



**Pennine Care**  
NHS Foundation Trust

*"The Health and Wellbeing College  
has given me the courage and confidence  
to not be afraid of life and its challenges"*

# HEALTH AND WELLBEING COLLEGE

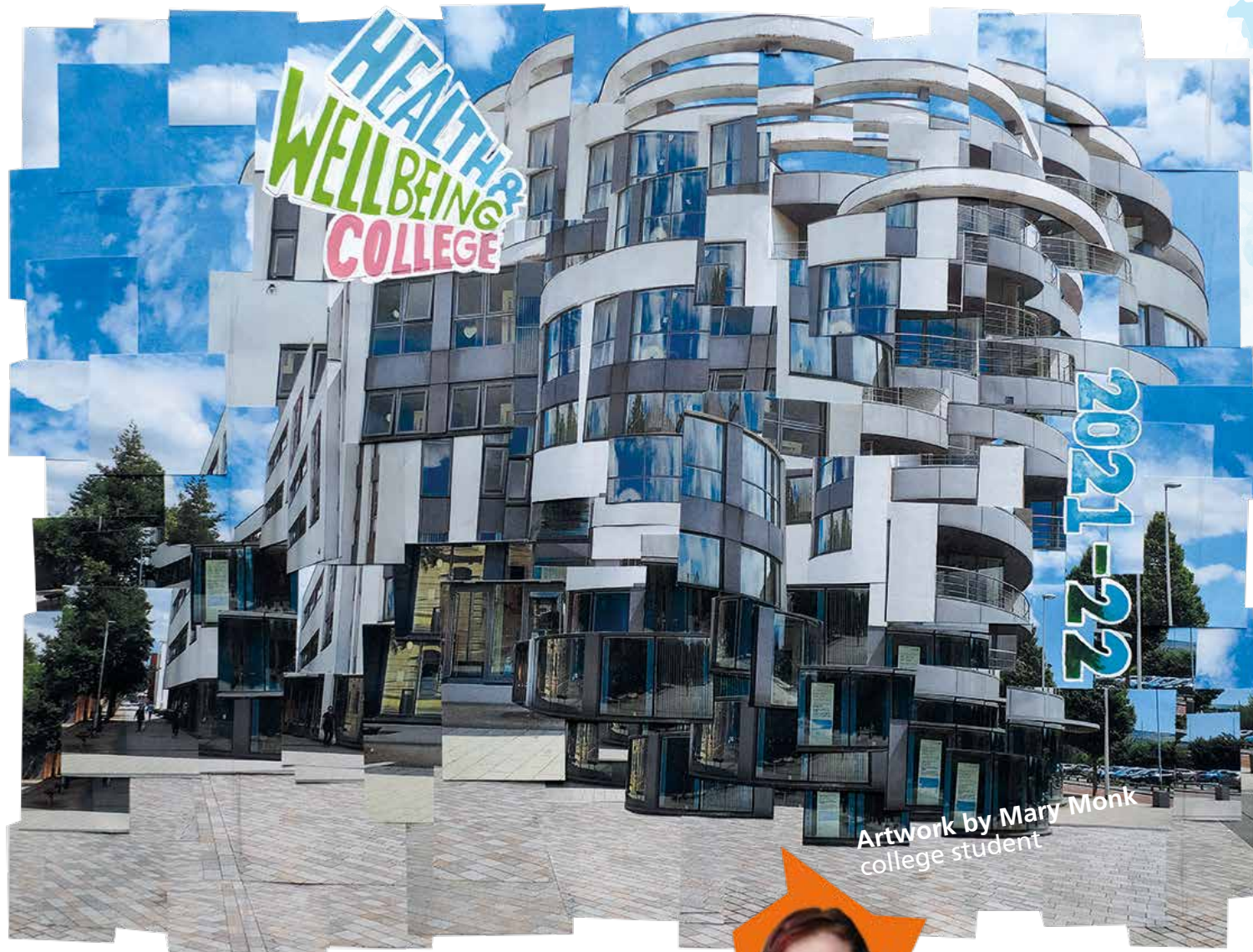
Sep 2021-Aug 2022



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Artwork by Mary Monk college student



# Welcome

Hello and welcome to our new prospectus. Following a challenging year due to Covid, we are happy to be able to bring you our new, fresh curriculum, which offers a mixture of both face to face and online courses.

We have listened to our student feedback and have some new and exciting courses to offer; many based on the creative arts and moving even further away from the traditional clinical approach. This has involved working closely with a variety of partner organisations / individuals and we can't wait to see these being delivered. We are delighted to now be offering 44 fully co-produced courses!

We look forward to welcoming some new faces, as well as supporting the learning and development of those already enrolled with us.

Since the college opened in 2016, it has ghone from strength to strength and we have seen some amazing outcomes. In 2018 we had a paper published highlighting the success of the college and the significant impact on mental wellbeing:



*"I found all of it useful, the handouts were clear and it went at the right pace"*

Kay, K & Edgley, G (2018) 'Evaluation of a new recovery college: delivering health outcomes and cost efficiencies via an educational approach', *Mental Health & Social Inclusion*.

We have continued to receive overwhelmingly positive feedback about our courses and the college in general. We would like to say a huge thank you to all our students, staff and partners who have helped to make the college such a success to date. We wouldn't be where we are now without you all and can't thank you enough for all your hard work and determination.

We look forward to working with you and hope you enjoy our exciting new programme of courses at the Health and Wellbeing College.

Best wishes Katie & George College leads





# About the college

## What is the aim of the college?

The college aims to provide something very different for local people. We have moved away from the clinical focus offered by many traditional support services; instead we offer an educational approach designed to empower you to take control of your own health and wellbeing, while learning new skills, making friends and connecting with others.

Our recovery-focused courses can support you to recognise your potential and make the most of your talents and resources, through self-management. In turn, this can help you to deal with any health challenges you may experience and achieve the things you want in life.

## Who is the college for?

The college is open to anyone aged over 18 years who lives in:

- Heywood, Middleton or Rochdale
- Bury
- Oldham
- Stockport
- Tameside or Glossop

You are welcome regardless of whether you have an existing health condition or challenge, or you simply want to improve your health and wellbeing.

We also welcome those who care for someone – including friends, family and loved ones, as well as any staff working for Pennine Care NHS Foundation Trust.



# Co-production

Everything we do at the college is fully co-produced by experts by profession (people who have professional knowledge in a particular subject area) and experts by experience (people who have personal experience of a particular health challenge).

This approach empowers people to use their experiences to help others on their recovery journey.

We have found that this way of working really brings a different dynamic to the college.

*"This is the first establishment I have come to where I haven't felt stupid or out of place"*





## Where is the college?

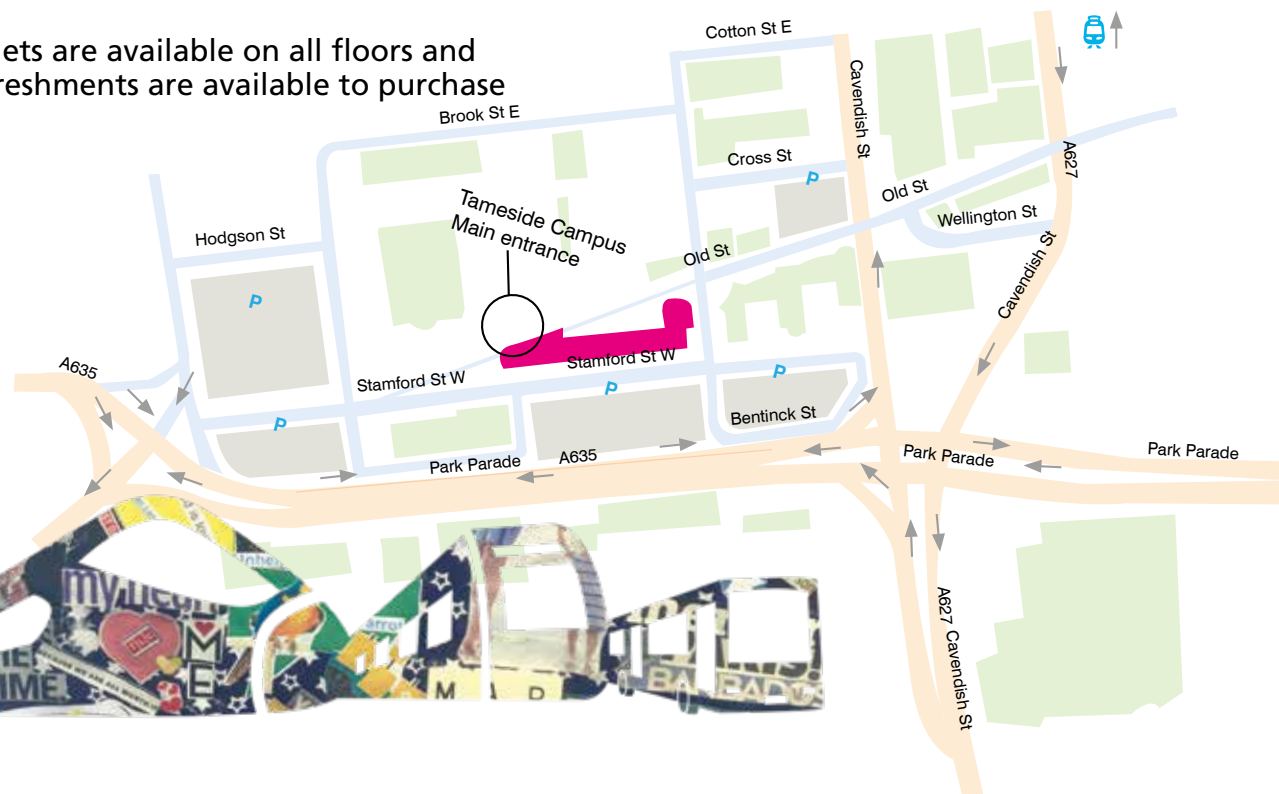
The main college campus is at **225 Old Street, Ashton - under - Lyne, OL6 7SR**, next door to Pennine Care NHS Foundation Trust Headquarters. Although there is no on-site parking there is a pay and display car park behind the main college building. The main bus station and tram stops for Ashton are a short walk away.

Access to the college is through the rounded glass end of the building nearest the Magistrate's Court. The campus offers a range of enhanced facilities for our students, including state of the art classrooms and a communal area offering a library resource with free access to the internet.

Toilets are available on all floors and refreshments are available to purchase



*\*New sites will hopefully open up across the boroughs throughout the year – keep an eye on the website for any updates.*



## When is the college open?

The main college site (Ashton - under - Lyne) is open from 9am-5pm, Monday to Friday. Students are welcome to use the range of facilities available during these times, even if they haven't got courses.

## How often would I need to attend?

The amount of time that you need to attend the college will depend on which courses you sign up for. To make sure you get the absolute most out of your time at the college, we advise that you attend 100 per cent of the courses you have chosen where possible.

You must attend a minimum of 75 per cent of your courses to receive your certificate. We understand that there may be times when you can't attend for a number of reasons. We simply ask that you let us know if you are not able to attend. It is however absolutely essential that you attend the first session of any course. If attendance becomes a real struggle, there is always the option for you to defer – just come and talk to a member of the college team.

## How long can I be a student for?

Students can enrol at any time and we encourage attendance for up to 12 months. Some students may find that they want to move on earlier than this and that is fine; similarly some may find that 12 months isn't enough. If this is the case we would

encourage you to talk to a member of college staff and we will be able to look at whether an extension to your student time is appropriate.

We set a standard 12 month time scale as we want to ensure that students are moving on in their recovery journeys and taking their next steps, whatever this might be; however we appreciate that 'one size doesn't fit all' and accept that some people require more flexibility than this.



The college runs over a full academic year, which is broken down into three semesters – autumn semester (September to December), spring semester (January to April) and summer semester (May to Aug).



# Getting Started

## Enrolment for new students

Before starting one of our courses, you'll need to enrol with the college. This is done online at the following link:

[www.hwcollege.penninecare.nhs.uk](http://www.hwcollege.penninecare.nhs.uk)

Enrolment simply involves us collecting some basic information from you, such as your name, address and contact details. You will also be asked to complete some questionnaires about your health and wellbeing. It will give you the opportunity to think about any specific goals you want to set, and you will be asked to sign up to our student charter (what we expect from you and what you can expect from us). Once you have done this you can start booking courses.

You can do this process in the comfort of your own home or using a public computer somewhere, or you can call in to the main college campus site. Staff will be on site in the college to support you through the process should you require this.

Once this process is complete you will then be able to log in to the college system at any time and access 'My Dashboard'. This will be your own personalised student account page which will show you all the details of

any courses you have booked, scores from questionnaires completed and any college updates / news items etc.

At the end of each term, you will be asked to complete the questionnaires again so that we can see if there has been any improvement in your wellbeing. You will also get the opportunity to review your goals and think about any new aspirations for the term ahead.

## Celebration events

At the end of each term we will also have a celebration event, where we celebrate our student's successes.

These events are a real opportunity to celebrate students' achievements and share their successes. We encourage friends and family to come along, and students will have the chance to see what opportunities might be available after they have moved on from the college via our 'market stalls' where we will have the presence of a range of other community organisations.

## What if I need extra support?

We operate an open door policy to students and our Ashton-under-Lyne site offers full disabled access.

When you enrol, if you feel you require any extra support, please speak to us and we will do whatever we can to provide the support you need; we want to ensure you can achieve success during your time with the college.

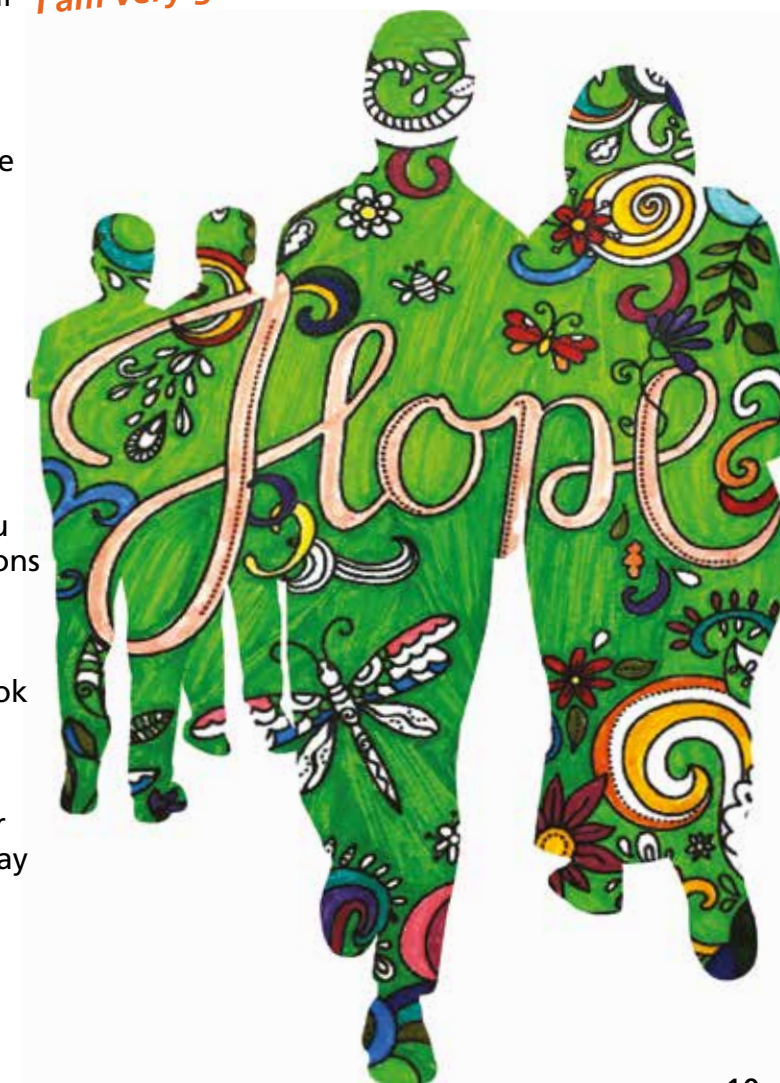
We encourage you to attend the college independently where possible; however a supportive friend, family member or professional may come with you initially.

We can offer you the support of a study buddy, who can meet with you before you start at the college and attend some sessions with you, if you wish.

You are more than welcome to call in to our main college campus site to have a look around and ask any questions you have.

And remember, if you currently receive support from a healthcare professional, or service, this will continue in the normal way outside of the college.

*"A great deal of very useful information was provided by the tutor whose enthusiasm for the subject and for passing this on was really great. I am very glad to have attended this course"*





# Our Courses

In this section you can find out all about the courses we will be offering during the academic term Sept 2021 to Aug 2022 (any additional courses developed during this time will be advertised on our website).

Some courses will run more than once during the year – but all are exactly the same. You can choose to book on to any of the courses, but you must attend all dates within that course (i.e. you can't swap between courses). Further details about each course, such as dates, times and venues can be found on the enclosed timetable, as well as on our website:

[www.hwcollege.penninecare.nhs.uk](http://www.hwcollege.penninecare.nhs.uk)

There will be a mix of face to face and online courses.

You should aim to arrive a few minutes before the start time of your session. Pens, paper and other course materials will be provided.

## An introduction to ayurveda **NEW**

Balancing, mind, body and spirit: Ayurveda is the traditional Hindu system of medicine, based on the idea of balance in bodily systems and uses diet, herbal treatment, and yogic breathing. Find out more about this fascinating idea and how it can help through life's pressures

**Course length:** Four sessions  
**Duration:** 2 hours

## Arts for wellbeing

Evidence suggests that creativity can have a positive impact on our overall health and wellbeing; improving mood, increasing self-esteem and boosting confidence.

Why not come along to our practical art course, where you will be introduced to the concept of art and learn more about how this relates to health. You will then have the opportunity to use a range of materials to create some artwork around specific themes. No need to be an artist – all abilities welcome.

**Course length:** Eight sessions  
**Duration:** 2 hours

## Assert yourself

This course will help you to understand what being assertive means and help you become more confident. You will learn positive communication skills, how to know your rights and be able to assert yourself.

**Course length:** Two sessions  
**Duration:** 2 hours

## Believe and achieve

This course aims to celebrate your everyday and long-term achievements, step towards believing in yourself and achieving your journey. The possibilities are endless if you believe!

**Course length:** Four sessions  
**Duration:** 2 hours

## Be the you, you want to be! (in partnership with Healthy Minds Tameside & Glossop) **NEW**

Do you often notice that your perception of yourself can be negative? Do you find that you don't value yourself as much as you would like? This six weeks course looks at helping us to understand our self-esteem, and learn skills to develop healthier self-esteem. We will explore various skills such as combatting negative/critical thinking, highlighting our positive qualities in addition to our achievements, setting realistic life goals, self-compassion, self-soothing and assertiveness.

**Course length:** Six sessions  
**Duration:** 2 hours

*"Thank you for making it fun and enjoyable"*

## Book up! **NEW**

In this fun and creative course you will learn simple book-making techniques to create your own 'Books of Positivity' – individually decorated books, full of words and images to inspire you!

**Course length:** Two sessions  
**Duration:** 2 hours

## Charge Up! Taster Session (in conjunction with Ocean Health and Wellbeing) **NEW**

[www.oceanhealthandwellbeing.co.uk](http://www.oceanhealthandwellbeing.co.uk)

In this taster session we will be taking you through one of our invigorating sessions we offer to 'Charge Up' your well-being in a space designed for you to spend time 'being' rather than 'doing'. We will take you through 7 powerful steps to de-tangle your mind, instil tools to control your emotions and finish off leaving you feeling at peace. After the session you'll have the chance to take advantage of 50% off Ocean Health & Wellbeing services.

**Course length:** One session  
**Duration:** 2 hours



### Cool it!

This course may interest you if you wish to develop your understanding of anger and look at ways to manage it. The course will help you to think about how your lifestyle and choices can make you feel angry and cause aggressive behaviour.

**Course length:** Six sessions

**Duration:** 2 hours

### Coping with change

This course aims to help you explore how you can prepare for change and deal with stressful situations.

**Course length:** Four sessions

**Duration:** 2 hours

*"The Health and Wellbeing College has given me the courage and confidence to not be afraid of life and its challenges"*



### Curtains to sleepless nights

This course looks at the importance of getting a good night's sleep, how we can improve sleep and our sleeping habits. It will equip you with tools to try and end the struggle with sleepless nights.

**Course length:** Two sessions

**Duration:** 2 hours

### Drug and alcohol awareness

Through this course you will develop a practical understanding of the effects of different types of drugs and alcohol on mental health and wellbeing, and receive information about where you can gain additional support.

**Course length:** Four sessions

**Duration:** 2 hours

### Eat well and get active (in partnership with Be Well Tameside)

Do you want to feel healthier? Do you want to feel the benefits that improving your diet and activity levels can bring?

This course will help you identify small changes in the food choices you make and to your daily activity in order to improve and maintain good health and well-being for now and the future.

**Course length:** Four sessions

**Duration:** 2 hours

### Finding your balance

This workshop will provide you with an opportunity to look at what you are doing each day. It will help you to understand the effect of getting the balance of activity wrong and explore the concepts of balancing activity. We will consider the key things you have to do, need to do and want to do in order to get the balance of activity right more often, add meaning to your day and benefit your wellbeing.

**Course length:** One session

**Duration:** 2 hours

### Five ways to wellbeing **NEW**

This workshop introduces the 5 evidence based ways that we can put in place to help manage and improve our wellbeing: connect, take notice, give, keep active, keep learning.

**Course length:** One session

**Duration:** 2 hours

### Get mental health aware

This one off interactive session will look at some of the facts and figures about mental health problems, as well as busting some of the common myths that exist.

**Course length:** One session

**Duration:** 2 hours

### Get social media savvy

Do you want to learn how to use social media to connect with other people and improve your health and wellbeing?

This course is a basic introduction to social media including: Understanding what Facebook, Twitter and YouTube are, getting set-up on the platforms, how you can use them to improve your health and wellbeing or to develop your social networks, and tips on using social media safely.

Please note: While this is an introduction to social media, it's expected that students will have a basic understanding of using a computer and browsing the internet.

**Course length:** One session

**Duration:** 2 hours

### Healthy relationships

This course aims to increase your awareness about the difference between healthy and unhealthy relationships. You will be encouraged to explore your own social circle and consider the influences within it, while also reviewing your personal boundaries.

You will be introduced to some skills to support you to develop healthy relationships, and receive information about where you can gain additional support.

**Course length:** Four sessions

**Duration:** 2 hours



## Help yourself to wellbeing **NEW**

This 7 week course helps individuals to self-care and improve their health and wellbeing. The course provides participants with the knowledge, skills and tools to improve their confidence and motivation to set realistic goals for making changes to their lifestyle. It covers an introductory session and discussion around health; Behaviour Change - Why it isn't easy; Self Esteem and Confidence; Dealing with Stress and Anxiety; Lifestyle Choices - Healthy Eating, Alcohol and Smoking and Physical Activity, Sexual Health and Managing Minor Ailments; Dementia and Local Directories

**Course length:** Seven sessions  
**Duration:** 2 hours

## I am in control

This course aims to help you manage and overcome anxieties. You will learn tools and techniques to recognise and deal effectively with different types of anxiety and explore how you can feel in control.

**Course length:** Six sessions  
**Duration:** 2 hours



## Life after covid **NEW**



We understand that going back to some sort of new version of normality can be scary. With this in mind we have co-produced a new course to address the following issues.



- To gain a deeper understanding of covid and recognise strategies for improving and maintaining overall wellbeing
- To explore the covid timeline from the start until now and the impact of each stage
- Put covid into context (facts and figures) and myth busting
- Recognise some of the advantages and disadvantages of covid lockdown and impact on wellbeing
- Explore anxiety around covid and identify ways to manage these negative emotions
- Identify ways to remain well (based on the 5 ways to wellbeing) and create a personal wellbeing plan

**Course length:** One session  
**Duration:** 2 hours

## Living life to the full **NEW**

This 6 week course offers resources for improving feelings, beating stress and boosting your ability to live well.

**Course length:** Six sessions  
**Duration:** 2 hours

## Living well with psychosis

This course aims to make sense of some of the experiences of psychosis, introduce the idea of recovery and think about strategies that might support a person's recovery journey.

**Course length:** Four sessions  
**Duration:** 2 hours



*"The Health and Wellbeing College has really helped me with my trust issues and my self-belief. It has helped me to realise my value and what I can achieve"*



## Looking after me, looking after you (a course for carers)

Do you care for someone with a mental health difficulty? Do you know what your rights are and how to best support the person you care for? Do you feel in control and empowered to speak up on behalf of this person? Do you feel confident in having conversations around feelings and emotions, and supporting a loved one who might be expressing suicidal ideation for example? Are you confident in managing challenging situations such as self-harm?

Come along to this course to develop your knowledge, skills and confidence in what can often be a challenging role as a carer, whilst connecting with others and taking time to look after your own wellbeing.

**Course length:** Four sessions  
**Duration:** 2 hours



## Loss and bereavement

This course will consider the impact of loss and how you can adapt and adjust to change. The course will consider risk factors which can make it harder to come to terms with a loss and provide you with helpful strategies to cope with grief.

**Course length:** Three sessions  
**Duration:** 2 hours

## Make it count

This course will help you to develop basic budgeting skills, including prioritising and planning spending. You will receive tips on building up savings, understanding where your main outgoings are, how to successfully manage money and how the state of your finances links to your health and wellbeing.

**Course length:** Two sessions  
**Duration:** 2 hours

## Making smoking history

Do you want to learn more about smoking – how does it impact on health? Are you worried about the risks of smoking and want to learn more about the benefits of stopping smoking? Explore withdrawal and recovery, and learn more about what further support is available.

**Course length:** One session  
**Duration:** 2 hours

## No worries (in partnership with Healthy Minds, Tameside & Glossop)

**NEW**

Come and join us for a one off workshop exploring 'worry' in the context of our everyday lives. Through this interactive session we will define what worry is, and how this fits in with anxiety. We will explore what skills can be used to manage worry more effectively, including some useful techniques such as worry time, problem solving, mindfulness and relaxation.

**Course length:** One session  
**Duration:** 2 hours

## Out of the blues

This course aims to develop an understanding of how depression affects people and to help you deal with low mood. It looks at the impact of lifestyle on depression and how to build positive thinking and activity in to our lives.

**Course length:** Six sessions  
**Duration:** 2 hours



## Preparing for your future

This course aims to help you recognise your skills and how you can make the most of these to reach your full potential and move forward with your life. You will learn how to write a CV, complete application forms, search for jobs and learn basic interview techniques.

**Course length:** Four sessions  
**Duration:** 2 hours

## Preparing to volunteer

This course will raise your knowledge and awareness of volunteering. You will find out about the benefits, requirements, process and opportunities involved within volunteering. You will also start to look at the information about yourself and documents you may need to make an application to volunteer.

**Course length:** One session  
**Duration:** 2 hours

*"Now my confidence is much better"*





### Reading for health (in partnership with Tameside libraries)

There is growing evidence to suggest that shared reading can have a positive impact on health and wellbeing. Why not come along and find out more about this link and then enjoy a relaxed and comfortable space where the facilitator will start to read aloud literature from a 'quick read' book. There will then be opportunities for others in the group to contribute to the reading should they wish to, as well as to discuss and reflect on the material; others however may just choose to sit and listen – there is no pressure to read aloud.

**Course length:** Six sessions  
**Duration:** 2 hours

### Reclaim your life **NEW**

Reclaim your life from illness, pain and disability. Ideal for those experiencing chronic pain, stiffness, lung or heart problems, tiredness, high-blood pressure, diabetes or any other long-term health condition. This course can help you reclaim your life when it feels like illness is taking over.

**Course length:** Five sessions  
**Duration:** 2 hours

### This is my moment

Come and learn how to be aware of your feelings, acknowledge and accept your thoughts and gain an understanding of how to use your senses to allow yourself to be in the moment and appreciate your life.

**Course length:** One session  
**Duration:** 2 hours

### Time to shine **NEW**

What does recovery mean and what does it look like for you? This course will help you to create your own picture of recovery whether that is focusing on mental health or physical health. It will help you to put your own recovery plan together for a healthier future.

The course focuses on recovery using the acronym SHINE; Smile, Hope, Inspiration, Nutrition and Exercise.

**Course length:** Two sessions  
**Duration:** 2 hours

### Understanding me - how I see the world

The aim of the course is for students to learn about the MBTI (Myers Briggs) personality self-assessment tool for both self-awareness and understanding individual differences. By the end of this session, students will be able to perform a rudimentary self-assessment of themselves, understand personality differences and identify possible personality 'types' and individual potential.

**Course length:** One session  
**Duration:** 2 hours

*in what is a relatively short period of time than I have done in years"*







### Wellness of spirit (in partnership with our local Chaplaincy team)

This course will explore the spiritual side of life, even though you may or may not follow a religion, faith or belief. If nurtured, the spirit within you can have a positive impact on your emotional and mental well-being. This course will help you discover ways to develop your own spirituality with simple techniques and practices. Get ready to be challenged on your outlook and understanding of your own inner strength which you can draw upon to support you through the “ups and downs” of life. We shall look at why the NHS has included spiritual care for over 70 years in our hospitals by having chaplains work alongside medics and consider the evidence that spiritual wellness can have a huge impact on the quality and longevity of our lives.

**Course length:** Four sessions  
**Duration:** 2 hours

### Writing our stories (in partnership with Richmond Fellowship)

Are you interested in unlocking the creative potential of storytelling? This course will look at storytelling as a form of escapism – looking at things in a different way and reflecting on your own experiences. The session will involve reading stories (fictional or real life) and talking about them. We will look at simple techniques that have shaped these stories. Following this, there will be activities that will ease you in to the art of writing and there will be a chance to share your writing with others, if you wish.

**Course length:** Eight sessions  
**Duration:** 2.5 hours

## You asked, we listened! **NEW** Creative arts courses

Our students have asked for more creative arts courses, and given that there is evolving evidence to suggest that the arts make an important contribution to health and wellbeing by assisting personal recovery, we are excited to this year be working with a number of individuals with specialist skills in this area.



### The gratitude gallery (with Ginny Koppenhol, a portrait photographer and qualified occupational therapist) **online\***

A 4 week mood boosting smartphone photography course.

Topics covered include: phone photography basics, creative ideas, storytelling through images and editing your pictures. The course will culminate in the development of an online ‘gratitude gallery’.

This course is for anyone who wants to learn more about the concept of gratitude using photography. It aims to improve social interaction, feelings of positivity, a sense of achievement, relaxation and self-confidence.

**Course length:** Four sessions  
**Duration:** 90 minutes

\* Please note this course is only available online and you must have access to a smart phone



### Life writing (with Sophie Parkes-Nield, an experienced writer and founder of 'Mossley Writers')

A six-session short course to encourage you to pick up a pen and consider creative writing as a therapeutic and creative practice.

These sessions will invite you to use your own life stories and experiences as a foundation for fascinating writing, either for your own record of life events or to tell a story more broadly which may help others experiencing similar.

Sessions will be relaxed and informal, with participants contributing as much or as little as they like. Discussion will be encouraged in response to stimuli provided by the facilitator. Any writing shared by participants will be critiqued in a constructive, encouraging manner, with the view to nourishing an individuals writing practice beyond the course.

**Course length:** Six sessions  
**Duration:** 90 minutes

### Mindful art doodling (with Amina Sheikh, visual artist and surface pattern designer) online\*

A series of new exciting online Doodle Art workshops, take a journey into doodling.

Explore unconscious and conscious doodling. Learn about the many benefits of doodling, one of which is of course, that it's a wonderful, fun, mindful activity. Lastly, take doodling further by going beyond pen and paper to doodle on an object!

Doodling is a fun exercise that slows down our brain and puts the brakes on overthinking. It can stop wandering / negative thoughts and has a calming effect; thus reducing feelings of stress and anxiety. In addition it can improve memory and concentration, as well as bringing out your more creative side.

This doodle art project is based on geometric design.

**Course length:** Three sessions  
**Duration:** 90 minutes

\*Please note this course is only available online. For the first 2 sessions you will need a pen and paper. For the final session ideally you will need a 'sharpie' or 'posca' pen. Don't worry if you can't get hold of either of these - any marker pen will do, or you can call in to the college to collect a sharpie.

### Blogging for wellbeing (with Mohammed Khan, creator of www.inmywords.co.uk and winner of the Mental Health Blog Awards 2021)

Mohammed will be running a course on what blogging is and how to become a blogger. You will learn how to design, write and promote a blog. He will share his top tips for successful blogging and will help you to prepare your first ever blog post!

**Course length:** Two sessions  
**Duration:** One hour

### Scrapbooking (with Jenny Croce; owner of an international styling business and interior design business)

Scrapbooking is whatever you want it to be! You can use it to dream for your future, put your thoughts into pictures or see how far you've come. It's a fun, creative way to create space in your head. This will be a hands on, fun course.

**Course length:** Four sessions  
**Duration:** 2 hours

### Fashion styling with Jenny Croce;

You are what you wear? Would you like to let your personality shine through your clothes? Exploring what we wear can be mood boosting; it can empower us and raise our self-esteem. Feeling good about what we wear can promote happiness and well-being.

**Course length:** Four sessions  
**Duration:** 2 hours

### Journaling with Jenny Croce;

Have you ever felt that your head is just too full? Or you have too many ideas and too many thoughts and can't make sense of it all. Do you wish there was a way to walk through these thoughts / feelings? Journaling helps these thoughts and feelings to flow onto the page and creates time for you to stop and be present.

**Course length:** Four sessions  
**Duration:** 2 hours





# What else is available at the college?

## Activities and events

In addition to our educational courses, we offer a range of activities and events. These aim to enrich your time at the college by offering you the opportunity to try something new and different.

Where possible we link the activities into relevant local and national health and wellbeing campaigns, such as self-care Week, or into seasonal themes such as Christmas or Eid.

Our activities and events will be advertised throughout the year, both in the college and online, so look out for details.

## Getting involved

### Volunteer and paid employment opportunities

There are various volunteering and paid opportunities available within the college for students and those who have graduated.

These will be advertised, but please do speak to a member of the college team if you are interested in finding out more.







## Sarah's journey

**/// I've suffered with mental health challenges most of my life, to the point where I nearly lost my life. My head was a whirlwind of negative thoughts and emotions, and I was diagnosed with all sorts of disorders: anxiety, panic, depression, agoraphobia, PTSD and bi-polar. When I tried to take my own life - that was rock bottom for me.**

*I couldn't leave my house or socialise for years, I felt I'd let my family down - especially my children. Medication was not enough for me, it was only when I engaged with the Health and Wellbeing College that I started to get the help I really needed. I can honestly say this place saved my life; they helped me see that I was a human being with the right to have a beautiful life like everyone should.*

*After being a student, I started a volunteer role at the College as I wanted to give something back; I was so passionate about the place and wanted to help others. Then a peer trainer job became available and it was one of the happiest times of my life when my application was successful.*

*I'm a totally different person now. I still get anxiety and from time to time and panic attacks, but now I have the techniques and information from the college to keep it all under control.*

*The College ethos is 'Transforming lives through hope, control and opportunity' and the college gave me all three of these things. To see students come in so nervous and in a bad place, yet go on to recover - that transformation still wows me to this day. The next step in my journey has been to write my own course called 'An Introduction to Ayurveda- Balancing Mind, Body and Spirit. It has had such good feedback, I'm so proud of it. If you'd have told me I'd be writing and delivering my own courses five years ago I probably would've passed out. I want to give other people hope .... If your skies look black and grey, please know they can be clear and full of sun again. ///*



## Amy's journey

**//** *In 2016 I joined the Health and Wellbeing College as a student after many years battling with mental illness. I had recently been discharged from the community mental health team and the college was my next step in recovery and one of the most important.*

*This was the first service I ever saw that really harnessed the lived experience of those with mental health challenges and is what drew me in to the college. Having someone helping you who themselves has lived it too is indescribable. It is incredibly valuable and something that needs to be seen more.*

*I booked myself onto various courses in my first term and quickly saw just how much self-management is key in recovery. Medication can only do so much, the rest comes from us and the college is the one place that helped me to understand this and put it into practice.*

*I learnt how to set goals for my future and how important this actually is for me and my recovery. I still goal set to this day, having something in front of me to strive for keeps me on top of my mental health because I need to be well to reach my goals.*

*I learnt how to manage low days, anxious days, days filled with change as well as bringing out my creative side which is something I always said I didn't have.*

*The college gave me the skills to live life to the full.*

*In 2017 I started volunteering for the college, undertaking admin duties and attending events to speak about my journey with mental illness and the college's role in my recovery. Later in this same year I become an employee of the college as a peer trainer. I was standing up in front of groups of 16 people, teaching them the same things I had been taught just the year before. It was incredibly empowering.*

*After working with the college for over 2 years I felt confident enough to spread my wings even further and I started working on the ward I was once a patient as an occupational therapy assistant where I worked full time for a year.*

*I am now studying a nursing degree at university through an apprenticeship as a Trainee Nursing Associate. In 2 years I will (hopefully) graduate and qualify as a registered nursing associate. Without the years I spent with the college, gaining the confidence and life skills I so desperately needed, I would not be here today.*

*I adore my college family and I cannot thank them enough for getting me this far. They provide a service that is like no other, a service that empowers its students and creates confidence. The college has an ethos of "Hope, Control and Opportunity" and I think my story is just one of the many that shows how the college truly do live by this for their students. **//***

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## Denises' journey

*/// I came across the college prospectus purely by accident. Little did I realise what a huge impact on my life that booklet would make.*

*I enrolled on the 'Believe & Achieve' course (highly recommended as a starting point) and 'Arts for Wellbeing' (find the inner artist in yourself).*



*On my first day I was having a particularly difficult time, but made a promise I couldn't run!*

*I received a very warm welcome from the team, so much so that at the end of the session I was already looking forward to the following week.*

*More courses followed providing me with the tools to make improvements to my life.*

*It was a natural progression for me to become a volunteer. My roles include being a 'study buddy', working as part of the hospitality team (always happy to serve a brew with a smile!), and some admin duties.*

*I particularly enjoy seeing the difference being at the college makes to the once nervous students.*

*I now have a purpose, routine and am learning new skills along the way! ///*

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# Partnership working/ community development

**Is your service or organisation interested in working in partnership with the Health & Wellbeing College?**

Have you got ideas about how we might collaborate?

Are you passionate about educational opportunities to enhance health and wellbeing?

Get in touch as we'd love to hear from you!

**NEW**

We can come to you! Do you have a group of people who might benefit from one of our courses but who might struggle to attend our venue? Get in touch and where possible we can deliver bespoke courses in a venue suitable to you.





# Contact us

If you would like any further information about the college, please contact us in any of the following ways:

☎ 0161 716 2666

✉ [hwcollege.penninecare@nhs.net](mailto:hwcollege.penninecare@nhs.net)

🌐 [www.hwcollege.penninecare.nhs.uk](http://www.hwcollege.penninecare.nhs.uk)

📘 Search Health and Wellbeing College

🐦 @PennineCareNHS

## Ready to get started?

Don't delay, enrol today!

It's quick and easy and can all be done online at your convenience – just visit our website.

