

## Get in touch

If you would like to find out more about the Wakefield Recovery and Wellbeing College, the home of the Discovery College, you can contact us at:

✉ **Wakefield Recovery and Wellbeing College**  
Drury Lane Health and Wellbeing Centre,  
Drury Lane,  
Wakefield  
WF1 2TE

☎ **01924 316946**

✉ **wakefieldrecoverycollege@swyt.nhs.uk**

🌐 **www.wakefieldrecoverycollege.nhs.uk**

f **facebook.com/wakefieldrecoverycollege**

X **@WF\_RecoveryColl**

📷 **@Wakefieldrecoverycollege**



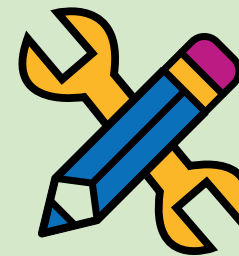
Scan the QR code  
to visit our website

If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.

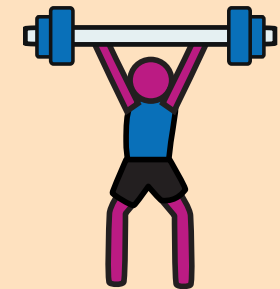
**FREE**  
courses and  
workshops

**NHS**  
South West  
Yorkshire Partnership  
NHS Foundation Trust

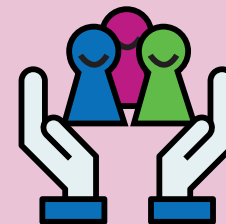
## Wakefield Recovery and Wellbeing College Home of the Discovery College



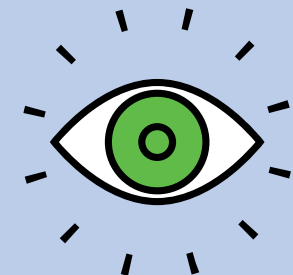
FIND YOUR SKILLS



DISCOVER YOUR STRENGTHS



EXPLORE YOUR POTENTIAL  
TO VOLUNTEER



RECOGNISE YOURSELF

With **all of us** in mind.

We provide courses and workshops that can help you on your recovery journey.

Recovery is a personal journey! It's about building lives, creating opportunities, taking control and instilling hope.

Your journey may involve you becoming an expert in your own self care, finding new skills and interests or building on your strengths and inner resources – and our courses can support you to do all this!

You can find out more details about the courses now on offer at the Recovery College on our website at:

[www.wakefieldrecoverycollege.nhs.uk](http://www.wakefieldrecoverycollege.nhs.uk)

Courses are run in partnership with local and national partners, community organisations, charities, Trust staff and volunteers. The courses take place at different venues across the community and online.

### Find the course for you



Our courses are **free** and available to anyone aged 16 and over. If you want to improve your own wellbeing or knowledge in a particular area, enrol with us! You do not need to be in poor health to start your journey. You might want to support yourself or think that gaining knowledge and skills would benefit someone else. Everyone is welcome.

We are not postcode restricted and no referral is required! You can enrol on our website, but if you have any issues getting online or with filling in forms, just give us a call and we can support you to do this over the phone.

When you enrol for the first time you will be invited to have a chat with a member of the team to complete an individual learning plan. This will enable us to book you onto the courses you are interested in and let us know how we can support you at the College.

You can be part of our community for as long as you like but our aim is to support you to access community services when you feel ready. Many of the volunteers who facilitate our sessions were once students at the College, so in time and with growing confidence the opportunities are endless!

### Interested in volunteering?



If you would like to volunteer at the College to help run one of the courses, help to develop a course or support learners taking part – let us know as there are lots of opportunities to get involved. Your skills to share could be anything from living with a health condition, to a crafting hobby, to a practical skill such as gardening, cooking, baking, flower arranging, we welcome your ideas.

There are lots of reasons why you might want to volunteer – it could be to gain skills to help you in to employment, because you want to give something back to your community or because you want to become more active and improve your wellbeing.

Whatever your motivation – we can help you do it.

***Just get in touch and we'll let you know how you can get involved.***

### Our values



The College and our courses have been co-produced with a non-clinical focus by people who have experience of health problems, health professionals, local people and partnership organisations - ensuring that courses offered support the needs and aspirations of people in our local communities.

We believe that people who have experience of health problems – whether that is personal experience or as a carer for someone – are the experts in their own lives. So, we want your help to develop the College and the courses on offer, sharing your ideas with us so that together we can create opportunities that will support people as they choose. This is co-production – and it's what the College is all about!

#### Our values – we believe:

- everyone has a wealth of knowledge and valuable expertise – which they can use to help us develop the college for the benefit of all
- everyone should be given the opportunity to reach their potential
- that the College will aim to be fully accessible for everyone
- in working together in the design and provision of the courses available
- everyone has the equal right to enjoy all the opportunities that life can provide
- that our work is based on the principle that hope, mental health and wellbeing are essential to every person