

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 Team!



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



Joe (He / Him)
Wellbeing Practitioner





Acho (He / Him)
Wellbeing Practitioner



Yvonne
Humber Recovery and Wellbeing
College Volunteer



Vicki
Humber Recovery and
Wellbeing Volunteer



Rachel
Humber Recovery and
Wellbeing Volunteer / Mental
Health Mates Walk Leader



Jimmy
Health and Wellbeing Advisor





Meet our Students:

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Meet Nadine:

I heard about the Recovery College from my boyfriend and I decided to come with him and see what it was like.

It has made me more sociable, I've made a lot of new friends through the Recovery College. I really enjoy the social aspect.



The Recovery College has been especially helpful to me in the last 18 months as I have had to stop doing voluntary work, I was finding it hard to deal with the pressure. I was feeling isolated and wanted to get out and reconnect within the community and the Recovery College has really helped me to do that.

I think the Recovery College is extremely inclusive and very supportive, they are very mindful about what people have and are going through whilst providing the support we all need.

I am not sure about where my future is going but I would like to continue attending sessions with the Recovery College in particular art, writing and photography.

I would definitely recommend the Recovery College to anyone as it is a really supportive and inclusive environment.

I would love it if we could have a mini bus in order to go out further afield when doing photography.





Meet our Students:

Meet Julie:

I heard about the Recovery and Wellbeing College (RWC) through my Support Worker. I was looking for interaction with people and ways to combat my loneliness and anxiety. I just wanted to connect with people instead of being on my own.



I feel I have gained skills in mindfulness and Tai Chi.

Being able to get out of the house and do these classes has given me the confidence to continue leaving the house and meeting new people.

I was having a lot of anxiety and wanted to connect with people. I wanted to be more confident, and to combat the loneliness I felt. After speaking to my Support Worker, she suggested I get in contact with the RWC and attend some of the free courses on offer in Driffield. I was hesitant at first but after I attended some of the classes I really enjoyed it. In particular I enjoyed attending the Wellbeing Through Creativity and the Tai Chi classes. This was something I could relate to and it gave me peace of mind. Acho and Joe have been fabulous.

I think what the RWC does well is that they are friendly and approachable and are instrumental in giving people confidence. They are so knowledgeable and understanding about people's struggles with mental health and they create a safe space to learn and be yourself. It's how they interact with people and make them feel safe.

My hope is to continue gaining confidence and be less anxious and stressed. Being able to go out and embrace new experiences and meet other people instead of being stuck at home with anxiety. The RWC has definitely helped me feel more confident.





What's on?

For full details visit our website

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The Chatty Reading Group with Vicki

Whether you're a seasoned reader, or looking to explore reading for the first time, this is the group for you. Bring your current read and come along to meet 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!

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 & Maisy



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.

Delivered in partnership with Mental Health Mates.

All abilities welcome.





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 Trust Medicines Information Pharmacy



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.





Mindfulness & Meditation with Yvonne



As we settle our busy minds through body scan meditation, we will explore the sensations, breath, sounds and thoughts and slow down the pace to feel relaxed. Join us as we take you on a guided meditation to a place where you can feel fully in the present moment and away from the stresses of a busy life.

Mood & Food with Acho

Through hands-on experiences and insightful discussions, you'll gain an understanding of how food can impact your mood, mental health and emotional resilience.



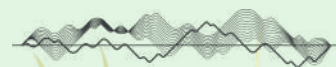
Picture This: Photography with Joe

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.



Sound Bath with Cheryl

Sound Baths use a variety of percussion instruments to produce vibrations of particular frequencies which enable our minds/bodies to calm down & become more relaxed and focused on the 'self'.





Unpaid Carers Community with Jimmy & Vicki

This is a great opportunity to meet other unpaid carers in a relaxed and supportive environment.

Visit our website or contact us to learn more about our podcasts, virtual and face to face sessions.



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.



Tennis for Wellbeing with Joe

Activity is a great way to help improve your mental health and wellbeing. It can create a sense of belonging and help you form really strong relationships.

No tennis experience required.



DIY Club: Craftsman Haven with Acho



Come along to our DIY workshops aimed at improving men's mental health. In these sessions, you will have the opportunity to learn plastering, woodwork and bricklaying skills, and to create something to take home.





Gather and Game with Joe



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

And much more! 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!



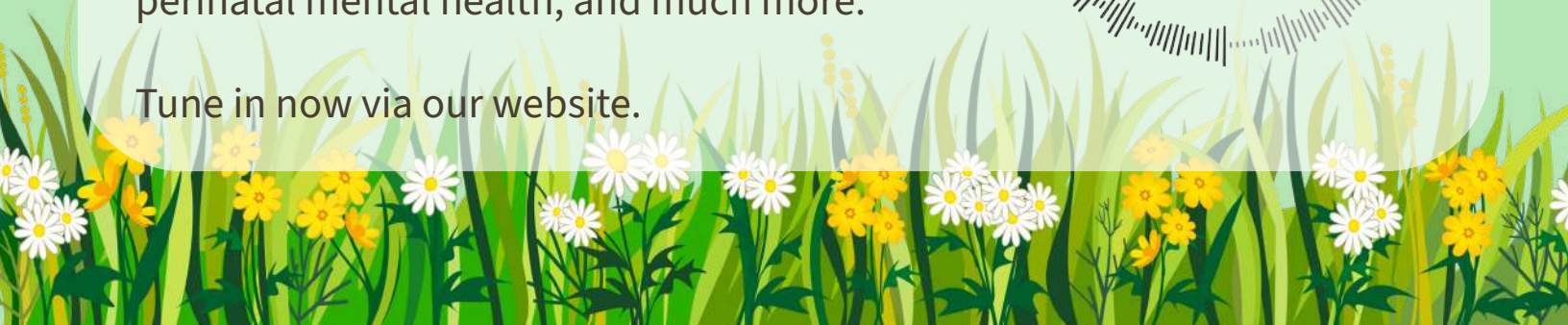
Recovery Club Podcast

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 topics such as addiction, volunteering, perinatal mental health, and much more.

Tune in now via our website.





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 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. Join us for tea and biscuits! Informal, welcoming and inclusive.

Email us to get involved: 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!

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

Get in touch!



@HftRecoveryCol



Humber Recovery College



@rwchumber

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With thanks to our partners...

