



# WEST RECOVERY COLLEGE



**2017 SPRING TERM PROSPECTUS**

Term dates - 9th January - 4th April 2017

Freshers' Week - 3rd January - 5th January 2017

**HOPE  
CONTROL  
OPPORTUNITY**



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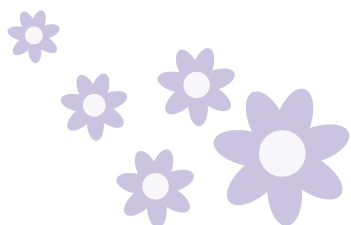
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## What we offer?

Course and workshops are offered in:

- Understanding Mental Health
- Rebuilding Your Life
- Getting Involved
- Recovery Through Creativity
- Developing Skills and Interests
- Keeping Physically Healthy

## What we do?

We offer recovery focused courses and workshops which give students the opportunity to gain understanding of mental health challenges, build new skills and gain confidence to manage their recovery journey.

## Who can attend?

**Courses are FREE and are open to:**

- Individuals who are 18 and over who currently use Secondary Care Community Mental Health Services delivered by Cheshire & Wirral Partnership.
- People who care for someone who uses Secondary Care Community Mental Health Services delivered by Cheshire & Wirral Partnership.
- Families and supportive friends of those who currently use Secondary Care Community Mental Health Services delivered by Cheshire & Wirral Partnership.
- CWP staff and volunteers who work or support the delivery of Secondary Care Community Mental Health Services.



## Introduction to Spring Prospectus

Welcome to the Spring 2017 Recovery College prospectus. We are delighted to welcome back students who have attended other courses in Recovery College and warmly welcome new students.

If you are considering enrolling for a workshop or a course from this prospectus, you may want to know a little about what to expect when you attend one of our courses. I can guarantee a very friendly welcome and a cup of tea or coffee to help you start your workshop in a relaxed and informal way. All sessions also include a comfort break with teas and coffees available.

We offer a range of courses and workshops that can help you to develop new skills and confidence. You will meet new people and learn together

We also deliver additional course in Ellesmere Port on Wednesday mornings. If you live in Ellesmere Port and would like to know more, why not come along to one of our enrolment days.

An exciting new development for the Recovery College is the opportunity to deliver our first set of evening courses. These are being delivered in partnership with Northgate Locks, Chester. This is a great opportunity to offer training to those who are not able to attend our day time sessions.

For the first time we are offering a course for Carers, 'Caring with Confidence' in partnership with Cheshire & Warrington Carers Trust. This offers the opportunity for Carers to meet up, discuss issues around caring; learn more about what support is available and help you to plan making time for yourself. If you care for someone who uses the college or someone who has a long term mental health condition, then please consider coming along to these sessions. If you are an eligible student and have family members who act as a Carer for you, then this may be a great course for them. Please let them know that this course is available.

Our volunteers support all our work in Recovery College including meeting and greeting students, facilitating hospitality and supporting students who may be anxious at the beginning of their time in Recovery College. Our volunteers also use their lived experience to co-produce and co-deliver all of our training courses. Their combined knowledge and expertise comes together to both support and underpin all that we deliver in Recovery College.

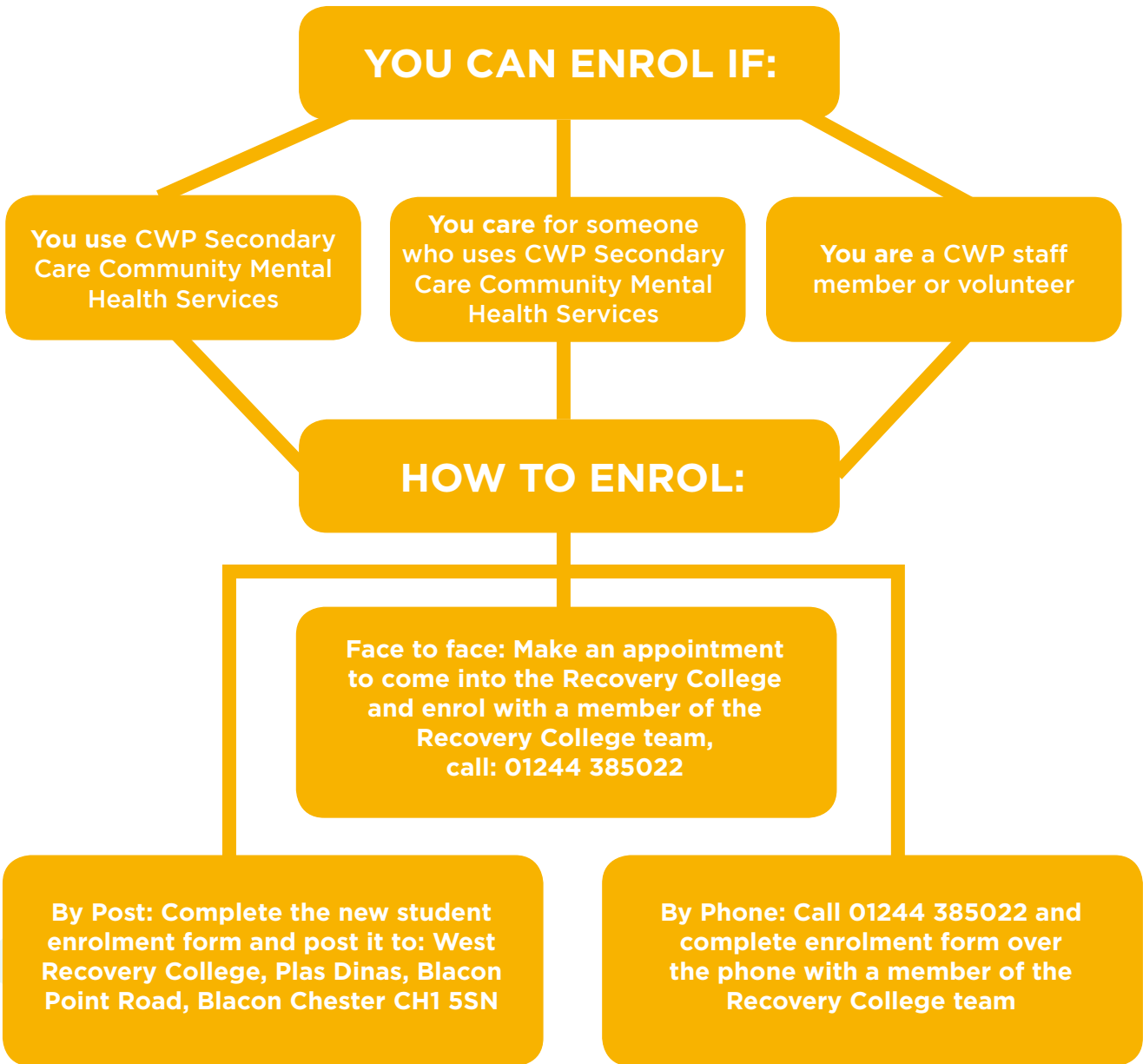
To help you get the best out of your time in Recovery College we encourage our students to complete a learning plan on enrolment. A learning plan will help you plan your time and set achievable learning goals; this will give you a safe and measured approach to your learning. In the past students have used these plans to help them transition to courses that address their individual needs. For example, some students have come to the Recovery College wanting social interaction and to learn new craft skills. Over time and sharing conversations with other students and volunteers, they have begun to build the confidence to consider courses that may help them to understand their specific condition or help them to manage some of their symptoms. Many students have found it supportive to have a careful and considered plan to help them manage their studying. As a result, they now do courses they never imagined they would be able to do when they first enrolled.

If you need support with this, please call **01244 385022** and book a learning plan appointment. Additionally, you can use the calendars at the back of the prospectus to help you keep a track of the courses you are booked on to.

The Recovery College is a warm and friendly learning environment where you can study and learn together. You will get opportunities to learn more about managing the conditions you live with, renew a sense of **HOPE**, gain **CONTROL** and be better placed to take advantage of new **OPPORTUNITIES** as they arise.

**We look forward to welcoming you into the Recovery College this term.**





## Freshers' Week

Welcome to our Open Access Enrolment days. It's a great time to come along and meet some of the staff and volunteers, find out more about us and plan some courses and workshops. You can come in anytime between 10.00am - 2.00pm during Freshers' Week, or if you prefer you can book an appointment. You are welcome to bring along a supportive friend, carer or family member.

Date	Start Time	Venue	Duration
03/01/2017	10:00 am	Pathways, Eport	4 hrs
04/01/2017	1:00 pm	Well Being Clinics Upton Lea & Cherry Bank	3 hrs
05/01/2017	10:00 am	Northgate Locks, Chester	4 hrs
05/01/2017	4:00 pm	Bowmere Reception	3 hrs

**We will provide you with a welcome pack of information, to help you get the best out of your time with the Recovery College.**

If you would like to arrange a visit to have a look around the college then please call the Recovery College on 01244 385022 or email [cwp.recoverycollege@nhs.net](mailto:cwp.recoverycollege@nhs.net)

Please look through the prospectus - if you see something you like why not give it a go!



## Recovery Story - Gary



### My story so far...

I have had a lot of psychotic episodes since I was first admitted to the Old Chester Psychiatric Hospital at the young age of 17. Over the years I have tried my best to cope with life and sometimes I became unwell leading to hospital admittance. I have also been on medication since I was 17. From 2011 till 2014 I was having regular bouts of ill health, leading to being admitted to Bowmere Hospital who were fantastic and very understanding with me.

In early 2015 I was discharged from Bowmere where I had hit a bad year at rock bottom, my Care Co-ordinator recommended the Recovery College to me and it has turned out to be the best move I have ever made to help me make a good recovery. The staff, tutors and volunteers are so friendly and encouraging that you feel a new person and your confidence excels.

I can't thank the Recovery College enough and I am so grateful. I feel that attending the courses has helped me to build confidence and skills to make the changes that I needed to do to improve my ability to manage my mental health better.

I have also found that volunteering has been very important for my ongoing recovery. Volunteering in DIAL HOUSE - Shop Mobility has really helped me to build my confidence and given me the opportunity to see that I have a lot to offer. They have inspired me to believe in myself again. Because of this I have gone on to pass the Peer Support volunteer course at CWP and am now looking forward to starting a position as a Peer Support Volunteer soon. I couldn't have achieved this without all the support I have received from both the Recovery College and DIAL House Shop Mobility.

### Recovery College Courses attended:

Mindfulness Based Cognitive Therapy.  
Understanding Depression.  
Developing Your Wellness Recovery Action Plan (WRAP).  
Confidence Building; Food & Me;  
Introduction to Volunteering and Craft Skills.



### About Gary

#### Favourite book:

Football books or sport biographies.

#### Perfect day:

I live every day as it comes and enjoy my life and I now live for the moment.

#### Favourite album/song:

I enjoy all Queens greatest hits, but I really like Dire Straits, Brothers in Arms.

#### Message for those thinking of enrolling:

Don't ever think that you won't be able to improve your mental health. There is no pressure and you are always made to feel welcome in the Recovery College. You realise that you are not the only person trying to help themselves while going through struggling times. I went from the pits of despair to where I am today, relishing a very promising and happy future.

**Hobbies:** I collect old Vinyl LP's and love listening to them... it relaxes me.

**Next steps:** I hope to become a Peer Support Volunteer soon. Volunteering continues to help my confidence and supports my mental health and well-being.



## Mini Mindfulness

Length of course: 5 sessions

### Course Overview

Many of us experience worrying or anxiety provoking automatic thought patterns, which can have profound effects on our mood and functioning. Developing mindful awareness helps us to catch these thoughts earlier, to learn to respond more skillfully and to keep ourselves well. This mini mindfulness course has been designed for people who are supported and cared for by CWP Mental Health Services, who would find it difficult at the moment to sustain the attention and concentration needed for the longer mindfulness practices of the eight week MBCT course.

Mindfulness meditation skills will be taught through guided practice and discussion in class. Students will be expected to do some practice at home between classes.

Date	Time	Venue	Duration
16/01/2017	10:00 am	West Recovery College	2hrs
23/01/2017	10:00 am	West Recovery College	2hrs
30/01/2017	10:00 am	West Recovery College	2hrs
06/02/2017	10:00 am	West Recovery College	2hrs
13/02/2017	10:00 am	West Recovery College	2hrs

## Managing Anxiety

Length of course: 4 sessions

### Course Overview

This four week course aims to help you to recognise and reduce anxiety in your daily life. Topics will include: Causes of Anxiety, Physical Symptoms, The Role of Our Thoughts, How Behaviour Can Affect Anxiety, The Impact of Lifestyle Issues, and The Importance of Goal Setting. There will be opportunities to learn through discussion, practice and written information.

Date	Time	Venue	Duration
10/01/2017	10:00 am	West Recovery College	2hrs
17/01/2017	10:00 am	West Recovery College	2hrs
24/01/2017	10:00 am	West Recovery College	2hrs
31/01/2017	10:00 am	West Recovery College	2hrs

OR

Date	Time	Venue	Duration
14/03/2017	6:00 pm	Northgate Locks, Chester	2hrs
21/03/2017	6:00 pm	Northgate Locks, Chester	2hrs
28/03/2017	6:00 pm	Northgate Locks, Chester	2hrs
04/04/2017	6:00 pm	Northgate Locks, Chester	2hrs

"It has widened my understanding of the positive impact that practicing mindfulness can have both physically and mentally"



## Introduction to Cognitive Behavioural Therapy (CBT)

Length of workshop: 2hrs

### Workshop Overview

The Cognitive Behavioural Therapy (CBT) workshop will give participants an opportunity to learn the basic principles behind CBT and take away some practical techniques to try themselves. There will be a focus on how CBT is useful in the treatment of both depression and anxiety disorders.

Date	Time	Venue	Duration
13/02/2017	1:00 pm	West Recovery College	2hrs

## Understanding & Coping With Psychosis - Hearing Voices & Troublesome Thoughts

Length of course: 3 sessions

### Course Overview

This course will help you to build your understanding of Psychosis and will explore issues around Hearing Voices and having Troublesome Thoughts. You will also learn more about some of the factors that may contribute to the development of Psychosis; look at some of the treatment options including: recovery orientated talking therapies, medication and explore some coping strategies that may be used to reduce the impact of Psychosis on everyday life.

Date	Time	Venue	Duration
13/03/2017	10:00 am	West Recovery College	2hrs
20/03/2017	10:00 am	West Recovery College	2hrs
27/03/2017	10:00 am	West Recovery College	2hrs

## This Is Me

Length of course: 3 sessions

### Course Overview

'This is Me' looks at a recovery tool called the One Page Profile. This captures all the important information about you onto a single sheet, under 3 simple headings: *What People Appreciate About Me, What's Important to Me and How Best to Support Me.* This is an innovative communication tool that you can share with a range of people from friends, family and those involved in your care. It will help them to have a greater understanding of you and how best to support you. During this course you will learn how to develop your own profile, discuss who you may want to share it with and learn more about different people's experiences of developing and sharing their one page profile.

Date	Time	Venue	Duration
15/03/2017	10:00 am	Pathways, Ellesmere Port	2hrs
22/03/2017	10:00 am	Pathways, Ellesmere Port	2hrs
29/03/2017	10:00 am	Pathways, Ellesmere Port	2hrs



# Caring With Confidence

Length of course: 4 sessions



## Course Overview

We are pleased to offer this course in partnership with Cheshire & Warrington Carers Trust. Caring for someone who is struggling with their mental health is a rewarding and enriching experience but at the same time it can also be isolating and frustrating. This course has been designed to support and help you build new skills and confidence and offers the opportunity for you to meet other carers. If you are feeling isolated, worried and don't have time to look after yourself or just want to find out what's on offer for you as a carer, then this course is for you.

## The course will:

- Help you build on your strengths as a carer
- Give you the opportunity to share experiences and learn from others
- Give you useful information, ideas and tips about looking after someone.
- Help you decide what you might like to change about your caring role

Date	Time	Venue	Duration
19/01/2017	10:00 am	West Recovery College	2hrs
26/01/2017	10:00 am	West Recovery College	2hrs
02/02/2017	10:00 am	West Recovery College	2hrs
09/02/2017	10:00 am	West Recovery College	2hrs

# Achieving Your Goals

Length of course: 2 sessions

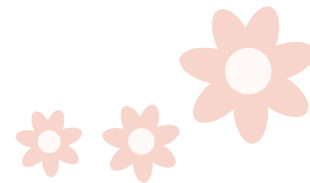
## Course Overview

We all have things in life that we want to achieve and at times it may be difficult to get there. This course will help you to gain some knowledge and experience around setting and achieving your goals. The first session will explore the role of goal setting and look at some different ways to do this including setting some personal goals. The second session will give you a chance to reflect, review and adapt your goals to get the best out of them.

Date	Time	Venue	Duration
14/02/2017	1:00 pm	West Recovery College	2hrs
14/03/2017	1:00 pm	West Recovery College	2hrs

# Getting The Most From Your Appointments

Length of workshop: 2hrs



## Workshop Overview

Do you find appointments daunting? Your relationship with mental health professionals is a key part of your care and like all good relationships, this is a two way street. Therefore, it may be good to know how to ask questions and how to become an active participant in the planning of your care and treatment. If you would like help to do this, as well as support on how to express yourself with more clarity and confidence, then attendance at this workshop is a must.

Date	Time	Venue	Duration
15/02/2017	10:00 am	Pathways, Ellesmere Port	2hrs



## Taking Control

Length of workshop: 2hrs

### Workshop Overview

This workshop will support students to gain an understanding of what they may need to do to stay well. You will get the opportunity to identify triggers that can make you feel unwell and learn more about available support systems and how to use them. The workshop will be friendly and interactive with an opportunity for all to share staying well hints and tips.

Date	Time	Venue	Duration
16/02/2017	10:00 am	West Recovery College	2hrs

## Confidence Building

Length of course: 5 sessions

### Course Overview

This five week course looks at areas where you may want to make changes in your life and will help you to build the personal confidence to tackle those areas. It will look at setting positive goals and the barriers you may experience around achieving your goals. The course also covers how to look after yourself, face challenges and be more assertive to achieve your goals. The course will support you to explore a range of skills and techniques and build the confidence and motivation to make positive life changes.

Date	Time	Venue	Duration
02/03/2017	1:00 pm	West Recovery College	2hrs
09/03/2017	1:00 pm	West Recovery College	2hrs
16/03/2017	1:00 pm	West Recovery College	2hrs
23/03/2017	1:00 pm	West Recovery College	2hrs
30/03/2017	1:00 pm	West Recovery College	2hrs

## Developing your Wellness Recovery Action Plan

Length of course: 3 sessions

### Course Overview

The Wellness Recovery Action Plan (WRAP) course will take you step by step through a WRAP plan, with many activities which will support you to explore what helps you to stay well and what you want to happen if you become unwell again. You will work on your own plan and get lots of ideas to enable you to write a WRAP plan that works for you. This course will also help carers to understand what is involved and how they can support someone to write their WRAP plan.

Date	Time	Venue	Duration
16/03/2017	10:00 am	West Recovery College	2hrs
23/03/2017	10:00 am	West Recovery College	2hrs
30/03/2017	10:00 am	West Recovery College	2hrs

## Well Being Clinics

Length of course: 4 sessions



### Course Overview

Recovery College will be attending the Well Being Clinics on a monthly basis at Upton Lea (Chester) and Cherry Bank (Ellesmere Port). There will be Recovery College volunteers available to help you to find out more about the Recovery College, and we will be happy to support you as you decide which courses you may want to consider.

Date	Time	Venue	Duration
11/01/2017	1:00 pm	Upton Lea and Cherry Bank	3hrs
08/02/2017	1:00 pm	Upton Lea and Cherry Bank	3hrs
08/03/2017	1:00 pm	Upton Lea and Cherry Bank	3hrs
12/04/2017	1:00 pm	Upton Lea and Cherry Bank	3hrs

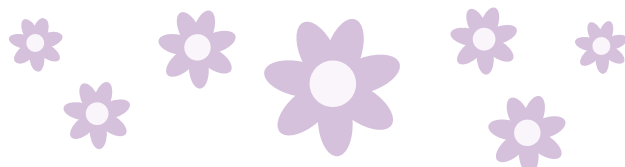
## Hand Made By Me - Jewellery Making

Length of course: 6 sessions

### Course Overview

We are pleased to offer this course in partnership with IMPACT. This course is part of our Hand Made by Me workshops and will concentrate on developing jewellery making skills. You will learn new techniques and skills to make your own unique and individual pieces of jewellery. This course is suitable for both the experienced crafter and the absolute beginner. The sessions will be fun and interactive with lots of new ideas. All materials will be provided.

Date	Time	Venue	Duration
12/01/2017	1:00 pm	West Recovery College	2hrs
19/01/2017	1:00 pm	West Recovery College	2hrs
26/01/2017	1:00 pm	West Recovery College	2hrs
02/02/2017	1:00 pm	West Recovery College	2hrs
09/02/2017	1:00 pm	West Recovery College	2hrs
16/02/2017	1:00 pm	West Recovery College	2hrs





## Introduction To Holistic Therapies

Length of course: 10 sessions

### Course Overview

We are pleased to offer this course in partnership with West Cheshire College. If you would like to find out more about a range of holistic therapies, how to use them safely and when they may be most effective, then this is the course for you. This is an easy to understand introduction to holistic therapies with a qualified, experienced and skilled tutor. This course is offered with an accreditation element and can act as a gateway into further study.

Please note that West Cheshire College will need you to complete some modular paperwork to show evidence of learning, there will be plenty of support and help to complete this, provided by both Recovery College and West Cheshire College.

**NB:** A minimum of 10 students is required for this course

Date	Time	Venue	Duration
11/01/2017	1:00 pm	West Recovery College	2hrs
18/01/2017	1:00 pm	West Recovery College	2hrs
25/01/2017	1:00 pm	West Recovery College	2hrs
01/02/2017	1:00 pm	West Recovery College	2hrs
08/02/2017	1:00 pm	West Recovery College	2hrs
15/02/2017	1:00 pm	West Recovery College	2hrs
HALF TERM			
01/03/2017	1:00 pm	West Recovery College	2hrs
08/03/2017	1:00 pm	West Recovery College	2hrs
15/03/2017	1:00 pm	West Recovery College	2hrs
22/03/2017	1:00 pm	West Recovery College	2hrs



“Helped me to be aware of the signs I need to look out for to know how I am doing”

“Has helped me to get through some bad days”

“I felt very encouraged by the staff and didn’t feel awkward”



## Eat Well

Length of course: 5 sessions



### Course overview

Are you confused about what to eat, do you eat too much, too little or just crave food? Then this course will help you to understand more about the food choices you make and look at making small changes to improve your eating habits. In the first 3 sessions you will be making and tasting delicious foods and watching cooking demonstrations for healthy, easy to prepare meal options for breakfast, dinner and evening meals. In addition: you will get some new ideas, learn how to make small changes that can help to improve your diet as well as take away lots of information and tasty, easy to cook recipes. Sessions 4 & 5 explore how food is linked to our moods and how physical health and mental health are linked. You will get the opportunity to work on some healthier eating goals and learn more about what local support is available to you.

Date	Time	Venue	
11/01/2017	10:00 am	Pathways, Ellesmere Port	2hrs
18/01/2017	10:00 am	Pathways, Ellesmere Port	2hrs
25/01/2017	10:00 am	Pathways, Ellesmere Port	2hrs
01/02/2017	10:00 am	Pathways, Ellesmere Port	2hrs
08/02/2017	10:00 am	Pathways, Ellesmere Port	2hrs

OR

Date	Time	Venue	
17/01/2017	6:00 pm	Northgate Locks, Chester	2hrs
24/01/2017	6:00 pm	Northgate Locks, Chester	2hrs
31/01/2017	6:00 pm	Northgate Locks, Chester	2hrs
07/02/2017	6:00 pm	Northgate Locks, Chester	2hrs
14/02/2017	6:00 pm	Northgate Locks, Chester	2hrs

## Exercise Explorer - Tai Chi

Length of course: 3 sessions

### Course overview

Tai Chi is a martial art which involves slow, graceful movements. It is gentle exercise suitable for all ages and levels of fitness. If you would like to improve your energy and well-being, Tai Chi could benefit you. This course will involve practising Tai Chi movements to music, breathing techniques and warm-up exercises.

Date	Time	Venue	Duration
13/03/2017	4:00 pm	West Recovery College	1hr
20/03/2017	4:00 pm	West Recovery College	1hr
27/03/2017	4:00 pm	West Recovery College	1hr



## End Of Term Celebration

These events are open to anyone who has attended courses or workshops during the term. These are fun, friendly celebrations to recognize your work throughout the term. A time to both celebrate and reflect on the personal goals you may have set yourself during the term. Do come along to celebrate the end of the term and all your individual achievements.

Tasty treats & light refreshments will be provided; there will also be a festive craft sale. **NB.** The new prospectus will also be available

Date	Start Time	Venue	Duration
29/03/2017	12:00 pm	Pathways, Ellesmere Port	2hrs
03/04/2017	12:00 pm	West Recovery College	2hrs



Some of our course graduates.



## Access

We endeavour to provide an accessible learning environment for all our students at the Recovery College. Please let us know of any additional requirements you have and we will try to support you with these.

### DISABLED ACCESS

The venues we use for our courses are accessible and have disabled toilet facilities.

### RELIGION

Please let us know prior to attending a course of any requirements and every effort will be made to ensure a prayer room is available to you.

### HEARING LOOP

Please contact the admissions office to discuss your requirements and they will advise whether the training room has a hearing loop.

### TRANSLATION

We will aim to provide a British Sign Language interpreter should you require this. We also aim to provide for those who require the course to be translated into their first language.

### ADDITIONAL SUPPORT

When completing the enrolment form please let us know your specific requirements. This will enable us to provide additional support to enhance your learning experience.

## FAQ's

### Q. I don't like reading and writing, can I still come?

A. Of course! There are courses for everybody and lots of ways to join in such as talking, listening, and sharing experiences.

### Q. Are the courses free?

A. Yes, all the courses are free.

### Q. How do I enrol?

A. If you are a new student please complete the Student Enrolment Form towards the end of the prospectus. If you are already a student and would like to book onto a course please contact the college administrator.

### Q. What support is there for me at the Recovery College?

A. We are developing a team of personal tutors to be seen on an appointment basis. They will help you look at your goals and aspirations and how best to achieve them.

### Q. What happens if I can't come every time?

A. That's fine! We would appreciate an email/text/phone call if you can't make it. If we haven't heard from you we may contact you to check if you need any extra support.

### Q. How many courses can I do?

A. As many or as few as you like. You can continue to book courses throughout the term. We will support you to make a programme through the courses you choose.

### Q. Is there food available?

A. Tea and coffee will be provided. Please let us know if you need somewhere to store your lunch.

### Q. I still have lots more questions what should I do?

A. Please email or telephone with any questions or pop in for more information.



## Recovery College Charter

### Before you attend the Recovery College...

**You can expect us to:**

- Deal with your enquiries in an efficient, professional and friendly manner.
- Provide information, guidance and advice on courses and programmes of study.

**We expect you to:**

- Give us the relevant information that we need to register you.

### Throughout your time at the Recovery College...

**You can expect us to:**

- Provide you with a warm and professional welcome at all times.
- Ensure courses are of a high quality and promote hope, control and opportunity.
- Provide support, which will help you monitor and review your progress.
- Provide a safe and healthy study environment.
- Respect your personal beliefs, life choices, religious and cultural practices and traditions.
- Discuss possible next steps upon completion of your course, either within the Recovery College or elsewhere.

**We expect you to:**

- Help us to help you to enjoy your student experience; if you are experiencing any problems please let us know.
- Attend courses punctually, if you are running late or are no longer able to attend please let us know.
- Make the most of the student experience and your own course.
- Be considerate of all students, college staff and others working on a Recovery College site by observing the Recovery College Code of Conduct.
- Respect the individual rights of all members of the Recovery College.
- Ask us for any clarification if you are not sure about anything.

## Code Of Conduct

**The aim of the code is to try to ensure that attendance at the Recovery College is a positive experience for all.**

Everyone attending the Recovery College should:

- Act in a manner that does not offend others.
- Seek support if needed.
- Treat everyone with respect. Any form of bullying will be treated seriously and may lead to exclusion from the Recovery College.
- Treat all Recovery College property with respect.
- Switch your mobile phone to silent and step outside the training room on taking an urgent call.
- Dispose of litter responsibly by using bins and recycling collection points located in/ around the Recovery College.
- Respect the rights, life choices, beliefs and opinion of others and promote freedom of speech.
- If you wish to smoke, please do so away from the college building. Smoking on site is not permitted.





## NEW STUDENT ENROLMENT FORM

### How to enrol:

- 1. By Email:** Send an email to [cwp.recoverycollege@nhs.net](mailto:cwp.recoverycollege@nhs.net) and ask for an enrolment form to be emailed to you.
- 2. In Person:** Call in at West Recovery College, Blacon
- 3. By Post:** Fill in this page then cut out and post to:  
West Recovery College, Plas Dinas, Blacon Point Road, Blacon, Chester, CH1 5SN
- 4. By Telephone:** 01244 385022

### PART 1 - Course/Workshop and personal details

Course 1:		Course 4:	
Course 2:		Course 5:	
Course 3:		Course 6:	
<b>Your name:</b>	First name:	Surname:	
<b>Date of birth:</b>	<b>Gender:</b>	<b>Ethnicity:</b>	
<b>Address:</b>			
<b>Postcode:</b>			
<b>Email:</b>			
<b>Telephone number(s):</b>			

**Is there anything that may impact upon your attendance or participation?  
Things such as routine appointments, specific learning needs or relevant medical information.**

Please tell us:

**Please indicate what contact you have with CWP (please circle):**

Use Secondary Care Community Mental Health Services delivered by CWP	Support someone using Secondary Care Community Mental Health Services delivered by CWP	Staff member	CWP Recovery College volunteer	CWP volunteer	Other (please specify):
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## PART 2 – Emergency contact and medical details

<b>GP Details:</b>	Full name:	Telephone number:	Practise/Medical Centre:
<b>Who should we contact in the event of an emergency:</b>	Full name:	Telephone number:	

## PART 3 – CWP services (if applicable)

<b>Lead professional name (e.g. care coordinator):</b>	Full name:	Role:	Telephone number:
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## PART 4 – Terms and conditions of enrolment

Please note that it is a requirement of the Recovery College that you agree to the applicable terms below. If you do not agree to all of these terms then you will not be able to enrol. Please tick:

<b>I have read and agreed to the Recovery College Code of Conduct.</b>	Please tick
<b>I have read and agreed to the Student Charter.</b>	Please tick
<b>I agree and understand that a note of my attendance is recorded.</b>	Please tick
<b>If accessing other services delivered by CWP I agree and understand that my attendance is noted on CWP’s electronic record keeping system ‘CareNotes’.</b>	Please tick
<b>I agree to the Recovery College contacting my emergency contact / lead professional in case of an emergency.</b>	Please tick
<b>Applicable to staff members only: I confirm that it is my responsibility to seek permission from and inform my manager regarding my attendance at any particular course, when required.</b>	Please tick

## PART 5 – Optional agreements

<b>I give permission for photographs to be taken of work that I produce and used to promote the Recovery College and CWP.</b>	Please tick
<b>I give permission for photographs to be taken of myself and used to promote the Recovery College and CWP.</b>	Please tick
<b>I give permission for my details to be added to the distribution list so that I can be sent new information about the Recovery College.</b>	Please tick

Signed..... Date.....

Please tick the box if you wish to receive information by email  or by post

Confirmation of your place on your chosen courses and your student number will be sent to you. We will keep your personal registration details secure and anything you share with us will be treated as confidential in accordance with the Data Protection Act 1998.

**We look forward to welcoming you to our Recovery College.**

<b>Ethnicities</b>		
White - British	Mixed - Any Other	Black or Black British - African
White - Irish	Asian or Asian British - Indian	Black - Any Other
White - Other	Asian or Asian British - Pakistani	Chinese
Mixed - White & Black Caribbean	Asian or Asian British - Bangladeshi	Any Other Ethnic Group
Mixed - White & Black African	Asian - Any Other	Unknown
Mixed - White & Asian	Black or Black British - Caribbean	

## My Recovery College Calendar

If you like to write things down you may find this calendar very useful to keep a record of all the training you have booked onto. If you would like to you can complete this with a member of the Recovery College team. Please ring to make an appointment: 01244 385022 or email [cwp.recoverycollege@nhs.net](mailto:cwp.recoverycollege@nhs.net)

NB: If you are unable to attend any of the dates or wish to cancel a course you have booked please let the Recovery College know as soon as possible as this will ensure that your place can be offered to someone on the waiting list.

January 2017	February 2017	March 2017
3 Tu	1 We	1 We
4 We	2 Th	2 Th
5 Th	3 Fr	3 Fr
6 Fr	6 Mo	6 Mo
9 Mo	7 Tu	7 Tu
10 Tu	8 We	8 We
11 We	9 Th	9 Th
12 Th	10 Fr	10 Fr
13 Fr	13 Mo	13 Mo
16 Mo	14 Tu	14 Tu
17 Tu	15 We	15 We
18 We	16 Th	16 Th
19 Th	17 Fr	17 Fr
20 Fr	20 Mo	20 Mo
23 Mo	21 Tu	21 Tu
24 Tu	22 We	22 We
25 We	23 Th	23 Th
26 Th	24 Fr	24 Fr
27 Fr	27 Mo	27 Mo
30 Mo	28 Tu	28 Tu
31 Tu		29 We

HALF TERM

### My key learning goals are:

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.....

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.....

.....

30 Th
31 Fr
<b>April 2017</b>
3 Mo
4 Tu

Telephone: 01244 385022  
Email: [cwp.recoverycollege@nhs.net](mailto:cwp.recoverycollege@nhs.net)

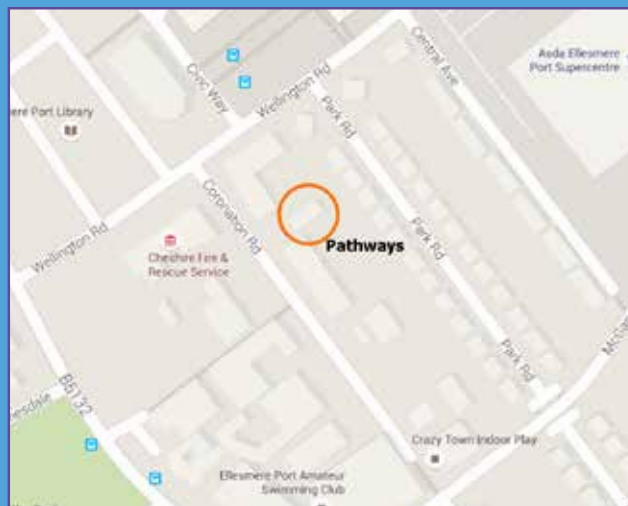
**Address:**  
West Recovery College  
Plas Dinas, Blacon Point Road  
Blacon Chester CH1 5SN

**Address:**  
Pathways Resource Centre  
Coronation Rd, Ellesmere Port CH65 9AB  
(We are located just behind Cherrybank Resource Centre)



**Recovery College**

Map data ©2015 Google



**Pathways Resource Centre**

Map data ©2015 Google



**Northgate Locks**

Map data ©2015 Google

**Address:**  
Northgate Locks,  
Canal Street, Chester CH1 4EJ

West Recovery College working in partnership with:



Care • Well-being • Partnership