



The Recovery College Newsletter

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In this month's edition:

*New Staff Members**World Mental Health Day**Faith and Belief Visits**Gardening Project**Hospital Drop-In's**Summer Celebration*

Hi from Kerry and Liane Principal/Deputy

Welcome to our Autumn & Spring term newsletter.

As we near the end of term again we would like to say a big thank to all of our volunteers, friends of and students who get involved in our coproduction groups. As a service we are always looking at ways to improve and value all of your input. In the next academic years we will be focusing on new projects such as volunteering and Moodle, if you would like to get involved please contact the college.

We would like to say a huge congratulations to all of our students who have attended this term. We have had some great feedback from you on what amazing things you have achieved, and have loved seeing the creative work you send through.

We would like to say a big welcome to all of our new staff and thank you all of the students for giving the new team members a warm welcome.

We wish you all well for the holidays and look forward to seeing you in the New Year.

Kerry & Liane

Students! Did you know we have a [Student Facebook Group](#)?

A place where students can share work, tips & discover what is new with the college

 [@RecoveryColleg3](#)

 [@TheRecoveryCollegeBCHFT](#)



New faces to the Team

Since starting a new term we have welcomed a number of new staff members to our team here at The Recovery College. You may have already met some during courses but if you haven't already, be sure to say hello when you do they're a friendly bunch!

Our new members of staff are:

Mareesha Morris – Facilitator

Dawn Ballard-White – Facilitator

Neil Farrington – Facilitator

Hazel Cummings – Facilitator

Catherine Massey - Administrator

Steven Chand - Deputy Principal

Edward Wakefield - Digital Officer

Ushaben Patel - Volunteer Coordinator

Keyleigh Alison - Administrator

Zak Rose - Facilitator

Hospital Drop-In's

This term we will also be doing drop-in's to your local hospitals to raise awareness of what The Recovery College service does and support that we offer, in areas of Dudley, Walsall, Sandwell and Wolverhampton.

Summer Celebration

We want to say a big thank you to everyone who attended our Summer Celebration back in July. It was great to see all your performances and artwork, but also it allowed us time to reflect back on the term and celebrate.

Gardening Project

With autumn officially here at the Recovery College, we have been super busy with our gardening projects across all our areas in the Black Country. Getting everything ready for spring next year.



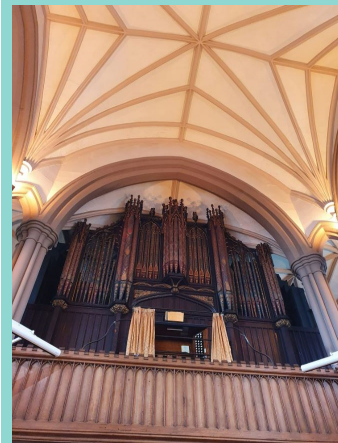
Do you have an interest in gardening or do you want to learn a new hobby?

No experience is necessary just come along and discover how caring for nature can have a positive effect on your mental health & physical health.

Faith Communities of The Black Country

With the return of our face to face course, this term we had our first 'Visit to Faith Communities in The Black Country.'

Our first stop was at the 'Top Church' in Dudley, where we learnt more about the history of the building and what's going on there today.



These visits are not only a great way to learn more history of the building, but also the different beliefs and places of worship within our community today.

World Mental Health Day

On the 10th October we celebrated World Mental Health Day at The Recovery College. This day signifies to raise awareness globally to open up about our mental health, from how we look after ourselves, prioritizing self-care and our wellbeing. Mental Health is something that affects everyone like ourselves, families, friends, workplaces, as well as all communities and it impacts every one of us. Which is why it's so important that we talk about things when we are struggling, from knowing how to access help and support when we need too. Here at The Recovery College, we took this a day to reflect on how we look after our mental health and wellbeing in our everyday lives.

