



February 2021

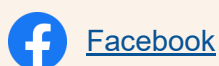
Welcome to the Recovery College Newsletter!

In this month's edition:

- **Update from Liane Howe**
- **Love is in the air**
- **New Courses**
- **What does Recovery look like?**

Contact us

info@therecoverycollege.co.uk



An update from Liane Howe, Deputy Principal

Welcome everyone joining us in 2021, to our existing students and our volunteers continuing on with us thank you for the lessons of the last term learnt by all of us.

We have recently been speaking to some of our students about how they've found it in our Where are you now chats over the phone which happen at the end of each term. We've had a lot of important feedback which we've been using to adapt our courses and the college to make them even better.

Over the last term we have offered **22 different courses/ workshops, totalling 114 sessions** where students connected, found hope, explored their identity and found empowerment, meaning and purpose. In the last newsletter, we talked about holding some recover together sessions over the holiday break. Some of our students told us that they really appreciated them and it helped them to feel connected.

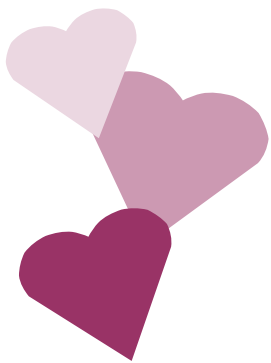
As we moved into the new year we reflected on the old tradition of setting New Years Resolutions and we decided to think about finding the presence of the change we want to see! That might be developing a better relationship to ourselves or finding out more about who we are and what we like. Discovering a hidden creative talent perhaps?

All of these opportunities lie within the Recovery College and we are ready to take that journey with you whenever you are.

So this term we hope you enjoy all we have to offer and we'll see you online!

Liane

Hope. Opportunity. Choice.



**This month,
love is in
the air!**

February is generally seen as the month of LOVE due to the fact that Valentine's Day falls on the 14th of the month.

Here at the Recovery College, we are all about sharing the love but we don't need hearts and flowers to do this. Our love comes in the form of self care and compassion. What better way to say to ourselves "I love you" than by respecting our amazing bodies by eating a healthy diet, taking some

exercise and allowing ourselves some time to breathe.

Enjoy the changing season, the lighter nights, the frosty mornings the beautiful dawn chorus of the birds. Before you know it the month will have passed and Spring will be in the air. Why not join in the Self-care Sunday challenge by posting on our Facebook page?

Let's share ideas to look after ourselves and by doing so we can look after each other too.

New Courses

We have a number of new courses running this term! **UPCYCLING** is very popular, taking very ordinary objects that you perhaps don't love anymore and making them into something special or maybe just into something a little more functional. **MANAGING EMOTIONS** — this course will look at how our feelings and emotions affect every area of our life and relationships with others.

And the women can't have it all their own way because this term, we are facilitating a **MEN'S WELLBEING TASTER** session with the full course running in the Summer Term - how exciting is that!

What does recovery look like?

Our student and volunteer Steve Jones shares his very moving view of his recovery journey so far:

"Recovery is a word which means different things to different people and reflects their individual journey. It can mean acknowledging who you are, even with a label such as schizophrenia. It can mean also being one with your condition and accepting who you are. It means being able to make difficult decisions on your own and making goals that you may find unreachable because you can; it just may take longer than you think. For this to happen, we need holders of hope whom believe in you. It can be any person with whom you have faith or trust."

"Many people feel hopeless and negative about who they are but if they take small steps toward getting better with support: not run away from their difficulties and persevering, they can help themselves reach their full potential. Simply aim high. For me, the Recovery College has helped me learn skills in poetry and write a small story which I was pleased with in the creative writing workshop. This has enabled me to write more using the skills I have learnt. I really enjoyed working with Sarah and her colleague. It was very informal and I learnt and was encouraged from other students who helped me with my confidence in writing my own material. Now I really enjoy writing and expressing ideas and listening to other peoples journeys."