



Cheshire and Wirral Partnership



NHS Foundation Trust

WEST RECOVERY COLLEGE



2018 SUMMER TERM PROSPECTUS

Term dates - 16th April 2018 - 16th August 2018

Open Days - 16th April 2018 - 20th April 2018

HOPE
CONTROL
OPPORTUNITY



ENROL TODAY



Care • Well-being • Partnership

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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, 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



Eat Well session



Craft project group

Introduction to Summer Prospectus



Welcome to the Summer 2018 Recovery College prospectus. This term we are delighted to offer some new programmes to support students into accessing locally provided activities, including the new Benefits Explored sessions, Understanding Universal Credit and Understanding Personal Independence Payments (PIP).

We are also running a session to support students who are exploring the possibility of returning to work – Demystifying Returning to Work. This session will give you the opportunity to consider impacts on your health and well-being and ask any questions in a safe place.

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. To support you to do this 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.

By understanding more about your mental health condition and symptoms it can help you to manage day to day life and deal with challenges. 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).

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 long term 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 co-writing, developing and delivering training courses, 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 (Fresher's week pg 4) and meet some of our volunteers and get to know more about us.

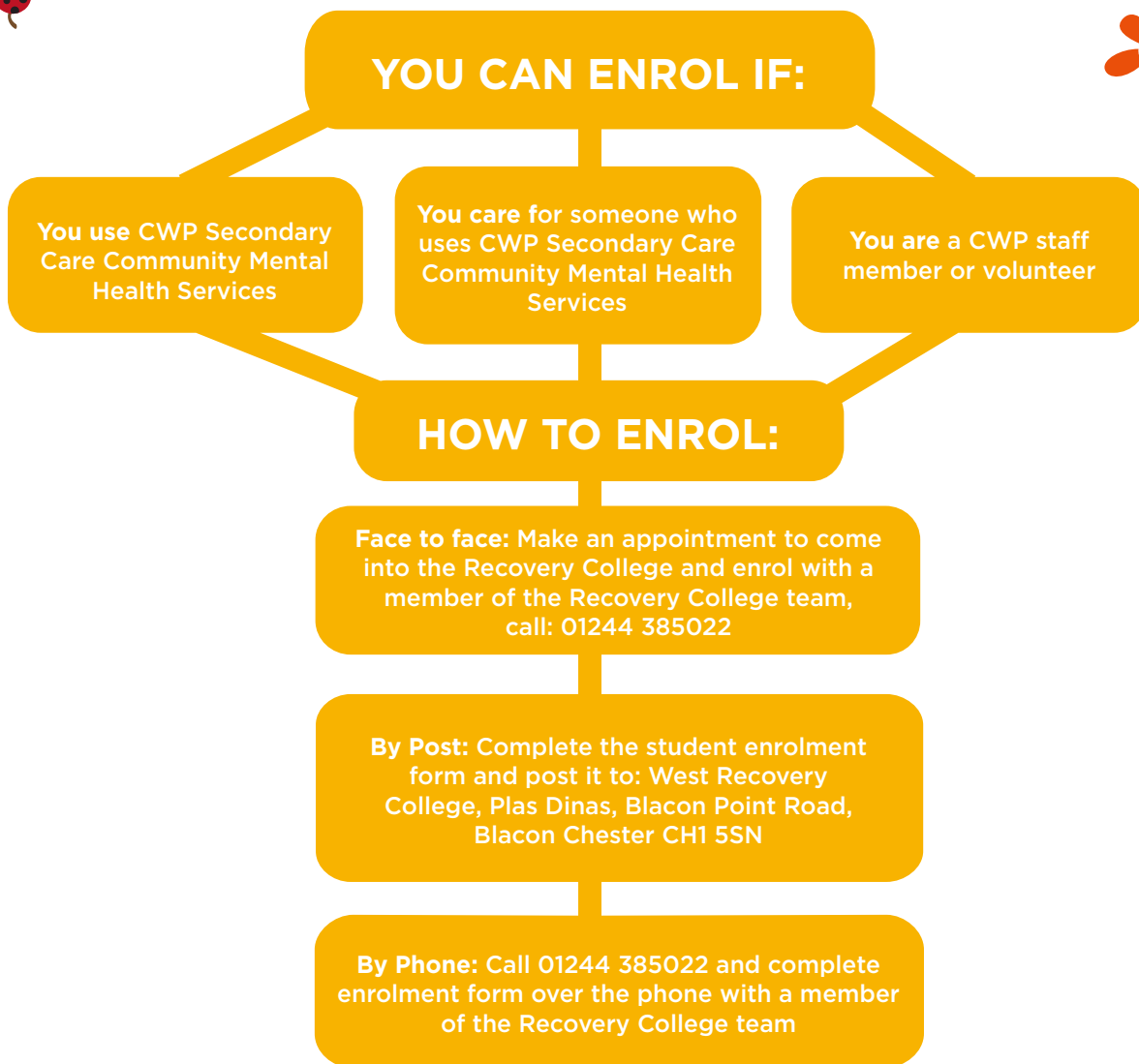
If you can't make one of these, please call us on **01244 385022** and arrange a time to come in and have a look around.

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.

SPECIAL DEAL: We have been working with Blacon Library to offer our students improved access to its lending library. For more information please register for a course in the latest prospectus or call **01244 385022**.

NEW GROUP STARTING SOON: If you are interested in attending a book club in the college please contact **Sandra Lewis 01244 385022**





Freshers' Week

Recovery College run a number of open days for enrolment at the beginning of each term. This is a great opportunity to come along, find out more about the Recovery College and discuss some of the courses available this term. You will be able to chat with Recovery College staff and volunteers who will be available to support you in choosing the right course for your needs and help you complete the enrolment forms. To enrol please attend one of these sessions or contact the Recovery College on **01244 385022**.

Date	Time	Venue	Duration
16/04/2018	10:00 am	West Recovery College	4 hrs
17/04/2018	10:00 am	Pathways, Ellesmere Port	4 hrs
18/04/2018	10:00 am	West Recovery College	4 hrs
19/04/2018	10:00 am	The Locks, Chester	4 hrs
20/04/2018	10:00 am	West Recovery College	4 hrs

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 – Patrick

My story so far...

When I was really unwell I isolated myself from everyone and eventually took an overdose ending up in hospital. I stayed in hospital for 10 weeks and was eventually placed in an OAP home for another 4 weeks. I was really unhappy there, I found it very demoralising. But it was felt that I was not safe to go back home, eventually a support agreement was reached, which meant I could return home. To do this I needed to have care and support around managing my medications, so staff came every day to make sure I had my medication. This made me feel really safe, I was lucky I had wonderful support from the staff that looked after me through this very dark time.

Talking to the staff I realised I needed something else as hospital and medication was not enough I was sleeping my life away, when I woke up it was still agony. I knew I needed more, at this point I was introduced to the Recovery College by Karen Jefferies who encouraged me to attend. I had also seen the prospectus around the hospital. I could see the value of Recovery College from other things I had done in the past that had helped me. So one day I just walked through the door and met some of the Recovery College team. We talked about what I wanted and felt I needed and they signed me up for courses straight away.

My first course was Mindfulness Based Cognitive Therapy, it gave me loads of new things to help me manage on a daily basis, I felt safe being with others who were on a similar journey, it has really helped me. I do the practices daily now and they have become part of the routines I do to keep myself well. This course led me on to other courses, I began to feel much better so I stopped going to the college, but I found there are no holidays from my mental health and the college continues to help me. I meet other people who have struggled with their mental health, they really understand. Talking to them and learning from them helps me, we talk about what works and what doesn't and this helps me to stay well.

I still get support from staff and they are encouraging me to have a more mixed approach to the activities I do and I am now able to do this. I have built new routines, I am mixing it up a bit now, I am beginning to do some volunteering with both CWP and Mind. I can honestly say I am a better person now, I am not as negative and I can actually spend time doing nothing sometimes and it's a positive experience, I am calmer and more comfortable in my own skin and not frightened of my future.

I've had the best treatment and I really appreciate the care I have received from hospital, home treatment and the Recovery College. Together they have given me my life back, so now I want to give something back too.

Recovery College Courses I have attended:

Mindfulness Based Cognitive Therapy, Tai Chi, Adult Story Time, Managing Anxiety, Managing Unhelpful thinking, Confidence Building, Eat well, Country Park Taster, One Page Profile, Wellness Recovery Action Planning, Understanding Recovery and Taking Control.

Message for those thinking of enrolling:

My psychiatrist said medication is only a part of it. But I really thought that if I took the medications I would be better, but I was just surviving not living.

My real recovery started when I started the Recovery College, not quickly but over time. My advice would be to just keep getting up and do something. If you can get to the college it makes it a lot easier. Even just talking to others people who have a recovery story and who really understand helps. This could be your recovery journey too.



About me...

Favourite Books

I really enjoy Graham Green's *The Third Man*, I enjoy how his stories have a true life gritty quality. I also enjoy Charles Dickens *Great expectations* for the same reasons, I also identify very strongly with the character Pip.

Perfect Day

My perfect day would be getting up, having breakfast, walking Babe my dog and maybe going to the cinema and walking Babe again later in the day, then feet up and relax. I really enjoy keeping it simple.

Favourite Album/Song

A Whiter Shade of Pale by Procal Harum. I also like Motown and saw the Drifters in concert in the 1960s.

Hobbies

I enjoy swimming and am getting back into reading again, I love a god book, you can really get into I like good descriptive writers like Green and Dickens.

Next Steps

I am starting to Volunteer for CWP and Mind, I am quite enjoying that.

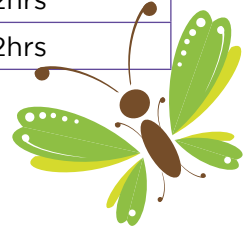
Managing Anxiety

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
25/04/2018	10.00 am	Pathways, Ellesmere Port	2hrs
02/05/2018	10.00 am	Pathways, Ellesmere Port	2hrs
09/05/2018	10.00 am	Pathways, Ellesmere Port	2hrs
16/05/2018	10.00 am	Pathways, Ellesmere Port	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 tend to have and challenging them to arrive at a more balanced helpful way of thinking.

Date	Time	Venue	Duration
21/05/2018	1.00 pm	West Recovery College	2hrs

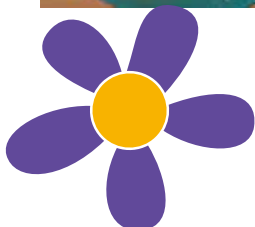
Introduction to Cognitive Behavioural Therapy (CBT)

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
30/04/2018	1.00 pm	West Recovery College	2hrs



Developing Your Wellness Recovery Action Plan (WRAP)

Length of course: 4 sessions

Course Overview:

This course will help you to develop a Wellness Recovery Action Plan. It is run alongside 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 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	Time	Venue	Duration
26/04/2018	10.00 am	West Recovery College	2hrs
03/05/2018	10.00 am	West Recovery College	2hrs
10/05/2018	10.00 am	West Recovery College	2hrs
17/05/2018	10.00 am	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	Time	Venue	Duration
06/06/2018	10.00 am	Pathways, Ellesmere Port	2hrs
13/06/2018	10.00 am	Pathways, Ellesmere Port	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	Time	Venue	Duration
28/06/2018	1.00 pm	West Recovery College	2hrs
05/07/2018	1.00 pm	West Recovery College	2hrs
12/07/2018	1.00 pm	West Recovery College	2hrs
19/07/2018	1.00 pm	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 them. The course also covers how to look after yourself, face challenges and how to 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
05/06/2018	1:30 pm	West Recovery College	2hrs
12/06/2018	1:30 pm	West Recovery College	2hrs
19/06/2018	1:30 pm	West Recovery College	2hrs
26/06/2018	1:30 pm	West Recovery College	2hrs
03/07/2018	1:30 pm	West Recovery College	2hrs
10/07/2018	1:30 pm	West Recovery College	2hrs
17/07/2018	1:30 pm	West Recovery College	2hrs

Time For Me

Length of course: 4 sessions

Course Overview:

This course will look at different aspects of your health and well-being, looking after yourself and making positive time for yourself. It will include confidence building, taking care of yourself, establishing healthy routines, setting new goals and relaxation. The course is for students who may have spent some time in hospital or under the care of the Community Mental Health team who may be working towards improving your confidence and skills in looking after themselves. Please note that this course is funded by Cheshire West And Chester Community Education and students will need to complete some additional forms to attend this course. Support is provided to do this. If you would like to discuss this further please call Recovery College **Tel: 01244 385022**

Date	Time	Venue	Duration
08/06/2018	10:00 am	West Recovery College	2hrs
15/06/2018	10:00 am	West Recovery College	2hrs
22/06/2018	10:00 am	West Recovery College	2hrs
29/06/2018	10:00 am	West Recovery College	2hrs

Demystifying Returning To Work

Length of workshop: 2hrs

Workshop Overview:

This Course will look at some of the common issues that occur when considering returning to the workplace after a period of ill health. It is provided by PLUSS who are supporting people as they begin that journey. This is a great opportunity to safely explore the support offered and ask questions about the impacts this may have for you.

Date	Time	Venue	Duration
16/07/2018	1.00pm	West Recovery College	2hrs

Understanding Recovery and Taking Control

Length of course: 4 sessions



Course Overview:

This is an introductory course which will support you to get the most from your time in 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 & Wellbeing. 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 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 individual learning goals. We encourage all our students to complete this course.

Date	Time	Venue	Duration
04/05/2018	10.00 am	West Recovery College	2hrs
11/05/2018	10.00 am	West Recovery College	2hrs

OR

01/08/2018	10.00 am	Pathways, Ellesmere Port	2hrs
08/08/2018	10.00 am	Pathways, Ellesmere Port	2hrs

Understanding Universal Credit

Length of workshop: 2hrs



Workshop Overview

This workshop is to give an overall view of Universal Credit and how it will effect you and your family. This is a new benefit for people of working age who are in or out of work and on a low income to meet their living costs. We hope to be able to answer all of your questions. This session is offered by Citizens Advice, you will get the opportunity to learn more about what support and help Citizens Advice may be able to offer.

Date	Time	Venue	Duration
25/07/2018	10.00 am	Pathways, Ellesmere Port	2hrs

Introduction To Personal Independence Payments (PIP)

Length of workshop: 2hrs

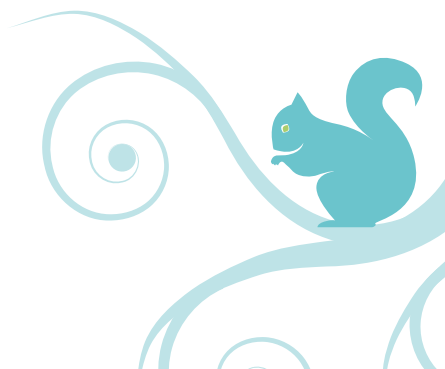
Workshop Overview

Are you considering applying for Personal Independence Payments (PIP) and struggling to understanding how to go about it. This session will help you to build the confidence and skills to start this process. The sessions are being offered by DIAL HOUSE and will support you to learn more about what information you will need and how best to start the process and discuss any support and services available to you.

Date	Time	Venue	Duration
24/07/2018 TBC	1.00 pm	West Recovery College	2hrs



"I pulled out some excellent things that were really useful and changed my perspective a bit."



Active Growing

Length of course: 7 sessions



Course Overview:

These sessions will be relaxed and friendly outdoor activities, you will get the opportunity to learn more about food growing and wildlife gardening. You will join others to work together, have fun and enjoy the natural world within the surroundings of the Countess of Chester Country Park. Refreshments, shelter and toilets are available. Please wear clothes comfortable for gardening and weather conditions. Protective gloves will be provided if needed. Recovery College supported sessions will take place twice a month on 2nd and 4th Monday of every month and will meet in the Countess of Chester Country Park in the Car Park where we will make our way together to the active growing sessions.

Date	Time	Venue	Duration
23/04/2018	2:00 pm	Countess of Chester Country Park	2hrs
14/05/2018	2:00 pm	Countess of Chester Country Park	2hrs
11/06/2018	2:00 pm	Countess of Chester Country Park	2hrs
25/06/2018	2:00 pm	Countess of Chester Country Park	2hrs
9/07/2018	2:00 pm	Countess of Chester Country Park	2hrs
23/07/2018	2:00 pm	Countess of Chester Country Park	2hrs
13/08/2018	2:00 pm	Countess of Chester Country Park	2hrs



Introduction to Volunteering

Length of course: 2 sessions

Course Overview:

People choose to volunteer for a variety of reasons. For some it offers the chance to give something back 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 volunteering can be challenging and rewarding. This workshop will look at the benefits of volunteering. You will also get to know more about volunteer opportunities in Cheshire & Wirral Partnership.

Date	Time	Venue	Duration
09/07/2018	1:00 pm	West Recovery College	2hrs

OR

15/08/2018	10.00 am	Pathways, Ellesmere Port	2hrs
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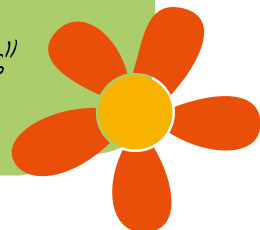
"Helped me to get out and meet new people"

"It helped me to identify some of my triggers"

"Improved my understanding of Cognitive Behavioural Therapy"

"Helped me to have the confidence to allow others to see the real me"

"Has given me some alternative coping strategies"





Craft Project

Length of course: 7 sessions

Course Overview:

Work together on a group project to learn about quilting techniques, including different patterns and applique styles of quilting. You will work together to design and make a larger piece for display in the Recovery College. You will also make smaller sample pieces to take home. The course is suitable for all ability levels and will be fun and friendly sessions with all materials provided. This course is funded through Cheshire Community Education and has additional paperwork to be completed. Support will be available to do this. If you require further information please contact **01244 385022**.



Date	Time	Venue	Duration
05/06/2018	10.00 am	West Recovery College	2hrs
12/06/2018	10.00 am	West Recovery College	2hrs
19/06/2018	10.00 am	West Recovery College	2hrs
26/06/2018	10.00 am	West Recovery College	2hrs
03/07/2018	10.00 am	West Recovery College	2hrs
10/07/2018	10.00 am	West Recovery College	2hrs
17/07/2018	10.00 am	West Recovery College	2hrs



Craft Skills

Length of course: 5 sessions

Course Overview:

During this course you will experiment with a range of craft making techniques, styles and materials to build confidence and skills. The course is suitable for absolute beginners. The sessions are fun and interactive, all materials will be provided.

Date	Time	Venue	Duration
24/04/2018	10.00am	West Recovery College	2hrs
01/05/2018	10.00am	West Recovery College	2hrs
08/05/2018	10.00am	West Recovery College	2hrs
15/05/2018	10.00am	West Recovery College	2hrs
22/05/2018	10.00am	West Recovery College	2hrs



"It helped me to put a crisis plan in place"

"Helped me to understand more about the things I can do daily to help my recovery"

"Given me some motivation to undertake tasks and activities"

"I now plan to do some of the activity"

"I learnt more about the role of our thoughts and how they affect our behaviours I used to enjoy even though I feel anxious"



Eat Well

Length of course: 5 sessions



Course Overview:

Are you curious about improving your diet, but don't know where to start? Eat well 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 breakfasts, 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 impact on your mood and also explore portion sizes. These sessions are tasty, fun and interactive. The course aims to help you 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 become more confident with your food choices.

Date	Time	Venue	Duration
20/06/2018	10:00 am	Pathways, Ellesmere Port	2hrs
27/06/2018	10:00 am	Pathways, Ellesmere Port	2hrs
04/07/2018	10:00 am	Pathways, Ellesmere Port	2hrs
11/07/2018	10:00 am	Pathways, Ellesmere Port	2hrs
18/07/2018	10:00 am	Pathways, Ellesmere Port	2hrs



Managing Sleep Problems

Length of course: 3 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
31/07/2018	1.00 pm	West Recovery College	2hrs
07/08/2018	1.00 pm	West Recovery College	2hrs
14/08/2018	1.00 pm	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. 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	Start Time	Venue	Duration
15/08/2018	12:00 pm	Pathways, Ellesmere Port	2hrs
OR			
16/08/2018	11:00 am	West Recovery College	3hrs



Some of our course graduates.



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 onto a course please contact the college administrator.

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

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

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

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

Q. How many courses can I do?

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

Q. Is there food available?

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

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

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



Recovery College Charter

Before you attend the Recovery College...

You can expect us to:

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

We expect you to:

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

Throughout your time at the Recovery College...

You can expect us to:

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

We expect you to:

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

Code Of Conduct

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

Everyone attending the Recovery College should:

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





NEW STUDENT ENROLMENT FORM

How to enrol:

- 1. By Email:** Send an email to cwp.recoverycollege@nhs.net 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:					
<div style="border: 1px solid #ccc; height: 150px;"></div>					
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

GP Details:	Full name:	Telephone number:	Practise/Medical Centre:
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:
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PART 4 – Terms and conditions of enrolment

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

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 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 | |

My Recovery College Calendar

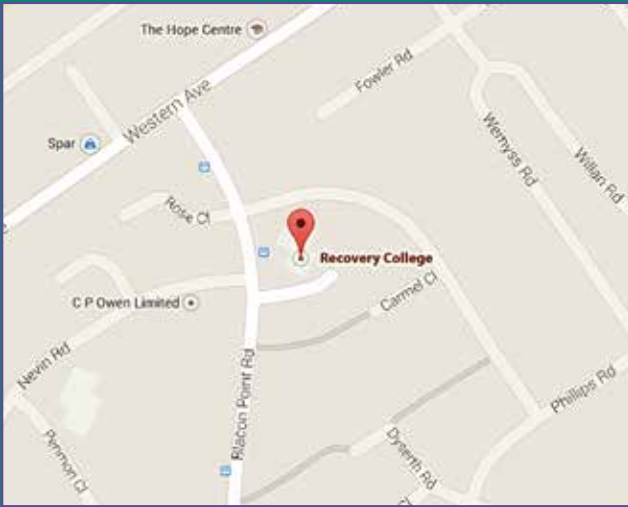
If you like to write things down you may find this calendar very useful to keep a record of all the training you have booked onto. If you would like to you can complete this with a member of the Recovery College team. Please ring to make an appointment: **01244 385022** or email **cwp.recoverycollege@nhs.net**

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 2018	May 2018	July 2018
16 Mo	29 Tu HALF TERM	9 Mo
17 Tu	30 Wed HALF TERM	10 Tu
18 We	31 Th HALF TERM	11 We
19 Th	June 2018	12 Th
20 Fr	1 Fr HALF TERM	13 Fr
23 Mo	4 Mo	16 Mo
24 Tu	5 Tu	17 Tu
25 We	6 We	18 We
26 Th	7 Th	19 Th
27 Fr	8 Fr	20 Fr
30 Mo	11 Mo	23 Mo
May 2018	12 Tu	24 Tu
1 Tu	13 We	25 We
2 We	14 Th	26 Th
3 Th	15 Fr	27 Fr
4 Fr	18 Mo	30 Mo
7 Mo BANK HOLIDAY	19 Tu	31 Tu
8 Tu	20 We	August 2018
9 We	21 Th	1 We
10 Th	22 Fr	2 Th
11 Fr	25 Mo	3 Fr
14 Mo	26 Tu	6 Mo
15 Tu	27 We	7 Tu
16 We	28 Th	8 We
17 Th	29 Fr	9 Th
18 Fr	July 2018	10 Fr
21 Mo	2 Mo	13 Mo
22 Tu	3 Tu	14 Tu
23 We	4 We	15 We
24 Th	5 Th	16 Th
25 Fr	6 Fr	
28 Mo BANK HOLIDAY		

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

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)



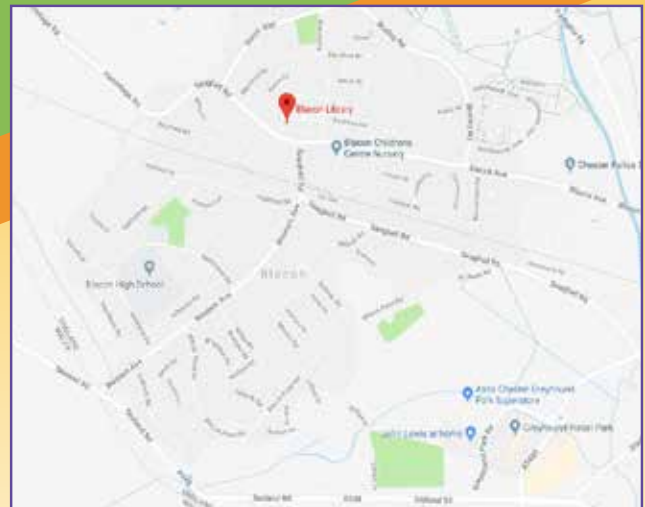
Pathways Resource Centre
Map data ©2015 Google

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



Northgate Locks
Map data ©2015 Google

Address:
Parade Enterprise Centre, The Parade,
Blacon, Chester CH1 5HW



Blacon Library
Map data ©2015 Google

West Recovery College working in partnership with:



Care • Well-being • Partnership