

THE RECOVERY COLLEGE GAZETTE

August 2023

Connectedness Hope and Optimism Identity Meaning and Purpose Empowerment

Deputy Principal's Message

Hi All,

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



At this event we showcased the amazing talent of our students and the incredible work and progress our students make each and every term.

As we look to the new term, we look forward to welcoming you to our new Recovery College bases, which you will all be invited to the launch events, for anyone who can't be with us in person we will be creating video tours of each of our bases and we hope we can see you all soon!



Have a lovely break,
best wishes,
Liane and Stevie.

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 the College to be based in the Community'.

'We want online and face to face learning.'

'We want more advertising and promotion of the Recovery College.'

We did...

We are expanding throughout the Black Country with bases opening next term in Dudley, Wolverhampton, & Walsall.

We offer a blended learning approach of digital, face to face and outdoor delivery.

Thanks to the Recovery College marketing team we are much more visible within the Black Country area, having attended more than 70 events since January.



What's New?



Let's Talk About Loneliness

Let's talk about Loneliness is a 6 week course both for sufferers of loneliness and people seeking to learn more about loneliness to support others. This course raises awareness and looks at causes and effects of loneliness.

Men's Wellbeing

A course for men to come together over 4 weeks in a safe space to talk about all things mental health, with no judgements.

Basic I.T Skills

This term we are bringing a 4 week face to face course at the college to introduce and help you learn basic IT skills.



Behind the Scenes...

The Recovery College is currently working on the Commissioning of a Community Sector Training Courses Project and will shortly be commissioning approximately 16 community and voluntary organisations to deliver a recovery, wellbeing or life improvement training course to Black Country communities that are not currently accessing the Recovery College.

- This is a pilot project supporting the development of a future, larger plan for inclusive access to the Recovery College.
- Through collaboration with community and voluntary organizations we would love to deliver courses in various languages and within familiar community settings.
- Our Long-term goal? Establish mini Recovery College Campuses in community venues to expand course delivery across the Black Country.
- We will focus on training and supporting organizations to reach individuals who wouldn't access a Recovery College Campus otherwise.

At the moment this project is in its very early stages but it's a project that we are really passionate about at the Recovery College and we would love your support to help us make it happen.

We're keen to hear your thoughts about our long term plan. If you would like to be involved in the coproduction of this future project, please email:

info@therecoverycollege.org

Did you know?

You do not need any formal qualifications or experience to attend the college!

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!



Usha Patel
Lead Volunteer Co-ordinator



Juwayriya Zulffkar
Learning Support Assistant



Zak Rose
Facilitator



Sarah Townend
Learning Support Assistant



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

