



# 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!**



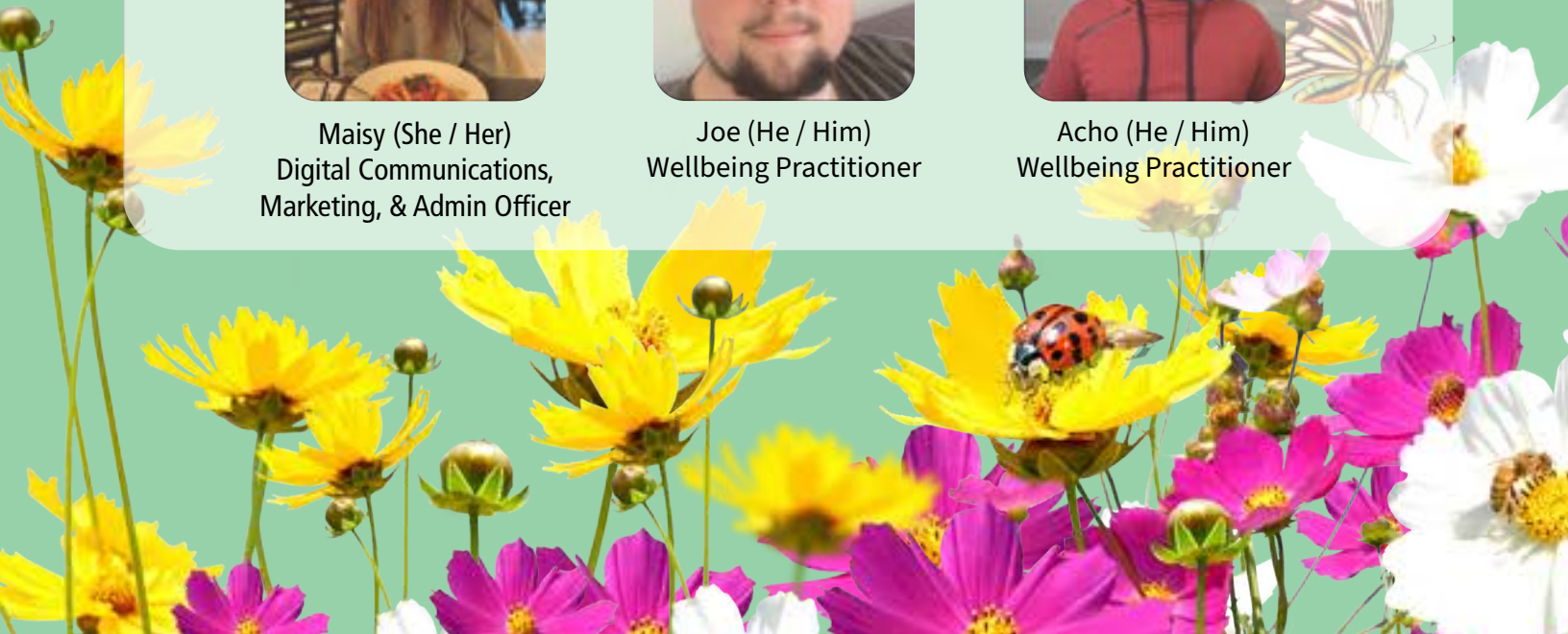
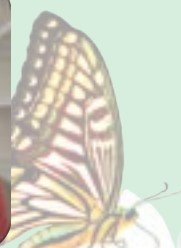
Maisy (She / Her)  
Digital Communications,  
Marketing, & Admin Officer



Joe (He / Him)  
Wellbeing Practitioner



Acho (He / Him)  
Wellbeing Practitioner





# Student Story

2

## 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 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 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.





# What's new?

# 4

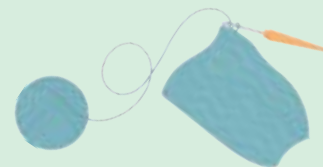
For full details visit our website

## Gardening Social with Maisy

Come along to our friendly and relaxing Gardening Social sessions, run in partnership with Oldroyd's Corner Gardening Centre. 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.

## Mindful Crafts 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



Following on from the much loved Boxing for Health sessions at the Vulcan Gym, we have now also partnered with CYP to offer weekly boxing classes in Bridlington. Come along to CYP Bridlington each Thursday during term time and work towards a fitter version of you.





# What's on?

5

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 Acho



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.







# What's on?

6

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.



## 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.





# What's on?

# 7

For full details visit our website

## 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.



## Sports for All with Joe & Acho



CYP in Bridlington are opening their doors to the Recovery and Wellbeing 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.







# What's on?

8

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

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/>





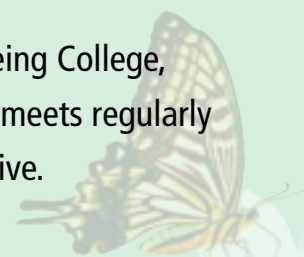
**Please help us to maintain a safe and supportive environment by agreeing to the following:**

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!



@HftRecoveryCol



Humber Recovery College



@rwchumber

HNF-TR.RecoveryCollege@nhs.net



## With thanks to our partners...

