

Black Country Healthcare
NHS Foundation Trust



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Our Opening Hours: 9.00am - 5.00pm

Facebook: www.facebook.com/therecoverycollegeBCHFT

Twitter: @RecoveryColleg3

Website: www.therecoverycollege.co.uk

The Recovery College Hub is a digital mental health, recovery, health and wellbeing resource library for people living in the Black Country. This resource is part of the Recovery College website and can be accessed at:
www.therecoverycollege.co.uk/the-rc-hub



The Recovery College
FOR THE BLACK COUNTRY

Hope. Opportunity. Choice.



Contents

About the college	4
Meet the team	5
Arts	8
Mental Health	10
Employment / Volunteering	11
Life skills	12
Wellbeing	13
Connections / Life Long Learning	14
Support Lines	15

About the college



The Recovery College provides a supportive educational learning environment for people who have an interest in, or personal challenges with mental health. Our courses celebrate successes, building on your skills, strengths and strategies.

Our mission statement: **Recovery: A journey through learning together.**

You do not need any formal qualifications or experience to attend the college. All of our courses are free of charge and open to anyone, aged 18 and over who live in Dudley, Sandwell, Walsall or Wolverhampton area.

All of our sessions are created with people who have lived experience of challenges with their own mental health along with carers and healthcare professionals.

We hope we are able to support you on your journey to living a full and satisfying life, by inspiring **connectedness**, **hope** and optimism, **i**dentify, **m**eaning and purpose and **e**mpowerment (**CHIME**).

Our Inclusivity Statement

'There is only one you. Embrace, accept and be heard. Inclusivity is at the heart of everything we do at the Recovery College. We welcome everyone with kindness and compassion. We value you for your uniqueness and individuality and encourage you, to be you. You are not defined by any label but celebrated and empowered to be who you are.'

The Team



Kerry Wilkes

Recovery College Principal

Liane Howe

Deputy Recovery College Principal

Stevie Chand

Deputy Recovery College Principal

Kirstie Barnes

Business Development & Sustainability Manager

Hannah Dukes

Administration Officer

Jane Simpson

Administration Officer

Catherine Massey

Administrator

Keyleigh Alison

Administrator

Sarah Townend

Lead Facilitator

Kiran Zulffkar

Lead Facilitator

Marc Williams

Facilitator

Jon Banyard

Facilitator

Sarah Bentley

Facilitator

Mareesha Morris

Facilitator

Neil Farrington

Facilitator

Dawn Ballard-White

Facilitator

Zak Rose

Facilitator

Lisa Round

Facilitator

Jasmine Osemwegie

Facilitator

Hazel Cummings

Facilitator

Ushaben Patel

Volunteer Coordinator

Steven Jones

Learning Support Assistant

Caprice Stevenson

Learning Support Assistant

Edward Wakefield

Digital Officer

Charlotte Jones

Marketing Officer



"I have learnt that it's okay to open up."

How your journey starts



Contact the college for an enrolment form on 0121 543 4061 or info@therecoverycollege.co.uk
Return the completed form.



Information and Guidance Session

This interactive session led by staff and volunteers will give you all the information you need to get started.



Getting to know you

This is a one to one chat with a tutor to explore your learning.



Planning your wellbeing (POW)

This introductory course is particularly suitable for those new to the recovery college or embarking on a new journey of recovery. This starter course looks at how we are more than a label, noticing when you're well and how to keep yourself safe by putting together a safety plan.



You're good to go!

Sign up for the courses of interest to you and enjoy the journey

The Recovery College Principles

'There are three constants in life: change, choice and principles'

Effective principles can support organisations to work from collective values and guide everyone involved to work together for a shared purpose.

Principles can be evaluated whether they are being followed and whether, in following them, you achieve what you want to achieve.

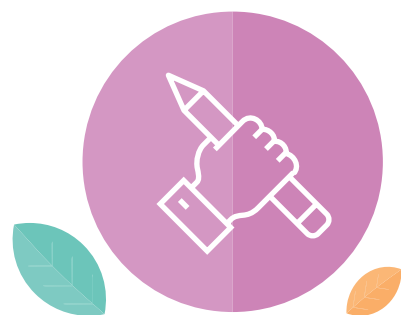
With this in mind, our principles are as follows:



What is co-production?

Co-production means planning and delivering services together in an equal partnership based on mutual trust and respect, drawing on a variety of life skills, lived and professional experience. We all have an important part to play.

In the Recovery College, we co-produce everything we do which includes co-design, co-delivery and co-evaluation of all our courses, activities and projects.



Arts

"I have also learned a great way of expressing my creativity."



Basic Art

We will explore a variety of artists, artwork and techniques that will help us in our journey of recovery and creativity.



Creative Writing

Writing helps us to express difficult feelings, explore memories, distract from negative thoughts and stimulate our brains.



Journaling For Recovery

Keeping a journal can help you gain control of your emotions and improve your mental health.



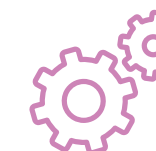
Music

Explore your creative side in music workshops and explore how music supports our coping mechanisms and builds confidence.



Poetry

Explore, write and share poetry based on themes that capture your imagination.



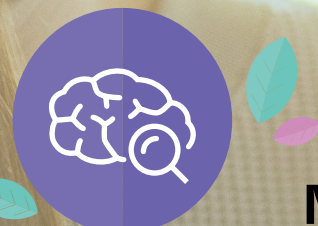
Upcycling

Want to revamp your old clothes, or household items into something fresh and new? Upcycling is for you. It's taking something no longer in use and giving it a new lease of life and function.



Choir & Spirit Of Song

Join our choir and experience how music can lift your feelings and mood.



Mental Health

"The Recovery College saved my life."

Mental Health Awareness (Half Day)

An introductory course designed to increase mental health awareness and give an understanding of how to look after your wellbeing and challenge stigma.

Open Wellbeing

A 4 week programme made up of individual units: Awareness – recognising the impact of Mental Health conditions on us, Explore – wellbeing interventions and Connect – develop a Wellbeing Plan and connect students to local services and groups.

DBT Refresher Course

This new 9 week course aims to help people with some prior experience of DBT refresh their skills and knowledge. also help attendees to connect with others using DBT to build a life worth living and receive validation and respectful encouragement.

Coping With....

You will build a toolbox of 'techniques and coping strategies' and learn about how our thoughts, emotions and behaviours work together.

Exploring

Exploring is a ten week programme that encourages students to explore a range of mental health challenges, triggers and coping strategies in a safe and friendly environment.

Managing Emotions

The aim of this course is to increase awareness and understanding of emotions and feelings; what they are and what they mean for us and others.

Hearing Voices Workshop

Students will have the chance to find out about the experience of hearing voices and having visions.



Employment & Volunteering

Am I Employable

You will learn what the benefits of employment are and how recovery is sometimes related to working.

Jobs, Opportunities, Building, Success (JOBS)

This course will support you to explore opportunities in employment, education and training and assist you in making a choice about which direction to go in next.

Employment Workshops

These sessions will introduce our employment services and explain what individual placement and what support is available.

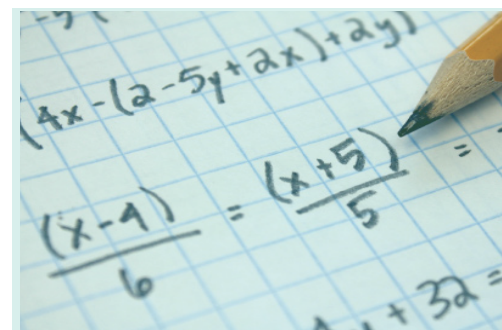
Volunteering Workshops

Explore how volunteering can help you give back to your community and connect with others. Workshops are available during the year from community organisations on local volunteering opportunities.



"The Recovery College helped me to get back into work."





Life Skills

Basic English

The aim of this course is to teach basic English skills that can be used in everyday life.

Basic Maths

The aim of this course is to teach basic maths skills that can be used in everyday life.

Building Confidence

Explore what confidence means to you and how it builds when we learn new things.

Basic Computers

This course will include one-to-ones over the phone to get started and group sessions that will include: how to use your device and learn basic computer skills.

Coping with Christmas

Is Christmas and the festive period a difficult time for you? Come along and join us in Coping with Christmas, where you will learn some practical coping strategies to support you through the festive period.

Digital Skills

This course offers a fantastic opportunity to work with an IT Specialist from one of our partner groups. Over the next few weeks you will be cover topic such as: protecting privacy and data, being responsible online, digital wellbeing, using digital devices, creating and editing digital media, managing online activities and using online services.

Autism Awareness

Are you living with Autism or know someone who is? This course is designed to provide a safe and friendly space for discussion of how autism can affect different areas of our lives, and provide some useful tools to help people combat stress, anxiety and meltdowns. This will be a supportive group, co-produced by people with lived experience of autism.

Money matters

Want some tips on how to better manage your money? The Money Matters course provides a range of useful tools and information to enable you to manage your money effectively. The course includes topics such as savings, budgeting, credit and loans, help with debt, and provides a forum for accessing help with benefits and household items.

The 'Good Grief' Bereavement and Loss Course

This course provides a compassionate space to explore grief, loss and mourning,. We explore the six stages of grief, explore creative tools that can help acknowledge and release grief, and look at some ways we can remember and celebrate losses appropriately.



Wellbeing

Food & Mood

This course explores our relationship with food and discover how what we eat can affect both our physical and mental wellbeing.

Gratitude

In this course we will look at the benefits of regularly taking the time to notice and reflect upon the things we are thankful for.

Healthy Living Workshops

An interactive workshop or short course looking at all aspects of physical health and wellbeing, such as eating healthier, moving more and exploring lifestyle choices.

CHIME

CHIME is the key to recovery. We will explore our goals, strengths, values, our identity to build our self-esteem and look at who around us can support our recovery.

Health Walks - walk and talk

Health walks have a whole range of benefits for your mental wellbeing.

Visits to Faith and Belief Communities of the Black Country

Join the Spiritual Care Team on visits to faith communities, places of worship and cultural centres around the Black Country. This is an opportunity to develop understanding about different perspectives, ask questions, hear from people who use the spiritual buildings. Please register your interest and more details will come your way once dates are confirmed. All are welcome.

Men's Wellbeing

This course is open to all men, trans men and non-binary people who identify more on the masculine end. We want to remind all men that you are not alone, that other men feel exactly the same as you do. We are providing a listening ear to share how we really feel about our mental health and what affects it.

Self-care and Compassion

Over the course we will look at: what self-care is and how we can plan it into our day to day routines, explore boundaries and create a self-care box using our senses.

Gardening

A weekly group held in various locations, where students can get outdoors in the fresh air and enjoy some light gardening. Connect face to face, enjoy a cuppa and a chat, combat isolation and stay healthy

Chair Yoga

Explore how yoga can increase both your physical and mental health. A practical session designed to be accessible for all.

Mindfulness

Paying attention to the present moment to become more aware of your thoughts, feelings and body sensations.

Who Am I?

Quality time and space to explore our identity, find out who we really are inside apart from our condition or diagnosis.

Women's Wellbeing

Come and gather with us to explore, reflect and share information on women's roles and rights, body image and women's health and building healthy relationships.

Learn to Lift

The 'Learn to Lift' course offers an introduction to weight and strength training. This course is open to everyone, including those with little to no gym experience.

Tai Chi

A set of sessions introducing you to the principles of Tai Chi. Gentle flowing movements, focusing on posture, breath and total relaxation. The sessions are suitable for all abilities.



Connecting/Life Long Learning

Recover Together

Is a network of community based connecting groups that are recovery focused and educational.

LGBTQ+

Come and join our welcoming LGBTQ+ group where we connect and learn about things close to the hearts of the LGBTQ+ community.

Peer Led Groups

These groups are led by students and volunteers and follow on from specific courses supporting the continuation of learning and practising new skills.

Café CHIME

A recover together session using the themes of CHIME.

Life long Learning

Links/signposting to further adult education.

Face to Face Recover Together Groups

Face to face Recover Together group in each area from September: Wolverhampton, Sandwell, Walsall and Dudley.

Come along to one of these friendly, supportive and inclusive groups to meet with others to find encouragement and strength on your recovery journey.

"The Recovery College creates an atmosphere for people to be at their best."



Support Lines

If you are feeling anxious, depressed or alone and would like support, please contact one of the numbers below. For local helplines, please visit our website.



**Mental Health
24/7 Helpline:**
0345 646 0827



Samaritans:
116 123



Saneline:
0300 304 7000



NHS:
111



"I'm a much happier person now with real life goals."