



Student Story

Meet Kevin:

How did you hear about the Recovery and Wellbeing College?

I first found out about the Recovery College through Blossoms. I often walk past Blossoms, and one day, I decided to go in to talk about mental health challenges. That's when they introduced me to the Recovery College and the courses they run at Blossoms. Previously, I was with Mind, and my occupational therapist had also mentioned the Recovery College, recommending it as a great opportunity for me to attend some of the courses. When I visited Blossoms, I learned more about the sessions, including their dates and times. The staff at both Blossoms and the Recovery College were incredibly welcoming and made me feel comfortable. I especially love the social aspect of attending an RC course—it's a great space to connect with others while learning valuable skills.

Have you gained any new skills? If so, what?

Attending Recovery College sessions, especially the Tai Chi sessions led by Acho, has really helped me feel calmer and more relaxed. I've learned so much about balance, movement, coordination, and body structure, as well as techniques to relax and focus my mind. Even my brother has noticed how much more at ease and composed I've become. I truly enjoy these sessions and look forward to them every week.

Describe your RWC journey so far - feel free to mention any team members you feel have supported you

My journey with the Recovery College has been incredibly positive. From the moment I joined, I felt welcomed and supported by the team, especially Acho, who delivers the Tai Chi sessions. These sessions have had a huge impact on my well-being, helping me feel calmer, more balanced, and more in tune with my body. Through Tai Chi I have learned to focus my mind, improve my coordination, and manage stress more effectively. The support and encouragement from the RC staff have made the experience even more enjoyable. I truly appreciate the kindness and guidance I've received, and I look forward to continuing my journey with the Recovery College.

What do you think the RWC does well? What do you enjoy most about being a student?

I think the Recovery College does an excellent job of creating a welcoming, supportive, and inclusive environment where people feel safe to learn and grow. The staff are incredibly kind, understanding, and always willing to offer support, making a real difference for those of us who are anxious or worried about attending a session or going through Mental health problems. The recovery college is so caring. I've never had that before. Staff truly understand what it is like for people to have mental health issues. What I enjoy most about being a student is the sense of community and connection. Attending sessions, like Tai Chi with Acho, not only helps me develop new skills but also allows me to meet others who share similar experiences. The social aspect of the college is just as important as the learning—it's a space where I feel comfortable, supported, and empowered to take positive steps forward.

What are your hopes for the future? Do you see the RWC as being supportive of these hopes?

My hope for the future is to regain stability in all aspects of my life, including both my mental and physical health. I've always struggled with relying on others, but the Recovery College has given me the confidence to accept help and support when I need it. This journey has helped me grow, and I now feel more empowered to move forward with resilience and self-acceptance.

Would you recommend the RWC to others? If so, what would you say to them and why?

Yes, I would absolutely recommend the Recovery College to others. I would tell them that it's a welcoming and supportive place where they can learn valuable skills to improve their mental and physical well-being. The courses, like Tai Chi with Acho, are not only educational but also provide a sense of calm, balance, and confidence. The staff are kind, understanding, and always willing to help, creating a safe space to grow. If someone is looking for a way to connect with others, gain new skills, and take positive steps forward in their recovery, the Recovery College is the perfect place to start.

Do you have any suggestions as to how we could improve our RWC community>

I believe the Recovery College would benefit from more publicity and greater attendance at sessions. It's such a valuable resource for the community, and more people should know about the positive impact it can have. I attended the Christmas get-together, and it was incredible to see so many people laughing, having fun, and fully engaging in the activities. Most importantly, everyone felt safe and relaxed in the company of both staff and fellow participants. It truly highlighted the welcoming and supportive environment the RC provides.

