



Cheshire and Wirral Partnership



NHS Foundation Trust



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

WEST RECOVERY COLLEGE

2019 SPRING TERM PROSPECTUS

Term dates - 7th January 2019 - 12th April 2019

Open Days - 7th January 2019 - 11th January 2019

HOPE
CONTROL
OPPORTUNITY

Care • Well-being • Partnership

Contents

What we do2

Welcome3

How to Enrol..... 4

Volunteer Focus.....5

Open Days5

COURSES

Understanding Mental Health..... 6-7

Rebuilding Your Life 8-10

Recovery Through Creativity.....11

Developing Skills & Interests 12

Keeping Physically Healthy13-14

End of Term Celebrations.....14

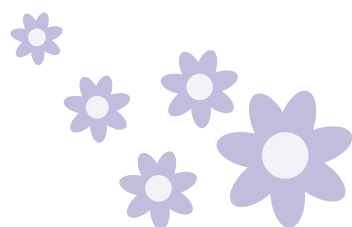
Access Information & FAQ's..... 15

Recovery College Charter
and Code of Conduct..... 16

New Student
Enrolment Form..... 17-18

My Recovery College Calendar19

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, 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.



Tree of Doves at Chester Cathedral – This was a unique joint project led by Pam Kaur with Recovery College students and volunteers and Rosewood Ward volunteer, staff and patients



Introduction to Spring Prospectus 2019

Welcome to the Spring 2019 Recovery College prospectus. This term along with our existing programme of courses we are delighted to offer some new programmes to support students into accessing locally provided activities, including, Understanding more about Universal Credit and a new skills course, in Learning How to Paint your Pets. We are also running a new Confidence and self-esteem course in Ellesmere Port. Finally the Mindfulness based Cognitive Therapy course is also starting in January.

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.

Please note that many of our courses book up very quickly, we do however have reserve lists and may be able to offer last minute places at a later date. All places are allocated on a first come basis.

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 (pg 5) 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.

LIBRARY BOOKS: Many of our students have told us they struggle to use libraries, so we have been working with the library service to help make this a better experience for our students. If you are attending Recovery College you can now take your acceptance letter into your local library and get longer term loans.

For further information please call **01244 385022**.

YOU CAN ENROL IF:

If you are accessing
Secondary Care
Community Mental
Health Services

Care for someone who
uses these services

Member of staff
supporting people who
use this service

HOW TO ENROL:

Face to Face - make an appointment to
come into the Recovery College
call 01244 385022

By Post - Complete the enrolment
form (pg17) and post it to
West Recovery College,
Plas Dinas, Blacon,
Chester CH1 5SN

Email: complete your form, scan and send it to
cwp.recoverycollege@nhs.net

By Phone: call 01244 385022 and complete a
form over the phone with a member of staff



Confidence Building course with
Dave Yardley (tutor) and students

Volunteer Focus: Aimee Walker

Hi, I am Aimee I have recently began my role as a Student Volunteer within Recovery College to help me alongside studying to be a Forensic Psychologist. Recovery College is an extremely rewarding and positive environment to work in, I enjoy getting to know the students and learning more about mental health.



My favourite book: I enjoy books that increase my personal values and my perception of life. The Alchemist is my favourite book, when I am experiencing difficulties this is my go to book that really helps clear my mind and refocus.

My perfect day: My perfect day would involve spending time with my son, going on an adventure by the sea or in the countryside. This is the perfect day for me as it helps me clear my mind and enjoy some quality time with my son.

Message for those thinking of enrolling: I highly recommended Recovery College, both students and staff are very welcoming. I was very nervous beginning this role, this is a common feeling when I begin something new. I was made to feel welcome and everyone was very supportive. It is a calm and positive atmosphere where I have gained strength and knowledge to maintain my own wellbeing whilst helping others do the same. It is extremely rewarding.

Open Days

At the beginning of every term we have open days in the college and at different venues in West Cheshire. This is a great opportunity to chat with Recovery College staff and volunteers to see what's available and what courses you may want to enrol on. Your welcome to drop in at any time, during these session, why not come along and see what we can offer you. These are friendly relaxed sessions; you are welcome to bring someone with you to support you.

Date	Time	Venue	Duration
7/01/2019	10:00 am	West Recovery College	4 hrs
8/01/2019	10:00 am	Pathways, Ellesmere Port	4 hrs
9/01/2019*	10:00 am	West Recovery College	4 hrs
10/01/2019	10:00 am	The Locks, Chester	4 hrs
11/01/2019	10:00 am	West Recovery College	4 hrs

**Please note at this session there will be an opportunity to have a chat with a local PCSO (Community Police Officer) about any concerns you may have regarding personal safety and security.*

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!

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 and attend a pre-course meeting with tutors.

Date	Time	Venue	Duration
15/01/2019	9:30 am	West Recovery College	2.5hrs
22/01/2019	9:30 am	West Recovery College	2.5hrs
29/01/2019	9:30 am	West Recovery College	2.5hrs
05/02/2019	9:30 am	West Recovery College	2.5hrs
12/02/2019	9:30 am	West Recovery College	2.5hrs
19/02/2019	HALF TERM		
26/02/2019	9:30 am	West Recovery College	2.5hrs
01/03/2019*	9:30 am	West Recovery College	4.5hrs
05/03/2019	9:30 am	West Recovery College	2.5hrs
12/03/2019	9:30 am	West Recovery College	2.5hrs

*Please note: This session is a full day practice. Please bring lunch with you and light refreshments will be provided.

Managing Anxiety

Length of course: 4 sessions

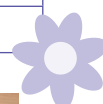
Course Overview

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
17/01/2019	10:00 am	West Recovery College	2hrs
24/01/2019	10:00 am	West Recovery College	2hrs
31/01/2019	10:00 am	West Recovery College	2hrs
07/02/2019	10:00 am	West Recovery College	2hrs

OR

27/02/2019	10:00 am	Pathways, Ellesmere Port	2hrs
06/03/2019	10:00 am	Pathways, Ellesmere Port	2hrs
13/03/2019	10:00 am	Pathways, Ellesmere Port	2hrs
20/03/2019	10:00 am	Pathways, Ellesmere Port	2hrs



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	Time	Venue	Duration
19/03/2019	10:00 am	West Recovery College	2hrs

Introduction to Understanding Depression

Length of workshop: 2hrs

Workshop Overview

This workshop will consider some of the symptoms and experiences of people with depression. It will explore different ideas and techniques for coping with and improving symptoms by considering what has worked and why it is helpful.

Date	Time	Venue	Duration
29/01/2019	1:00 pm	West Recovery College	2hrs

"I am going to try to use some of the skills I learnt here to help me manage my anxiety and be a bit kinder to myself"

"I learnt great skills towards independent living"

"I thought the level of skills from the staff were excellent"

"Very helpful Tutor and volunteers providing friendly atmosphere and a lot of understanding"

"Informed me of ways I can make my ideal job a reality more realistically"

"Taught me to give myself some praise and understand the benefits of not giving myself such a hard time"

"You have the option of repeating a course, which is good because sometimes I can't remember a lot"

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
21/01/2019	2:00 pm	West Recovery College	2hrs
28/01/2019	2:00 pm	West Recovery College	2hrs
04/02/2019	2:00 pm	West Recovery College	2hrs
11/02/2019	2:00 pm	West Recovery College	2hrs

Benefits Explored

Length of workshop: 2hrs

Workshop Overview

Recovery College are hosting drop in sessions for Benefits Advice and Information delivered by Citizens Advice Bureau. If you are confused by Universal Credit and Personal Independence Payments or you want to know more about the benefits you may be entitled to or find out how Citizens Advice may be able to help and support you in other areas, why not come along to our friendly and supportive drop in session. Tea, Coffee and light refreshments will be available.

Date	Time	Venue	Duration
13/02/2019	10:00 am	Pathways, Ellesmere Port	2hrs

OR

14/03/2019	1:00 pm	West Recovery College	2hrs
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Confidence Building

Length of course: 6 sessions

Course Overview

Are you struggling to manage your confidence and looking for some new insights into how to do this? This Confidence Building course will offer you a new opportunity to explore this further. The course will support you to explore a range of skills and techniques and help you to build the confidence and motivation to make positive life changes. You will work together to gain an understanding of your confidence, assess your strengths, look at areas where you may want to make changes in your life and build personal confidence to tackle those areas. It will also look at setting positive goals and review some of the barriers you may experience in achieving them.

Date	Time	Venue	Duration
26/02/2019	1:30 pm	West Recovery College	2hrs
05/03/2019	1:30 pm	West Recovery College	2hrs
12/03/2019	1:30 pm	West Recovery College	2hrs
19/03/2019	1:30 pm	West Recovery College	2hrs
26/03/2019	1:30 pm	West Recovery College	2hrs
02/04/2019	1:30 pm	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. Students who have attended this course have found it really helpful to talk through issues and concerns they have... **'Made me feel there is hope for me employment-wise in the future when I am ready.'**

Date	Time	Venue	Duration
21/03/2019	1:00 pm	West Recovery College	2hrs

NB. This course is delivered by a Social Enterprise company called PLUSS who also deliver employment support projects for the Department of Work and Pensions (DWP). However, this course is NOT part of a DWP funded contract and no personal details are shared with the trainer.

Achieving Your Goals

Length of workshop: 3hrs

Workshop Overview

Do you struggle achieving the goals you set yourself or struggle to maintain your levels of motivation? 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 increase your knowledge and improve your understanding and experience around setting and achieving your goals. The session will explore the role of goal setting and look at some different ways to do this including reviewing the goals you set and understanding how to rework them if necessary without losing your focus and direction. It will also look the role motivation plays in supporting you to achieve your goals. The session will be friendly, fun and supportive.

Date	Time	Venue	Duration
14/02/2019	1:00 pm	West Recovery College	3hrs

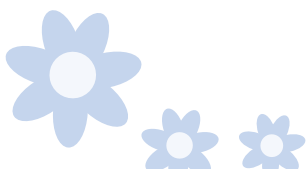
Rebuilding Your Confidence and Self-Esteem

Length of course: 4 sessions

Course Overview

Over time you may have noticed your confidence and self-esteem have been knocked, this may have happened for many reasons. The impacts of this may have stopped you doing everyday activities or socialising the way you may want to. This short Confidence and self-esteem course aims to increase your understanding of how to start to rebuild confidence and self-esteem and offers a range of tools for you to practice in sessions and at home. The course will be friendly and relaxed, all course materials will be provided.

Date	Time	Venue	Duration
16/01/2019	10:00 am	Pathways, Ellesmere Port	2hrs
23/01/2019	10:00 am	Pathways, Ellesmere Port	2hrs
30/01/2019	10:00 am	Pathways, Ellesmere Port	2hrs
06/02/2019	10:00 am	Pathways, Ellesmere Port	2hrs



Understanding Recovery and Taking Control

Length of course: 2 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
15/01/2019 tbc	1:00 pm	West Recovery College	2hrs
22/01/2019 tbc	1:00 pm	West Recovery College	2hrs

Understanding more about Universal Credit

Length of workshop: 2hrs

Workshop Overview

Are you moving over to universal credit and have some concerns about how this works? This session is provided by the Department of Works and Pensions (DWP) in order to help you to understand how this transition works and what support will be out there for you during transition. It will be a general advice and information workshop that will aim to answer some of your questions and address some of those worrisome concerns. This will be a safe place where you can make enquires without sharing any confidential personal information.

To ensure wherever possible your questions and concerns will be addressed it may be helpful to email them to cwp.recoverycollege@nhs.net or call **01244 385022** to discuss this further.

Date	Time	Venue	Duration
07/03/2019	1:00 pm	West Recovery College	2hrs

"It has shown me there is a way forward and given me hope for the future"

"The group and trainer made the whole experience on the course enjoyable and relaxing"



Craft Project

Length of course: 5 sessions



Course Overview

Work together on a group craft project to learn some new crafting techniques by working together to design and make a larger piece for display. You will also make smaller sample pieces to take home. You will get the opportunity to learn new skills, further build your craft knowledge and make new friends. 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
25/02/2019	10:00 am	West Recovery College	3 hrs
04/03/2019	10:00 am	West Recovery College	3 hrs
11/03/2019	10:00 am	West Recovery College	3 hrs
18/03/2019	10:00 am	West Recovery College	3 hrs
25/03/2019	10:00 am	West Recovery College	3 hrs

Introduction to Painting Your Pets

Length of course: 2 sessions

Course Overview

This course will introduce you to some basic skills of drawing and painting your pets using line and watercolour techniques. Please bring with you a good quality printed photograph of the pet you want to draw or paint. All materials will be provided. Please note that there will be a maximum of 8 students enrolled on this course.

Date	Time	Venue	Duration
01/04/2019	10:00 am	West Recovery College	2 hrs
08/04/2019	10:00 am	West Recovery College	2 hrs



"It has encouraged me to not give up on things"

"As a first timer, I feel attending the college course has been a highly positive experience and I look forward to attending more courses"



Craft Skills

Length of course: 5 sessions

Course Overview

This course offers you the opportunity to learn new craft skills or refresh your crafting hobby. 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. You will gain the confidence and skills to make a range of crafts to take away with you. The sessions are fun and interactive, all materials will be 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
14/01/2019	10:00 am	West Recovery College	3hrs
21/01/2019	10:00 am	West Recovery College	3hrs
28/01/2019	10:00 am	West Recovery College	3hrs
04/02/2019	10:00 am	West Recovery College	3hrs
11/02/2019	10:00 am	West Recovery College	3hrs

Sit Back, Relax & Listen

Length of course: 12 sessions

Course Overview

Did you know that reading can help to reduce stress levels? Maybe you have loved reading in the past but are finding it difficult to concentrate and find you miss getting lost in a good story. Join our friendly and informal **SIT BACK, RELAX & LISTEN** sessions on Wednesday afternoons. Where we will be reading aloud from short stories or poems and chat about what we have read. There will be no need to read anything between sessions, just turn up and enjoy the stories. There will always be someone happy to read aloud for you, so no pressure just come along, **SIT BACK, RELAX & LISTEN**. Light Refreshments will be available.

Date	Time	Venue	Duration
16/01/2019	2:00 pm	West Recovery College	2hrs
23/01/2019	2:00 pm	West Recovery College	2hrs
30/01/2019	2:00 pm	West Recovery College	2hrs
06/02/2019	2:00 pm	West Recovery College	2hrs
13/02/2019	2:00 pm	West Recovery College	2hrs
20/02/2019	HALF TERM		
27/02/2019	2:00 pm	West Recovery College	2hrs
06/03/2019	2:00 pm	West Recovery College	2hrs
13/03/2019	2:00 pm	West Recovery College	2hrs
20/03/2019	2:00 pm	West Recovery College	2hrs
27/03/2019	2:00 pm	West Recovery College	2hrs
03/04/2019	2:00 pm	West Recovery College	2hrs
10/04/2019	2:00 pm	West Recovery College	2hrs



Exercise Explorer – Tai Chi

Length of workshop: 1 hr 30 mins



Workshop overview

Tai Chi is a martial art which involves slow, graceful movements. It is gentle exercise suitable for all ages and levels of fitness. If you would like to improve your energy and well-being, Tai Chi could benefit you. This course will involve practising Tai Chi movements to music, breathing techniques and warm-up exercises.

Date	Time	Venue	Duration
05/02/2019	3:00 pm	West Recovery College	1.5hrs



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

Date	Time	Venue	Duration
27/03/2019	10:00 am	Pathways, Ellesmere Port	2hrs
03/04/2019	10:00 am	Pathways, Ellesmere Port	2hrs
10/04/2019	10:00 am	Pathways, Ellesmere Port	2hrs

Physical Health and Me

Length of workshop: 2 hrs

Workshop overview

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

Date	Time	Venue	Duration
08/03/2019	10:00 am	West Recovery College	2hrs

"I have felt that I am not alone and learnt lots as well"

"It has given me the tools I need to make changes to improve my sleep"



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	
15/03/2019	10:00 am	West Recovery College	2hrs
22/03/2019	10:00 am	West Recovery College	2hrs
29/03/2019	10:00 am	West Recovery College	2hrs
05/04/2019	10:00 am	West Recovery College	2hrs
12/04/2019	10:00 am	West Recovery College	2hrs



End of Term Celebration

The Celebration event is open to anyone who has attended courses or workshops during the term. They are fun, friendly celebrations to recognize your work throughout the term. A time to both celebrate and reflect on the personal goals you may have set yourself during the term. Do come along to celebrate the end of the term and all your individual achievements. Tasty treats & light refreshments will be provided.

Date	Time	Venue	
12/04/2019	1:00 pm	West Recovery College	3hrs

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.

FAQ's

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:					
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. 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.

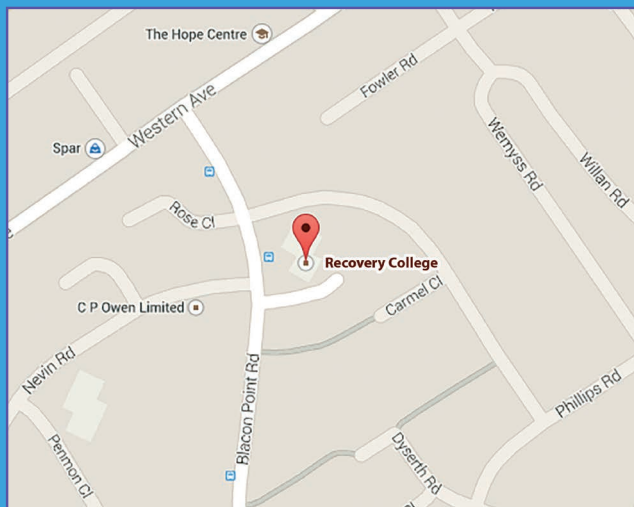
January 2019	February 2019	March 2019
7 Mo	8 Fr	13 We
8 Tu	11 Mo	14 Th
9 We	12 Tu	15 Fr
10 Th	13 We	18 Mo
11 Fr	14 Th	19 Tu
14 Mo	15 Fr	20 We
15 Tu	18 Mo HALF TERM	21 Th
16 We	19 Tu HALF TERM	22 Fr
17 Th	20 We HALF TERM	25 Mo
18 Fr	21 Th HALF TERM	26 Tu
21 Mo	22 Fr HALF TERM	27 We
22 Tu	25 Mo	28 Th
23 We	26 Tu	29 Fr
24 Th	27 We	April 2019
25 Fr	28 Th	1 Mo
28 Mo	March 2019	2 Tu
29 Tu	1 Fr	3 We
30 We	4 Mo	4 Th
31 Th	5 Tu	5 Fr
February 2019	6 We	8 Mo
1 Fr	7 Th	9 Tu
4 Mo	8 Fr	10 We
5 Tu	11 Mo	11 Th
6 We	12 Tu	12 Fr
7 Th	My key learning goals are:	

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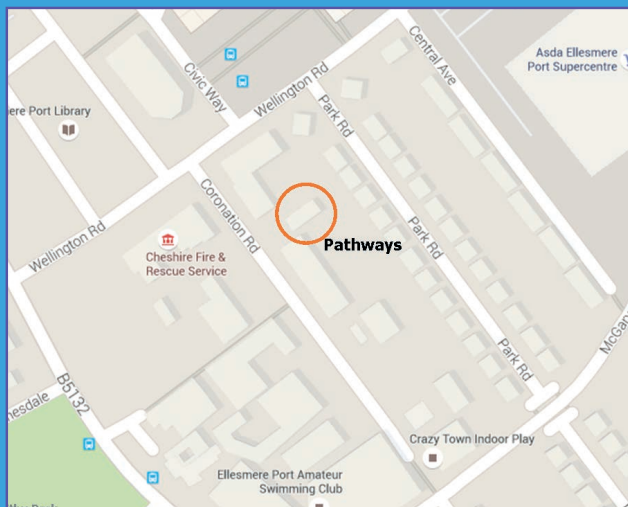
Telephone: 01244 385022
Email: cwp.recoverycollege@nhs.net

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



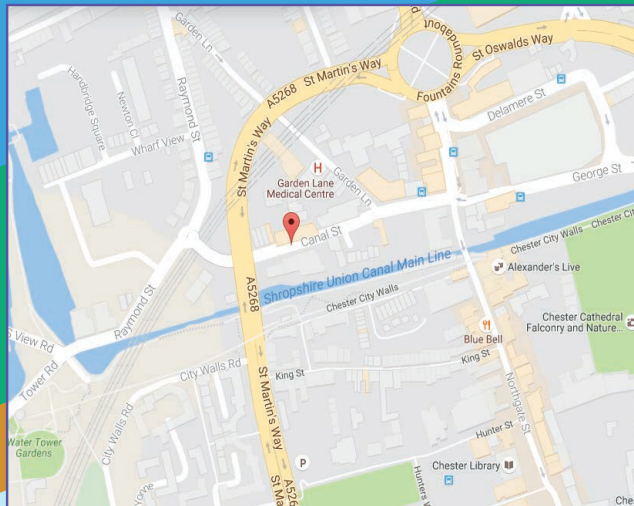
Recovery College
Map data ©2015 Google

Address:
Pathways Resource Centre
Coronation Rd, Ellesmere Port CH65 9AB
(We are located just behind Cherrybank Resource Centre)



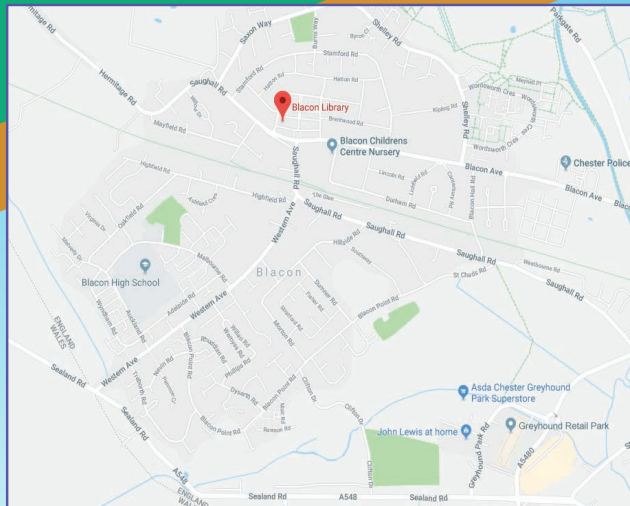
Pathways Resource Centre
Map data ©2015 Google

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



Northgate Locks
Map data ©2015 Google

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



Blaen Library
Map data ©2015 Google

West Recovery College working in partnership with:



Care • Well-being • Partnership