

South Staffordshire and Shropshire Healthcare



NHS Foundation Trust

Wellbeing and Recovery College

Live and Learn

Prospectus Summer 2018

Free and Open to ALL



Our Enrolment Process

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

Expression of Interest

Name	
Telephone Number	
Email address	
Enquiry:	
Register as a student	
Find out more about the college	
Business interest/enquiry	



Like us on Facebook Wellbeing and Recovery College SSSFT

Please post your Expression of Interest Form to the Wellbeing and Recovery College, St Georges Hospital, Block 7, Corporation Street, Stafford, ST16 3AG or you can fill it in on our website recovery.sssft.nhs.uk



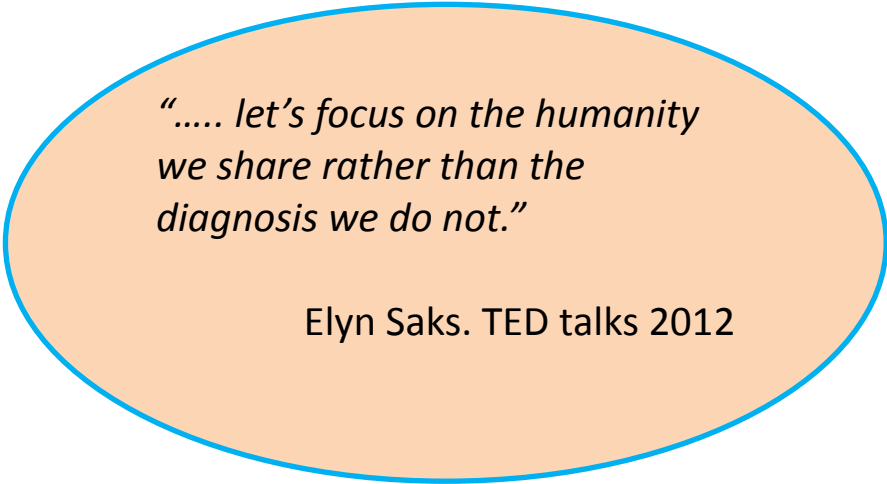
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Welcome

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

Within the Wellbeing and Recovery College we aim to provide recovery-focused education courses that are accessible to everyone within our local communities and work together to create an environment of Hope, Control and Opportunity for us all.



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

Elyn Saks. TED talks 2012

We aim to do this by:

- bringing together professional, carer and lived experience equally to guide all aspects of the college and our courses (co-production)
- challenging stigma by creating a safe environment where we can learn from each other and recognise each other’s strengths and vulnerabilities
- **keeping strong links with our communities**
- supporting and recognising that everyone’s wellbeing and recovery is individual
- focusing on what makes us well
- being open and accessible to all

Courses this term by area

Stafford

Art for Creative Wellbeing	Monday 16 th April, 23 rd April, 30 th April, 14 th May, 21 st May, 4 th June
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Understanding Post Traumatic Stress Disorder	Thursday 24 th May
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Thinking about Using your Lived Experience in the Work force	Thursday 7 th June and Thursday 14 th June
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Sleeping Well	Thursday 7 th June
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Understanding Anxiety	Friday 8 th June
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Understanding Chronic Fatigue Syndrome/Myalgic Encephalomyelitis	Monday 11 th June
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Anxiety Management	Friday 15 th June
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Introducing Compassion	Monday 11 th June, 18 th June, 25 th June
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Dignity & Diversity	Thursday 5 th July
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Wellbeing Toolkit	Friday 6 th July
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Burton/Lichfield

Introduction to Mindfulness (Burton)	Thursday 19 th April, 26 th May, 3 rd May, 10 th May
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Introduction to Yoga (Burton)	Monday 30 th April, 14 th May, 4 th June, 18 th June, 25 th June
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Introduction to Recovery (Lichfield)	Thursday 17 th May
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Courses this term by area

Shrewsbury/Telford/Market Drayton

Sleeping Well (Shrewsbury & Telford)	Wednesday 9 th May and Tuesday 3 rd July
Expressive Writing (Telford)	Tuesday 5 th June, 12 th June, 19 th June, 26 th June, 3 rd July, 10 th July
Practical Mindfulness (Market Drayton)	Tuesday 5 th June, 12 th June, 19 th June, 26 th June, 3 rd July, 10 th July
Health Coaching (Telford)	Wednesday 6 th , 13 th June, 27 th June and 4 th July
Life after Discharge (Shrewsbury)	Tuesday 12 th June
Exploring the Alternative (Telford)	Wednesday 13 th June
Understanding Anxiety (Shrewsbury)	Tuesday 19 th June
Anxiety Management (Shrewsbury)	Tuesday 26 th June
Understanding Eating Disorders	Thursday 28 th June
Wellbeing Toolkit (Shrewsbury)	Monday 2 nd July

Cannock/Seisdon

Understanding Bi-polar (Cannock)	Monday 18 th June
Understanding Anxiety (Seisdon)	Friday 22 nd June
Anxiety Management (Seisdon)	Friday 29 th June

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

FREE AND OPEN TO ALL!

If you are under 18 years old, please get in touch so we can discuss further with you.

How to enrol/eligibility

In order to enrol, simply call: 0300 790 7000 ext: 7128607 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 <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)

When you first enrol with the college you will meet with a member of our team to have the opportunity to complete an Individual Learning Plan so that we will be able to work with you to ensure your learning needs are met.

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. Whilst completing your ILP we will offer information, advice and guidance about our courses and their content.



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, a student of and a volunteer within the college. I am extremely proud to be a member of the Recovery College team helping it to continue to grow and co-producing and facilitating more next term.



My name is Jo and I'm Telford and Shrewsbury'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 through the College



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

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!)

Meet some of our Trainers



Hello, I'm Frank and I'm co-presenting the Expressing yourself in Words course. I've been writing poetry and plays now for over 15 years, and my particular passion is about writing in ways that can help us connect with ourselves and the world around us. I'm looking forward to working with people who want to explore the magic and power of words, in a friendly and safe environment.



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.



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.

Keep up to date by following our social media pages.

Website:

recovery.sssft.nhs.uk

Facebook:

Wellbeing and Recovery College SSSFT

Twitter: @reccollegessft

We are always looking to hear from our students about their experiences with the college and would like to share some on our new look website which is coming soon !!

If you would like to tell us your story about your journey with the college please do get in touch. This can be as much or as little as you like, just anything that you would like to share.

Please email us your stories!

kim.estall@sssft.nhs.uk

Courses:

Introduction to Recovery

One-week course

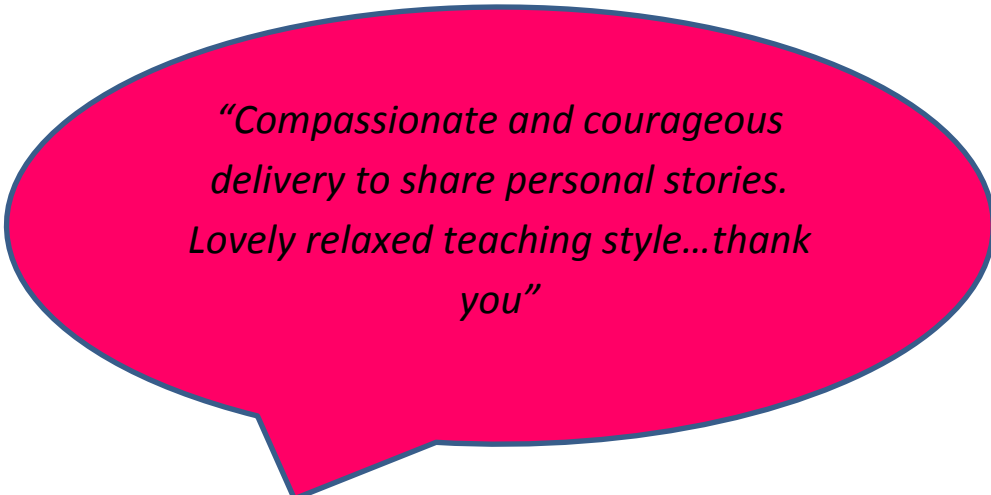
Three hours

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
Thursday 17 th May	13.00-16.00	Lichfield Fire Station, Lichfield





Introduction to Mindfulness

Four-week course

Two hours 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 19 th April for four weeks	13.30-15.30	The Brewhouse, Burton

Practical Mindfulness

Six-week course

One and a half hours each week

The skills of mindfulness are simply about being present to what is happening here and now. It is not about what has gone before or what may be happening next. It is about **now**. It teaches you how to focus on one thing at a time.

At any moment in time, you might be thinking, feeling, sensing and doing many different things. For example, what are you doing right now?

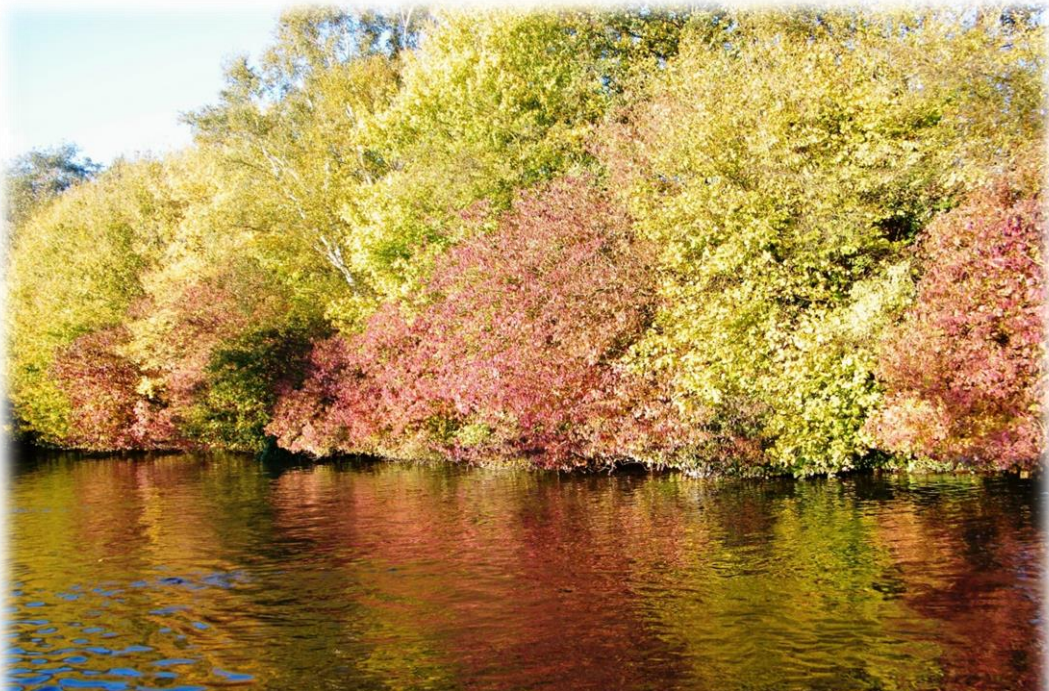
That's a lot to be aware of and this is what our busy lives are like. Our minds are full to bursting with information, ideas, worries and anxieties, questions and answers, images and much, more.

No one is 100% mindful all of the time but when you practice and learn mindfulness it will enable you to have more control.

Learning to be mindful can help with anxiety stress and generally improve your health.

Dates	Time	Location
Tuesday 5 th June for six weeks	10.30-12pm	Cottage Hospital, Market Drayton





A reflective Blaze by Janice Ingham

Expressive Writing

Six-week course

Two hours each week

This course is about showing people how they can express themselves through writing, as well as helping them develop skills and confidence through creating their own words. This six-week course is designed to take attendees on a journey of self-exploration, discovery and expression. No previous experience is necessary as this course does not focus on technical writing techniques but more so on finding a writing style that is authentically you in a welcoming environment. We're looking forward to seeing you there!

Dates	Time	Location
Tuesday 5 th June for six weeks	10.30-12.30	Donnington Hub, Donnington

Health Coaching

Four-week course

Two and a half hours each week

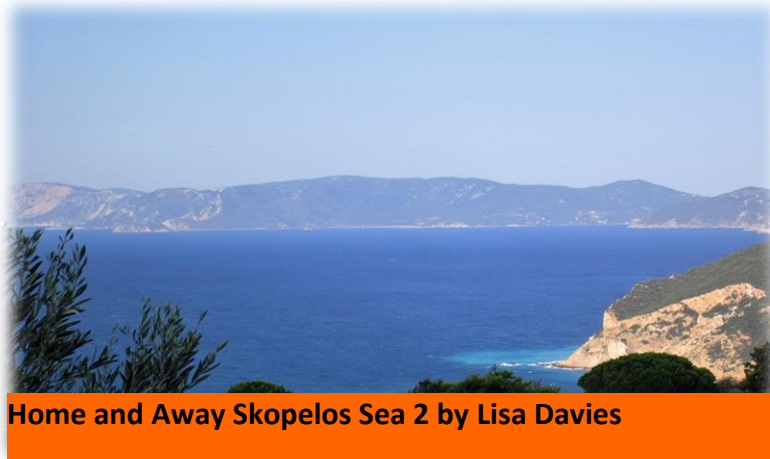
Our health coaching course is back on demand! Last term saw the introduction of the topic to the Telford area and this term our Health Coaching team is launching a four-session course.

Historically, healthcare decisions are made by professionals but evidence supports the benefits of individuals being a central focus of decisions made regarding their health. This unique training will help people and professionals to identify what aims and goals are important to individuals so they are empowered to strive for wellbeing that fits in with their lifestyles. In this course you will learn what is within our power to improve health and wellbeing, empowerment skills and health coaching skills with the aim to take control of your own health and coach others to do the same.

Dates	Time	Location
Wednesday 6 th June, Wednesday 13 th June, Wednesday 27 th June and Wednesday 4 th July	13.00-.15.30	Fuller House, Hall Court Telford



A stroll on golden sands by Jean MacDonald



Home and Away Skopelos Sea 2 by Lisa Davies

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.

Dates	Time	Location
Thursday 7 th and Thursday 14 th June	13.00-15.00	Littleworth Community Centre, Stafford

Art for Creative Wellbeing

Six-week course

Two hours 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 16 th April for six weeks	13.00 – 15.00	Stafford Baptist Church, Stafford



An Introduction to Yoga

Five-week course

One hour 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 for five weeks, there are some gaps between some weeks to allow you to practice the postures and breathing at home.

Dates	Time	Location
Monday mornings for five weeks from Monday 30 th April	10.00-11.00	Burton Fire Station, Burton

Wellbeing Toolkit

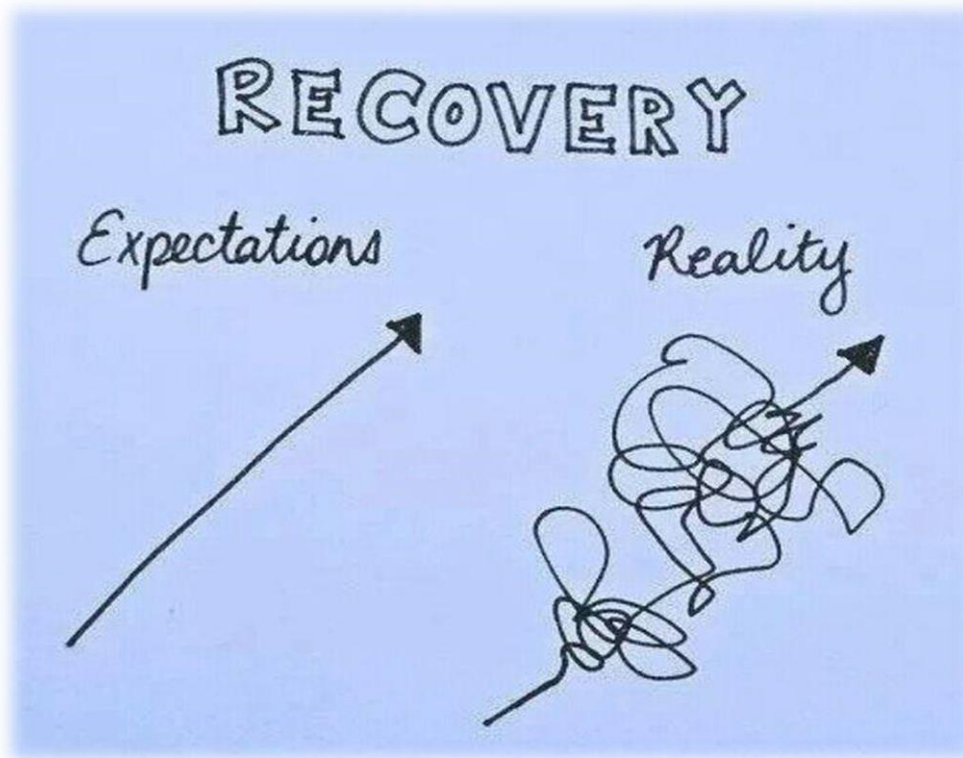
One session

Three hours

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
Monday 2 nd July	13.00 – 16.00	The Redwoods Centre, Shrewsbury
Friday 6 th July	13.00 – 16.00	Learning Centre, Stafford





Exploring the Alternative

One session

Three hours

It's true that there is no 'off the shelf' solution to improving wellbeing. There are services that offer fantastic support with proven clinical results but there are many other effective methods that aren't taught as standard. Are you curious to learn alternative approaches to build self-esteem, resilience, confidence and much more? If your answer is yes, this may be the course for you. During this taster session, you will be introduced to techniques such as transitional objects, vision boarding, subliminal messaging and more. If you're interested in exploring the alternative in a fun and creative environment, join this course!

Dates	Time	Location
Wednesday 13 th June	10.00-13.00	Glebe Centre, Wellington, Telford

Dignity and Diversity

One Session

Three 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 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 5 th July	10.00 – 14.30 (including a lunch break)	Learning Centre, St Georges, Stafford



Buttercup Meadow by Jean MacDonald

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 12 th June	13.00 – 16.00	The Redwoods Centre, Shrewsbury



"Really enjoyable – trainers were welcoming and excellent in their delivery. Sharing of experiences was really useful/reassuring"



Grounded yet still full of Hope

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
Wednesday 9 th May	10.00-13.00	Glebe Centre, Wellington, Telford
Thursday 7 th June	10.00-13.00	Learning Centre, Stafford
Tuesday 3 rd July	13.00-16.00	The Lantern, 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
Mondays 4th, 11 th and 18 th June	13.00 – 16.00	Learning Centre, Stafford



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 28 th June	13.00-16.00	The Lantern, Shrewsbury

Understanding Chronic Fatigue Syndrome/Myalgic Encephalomyelitis

One session

Three hours

Date	Time	Location
Monday 11 th June	13.00 – 16.00	Learning Centre, Stafford

Understanding Post Traumatic Stress

One session

Three hours

Dates	Time	Location
Thursday 24 th May	13.00 – 16.00	Stafford Baptist Church, Stafford

Understanding Bi-polar

One session

Two hours

Dates	Time	Location
Monday 18 th June	10.00-12.00	Longford Centre, Cannock

Understanding Anxiety

One session

Three hours

Dates	Time	Location
Friday 8 th June	10.00 – 13.00	Stafford Baptist Church, Stafford
Tuesday 19 th June	14.00-17.00	The Lantern, Shrewsbury
Friday 22 nd June	10.00 – 13.00	Bilbrook Fire Station, Seisdon

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

Anxiety Management

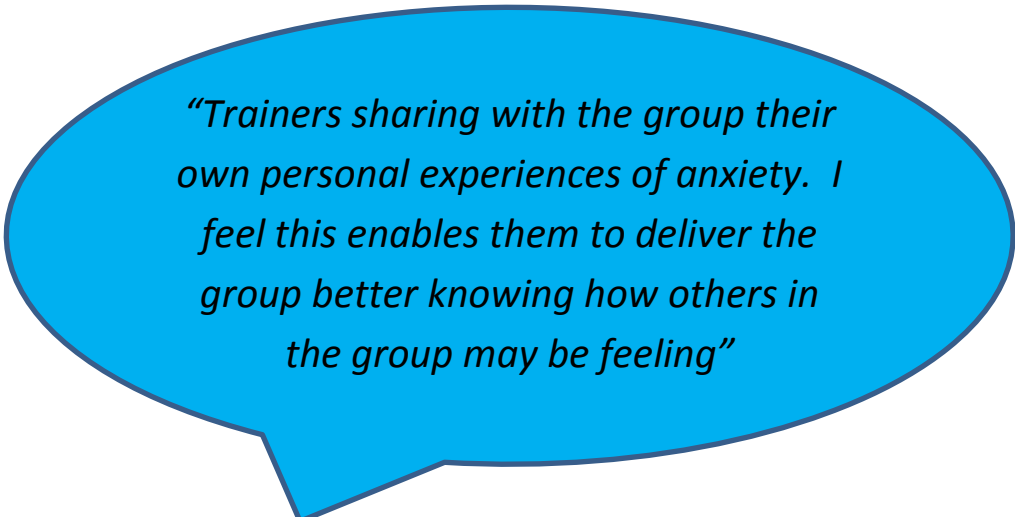
One Session

Three 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 15 th June	10.00-13.00	Stafford Baptist Church, Stafford
Tuesday 26 th June	14.00-17.00	The Lantern, Shrewsbury
Friday 29 th June	10.00-13.00	Bilbrook Fire Station, Seisdon

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



“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”



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 0300 790 7000 ext: 7128607 or 07891 099460.

FAQS

How much do courses cost?

All courses at the Wellbeing and Recovery College are currently free to attend for all of our 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@sssf.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 a professional with experience of working with people with challenges linked to the subject of the course.

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?

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:

0300 790 7000 ext: 7128607

07891 099460

Email: WellbeingREC@sssft.nhs.uk

Facebook: Wellbeing and Recovery College SSSFT

Twitter: reccollegessft

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