



# 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/>

## **Meet the Practitioners!**



Joe (He / Him)  
Wellbeing Practitioner



Acho (He / Him)  
Wellbeing Practitioner



# Student Story

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

### How did you hear about the Recovery and Wellbeing College?

I heard about the Recovery College from Blossoms Wellbeing Hub and they became a positive distraction from the trouble I have in my life.

### Have you gained any skills?

I feel that I am more open about things.



### Describe your Recovery and Wellbeing College journey so far.

Joe and Acho have been helping me to feel myself again as I have been down. They have brought my mood back up.

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

I like the gather and game session as I have a good time with other people who are there for the same reasons.

### What are you hopes for the future?

I want to eventually volunteer with the Recovery College so I can help people like they helped me.

### Would you recommend the Recovery and Wellbeing College to others?

I would recommend it as it has helped me a lot and I feel it could help other people.

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

Everything is perfect.





# Student Story

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

### How did you hear about the Recovery and Wellbeing College?

I researched it online, I wanted support with mental health so I researched into seeing if I could do anything creative and I found the Recovery College which sounded like something I would like and it was also free!

### Have you gained any skills?

I like socialising and working in groups and learning how to take turns.

### Describe your Recovery and Wellbeing College journey so far.

I feel that my mental health has improved and I also think that Joe and Acho work really well for me.

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

I think it provides great free services and it provides resources and time. The staff are lovely, Joe and Acho always make me feel happier.

### What are you hopes for the future?

I hope to get a job and improve my own mental health and behaviour skills.

### Would you recommend the Recovery and Wellbeing College to others?

Yes! I would recommend it as it is free, enjoyable and the staff are lovely. The sessions are a good length and I think other people would benefit from coming.

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

Keep adding more creative sessions as I love the existing ones and maybe add evening sessions as I would attend them too.





# How to sign up for Humber Recovery and Wellbeing College



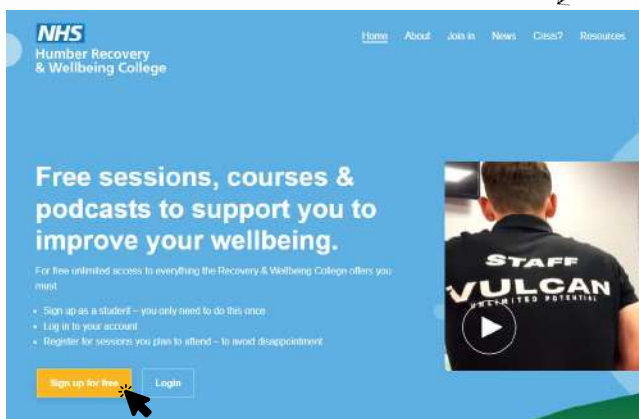
**Start here!**

Visit our webpage or scan the QR code to be taken to this page.

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



If you are 18 or over, please click on "Visit adult website" as shown in the image.



To access our sessions, 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. You will receive an email from us welcoming you to the college.

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

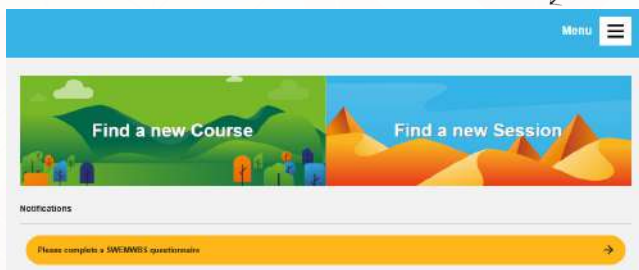
If you have any questions, or need further help with the sign up form, email us at:

[HNF-TR.RecoveryCollege@nhs.net](mailto:HNF-TR.RecoveryCollege@nhs.net)

Do you agree to the code of conduct?

☒ YES

**Sign up**



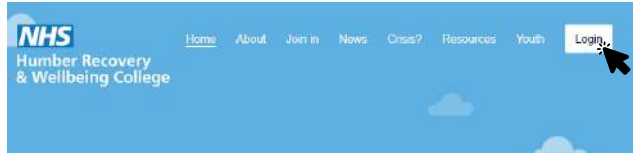
Congratulations! You're now a student with us at the Humber Recovery and Wellbeing College.





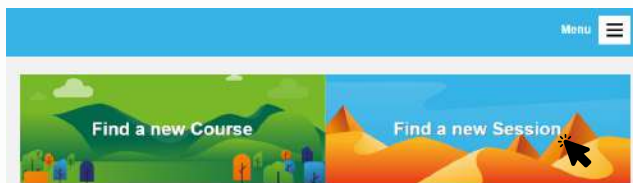


# How to register for a session



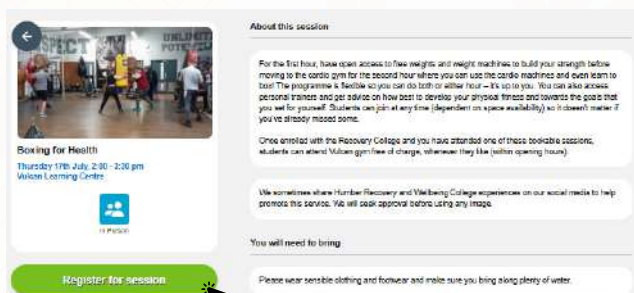
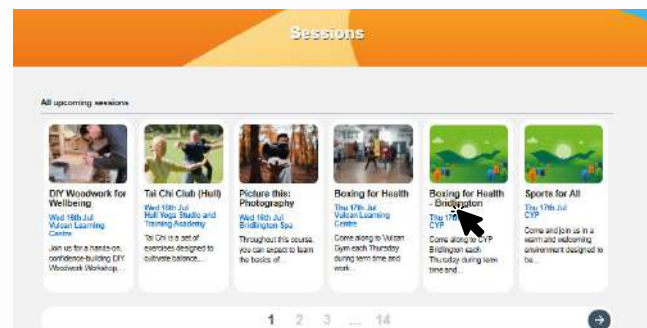
If you have an account with us, you can now click "Login", as shown in the image. If you do not have an account, please turn over to find out how to create one.

You will be taken to the Login page, as shown on the right. Fill in the boxes with your email or mobile number and password before clicking "Login" as shown in the image.



You will then be taken to your dashboard, as shown in the image on the left. To register for a session, you want to start by clicking "Find a new session" as shown in the image.

As shown in the image on the right hand side, you will now be shown a list of upcoming sessions. Have a browse of the options, and when you find one you are interested in, click on it to find out more information.



You will now be shown more details about the sessions, including the time and anything you will need to bring with you. All you need to do now is click "Register for session" and our practitioners will know to expect you. Please repeat this for every session you wish to attend.





# What's new?

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For full details visit our website

## Mindfulness with Acho

You will 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 the breath, scanning the body, and watching sounds and thoughts.



## Hearing Voices Network



The Hearing Voices Network is part of 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 judgment. You can share your story, hear from others, and find ways to cope together.

## Gardening Social with Oldroyds Corner

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!



## Crochet & Chat with Diane



Beginners will learn how to create classic "granny squares" — a perfect starting point for future projects like blankets or cushions. More experienced participants are welcome to bring along their own work and enjoy the calming rhythm of crochet in good company. All materials are provided, and everyone is welcome.







# What's on?

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For full details visit our website

## 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 drink and chat in the cafe.

All ages and abilities welcome.



## Silent Book Club with Ellie



Unlike other book clubs there is no set reading list - you bring your own book. We 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 (unless you'd like to).

## Gather and 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.



## 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.







# What's on?

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For full details visit our website

## Sports for All with Joe & Acho



Sports for all is a multi sport session, come and join us to play table tennis, badminton, basketball and more.

All abilities & fitness levels 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.

## 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.





# What's on?

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For full details visit our website

## 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

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.



## Express Yourself with Acho

Join Acho across Hull and Bridlington to learn new crafting skills. With sessions including Origami, Worry Dolls, and Scrapbooking, the opportunities to find your new favourite craft are limitless.



## Boxing for Health with Joe or Acho



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.







## 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.



## 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.

## 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 want to hear from 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)

## With thanks to our partners...



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

1. To treat others with compassion, dignity and respect. Anyone who is found to be disruptive will be asked to leave.
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 and inform us if you are unable to attend email [hnf-tr.recoverycollege@nhs.net](mailto:hnf-tr.recoverycollege@nhs.net).
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).
6. Carers must check with session leader if they are required to stay for the duration of the session.

**Visit our website or scan the QR code below and you will be directed to our platform.**

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

### **Get in touch!**



@HftRecoveryCol



@Humber Recovery College



@rwchumber



**Email us at: [HNF-TR.RecoveryCollege@nhs.net](mailto:HNF-TR.RecoveryCollege@nhs.net)**