



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 new skills? If so, what?

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



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

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

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

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 your 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 will 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.

