

THE RECOVERY COLLEGE GAZETTE

April 2025

Connectedness Hope and Optimism Identity Meaning and Purpose Empowerment

Principal's Message

This term has been a tough one for the Recovery College team with the unfortunate appearance of winter illnesses having an impact on staff being able to be at work, however I have been truly proud of how the team have pulled together, supported their colleagues and worked flexibly and really hard to ensure we were still able to deliver our courses and service with minimum disruption to our students, so thank you team and thank you students for your patience.

With all hands on deck this term it has been a real pleasure for me to have the opportunity to deliver some of our courses and sessions. A highlight for me was delivering our "coping with course" where in true recovery college style, felt that as a group we all learned from each other and really embraced the concept of learning and the sharing of experience to enhance our mental health and lives beyond the college.

During this term we celebrated LGBTQ+ history month and I was privileged to attend our blended LGBTQ+ groups celebration held at our Wolverhampton base and online, where students both online and in person participated and delivered some amazing presentations to celebrate the theme of social change and activism.

As the term comes to an end it is lovely to see the days getting lighter and spring arriving, hopefully seeing off those winter ailments. As an early riser I've noticed the birds singing again early hours and that spring smell to the morning air. After recently attending one of our health walks, it reminded me of the benefits of getting out, connecting, spending time outside and embracing nature, something we don't always do in the winter months, so please do join us on our health walks or gardening and watch out for our new nature course if you want connecting with nature to be one of your goals this term.

Reflecting on the talent and passion I've seen from our students this term, I'd like to remind you all to celebrate your successes of this term and start to think about your goals for the next term and beyond, as I believe we can all achieve.

I look forward to seeing you all next term.

- Kerry



Kerry
Principal

We are on Instagram!

recoverycollegebc 🔍

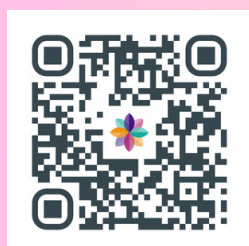
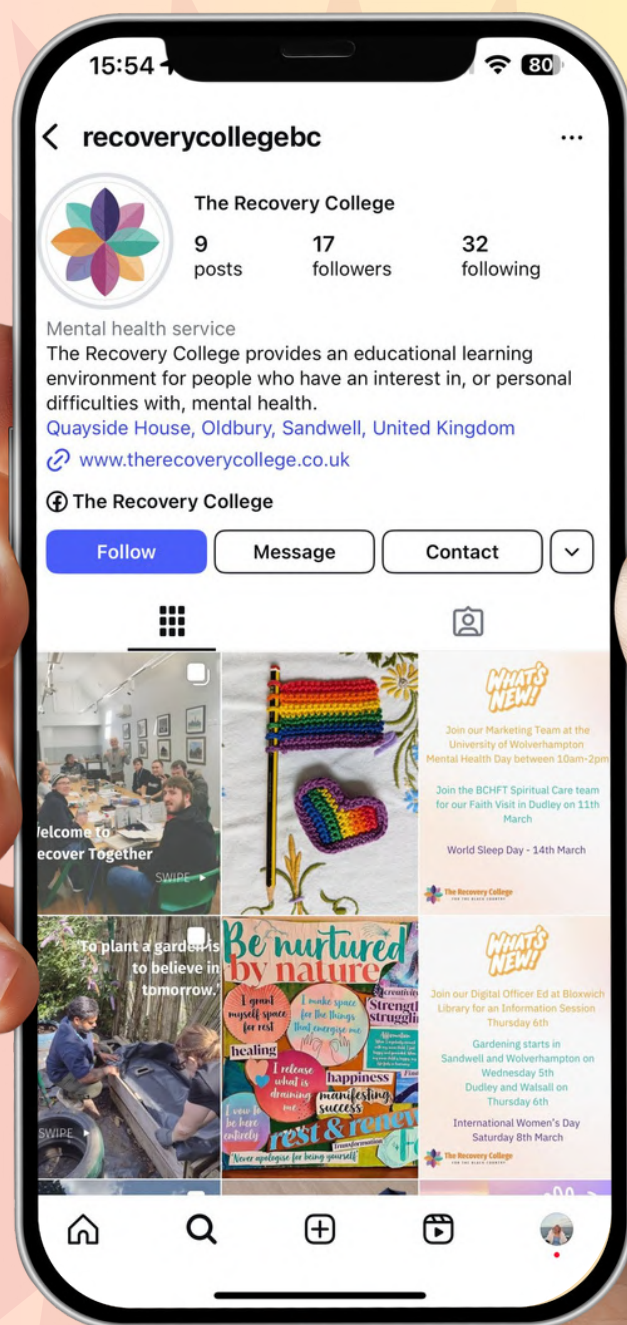
The Recovery College for the Black Country is now on Instagram, and we can't wait to share our journey with you. Whether you're a student, NHS professional, or just curious about what we do, this is the perfect place to stay in the loop and join our growing community.

Expect key updates on our courses, activities, and signposting, plus inspiring EDI events like Awareness Days and Months — all delivered with our signature friendly and approachable voice.

2025 is set to be a fantastic year for the college, and we'd love for you to be part of it.

Follow us: **@recoverycollegebc**

Let's learn, grow, and recover together.





OPEN Days

We're excited to announce new **open days** to welcome prospective students to their life-changing courses.

These events provide an opportunity for the community to learn more about The Recovery College and how we support mental health through education and collaborative learning.

You are welcome to join us at any of our Open Days:

Sandwell - Quayside House, B69 2RD, 9th April, 10am-12pm

Wolverhampton – 63 Waterloo Road, WV1 4QU, 16th April, 2pm-4pm

Walsall – YMCA Small Street, WS1 3PR, 24th April, 10am-12pm

Dudley – Dy1 Community Centre, DY1 1SA, 25th April, 10am-12pm



Meet the Team
Join a Taster Session
Refreshments Provided

What's Next Term?

NEW



X



The Recovery College
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Aquarius adult gambling service will be running one off gambling awareness workshops in each of our bases throughout June and July. As gambling becomes more accessible through online, advertisement and social media it can seem fun. For some, but for others it can become a risk. Join us to discuss the different forms of gambling and the potential harms.

Taster Sessions and Workshops



Our one off Taster sessions are a great way to discover new pathways you may want to explore without committing to a full course straight away.

In addition, we are now running Workshops lead by our amazing Learning Support Assistants! These include: **Personal Recovery, Confidence in Decision Making, Identity and Goal Setting.** These are running throughout April, right through until August.

For all enquiries please contact the college:
Telephone: 0121 543 4061
Email: info@therecoverycollege.co.uk

Important: Cameras On Policy

We communicated a while ago our thoughts and rules about attending online, the importance of connection, maintaining a safe space and how online students need to have cameras on to enable all of these.

In line with our agreement of giving notice of changes to our students we would like to let you know that over the Summer term we will be working towards a cameras on policy for all online attendance, giving students time to work with the team about how we make this possible or to plan to attend face to face.

From the Autumn term online attendance will require you to have your camera on, so please do access the team if you need support and assistance in enabling this ready for the changes.

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.



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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



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

facebook.com/therecoverycollegeBCHFT



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Recovery College Hall of Fame



Help in a Crisis

Quick Reference Guide

If you feel like you need to access face to face support out of usual mental health service hours then you can visit the **Sanctuary Hubs**, available within each of the boroughs of the Black Country.

Opening Times:

Monday – Friday 6 – 11pm; and Saturday and Sunday 12noon – 11pm

Locations:

Dudley Sanctuary Hub: DY1 Community Centre, Stafford Street, Dudley, DY1 1SA

Sandwell Sanctuary Hub: Hope Place, 321 High Street, West Bromwich, B70 8LU

Walsall Sanctuary Hub: 1 Queen's Parade, Bloxwich, Walsall, WS3 2EX

Wolverhampton Sanctuary Hub: 84 Salop Street, Wolverhampton, WV3 0SR

No referral is required. **You must be aged 18+ and have lived in or be registered with a GP in Dudley, Sandwell, Walsall or Wolverhampton.**

The Sanctuary Hubs can provide emotional support to those in distress, in need of reassurance or at times when people need to be listened to most.

You can also access telephone support via calling NHS 111 and selecting Option 2.

Other helpful numbers:

Samaritans: 116 123

Papyrus: 0800 068 4141

Mind: 0300 102 1234

ReThink: 0808 801 0525



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