

physical health condition, or are supporting someone else with a mental or physical health condition.

How much does a course cost?

Most courses are free. Sometimes a small fee is applied to cover the cost of course materials but this will be detailed in the course information.

How do I access the Recovery College?

You don't need to be referred to the Recovery College, it is open to everyone. To attend a course you must enrol by completing and returning our enrolment form.

To download a copy of our directory and enrolment form visit www.sabp.nhs.uk/recoverycollege.

Contact us

Post
Recovery College
Theta House
Lyon Way, Frimley
Surrey, GU16 7ER

Tel: 01276 454150
SMS text: 07920207046
Email: recovery.college@sabp.nhs.uk

Illustrations by janie louise hunt



If you would like this information in another format or another language:

Call: 01372 216285
Email: leaflets@sabp.nhs.uk

Surrey and Borders Partnership
NHS Foundation Trust
18 Mole Business Park, Leatherhead,
Surrey KT22 7AD

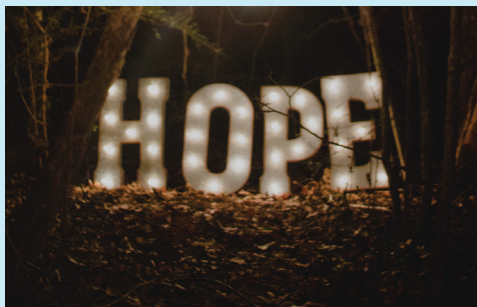
Tel: 0300 55 55 222
Textphone: 020 8964 6326
www.sabp.nhs.uk
Twitter: @sabpnhs Facebook: facebook.com/sabpnhs

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Recovery College

For a better life



Recovery is about people improving their health and wellbeing and finding ways to live a meaningful life, with or without the ongoing symptoms of an illness or condition. It is about people pursuing their individual, unique life goals to become an expert in their own self-care and finding a new sense of purpose in life.

About us

We have two Recovery Colleges, one in Surrey and another in North East Hampshire & Farnham. They are an effective way of empowering people in their recovery and helping to improve their health and wellbeing through educational courses and workshops on a range of psychological, mental and physical health conditions.

The courses are aimed at everyone who wants to learn how to improve their health and wellbeing, including people who use services, friends, carers, family and staff. We all experience similar things and can learn from each other; everyone is a student.

What we offer

We run a variety of courses and workshops including:

Health and Wellbeing

- Introduction to Recovery and Wellbeing
- Wellbeing and Recovery for Carers

Understanding

- Understanding Personality Disorders
- Understanding Anxiety and Depression
- Understanding Post Traumatic Stress Disorder

Skills

- Managing Intense Emotions
- Recovery in ACTION
- Sustaining Meaningful Relationships
- Confidence and Self-Esteem

Creative

- Creative Writing
- Card Making Course
- Creative Recovery



Who can come to a Recovery College course?

- People aged 18+ who want to improve their health and wellbeing
- Family members and carers
- Staff working in voluntary and statutory organisations.

Most courses are open to all students however there are a few that are aimed at specific groups of people. These are detailed in the college directory which can be found at www.sabp.nhs.co.uk/recoverycollege.

Where do courses take place?

Courses are offered in a range of community and Trust venues across Surrey and North East Hampshire & Farnham.

Who provides the courses?

The Recovery Colleges are a partnership involving the NHS and voluntary organisations, local authorities and existing colleges. All courses are run by Surrey and Borders Partnership staff or by staff from our partnership organisations and are developed and delivered with our recovery coaches and volunteers who are experts by experience. They have lived experience of a mental or