

Wakefield Recovery and Wellbeing College Home of the Discovery College

NHS
South West
Yorkshire Partnership
NHS Foundation Trust



- *Find your skills*
- *Discover your strengths*
- *Explore volunteering*
- *Recognise yourself*

Our courses and
workshops are

FREE

Our **free** co-produced courses and workshops for people aged 16 and over provide a supportive environment to empower you to learn more about and take control of your health and wellbeing (or that of someone you support).

We offer specialised support on the path to wellness, learning from experts by experience and professionals, in a friendly, non-academic environment. Our courses and workshops are run with our local partners and take place at different venues across the community, as well as online.

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

With **all of us** in mind.