



Student Story

Meet Sam:

How did you hear about the Recovery and Wellbeing College?

YourHealth directed me when I first moved up to Yorkshire and was waiting for everything to be put into place for me.

What support were you looking for at the time?

Mental health and alcohol recovery.

Have you gained any skills?

I'm rediscovering who I am after a long time in of being in a very dark place. I'm learning to listen and to be listened to (even though I'm partially deaf lol). I have also gained a bit more confidence as well with getting out of my comfort zone and going places I've never been before.

Describe your Recovery and Wellbeing College journey so far.

My journey so far has been slow as I am a recovering alcoholic (10 months sober) and not knowing a single person was really hard for me. I started off with joining Maisy & Rachel on the walks, which I really enjoyed, and I tried a few other courses but I struggled with transport for a while but Joe and Acho picked me up during the summer to go on a field trip which I really enjoyed. When I got my car back I have been attending creativity and sports with Joe in Brid and it's really done me the world of good. I have also ventured into Hull a few times now to do the walks and photography.

What do you think the Recovery and Wellbeing College does well?

The R&WC is a really safe space where you are not judged or made to feel like a failure. There is no pressure and it's really up to myself to enjoy it, that's what I enjoy the most. Somewhere I can try and thrive to be the best version of myself with no stigma attached.

What are your hopes for the future?

My hopes for the future are to remain sober and mentally stable and to be able to help others in the same situation, as the R&WC have really helped me where East Riding Partnership have failed me.

Would you recommend the Recovery and Wellbeing College to others?

I already recommend the R&WC whenever I have to go on a course or I meet a new professional in my ongoing mental health support.

Do you have any suggestions as to how we could improve our Recovery and Wellbeing College community?

I would encourage more outside activities as for myself I have found these to be best for me (weather permitting). I would do more field trips and try and get more people involved especially recovering addicts who are left to fend for themselves when sober and may struggle, but with having the R&WC it's an extra incentive to find something they enjoy, at their own pace.

