



Student Story

Meet "Dennis" (not the students real name):

How did you hear about the Recovery and Wellbeing College?

On the notice board at the library

What support were you looking for at the time?

Gentle exercise and company

Have you gained any skills?

Yes, the ability to get calm, better balance and flexibility, improved mood and wellbeing

Describe your Recovery and Wellbeing College journey so far.

Our Tai Chi instructor has been cheerful and encouraging and explains things very well

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

Tai Chi is the only class I come to. I enjoy it and find it helpful. Doing an activity is better when done as part of a class

What are your hopes for the future?

I hope the class continues and I learn more from it

Would you recommend the Recovery and Wellbeing College to others?

I already recommend the Recovery and Wellbeing College to others, particularly those struggling with mental health issues.

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

More information and publicity about what is available

