



WEST RECOVERY COLLEGE

2017 SUMMER TERM PROSPECTUS

Term dates - 18th April 2017 - 25th July 2017

Open Days - 11 April 2017 - 18 April 2017

HOPE
CONTROL
OPPORTUNITY



ENROL TODAY



What we do.....	2
Welcome.....	3
How to enrol.....	4
Open Days.....	4
Recovery story.....	5
COURSES	
Understanding mental health.....	6
Rebuilding your life.....	7
Getting involved.....	10
Recovery through creativity.....	11
Developing Skills and Interests.....	12
Keeping physically healthy.....	13
.....	
Access and FAQs.....	15
Recovery College charter.....	16
Code of conduct.....	16
Enrolment form.....	17-18
My Recovery College Planner.....	19
Contact details & map.....	20

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



What we offer?

Courses and workshops are offered in:

- Understanding Mental Health
- Rebuilding your life
- Getting Involved
- Recovery through Creativity
- Developing Skills and Interests
- Keeping Physically Healthy



Introduction to Summer Prospectus



Welcome to the Summer 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 open days.

We are continuing to offer some evening courses for those who may find it difficult to attend day time sessions. These are being delivered in partnership with Northgate Locks, Chester.

We are reintroducing the Sleep Management course this term, this course has been updated to further explore sleep management issues. Struggling with sleep can have huge effects on both our physical and mental health. The course will review current research and look at management techniques and tools that may help you to both understand and learn to manage your sleep. If you are having trouble sleeping and want to explore this subject a little more, then this may be the course for you.

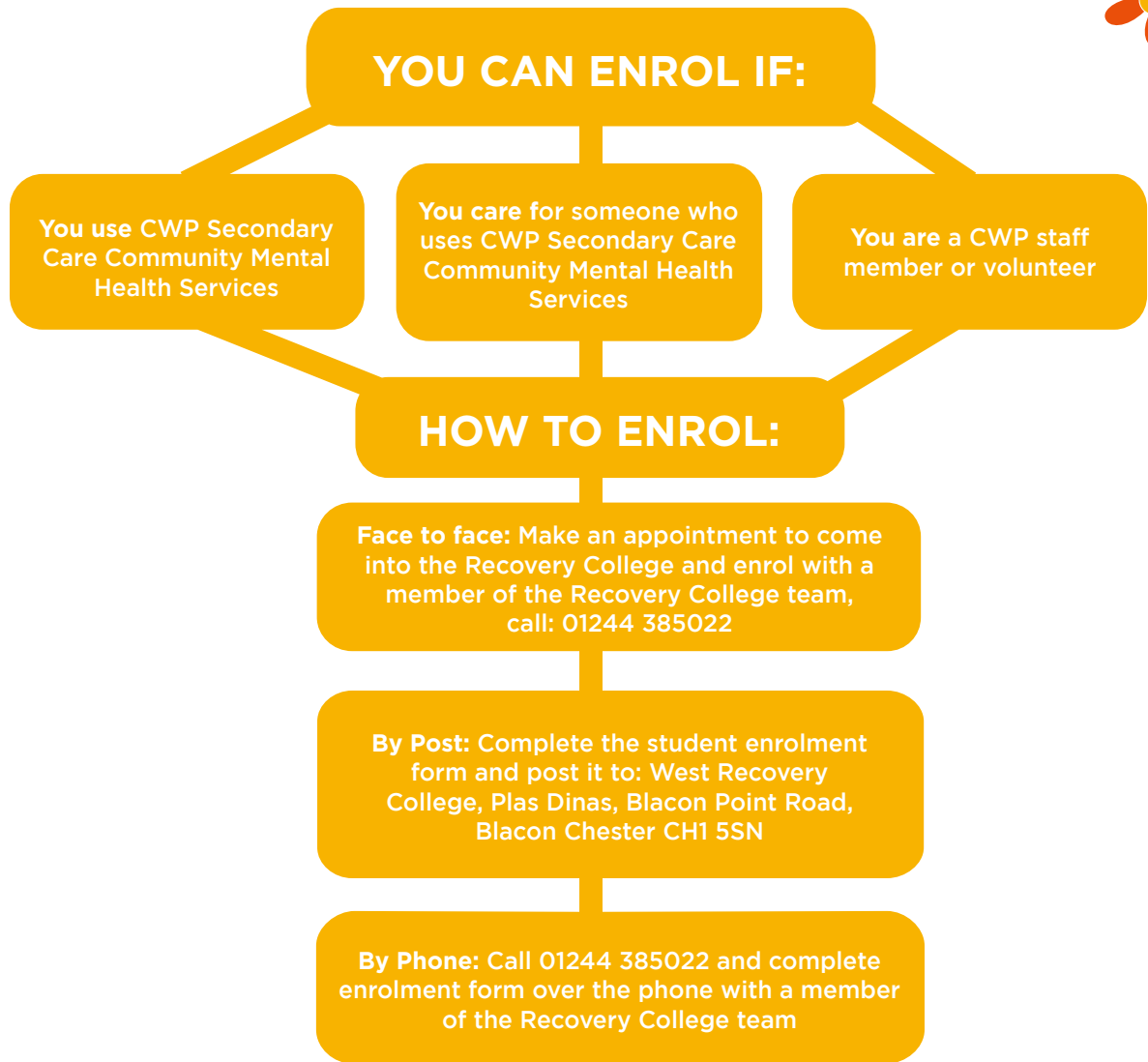
Our volunteers support all our work in Recovery College including meeting and greeting students, facilitating hospitality and supporting students who may be anxious at the beginning of their time in Recovery College. Our volunteers also use their lived experience to co-produce and co-deliver all of our 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. 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 onto.

The Recovery College provides a warm and friendly learning environment where you are supported to 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 OPPORTINITIES as they arise.

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





Open Days

Welcome to our Open 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. If you prefer, you can book an appointment. You are welcome to bring along a supportive friend, carer or family member.

Date	Time	Venue	Duration
11/04/2017	10.00am	Pathways, Ellesmere Port	4 hrs
12/04/2017	1.00pm	Well Being Clinics Upton Lea & Cherry Bank & Clarion Centre	3 hrs
13/04/2017	10.00am	Northgate Locks, Chester	4 hrs
18/04/2017	10.00am	West Recovery College	3 hrs



We will provide you with a Welcome pack of information, to help you get the best out of your time with the college.

If you would like to arrange a visit and have a look around please call Recovery College on Tel: **01244 385 022** or email **cwp.recoverycollege@nhs.net**

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



Recovery Story - Wendy

My story so far...

I have had poor mental health for approximately seven years, experiencing a lack of understanding from family/friends. A lack of self-confidence developed into my withdrawal then inability to go out. With my Support Worker I ventured out again and later attended a social group for people with mental health issues where for the first time in years I felt at ease.

In the spring of 2014, my health being stable for about eight months, I had to find a new home. I decided relocating would hopefully give me a new start without the pressure of judgement or rejection. In August I made the 270 mile move to Chester, where I would be near my daughter. My introduction to the Recovery College was four months later, when I had another dip in my health. From previous experience, I was keen to meet with people of poor mental health.

My Psychiatrist gave me details of the Recovery College. I have since attended many courses, some more than once, and couldn't be more grateful for the support and advice the College has given me. Personal issues have contributed towards my fluctuating health in the last two years, but the College has been a lifeline; giving the opportunity to gain a greater understanding of my condition in a non-judgemental environment (the courses have taught me techniques that have helped me deal with the start of low mood so that I can stop it developing further), whilst reinforcing that I am not alone in my symptoms, as well as enabling me to be social and make new good friends. Talking with people with similar experiences provides a sense of affinity, understanding and respect. I also continue to learn something on every College course I attend.

A year after introduction to the College I was asked to volunteer, declining immediately from lack of self-belief, but I later questioned my reasoning as my next goal was to undertake voluntary work. I'm glad I was able to turn my decision around. Since starting at the College with hospitality I have been asked to help with preparation of the prospectus, homing in on my admin skills, as well as co-presenting a course, which has given me a greater sense of worth and ability.

It has taken time to accept that; I would at times be hugely uncontrollably emotional, medication has to be daily and talking helps (CBT had turned into talking therapy.) I have learnt that; a sustained good mental health and return to work will take time, it helps me to persuade myself out of my comfort zone to prove I can do more than I think, I need to apply techniques learnt along the way. I realise the importance of setting myself achievable goals for now and not the long term.



I try not to dwell on the negative but praise the positive, and I am learning to accept praise for my achievements. I have also learnt that others see more in me than I believe is there, which helps give me the confidence to persevere and gives continuing hope of my improved and sustained mental health. I have had set backs along the way but I'm moving in the right direction; I want to manage my mental health and not let my mental health manage me.



Message for those thinking of enrolling:

My experience of the relaxed environment and ease of learning at the Recovery College, supported by life experience volunteers and an affinity with others helped me to recognise similar symptoms in others for the first time. All this has enabled me to make improvements to my mental health. If you feel a course description includes knowledge that would help you manage your own mental health then I would say go for it, improve your understanding and secure a better health for yourself.

About me...

Favourite Books

I am an avid reader of autobiographies and true life stories. John Wayne and James Cordon await me delving into their lives

Perfect Day

Quite basically family time, but Wimbledon would be a chosen day out as I haven't been since my 20's. A behind the scenes tour, meeting the players and watching a match on Centre Court from the Royal Box would be pretty perfect!

Favourite Album/Song

I reluctantly left my 80's vinyl collection behind when I moved. My favourite artists include; Spandau Ballet, Paul Young, The Undertones, Michael Buble, Robbie and Madonna

Hobbies

I really enjoy watching a variety of films, particularly action movies. After the inspiring introduction at College, I have taken up oil and water colour painting.

Next Steps

With the boost in confidence being a volunteer has given, I see myself a step closer to returning to work.health conditions and start volunteering again

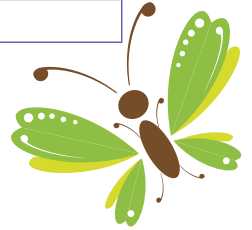
Introduction to Cognitive Behavioural Therapy (CBT)

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
05/06/2017	1.00pm	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
19/06/2017	10.00am	West Recovery College	2hrs
26/06/2017	10.00am	West Recovery College	2hrs
03/07/2017	10.00am	West Recovery College	2hrs
10/07/2017	10.00am	West Recovery College	2hrs

OR

07/06/2017	10.00am	Pathways, Ellesmere Port	2hrs
14/06/2017	10.00am	Pathways, Ellesmere Port	2hrs
21/06/2017	10.00am	Pathways, Ellesmere Port	2hrs
28/06/2017	10.00am	Pathways, Ellesmere Port	2hrs



Some of our course graduates.



Eat Well cooking demonstration



Developing Your Wellness Recovery Action Plan (WRAP)

Length of course: 4 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
19/04/2017	10.00am	Pathways, Ellesmere Port	2hrs
26/04/2017	10.00am	Pathways, Ellesmere Port	2hrs
03/05/2017	10.00am	Pathways, Ellesmere Port	2hrs
10/05/2017	10.00am	Pathways, Ellesmere Port	2hrs

OR

25/04/2017	6.00pm	The Locks, Chester	2hrs
02/05/2017	6.00pm	The Locks, Chester	2hrs
09/05/2017	6.00pm	The Locks, Chester	2hrs
16/05/2017	6.00pm	The Locks, Chester	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
24/05/2017	10.00am	Pathways, Ellesmere Port	2hrs
05/07/2017	10.00am	Pathways, Ellesmere Port	2hrs

"The course has encouraged me to take steps and face my anxiety issues and has taught me new skills to address my anxiety"

"I found it really beneficial to be able to share ideas with others who understand"

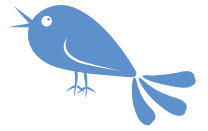
"I didn't expect the course to have gone as well as it did, it has really helped me coping in life"

"Gave me time to take stock and work through small tasks"

"Helped me to acknowledge some of my thoughts and feelings"

This Is Me

Length of course: 4 sessions



Workshop Overview

This course 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 including 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 one page profiles.

Date	Time	Venue	Duration
06/06/2017	6.00pm	The Locks, Chester	2hrs
13/06/2017	6.00pm	The Locks, Chester	2hrs
20/06/2017	6.00pm	The Locks, Chester	2hrs
18/07/2107*	6.00pm	The Locks, Chester	2hrs

*Please note that the final session will be an opportunity for you review what you have written, support will be available to complete your individual profile

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
12/06/2017	10.00am	West Recovery College	2hrs

OR

27/06/2017	6.00pm	The Locks, Chester	2hrs
------------	--------	--------------------	------

Confidence Building

Length of course: 7 sessions

Course Overview

This seven 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
08/06/2017	1.00pm	West Recovery College	2hrs
15/06/2017	1.00pm	West Recovery College	2hrs
22/06/2017	1.00pm	West Recovery College	2hrs
29/06/2017	1.00pm	West Recovery College	2hrs
06/07/2017	1.00pm	West Recovery College	2hrs
13/07/2017	1.00pm	West Recovery College	2hrs
20/07/2017	1.00pm	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, 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
18/07/2017	10.00am	West Recovery College	2hrs

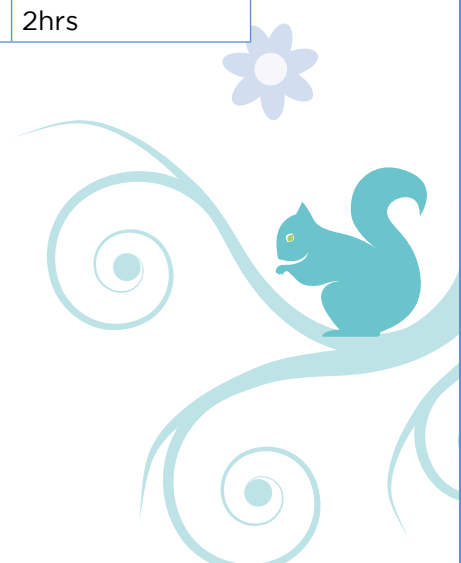
Getting The Most From Your Medications

Length of workshop: 2hrs

Workshop Overview

This course will help you to understanding how and why medications are prescribed and how they work to support good mental health. It will look at common side effects and how you can manage them. Many people struggle with long term medication and this is a good opportunity to discuss the benefits of different medications.

Date	Time	Venue	Duration
11/07/2017	10.00am	West Recovery College	2hrs



"It has shown me that thoughts do pass, I can't stop the thoughts sometimes, but I have learnt that I can wait for them to pass, this is really helpful to me for my mental health conditions"

"I found it very interesting and the tutor and volunteers were excellent"

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 will be happy to support you as you decide which courses you may want to consider.

Date	Time	Venue	Duration
10/05/17	1.30pm	Upton Lea & Cherry Bank	3hrs
14/06/17	1.30pm	Upton Lea & Cherry Bank	3hrs
12/07/17	1.30pm	Upton Lea & Cherry Bank	3hrs
09/08/17	1.30pm	Upton Lea & Cherry Bank	3hrs



"It has given me the confidence to do other courses"

"It has inspired me to make things at home"

"Helped me to understand how foods can effects my moods"

"Helped me to realise that I can achieve my goals using a step by step process"

"Helped me to change some of my routines and habits and it will help me to keep motivated"

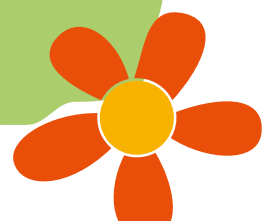


"It has shown me that thoughts do pass,, I can't stop the thoughts sometimes, but I have learnt that I can wait for them to pass, this is really helpful to me for my mental health conditions".

"I found It very interesting and the tutor and volunteers were excellent"

"Has helped me to challenge my unhelpful thoughts"

"Very interesting, easy to understand and in a relaxed environment"





Crafting For Beginners

Length of course: 6 sessions

Course Overview

Interested in starting a new craft hobby or activity but not sure where to start? This could be the course for you! Each session we cover a different craft skill. You will get the opportunity to learn some new techniques and build on existing skills. Learn in a fun, social and relaxed environment. No previous experience is needed, just the motivation to have a go. All materials and tools are provided.

Date	Time	Venue	Duration
21/04/2017	10.00am	West Recovery College	2hrs
28/04/2017	10.00am	West Recovery College	2hrs
05/05/2017	10.00am	West Recovery College	2hrs
12/05/2017	10.00am	West Recovery College	2hrs
19/05/2017	10.00am	West Recovery College	2hrs
26/05/2017 *	10.00am	West Recovery College	4hrs

*Double session in week 6 please bring a lunch

NB Places will be limited to a maximum of 12 students per session for all craft workshops (excluding support workers). If you are attending craft workshops you will not be eligible to attend both courses in any one term. You will be supported to find local groups where you can continue to develop and enjoy some of the skills you learn in these sessions.

Info for Support Workers. Please let the Recovery College staff know that you will be attending to support an individual. Unfortunately, due to limited resources you will not be able to individually make craft items. You will get the opportunity to observe all the activities and support your services users in sessions. A break out area is available if needed.



Advanced Craft Skills

Length of course: 7 sessions

Course Overview

This course is for those students who want to progress their craft making skills to a more advanced level. The course requires the students to have existing craft skills and confidence. A tutor will be available to support you to take your skills to the next level. You will need to be confident in managing a range of tools and materials. For further information, please call 01244 385022 and make an appointment to see a college advisor who will help you identify the course that will work for you.

Date	Time	Venue	Duration
09/06/2017	10.00am	West Recovery College	2hrs
16/06/2017	10.00am	West Recovery College	2hrs
23/06/2017	10.00am	West Recovery College	2hrs
30/06/2017	10.00am	West Recovery College	2hrs
07/07/2017	10.00am	West Recovery College	2hrs
14/07/2017	10.00am	West Recovery College	2hrs
21/07/2017	10.00am	West Recovery College	2hrs

Info for Support Workers. Please let the Recovery College staff know that you will be attending to support an individual. Unfortunately, due to limited resources you will not be able to individually make craft items. You will get the opportunity to observe all the activities and support your services users in sessions. A break out area is available if needed.

NB Places will be limited to a maximum of 12 students per session for all craft workshops (excluding support workers). If you are attending craft workshops you will not be eligible to attend both courses in any one term. You will be supported to find local groups where you can continue to develop and enjoy some of the skills you learn in these sessions.



Physical Health & Me

Length of workshop: 2hrs



Workshop Overview

This workshop explores the links between physical health and mental health and why it is important to maintain a healthy lifestyle. You will be encouraged to consider how to manage your own physical health and make an action plan to address any of your personal physical health goals.

Date	Time	Venue	Duration
24/04/2017	1.00pm	West Recovery College	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
05/06/2017	4.00pm	West Recovery College	1hr
12/06/2017	4.00pm	West Recovery College	1hr
19/06/2017	4.00pm	West Recovery College	1hr

N.B please wear comfortable clothing and flat shoes.

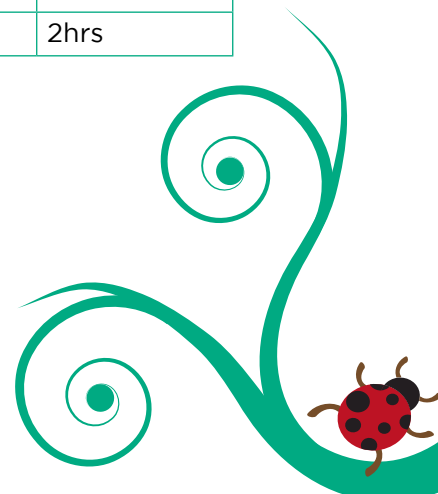
Managing Sleep Problems

Length of course: 2 sessions

Workshop Overview

If you or someone you care for are getting too much sleep, too little sleep, or disturbed sleep then this is the workshop for you. Learn more about how and why sleep problems occur and look at different ways to manage sleep problems and explore a range of relaxation techniques

Date	Time	Venue	Duration
04/07/2017	6.00pm	The Locks, Chester	2hrs
11/07/2017	6.00pm	The Locks, Chester	2hrs
18/07/2017	6.00pm	The Locks, Chester	2hrs



Eat Well: Get to Grip with Portion Sizes

Length of workshop: 2hrs

Workshop Overview

Are you confused about portion size and how much is too much and if size really matters? Then this may be the workshop for you. This is a practical workshop which will look at measuring portion sizes of some of our favourite foods. We will look at the main food groups, fruit & veg, proteins, carbohydrates, fats and oils. There will also be lots of hints and tips on how to manage the number of portions you eat. This will be a fun and interactive session.

Date	Time	Venue	Duration
12/07/2017	10.00am	Pathways, Ellesmere Port	2hrs

OR

23/05/17	6.00pm	The Locks, Chester	2hrs
----------	--------	--------------------	------



End of Term Celebrations

Length of course: 2 sessions

Workshop Overview

These events are open to anyone who has attended courses or workshops during the term. They 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.

Date	Time	Venue	Duration
19/07/2017	10.00am	Pathways, Ellesmere Port	2hrs
25/07/2017	1.00pm	West Recovery College	2hrs

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.

FAQs

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.





How to enrol:

- 1. **By Email:** Send an email to 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:	
Your name:	First name:	Surname:	
Date of birth:	Gender:	Ethnicity:	
Address:	How did you hear about West Recovery College:		
Postcode:			
Email:			
Telephone number(s):			

**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):
--	--	--------------	--------------------------------	---------------	-------------------------

PART 2 – Emergency contact and medical details

Who should we contact in the event of an emergency:	Full name:	Telephone number:
--	------------	-------------------

PART 3 – CWP services (if applicable)

Lead professional name (e.g. care coordinator):	Full name:	Role:	Telephone number:
--	------------	-------	-------------------

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:

I have read and agreed to the Recovery College Code of Conduct.	Please tick
I have read and agreed to the Student Charter.	Please tick
I agree and understand that a note of my attendance is recorded.	Please tick
If accessing other services delivered by CWP I agree and understand that my attendance is noted on CWP's electronic record keeping system 'CareNotes'.	Please tick
I agree to the Recovery College contacting my emergency contact / lead professional in case of an emergency.	Please tick
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.	Please tick

PART 5 – Optional agreements

I give permission for photographs to be taken of work that I produce and used to promote the Recovery College and CWP.	Please tick
I give permission for photographs to be taken of myself and used to promote the Recovery College and CWP.	Please tick
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.	Please tick
To help you get the most out of your time in the college, we offer to support you to complete a Learning Plan. This can help you to identify goals and plan the courses that can help you to achieve them. Please tick here if you would like some support to develop your learning plan.	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.

Ethnicities		
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	

Admin use only	CPA	Non CPA	Standard	Staff	Carer
-----------------------	-----	---------	----------	-------	-------

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

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.

April 2017	May 2017	June 2017
18 Tu	22 Mo	26 Mo
19 We	23 Tu	27 Tu
20 Th	24 We	28 We
21 Fr	25 Th	29 Th
24 Mo	26 Fr	30 Fr
25 Tu	29 Mo BANK HOLIDAY	30 Fr
26 We	30 Tu	July 2017
27 Th	31 Wed	3 Mo
28 Fr	June 2017	4 Tu
May 2017	1 Th	5 We
1 Mo BANK HOLIDAY	2 Fr	6 Th
2 Tu	5 Mo	7 Fr
3 We	6 Tu	10 Mo
4 Th	7 We	11 Tu
5 Fr	8 Th	12 We
8 Mo	9 Fr	13 Th
9 Tu	12 Mo	14 Fr
10 We	13 Tu	17 Mo
11 Th	14 We	18 Tu
12 Fr	15 Th	19 We
15 Mo	16 Fr	20 Th
16 Tu	19 Mo	21 Fr
17 We	20 Tu	24 Mo
18 Th	21 We	25 Tu
19 Fr	22 Th	
	23 Fr	

Telephone: 01244 385022
Email: 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:

The block contains six logos of partner organizations. From top-left to bottom-right: 'STOP THINK LISTEN' with the hashtag #CWPZeroHarm; a colorful flower logo with 'CWP' in the center; 'DIAL House Chester Disability Services' with a stylized figure logo; another 'CWP' logo; 'Impact' with a stylized 'i' logo; and 'west cheshire college' with a stylized 'w' logo and the tagline 'Learn. Experience. Succeed. Grow.'

Care • Well-being • Partnership

