aimed at anyone who has an interest in empowering themselves and supporting others to become their own decision makers.

Dates	Time	Location
Wednesday 14 <sup>th</sup> March	10.00-12.30	Meeting Point House, Telford
Wednesday 28 <sup>th</sup> March	13.00-15.30	Meeting Point House, Telford



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

# Thinking About Using Your Lived Experience within the Workforce

## Two-week course

Two hours each week

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.

<b>Dates</b>	<b>Time</b>	<b>Location</b>
Monday 22 <sup>nd</sup> January and Tuesday 30 <sup>th</sup> January	13.00-15.00	Learning Centre, Stafford



# 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 5 <sup>th</sup> February 2018 for six weeks (excluding Monday 19 <sup>th</sup> February)	13.00 – 15.00	Stafford Baptist Church, Stafford
Wednesday afternoons starting Wednesday 17 <sup>th</sup> January for six weeks (excluding Wednesday 21 <sup>st</sup> February)	13.00-15.00	Rugeley Community Centre, Rugeley
<b>Taster Session</b> Thursday 8 <sup>th</sup> March	13.00-14.30	Wombourne Fire Station, Wombourne

# An Introduction to Yoga

## Six-week course

One hour workshop each week

Yoga is known to strengthen and tone the body, calm and relax the mind and lift the spirit. The course is being co-produced with someone with lived experience who is using yoga to help with their everyday wellbeing. This comprehensive six week course is suitable for complete beginners (as well as those with some experience.) Mats will be provided. Please note that this a one hour course although week 1 and week 6 will finish at approximately 14.30 for discussion and feedback.

Dates	Time	Location
Wednesday afternoons starting 10 <sup>th</sup> January 2018 for six weeks	13.00 – 14.00	Langan's Tea Rooms, Burton



# Wellbeing Toolkit

## One session

### Three hour 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.

<b>Dates</b>	<b>Time</b>	<b>Location</b>
Friday 23 <sup>rd</sup> March	13.00 – 16.00	Stafford Baptist Church, Stafford
Monday 26 <sup>th</sup> March	13.00 – 16.00	The Redwoods Centre, Shrewsbury

# Dignity and Diversity

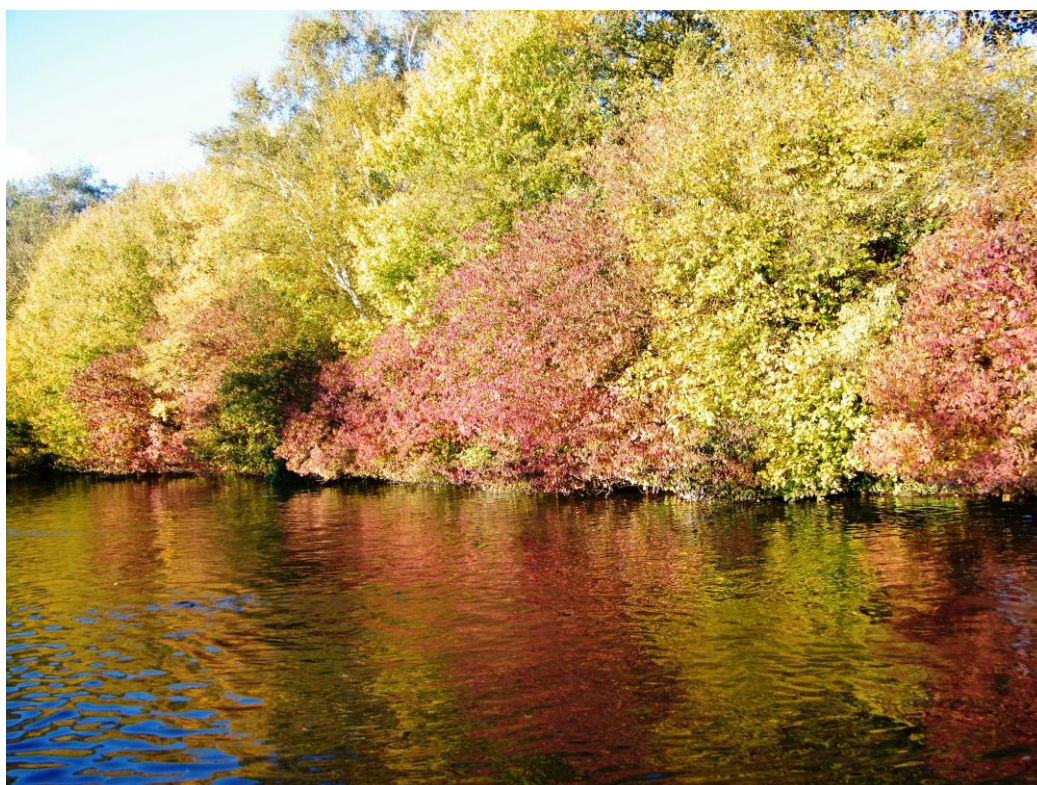
## One Session

Two and a half hours

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 21<sup>st</sup> 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 1 <sup>st</sup> March 2018	10.00 – 14.30 (including a lunch break)	Learning Centre, St Georges, 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
Tuesday 23 <sup>rd</sup> January 2018	13.00 – 16.00	The Redwoods Centre, Shrewsbury





A stroll on golden sands by Jean MacDonald

## Sleeping Well

One session

Three 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
Tuesday 6 <sup>th</sup> March 2018	13.00 – 16.00	Redwoods Centre, Shrewsbury

# Introducing Compassion

## Three-week course

Three hours each week

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 5 <sup>th</sup> , 12 <sup>th</sup> and 20 <sup>th</sup> March	13.00 – 16.00	The Redwoods Centre, Shrewsbury

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

Elyn Saks. TED talks 2012



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.

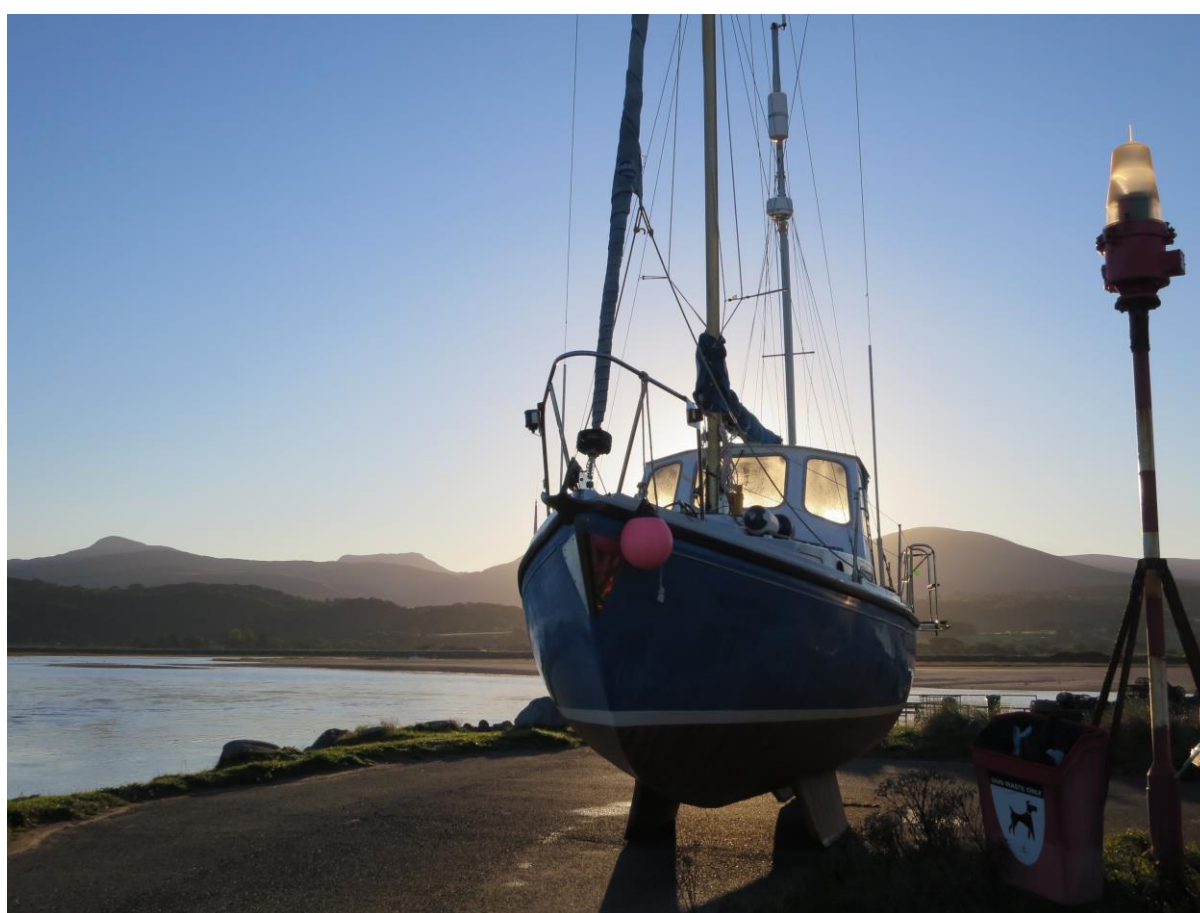
These courses are open to all. They are particularly relevant to people who may have received one of these diagnosis, friends and family members, staff or anyone who would like to learn more in a shared learning environment.

# Understanding Eating Disorders

One session

Three hours

Dates	Time	Location
Thursday 1 <sup>st</sup> February	13.00 – 16.00	Hall Court, Telford
Thursday 15 <sup>th</sup> March	13.00 – 16.00	Lichfield Fire Station



Grounded yet still full of Hope

# Understanding Chronic Fatigue Syndrome/Myalgic Encephalomyelitis

One session  
Three hours

Date	Time	Location
Wednesday 28 <sup>th</sup> February	13.00 – 16.00	Stafford Baptist Church, Stafford

# Understanding Post Traumatic Stress

One session  
Three hours

Dates	Time	Location
Thursday 25 <sup>th</sup> January 2018	13.00 – 16.00	Learning Centre, Stafford

# Understanding Anxiety

One session  
Three hours

Dates	Time	Location
Thursday 15 <sup>th</sup> February	10.00 – 13.00	Learning Centre, St Georges, Stafford
Friday 19 <sup>th</sup> January	13.00 – 16.00	Cannock Library, Cannock
Tuesday 23 <sup>rd</sup> January	10.00 – 13.00	The Redwoods Centre, Shrewsbury



# 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.

It is advised that this course is completed after Understanding Anxiety but it's not obligatory. It is just an option, as it's good to have an understanding of your anxiety first (because anxiety is different for everyone) before you look at practical ways to manage it.

Dates	Time	Location
Friday 26 <sup>th</sup> January	14.30 – 16.30	Heath Hayes Library
Thursday 1 <sup>st</sup> March	13.00 – 15.00	Learning Centre, Stafford
Tuesday 30 <sup>th</sup> January	10.00 – 13.00	The Redwoods Centre, Shrewsbury

***These are some of our most popular courses. We recommend you book as soon as possible if you are interested in attending.***

**Understanding Bi-polar... Coming Soon in the Cannock area – Please see our social media to keep up to date!!**



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](mailto:WellbeingRec@sssft.nhs.uk) or 0300 790 7000 ext: 7128607 or 07891 099460.

## 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”*

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

*“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.”*

# 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 0300 790 7000 ext: 7128607 or 07891 099460, or email us at: [WellbeingREC@sssft.nhs.uk](mailto: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?**

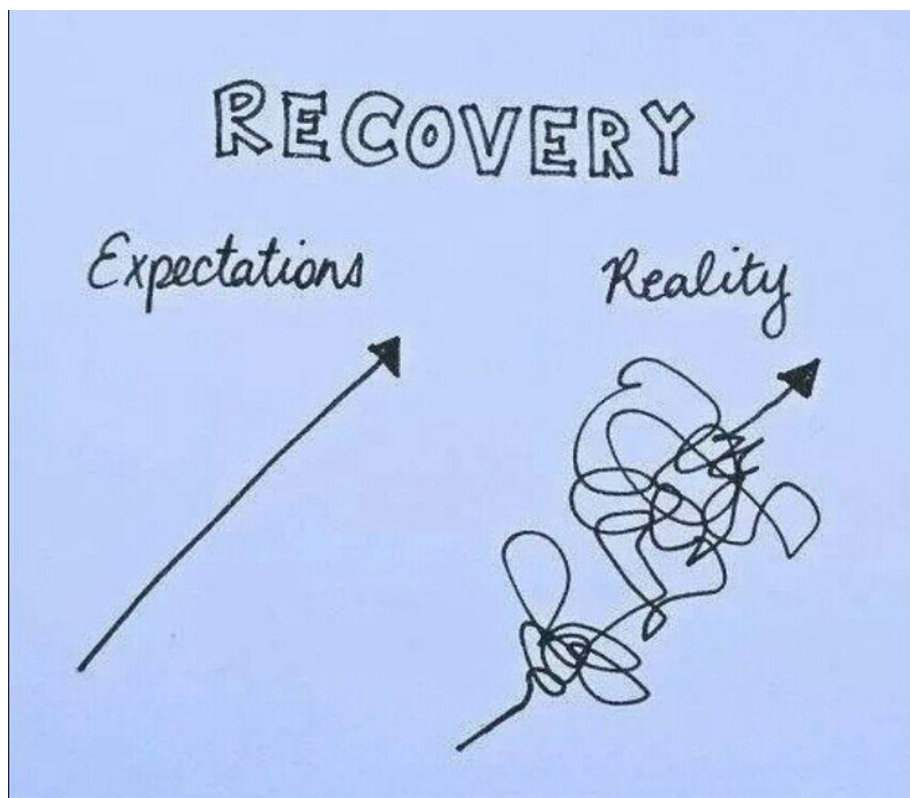
Of course! Our courses are designed for anyone who cares for someone, for people who use our services, people who work in them, and those who are simply interested in recovery based learning.



Like us on **Wellbeing and Recovery College**  
Facebook **SSSFT**

*Follow us on Social Media to see our new monthly challenges coming soon! Get involved, share your ideas, join in our challenges and let us know how you get on!!*

*Got an idea for a challenge? Contact the team!!!*



# 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:

0300 790 7000 ext: 7128607

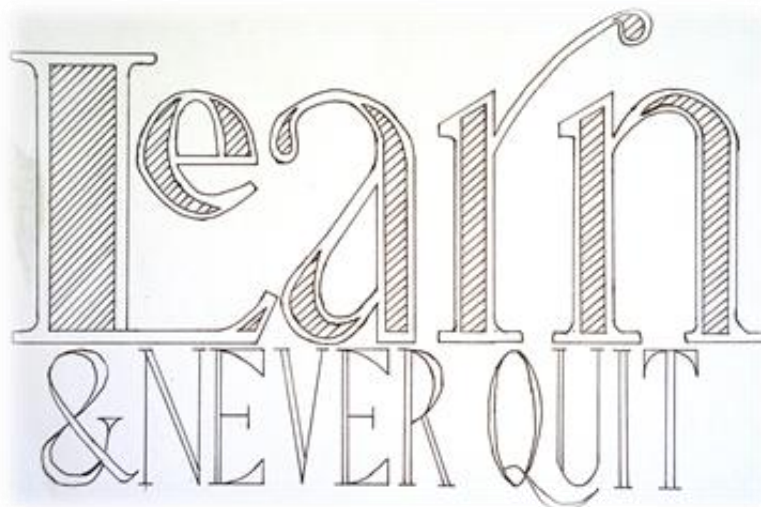
07891 099460

Email: [WellbeingREC@sssft.nhs.uk](mailto:WellbeingREC@sssft.nhs.uk)

**Facebook:** Wellbeing and Recovery College SSSFT

**Twitter:** 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