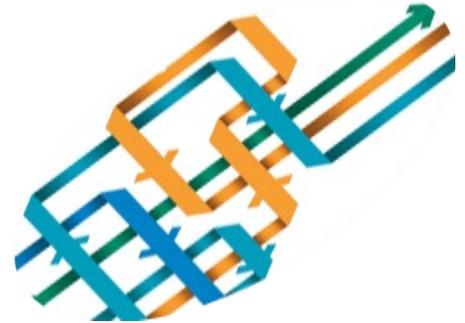




East Recovery Colleges Newsletter

Spring 2016



Happy New Year!

Welcome to 2016! At the Recovery Colleges we're really looking forward to the new year. Here are just a few of the exciting things we have in this newsletter:

- Courses to help you better manage living with your mental health problems. Check out page 4 or pick up a prospectus.
- This term's newsletter has been produced with the help of service users—could your submission be in the next edition?



What do the Recovery Colleges do?

Recovery is a personal journey towards a meaningful and satisfying life; towards living as well as possible, whatever symptoms or difficulties are present. **Our workshops and courses aim to provide the tools to help you become practised to self manage your own recovery, or to provide support for someone that you care for.**

Co-production is at the heart of everything we do. Every course we offer is co-designed and co-run by trainers who have experienced mental health problems working alongside trainers with professional expertise.

All courses are free and open to anyone over 18 who:

- Uses CWP secondary mental health services
- Supports people using CWP secondary services (carers, family, friends)
- Volunteers or works in CWP

To find out more visit the Recovery College website:

www.cwp.nhs.uk

click on **Supporting You → Recovery**



At the Recovery Colleges we're very lucky to have enthusiastic service users, carers, and volunteers who want to collaborate with us. Here are some of their contributions!

MYTH-BUSTING MENTAL HEALTH

MYTH

OR

FACT

Myth: Mental health problems are very rare.

Fact: 1 in 4 people in the UK will experience some kind of mental health problem within their life time

Myth: Therapy and self-help are a waste of time. Why bother when you can just take a pill?

Fact: the ways in which mental health can be treated varies greatly. No one single thing will help. Therapy can help us work through problems that have a negative impact on our mental health, just as low self-esteem. Not all therapy is talking through problems, many therapies practical skills to help us better cope with our condition. A big part of recovery is learning to self-manage our condition. We can do this by learning new self-help skills such as breathing techniques, thought diaries, positive affirmations, etc. These can really help us gain control over our condition and live with rather than suffer with it. The Recovery College is a great place to learn many of these self-help strategies.

Myth: Mental health problems are caused by personal weakness.

Fact: Mental health problems can be caused by a number of different factors or a combination of them. Genetics, traumatic experiences and environmental factors can all influence or exacerbate mental illness. For example, if somebody in your family (including extended family) has a genetic history of mental health difficulty, a traumatic experience or an unhealthy environment could make a situation very challenging.

Myth: People with mental health problems will never recover.

Fact: Many mental health conditions are lifelong experiences. However, this does not mean that people are vulnerable for their whole lives. With the right help and support many people with mental health problems learn mechanisms to cope and go on to lead full and fulfilling lives.

Myth: Only certain types of people get mental health problems.

Fact: Mental health problems do not discriminate. It can affect anyone regardless of age, culture, education or income.

By Samm Barton



The Expert Patients Programme is an accredited 6 week course which develops self-management skills for living with, or caring for somebody that lives with, a long-term health condition. This is a poem written by one of our participants.



**We are getting on fine at the EPP,
Tracey and Chris, the gang and me.
You see, what you get is what you see -
Friendly faces, some fruit, and a nice cup of tea!**

**A sincere "how are you?" from our lovely June,
With her actions outstanding.... to be completed soon!**

**A lesson on batch cooking from Paul and from Chris,
Make sure to include tons of veg with this.**



**Hat's off to Phoenix—the creative one of the bunch,
And Jane the dancer who keeps forgetting to eat lunch.**

**Tracey's known to work late, and resist drinking water,
And Rachel's trying to mediate—like someone has taught her.**

**We'd love to see Frank's racing dive—as he enters the pool
Or hear more witty banter from Malcolm, our Mr Cool!**

**When asked how we are -
We'd like a moment to talk,
About the anxiety, the sadness
Or the pain when we walk.**



**We know we can make it
We have our resources inside.
We've explored tools in the toolbox
And we'll use them with pride!!**



By Jayne Eagles

Do you have something you'd like to share with us for our next newsletter? A piece of artwork, an article, or even a story about your recovery? Please get in contact with one of the colleges:

CREWE

crewe.recollege@cwps.nhs.uk
01270 655234

MACCLESFIELD

macc.recollege@cwps.nhs.uk
01625 505647

Recovery College News

Some of the courses we're running at the colleges this term:

- **Meaning of Recovery**—*how to set and carry out goals for your recovery*
- **Food For Mood**—*eating well for better mental health*
- **Managing Anxiety**—*provides insight and possible strategies to better live with anxiety*
- **The Reader**—*help improve concentration, confidence, and relaxation*
- **Zentangle**—*relaxation through creativity*
- **Living Well With Dementia**—*themed workshops around understanding dementia*
- **Astronomy**—*learn new skills and relax (MACCLESFIELD ONLY)*

And many more! All course details can be found in our termly prospectuses, so check one out and see if any of our courses are right for you.

Where can I find a prospectus?

Prospectuses can be found in the foyers of **Delamere Resource Centre** (Crewe) and **Jocelyn Solly Resource Centre** (Macclesfield), and in both Recovery College offices. We can also post them upon request.

How do I enrol?

Everyone wishing to attend one of our college workshops must enrol as a student. Each prospectus has an enrolment form on the last two pages, and we also keep larger copies of the form in our offices.

You can enrol by:

- Posting or emailing us a completed prospectus form
- Phoning us to do your enrolment over the phone
- Coming in to the office to complete your form with a member of staff



Hot Drinks

Hot drinks are always provided at Recovery College courses. In the past, these were served in pot mugs, but we will soon be changing to disposable cups and cup holders.

This was a difficult decision to make as service users have previously told us they prefer regular mugs. However, our first priority is the health and wellbeing of Recovery College students. Disposable cups are cleaner, safer, and less likely to break. They will also be provided with a handled cup holder so you can hold it like a pot mug.

From all of us at East Recovery Colleges,
thank you for reading!