



**Wellbeing
& Recovery
College**



Midlands Partnership University
NHS Foundation Trust

Live and Learn

Free and open to all



Courses for Summer 2025



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Welcome

Hello! Welcome to the
MPFT Wellbeing & Recovery College.

We offer recovery-focused educational
courses for all in our communities!
Let's all work together to create:

Hope
Control
Opportunity

For us all!!

“...let's focus on the humanity we share
rather than the diagnosis we do not.”

- Elyn Saks. TED Talks 2012



Our Values and Philosophy



We provide an educational approach to wellbeing and recovery, with an aim to facilitate spaces where students and trainers feel safe and empowered.

Co-production

In its essence, co-production is about us all working together and equally valuing everyone's perspectives. Co-production and the model of shared learning is at the very heart of the Wellbeing and Recovery College.

All our courses are co-produced and co-delivered in partnership by peer trainers who have lived or carer experience of mental or physical health difficulties or learning disabilities, together with professionally qualified trainers. Each trainer draws on their skills and experience to create and develop something unique whilst coming alongside our students and learning together.

Recovery Education and Shared Learning

We aim to provide an educational approach to wellbeing and recovery. Whether you are someone using mental or physical health services, a friend or a carer, or a member of staff at MPFT or one of our partner organisations; we all have our own personal journey of wellbeing and recovery. The uniqueness of these experiences can benefit us all by sharing and learning from each other in an equal space where we can all come alongside each other to learn and move forward.

Enrolment Information

Who Can Enrol?

- Everyone aged 18 and over, living in Shropshire, Telford & Wrekin, Staffordshire and Stoke-on-Trent
- If aged 16-18 years old get in touch to discuss further



How do I Enrol?

- Contact us via phone or email
- We will be in touch to book an enrolment meeting, which includes your Individual Learning Plan (ILP)

What is my Individual Learning Plan?

- Contains your support information and anything else you'd like to share with us
- Helps you to decide what you want to get out of our courses
- We will complete this together during your enrolment meeting



How do I Book onto Courses?

- Enrol at the college
- Let us know by phone or email which course you would like to book on

Individual Learning Plan

When you first enrol with the college, you will be asked to complete an Individual Learning Plan (ILP) with a member of our team.

This is an opportunity for you to ask any questions you may have, to let us know why you are interested in joining the college and to find out about the courses that are on offer.



It is also a chance for us to introduce you to the college, to find out a bit more about what interests you and to think about how we can best support you whilst you are a student with us.

ILPs are usually done via Zoom, but can also take place via Microsoft Teams or over the phone if you prefer, and usually last between 30 minutes to an hour. We really look forward to meeting all of our new students and hope that you enjoy meeting us too.



**Wellbeing
& Recovery
College**

Our team is expanding all the time, to find out more about our team members, our interests and what inspires us to work at the College visit:

<https://recovery.mpft.nhs.uk/team>

Or scan this QR code:





What To Expect

What to expect when attending an online course via Zoom

Virtual Waiting Room- Virtual space where students wait before they join the course.

Course Mentor- A member of the team available during the course to help with any issues and offer support.

Zoom Functions- The course mentor will guide you how to locate and use functions such as microphone, chat and camera. We ask for you to be muted when not talking during a course and keep the camera on where possible, but we can support you if this is not suitable for you.

What to expect when attending our in-person courses

Location- We use a variety each term across South Staffordshire, Shropshire, Telford and Wrekin.

Venues- We make sure they are as accessible as possible, with good public transport links and parking available. Full information is shared a week prior to each course but can be sent earlier on request.






Facilities- Toilet facilities are available at all venues, please feel free to bring your own refreshments.

If you have any question about what to expect when attending our courses, please contact us.



Course Categories

All of our courses at the Wellbeing and Recovery College can help you to improve your overall wellbeing. Each of our courses will focus on a specific element, enabling you to choose the courses that you feel will be of most benefit to you throughout your learning journey with the college. These categories have been colour coded to enable you to easily navigate our prospectus.

-  **Be in the Moment** – focusing on the present, and the importance of making time for yourself. These courses explore themes such as mindfulness, meditation, positivity and self-compassion.
-  **Exploring Health and Wellbeing** – considering different perspectives surrounding a specific diagnosis, we will address issues around stigma, myths and explore ways of coping. All of these topics will be facilitated by a trainer with lived experience of that given diagnosis and a trainer with professional experience.
-  **Learning to Develop our Wellbeing** – looking at a range of tools and techniques that you may find helpful in moving forward with different areas of your life, improving your communication with others and building your confidence.
-  **Be Creative** – encouraging our students to try out different craft activities in a relaxed and informal online environment.
-  **Let's Get Active** – motivating students to have a go at some gentle physical activity to improve your overall health and wellbeing.



Wellbeing Bites

We understand how tricky it can be for some of our students to access our courses during the daytime, due to work, carer or other commitments. Each term, we try to offer different courses during the evening, to give you the opportunity to access content outside of normal college opening hours. We are keen to further extend the availability of our college offer by introducing “Wellbeing Bites”.

We have 4 Wellbeing Bites that are available for you to use now, they are:

- **The Power of Language with Daniel and Emma**
An opportunity for you to think about and reflect on the importance of using recovery focused language.
- **Escape Story with Claire**
Join us in this guided visualisation as we walk along the beach.
- **1 Minute Breathing Space**
Join Kim to take a minute to step into the present and reconnect with yourself.
- **3 Minute Breathing Space**
Take a mindful moment with Kim to stop and check in with yourself.

If you would like to access these, please contact the college.

*Online Courses

**In Person Courses

		MONDAY	TUESDAY
May	AM	Practical Mindfulness 12th, 19th May & 2nd, 9th June 10am – 12pm	
	PM	Understanding Depression 12th, 19th May & 2nd, 9th June 5.30pm – 7.30pm	Wellbeing Toolkit 13th & 20th May 1pm – 3pm

June	AM	Understanding Fatigue & Fatigue Management 9th & 16th June 10.30am – 12.30pm	
		Building Your Self Esteem and Assertiveness 23rd, 30th June & 7th, 14th July 10am – 12pm	
		Understanding Fibromyalgia 30th June 10.30am – 12.30pm	Wellness Walk Stone Town Centre 17th June 1pm – 2.30pm
	PM	Suicide Awareness 16th June 1pm – 3pm	Understanding & Managing Anxiety 3rd, 10th & 17th June 1pm – 3.30pm Understanding Post Traumatic Stress Disorder (PTSD) 24th June 12.30pm – 2.30pm

July	AM		Understanding and Living Well with Psychosis Holmcroft Youth and Community Centre, Stafford 8th & 15th July 10.30am – 12.30pm Self-Harm Awareness 1st July 1pm – 3pm
	PM	Understanding Dissociative Identity Disorder (DID) Meeting Point House, Telford 7th July 1pm – 4pm	Sleeping Well 1st & 8th July 1.30pm – 3.30pm

Summer 2025 Course Timetable

WEDNESDAY	THURSDAY	FRIDAY
	Understanding & Managing Anxiety 1st, 8th & 15th May 10am - 12.30pm Exploring Loss & Moving Forward 8th & 15th May 10.30am - 12.30pm	Building Your Self Esteem & Assertiveness 9th, 16th & 23rd May 10am - 12.30pm Craft your way to Mindfulness – Circle Weaving St. George's Education Centre, Stafford 9th May 10am – 11.30am Birdwatching for Wellbeing 16th May 1pm - 3pm

Understanding Dementia 4th & 11th June 10.30am - 12.00pm Understanding & Managing Anxiety Brookside Central Community Centre, Telford 11th & 18th June 11am – 2pm Living with Bipolar 4th June 1pm - 3pm The Value of Muscle Relaxation and Simple Resistance Exercises 11th June 1pm – 2.30pm Effective Communication in Relationships 18th, 25th June & 2nd July 1pm - 3pm	Exploring and Balancing our Sensory Reactions 5th, 12th & 19th June 10.30am - 12.30pm Wellbeing Toolkit The Lantern, Shrewsbury 5th June 12.30pm – 3.30pm Exploring the Benefits of Reading for Health and Wellbeing 19th June 5.30pm – 7.00pm	Understanding Depression St Luke's Church Centre, Cannock 6th & 13th June 10.30am – 1.30pm Craft your way to Mindfulness – Bunting 6th June 11am - 12.30pm Connecting with Nature Victoria Park, Stafford 13th & 20th June 10.30am – 1pm The How, What and Why of Self-Compassion 20th, 27th June & 4th July 10am – 12pm Wellness Walk Dale End park, Ironbridge 27th June 11am – 12.30pm
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	Curious About Co-production 10th July 10.30am - 12.30pm Understanding and Living Well with Psychosis 10th & 17th July 1pm - 3pm	
A Taste of Mindfulness in Practice 9th July 1pm – 3pm		



Understanding & Managing Anxiety

Course Duration:	Three Week Course
Session Time:	2 hours 30 minutes each week
Date:	Thursday 1st, 8th and 15th May
Time:	10am - 12.30pm
Course Description:	The first part of this course will explore anxiety, what can cause this condition, how it presents itself and what effect it can have. The second part of this course will then focus on ways to manage anxiety and focus on strategies that may help, including self-care techniques.

Exploring Loss and Moving Forward

Course Duration:	Two Week Course
Session Time:	2 hours each week
Date:	Thursday 8th and 15th May
Time:	10.30am – 12.30pm
Course Description:	We've all experienced different types of loss such as grief, estrangement, employment, financial or personal loss. Loss is unique and affects people in so many different ways. This course will look at what generates the sense of loss, different experiences and self-care.

Building Your Self Esteem and Assertiveness

Course Duration:	Three Week Course
Session Time:	2 hours 30 minutes each week
Date:	Friday 9th, 16th and 23rd May
Time:	10am – 12.30pm
Course Description:	This course looks at self-esteem and the tools we can use to develop our sense of self-worth. From there we go on to explore assertiveness and the steps we can take to practice assertive techniques when needed. This course is open to everyone with an interest in personal growth and offers plenty of exercises and examples. This course is very self-exploratory, and we will undertake activities that require self-reflection.

Practical Mindfulness

Course Duration:	Four Week Course
Session Time:	2 hours each week
Date:	Monday 12th, 19th May and 2nd, 9th June
Time:	10am – 12pm
Course Description:	The skills of mindfulness are simply about being present to what is happening here and now. It is not about what has gone before or what may be happening next but how to focus on one thing at a time. This course aims to show how you can train yourself to use mindfulness every day and demonstrate the reality of making practical changes.

Online Courses

Sunflower Field

Wellbeing Toolkit

Course Duration:	Two Week Course
Session Time:	2 hours each week
Date:	Tuesday 13th and 20th May
Time:	1pm – 3pm
Course Description:	This course will provide you with a range of different tools and techniques that focus on improving your wellbeing. We will explore different ways that you can take care of your own mental and physical health, as well as how to support others. We may all have different experiences, but each one is equally important.

Birdwatching for Wellbeing

Course Duration:	One Session
Session Time:	2 hours
Date:	Friday 16th May
Time:	1pm - 3pm
Course Description:	Birdwatching can be a truly mindful practice when we are actively looking for and listening to birds. Our wild birds are not only beautiful to see but a great way to improve mental and physical wellbeing. This course will introduce you to the beauty of birdwatching and build awareness of how this can be used to practice mindfulness and improve overall wellbeing.

Understanding & Managing Anxiety

Course Duration:	Three Week Course
Session Time:	2 hours 30 minutes each week
Date:	Tuesday 3rd, 10th and 17th June
Time:	1pm – 3.30pm
Course Description:	The first part of this course will explore anxiety, what can cause this condition, how it presents itself and what effect it can have. The second part of this course will then focus on ways to manage anxiety and focus on strategies that may help, including self-care techniques.

Understanding Dementia

Course Duration:	Two Week Course
Session Time:	1 hour 30 minutes each week
Date:	Wednesday 4th and 11th June
Time:	10.30am - 12.00pm
Course Description:	This course is an introduction to dementia. The course provides information on the signs and symptoms of the most common types of dementia. Together we will explore practical tools and coping skills for day-to-day wellbeing for all those supporting a person living with dementia.



Online Courses

Living with Bipolar

Course Duration:	One Session
Session Time:	2 hours
Date:	Wednesday 4th June
Time:	1pm - 3pm
Course Description:	This short course is an exploration of what it's like to live with bipolar. This interactive session contains personal accounts of people's lived experience as well as some strategies to support people with a bipolar diagnosis to live well. This course focuses on those affected by a diagnosis of bipolar, whether yourself, or those around you.

Exploring and Balancing our Sensory Reactions

Course Duration:	Three Week Course
Session Time:	2 hours each week
Date:	Thursday 5th, 12th and 19th June
Time:	10.30am - 12.30pm
Course Description:	This course looks at understanding how we all process sensory information on a day-to-day basis such as sound, sight and touch. We will explore sensory processing difficulties that can occur with conditions such as Anxiety, Depression, Fibromyalgia, Autism, ADHD and other neurological conditions for example being unable to tolerate loud, crowded environments. We can all benefit from calming our sensory system which can have a marked impact on our anxiety levels and general sense of wellbeing.



Bunting by Rachel and Mino

Craft Your Way to Mindfulness – Bunting

Course Duration:	One Session
Session Time:	1 hour and 30 minutes
Date:	Friday 6th June
Time:	11am – 12.30pm
Course Description:	This relaxing craft is perfect for beginners, helping you to be truly in the moment, unwind, have fun! We provide all the materials you need to get started, so why not join us on this relaxing and informal course to focus on your wellbeing and develop a new skill

Understanding Fatigue and Fatigue Management

Course Duration:	Two Week Course
Session Time:	2 hours each week
Date:	Monday 9th and 16th June
Time:	10.30am – 12.30pm
Course Description:	Fatigue is a prominent and often overwhelming symptom within a variety of chronic health conditions. We will look at the impact fatigue can have on various aspects of a person's life and discuss management and energy conservation strategies that can help in improving the general quality of life when living with fatigue.



Online Courses

The Value of Muscle Relaxation and Simple Resistance Exercises

Course Duration:	One Session
Session Time:	1 hour 30 minutes
Date:	Wednesday 11th June
Time:	1pm – 2.30pm
Course Description:	This course explores the value of muscle relaxation and introduces some simple resistance exercises, involving tensing our muscles, that can help to relax our mind and body. This approach aims to reduce tension, relax the mind and create a sense of wellbeing. During the course we will explore the theory around muscle relaxation, followed by a practical session where you can try out the various resistance exercises.

Suicide Awareness

Course Duration:	One Session
Session Time:	2 hours
Date:	Monday 16th June
Time:	1pm - 3pm
Course Description:	An introductory session to develop awareness of suicide and suicidality and have a chance to reflect and discuss this sensitive subject. We will also explore what it is like to experience suicidal feelings and/or to care for a suicidal person, looking at some do's and don'ts when talking to someone about suicide.

Effective Communication in Relationships

Course Duration:	Three Week Course
Session Time:	2 hours each week
Date:	Wednesday 18th, 25th June and 2nd July
Time:	1pm - 3pm
Course Description:	This course will build awareness of communication in relationships and explore ways to make it more effective through understanding our roles and patterns in relationships, different communication styles and how we can make changes to communicate more effectively.

The How, What and Why of Self-Compassion

Course Duration:	Three Week Course
Session Time:	2 hours each week
Date:	Friday 20th, 27th June and 4th July
Time:	10am - 12pm
Course Description:	There is now more and more evidence of the health benefits of treating ourselves with kindness and the downsides of harsh self-criticism. This course, based on the work of Prof. Paul Gilbert, aims to highlight the mental and physical systems that drive us, illustrate why self-compassion can help with our general wellbeing, and teach a range of exercises to shift our minds to a more compassionate state.

Online Courses



Field of Tulips

Building Your Self Esteem and Assertiveness

Course Duration:	Four Week Course
Session Time:	2 hours each week
Date:	Monday 23rd, 30th June and 7th, 14th July
Time:	10am – 12pm
Course Description:	This course looks at self-esteem and the tools we can use to develop our sense of self-worth. From there we go on to explore assertiveness and the steps we can take to practice assertive techniques when needed. This course is open to everyone with an interest in personal growth and offers plenty of exercises and examples. This course is very self-exploratory, and we will undertake activities that require self-reflection.

Understanding Post Traumatic Stress Disorder (PTSD)

Course Duration:	One Session
Session Time:	2 hours
Date:	Tuesday 24th June
Time:	12.30pm - 2.30pm
Course Description:	This course explores what PTSD is and its effects, looking at the signs and symptoms and what to look out for. We will also consider different self-help strategies and look at what support is available to those experiencing PTSD or trauma.

Understanding Fibromyalgia

Course Duration:	One Session
Session Time:	2 hours
Date:	Monday 30th June
Time:	10.30am - 12.30pm
Course Description:	Fibromyalgia is a chronic long term pain condition, often combined with other multiple symptoms. This course will explore the history of Fibromyalgia, the main symptoms and potential triggers, together with ways to manage this condition.

Self-Harm Awareness

Course Duration:	One Session
Session Time:	2 hours
Date:	Tuesday 1st July
Time:	1pm - 3pm
Course Description:	This introductory session aims to develop awareness around what can be considered and how to identify self-harm, looking to dispel myths around the subject. You will also learn what can help with self-harm as well as how to talk to somebody about the topic.



Sleeping Well

Course Duration:	Two Week Course
Session Time:	2 Hours each week
Date:	Tuesday 1st and 8th July
Time:	1.30pm - 3.30pm
Course Description:	Getting a good night's sleep is so important for our physical and mental wellbeing. This short and friendly course will look at the importance of sleep, the sleep cycle, and some practical strategies to improve our chances of getting a good night's sleep.

A Taste of Mindfulness in Practice

Course Duration:	One Session
Session Time:	2 hours
Date:	Wednesday 9th July
Time:	1pm - 3pm
Course Description:	This course provides an introduction to Mindfulness and how we can benefit from being more 'present'. The skills of mindfulness are simply about being present to what is happening here and now. It is not about what has gone before or what may be happening next but how to focus on one thing at a time.



Butterfly resting on a daisy

Curious About Co-production

Course Duration:	One Session
Session Time:	2 hours
Date:	Thursday 10th July
Time:	10.30am - 12.30pm
Course Description:	This course explores the differences between collaboration, involvement and co-production. We will look at the benefits, identify and remove the barriers, and learn how to be involved in co-production work, considering this within healthcare as well as in the wider setting. This course is suitable to anyone interested in learning more about co-production and it has been co-designed with people with lived experience



Green field with trees and clear sky

Understanding and Living Well with Psychosis

Course Duration:	Two Week Course
Session Time:	2 hours each week
Date:	Thursday 10th and 17th July
Time:	1pm - 3pm
Course Description:	In this course we aim to give you a broader understanding of what psychosis is, explore the range of experiences someone might have, and look at how to support yourself or someone with psychosis to live well – understanding that recovery looks different for everyone.



Evening Courses

Understanding Depression

Course Duration:	Four Week Course
Session Time:	2 hours each week
Date:	Monday 12th, 19th May and 2nd, 9th June
Time:	5.30pm - 7.30pm
Course Description:	This course will explore what depression is and how it can affect the body and mind. We will also look at what may cause this condition as well as the impact it can have on the individual and those around them, together with self-help strategies for managing depression.

Exploring the Benefits of Reading for Health and Wellbeing

Course Duration:	One Session
Session Time:	1 hour 30 minutes
Date:	Thursday 19th June
Time:	5.30pm – 7.00pm
Course Description:	Reading can support us to feel less lonely, keep our minds active and help us to cope with stress. In this course we will share our enjoyment of reading, learn about the impact of reading on our wellbeing, and build our confidence when checking the quality of health information. You'll also learn how to use mindful reading as a tool to support your wellbeing. This course is suitable for everyone, whether you read all the time or just want to explore another way to support your health and wellbeing.

In Person Courses



Field of wildflowers

Craft Your Way to Mindfulness – Circle Weaving

Course Duration:	One Session
Session Time:	1 hour and 30 minutes
Date:	Friday 9th May
Time:	10am – 11.30am
Venue:	St. George's Education Centre, Stafford
Course Description:	Circle Weaving can be a mindful process, helping you to be truly in the moment, unwind, have fun! We provide all the materials you need to get started, so why not join us on this relaxing and informal course to focus on your wellbeing and develop a new skill.

Wellbeing Toolkit

Course Duration:	One Session
Session Time:	3 hours
Date:	Thursday 5th June
Time:	12.30pm – 3.30pm
Venue:	The Lantern, Shrewsbury
Course Description:	This course will provide you with a range of different tools and techniques that focus on improving your wellbeing. We will explore different ways that you can take care of your own mental and physical health, as well as how to support others. We may all have different experiences, but each one is equally important.

Field of wildflowers

Understanding Depression

Course Duration:	Two Week Course
Session Time:	3 hours each week
Date:	Friday 6th and 13th June
Time:	10.30am – 1.30pm
Venue:	St Luke's Church Centre, Cannock
Course Description:	This course will explore what depression is and how it can affect the body and mind. We will also look at what may cause this condition as well as the impact it can have on the individual and those around them, together with self-help strategies for managing depression.

Understanding & Managing Anxiety

Course Duration:	Two Week Course
Session Time:	3 hours each week
Date:	Wednesday 11th and 18th June
Time:	11am – 2pm
Venue:	Brookside Central Community Centre, Telford
Course Description:	The first part of this course will explore anxiety, what can cause this condition, how it presents itself and what effect it can have. The second part of this course will then focus on ways to manage anxiety and focus on strategies that may help, including self-care techniques.



In Person Courses

Connecting with Nature

Course Duration:	Two Week Course
Session Time:	2 hours 30 minutes each week
Date:	Friday 13th and 20th June
Time:	10.30am – 1pm
Venue:	Victoria Park, Stafford
Course Description:	Time spent in nature can improve happiness, calmness, joy and creativity. Everyone can enjoy connecting with nature – either from spending time outdoors or bringing nature indoors! In this course we'll be looking at our natural environments as well as exploring sustainability to help support our health and wellbeing. Each week we'll be taking part in a nature-based wellbeing activity, and we'll also be sharing information on how you can continue to benefit from these activities in your day-to-day life.

Wellness Walk

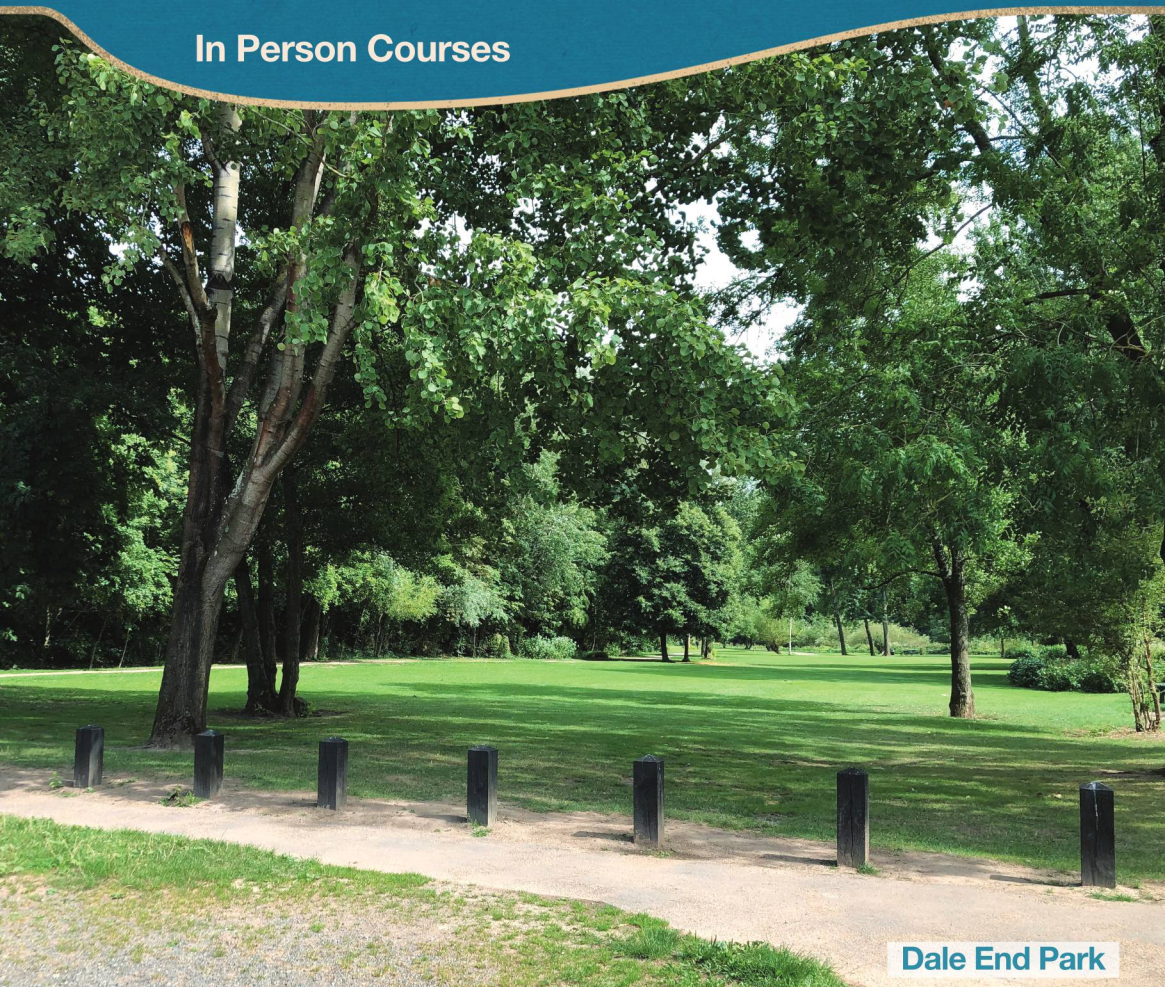
Course Duration:	One Session
Session Time:	1 hour 30 minutes
Date:	Tuesday 17th June
Time:	1pm – 2.30pm
Venue:	Stone Town Centre
Course Description:	Walking has so many benefits. It can improve our mood, reduce stressful feelings, benefit our physical health and help us become more aware of our surroundings. Join us for an outdoor walk starting from Stone Town Centre, where we will undertake a gentle pace along a circular route.

Wellness Walk

Course Duration:	One Session
Session Time:	1 hour 30 minutes
Date:	Friday 27th June
Time:	11am – 12.30pm
Venue:	Dale End Park, Ironbridge
Course Description:	Walking has so many benefits. It can improve our mood, reduce stressful feelings, benefit our physical health and help us become more aware of our surroundings. Join us for an outdoor walk at the beautiful Dale End Park where we will undertake a gentle pace along a designated route.

Understanding Dissociative Identity Disorder (DID)

Course Duration:	One Session
Session Time:	3 hours
Date:	Monday 7th July
Time:	1pm - 4pm
Venue:	Meeting Point House, Telford
Course Description:	This course can help to raise awareness and gain a better understanding of Dissociative Identify Disorder (DID), aiming to reduce the stigma around this complex disorder by showing that DID is not how they portray it in the media. Together, we will explore how DID can impact not just family life but also working life. This course will also show how professionals and therapy can help to improve the lives of those with this disorder.



Dale End Park

Understanding and Living Well with Psychosis

Course Duration:	Two Week Course
Session Time:	2 hours each week
Date:	Tuesday 8th and 15th July
Time:	10.30am - 12.30pm
Venue:	Holmcroft Youth and Community Centre, Stafford
Course Description:	In this course we aim to give you a broader understanding of what psychosis is, explore the range of experiences someone might have, and look at how to support yourself or someone with psychosis to live well – understanding that recovery looks different for everyone.

How To Get Involved



You might have guessed by now that one of the most important things in the college is co-production. Everything we do, at every level is done in partnership. To do this, we need you.

At different times of the year we have various training and volunteering opportunities to get involved with the college so please keep an eye on our social media and newsletters to learn more about what we have coming up throughout the year.

Please visit www.jobs.nhs.uk as we will also advertise any job opportunities within the college here.

In the meantime, we always welcome different ideas and feedback so if you have any thoughts, please do get in touch.

t: **07891 099460**

e: **WellbeingREC@mpft.nhs.uk**

How much do courses cost?

All courses are free for our students.



How long are courses?

1 to 3 hours depending on the course. Some courses are just one session while others can be weekly for up to 6 sessions.

How many courses can I do?

Every student is able to book on up to 3 courses per term, if you are interested in additional courses we are able to put you on a waiting list for these.

Any eligibility or entry requirements?

No, all of our courses are available to anyone regardless of your education or experience. We aim to make our courses as accessible as possible and can support you with any additional needs you may have.

Do I need to be referred to be on a course?

No, we would like all of our students to join because that is what they would like to do - everyone's learning journey is individual and we are there to support you as much as you need us to.

Will you offer more in-person courses?

We are aiming to offer a balance of online and in person sessions to accommodate different needs of students.



Can I attend a course if I am feeling unwell?

If you show any symptoms of Covid 19/flu/norovirus, even mild or intermittent, could we politely request that you notify our Admissions Tutors and do not travel to the venue, this is to ensure the wellbeing of others attending the course.

Can I have more information about the venues that you use?

Yes, you will receive full details of the venue as well as location 1 week before the course starts, if you require this information earlier or have any other questions please contact us.

Can I attend the courses to support someone else?

We thoroughly welcome you to attend the courses with someone you are supporting and we would usually ask you to also enrol with us and participate in the course as a student but if that is difficult for you, please get in touch with us.

How do I contact you?

Contact us on **07891 099460**.

Our email is: **WellbeingREC@mpft.nhs.uk**.

For further information visit our website

[www.https://recovery.mpft.nhs.uk/courses](https://recovery.mpft.nhs.uk/courses) or scan the QR code:



Contact Us

If you are interested in enrolling, booking onto courses, or being involved with the Wellbeing and Recovery College, or perhaps you have ideas for courses, we would love to hear from you.

Please contact a member of our team on:

t: 07891 099460

e: WellbeingREC@mpft.nhs.uk

Facebook: [Wellbeing and Recovery College MPFT](#)

Twitter: [@reccollegempft](#)

Instagram: [wellbeingrecoverycollegempft](#)

or visit us at recovery.mpft.nhs.uk
where you can download
a copy of our current prospectus.



A big thank you to our students, trainers and staff at the Wellbeing and Recovery College for all of your support, all of this wouldn't be possible without you. If you'd like for your pictures to be featured in our next prospectus, please contact us.