

# THE RECOVERY COLLEGE GAZETTE

November 2024

Connectedness Hope and Optimism Identity Meaning and Purpose Empowerment

## Kerry & Liane's Message

**Autumn term has been another inspirational few months.** We have received so many positive comments on how the Recovery College has helped students really learn, explore and connect; it really is an honour to be part of this team and share in our students journeys and successes.

Thank you to all those who were able to join us for the end of term celebration, it really is wonderful seeing our students come together, reflect and celebrate all that is achieved. The talents of our student group never fail to absolutely amaze me.

New at the end of this term we have proudly shared our new coproduced student charter which will replace the code of conduct.

The charter sets out expectations for all and really does share our ethos of inclusivity, growth and recovery. In the hopes of creating the best environment to learn for us all, please do have a read and familiarise yourself with it and let us know if you need any support to do this.

With that I would like to take this opportunity to wish you all a happy and healthy festive season and look forward to seeing you in the new year.



**Kerry**  
Principal



**We are in the season of many winter celebrations, celebrating the triumph of light over darkness and we are close now to the turning point of the year when the light begins to return and the days will get longer.**

This cycle of nature reminds us that all is temporary and whilst it's here, the darkness can provide a welcome blanket to reflect on our achievements and losses across the year and process what we can take as learning from both. For each of you this will look different and the opportunity is to reflect and change.

So I want to invite you all to consider this question as we move into the winter break and look forward to our new term and you are all having your where are you now chats and setting your goals.

What seeds/ideas am I getting ready to plant?

What's already germinating and beginning wind its way through the earth?

What can I do to nurture this? Just as the earth keeps it protected as it grows and is ready to emerge in spring.



# Our Spring timetable

Our new Spring 2025 timetable is out! See our courses at a glance, separated into our four areas of delivery: Sandwell, Dudley, Walsall and Wolverhampton. We have also included our online only courses. **For the time being, we will only be sending out timetables and workbooks digitally via email.** However, if you require a hard copy please get in touch:

**Telephone: 0121 543 4061**

**Email: [info@therecoverycollege.co.uk](mailto:info@therecoverycollege.co.uk)**

Our courses will be delivered:

Face to Face

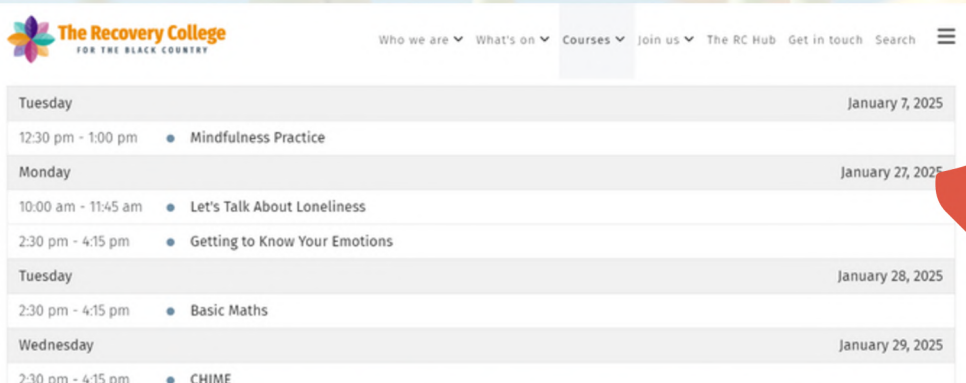
Online via Zoom


Blended - with the option to join face to face or online

In addition check out Our Course Calendar on our website. Here you can view courses via:

- **List**
- **Day**
- **Week**
- **Month**

**Head to [www.therecoverycollege.co.uk](http://www.therecoverycollege.co.uk) to see more**



 <b>The Recovery College</b> FOR THE BLACK COUNTRY	Who we are ▾ What's on ▾ Courses ▾ Join us ▾ The RC Hub Get in touch Search ☰
Tuesday	January 7, 2025
12:30 pm - 1:00 pm	• Mindfulness Practice
Monday	January 27, 2025
10:00 am - 11:45 am	• Let's Talk About Loneliness
2:30 pm - 4:15 pm	• Getting to Know Your Emotions
Tuesday	January 28, 2025
2:30 pm - 4:15 pm	• Basic Maths
Wednesday	January 29, 2025
2:30 pm - 4:15 pm	• CHIME



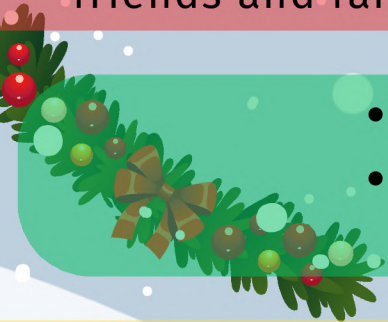
# Thriving Through Winter

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



## Helpful Websites

Mind.org.uk: Tips for coping during Christmas

Samaritans.org.uk: If you're finding things hard this winter

brownhealth.org/be-well: How to Maintain Your Mental Health in Winter

cwmind.org.uk: Seasonal Self Care



SANTA'S LIST

WELLBEING

- Lastly...**Be kind to yourself**



# Meet the Learning Support Assistant Team



**Freya**

***“What made you want to become a Learning Support Assistant?”***

“I wanted to give back to a service and a community who helped me through my own struggles. Putting smiles on people’s faces is always my favourite part of the day and now I get to do this for the people who deserve it the most.”



**Juwayria**

“...to support people in their recovery journey, be there to see people overcoming barriers and achieving their goals, I wanted my lived experience of mental health to provide support.”



**Sarah**

“Support people in a tailored way  
Deliver new student pathway support and workshops  
Develop a new team within the Recovery College.”



**Lewis**

“...so that I could help others using my lived experiences. It was also to develop myself in my own personal recovery and to improve my skills to further my career.”



**Julian**

“To serve the communities that are on a recovery path that I myself am still on.”



**Luke**

“I’m passionate about trying to help my fellow people, I strongly believe that this starts by building community and connection. I found out The Recovery College ethos aligns to my own values, as I work alongside students on their journey.”

# Moving Forwards:

## Building a Brighter Future Course

NEW

*The course is aimed at the Armed Forces Community, in particular individuals that have previously served or are currently or about to transition into civilian life*

### Course Highlights:

- Understanding the impact of your military service on your current situation.
- Gaining perspective and clarity about your life's direction.

### Benefits of this course include:

- Tools and techniques to help you navigate life's challenges and implement positive change.
- Learning useful strategies to help you live your best life and improve your own wellbeing.
- Signposting to Employment Services and Support.
- Signposting to Health and Mental Health Support.
- Signposting to Community Social Groups and Activities.

### Course Breakdown

1. Introductions, Ways of Working and Individual Aims
2. The Military Mindset  
*Understand how the human mind works and the impact of how your mind is shaped by your experiences.*
3. Breathe, Sleep, Move  
*Review your health and wellbeing and the positive changes you can make to your lifestyle.*
4. Learning to prioritise, plan and make good decisions  
*Learn and apply different tools to help you review your priorities and set actions.*
5. Overcoming obstacles to your progress  
*Recognise barriers to change and discover the benefits of thinking / planning ahead and review and reflection skills.*
6. Sustaining positive change  
*Refresh and recap on your learning, review your support networks and develop an action plan for your future.*

**This course is split into  
6 x 3-3.5 hour sessions, run over  
consecutive weeks.**

**Starting Mon 27th Jan - Mon 24th Feb  
then Mon 31st March to Mon 7th April  
Venue: Walsall Recovery College  
Digital Access to the course is available**

If you live or have a GP in the Black Country, and you would like to express your interest in attending this course, or for more information.

**please contact:**

**Kirstie on 07341 865973**

**0121 543 4061 or email**

**info@therecoverycollege.co.uk**



# 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.





# FIND US...

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... ...our students*

*Meet Steven*



*Meet Lisa*



*Meet Tracey*



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

[facebook.com/therecoverycollegeBCHFT](https://facebook.com/therecoverycollegeBCHFT)



**The Recovery College**  
FOR THE BLACK COUNTRY



# Recovery College Hall of Fame



Anita



Dhiren

**New  
Facilitators!**