



Cheshire and Wirral Partnership



NHS Foundation Trust

WIRRAL EDUCATION FOR WELLBEING

2017 SPRING TERM PROSPECTUS

Enrolment Week 16-20 January 2017

For more information please telephone: 0151 488 7250 or email: educationforwellbeing@cwp.nhs.uk

HOPE
CONTROL
OPPORTUNITY



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What we do?

We offer recovery focused courses and workshops which give students the opportunity to gain understanding of mental health challenges and build skills and confidence to support student's recovery journey.

Who can attend?

Courses are FREE and are open to:

- Individuals who are 18 and over who currently use community services delivered by CWP
- Families and friends of those who currently use community services delivered by CWP
- CWP staff who deliver mental health services
- CWP volunteers

What we offer?

Course and workshops are offered in:

- Understanding mental health
- Rebuilding your life
- Getting Involved
- Recovery through creativity
- Keeping physically healthy





Introduction to Spring Prospectus

We are excited to welcome you to our Spring Term Prospectus. We have developed a wide range of educational courses which we hope you will enjoy.

We follow an adult education model and aim to deliver a curriculum which contains recovery focused courses that will improve your wellbeing.

Our courses, where possible, are co-produced and co-delivered by people who have experience of mental health conditions together with partnerships within Cheshire and Wirral Partnership NHS Foundation Trust (CWP) and our local community.

Wirral Education for Wellbeing Team

If you are interested in any of the courses and require more information or to enrol we are holding a **Freshers' Week** commencing **Monday 16th January 2017** at various locations

Enrolment Week Timetable:

MONDAY 16.01.17	TUESDAY 17.01.17	WEDNESDAY 18.01.17	THURSDAY 19.01.17	FRIDAY 20.01.17
Enrolment 10.00-12.00 The Hub, The Stein Centre	Individual Learning Plan appointments 10.00-12.00 The Hub, The Stein Centre	Individual Learning Plan appointments 10.00-12.00 The Hub, The Stein Centre		Individual Learning Plan appointments 10.00-12.00 The Hub, The Stein Centre
Individual Learning Plan appointments 13.00-15.00 The Hub, The Stein Centre	Enrolment 13.00-15.00 The Hub, The Stein Centre	Enrolment 13.00-15.00 Highfield Centre Wallasey		Individual Learning Plan appointments 13.00-15.00 The Hub, The Stein Centre

If you are not able to make these dates please contact us:
Tel: 0151 488 7250 or by email: educationforwellbeing@cwps.nhs.uk





YOU CAN ENROL IF:

You use the secondary care mental health services

You care for someone who uses the secondary community care mental health services

You are a CWP staff member or volunteer

HOW TO ENROL:

Complete enrolment form inside the prospectus

Send it back to:
Wirral Education for Wellbeing, The Stein Centre, Derby Road, Birkenhead, CH42 0LQ

Or make an appointment with Wirral Education for Wellbeing Coordinator

“Coming to the classes has helped me overcome a lot of problems managing my mental health. From a person living in a nursing home, I now live back in my family home”

“As a Volunteer with Education for Wellbeing/Recovery College this last 3 1/2 years, it has been a real pleasure to see students grow more confident. Being a Volunteer has also helped me learn much from the students and has increased my job opportunities”





Simon's Story

Hi, my name is Simon and I am the coordinator for Wirral Education for Wellbeing.

Last term was my first in the role and it was great to get to know all the staff, students and volunteers involved.

I currently help to deliver the courses in 'Confidence Building and Self-Esteem', 'Learning to Manage Low Mood' and 'Keeping Well and Moving Forward', as well as the workshop on 'Achieving Better Sleep', which have all been good to be part of.

It has been pleasing to see such positive feedback from students as to how they have enjoyed and benefitted from the courses and workshops we offer.

Going forward, I am excited about some of the developments we have made such as our registration with the 'National Union of Students', allowing students to apply for an NUS Extra card and our link with 'Tranmere Rovers in the Community' offering Wellbeing sessions



Lucy's Story

My Recovery Journey so far...

I am currently a stay at home mum with a wonderful husband and a beautiful 6 year old son.

After suffering with depression and an eating disorder I was left with almost no confidence, low self-esteem and began to isolate myself from friends and family.

I was introduced to Education for Wellbeing by my therapist in September 2016 who suggested attending some of the courses. So far I have attended 'Learning to Manage Low Mood', 'Confidence Building and Self-Esteem' and 'Create 2 Feel Great'.

Each week I have learnt something new that has really helped on my road to recovery and have made some amazing new friends along the way.

I would strongly recommend these courses to anyone as they really can and will help with your recovery.

"The sessions gave me the tools to address my own recovery journey."

"Knowing there are other people who have had some of the same experiences as me."

"It will help me in everyday life and managing stress."

"Helped me to find strategies about dealing with stress and mental health issues."

"Very professional, educational short course providing both trainer led and student inputs"

"I found it great to be with people who are positive about their recovery and journey."

"I gained some ideas about self-help techniques to cope."

"The tutors are so Knowledgeable, professional, and I found them easy to approach."



Understanding Depression

Length of workshop: 3 hours

Workshop Overview:

One in four people experience Depression. This workshop will enable students to learn about Depression and explore how factors can affect individuals differently, types of Depression and how it is diagnosed. The workshop will also explore some positive coping strategies for overcoming Depression.

Date	Time	Venue	Duration
Mon 23.01.17	10:00-13:00	The Stein Centre	3 Hrs

Understanding Bi-Polar Affective Disorder

Length of workshop: 3 hours

Workshop Overview:

This workshop aims to increase students understanding of bi-polar affective disorder (BPAD), explore how factors can affect individuals differently and how it is diagnosed. The workshop will also explore some positive coping strategies for individuals and their carers.

Date	Time	Venue	Duration
Mon 30.01.17	10:00-13:00	The Stein Centre	3 Hrs

Understanding Psychosis

Length of workshop: 3 hours

Workshop Overview:

The experience of psychosis is surprisingly common. This workshop aims to increase students understanding of psychosis and explore how factors can affect individuals differently and how it is diagnosed. The workshop will also explore some positive coping strategies for individuals and their carers.

Date	Time	Venue	Duration
Mon 06.02.17	10:00-13:00	The Stein Centre	3 Hrs

Understanding Personality Disorder

Length of workshop: 3 hours

Workshop Overview:

This workshop aims to increase students understanding of Personality Disorder, explore how factors can affect individuals differently and how it is diagnosed. The workshop will also explore some positive coping strategies for individuals and their carers.

Date	Time	Venue	Duration
Wed 15.02.17	13.30-16.30	The Stein Centre	3 Hrs

Understanding your Medication

Length of workshop: 2 hours

Workshop Overview:

Do you want to know more about what medicines do and what to expect when you take them? Come along and find out how medication works.

Date	Time	Venue	Duration
Mon 13.02.17	10.00-12.00	The Stein Centre	2 Hrs



Introduction to Mindfulness

Length of workshop: 2 hours

Workshop Overview:

This introductory workshop will be helpful for those wanting to know more about the Mindfulness meditation skills that will be taught on the full Mindfulness course; it will include some short Mindfulness based practise meditations to help you decide whether the full course is right for you.

Date	Time	Venue	Duration
Wed 01.02.17	10.00-12.00	The Stein Centre	2 Hrs

Mindfulness Skills

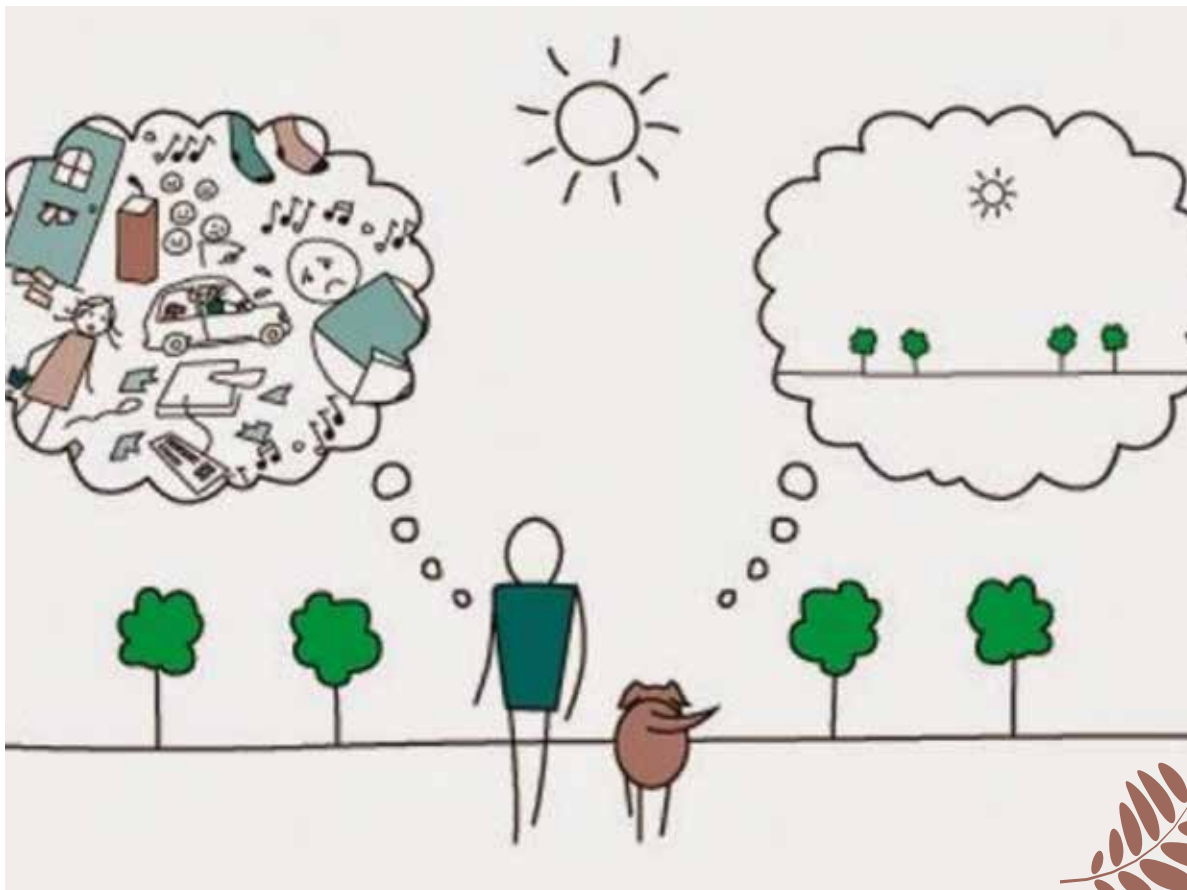
Length of course: 4 weeks

Course Overview:

Mindfulness meditation practices are helpful when people are depressed, stressed or in chronic pain, as well as with many other health problems. In this 4 week course, Mindfulness meditation skills will be taught through guided practise and discussion in class. Students will benefit more from practising at home between classes. Students are encouraged to attend all 4 sessions. Please contact Course Coordinator if you would like to register but think you may have to miss a session..

Date	Time	Venue	Duration
Tues 28.02.17	10.00-12.00	The Stein Centre	2 Hrs
Tues 07.03.17	10.00-12.00	The Stein Centre	2 Hrs
Tues 14.03.17	10.00-12.00	The Stein Centre	2 Hrs
Tues 21.03.17	10.00-12.00	The Stein Centre	2 Hrs

Please note that this is a 4 week course, the course attendance list will be closed after all have registered at the first session. Please do not try to join half way through but you are welcome to register a place for next term.



Learning to Managing Anxiety

Length of course: 4 weeks

Course Overview:

This 4 week course aims to help students recognise and reduce anxiety and stress in your daily life. Topics include causes of anxiety, physical symptoms, the role of our thoughts, how behaviour can affect anxiety and the impact of lifestyle. The course is focused on learning about tools that can help to manage your anxiety and you will benefit more if you practise at home between classes and attend all 4 sessions.

Date	Time	Venue	Duration
Thurs 02.03.17	14.00-16.30	The Stein Centre	2.5 Hrs
Thurs 09.03.17	14.00-16.30	The Stein Centre	2.5 Hrs
Thurs 16.03.17	14.00-16.30	The Stein Centre	2.5 Hrs
Thurs 23.03.17	14.00-16.30	The Stein Centre	2.5 Hrs

Please note that this is a 4 week course, the course attendance list will be closed after all have registered at the first session. Please do not try to join half way through but you are welcome to register a place for next term.

Learning to Manage Low Mood

Length of course: 4 weeks

Course Overview:

This 4 week course aims to help students to understand their low mood and consider what might be helpful to them in trying to tackle it. Topics include causes of low mood, the role of our thoughts, how behaviour can affect mood, impact of lifestyle issues and the importance of goal setting. Please contact the Education for Wellbeing team if you would like to register but think you may have to miss a session.

Date	Time	Venue	Duration
Tues 24.01.17	10.00-12.00	The Stein Centre	2 Hrs
Tues 31.01.17	10.00-12.00	The Stein Centre	2 Hrs
Tues 07.02.17	10.00-12.00	The Stein Centre	2 Hrs
Tues 14.02.17	10.00-12.00	The Stein Centre	2 Hrs

Please note that this is a 4 week course, the course attendance list will be closed after all have registered at the first session. Please do not try to join half way through but you are welcome to register a place for next term.



Getting The Most From Your Appointments

Length of workshop: 2 hours

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
Wed 01.02.17	14.00-16.00	The Stein Centre	2 Hrs

Confidence Building and Self-Esteem

Length of course: 4 weeks

Course Overview:

This 4 week course aims to share ideas and tools to increase student's confidence and self-esteem in support of wellbeing. Students explore what might be holding them back and the course offers various confidence building skills and techniques.

Date	Time	Venue	Duration
Fri 27.01.17	10.00-12.00	The Stein Centre	2 Hrs
Fri 03.02.17	10.00-12.00	The Stein Centre	2 Hrs
Fri 10.02.17	10.00-12.00	The Stein Centre	2 Hrs
Fri 17.02.17	10.00-12.00	The Stein Centre	2 Hrs

Please note that this is a 4 week course, the course attendance list will be closed after all have registered at the first session. Please do not try to join half way through but you are welcome to register a place for next term.

Benefits Awareness

Length of workshop: 2 hours

Workshop Overview:

The workshop aims to provide students with an overview of the benefits system and will provide information on how and where to get help with dealing with benefit problems.

Date	Time	Venue	Duration
Thurs 09.02.17	10.00-12.00	The Stein Centre	2 Hrs

Keeping well and moving forward

Length of course: 3 weeks

Course Overview:

This course will share ideas and tools for keeping well. Students will explore the five elements of wellbeing and will build their own personal toolbox of strategies to keep well. In the final weeks of the course we will introduce 'Wellness Recovery Action Plans'.

Date	Time	Venue	Duration
Fri 03.03.17	10.00-12.00	The Stein Centre	2 Hrs
Fri 10.03.17	10.00-12.00	The Stein Centre	2 Hrs
Fri 17.03.17	10.00-12.00	The Stein Centre	2 Hrs

Please note that this is a 3 week course, the course attendance list will be closed after all have registered at the first session. Please do not try to join half way through but you are welcome to register a place for next term.

Introduction to Wellness Recovery Action Planning (WRAP)

Length of course: 2 weeks

Course Overview:

This course offers an introduction to WRAP; Mary Ellen Copeland's 'Wellness Recovery Action Planning' process. The WRAP is a self-management plan developed by Mary Ellen Copeland out of her own experience of living with a long-term mental health condition. This course will provide an overview of WRAP, to enable you to explore this 'tool' and consider if it may be something that could benefit your own recovery and well-being.

Date	Time	Venue	Duration
Mon 30.01.17	14.00-16.30	The Stein Centre	2.5 Hrs
Mon 06.02.17	14.00-16.30	The Stein Centre	2.5 Hrs

Money Management Course

Length of course: 2 weeks

Course Overview:

This 2 week course aims to provide students with an overview of debt awareness and debt management, household budgeting skills and how to make your money go further.

Date	Time	Venue	Duration
Fri 03.02.17	14.00-16.00	The Stein Centre	2 Hrs
Fri 10.02.17	14.00-16.00	The Stein Centre	2 Hrs

Please note that this is a 2 week course, the course attendance list will be closed after all have registered at the first session. Please do not try to join half way through but you are welcome to register a place for next term.

Living with Voices

Length of course: 3 hours

Workshop Overview:

This 3 hour workshop aims to help people who hear voices to understand what causes the experience. During the course, we will try out some strategies to manage voices more effectively that will help you to get on with your life.

Date	Time	Venue	Duration
Mon 20.03.17	10.00-13.00	The Stein Centre	3 Hrs

"It will hopefully help me to cope with my relationship with a family member and be more positive in my interaction."

"It made me realise what is available for people with Personality Disorder."

"Seeing someone who has been a service-user who progressed to be a 'service-user consultant' is inspirational."

All About Me

Length of course: 3 weeks

Course Overview:

This course will show you how to create a one page profile. This tool captures all the important information about you on a single sheet of paper, under three simple headings: what people appreciate about you, what's important to you and how best to support you. If you then choose, your profile can be shared with other people, such as family, friends and health professionals, so they can have a greater understanding of you and how they can support you.

Date	Time	Venue	Duration
Fri 03.03.17	14.00-16.00	The Stein Centre	2 Hrs
Fri 10.03.17	14.00-16.00	The Stein Centre	2 Hrs
Fri 17.03.17	14.00-16.00	The Stein Centre	2 Hrs

Please note that this is a 3 week course, the course attendance list will be closed after all have registered at the first session. Please do not try to join half way through but you are welcome to register a place for next term.

Carers' Rights

Length of workshop: 2 hours

Workshop Overview:

This workshop for carers is designed to help you to understand your rights under the Care Act and the benefits you may be entitled to claim as a carer. Information will also be given about the support available to carers from Wirral organisations such as Family Tree and Wired.

Date	Time	Venue	Duration
Thurs 02.03.17	10.00-12.00	The Stein Centre	2 Hrs

Health and Wellbeing for Family, Friends and Carers

Length of course: 2 weeks

Course Overview:

This 2 week course is designed to help family, friends and carers to look after their wellbeing. Supporting someone you care about who has mental health challenges can easily take over your whole life and it can be tempting to think only of their needs and ignore your own. During this course you will complete your own personal health and wellbeing plan for how you can look after yourself while supporting someone you love and care about.

Date	Time	Venue	Duration
Tues 24.01.17	14.00-16.00	The Stein Centre	2 Hrs
Tues 31.01.17	14.00-16.00	The Stein Centre	2 Hrs



Supporting Service Users With Personality Disorder

Length of workshop: 4 weeks

Workshop Overview:

This series of workshops will look at issues relevant to a variety of people (e.g. family members, carers and friends) who are attempting to support people with Personality Disorder. The workshops will look at a range of relevant issues. These will include how we might usefully understand Personality Disorder, potential causes of Personality Disorder, and practical and psychological resources available to help people with Personality Disorder. An underlying theme throughout each of the workshops will be an attempt to engender an understanding of how relatives, friends and carers might play a role in facilitating recovery.

Date	Time	Venue	Duration
Wed 01.03.17	14.00-16.30	The Stein Centre	2.5 Hrs
Wed 08.03.17	14.00-16.30	The Stein Centre	2.5 Hrs
Wed 15.03.17	14.00-16.30	The Stein Centre	2.5 Hrs
Wed 22.03.17	14.00-16.30	The Stein Centre	2.5 Hrs



'Creative 2 Feel Great' Workshop

Length of workshop: 2x2 hours

Workshop Overview:

The workshop will consist of sharing positive experiences and creative ideas, through discussion and creative exercise, supported by a PowerPoint presentation. You do not need to have any creative experience – anyone can take part in and complete this workshop.



Date	Time	Venue	Duration
Wed 08.02.17	10.00-12.00	The Stein Centre	2 Hrs

AND

Wed 08.02.17	14.00-16.00	The Stein Centre	2 Hrs
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Creative Writing

Length of course: 4 weeks

Course Overview:

In January 2016 Beyond Recovery produced a booklet of art, prose and poetry, highlighting the benefits of these creative themes for mental wellbeing. The booklet was made up of contributions by those who have lived experience and others. We hope to cover broader themes in the future.

Date	Time	Venue	Duration
Wed 01.03.17	10.00-12.00	The Stein Centre	2 Hrs
Wed 08.03.17	10.00-12.00	The Stein Centre	2 Hrs
Wed 15.03.17	10.00-12.00	The Stein Centre	2 Hrs
Wed 22.03.17	10.00-12.00	The Stein Centre	2 Hrs

Getting More Involved

Length of workshop: 2 hours

Workshop Overview:

Are you interested in volunteering with CWP with a view to developing people and/or administration skills within Education for Wellbeing? There are a number of roles available – meet and greet; reception; 'study buddy' or sharing your lived experience by helping to co-produce or co-facilitate one of our courses'. If one or more of these roles appeal to you think about attending our Getting involved Course.

Date	Time	Venue	Duration
Thurs 16.03.17	10.00-12.00	The Stein Centre	2 Hrs

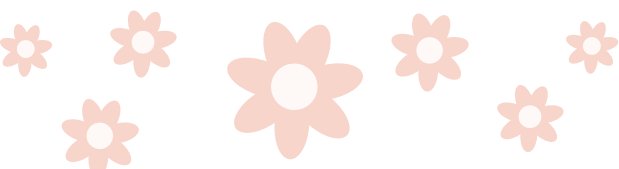
Staying Well 'Market Place'

Length of workshop: 1.5 hours

Workshop Overview:

This friendly and informal event will introduce local organisations that offer educational opportunities to help you to improve your health and wellbeing. On the day there will also be an opportunity to try out tools and resources that you may find helpful to put in your 'toolbox' to help you in your recovery journey. appeal to you think about attending our Getting involved Course.

Date	Time	Venue	Duration
Fri 24.03.17	13.00-14.30	The Stein Centre	1.5 Hrs



Physical Health and You

Length of workshop: 2 hours

Workshop Overview:

This workshop will introduce you to the importance of physical health, how this can impact on your 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 wellbeing.

Date	Time	Venue	Duration
Mon 23.01.17	14.00-16.00	The Stein Centre	2 Hrs

Keeping your Heart Healthy

Length of workshop: 2 hours

Workshop Overview:

Did you know that Coronary Heart Disease is the UK's biggest killer? This workshop will introduce some simple steps you can take to keep your heart healthy and reduce your risk of developing heart disease, whatever your age.

Date	Time	Venue	Duration
Mon 06.03.17	14.00-16.00	The Stein Centre	2 Hrs

Food & Mood

Length of workshop: 2 hours

Workshop Overview:

This workshop aims to explore the connection between food and mood by looking at some of the latest research and identifying food and food groups that can significantly affect our mood. We also aim to encourage you to think about how your mood is impacting on your relationship with food. The workshop will hopefully inspire you to begin to think about changes you could make to your diet that may improve your mood.

Date	Time	Venue	Duration
Mon 13.02.17	14.00-16.00	The Stein Centre	2 Hrs

Women's Health Workshop

Length of workshop: 2 hours

Workshop Overview:

This informative workshop will give students an opportunity to learn about women's health issues in a friendly and informal environment. We will discuss a range of healthy lifestyle topics, including the importance of health screening and women's health issues.

Date	Time	Venue	Duration
Mon 13.03.17	14.00-16.00	The Stein Centre	2 Hrs



Men's Health Workshop

Length of workshop: 2 hours

Workshop Overview:

This informative workshop will give students an opportunity to learn about men's health issues in a friendly and informal environment. We will discuss a range of healthy lifestyle topics, including health screening and men's health issues.

Date	Time	Venue	Duration
Mon 20.03.17	14.00-16.00	The Stein Centre	2 Hrs

Football for Health and Wellbeing

Come for a kick about at Tranmere Rovers Football Club's new Community Health and Wellbeing Football sessions. These sessions will run **every Tuesday** at the Recreation Centre, Prenton Park; this first session is FREE and then £2.50 a session.

Date	Time	Venue	Duration
Tues 07.02.17	14.00-15.00	Tranmere Rovers FC	2 Hrs

Living with Fibromyalgia

Length of workshop: 3 hours

Workshop Overview:

This workshop aims to provide information about living with Fibromyalgia and to introduce remedies and techniques to help people who have Fibromyalgia to reduce symptoms and to achieve recovery.

Date	Time	Venue	Duration
Wed 15.02.17	10.00-13.00	The Stein Centre	3 Hrs

Achieving Better Sleep

Length of workshop: 2 hours

Workshop Overview:

This workshop aims to help students learn more about how and why sleep problems occur and look at different ways to manage sleep problems.

Date	Time	Venue	Duration
Wed 25.01.17	10.00-12.00	The Stein Centre	2 Hrs



You are invited to attend courses that are run by our Partnership Organisations. Wirral Education for Wellbeing is not responsible for content and delivery of these courses.

FAMILY TREE exists to help carers and families affected by mental ill health and offers counselling, advocacy, training and a monthly support group. Further details: 0151 488 7708 or email: family.tree@cwpa.nhs.uk

HOPE PLACE 259 Woodchurch Road, Prenton, CH42 9LE). Offers numerous groups for wellbeing including mindfulness for men and women, healthy eating and cookery course for men, yoga and knit and natter. Hope Place is a coffee shop, community hub and meeting place for all. Further details please call in or ring 0151 608 4747, email: hopeplace@btconnect.com

AGE UK WIRRAL provides a wide range of classes, activities and events for people 50+ which promote physical, mental, social and emotional well-being. Based at the Meadowcroft Community Wellbeing Hub in Bromborough, opportunities are also available at a range of community settings across Wirral and through a variety of outdoor activities across the Borough. Further details: Active Age Centre 0151 482 3456 or email: enquiries@ageukwirral.org.uk or visit www.ageukwirral.org.uk

WIRRAL METROPOLITAN COLLEGE Conway Park, Europa Boulevard, Birkenhead. Offer support for students with mental health and emotional difficulties. The Additional Learning Support team work across the college to enable students with particular difficulties and disabilities to have an equal opportunity of succeeding in their studies. Further details: contact Charlie Houlbrook or Janine Pinion: 0151 551 7116.

WIRRAL LIFELONG LEARNING Offer a range of classes and courses across Wirral; they can either cater for your individual needs by signposting you to existing courses or if you are a group of people who want to do a particular activity they will attempt to customise a course to your needs. Further details: 0151 630 3486 or visit their website on: www.wirral.gov.uk/lifelonglearning. Email: lifelonglearning@wirral.gov.uk

WIRRAL WELLBEING CAMPUS This service is for adults with common mental health issues such as depression, anxiety or lack of confidence and is part of a national research project. Wirral Wellbeing Campus is free to access. An educational approach is used to support people to improve their wellbeing. Further details: 07599 872 911 or email: campus@wellbeingcampus.org

WIRRAL MIND The Learning for Growth Project is a valuable community resource helping hundreds of people to achieve better mental health. Further details: 0151 512 2200 or email: learning@wirralmind.org.uk

NATIONAL STUDENTS UNION Wirral Education for Wellbeing is now registered with the National Union of Students and anyone enrolled on our workshops or courses are able to purchase an NUS Extra Card (£12 for 12 months) which entitles you to over 200 student discounts. To register online visit the NUS website www.nus.org.uk, select the 'NUS Extra' option and follow the online instructions. You should select your place of study as 'Education for Wellbeing (Cheshire and Wirral Partnership)'.

BEYOND RECOVERY

For those with lived experience, their loved ones, for anyone to write or be creative and see their work published on the themes of mental illness and mental wellbeing. For further details: Telephone Duncan - 07821 610 441, www.beyondrecoveryblog.com; email: beyondrecovery2012@gmail.com.





How to enrol:

- By Email:** Send an email to: educationforwellbeing@cwps.nhs.uk and ask for an enrolment form to be emailed to you.
- By Post:** Fill in this page then cut out and post to:
Wirral Education for Wellbeing, The Stein Centre, Derby Road, Birkenhead, CH42 0LQ
- By Telephone:** 0151 488 7250

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:			
Address:			
Postcode:			
Email:			
Telephone number(s)			
Is there anything that may impact upon your attendance/participation?			
Please tell us:			
Please indicate what contact you have with CWP (Please circle):			
Use secondary community mental health services delivered by CWP	Support someone using secondary community mental health services delivered by CWP	Staff member	CWP Recovery College volunteer
			CWP volunteer
			Other (please specify):
How did you find out about the Recovery College?			

PART 2 – Emergency contact and medical details

GP Details:	Full name:	Telephone number:	Practise/medical centre:
Is there any relevant medical information we should know about?			
Who should we contact in the event of an emergency	Full name:	Telephone number:	
Do you have any specific learning needs we should know about			

PART 3 – CWP services (if applicable)

Which services delivered by CWP do you use?			
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

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 and acts in accordance with the Data Protection Act 1998.

We look forward to welcoming you to our Recovery College.

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, 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 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 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 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 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 find us

The Stein Centre

Reception entrance, The Stein Centre, St Catherine's Hospital, Derby Road, Birkenhead CH42 0LQ

Wirral Education for Wellbeing - The Hub

The Stein Centre, St Catherine's Hospital, Derby Road, Birkenhead, CH42 0LQ

Education for Wellbeing would like to thank the following organisations for supporting the development of the Prospectus.



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