

Student Welcome Booklet

Wakefield Recovery and Wellbeing College



With **all of us** in mind.

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What is a Recovery and Wellbeing College?

It's about learning something new to help you stay well, about meeting other people with the same interests as you and it can even be about you sharing your own experiences with other people.

Who is it for?

All our courses are friendly, welcoming and available to anyone over 18 years of age, whether you have experience of health problems, whether you are a friend, carer, relative, volunteer or a member of staff.

How is it set up?

It's a college offering a variety of free courses and workshops with all of them having a focus on recovery (but with no exams for tests!). Many of the courses and workshops have been written and taught in partnership with people who have experience of health problems.

Where is it?

The base is at Drury Lane Health and Wellbeing Centre, Drury Lane, Wakefield, WF1 2TE. Courses and workshops run from here, Baghill House Health and Wellbeing Centre, Walkergate, Pontefract, WF8 1QW and various community venues across the whole Wakefield district.

Our Values and Beliefs

- ❖ **People with lived experience of mental health have a wealth of specialist knowledge and valuable expertise.**
- ❖ **We believe in the effectiveness of working together in delivering courses and workshops at the Recovery and Wellbeing College.**
- ❖ **Everyone has the equal right to enjoy all the opportunities that life can provide.**
- ❖ **The principle that hope, mental health and wellbeing are essential to every person.**

Our Promise

The Wakefield Recovery and Wellbeing College makes a commitment to:

- ❖ Creating a supportive learning environment for all learners, volunteers and staff that fosters a shared understanding and mutual respect.
- ❖ Supporting and guiding all who access to develop goals, achieve and flourish.
- ❖ Listen to suggestions and feedback – “You said, we did” attitude.
- ❖ Encourage all learners and volunteers to feel proud of their achievements by taking responsibility for their own learning, development, and actions.
- ❖ Do our best, in creating an enjoyable learning experience at our Recovery and Wellbeing College.
- ❖ Work with learners and volunteers to develop the college, this includes embracing co – production and co – facilitation of courses (co – production means staff and volunteers creating courses together. Co – facilitation means staff and volunteers running courses together).
- ❖ Share information with the emergency contact, where individual(s) are at risk, to themselves, to others or from others. This ensures everyone’s health, safety and wellbeing.
- ❖ Uphold and respect confidentiality and data protection.
- ❖ Respect your values, opinions and beliefs, providing equality of opportunity, free of harassment and/or discrimination.
- ❖ Helping people that support you to access courses (e.g. carer, friend or interpreter).
- ❖ Provide clear information about the courses on offer.
- ❖ The chance to celebrate success.
- ❖ Provide workshops and training for volunteers, where necessary for the fulfilment of their role and progression and to enhance the quality of your experience at the college.
- ❖ Only using your information for college purposes and not sharing your information with anyone without your consent.

Code of Conduct

As a student of the Wakefield Recovery and Wellbeing College, you make a commitment to:

- ❖ Respect the rights, choices, beliefs and opinions of others.
- ❖ Attending course/workshop you have enrolled on.
- ❖ Do my best to inform the college ahead of time if you are going to be late or miss a session and return from any breaks in a timely manner.
- ❖ Respect the college environment and equipment.
- ❖ Ensure mobile phones are on silent/turned off before entering any learning area.
- ❖ Keep us informed of any special needs or requirements you have so we can support you in the best way possible.
- ❖ Seek early advice and support whenever you need clarification, or if you have a problem.
- ❖ Keep any personal/private information heard during any course strictly confidential.
- ❖ Avoid the use of language or terminology that might offend others.
- ❖ Not to attend the college if under the influence of alcohol or substances, because it affects your ability to learn and/or ability to conduct yourself respectfully.
- ❖ Behave appropriately within the learning environment and accept guidance from the course facilitator/s.
- ❖ Complete your review at the end of term and return this to us in a timely manner.

You understand that:

- ❖ If you act in a way that may put yourself or others at risk, you may be asked to leave the course.
- ❖ You may not be able to re-enrol on a course you have already attended.
- ❖ Failure to attend courses you have enrolled on without contacting the college beforehand may result in a period of time where you are unable to attend any further courses you have enrolled on or wish to enrol on.

We are really keen to see what impact that the recovery college is having. This is useful both for improving what we do and also evidencing the positive effect it has on people's lives so that investment and funding continues for the Recovery and Wellbeing College. In order for this to happen may ask our finance department to look into records we have of appointments you have had with services. This is so we can cost up staff time before and after your involvement with the College. All the information is collated anonymously to provide a picture of what difference the college is making. We wanted to let you know that this is what we hope to do, please let us know if you have any concerns about this happening. Thank you.

Volunteering with the Recovery and Wellbeing College

What is volunteering?

An activity that involves spending unpaid time, doing something that aims to benefit the environment or someone (individuals or groups) other than, or in addition to, close relatives.

What can volunteering offer you?

Gain new skills, knowledge and experiences.

Develop existing skills and knowledge.

Enhance your CV.

Improve employment prospects.

Use professional skills and knowledge to benefit others.

Experience of working as part of a fantastic, friendly and welcoming team.

Volunteering with Wakefield Recovery and Wellbeing College

South West Yorkshire Partnership NHS Foundation Trust (SWYPFT) has developed a volunteer pathway

Volunteering with the Recovery College (continued)

which starts with you registering as a volunteer. Within the Wakefield Recovery and Wellbeing College, there are seven different roles you could apply for:

1. Meet and greet (be the face of the college and welcome students to their courses)
2. Study partner (support students on a one to one basis)
3. Co-producer (designing a course with others)
4. Co-facilitator (delivering a course with others)
5. Promotion and marketing (attend events and host stalls to tell people about the college and what we offer, or simply looking after our social media)
6. In-reach co-facilitator (delivering courses with others on inpatient wards at Fieldhead Hospital)
7. Supportive administration

We will support you to plan your volunteering journey that will incorporate training, development and support. We recognise that people volunteer for a variety of reasons, whether that is to gain employment, give back to your community or to become more active and improve your wellbeing.

It may be that you have experience of a health issue yourself or have been a carer; this means you are an expert and this expertise can help others.

If you are considering volunteering why not contact the college to discuss volunteering opportunities suitable to you on 01924 316946 or via email at wakefieldrecoverycollege@swyt.nhs.uk.

**Please use this space for any notes or comments
you may have:**

Contact Us



Wakefield Recovery and Wellbeing College

Drury Lane Health and Wellbeing Centre

Drury Lane

Wakefield

West Yorkshire

WF1 2TE



01924 316946



wakefieldrecoverycollege@swyt.nhs.uk



www.facebook.com/wakefieldrecoverycollege



@W5TRC

Don't forget...

If you need or want to cancel your place on a course/workshop, please contact the college on 01924 316946 / wakefieldrecoverycollege@swyt.nhs.uk as soon as possible. This will enable us to offer your place to someone else who wishes to attend.