

Collaborative **courses for mental wellbeing**



Get involved!

Co-design...

Co-delivery...

Co-production...

Collaboration...

Our courses are designed and delivered in collaboration

Our courses are co-designed and co-led by people who have had or are living with mental health challenges, who work alongside lots of different health professionals, teachers and trainers to run workshops with us.

Equally valuing both 'lived' and 'learnt' perspectives

Further reading:

A short article from the British Psychological Society
[Rebuilding lives in the Recovery College](#)

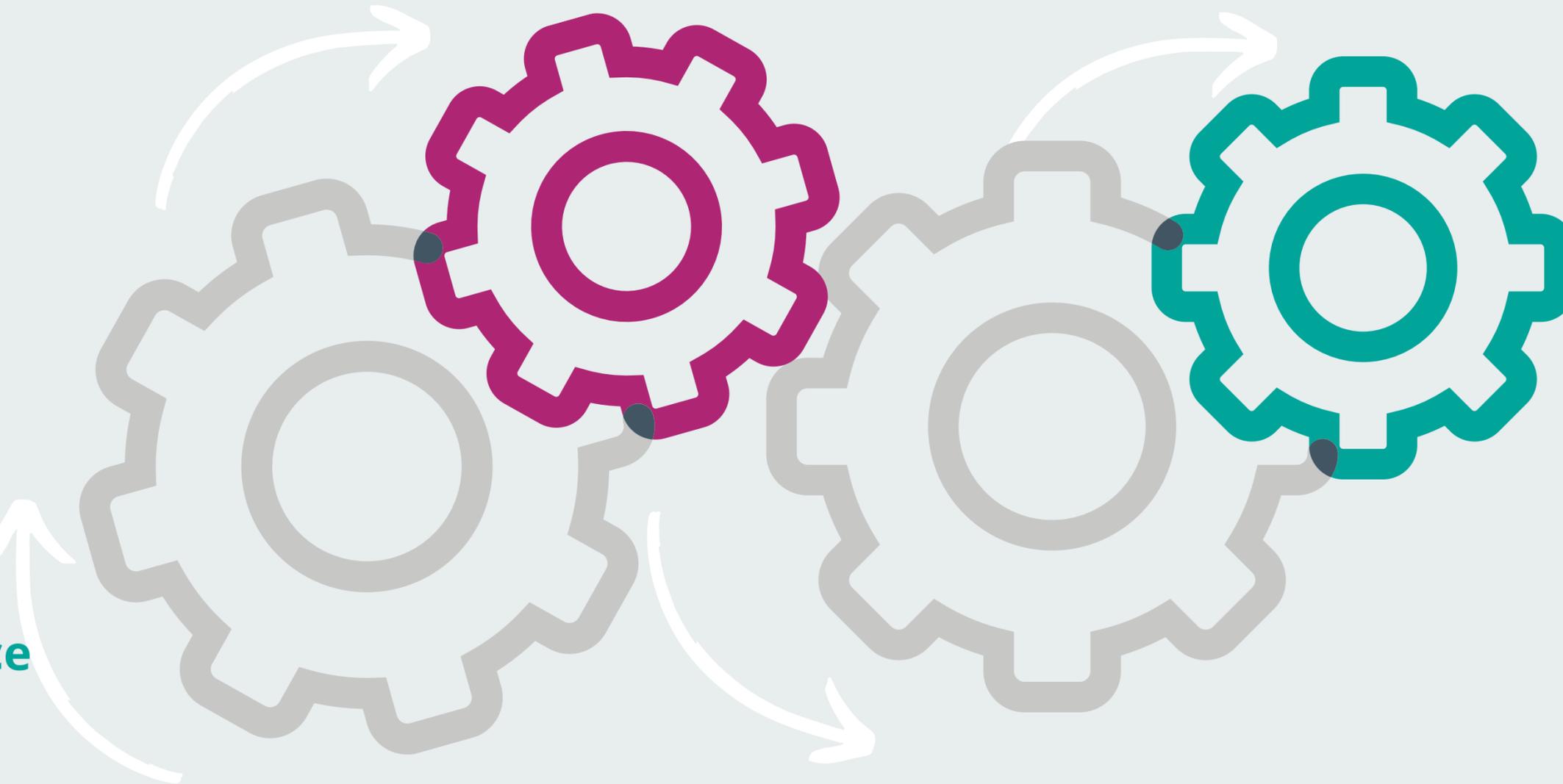


1. Bring people together

- Promotion and engagement
- Hosting regular meet-up events

3. Provide opportunities for skills building

- Formal facilitation training and skills-sharing
- Provide support to develop course content



2. Share out ethos and approach

- Experience how we work
- Attending a course with us

4. Supporting teams of co-facilitators

- Host regular meet-ups, group supervision, training and team days
- Informal coaching and mentoring

5. Encouraging opportunities both in and outside of the Recovery College

People with a 'lived' experience

People with a 'learnt' experience

Different views of recovery

In mental health, the word 'recovery' can be a difficult and challenging term.

Mental health affects everyone, and anyone can experience times in their life when their mental health is poor.

For some this may be a relatively short period of time, but for others, this will be significant, and have a big impact on their life and future.

Recovery is often described in two ways;

- **Clinical recovery:** Where someone 'recovers' and no longer has symptoms
- **Personal recovery:** Restoration of a person's sense of self and meaning (with or without clinical recovery)

Different views of recovery

In our courses, we focus on personal recovery; recovery and restoration of peoples sense of self and meaning.

The Recovery College is not a substitute for traditional assessment and treatment, for example from NHS mental health teams or GPs, or for mainstream education such as a college or adult education provider, either.

We are complimentary to whatever help, support, education or training people may (or may not) be receiving.

As such the course we run and develop;

- Are a conduit towards mainstream learning and training, rather than a substitute for a course that could be under taken at a college or adult education training provider.
- Are not a replacement for individual therapy, treatment or one-to-one support.

We provide **training and skills development** opportunities for all our co-facilitators.

Including:

- Facilitation training 'train the trainer'
- Sharing your lived experience workshops
- Regular online and in-person facilitator skills-sharing and team events
- Monthly facilitator meet-ups

For more information on our current skills sharing and meet-ups please visit our: **[Find a course, skills-sharing and meet-ups page](#)**



Co-facilitation in the Recovery College

All of our courses are led by two (or more co-facilitators), equally sharing their 'lived' and 'learnt' experiences.

In your course, you may find that the facilitation is shared by people taking on different roles:

Course supporter

Having attended the course for themselves support the course by sharing their own experience and understanding.

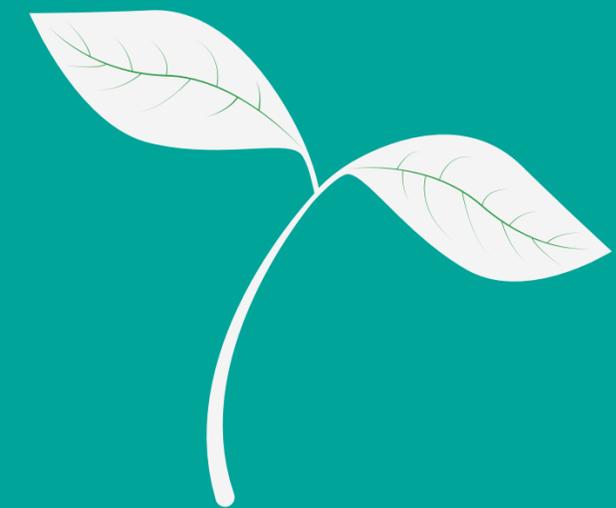
Co-facilitator

A trained facilitator who supports the delivery of the session introducing topics, leading on group activities and discussions.

Lead co-facilitator

One or more trained facilitators who work with the Recovery College to design and lead on the delivery of the workshop or course.

Most of our new co-facilitators start as a course supporter.



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Thank you for your time.

For more information about the college and our courses please visit:

[Leedsrecoverycollege.com](https://www.leedsrecoverycollege.com)

You can email us at:

Leedsrecoverycollege.lypft@nhs.net

or call us on: 0113 855 5127