

If you see any support staff at CWP, such as a care coordinator, please tell us their name:		
Your doctor's surgery		
Who should we contact in case of emergency?	Name:	
	Telephone number:	
Which workshops do you want to attend?  Information about workshops can be found in the prospectus.		
The following questions are optional. They are only used to collect statistics about who attends the Recovery College.	What is your gender?	
	What is your ethnicity?	
	<input type="checkbox"/> White British <input type="checkbox"/> White Irish <input type="checkbox"/> Any other White background <input type="checkbox"/> Black British <input type="checkbox"/> Any other Black background <input type="checkbox"/> Asian British <input type="checkbox"/> Any other Asian background <input type="checkbox"/> Chinese <input type="checkbox"/> Mixed/multiple ethnicities <input type="checkbox"/> Other :	
Please sign your name:		
As per the Data Protection Act 1998 we will keep your details secure.		
Please give this form to a member of Recovery College staff.		



# CENTRAL AND EAST RECOVERY COLLEGES



## EASY READ BOOKLET



## INFORMATION ABOUT MACCLESFIELD RECOVERY COLLEGE

## WHAT IS RECOVERY?

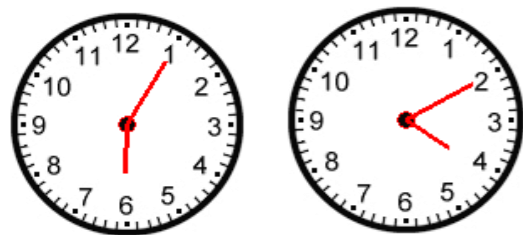


**Recovery** means being able to live better.

It doesn't always mean your mental health condition will go away. But it can mean you can look after yourself better.



'Better' can mean a different thing to different people. You get to decide what is 'better' for you.



Recovery is ongoing. That means it doesn't all happen at once. It can take a lot of time.

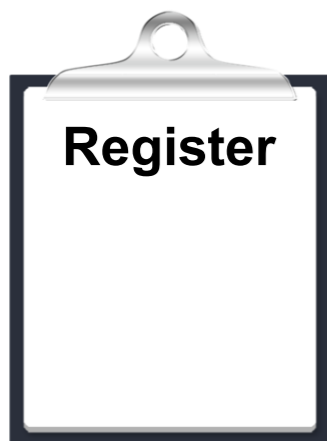
## RECOVERY COLLEGE ENROLMENT FORM

<b>Your name:</b>	
<b>Your birth date:</b>	
<b>Your address:</b>	
<b>Your telephone number:</b>	
<b>Your email address:</b>	
<b>Please tell us about any learning or accessibility requirements you have:</b>	
<p><b>Please tell us which mental health services you use.</b></p> <p><b>If you are not sure, ask your support worker.</b></p>	<p><input type="checkbox"/> I use secondary mental health services</p> <p><input type="checkbox"/> I am a carer for someone using secondary mental health services</p> <p><input type="checkbox"/> I have been referred from IAPT</p> <p><input type="checkbox"/> I have been referred from Gateway</p> <p><input type="checkbox"/> I am a staff member or volunteer</p> <p><input type="checkbox"/> Other :</p>

# ATTENDING THE RECOVERY COLLEGE



Anything you tell us on the enrolment form will be kept confidential. That means it will not be shared with anyone who does not work for the Recovery College.



When you have given the form to a member of Recovery College staff, they will enter your details onto a computer. Then they will add you to the register for the workshops you want to go on.



Sometimes workshops have lots of people attending already because they are popular. If there is no more room for you, we will put you on a waiting list for the next workshop.

**The enrolment form is on the next page.**

# WHAT IS A RECOVERY COLLEGE?



A Recovery College facilitates workshops about different ways you might be able to live better.



**'Workshops'** are short sessions with a small group of people, and a trainer who leads the workshop. Workshops usually last for one hour or two hours.



**'Facilitates'** isn't the same as teaching. The workshop trainer doesn't tell you what to do. Instead they make it easier to talk about managing mental health conditions.

### MORE INFORMATION ABOUT WORKSHOPS



The workshops take place in groups of up to 12 people, so there are other people with similar experiences to yours.



Lots of different workshops are held at the Recovery College.

Some workshops are about wellbeing activities. These are activities which can help you relax or feel more positive.



Some workshops are about different ways to manage different mental health conditions.

### ATTENDING THE RECOVERY COLLEGE



If you want to attend the Recovery College, there are a few steps to enrol.

You need to fill in an enrolment form. There is a form on the last page of this booklet.



The form asks for your contact details so the staff can write to you or telephone you.



You can ask your support worker or a Recovery College administrator for help if you are not sure how to answer any of the questions.

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## CONTACTING THE COLLEGE

You may want to talk to someone at the Recovery College to ask them questions, or to send them your enrolment form.



If you want to talk to the College on the telephone, call this number:

**01625 505647**

If you want to email the College, our email address is:

**[macc.reccollege@cwpa.nhs.uk](mailto:macc.reccollege@cwpa.nhs.uk)**



If you want to send us something in the post, our address is:

**Macclesfield Recovery College  
Jocelyn Solly Resource Centre  
Victoria Road  
Macclesfield  
SK10 3JE**



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## MORE INFORMATION ABOUT WORKSHOPS

Recovery College staff or your support worker can help you decide which workshops you would like to attend. But the final decision is up to you.



Information about our workshops is kept together in a different booklet called a **prospectus**. This is because information about workshops changes a lot, but information in this booklet doesn't change as often.



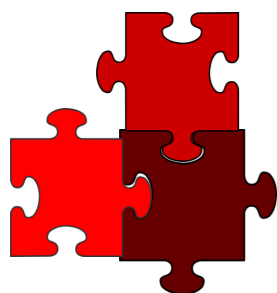
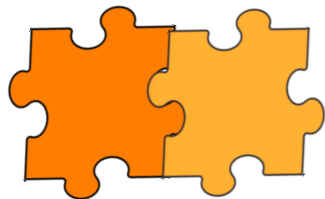
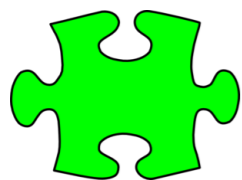
If you would like to see the most recent prospectus, ask your support worker or a member of Recovery College staff.

## CHOOSING THE RIGHT WORKSHOPS FOR YOU



Some of our workshops are harder than others.

Some workshops take place over a long period of time. Other workshops talk about things that may upset you.



To help people decide if a workshop is a good choice for them, we categorise our workshops.

The categories are Easy, Intermediate (Medium), and Hard.

We recommend our students attend Easy workshops first, before going to the Intermediate workshops, and then going to the Hard workshops. This is optional.

More information is on the next page.

## THE RECOVERY COLLEGE CHARTER—WHAT YOU NEED TO DO AT THE COLLEGE



We need you to fill out your enrolment form accurately. If you are not sure about anything, you can ask us for help.



We need you to attend all the workshops you are booked on. If you are unable to attend, you need to contact us as soon as you can.



We need you to turn off your mobile phone or put it into silent mode when you are in a workshop.



We need you to be considerate of other students and to respect their choices and beliefs.

# THE RECOVERY COLLEGE CHARTER—WHAT THE COLLEGE WILL DO FOR YOU



Staff at the Recovery College will be friendly and informative.

We will offer you advice about how you can study.

We will offer you the opportunity to talk to you about your learning needs.



We will give you the chance to talk about your Recovery Goals.

We will make sure the College is free from discrimination.

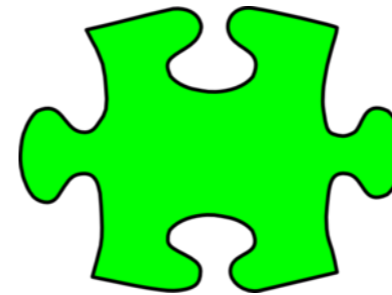


We will respect your choices and beliefs.

# CHOOSING THE RIGHT WORKSHOPS FOR YOU

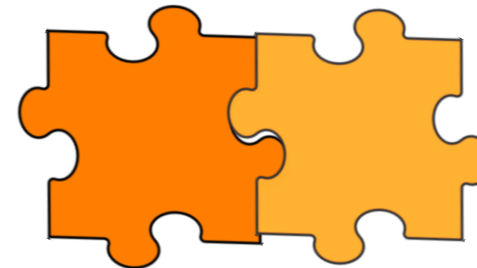
## Easy:

These workshops are shorter. They may only take place over 1 session. They also have fewer activities to complete during the workshop.



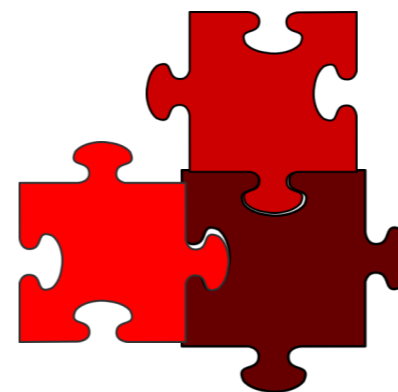
## Intermediate:

These workshops may take place over 2 sessions. There may be some activities to complete during the workshop.



## Hard:

These workshops may take place over 3 or more weeks. They may have a lot of activities to complete in the workshop, or even at home.



When you are reading the prospectus you will see that each workshop has a category so you can decide if it's right for you.

# WHO CAN GO TO THE RECOVERY COLLEGE?



People who use certain mental health services can go to the Recovery College. These services are called 'secondary services'.



People are usually in secondary services if they see a care coordinator, a psychiatrist, or a support worker.



If you are not sure if you are in secondary services, you can ask a Recovery College administrator to find out for you.

# THE RECOVERY COLLEGE CHARTER



The Recovery College has a policy which explains how you can expect to be treated by staff.

It also explains what you will need to do when you are at the College.

This is called the Recovery College Charter.

We will explain the Charter over the next two pages.





### AN EXAMPLE OF A RECOVERY GOAL

At the Recovery College we call this example the **Stepping Stone Pathway**.



**Step 1:** Attend workshops at the Recovery College.

**Step 2:** Attend the Expert Patients Programme. This is a 6-week workshop about managing mental or physical health conditions.

**Step 3:** Use the skills you have learnt to set new goals for your life. This might include volunteering, socialising, or employment.



You don't have to do the Stepping Stone Pathway but some people have found it helps them.



**Remember, your Recovery Goals are all about you!**

### WHO CAN GO TO THE RECOVERY COLLEGE?



You can also attend the Recovery College if you are a carer for somebody in secondary services.



If you are in IAPT you may be able to go to the College. Your IAPT Counsellor must refer you before you can go to the College.



You must be 18 years old or over to go to the Recovery College.

## WHO WORKS AT THE RECOVERY COLLEGE?



**Administrators** will let you know what dates and times you need to be in the college.

If you phone or email the Recovery College you will probably speak to an Administrator first.



**Trainers** lead the workshops. They can explain different ways to live better.

**Pathway Planners** can help you if you're not sure what workshops you want to go to, or if you want to make sure the workshop will help you before you go.

They will ask you what you would like to do to live better, and can suggest which workshops will help you do that.



## THINKING ABOUT YOUR RECOVERY



Some people find it useful to set themselves a **Recovery Goal**.

This is something you want to achieve so that you can live better.

It can be hard to know what you want to achieve during your time at the Recovery College.

You can ask for a one-to-one meeting called a Learning Plan. You will have an hour with a Pathway Planner to discuss your Recovery Goal.

A Learning Plan is optional. This means you don't have to have one if you don't want to.

