



**Wellbeing
& Recovery
College**



Midlands Partnership University
NHS Foundation Trust

Live and Learn

Free and open to all



Courses for Autumn 2025



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The top of the page features a stylized illustration of autumn trees with orange and red foliage. A small green bird is perched on a branch. The background is a mix of warm colors like orange, yellow, and red, with some darker brown branches.

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Welcome

Hello! Welcome to the
MPFT Wellbeing and 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

Teach
Education
Voice
Coproduction
Equality
Partnership
United
Respect
Accountability
Meaningful
Training
Success
Knowledge
Ability
Discipline
Study
Practice
Level
Life
Hard
Hard
United
Respect
Accountability
Meaningful
Training
Success
Knowledge
Ability
Discipline
Study
Practice
Level
Life

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 and 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.






We try to keep a small class to support with learning, we aim to limit our in-person courses to 14 students and online to 16. Smaller groups allow our trainers to give everyone the space to contribute if they feel comfortable doing so.

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”.

Wellbeing Bites is an extension of our offering which provides pre-recorded content that is accessible in your own time. Each term we add more ‘bites’ to our offer. Wellbeing Bites that are available:

- **Glimmers**
What are Glimmers and how to find them in your everyday life.
- **A Guided Visualisation with Claire**
Join Claire on this guided visualisation as we walk along the beach.
- **3 Minute Breathing Space**
Take a mindful moment with Kim to stop and check in with yourself.
- **1 Minute Breathing Space**
Join Kim and take a minute to step into the present and reconnect with yourself.
- **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.

If you would like to access our Wellbeing Bites, please contact the college.

*Online Courses

**In Person Courses

		MONDAY	TUESDAY
September	AM		Understanding Post Traumatic Stress Disorder (PTSD) 30th Sept. 10.30am – 12.30pm
	PM	The How, What & Why of Self-Compassion 8th, 15th & 22nd Sept. 1pm - 3pm A Taste of Mindfulness in Practice 29th Sept. 5.30pm – 7.30pm	Wellness Walk- Rugeley 16th Sept. 1pm – 2.30pm

October	AM		Living with Bipolar 14th Oct. 10am – 12.30pm
	PM	Rhythm of Rest 20th Oct. 5.30pm - 7.30pm	

November	AM		The Power of Journaling for Wellbeing 4th, 11th & 18th Nov. 10am – 12pm
	PM	Suicide Awareness 3rd Nov. 1pm – 3pm	Sleeping Well- Lichfield Fire Station 25th Nov. 12pm – 3pm
		Understanding & Managing Fatigue 17th & 24th Nov 1pm – 3pm The Value of Muscle Relaxation & Simple Resistance Exercises 17th Nov. 5.30pm – 7.00pm	

December	AM		Understanding & Managing Anxiety 2nd, 9th & 16th December 10.30am – 1pm
	PM	Rhythm of Rest- Education Centre, St George's Hospital 8th Dec. 12pm – 2pm Gratitude – Learn to Appreciate the Small Things in Life 1st Dec. 1pm – 3pm	

Autumn 2025 Course Timetable

WEDNESDAY	THURSDAY	FRIDAY
Understanding & Managing Anxiety 10th, 17th & 24th Sept. 1pm - 3.30pm		
	Understanding and Living Well with Psychosis 2nd & 9th Oct. 10.30am – 12.30pm Effective Communication in Relationships 2nd, 9th & 16th Oct. 1pm – 3pm	Wellness Walk- Quarry Park, River Walk 17th Oct. 11am – 12.30pm Craft your way to Mindfulness- Circle Weaving 17th Oct. 11am – 12.30pm
Wellbeing Toolkit 8th & 15th Oct. 1pm – 3pm		
	Birdwatching for Wellbeing Education Centre, Telford Town Park 6th Nov. 11am – 1pm Building Your Self Esteem & Assertiveness 27th Nov. 4th, 11th & 18th Dec. 10.30am – 12.30pm Wellbeing Toolkit Shrewsbury Town FC Foundation 13th Nov. 12.30pm – 3.30pm Curious About Co-production 13th Nov. 1pm – 3pm	Exploring Loss & Moving Forward 28th Nov. & 5th Dec. 10.30am – 12.30pm Craft your way to Mindfulness- Dry Clay Coasters 14th Nov. 11am – 12.30pm A Taste of Mindfulness in Practice 21st Nov. 12pm – 2pm Understanding Fibromyalgia 7th Nov. 10am - 12pm
Exploring & Balancing our Sensory Reactions 5th, 12th & 19th Nov. 1pm – 3pm Understanding Depression 26th Nov. 3rd & 10th Dec. 5.30pm - 7.30pm		



The How, What and Why of Self-Compassion

Number of Sessions: Three Sessions

Session Time: 2 hours each session

Date: Monday 8th, 15th and 22nd September

Time: 1pm – 3pm

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.

Understanding and Managing Anxiety

Number of Sessions: Three Sessions

Session Time: 2 hours 30 minutes each session

Date: Wednesday 10th, 17th and 24th September

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.



Pink chrysanthemums in bloom

Understanding Post Traumatic Stress Disorder (PTSD)

Number of Sessions:	One Session
Session Time:	2 hours
Date:	Tuesday 30th September
Time:	10.30am – 12.30pm
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 and Living Well with Psychosis

Number of Sessions:	Two Sessions
Session Time:	2 hours each session
Date:	Thursday 2nd and 9th October
Time:	10.30am – 12.30pm
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.

Online Courses



Effective Communication in Relationships

Number of Sessions: Three Sessions

Session Time: 2 hours each session

Date: Thursday 2nd, 9th and 16th October

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.

Wellbeing Toolkit

Number of Sessions: Two Sessions

Session Time: 2 hours each session

Date: Wednesday 8th and 15th October

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.

Brown chestnuts

Living with Bipolar

Number of Sessions:	One Session
Session Time:	2 hours and 30 minutes
Date:	Tuesday 14th October
Time:	10am – 12.30pm
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.

Craft Your Way to Mindfulness – Circle Weaving

Number of Sessions:	One Session
Session Time:	1 hour and 30 minutes
Date:	Friday 17th October
Time:	11am – 12.30pm
Course Description:	This sensory 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.

Online Courses

Suicide Awareness

Number of Sessions: One Session

Session Time: 2 hours

Date: Monday 3rd November

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.

The Power of Journaling for Wellbeing

Number of Sessions: Three Sessions

Session Time: 2 Hours each session

Date: Tuesday 4th, 11th and 18th November

Time: 10am – 12pm

Course Description: Journaling has been proven to improve both physical and mental health and wellbeing. There's more to journaling than just keeping a diary of events! This course will help you to gain knowledge on the benefits of journaling, cover the how, why and when to journal with tips and techniques to get you started on creating and maintaining a powerful wellbeing practise.

Exploring and Balancing our Sensory Reactions

Number of Sessions: Three Sessions

Session Time: 2 hours each session

Date: Wednesday 5th, 12th and 19th November

Time: 1pm – 3pm

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.

Understanding Fibromyalgia

Number of Sessions: One Session

Session Time: 2 hours

Date: Friday 7th November

Time: 10am-12pm

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.



Curious About Co-production

Number of Sessions:	One Session
Session Time:	2 hours
Date:	Thursday 13th November
Time:	1pm – 3pm
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 for anyone interested in learning more about co-production and it has been co-designed with people with lived experience.

Craft Your Way to Mindfulness – Dry Clay Coasters

Number of Sessions:	One Session
Session Time:	1 hour and 30 minutes
Date:	Friday 14th November
Time:	11am – 12.30pm
Course Description:	This sensory 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.

Brown pinecones

A Taste of Mindfulness in Practice

Number of Sessions: One Session

Session Time: 2 hours

Date: Friday 21st November

Time: 12pm – 2pm

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.

Understanding and Managing Fatigue

Number of Sessions: Two Sessions

Session Time: 2 hours each session

Date: Monday 17th and 24th November

Time: 1pm – 3pm

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.

Building Your Self Esteem and Assertiveness

Number of Sessions: Four Sessions

Session Time: 2 hours each session

Date: Thursday 27th November,
4th, 11th and 18th December

Time: 10.30am – 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.

Exploring Loss and Moving Forward

Number of Sessions: Two Sessions

Session Time: 2 hours each session

Date: Friday 28th November and 5th December

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.

Trees in snowy landscape

Gratitude – Learn to Appreciate the Small Things in Life

Number of Sessions:	One Session
Session Time:	2 hours
Date:	Monday 1st December
Time:	1pm – 3pm
Course Description:	In this course we will explore the concept and the benefits of practicing gratitude and identify simple exercises aimed at introducing gratitude in your daily life. Practising gratitude does not mean finding the positive in every situation but it instead focuses on recognising and appreciating the positive things we may overlook.

Understanding and Managing Anxiety

Number of Sessions:	Three Sessions
Session Time:	2 hours 30 minutes each session
Date:	Tuesday 2nd, 9th and 16th December
Time:	10.30am – 1pm
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.

Evening Courses



A Taste of Mindfulness in Practice

Number of Sessions: One Session

Session Time: 2 hours

Date: Monday 29th September

Time: 5.30pm – 7.30pm

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.

Rhythm of Rest

Number of Sessions: One Session

Session Time: 2 hours

Date: Monday 20th October

Time: 5.30pm – 7.30pm

Course Description: Feeling constantly tired, even after rest? You might be missing the right kind of rest. In this session, we'll explore the 7 types of rest: what they are, why they matter, and how to use them to restore your energy. Learn how to build a rhythm of rest that fits your life. Aimed at anyone feeling burnt out, busy, or just curious about better balance.



Evening Courses

The Value of Muscle Relaxation and Simple Resistance Exercises

Number of Sessions: One Session

Session Time: 1 hour 30 minutes

Date: Monday 17th November

Time: 5.30pm – 7.00pm

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.

Understanding Depression

Number of Sessions: Three Sessions

Session Time: 2 hours each session

Date: Wednesday 26th November,
3rd and 10th December

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.

In Person Courses



Wellness Walk

Number of Sessions:	One Session
Session Time:	1 hour and 30 minutes
Date:	Tuesday 16th September
Time:	1pm – 2.30pm
Venue:	Rugeley
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 around Rugeley, where we will undertake a gentle pace along a designated route.

Wellness Walk

Number of Sessions:	One Session
Session Time:	1 hour and 30 minutes
Date:	Friday 17th October
Time:	11am – 12.30pm
Venue:	Quarry Park, River Walk
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 Quarry Park, River Walk in Shrewsbury, where we will undertake a gentle pace along a designated route.

Birdwatching for Wellbeing

Number of Sessions:	One Session
Session Time:	2 hours
Date:	Thursday 6th November
Time:	11am – 1pm
Venue:	Education Centre, Telford Town Park
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.

Wellbeing Toolkit

Number of Sessions:	One Session
Session Time:	3 hours
Date:	Thursday 13th November
Time:	12.30pm – 3.30pm
Venue:	Shrewsbury Town FC Foundation
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.



Red-orange autumn leaves

Sleeping Well

Number of Sessions:	One Session
Session Time:	3 hours
Date:	Tuesday 25th November
Time:	12pm – 3pm
Venue:	Lichfield Fire Station
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.

Rhythm of Rest

Number of Sessions:	One Session
Session Time:	2 hours
Date:	Monday 8th December
Time:	12pm – 2pm
Venue:	Education Centre, St George's Hospital
Course Description:	Feeling constantly tired, even after rest? You might be missing the right kind of rest. In this session, we'll explore the 7 types of rest: what they are, why they matter, and how to use them to restore your energy. Learn how to build a rhythm of rest that fits your life. Aimed at anyone feeling burnt out, busy, or just curious about better balance.



Co-Production & Involvement

Do you have experience of using MPFT services or care for someone who does?

If you have experience of using our services, or care for someone who does, you can become involved in the Trust's work, have your voice heard and take part in joint working on a wide range of projects and activities.

People who use our services and their carers are at the heart of everything we do. By using your experiences, enthusiasm and ideas you can bring a whole new point of view to the planning and delivery of those services.

Being a Lived Experience Representative for the Trust can also have a positive impact on your wellbeing and recovery and help us in our ambition to achieve the perfect patient experience.

The Co-Production and Involvement team would love to hear from you, please get in touch.

t: 01785221377

e: Involvement@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 4 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.

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 the College 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.

What is the difference between a recovery college course and a clinical service?

A Recovery College is an education service, focused on learning. It's not medical or clinical. These courses are co-produced and co-delivered by people with lived experience and professionals. They help people build hope, confidence, and understanding to support their own recovery and wellbeing. Anyone can join based on interest, not diagnosis.

A clinical service/group is there to help people with their health, often through treatment or therapy. These are usually run by trained health professionals and are based on medical or psychological knowledge and are designed to assess, diagnose, treat, or manage health conditions. The treatment offered is usually individual and can be adjusted to the person that uses it.

How many students are there in a course?

The number of students in each course is set as a guide and may change at times:

- For in-person courses, we have a minimum of 5 and a maximum of 14 students.
- For online courses, we have a minimum of 4 and a maximum of 16 students.

This allows our trainers to offer the right level of support and helps create a space where everyone is free to contribute, if they wish.

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.