

Nottingham Primary Health Wellbeing and Recovery College

Prospectus

How to Enrol and Information on Your Courses

enlightening aspirational educational
fun brilliant books blossom wonderful calm
control control hope library welcoming blossom amazing people friendly wonderful hope calm study-buddy journey inspiring interesting excellent encouraging invaluable knowledge motivating empowering learning life-changing phoenix nurturing enabling super supportive positive relaxed achievement hopeful calm Embracing confidence positivity flourish insightful transformational helpful



Contents

Our courses will vary from term to term taking you through your student journey, from Getting Started to Preparing Your Next Steps. The courses that may be included are listed below. For more information about the courses available please contact the main college Admin Team on 0115 956 0827.

Enrolment Courses and Individual Learning Plan (Choosing Your Courses)

Enrolment and Individual Learning Plan 1

Individual Learning Plan 2 (if you choose to study for a 2nd term)

Individual Learning Plan 3 (if you choose to study for a 3rd term)

Getting Started

Your Wellness Plan

Gaining Knowledge and Skills

Anxiety Management

Stress Management

Looking After Yourself Mindfully

Moving on from Depression

Taking your Next Steps

Building on your Learning

Getting a Good Night's Sleep

Thinking Differently about Things

Keeping Fit Mind and Body

Relaxation

Preparing to take your Next Steps

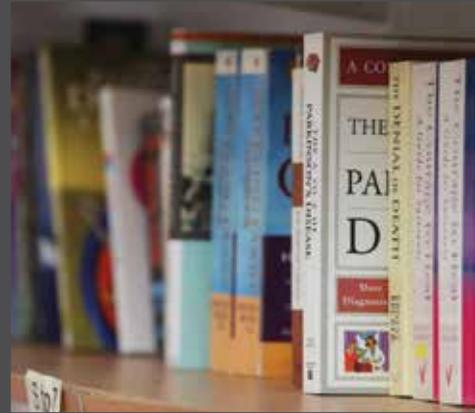
Your Next Steps

Like us on Facebook  Follow us on Twitter @NottmRecCollege 



A relaxed and sociable environment
in order to learn easily.





Welcome to the

Nottingham Primary Health, Wellbeing and Recovery College

What do we do?

We offer a wide range of recovery focussed educational courses and resources aimed at supporting people in recognising their potential, through self-management, to deal with the emotional health challenges they experience and to achieve the things they want to in life.

Courses offer opportunities to gain understanding of mental health challenges, the journey of recovery and the hope that taking control and self-management can bring. All of our courses are friendly and welcoming and available to everyone whether you have lived experience of mental health challenges, whether you are a friend, family or loved one of someone with such an experience or member of trust staff. We offer an ever increasing number of courses varying in content, length and learning:

- **Enrolment and Choosing Your Courses**
- **Getting Started**
- **Gaining Knowledge and Skills**
- **Building on Your Learning**
- **Preparing to Take Your Next Steps**

We aim to break down the barriers between 'us' and 'them' by having our courses co-produced and co-delivered wherever possible by people with lived experience of mental health challenges (peer trainers) and people with experience by profession.

Equality and Diversity

At all times we will respect you as an individual and your rights to be given equal opportunity to succeed. The college has disabled access and we are committed to providing accessible services to all.

Learning Support

We offer information, advice and guidance about our courses and their content. Together we will go through an individual learning plan prior to the start of your learning with us and at intervals as your courses progress. This will help you to identify your goals, hopes and ambitions for your recovery journey and choose courses which best meet those goals.

Within the learning plan there is also an opportunity to discuss any learning support needs you may have, from an educational or mental health perspective. We will then do everything we can to support you.

General Information

The Nottingham Primary Health Wellbeing and Recovery College administrative hub and one of its campuses will be at Duncan Macmillan House, Porchester Road, Mapperley NG3 6AA

Tel: 0115 956 0827

Mob: 0776 924 3329

Email: Primary.Health.College@nottshc.nhs.uk

Web: www.nottinghamshirehealthcare.nhs.uk/primary-recovery-college

Courses will also be delivered in 4 other community venues in Aspley, Bulwell, Clifton and Hyson Green. To find out more about the venues please contact the admin team on the above number.

The courses will be delivered in 4 community venues:

Aspley
Bulwell
Clifton
Hyson Green

As well as the main hub in **Mapperley**.

Peer Trainers / Learning Support Advisory

Who they are and what they do

As Peers working at the Recovery College we have two roles, **Peer Learning Support Advisor** and **Peer Trainer**; we accompany and support you on your journey of learning from enrolment to graduation.

In the Peer Team, we all have lived experience of mental health challenges; we are qualified Peer Support Workers, our role in the Recovery College is an educational one. We aim to support student learning using the recovery principles of Hope, Opportunity and Control.

We share elements of our lived experience and our personal recovery journeys to help inspire hope and break down barriers to support you on your own learning and recovery journeys and to achieve your goals and ambitions.

From the first time you come to the Recovery College, the Peer Team will provide a warm welcome, we will introduce and guide you through the Individual Learning Plan/Enrolment and provide an introduction to the college environment and the team

Peer Trainers co-deliver lessons in the Recovery College where we will share our lived experience in the classroom as part of the teaching, when relevant and helpful to help enrich student learning.

We, as peers, provide a recovery focused educational ethos at all times.



Hear from some of our
peer trainers...



"We look at students for what's strong, not what's wrong. We share helpful and relevant lived experience with students to assist them in their journey of recovery."

Scott

"A peer is someone with experience who uses this to benefit or aid others."

Marcus

"I feel honoured to be able to share my own experiences with students, and it is a true privilege to see that moment in which they can now recognise that hope is a possibility. As a peer it's imperative that I remember the importance of managing my own wellbeing. Recovery isn't linear; I have bad days too. However, my wellness at work plan helps me to manage those days and move forward. It's about modelling Recovery for the students."

Helen T

"Being part of a student's recovery is a total privilege. We get to share our own journeys and help them reach their goals. We see students blossom and be able to take opportunities that, 6 months previous, they would never have imagined."

Debbie F

Focus on

Peer Trainer / Learning Support Advisor

What attracted you to the College?

I started as a student, and really liked the ethos of the college. I really liked being able to talk to people. I saw a job opening for a Peer Trainer/ Learning Support Adviser so I applied, knowing my previous teaching experience would help.

What specific training have you had as a Peer Trainer/Learning Support Adviser?

I completed the Peer Support Training with the Institute of Mental Health and have a City & Guilds Train the Trainer qualification. I also receive ongoing training at the college.

Can you describe your typical day in the college?

A typical day doesn't really exist, all days are different. We start each day with a team brief discussing the day's timetable. Often I will be teaching with volunteers or other partners for a few hours, followed by feedback and co-reviewing. All the Peers are timetabled in to complete enrolments on a regular basis. On the occasions I may have free time, I help out with courtesy confirmation calls, editing session plans and handouts, and have regular supervisions with the college manager.

Do you believe having a Peer makes a difference?

Yes, having that lived experience gives greater understanding of the students. It means we are able to empathize and identify with the students challenges they face. All of us Peers have such a wide variety

of lived experience, which allows us to have a deep understanding of the student's daily lives. I believe it's invaluable. It breaks down the barrier between 'us and them' in the health service. It gives students hope knowing that I was once where they are, and I was able to move on.

What are the best bits of your job? What do you enjoy most?

I like all aspects of my job. I love being able to wake up in the morning and look forward to coming to work. Mostly I enjoy being able to work one to one with students and offer them support. I like signposting people in the right direction knowing it has helped them. It's fun to co-produce the courses too. We have a great team.

Have you seen a difference in students who have attended college?

Definitely. I have known students who, at the beginning, were far too anxious to engage or even talk, but now they have moved on to things such as volunteering, further education and are even in employment.

Can you sum up your experience as a Peer at the Recovery College?

It is a job I really love doing. I love making a difference in someone's life and we all support each other. I feel like I am giving something back. It enriches our lives by seeing our students develop.



I love making a difference in someone's life,
and we all support each other.

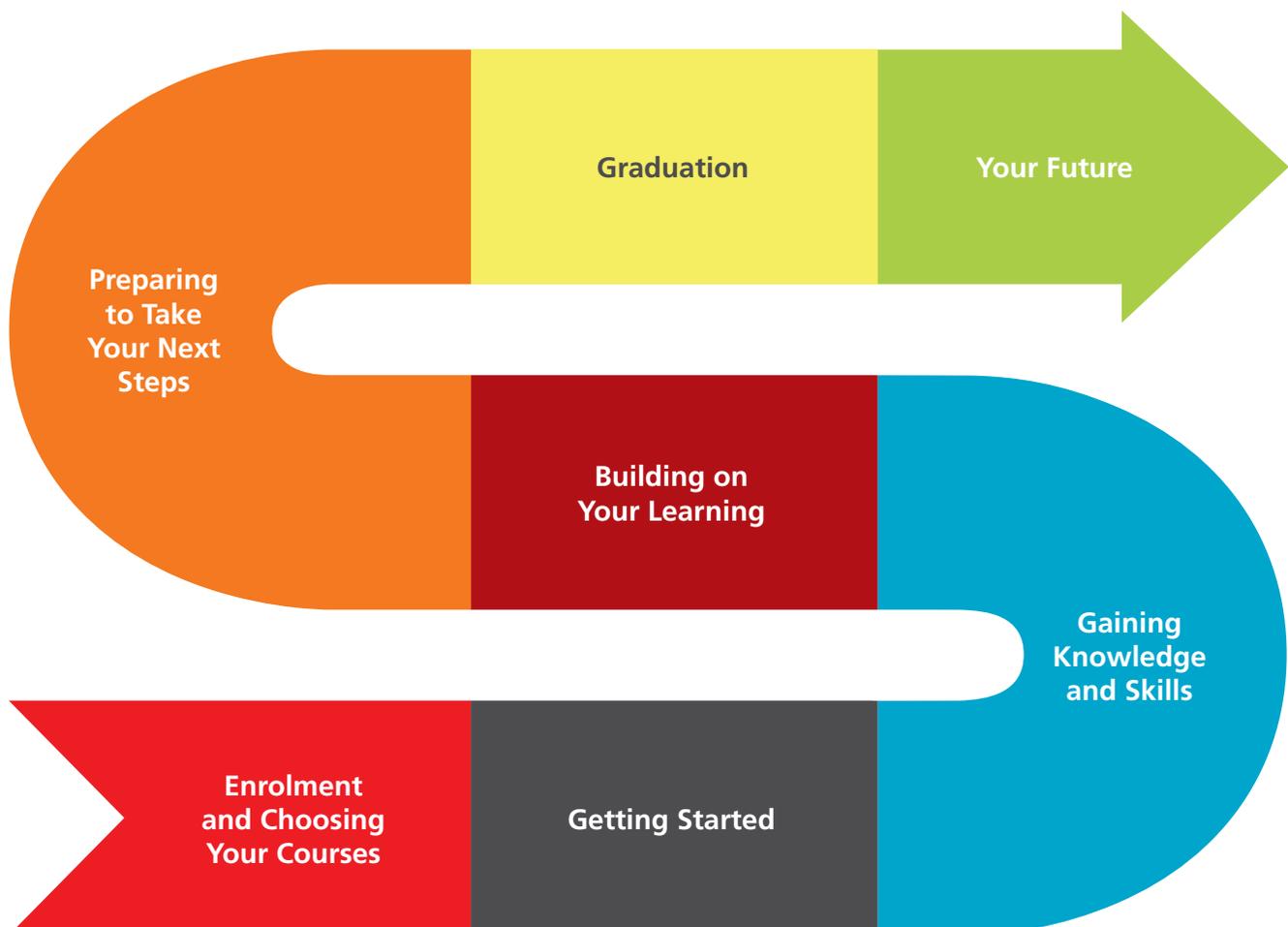


Student Journey

Welcome to the Nottingham Primary Health, Wellbeing and Recovery College. We have a wide range of learning opportunities available and have developed a student journey that will support you during your time at the college through to your graduation.

When you enrol at the college for your first term one of our Peer Trainers / Learning Support Advisors will guide you through the enrolment process and your first Individual Learning Plan, either face to face or over the telephone. Together you will look at what you want to learn, why you want to learn it and how it might help you in your recovery and wellbeing. If you feel you would like to continue at the college for a second term you will need to attend an Individual Learning Plan class. This will provide you with an opportunity to review the positive outcomes gained from your learning in the first term and will enable you to plan your learning goals and course choices for the second term. Following this second term, should you want to take further courses you will be able to do a Next Steps course which will lead to your graduation from the Nottingham Primary Health Wellbeing and Recovery College. Our Prospectus and the course options contained within are designed to enable you to move on in a supportive, structured and progressive way.

Some students only stay with us for one term, some want to develop their learning for a second term, the choice is yours but we would strongly recommend the Taking your Next Steps course prior to graduating. Each term there will be a graduation ceremony and you will receive a graduation certificate which reflects the positive outcomes from your learning during your time at the college.



How to Enrol



You can enrol face to face at our main college hub in Mapperley or over the telephone. Simply call the college on 0115 956 0827 to make an appointment. At your enrolment you will be guided through your first learning plan to make your course choices for your first term and to choose the venue that best suits you.

Enrolment Times

As with any college, even though we are a college in Nottinghamshire Healthcare NHS Foundation Trust, there is an enrolment period for students wanting to start college the following term. At our college the enrolment period starts the week after every half term and lasts for up to 10 weeks or until the student places for that term have been filled.

Term	Enrolment period (lasts up to 10 weeks or until student places filled)
Spring Term / Summer Term / Autumn Term	Enrolment appointments begin the first week after any half term

Informal Visits (meeting a team member)

The college team will try to offer informal visits if this helps you to make a decision whether or not to attend the Nottingham Primary Health, Wellbeing and Recovery College in the future. Availability of these visits will depend on the team teaching and enrolment commitments but we will do our best to arrange a time with you to come and see the main college at Duncan Macmillan House. Alternatively, if possible we can arrange for you to meet one of our Peer Trainers / Learning Support Advisors at one of the community venues for an informal discussion. Please contact the college administrator on 0115 956 0827 to organise an informal visit.

Just Pop In (have a look around yourself)

If you just want to pop in and have a look around the main college at Duncan Macmillan House yourself or with a family member or friend please just give us a ring and let us know. You can have a look around yourself at any time between 10.00am and 4.00pm.

College Drop-in Day

The Nottingham Primary Health, Wellbeing and Recovery College also has a couple of drop-in days with one taking place during half term. This is an opportunity to have a look around the main college at Duncan Macmillan House, ask any questions, talk to Peer Trainers/Learning Support Advisors and find out what a learning plan is and any other questions. There will also be an opportunity to meet some of the tutors and ask them questions about the courses they co-deliver. It aims to be informative, open, welcoming and friendly and to support and prepare you to make your decision to come and learn at the Nottingham Primary Health, Wellbeing and Recovery College. If you are anxious about coming on your own come along with a family member, friend or loved one. To find out when College Drop-in Days are please call the main college campus on 0115 956 0827 or see the information sheet at the back of this prospectus.

Enrolment and Choosing Your Courses



Enrolment and Individual Learning Plan 1

When you enrol at the college you will complete your first Individual Learning Plan with a Peer Trainer/Learning Support Advisor. This plan is designed to help you identify your specific learning goals for the 1st term in relation to your hopes, goals and ambitions for your recovery journey, self-management and skills development. At this point you have the opportunity to book onto the courses you have identified and also discuss any learning support needs you may have. To arrange enrolment at the college and your first Individual Learning Plan please contact the team on 0115 956 0827 or email Primary.Health.College@nottshc.nhs.uk or visit our website to find out about course dates, times and venues.

Choosing Your Courses for Your Second Term (Individual Learning Plan 2)

To book on to your courses for your 2nd term, should you wish to continue at college, this course will provide time for you to review your first Learning Plan and work on your 2nd plan for the forthcoming term. You will have the opportunity to decide on your own specific learning plan for the term in relation to your hopes, goals and ambitions for your recovery journey, self-management and skills development. You will also have the opportunity to discuss any learning support needs. Dates, times and venues for this course can be found on the information sheets at the back of this prospectus.

Choosing Courses for Your Third Term (Individual Learning Plan 3)

If you wish to continue on to your 3rd and final term at college this course will provide time for you to review your second Learning Plan and work on your 3rd plan for your final term prior to graduation. You will have the opportunity to decide on your own specific learning plan for the term in relation to your hopes, goals and ambitions for your recovery journey, self-management and skills development. You will also have the opportunity to discuss any learning support needs. Dates, times and venues for this course can be found on the information sheets at the back of this prospectus.

Graduation Day – Next Steps

This event is for anyone who is due to graduate from the college. It is an opportunity for you to reflect on your learning and all that you have achieved around self-management, wellbeing and recovery. Graduation is an opportunity for you to celebrate your achievements with your fellow students and to explore your next steps and progression. The Graduation Ceremony will take place at the main college campus, Nottingham Health, Wellbeing and Recovery College, Porchester Road, Mapperley, Nottingham NG3 6AA. Dates and times for Graduation can be found on the insert sheet at the back of this prospectus.

Getting Involved with the Trust

Interested in the Peer Support Worker Training course?

A peer support worker is someone who has lived experience, and who uses that lived experience to help and support other people who are going through similar things. We deliver in-house training to people who would like to become peer support workers or carer peer support workers in our mental health and intellectual and developmental disabilities services.

The ethos of peer support – sharing stories with compassion, honesty and empathy to help other people who are struggling with similar things – epitomises recovery; you are not alone, you can live a meaningful life with this, it can, and it will, get better.

Peer support training course

The peer support training course equips trainees with the skills and techniques necessary to become a peer support worker. Trainees learn about sharing their story, active listening, problem solving and boundaries as well as recovery concepts and peer toolkits. The course combines group work, independent reflection and a work placement and has been co-produced by the Trust's Learning and Development Department and specialist peer trainers. It is delivered by these teams as well as current peer support workers.

What do I need to do to get a place on the training course?

The first step is to complete an expression of interest form and send it to Luke Donnelly, Peer Support Development Lead, at luke.donnelly@nottshc.nhs.uk or mobile 07827 937 050. Please contact Luke for an Expression of Interest Form.

To be considered you need to have completed the following three courses at the Nottingham Recovery College:

- Introduction to Recovery Principles
- Your Wellness Plan
- Introduction to Sharing Your Lived Experience

If you are unable to complete these courses prior to applying for the peer support training course, please write the date you are expecting to attend them.

Once we have received the expression of interest, you will be added to our database of interested people. Everyone on the list will be contacted and sent an application pack as soon as soon as we advertise for the next peer support training course.

We will then shortlist and interview applicants. Successful candidates will be invited to a development day to meet other successful applicants and find out more about the course and potential work placement opportunities. The scheme is completed over a number of weeks and it is important that you are able to attend 80% of the course to complete your training.

Involvement, Experience and Volunteering

Everyone at Nottinghamshire Healthcare, from our Board members to our ward staff, is committed to making sure that we care for people as best we can. It's important that we listen to their views and experiences and that we involve them in decisions about both their own care, and the work of the Trust.

We have a dedicated Involvement, Experience and Volunteering team, who work with our service users, carers and members to:

- review and publish all the feedback we receive on our Your Feedback Matters website
- support our staff to collect and respond to people's feedback, and to improve their services as a result
- run our two Involvement Centres and volunteering service to recruit, train and support volunteers to play an important role in our services
- help service users, carers, families, volunteers, members and the public contribute to how we change, plan and review our services

Involvement Centres

We have two Involvement Centres where people can get involved in a variety of activities and opportunities, to provide input into shaping services, or to work on personal development in a welcoming and supportive environment.

The Nottingham Involvement Centre is based within Trust Headquarters at Duncan Macmillan House. The Rosewood Involvement Centre is in Ollerton.

To find out more about the Involvement Centres and what they offer, contact a member of the Involvement Team at either of the Centres.

Nottingham Involvement Centre, Duncan Macmillan House, Porchester Road, Nottingham NG3 6AA Tel: 0115 993 4567/8

Rosewood Involvement Centre, Church Circle, New Ollerton, Nottinghamshire NG22 95Z Tel: 0115 956 0845

Volunteer with us

Welcome to Volunteering Services at Nottinghamshire Healthcare. Thank you for considering becoming a volunteer.

We have lots of different volunteering opportunities and our volunteers collectively provide more than 300 hours of their time every week.

The Trust values the contribution that volunteers make to the organisation. They bring skills, knowledge, expertise and a desire to make a difference to our services and the lives of the people we work with. We aim to train, support and develop our volunteers so they can play a meaningful and valuable role. There are a range of opportunities for people to volunteer with the Trust. Our volunteers tell us all the time about the great work they are involved in and how they are making a real difference to people's lives. We are proud of our volunteers and the enormous contribution they make. We look forward to your application and you joining the team.

Thank you to all of our partners for their continuing support and contributions to the Primary Health Wellbeing and Recovery College.

Call us today on 0115 956 0827

This document is also available in other languages and formats upon request.

Su richiesta, questo documento è disponibile in altre lingue e in altri formati.

Sur demande, ce document peut être fourni en d'autres langues et formats.

Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुसूचित किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت در خواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

مذہ الوثيقة متاحة بلغات اخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

fun
brilliant
books
blossom
wonderful
control
hope
library
welcoming
blossom
amazing people
friendly
wonderful
happy
calm
study-buddy
journey
inspiring
interesting
excellent
encouraging
enabling
invaluable
knowledge
motivating
empowering
learning
life-changing
phoenix
nurturing
super
supportive
positive
relaxed
achievement
hopeful
calm
Embracing
confidence
positivity
flourish
insightful
transformational
helpful

