



**Humber Recovery
& Wellbeing College**
Humber Teaching NHS Foundation Trust



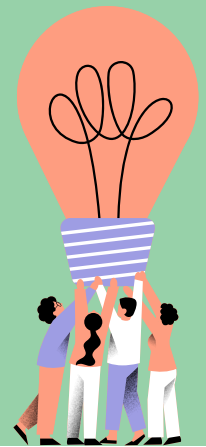
Humber Teaching
NHS Foundation Trust

Humber Recovery & Wellbeing College

Take Control of your Mental Health Journey



Caring, Learning
& Growing Together



About the Recovery & Wellbeing College

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

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

We actively listen to and work alongside our students, volunteers, community collaborators, and mental health professionals to jointly design, produce and deliver our curriculum throughout Hull, Bridlington, and East Riding.

Please visit our website to sign up and see the latest information on our sessions and courses: humberrecoverycollege.nhs.uk/adult

Meet our Wellbeing Practitioners



Acho (he/him)



Joe (he/him)

What's On?

Online Courses & Podcasts

Our online courses and podcast are available anytime through our website, offering a great way to support your wellbeing and hear stories from people with lived experience on their recovery.

Live Sessions

We host live wellbeing sessions in community venues across the local area, with more information about these sessions provided below.

Please see our website and social media for information on new sessions or session updates.

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.



Express Yourself with Acho

Learn new crafting skills including origami, worry dolls, and scrapbooking, the opportunities to find your new favourite craft are limitless.



Mindfulness with Acho

Learn strategies and skills to fully work with thoughts, emotions, and sensations, while developing your capacity to enhance mind-body awareness of present-moment experience through techniques such as awareness of breath, scanning the body and observing our thoughts.

Hearing Voices **Network** with Alex

A well-known national project that has been running for many years across the UK. It's here to support anyone who hears voices, sees visions, or has other unusual experiences. Our group is a safe, friendly place where you can talk about your experiences without fear of judgement.

Tai Chi Club 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.

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.



Gardening Social with Acho

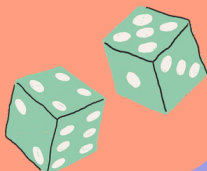
Come along to our friendly and relaxing Gardening Social sessions, run in partnership with Oldroyds Corner. These sessions offer a welcoming space to connect with others, enjoy nature, and experience the wellbeing benefits of gardening — no green thumb required!

Silent Book Club with Ellie

Get together for an hour and a half, with an optional thirty minutes chat followed by an hour of silent reading. 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. There is no set reading list - you may bring your own book.

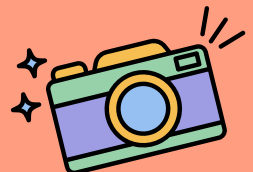
Gather & Game with Acho

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.



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.



Boxing for Health with Acho or Joe

Our weekly boxing for health sessions are held in Hull and Bridlington. We will go through a range of boxing exercises including bag work and circuits. Come along during term time and work towards a fitter version of you. No boxing or gym experience required.

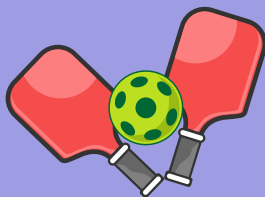
Kick Start: Men's Football with Joe

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



Pickleball with Joe and Acho

A fun and easy-to-learn paddle sport that combines elements of tennis, badminton and table tennis, perfect for staying active, socialising and boosting your wellbeing.



Wellbeing Walks with Rachel

Wellbeing walks take place 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.

Join our Focus Group

Co-production is 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.

Help us maintain a safe and support 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 for all sessions in advance via our platform, to be punctual, and unregister or inform us if you are unable to attend.
5. To refrain from the use of alcohol, illicit substances and weapons of ANY kind whilst attending a session (you will be asked to leave immediately).
6. Carers attending must enrol for all sessions, they are required to stay to support their client / patient, for the duration of the session.
7. We reserve the right to ask anyone found to be disruptive, or causing distress to other students, to leave the session.

What our Students Say

Very passionate facilitator who made me feel at ease. He was very enthusiastic and was able to adapt the activities to meet the individuals needs.

- Boxing for Health

Brilliant session! Really enjoy meeting in this group! Always a great atmosphere & lovely people.

- Express Yourself

I enjoyed learning the moves and slowing down from a normally hectic life. I felt very comfortable in the space.

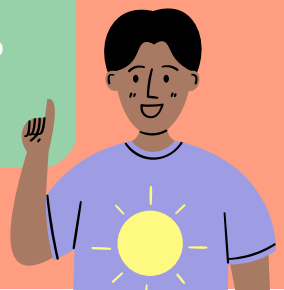
- Tai Chi Club

A welcoming group. I would encourage people to join, laid back and informal. Space to be creative and sociable.

- Picture this: Photography

Lovely relaxing session with a great group. It's nice to see familiar faces and new faces, and to have a chat and laugh before we read.

- Silent Book Club



We asked “Lyla”



How did you hear about the RWC?

I heard about the RWC through therapy. I was looking for similar minded people and friends as I had none.

Have you gained any new skills?

I have learnt how to communicate with people in a non-customer way, trying to find who I am and the RWC groups has really helped with that.

Can you describe your RWC journey so far?

I've gone from struggling to communicate with people to being completely comfortable chatting to new people. It's definitely been a journey; I wouldn't be here without the support I've received.

What do you think the RWC does well?

I think the RWC caters to all kinds of people/hobbies. Acho is very good at balancing his time and explaining things really well. I always feel really comfortable in his sessions.

What are your hopes for the future?

Currently just taking one day at a time.

Would you recommend the RWC to others?

Yes 100%. I would tell them how nice everyone is and how much it's helped me.

Do you have any suggestions as to how we could improve the RWC community?

I don't have any suggestions. I love the RWC just as it is!

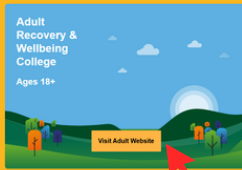


How to sign up to the College



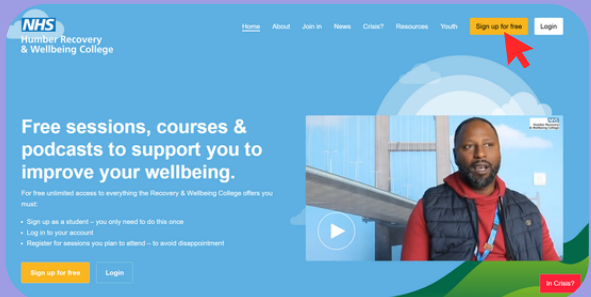
Welcome to the Humber Teaching NHS
Foundation Trust Recovery & Wellbeing College.

NHS
Humber Recovery
& Wellbeing College



Visit our website via the information on the back of this brochure or QR above. If you are 18 or over, please use the Adult Recovery & Wellbeing College

You can now click "Sign up for free". This will take you to our sign up form. Everyone who attends our sessions needs an account, so please make sure to complete this step.



By signing up you agree to the [Terms and Conditions](#) and [Privacy Policy](#) and our code of conduct below.

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 conservation by ensuring that everyone has equal opportunities and access to these sessions.
- 4. To register for all sessions in advance via our platform, to be punctual, and unregistered or inform us if you are unable to attend.
- 5. To refrain from the use of alcohol, third substances and weapons of ANY kind whilst attending a session (you will be asked to leave immediately).
- 6. Caring attention must be paid for all sessions. You are required to stay to support your client/patient, for the duration of the session.
- 7. We reserve the right to ask anyone found to be disruptive, or causing distress to other students, to leave the session.

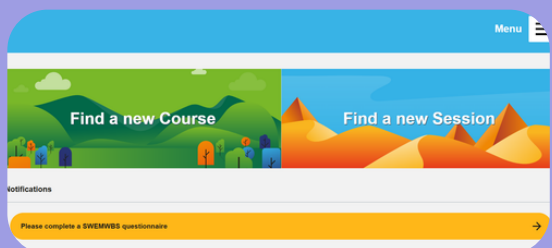
Do you agree to the code of conduct?

☒ YES

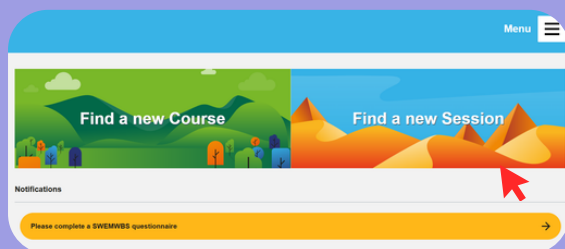
[Sign up](#)

To access our the College, you will need to read and agree to our code of conduct at the end of the sign up form. After you have read through this, please tick "YES". You can now click "Sign up" and your account will be created.

Congratulations! You're now a student with us at Humber Recovery and Wellbeing College. You will receive an email from us welcoming you to the College.

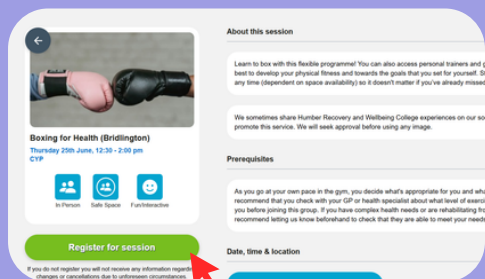
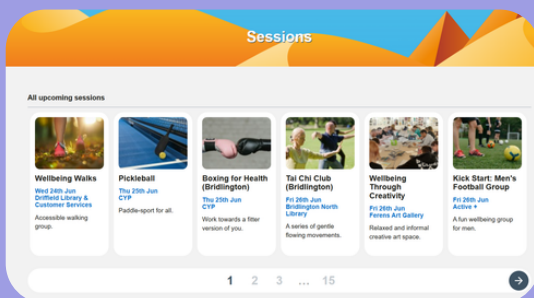


How to Register for a Session



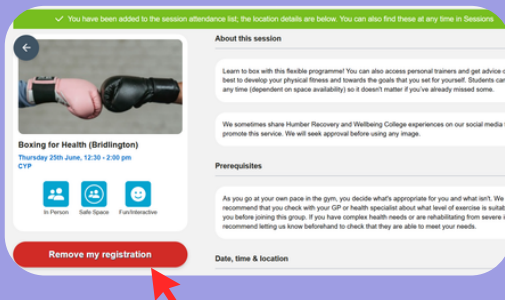
Now you're logged in, you will be taken to your dashboard, as shown in this image. To register for a session, start by clicking "Find a new session"

You will now see all of our upcoming sessions. Look through the options, and when you find one you're interested in, click on it to see more information.



You will now see more information, including date/time/location. To register for the session click "Register for session". Please repeat this for every session you wish to attend.

If at a later date you are no longer able to attend the session, you can unregister by returning to the session page and clicking "Remove my registration" so your spot can be offered to a fellow student.



With thanks to our Collaborators



Contact Us



humberrecoverycollege.nhs.uk/adult



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@rwchumber