

# Welcome to Humber Recovery & Wellbeing College





## **Humber Recovery and Wellbeing College**

The Recovery and Wellbeing College takes a non-clinical, educational approach to health and wellbeing and everything we do is aligned to our core values of Hope, Opportunity and Control.

We facilitate a range of free, informal and welcoming courses and sessions that support people in maintaining good mental and physical health and wellbeing.

We actively listen to and work alongside our students, volunteers, community partners and other professionals to jointly design, produce and deliver our curriculum throughout Hull and East Riding.

Please visit our website to see our latest information on our courses, sessions and how to enrol: <https://humberrecoverycollege.nhs.uk/>

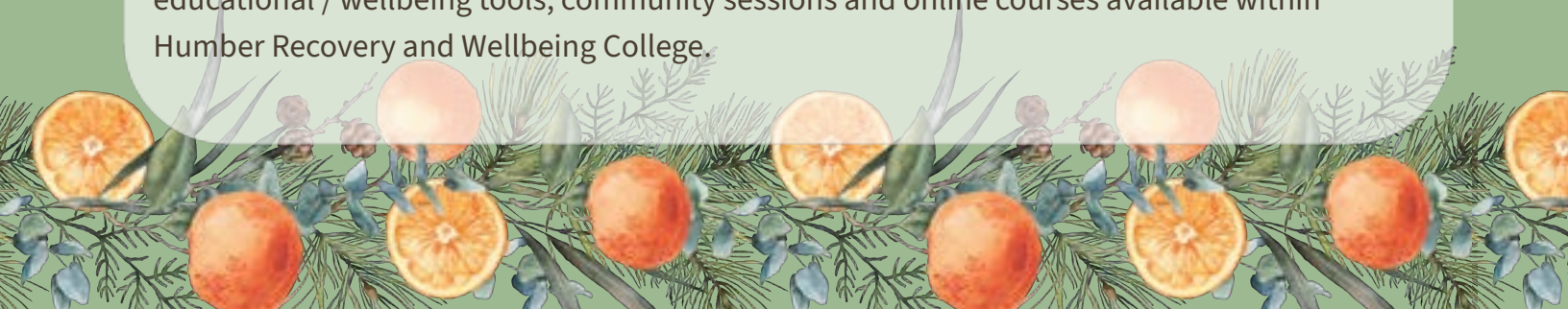
## **Humber Wellbeing Recovery and Employment Service**

The Wellbeing Recovery Employment Service has supported over 150 individuals to make real, sustainable difference to their lives and are delighted to welcome Sam and Rachel, former participants, to the team as paid Peer Supporters.

The project is delivered by HTFT on behalf of East Riding of Yorkshire Council and is funded by the UK Government through the UK Shared Prosperity Fund (People & Skills).

The team works in close partnership with other Humber Prevention Recovery and Wellbeing Services, providing wrap around, hybrid support to those who need it most including those most isolated and at risk of social exclusion.

Having an Employment Skills Practitioner allows service users to benefit from a variety of educational / wellbeing tools, community sessions and online courses available within Humber Recovery and Wellbeing College.





**Meet the Team!**



Maisy (She / Her) Digital Communications, Marketing, & Admin Officer



Joe (He / Him) Wellbeing Practitioner



Acho (He / Him) Wellbeing Practitioner



Chan (She / Her) Employment Skills Practitioner





# Meet our Students:

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## Meet Charles:

I don't remember when I signed up to be honest, but I probably found it through some google searches or was possibly pointed in RWC's direction by a mental health support service. At the time I had no idea really what support I truly needed, I was just seeking anything and everything.



I've definitely improved my socialising skills, whether I've improved my footballing skills is up for debate! However, my fitness feels the best it has in years!

Despite having signed up years prior, the first sessions I began attending were the men's mental health football sessions. I was very warmly welcomed by Joe and Mez and have since made these sessions an integral part of my weekly routine. Since I started attending myself I have since convinced 3 mates to join me and I occasionally share the date/time of the session on Instagram to try and draw more members in.

I hope to see the football session grow in numbers big enough to host 5 a side matches, outside of this I intend to join in some of the other available activities when I can. As for my personal hopes with life: I want to become a healthy weight, be confident in my career and generally live a happier life. If the football sessions continue, I see no issue in attaining these goals.

My only suggestion would be to branch out into maintaining the sessions through half term and other school holidays, possibly including weekends. I for one would be more than happy to host a footballing session on a Saturday or Sunday!





# Meet our Students:

## Meet "Jane" (not the students real name):

I heard about the Humber Recovery College (HRC) through my therapist. I was looking for somewhere that hosted friendly meet-ups where I could learn new crafts, skills, meet people and enjoy myself at the same time. The HRC fit this perfectly.



One of the classes I attended was called Kintsugi, an ancient Japanese art form that repairs broken pottery using gold to highlight its cracks. Not only has the class taught me a new skill, it has been invaluable in helping my focus, concentration and also serving as a form of art therapy.

I am relatively new to the HRC but already have experienced its benefits. It has helped me get out more and build my confidence. The course teacher, Acho is welcoming, kind, friendly and knowledgeable and I look forward to classes recommencing

I hope to carry on using the services of the HRC to continue to build my confidence and mental and physical health. I also hope to continue to meet new people and enjoy learning and benefitting from the classes on offer.

I would most definitely recommend the HRC to others. I think it is an invaluable resource for all kinds of people; from those who would like to improve their mental health, physical health and general well-being, to those who would just like to get out more and meet people in a friendly and welcoming environment. It's always nice to learn new things, whether that be a skill, craft or something about yourself. I think that the HRC accomplishes all of these.





# What's on?

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For full details visit our website

## Yoga with Joel

A safe space where people of all abilities are encouraged to explore their own unique mind-body connection through therapeutic movement, breathwork and meditation.



## Book Club with Ellie



We gather at a venue in Hull and bring our own books to read, unlike other book clubs there is no set reading list and we get together to quietly read as a group for an hour. Our meetings are ideal if your social battery is low but you'd still like some quiet company as there is no pressure to socialise (unless you'd like to).

## Gather and Game with Acho & Joe

This session is open to anyone who wants to come and play some games or get creative building lego in a relaxed, safe, and welcoming environment whilst building relationships with like-minded people.



## Boxing for Health with Joe



Join us to learn more on your journey to fitness with the help from a personal trainer. We will go through a range of boxing exercises including bag work and circuits. Come along to Vulcan Gym and work on your physical wellbeing with a group of friendly faces. No boxing or gym experience required.





### Kick Start: Football with Joe



Kick Start is a fun and friendly group for men. Join us for some football based activities on the pitch, followed by a free drink and chat in the cafe.

All ages and abilities welcome.



### Kintsugi with Acho



The word Kintsugi translates to golden joinery. It is a traditional repair method that takes the broken or chipped parts and repairs them by using powdered silver or gold.

Come along to learn more in a safe and inclusive environment.

### Medication in Mental Health with Humber Teaching NHS Foundation Trust Medicines Information Pharmacists



These workshops raise awareness around the different medications used in mental health and the effects they can have on individuals. This is a great session for anyone wanting to learn more about the medications used in mental health.

### Mindful Calligraphy with Acho

The ancient art of calligraphy can combat anxiety, improve wellbeing and boost self esteem.

Join us to discover more about the impact calligraphy can have on your mental wellbeing.





### Tai Chi with Acho

These informal Tai Chi sessions combine the practice of Tai Chi with mindfulness and Qi Gong to promote positive mental wellbeing. Learn the basics of Tai Chi and how this can increase suppleness, balance, flexibility and improve posture through gentle, controlled stretching.



### Picture This: Photography with Joe

Photography can be a great way to relieve stress and anxiety. Join us to learn the basics of photography and apply this in some of Hull and East Riding’s picturesque hotspots. No experience or camera required.



### Seaside Sports with Joe & Acho



We are starting a new and exciting partnership with CYP in Bridlington who are opening their doors to the Recovery and Wellbing College to let us deliver a multi sport session hosting the likes of table tennis, badminton, basketball and more.

All abilities & fitness levels welcome.

### Journalling for Wellbeing with Acho



Come join us and embark on a transformative journey of self-discovery and emotional expression with our Journalling for Wellbeing course. This course is designed to accommodate all journalling preferences, whether you wish to explore your creativity or simply express your thoughts and emotions in writing.







## Wellbeing Through Creativity with Joe

In addition to boosting brain function, creativity can also help to reduce stress and promote relaxation. Bring along your own projects or use the materials provided to be inspired and create whatever you like.



## Wellbeing Walks with Rachel



Weekly walks across Hull and the East Riding. This group provides a friendly and supportive environment to walk and talk with a listening ear or quiet companionship.

All abilities welcome.

## Recovery Club Podcast

Did you know we have a Podcast?

Our Podcast is run by Joe, and he invites special guests along to talk all things recovery and wellbeing.

We cover a wide range of mental health and wellbeing topics.

Tune in now via our website.



## Keep up to date:

Information on courses and sessions updated regularly, watch this space for information on what's coming up, and don't forget to check our website regularly.

<https://humberrecoverycollege.nhs.uk/>





# Humber Wellbeing Recovery Employment Service Re-Launched to Support People in the East Riding

Our community-based team of Employment Advisors, Employment Skills Practitioners and lived experience Peers are on hand to provide support, tailored to individual need, for those wishing to:

- Make positive lifestyle and behavioural changes to improve wellbeing and increase chances of gaining and sustaining paid / voluntary employment.
- Gain valuable life skills through supported self-awareness, reflection, resilience building and goal setting.
- **CV, job search and application skills preparation for interview and learning from feedback.**
  - Improve confidence and reduce anxieties around paid / voluntary employment / education – including support with possible implication to benefits.
  - Build peer relationships with like-minded people within a supported, inclusive, and welcoming environment.
  - Prepare for paid / voluntary employment by gaining functional skills (including support to access adult learning provision where required)
  - Become more physically, mentally, and economically active!



Support is available to those aged 16+ who reside within the East Riding of Yorkshire Council area, have the right to live and work in the UK and are economically inactive (not in any paid work and not actively seeking work) at point of referral.

Contact us today on [hnf-tr.wres@nhs.net](mailto:hnf-tr.wres@nhs.net) or call 0800 9177752 and ask for the WRES Team. Twitter - @humberNHSWres





Please help us to maintain a safe and supportive environment by agreeing to the following:

1. To treat others with compassion, dignity and respect.
2. To respect the wellbeing and property of others and report any health and safety concerns to a member of the team.
3. To be mindful of group conversation by ensuring that everyone has equal opportunity and space to freely contribute.
4. To register and enrol for all sessions in advance via our platform and inform us if you are unable to attend (email [hnf-tr.recoverycollege@nhs.net](mailto:hnf-tr.recoverycollege@nhs.net) or ring 0800 9177752).
5. To refrain from the use of alcohol, illicit substances and weapons of ANY kind whilst attending a Recovery College course or workshops (you will be asked to leave immediately, or be virtually removed).

## Want to help shape the future of your Recovery and Wellbeing College?

Co-production lies at the heart of everything we do at the Recovery and Wellbeing College, and we are always looking to hear the voices of our students. Our focus group meets regularly to discuss courses, sessions and developments. Informal, welcoming and inclusive.



Email us to get involved: [hnf-tr.recoverycollege@nhs.net](mailto:hnf-tr.recoverycollege@nhs.net)





Visit our website or scan the QR code below and you will be directed to our platform. All materials are available in multiple formats. Contact us if you require any support.

## Get in touch!



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Humber Recovery College



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## With thanks to our partners...



FERENS



**NHS**  
Wellbeing Recovery  
Employment Service  
provided by  
Humber Teaching NHS Foundation Trust

ACTIVE+

