

Wakefield Recovery and Wellbeing College Home of the Discovery College

Wakefield Recovery and Wellbeing College

Opened in 2014 as part of the NHS offering support for people age 18+

Wakefield Discovery College

Launched in 2022 as part of the Wakefield Recovery and Wellbeing college for young people aged 16-25

The college encompasses all health and wellbeing, both physical and mental, through education, learning and peer support. Recovery is a personal journey which means something different to each of us but you are not alone!

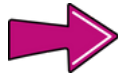
Join our
Community

Discover
Hope

Find your
Identity

Create
Meaning

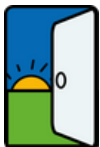
Be
Empowered



We run short courses and one off workshops to support you to; understand and manage health conditions, find new skills and interests, build strengths and inner resources, engage in physical activity and become an expert in your own self-care.



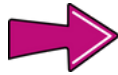
Our sessions are from a non-clinical focus and are co-produced and co-facilitated by experts in their field and peers with lived experience. Our sessions are developed with partners in the community, charities, Trust staff and volunteers.



We are open to anyone - 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.



All our sessions are free of charge and you are able to access one or more of our courses at a time.



We are not postcode restricted and no referral is required! You can enrol on our website, over the phone or via a paper form. This will lead on to a conversation with a member of our team to complete an Individual Learning Plan to understand your specific needs and book you on to our sessions.



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!

If you would like to find out more, you can contact us at:
www.wakefieldrecoverycollege.nhs.uk
wakefieldrecoverycollege@swyt.nhs.uk
01924 316946



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With **all of us** in mind.