



The Recovery College Newsletter

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In this month's edition:

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New Courses for September

*Face to Face**Recover Together Groups**Visits to Faith and Belief
Communities of the Black
Country**Coping with Christmas**Christmas Crafts**Couch to 5K (Online support)**Learn to Lift**Autism Awareness**Money Matters**The 'Good Grief'
Bereavement & Loss Course**Tai Chi**Open Wellbeing**Mental Health Awareness
(Half Day) dates TBC**DBT Refresher Course*

Hi from Kerry and Liane Principal/Deputy

Welcome to our summer term newsletter.

We hope you are all enjoying the wonderful sunshine and are getting out & about in nature.

Here at the college, we have been making the most of the summer weather with our walks and gardening projects, which are now across Walsall, Dudley, Wolverhampton, and Sandwell, with the Sandwell project being visited by our local MP Shaun Bailey in June.

We have all enjoyed this term celebrating events at the college such as the Summer Solstice, Eid with the Spiritual care team, The Platinum Jubilee and LGBTQ+ PRIDE. It's been a busy term since our launch across the Black Country and as always we thank all of our volunteers, friends of, students and partners who have helped us on this journey. We look forward to increasing our face-to-face activities next term with the launch of our Recover Together sessions being held in venues across the Black Country, as well as online.

We have been busy recruiting new staff and will be welcoming new members to the team very soon, we would also like to say a big congratulations to Kirstie who has been successful in gaining the role of Business Development and Sustainability Manager for the Recovery College, Kiran who was successful in gaining the role of our second Lead facilitator along with Sarah and Jon who has secured a permanent role as Recovery College facilitator, well done to all of you.

We have been out and about this term at various events raising the Recovery College Profile and running online drop-in sessions to share our information, please do let us know if there are any events you think we should attend or any ideas you may have on how we can spread the word about The Recovery College .

We look forward to welcoming you all next term.

Take Care

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](#)



National Carers Event

As part of National Carers Week, The Carers Team hosted a tea party for carers in Sandwell on the 8th June.

The Recovery College was invited along to talk to people about what we do and how to enrol. We enjoyed meeting everyone at the event and hearing all about the carers team.

The team enjoyed a slice of cake or two and we'd like to thank the carers team for their kind hospitality.



Pride Month

Every year, during the month of June, LGBTQ+ people and their allies come together to celebrate and recognise the influence LGBTQ+ people have had around the world and acknowledge the struggles still faced by the community.

Each year there is a specific theme to make people aware of the achievements and struggles of the LGBTQ+ community. The theme for 2022 is Politics in Art and it is based on art and design.

This year marks the 50th anniversary of the first Pride March in the UK & to celebrate this we had guest speakers, Pride themed games & activities as well as our very own RT art group themed for Pride.

Dudley & Walsall Gardening

The Recovery College is now branching out into Dudley and Walsall, starting our new Gardening Groups.

So whether you have an interest in gardening or have no experience at all, come along and discover how caring for nature can have a positive effect on your mental and physical health.

If you would like more information regarding the gardening course be sure contact us; 0121 543 4061 or info@therecoverycollege.co.uk



Shaun Baileys MP visit to the Neptune Project

It was great to meet Shaun Bailey MP at the start of June, on his visit to Neptune Health Park. He met with staff and students who were tending to their raised beds as part of the Neptune Gardening Project.

The Project aims to help students connect with nature and discover the positive affects this can bring to your mental and physical health, as well as brightening up the area for visitors.

