

THE RECOVERY COLLEGE GAZETTE

Christmas Edition
December 2023

Connectedness Hope and Optimism Identity Meaning and Purpose Empowerment

Principal's Message

Hi All,

Autumn has been an exciting term for the Recovery College, it has been wonderful to see some of our students' and stakeholder's wishes turn in to reality with the opening of our new bases across the Black Country.

Each base is slightly different but all having elements of what you told us was important to our students, like space to connect, being within walking distance from a town and access to computers. As we settle into these new spaces you will be seeing even more: like gallery spaces to showcase our students work.

It was fantastic to see students old and new supporting the open days and attending courses at the bases. Next term we are pleased to announce an increase in face to face courses being delivered at our bases and we will also be piloting "blended delivery" which means courses will have some students in the room and some on line. This new approach will allow us to increase our course capacity whilst being responsive to our student's needs and continually improving our inclusivity. As blended delivery is a pilot we will be asking you for your feedback to inform our future deliveries.

As the term comes to an end I would like to thank all of our volunteers and partners who contribute so much to the delivery at the Recovery College and take this opportunity to congratulate all of our students for all of their achievements and wish everybody a very happy holiday season.

Best Wishes
Kerry & Liane





Christmas Refresher

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



Where can you find us?



**Quayside House
Rounds Green
Road Oldbury
B69 2DG**



**The Good Shepherd
63 Waterloo Road
Wolverhampton
WV1 4QU**

**DY1 Community Building
Stafford Street
Dudley
DY1 1RT**



**YMCA
1A Small
Street,
Walsall
WS1 3PR**



**The Recovery College
FOR THE BLACK COUNTRY**

Coping with Christmas

If you struggle with mental health over the festive period, here are a couple of hints and tips to help you improve your Christmas experience.

- **Embrace and accept it.**
- There will be reminders on the TV, radio, shops, your friends and family, everywhere. Try the following:



- Do Christmas your way!
- Put a couple of decorations up – cheap and cheerful is the way to go!

- Be proactive in making the event special for you... special food, a new top, treat yourself. You are worth it!
- It's ok to review who you buy for when you're on a tight budget.
- Buy gifts from charity shops or make your own gifts.



- Starting early will reduce your anxiety and feeling 'rushed'.
- If you don't want to meet in person or don't fancy the Christmas crowds you can still reach family and friends via WhatsApp, Skype, Zoom, telephone call chats or meet ups
- If you're alone on Christmas day, plan your day around yourself and do things that make you happy. Make your own Christmas.



- *Lastly...Be kind to yourself*

A Christmas Poem

by one of our students

from our Autumn Poetry Course

Kindness

**The act of kindness
I always find pleasant
Is one that involves
The gifting of a present**

**A big expense
It need not be
But must be of value
To the giftee**

**A bar of chocolate
A packet of sweets
A bottle of wine
Or a card that greets**

**No matter what
It helps sew the seed
To pay it forward
And do a good deed**

**Making someone smile
I think is the kindest thing to do
And maybe one day
Someone will pay it forward to you**

~Stef A



The Recovery College
FOR THE BLACK COUNTRY



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

