



Cheshire and Wirral Partnership



NHS Foundation Trust

WEST RECOVERY COLLEGE

For more information please call 01244 385022 or email: cwp.recoverycollege@nhs.net

2017 AUTUMN TERM PROSPECTUS

OPEN DAYS: 5th, 7th & 8th SEPTEMBER 2017

HOPE
CONTROL
OPPORTUNITY

What we do2
 Welcome3
 How to Enrol..... 4
 Open Days 4
 Recovery Story5

COURSES

Understanding Mental Health..... 6-7
 Rebuilding Your Life 7-9
 Getting Involved.....10
 Recovery through Creativity10
 Developing Skills & Interests11
 Keeping Physically Healthy 12
 End of Term Celebrations..... 13
 Access Information & FAQ 15
 Recovery College Charter16
 Code of Conduct 16
 Enrolment Form..... 17-18
 My Recovery College Planner..... 19
 Contact Details & Maps 20

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 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 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 Autumn 2017 Prospectus

Welcome to the Autumn 2017 Recovery College prospectus. If you have not visited the College before you may be wondering what a Recovery College is and what is meant by the term *Recovery*, in a mental health context it does not necessarily mean being 'cured' of your condition; instead *Recovery* is about being able to help manage your condition. It's about gaining practical skills to look after yourself better. There is lots of evidence from scientific studies which shows that educating people in how to self-manage their conditions is very effective (Perkins, et al 2012).

The Recovery College offers educational workshops and courses about mental health conditions and ways to improve your lifestyle. We aim to give people a better understanding of their mental health, learning more about your mental health condition and symptoms can help you to manage day to day life and deal with challenges.

You may wonder what to expect in Recovery College training sessions; our workshops are written and developed with both professionals who have an expertise in the field they are teaching and by our volunteers who have expertise in living with mental health conditions. Together they develop and deliver our courses, ensuring that there is an authentic 'lived experience' quality to our training.

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.

We are delighted to welcome back students who have attended other courses in Recovery College and warmly welcome new students. If you would like to know more, why not come along to one of our open days and meet some of our volunteers and get to know more about us. If you can't make one of these, please call us on **01244 385022** and arrange a time to come in and have a look around.

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 the Ellesmere Port open day at Pathways on Tuesday 5th September 10.00 - 2.00pm, you will meet some of our volunteers and find out more about what we do.

This term we are reintroducing the Managing Sleep Problems course, for more information please see page 12.

We are also introducing a short **Anger Management** course, looking at how to manage feelings of anger and explore some useful tools that can help you in everyday life. Additionally, we are taking a register of interest in a new **Clueless about Computers** course. We have noticed that many of our students comment about not being confident with computers and as such, we are hoping to put on a short workshop with support from Cheshire and Wirral Partnership IT Education team. For more information please see page 11. If you are interested, but anxious, then this will be the course for you. It promises to be fun and absolutely no experience with computers is required.

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 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 onto.

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.



YOU CAN ENROL IF:

You use CWP Secondary Care Community Mental Health Services

You care for someone who uses CWP Secondary Care Community Mental Health Services

You are a CWP staff member or volunteer

HOW TO ENROL:

Face to face: Make an appointment to come into the Recovery College and enrol with a member of the Recovery College team, call: 01244 385022

By Post: Complete the student enrolment form and post it to: West Recovery College, Plas Dinas, Blacon Point Road, Blacon Chester CH1 5SN

By Phone: Call 01244 385022 and complete enrolment form over the phone with a member of the Recovery College team

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	Start Time	Venue	Duration
05/09/2017	10.00 am	Pathways, Ellesmere Port	4hrs
07/09/2017	10.00 am	The Locks, Chester	4hrs
08/09/2017	1.00 pm	West Recovery College, Blacon	3hrs

Maps can be found on the back cover of this prospectus.

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 to have a look around the College then please call Recovery College on Tel: 01244 385022 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 – Elaine Hood



My story so far...

I was a qualified SEN Nurse, working at a local nursing home for 8 years, when I had to give up work due to my poor mental health. I had three separate admissions into hospital before I received my diagnosis. I have now been under the support of the mental health team for around 25 years, and have undertaken a number of therapies including talking therapy.

Being keen to get out and meet others in a similar situation to myself, I have attended various events and activities held by other organisations, but at none did I feel as comfortable as when I attended the Recovery College at Blacon – I was made to feel very welcome when I walked in the door. My CPN had recommended me to the College for a particular course, Mindfulness, and my attendance was encouraged by my having previously met the course tutor.

I have had to work on various aspects of my life, particularly relationships, learning to become more tolerant and accepting. I am pleased to say that it has been 8 years since I was last in hospital and that I currently have no allocated CPN, receiving the support of the mental health team as and when I need it.

I would suggest that if you are considering a course at the Recovery College you choose a course you really want to do, and that you think will be good for your mental health recovery; you get a lot more out of it if it's something you want for yourself. I think it is important to not put yourself under too much pressure – the College is here to support you and not be a test. I have made some good friends through the College, like-minded people that enjoy a chat too.

I consider that my recovery has improved recently with the help of the Recovery College, through the support of fellow students and the caring staff. It feels as if everyone at the college is hand-picked, they seem to really understand and care and I felt no pressure from them, they work with the students as they are on a particular day, and not according to a diagnosis.

Message for those considering attending the Recovery College:

It's a friendly place, right from day one; they will encourage and support you to achieve the goals you set yourself.

Choose a course you really want to learn more about and if you're worried or nervous have a chat to one of the lovely volunteers, all the volunteers understand what it is like to live with a long term mental health condition and you will always get a warm welcome.



Recovery College Courses I have attended:

- Managing Unhelpful Thinking
- Physical Health and Me
- Managing Sleep Problems
- Advanced Crafts
- Getting the Most from your Medication
- Introduction to CBT
- Confidence Building
- * Mindfulness Based Cognitive Therapy

About Elaine

Favourite TV Programme

I am a keen watcher of hospital programmes, both reality and drama, amongst my favourites are Manchester Children's Hospital, and One Born Every Minute.

Perfect Day

My perfect day would be one spent with my family; my husband, children and grandchildren. I am enjoying watching them grow up. Days out with family and friends, going for walks and meals.

Favourite Album/Song

Lionel Richie's "Hello", is a favourite of mine, I also enjoy listening to Bette Midler.

Hobbies

I have taken up knitting again after its absence in my life for 20 years. I also enjoy tending my garden and flowers, which I find relaxing, and I like to sit out in the courtyard, in front of the canal, watching the world go by.

Next Steps

I believe that my recovery will continue to progress, and I would like to see my contentment grow even further. The Recovery College is a part of my recovery journey, enabling me to explore other courses that help me believe in myself. I enjoy helping others, my next step is possibly considering a volunteer role.





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	Start Time	Venue	Duration
12/09/2017	1:00 pm	West Recovery College	2hrs
19/09/2017	1:00 pm	West Recovery College	2hrs
26/09/2017	1:00 pm	West Recovery College	2hrs
03/10/2017	1:00 pm	West Recovery College	2hrs

Mindfulness Based Cognitive Therapy

Length of course: 9 sessions

Course Overview:

This course will be particularly helpful for people who are troubled with recurring periods of depression. 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	Start Time	Venue	Duration
06/10/2017	1:00 pm	West Recovery College	2hrs
13/10/2017	1:00 pm	West Recovery College	2hrs
20/10/2017	1:00 pm	West Recovery College	2hrs
27/10/2017	HALF TERM		
03/11/2017	1:00 pm	West Recovery College	2hrs
10/11/2017	1:00 pm	West Recovery College	2hrs
17/11/2017	1:00 pm	West Recovery College	2hrs
24/11/2017	1:00 pm	West Recovery College	2hrs
01/12/2017	1:00 pm	West Recovery College	2hrs
08/12/2017*	10:00 am	West Recovery College	5hrs

* Please note: The final session is a full day practice, please bring a packed lunch.

"Gave me some hope for the near future"

"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"

"I have done this course before but still think it has definitely been useful and positive"

"Inspired me to do a mindfulness practice everyday"



Introduction to Cognitive Behavioural Therapy

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	Start Time	Venue	Duration
16/10/2017	1:00 pm	West Recovery College	2hrs

Managing Unhelpful Thinking

Length of workshop: 2hrs

Workshop Overview:

The workshop provides an overview of how unhelpful thoughts might influence how you feel and behave and how this can become a vicious cycle. You will be introduced to ways of changing these vicious cycles by identifying the sort of unhelpful thoughts that you may have and challenging them to arrive at a more balanced and helpful way of thinking.

Date	Start Time	Venue	Duration
11/12/2017	1:00 pm	West Recovery College	2hrs

Understanding Recovery and Taking Control

Length of course: 2 sessions

Workshop Overview:

This course is an introductory course which will support you to get the most from your time in the Recovery College. It offers a structured approach to learning new skills for rebuilding your life. This course will support you to understand what recovery means in terms of Mental Health & Well-being. Additionally, it will introduce you to a series of Recovery College courses which work together to help you to build skills, develop recovery plans and support you to manage your recovery journey with confidence. It will introduce you to the core concepts of Recovery and explore how these can be used to help you to take control and apply this learning to your daily life. At the end of this course you will have a plan for your time in Recovery College and will understand the benefits of working towards achieving your own individual learning goals. We encourage all students to complete this course.

Date	Start Time	Venue	Duration
28/11/2017	10:00 am	West Recovery College	2hrs
05/12/2017	10:00 am	West Recovery College	2hrs



This Is Me

Length of course: 4 sessions

Course Overview:

This course looks at a recovery tool called the One Page Profile. This captures all of 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 experiences of developing and sharing one page profiles.

Date	Start Time	Venue	Duration
26/09/2017	10:00 am	West Recovery College	2hrs
03/10/2017	10:00 am	West Recovery College	2hrs
10/10/2017	10:00 am	West Recovery College	2hrs
17/10/2017	10:00 am	West Recovery College	2hrs

Confidence Building

Length of course: 7 sessions

Course Overview:

This 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 those 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	Start Time	Venue	Duration
02/11/2017	10:00 am	West Recovery College	2hrs
09/11/2017	10:00 am	West Recovery College	2hrs
16/11/2017	10:00 am	West Recovery College	2hrs
23/11/2017	10:00 am	West Recovery College	2hrs
30/11/2017	10:00 am	West Recovery College	2hrs
07/12/2017	10:00 am	West Recovery College	2hrs
14/12/2017	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	Start Time	Venue	Duration
23/11/2017	1:00 pm	West Recovery College	2hrs
14/12/2017	1:00 pm	West Recovery College	2hrs



Anger Management

Length of course: 2 sessions

Course Overview:

Do you struggle with feelings of anger and get frustrated and cross at times? Is this something you would like to start to manage better? This course will explore the causes of anger and how to manage it; you will start to build an understanding of your own triggers and what makes your anger worse. We will review some strategies and tools that can support you to reflect on your experiences and help you to build a better understanding of managing your anger earlier, before it may become too difficult to manage.

Date	Start Time	Venue	Duration
05/12/2017	1:00 pm	West Recovery College	2hrs
12/12/2017	1:00 pm	West Recovery College	2hrs

Developing your Wellness Recovery Action Plan (WRAP)

Length of course: 3 sessions

Course Overview:

This course will help you to develop a Wellness Recovery Action Plan (WRAP). It is run in conjunction with the This is Me course. You will be encouraged to attend both courses. This course will take you step by step through a WRAP Plan and explore what helps you to stay well and what you want to happen if you become unwell again. There will be lots of activities, discussion and idea sharing to help you to explore your plan a little more fully. You will be supported to develop a plan that reflects who you are, what you need to stay well and how other people can help you to do this.

Date	Start Time	Venue	Duration
07/11/2017	10:00 am	West Recovery College	2hrs
14/11/2017	10:00 am	West Recovery College	2hrs
21/11/2017	10:00 am	West Recovery College	2hrs



Introduction to Volunteering In The Community

Length of workshop: 3hrs



Workshop Overview:

This workshop will look at the benefits of volunteering in your community. People choose to volunteer for a variety of reasons, for some it offers the chance to give something back to their community or to make a difference to the people around them. For others, it provides an opportunity to develop new skills or to build on existing experience and knowledge. Regardless of the motivation, what unites them all is that they find it both challenging and rewarding. Included in the workshop is The Volunteering Market Place where representatives from local organisations will be available to discuss local volunteering opportunities.

Date	Start Time	Venue	Duration
29/11/2017	10:00 am	Pathways, Ellesmere Port	3hrs

OR

12/12/2017	10:00 am	West Recovery College	3hrs
------------	----------	-----------------------	------

Craft Skills

Length of course: 7 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 covers 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	Start Time	Venue	Duration
08/09/2017	10:00 am	West Recovery College	2hrs
15/09/2017	10:00 am	West Recovery College	2hrs
22/09/2017	10:00 am	West Recovery College	2hrs
29/09/2017	10:00 am	West Recovery College	2hrs
06/10/2017	10:00 am	West Recovery College	2hrs
13/10/2017	10:00 am	West Recovery College	2hrs
20/10/2017	10:00 am	West Recovery College	2hrs

OR

Craft Skills

Length of course: 6 sessions

Date	Start Time	Venue	Duration
13/09/2017	10:00 am	Pathways, Ellesmere Port	2hrs
20/09/2017	10:00 am	Pathways, Ellesmere Port	2hrs
27/09/2017	10:00 am	Pathways, Ellesmere Port	2hrs
04/10/2017	10:00 am	Pathways, Ellesmere Port	2hrs
11/10/2017	10:00 am	Pathways, Ellesmere Port	2hrs
18/10/2017	10:00 am	Pathways, Ellesmere Port	2hrs

* Due to high demand students may only enrol on one Craft Skills course.



Craft Project Skills (previously Advanced Craft Skills)

Length of course: 5 sessions

Course Overview

You will create a unique hand crafted journal using printing, stencilling and layering techniques. Each page will be constructed from your own individually painted pages providing the basis for photographs, thoughts and memories, a little bundle of loveliness to treasure. This course is for those students who are more confident in their craft making skills and want to progress them to a more advanced level. The course requires the students to be able to work independently. You will need to be confident in managing a range of tools and materials. All craft material and resources will be provided.

Date	Start Time	Venue	Duration
03/11/2017	10:00 am	West Recovery College	2hrs
10/11/2017	10:00 am	West Recovery College	2hrs
17/11/2017	10:00 am	West Recovery College	2hrs
24/11/2017	10:00 am	West Recovery College	2hrs
01/12/2017	10:00 am	West Recovery College	2hrs

**Please note due to high demand for this course, priority will be given to students who have not previously enrolled on this course.*



Advanced Craft Project Summer 2017

Clueless About Computers

Length of workshop: 2 hrs



Workshop Overview

Are you scared of computers and avoid them at all costs? Has someone bought you a computer or digital device and it's busy gathering dust? or do you feel lost when you try to get started on a computer? Then this is the course for you. **Clueless about Computers** has been written to get you started right from the very beginning. It will really help you to understand computer basics and is taught using lots of games and fun activities. This session will help you to start building the confidence to have a go. To register interest please call 01244 325022.

Date	Start Time	Venue	Duration
27/11/2017 (tbc)*	1:00 pm	TBC*	2hrs

**Date & venue are to be confirmed subject - to register of interest*

"Excellent course, great content and support"

"Has helped me to challenge my unhelpful thoughts"

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



Managing Sleep Problems

Length of course: 3 sessions



Course 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, look at different ways to manage sleep problems and explore a range of relaxation techniques.

Date	Start Time	Venue	Duration
01/11/2017	10:00 am	Pathways, Ellesmere Port	2hrs
08/11/2017	10:00 am	Pathways, Ellesmere Port	2hrs
15/11/2017	10:00 am	Pathways, Ellesmere Port	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	Start Time	Venue	Duration
13/11/2017	4:00 pm	West Recovery College	1hr
20/11/2017	4:00 pm	West Recovery College	1hr
27/11/2017	4:00 pm	West Recovery College	1hr



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	Start Time	Venue	Duration
06/12/2017	10:00 am	Pathways, Ellesmere Port	2hrs



Eat Well

Length of course: 5 sessions

Course Overview:

Are you curious about improving your diet, but don't know where to start? Eatwell is a 5 week course where you will learn more about healthier eating. You will get the opportunity to observe and take part in cooking demonstrations for breakfast, lunch and evening meals. You will taste different foods and get some great ideas and recipes too. You will gain insights into how the food you eat can effect your mood and also explore the impacts of portion size, these sessions are tasty, friendly, fun and interactive. The course aims to help you to build new skills, knowledge and understanding of how small sustainable changes to your regular diet can have lasting benefits for health and well-being and will give you skills to become more confident with your food choices.

Date	Start Time	Venue	Duration
21/09/2017	10:00 am	West Recovery College	2hrs
28/09/2017	10:00 am	West Recovery College	2hrs
05/10/2017	10:00 am	West Recovery College	2hrs
12/10/2017	10:00 am	West Recovery College	2hrs
19/10/2017	10:00 am	West Recovery College	2hrs

End Of Term Celebration

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. Recovery College Certificates of Attendance will be presented on each day for those who have attended courses during this term. This is 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. Please make sure you confirm attendance for either of these sessions.

Date	Start Time	Venue	Duration
13/12/2017	10:00 am	Pathways, Ellesmere Port	2hrs

OR

15/12/2017	12:00 pm	West Recovery College	3hrs
------------	----------	-----------------------	------



Some of our course graduates.

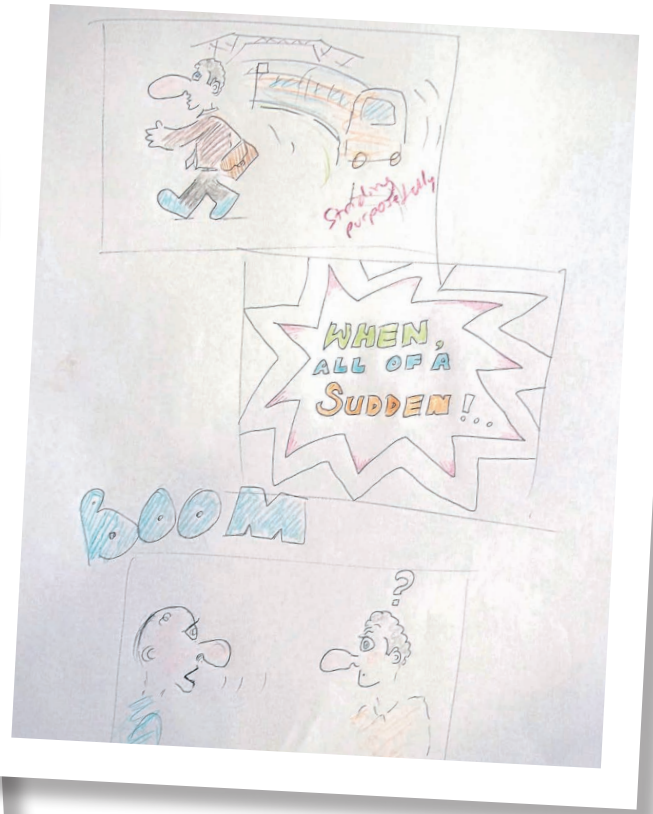
"I feel more confident to ask questions when I see my doctors"

"The tutor was very positive and allowed people to have their say"

"I have realised that you are never too old to learn something new"

"It has made me realise that I am capable of a lot more, I feel proud of myself"





Wellness Recovery Action Planning



Illustrations by Andrew
Recovery College Student

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 on to 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 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, 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 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
Please tick here if you would like some support to develop your learning plan.	

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
-----------------------	-----	---------	----------	-------	-------

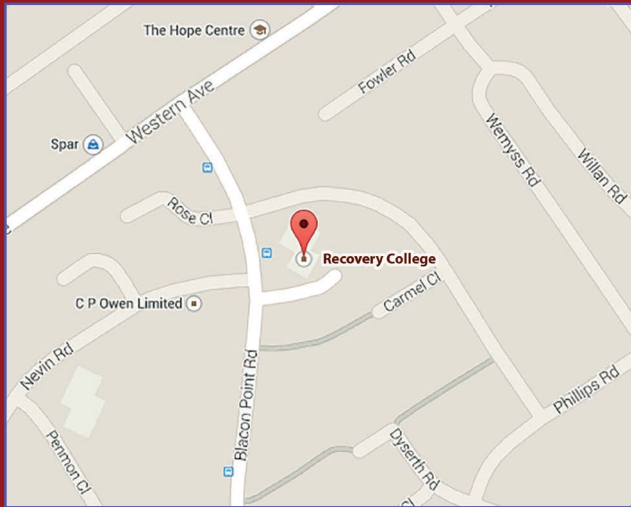
My Recovery College Calendar

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.

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

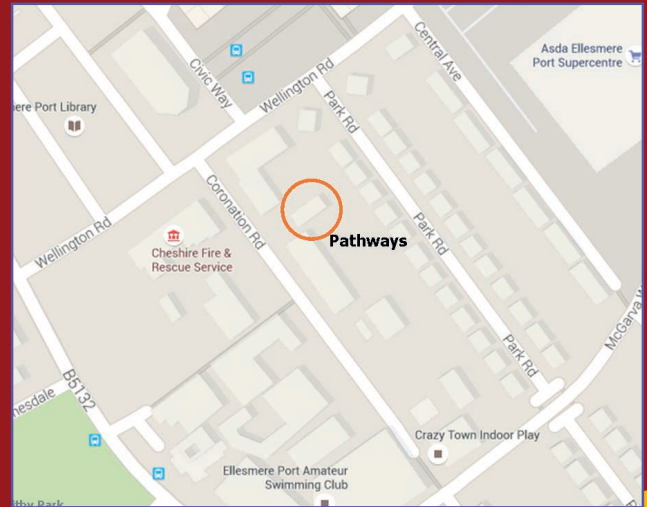
Address:
West Recovery College
Plas Dinas, Blacon Point Road
Blacon Chester CH1 5SN



Recovery College
 Map data ©2015 Google

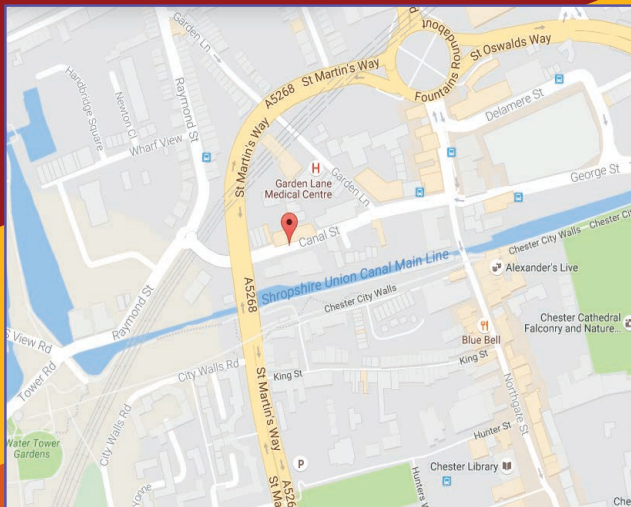
Address:
Pathways Resource Centre
Coronation Rd, Ellesmere Port CH65 9AB

(We are located just behind Cherrybank Resource Centre)



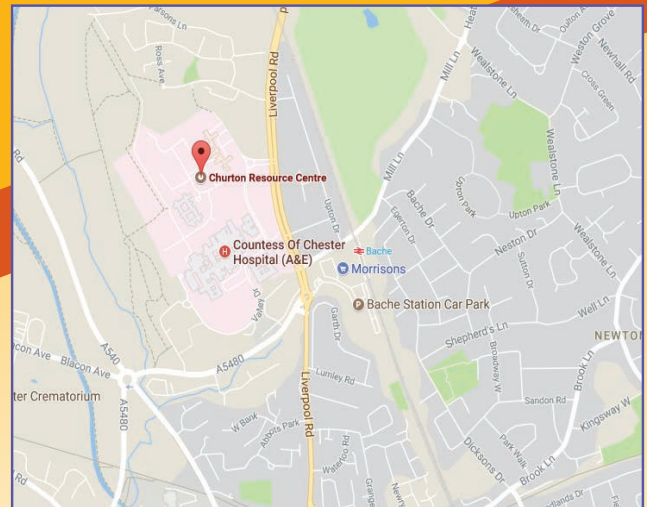
Pathways Resource Centre
 Map data ©2015 Google

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



Northgate Locks
 Map data ©2015 Google

Address:
Churton House Resource Centre
Countess of Chester Health Park,
Chester CH2 1BQ



Churton House Resource Centre
 Map data ©2015 Google

Telephone: 01244 385022
Email: cwp.recoverycollege@nhs.net

Care • Well-being • Partnership

West Recovery College working in partnership with: