An introduction to the Recovery College

A Richer Life through Learning

Your partner in care & improvement
Welcome to the Recovery College

Our students can be all people from all walks of life, people with lived experience of mental health difficulties, family, friends and professionals. We are operating in partnership with Mind in Camden, Elizabeth House, Working Men’s College, City & Islington College, all of the tutors and other supporters in the background.

We aim to tailor all our courses to provide;

Opportunity
• Identifying what you want to learn via Individual Learning Plans (optional)
• Deciding which course to enrol on
• Meeting new people and develop new social networks
• Giving feedback about your experience of the college through different channels

Practical skills
• Thinking about coping strategies of managing different situations in life
• Improving your well-being
• How to take up new avenues

Knowledge
• About topics of courses
• Individual meaning of recovery

An introduction to our Courses

Recovery Journeys – Introduction to recovery
This 4½ hour introductory course is for anyone wanting to learn what recovery means and what it may mean for you. Students will explore themes, ideas and principles of recovery. We will also consider the history and development of recovery and how it fits in with today services.

Telling your story – Tree of Life
The ‘tree of life’ is a technique for exploring and telling your life story. Each part of the tree indicates a part of your story, from the roots signifying where you have come from, to the branches signifying your hopes and dreams. This 5½ hour workshop is focussing on sharing so there is an expectation that you join in with the process of discussion and creation as far as you are able.

An Introduction to Anxiety
This 2½ hour workshop aims to encourage people to see that anxiety is something everybody experiences at times. Providing the opportunity to share experiences, gain informational support and suggest ways of living with the experience.

Assertiveness for all
Some people are naturally more assertive than others, but everyone can work on the assertiveness skills and develop them. There are a variety of ways to communicate assertively. Assertiveness can be learned and developed and we can become more confident in expressing our needs.

Ways of understanding and relating to experience of ‘psychosis’
The experience of ‘psychosis’ is surprising common. But what does ‘psychosis’ mean and how to live with and beyond it? This seven-week introductory course aims to address this question by presenting balanced responses from different approaches.

A guide to Mental Health tribunals
This course will explain the background of mental health tribunals and the process of them. Having knowledge leads to greater control. The training might not necessarily influence the outcome of the tribunal but it should ensure that participants are listened to.

Understanding Drug and Alcohol Use
This introductory course is for anyone who wants to know about drug and alcohol use, either because they want to know more for themselves or in relation to someone else – perhaps a partner, family member or friend. The course will focus on the steps people can take to regain control of their lives from drug and alcohol use by tapping into their own resources and resilience.

Getting a good nights sleep
The course is designed to try and help people who are currently experiencing problems relating to sleep. As we know, sleep is essential to our general health and wellbeing. Lack of “refreshing” sleep can lead to difficulties coping with daily life. By the end of the workshop, students will have some ideas and suggestions to help them have “a good night’s sleep”.

The Recovery College
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Who can attend the Recovery College courses?
“Our courses are open to anyone who is currently receiving a service from the NHS Foundation Trust. They are also open to their families, friends and carers, staff from our partner organisations and other professionals. There is no fee for the courses, but people need to register and enrol before attending in September.”

Can my carer attend with me?
“Yes definitely. Carers, family and friends are encouraged to attend, and register as a ‘student’ in the same way as all students do before the course starts.”

Where will the course be held?
“They are held in the Adult Community Learning Centres and Mind in Camden currently. Some courses are run in the Recovery Hub. Maps are sent out or given in person to all students in their information packs before the course starts.”

What happens on a course?
“There are 2 trained tutors in each class – one is a Tutor by Profession, working in their field of expertise, e.g. mental health or substance abuse; the other is a Tutor by Experience”

What is a Tutor by Experience?
“Tutors by Experience share their “lived experience” of their own recovery journey as part of each course session. Student feedback tells us that this “sharing of stories” by tutors who have experienced their own mental health difficulties is highly valued”.

To find out more or request a full prospectus with more information about each of our courses please contact

www.candi.nhs.uk/recoverycollege
email: recovery.college@candi.nhs.uk
or call: 020 3317 6904