

# THE RECOVERY COLLEGE GAZETTE

April 2023

Connectedness Hope and Optimism Identity Meaning and Purpose Empowerment

## Principal's Message



HI ALL.

Well as another term draws to an end and we get ready for the summer term I want to say a huge congratulations to all of our students who have worked so hard this term to achieve their goals. I also want to thank you to all that joined us for our end of term celebration, it was a great day that was thoroughly enjoyed by all.

As we start contacting you now for the end of term learner reviews do give yourselves a moment to reflect on all that you have achieved and give some thought to what you would like to achieve if you are joining us for the summer term.

I would like to welcome Steve and Caprice to the team, they have joined us in the role of Learning support assistants to further enhance the journeys for our students who may require some additional learning support.

I would like to say a heartfelt thankyou to all that have supported the Recovery College this term by Volunteering, coproducing and being involved in our various development, evaluation and coproduction groups, your support and feedback is highly valued.

Following a really successful event, next term we are excited to be hosting Principals drop ins where students can come and spend some time with the Principals, get to know us, share ideas and ask questions, the dates of these will be shared very soon.

We will also be announcing later in the term where our new bases are and hosting some open day events to give you all opportunity to come and have a look.

I would like to take this opportunity to wish you well for next term, both those that are joining us and those that are moving on to pastures new.

Best Wishes, Kerry Wilkes



**The Recovery College**  
FOR THE BLACK COUNTRY



# What are Recovery Colleges?

There are a number of Recovery Colleges running across the country offering educational courses about mental health and recovery which are designed to increase students' knowledge and skills and to help them feel more confident in self-management of their own mental health.

The Recovery College provides an educational learning environment for people who have an interest in, or personal difficulties with mental health. Our digital, classroom and outdoor courses celebrate our successes and build on existing skills and strategies rather than highlighting problems or failures.

## What is co-production?

### How do I get involved?

Co-production means working together to do something different. It is about people with different views and ideas coming together to make things better for everyone.

In the recovery college we take a co-production approach, meaning people with personal experience, including people overcoming distress and supporters (family members and friends) work in respectful partnerships with professionals to co-design, co-deliver and co-evaluate all aspects of the college.



## The Six Principles of Co-production are:

- A co-operative learning approach
- A strengths based approach
- Collaborative Partnership Working
- Partnership of equals
- A move from clinical roles
- Taking risks together



## You Said...

'We want to be more connected to staff and other students.'

'We would love to work in Community Gardens.'

'We want Peer Mentors.'

'We want the college to be more culturally sensitive and diverse.'

## We did...

Created Recover Together Sessions, both online and in person.

Established gardens at Dudley, Sandwell, Wolverhampton and Walsall

Recruited new Learning Support Assistants

'We updated our paperwork to include more gender and sexual orientations as well as working with more diverse community organisations.'



## What's New?



### Principal's Drop In

This will be an opportunity to bring your questions or feedback directly to the principal.

### Learn to Lift

Learn to Lift course next term will include new exercises for a better, rounded experience. This includes workshops in cardio, stretching and strength.

### Veteran's Co-Production Group

Have you or a family member served in the armed forces?  
Are you living or posted in the Black Country area?

We need your help to ensure that the Recovery College is easily accessible for individuals who have served, and their family members.



# Behind the Scenes...

We are currently working hard on securing and preparing our new Recovery College Campuses in the Dudley, Walsall and Wolverhampton areas and hope to be able to inform you of the location of each of the Campuses and the individual Launch and Open Days very soon!

Behind the scenes, the Recovery College are also supporting the Trust with the management of waiting lists for services, access to talking therapies, access for the Veteran communities and in ensuring that everyone living in the Black Country has access to mental health services and support.



Moodle is a Learning Management System that will enable students to proactively manage their own learning through direct access to course learning resources, view and manage their learning and recovery journeys, receive stars and certificates for their achievements, and in the longer term have access on line video based courses. The Recovery College Moodle is currently being coproduced and developed by students in the Moodle and Development Groups and we hope to be able to bring you some news very soon, on when Moodle will be available to students and the dates for Moodle training and information days.



# Did you know?

Some members of our staff come from mental health professional backgrounds?

Many of our staff have personal experience of mental health difficulties

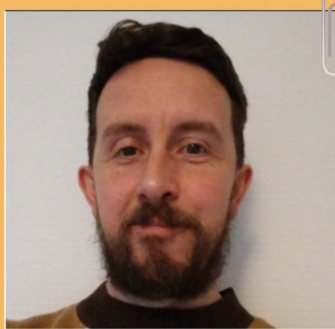
There are now more than 80 Recovery Colleges nationwide across the UK



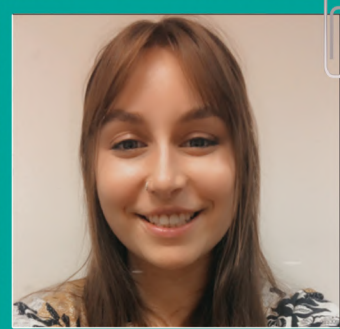
## New Faces to the Team!



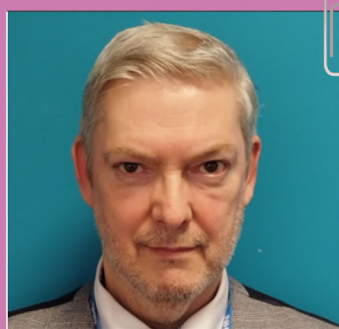
**Stevie Chand**  
Deputy Principal



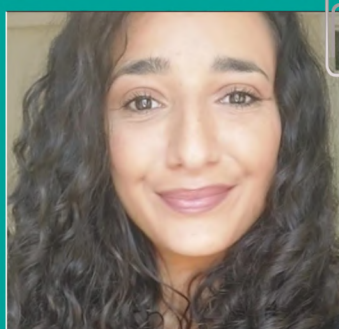
**Ed Wakefield**  
Digital Officer



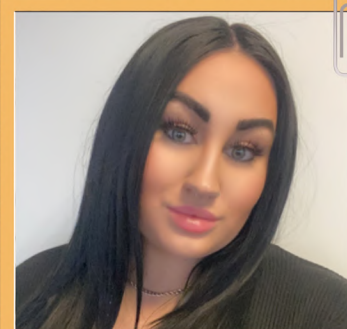
**Keyleigh Alison**  
Administrator



**Steven Jones**  
Learning Support Assistant



**Caprice Stevenson**  
Learning Support Assistant



**Catherine Massey**  
Administrator





# We want to hear from you!

To make either an informal or formal complaint, please contact the Recovery College using the contact methods as detailed below:

☎ 0121 543 4061 or 07979 199 991

✉ The Recovery College  
Quayside House  
Rounds Green Road  
Oldbury  
B69 2DG

✉ info@therecoverycollege.co.uk.

If after following the above process, you are not happy with how your complaint has been actioned or dealt with, please contact the Black Country Healthcare NHS Foundation Trust, Service Experience Desk (SED) which is the central point of contact for all complaints, compliments and feedback.

The Service Experience Desk  
Monday to Friday, from 9am to 5pm.

Freephone: 0800 587 7720  
E-mail: sed.bchft@nhs.net

Post: Freepost RRRG-BBTC-UKSE

Black Country Healthcare NHS Foundation Trust

Service Experience Desk

Trafalgar House  
47-49 King Street  
Dudley DY2 8PS

Your feedback matters!

You can feedback to us through a telephone conversation, by sending a text, a pre-planned Zoom meeting or by sending an email.



# Recovery College Hall of Fame

