

Collaborative **courses for mental wellbeing**



Introduction to Leeds Recovery College

What is a recovery college?



'The aim of a Recovery College is to provide learning opportunities for people who experience any kind of health and social challenges, their family members, staff who support them and members of the public with an interest or involvement in mental health and wellbeing.'

-ImROC 2019

Key points:

- Open to adults who live, work or study in Leeds
- Learning environment (not therapy)
- Over 85 Recovery Colleges across the country

Courses are free
to attend and
open to **adults
who live, work
or study in
Leeds**



We deliver free awareness workshops, wellbeing course and 'retreats' for people who would like to learn more about mental health and wellbeing (diagnosis or not).

This includes health staff and carers.
'Helping people learn more about mental health and in finding ways to live better.'

For more information on our current courses please visit: [LeedsRecoveryCollege.com](https://www.leedsrecoverycollege.com)

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](#)



We facilitate courses, we don't teach or treat

What's the difference?



'Impart knowledge to or to instruct someone as to how to do something.'

'To assist a person, to enable or allow a person to do something, achieve or articulate a result more easily.'

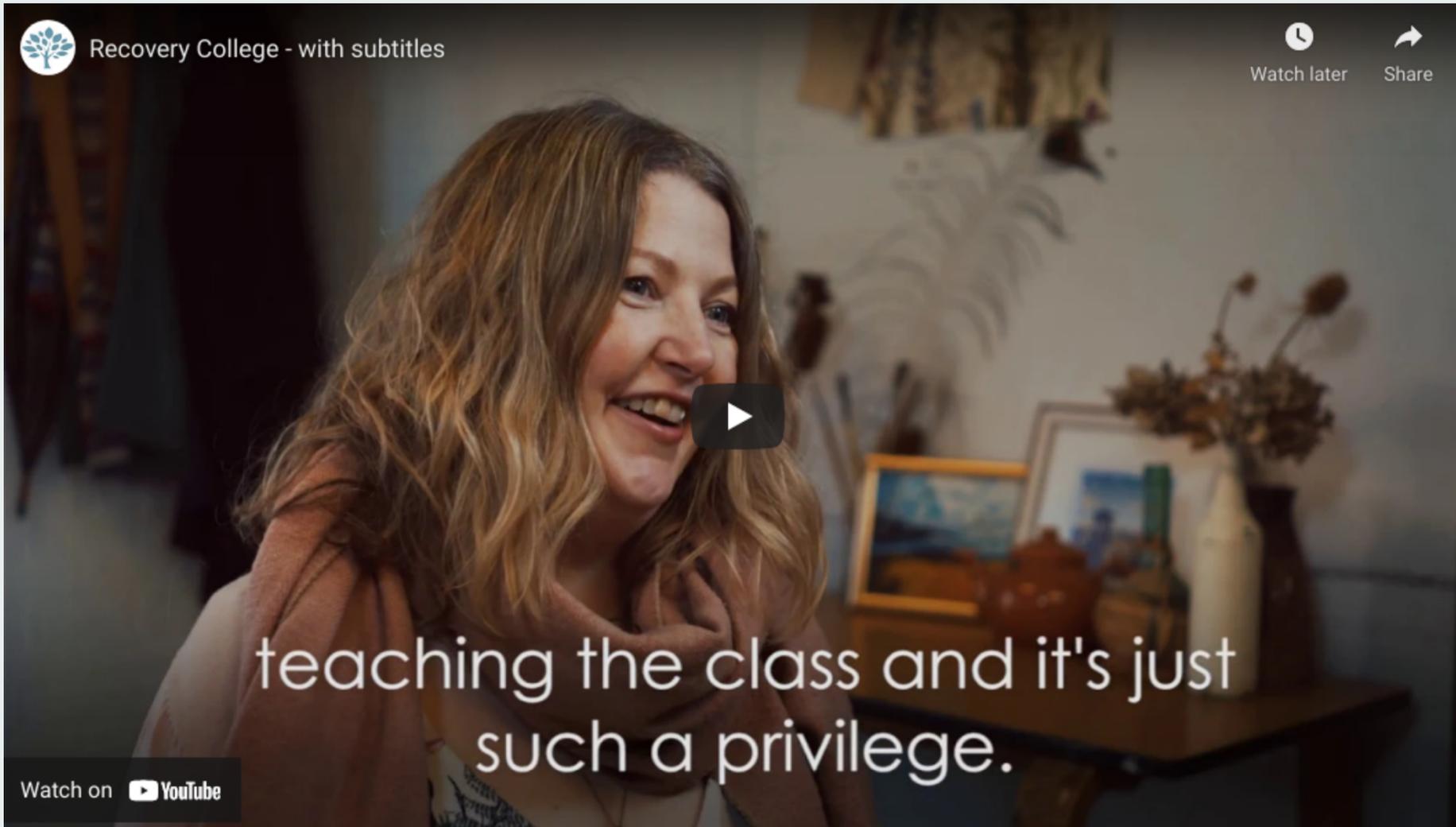


'To give medical care or attention to a person, an illness, an injury.'

These three different ways of working with people are all valuable.

As a college we have mental health professionals and teachers who facilitate courses with us. But they 'facilitate' and we don't 'treat' or 'teach' people how to get or to live well.

We focus on facilitating spaces where people can share their knowledge, feel comfortable and able to talk about mental health, to learn and try out new things, and think about what works for them.



Summary video: Norfolk and Suffolk Recovery College



CLICK TO WATCH:

<https://www.youtube.com/watch?v=I0IqYGUGJnM>

The Norfolk and Suffolk Recovery College produced this film in 2019. It features Recovery College students, staff and peer tutors sharing their experiences and perspectives.

**Time for a
brew?**



Different views of recovery

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

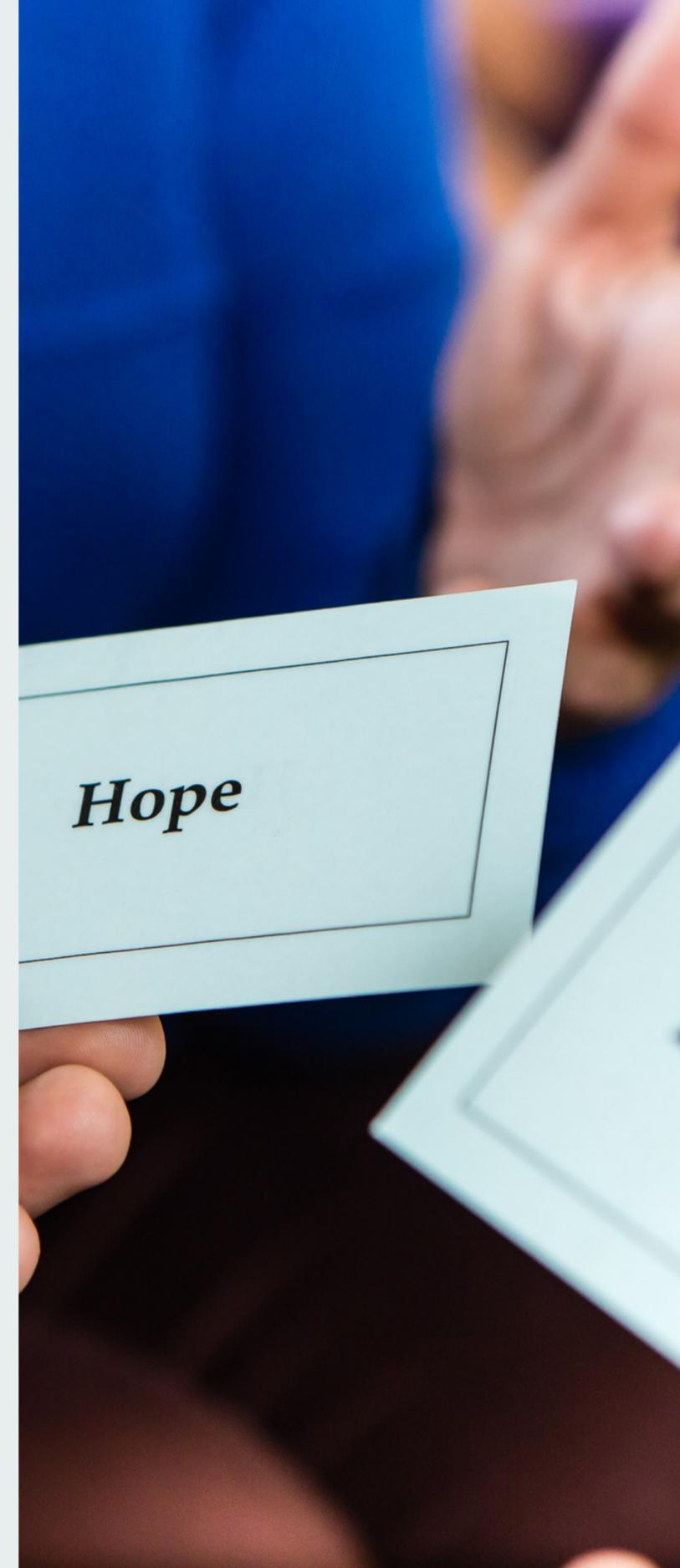
Mental health affects everyone, and anyone can experience times in their life when their mental health is poor.

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



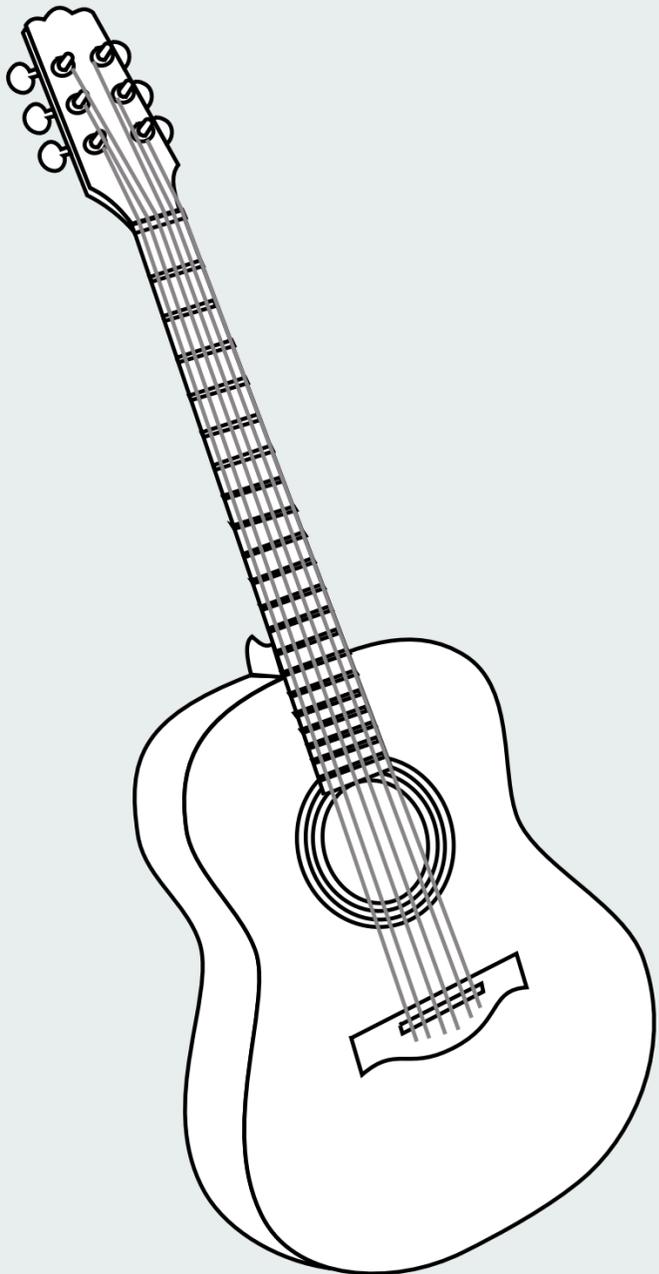
Leeds Recovery college is actively involved in developing ongoing and relevant definitions of recovery, based on what learners tell us.

We believe in personal recovery; recovery and restoration of peoples sense of self and meaning.

Clinical recovery and personal recovery have value.

In our courses we focus on life experiences, strengths, and goals, not diagnoses, illnesses, or deficits.

The hospice worker and the guitar



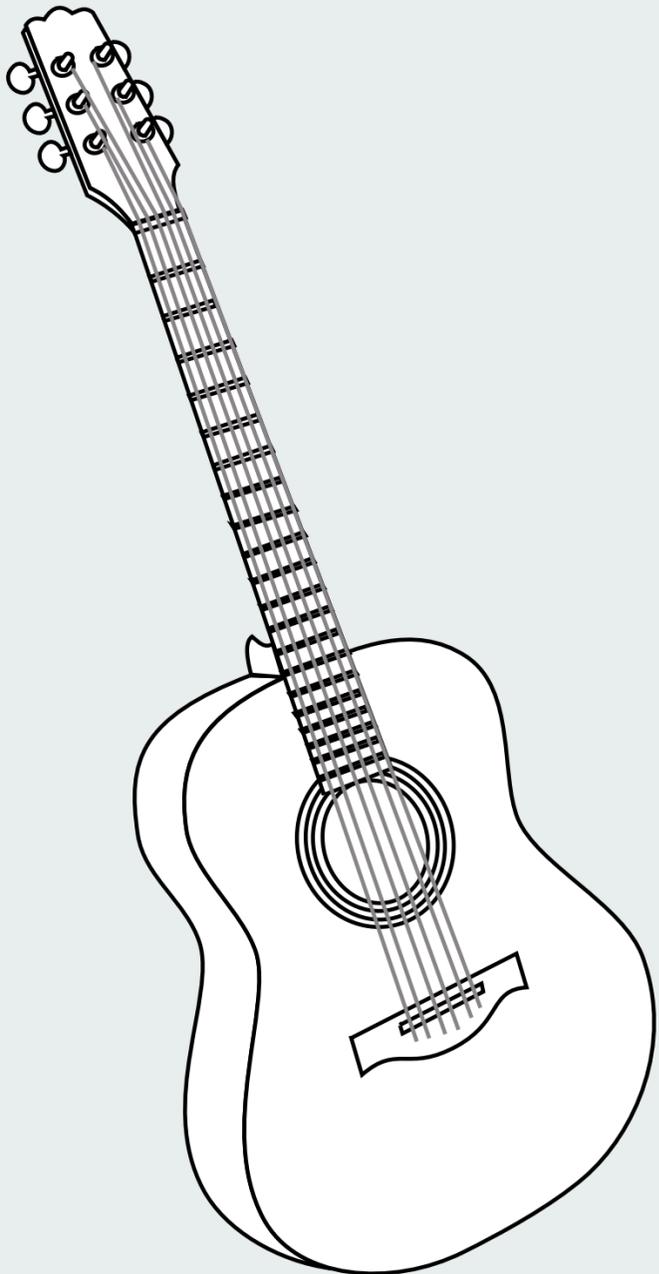
'When I met the hospice worker, I didn't know that she worked with people who were dying. I could see her genuine passion for using recovery with the people she worked with.

When she told me that recovery had changed the way she approached her work, she was being truthful.

So it threw me for a loop when she told me that she helps people who are dying to recover. I blurted out:

'What does recovery mean for a person who knows they are going to die imminently?'

The hospice worker and the guitar



'Recovery is not helping people avoid their deaths or 'get better.' It's about recovering their sense of self.'

'The worker talked about a particular person who had played the guitar earlier in their life. This person's ill health had deteriorated to the point where they could no longer play the instrument they loved. In all the important work needed to make them comfortable and get them settled in at the hospice, this person's identity as a musician had got lost.

Part of this person's recovery of their self was to have their guitar in their room. The guitar was a symbol that connected them to who this person had been and the music they loved. The guitar gave this person's family a way to connect with their loved one. This person could die knowing that we connected, and they were seen for who they are.'



Summary video: From mental health patient to recovery student



CLICK TO WATCH:

https://www.youtube.com/watch?v=TqV0nFt_POM

Created by the Severn & Wye Recovery College for the Health Foundation, Power of People series in 2013. The film features Heather how shares her personal experience of being a student with the Recovery College.

Courses venues

We run on-line workshops and longer courses, from venues including;

Beeston Village
Community Centre



Headingley Heart



St Georges Centre
(City Centre)



Leeds Central Library



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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