

Get in touch

Contact the Wakefield Recovery and Wellbeing College if you have any questions about courses available, how to enrol or if you would like to get involved with running a course:

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**

 **facebook.com/wakefieldrecoverycollege**

 **@W5TRC**

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

Wakefield Recovery and Wellbeing College

- *Find your skills*
- *Discover your strengths*
- *Explore your potential to volunteer*
- *Recognise yourself*

At the Wakefield Recovery and Wellbeing College we have lots of opportunities for you to join that will help you to recognise your own resources and talents - from taking part in an educational course to helping to develop one!

You can find out more about the college on our website **www.wakefieldrecoverycollege.nhs.uk** by calling us on **01924 316946** or emailing **wakefieldrecoverycollege@swyt.nhs.uk**

At the Wakefield Recovery and Wellbeing College we provide courses 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 on our website at www.wakefieldrecoverycollege.nhs.uk

Courses are run in partnership with our local partners and take place at different venues across the community. This includes Drury Lane Health and Wellbeing Centre - where the college is based and our sister base at Baghill House Health and Wellbeing Centre. The college also offers a variety of online courses delivered via Microsoft Teams.

Find the course for you

Anyone with experience of mental or physical ill health, a friend, family member, or professional who works with people with experience of health challenges – can enrol on a course! Find the course that's right for you by exploring what's available now on our website or by calling the team on 01924 316946.

Once you've decided on the course that you want to try; let us know by:

- **Completing the enrolment form on our website**
www.wakefieldrecoverycollege.nhs.uk
or
- **Emailing us at wakefieldrecoverycollege@swyt.nhs.uk**
and someone will get back to you as soon as possible.

When you enrol for the first time – we'll invite you to come have a chat with us about the courses that you think will help you and how we can support you with this.

Interested in volunteering?

If you would like to volunteer at the college to 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.

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.

Call us on 01924 316946 or email wakefieldrecoverycollege@swyt.nhs.uk and we'll let you know how you can get involved.

Our values

The Wakefield Recovery and Wellbeing College, and all the courses that we support, have been developed in partnership with 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 to be. This is co-production – and it's what our Recovery 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 people with disabilities
- 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