

THE RECOVERY COLLEGE GAZETTE

April 2024

Connectedness Hope and Optimism Identity Meaning and Purpose Empowerment

Principal's Message



Welcome to our Spring Term newsletter.

The Autumn term has been a wonderful term with the piloting of our Blended delivery. We thank all of our students for their patience and motivation to try new things during this time of change and learning for all.

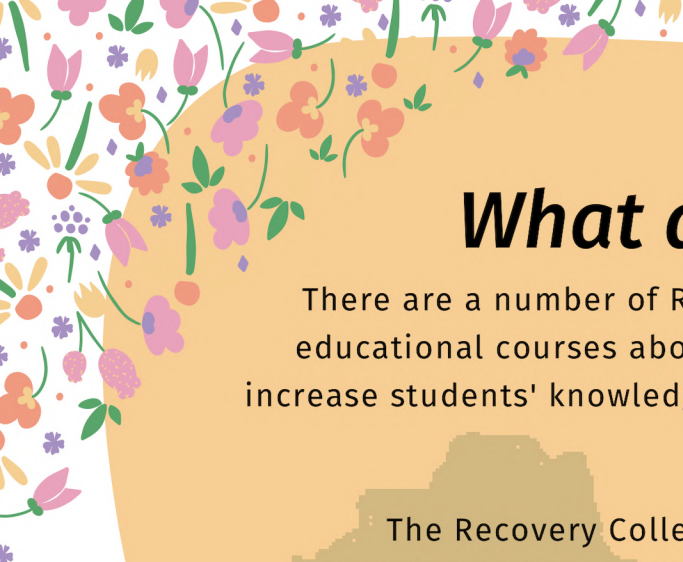
Blended delivery has enabled the Recovery College to offer more sessions and to better meet the needs of our students. We know this has not been without challenge at times and are as always keen to hear all of your feedback so we can keep improving to make sure we offer our students the best service.

This term you will see our brand new look prospectus, based on feedback that we received on our previous formats, which we hope you will all find an improvement.

Spring is a time for new beginnings and growth a time a year of which I personally love, with lighter mornings and nights and warmer weather. It is a great time to reflect on all you have achieved and set some new goals for the coming season and term.

Last term we noticed that more students were attending our online sessions with their cameras off. So to help us all connect in the best way and get the most out of our learning I would like to take this opportunity to request that all of our students (unless prior arranged) attend the sessions with their cameras on or make it a goal to work towards, honestly it makes a huge difference and is a great goal that we can support you to work towards.

Please do let us know if we can support you in any way.



Spring 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



Our new timetable

SANDWELL COURSES

NHS
Black Country Healthcare
NHS Foundation Trust

Course Name	Day & Start Date	Time & Sessions	Where?
Exploring	Wednesday 22nd May - 19th June	10:00am - 11:45am 5 Sessions	Face to face with online option
Health Walk	Wednesday 22nd May - 24th July	12:30 pm - 1:30pm 10 Sessions	Face to face
Sound Relaxation	Wednesday 22nd May - 26th June	2:00pm - 3:00pm 6 Sessions	Face to face with online option
Gardening	Wednesday 22nd May - 24th July	2:15pm - 4:00pm 10 Sessions	Face to Face
CHIME	Wednesday 26th June - 24th July	10:00am - 11:45am 5 Sessions	Face to face with online option
Planning Our Wellbeing (POW)	Thursday 23rd May - 13th June	10:00am - 11:45am 4 Sessions	Face to face with online option
Recover Together	Thursday	12:15pm - 1:45pm	Face to face with online option

We have co-produced our new timetable to make it easier to see our courses at a glance, separating them into our four areas of delivery: Sandwell, Dudley, Walsall and Wolverhampton. We have also included our online only courses.

DUDLEY COURSES

NHS
Black Country Healthcare
NHS Foundation Trust

Course Name	Day & Start Date	Time & Sessions	Where?
Poetry	Wednesday 22nd May - 19th June	10:00am - 11:45am 5 Sessions	Face to face with online option
Recover Together	Wednesday 22nd May - 24th July	12:15pm - 1:45pm 10 Sessions	Face to face with online option
Money Matters	Wednesday 22nd May - 5th June	2:15pm - 4:00pm 3 Sessions	Face to face with online option
Let's Talk About Loneliness	Wednesday 12th June - 17th July	2:15pm - 4:00pm 6 Sessions	Face to face with online option
Getting to Know Your Emotions	Wednesday 26th June - 17th July	10:00am - 11:45am 4 Sessions	Face to face with online option
Recover Together Art	Thursday 23rd May - 27th June	10:00am - 11:45am 6 Sessions	Face to face with online option
Planning Our Wellbeing	Thursday 4th July - 25th July	10:00am - 11:45am 4 Sessions	Face to face with online option

In addition we have now added **Our Course Calendar** to our website. Here you can view courses via:

- List
- Day
- Week
- Month

WOLVERHAMPTON COURSES

NHS
Black Country Healthcare
NHS Foundation Trust

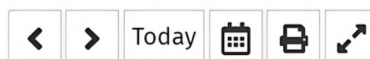
Course Name	Day & Start Date	Time & Sessions	Where?
Creative Writing	Monday 20th May - 24th June	10:00am - 11:45am 5 Sessions	Face to face with online option
Health Walk	Monday 20th May - 22nd July	1:30pm - 2:30pm 9 Sessions	Face to Face
Basic IT Skills	Monday 20th May - 17th June	3:00pm - 4:30pm 4 Sessions	Face to face with online option
Food and Mood	Monday 24th June - 22nd July	3:00pm - 4:30pm 5 Sessions	Face to face with online option
Coping With	Monday 1st July - 22nd July	10:00am - 11:45am 4 Sessions	Face to face with online option
Planning Our Wellbeing (POW)	Wednesday 22nd May - 12th June	10:00am - 11:45am 4 Sessions	Face to face with online option
Recover Together	Wednesday 22nd May - 24th July	12:15pm - 1:45pm 10 Sessions	Face to face with online option

Head to www.therecoverycollege.co.uk to see more.

WALSALL COURSES

NHS
Black Country Healthcare
NHS Foundation Trust

Course Name	Day & Start Date	Time & Sessions	Where?
Gratitude	Monday 20th May - 1st July	10:00am - 11:45am 6 Sessions	Face to face with online option
Recover Together	Monday 20th May - 22nd July	12:15pm - 1:45pm 9 Sessions	Face to face with online option
Gardening	Monday 20th May - 22nd July	2:15pm - 4:00pm 9 Sessions	Face to face
Women's Wellbeing	Monday 8th July - 22nd July	10:00am - 11:45am 3 Sessions	Face to face with online option
Planning Our Wellbeing (POW Cohort 1)	Wednesday 22nd May - 12th June	10:00am - 11:45am 4 Sessions	Face to face with online option
Planning Our Wellbeing (POW Cohort 2)	Wednesday 19th June - 10th July	10:00am - 11:45am 4 Sessions	Face to face with online option
Getting to Know Your Emotions	Wednesday 22nd May - 12th June	2:15pm - 4:00pm 4 Sessions	Face to face with online option
Food and Mood	Wednesday 19th June - 17th July	2:15pm - 4:00pm 5 Sessions	Face to face with online option
	Thursday	10:00am - 11:45am	Face to face



May 9 2024 - Jun 7

Wednesday	
10:00 am - 11:45 am	● Poetry
12:15 pm - 1:45 pm	● Recover Together
2:15 pm - 4:00 pm	● Money Matters

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**



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

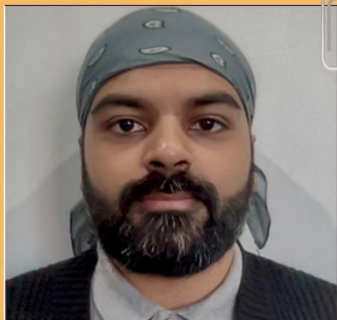
There are now more than 80 Recovery Colleges nationwide across the UK



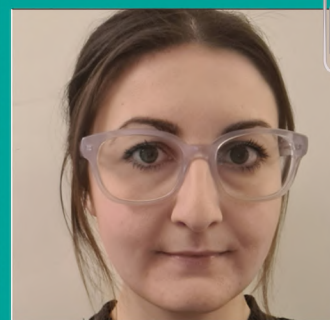
New Faces to the Team!



Lauren O' Connor
Marketing Assistant



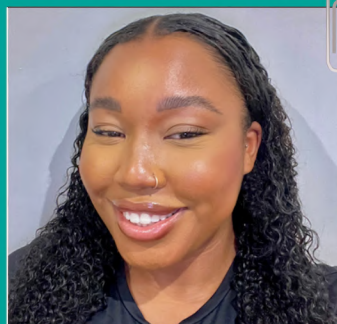
Ravi Sahota
Facilitator



Charlotte Burton
Lead Facilitator



Stuart Williams
Facilitator



Ciana Campbell
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

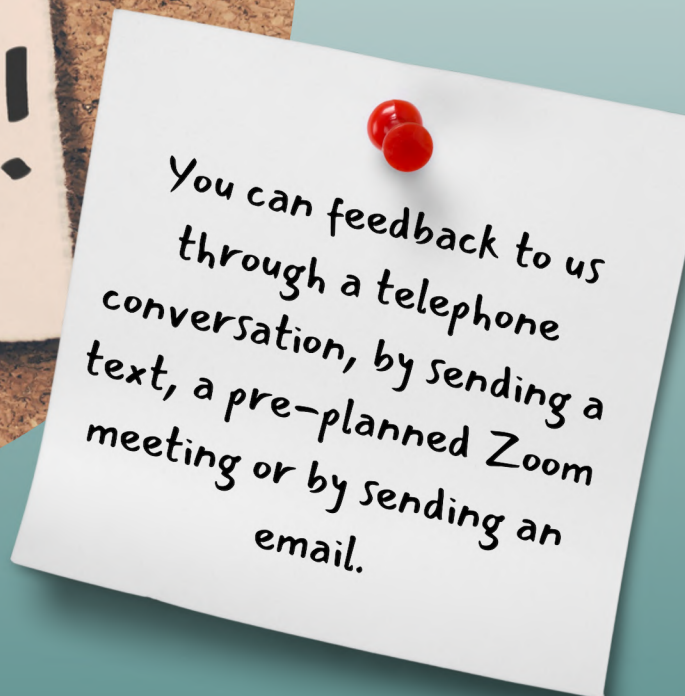
Black Country Healthcare NHS Foundation Trust

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.



SOCIALS

We have a fantastic YouTube channel where you will find student testimonials, Recovery College activities and so much more. Please subscribe below to keep up to date with everything we're doing.

 **SUBSCRIBE** @RecoveryCollegeBC

A Day in the Life of...

A Recovery College Volunteer
Meet Donna



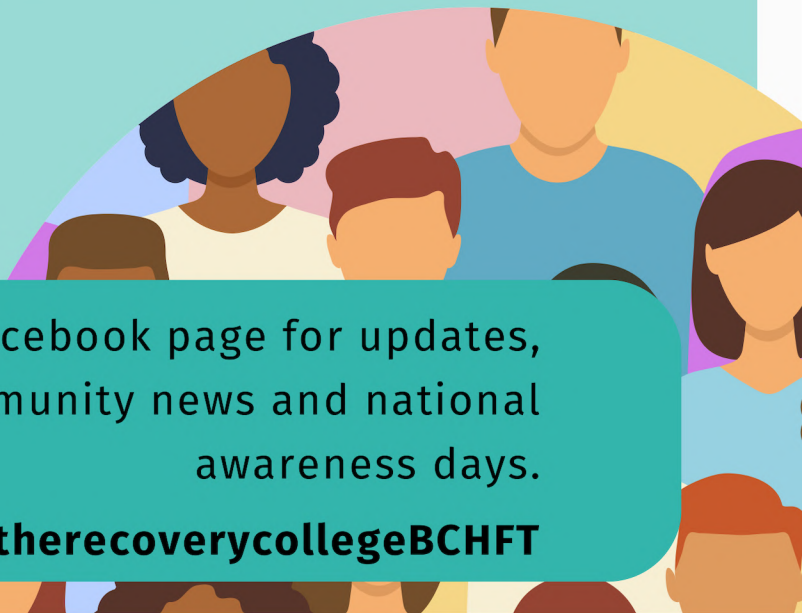
A Day in the Life of...

A Student co-producer
Meet Paul



A Day in the Life of...

A former Recovery College student
Meet Tracey



Join our Facebook page for updates, opportunities, community news and national awareness days.

facebook.com/therecoverycollegeBCHFT

Stay up to date with College events and wider NHS news on our X page



@RecoveryColleg3

Recovery College Hall of Fame

