

# WELCOME TO THE RECOVERY COLLEGE



Thank you for taking the time to read our brand-new prospectus for 2021. In this prospectus, you will find some BRAND-NEW courses for 2021, as well as some of our tried and tested favourites. You will also find plenty of information about what we do and how to get involved, as well as some course interest forms to get yourself enrolled on your chosen courses.

Please remember, our curriculum is fluid, and we will always be adding to it throughout the year, including new courses and pop ups. Keep an eye on the notice boards, newsletter and posters throughout the hospital for more information.

Recovery College is not your typical "Education College". We aim to be a collaborative strength-based, person-centred support through an Education & Skills model to compliment the traditional clinical approach. All courses are co-facilitated and co-devised by staff and patients. Co-production means staff (Learned experience) and patients (Lived experience) working together.

Recovery College aims to provide skills and knowledge for patients to take with them as they progress in their recovery from Cheswold Park.

The Recovery College is managed by our Patient Steering Group, who meet regularly with the Recovery College Lead and other professionals to discuss our curriculum, evaluate and develop courses as well as looking for new and exciting ideas for the future. If you would like to be involved with the Patient Steering Group, speak to your ward representative or the Recovery College Lead.

**Recovery College Lead**

Recovery College respects everybody's right to privacy and confidentiality. You can rest assured that no aspect of your participation will be discussed with anybody unnecessarily and we anonymise feedback from courses and sessions where possible. If you have any concerns around confidentiality, please speak to the Recovery College Lead.

# OUR PATIENTS

"My course helped with my lack of confidence and brought me out of my shell"

"I enjoyed my course thoroughly and I want others to do well, so I've recommended it to my friends too"

"I found the course very helpful and it will help with my budgeting and costing when I buy food on my own"

"Co-facilitating a Recovery College course has given me some direction and a sense of purpose"



# MEET THE TEAM

Recovery College is led by experienced staff who have worked at Cheswold Park for a number of years and who have a keen interest in what Recovery College can offer to our patients. We have included a brief introduction of ourselves below. Please feel free to say hello or ask us any questions that you may have when you see us out and about.



## RICK MASON

### Recovery College Lead

I joined the Education & Skills team when it was formed in 2020 to lead Recovery College as an educational service within a clinical setting. Prior to working as a Support Worker on the ASC Service and an OT Assistant at Cheswold Park, my background was training, development and coaching in the Financial Services and Customer Services sector, so devising and delivering and evaluating bespoke, person-centred training and coaching is in my blood. I am passionate about making sure each course that we deliver is inclusive and accessible to every student who wishes to work with Recovery College.



## ANN SCOTT

### Education & Skills Manager

I have been involved in adult education for many years, working in various settings from further education colleges to private training providers and for the last 6 years Cheswold Park Hospital. My passion is curriculum development and believe that not all learning takes part in a classroom, learning should be person centred and driven by the wants and needs of the learner.



## AUDREY DIMBLEBY

### Teacher

I worked for the hospital in the role of Support Worker on Don Ward for 4yrs before taking up a teaching secondment in January 2020. I have previously worked in the teaching sector delivering literacy and numeracy. The role of teacher here at the hospital enables me to work across the wards and support the engagement of all patients.

# THE DIFFERENT COURSE LEVELS

To help you pick the courses that are right for you, at the top of every course description we have given you an indication of the level of the course. We have put together a quick guide to help you understand what this mean.

If you would like any more information on any of the courses we offer as part of Recovery College, please get in touch with a member of the Recovery College team in one of the following ways.

- Contact a member of the team by putting a note or course interest form in the post box on the main corridor next to our notice board (opposite the Psychology Rooms)
- Ask your Recovery College Ward Rep for more information or to contact a member of the team
- Ask a member of ward staff to get in touch with a member of the Recovery College team
- We will come to the ward or you can come off ward for a coffee and a chat and we can discuss your options and how Recovery College can help you.

## ENTRY LEVEL

Courses that are classed as "Entry Level" are ideal for first time students with Recovery College. The content is easy to follow, and the courses are often slightly shorter.

They are ideal for students who have not taken part in any education for a while, or may need extra support around learning

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## BEGINNER

Beginner courses are ideal for anybody, regardless of your education level. Again, the content is easy to follow, but the subjects are slightly more complex than an entry level course.

A beginner course will be ideal for a first-time student with Recovery College

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## INTERMEDIATE

Our intermediate courses are available to everybody, and the course material is slightly more in detail that a Beginner or Entry Level course. The courses are sometimes a little longer.

We would encourage anybody to enrol, and please get in touch with a member of the Recovery College Team if you have any queries.

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## HEALTH & WELL-BEING

Our Health and Well-being courses are open to anybody. They are designed to allow you explore various aspects of both physical and mental health in a low key, relaxed and friendly environment.

The course material is easy to follow to ensure these courses are accessible to all students.



# WHAT IS CO-PRODUCTION?

Co-Production is at the very heart of Recovery College, but what does it mean?

If you are interested in co-producing a course or pop-up, please see a member of the team.

(See “More Ways to Get in Touch for details)

Co-production is all about patients and staff with shared passions and interests working together to share their skills with others. One of the main aims is to break down the “them and us” barriers that are often found in this kind of environment.

Many of our courses, such as Sign Language, Origami and Fakeaway vs. Takeaway have been developed using this approach as it draws on the skills of both an “Expert by Experience” and an “Expert by Profession”

**Expert by Experience:** This is a person with lived experience in a certain area or skill. The individual will be eager to share this experience with others to help them grow, develop and learn a new skill.

**Expert by Profession:** This is a person who is not necessarily qualified in a specific area, but has professional experience that they can lend to a project, course or pop-up to enhance it.

Cheswold Park Recovery College aims to match up an Expert by Experience with an Expert by Profession to put together courses and pop ups that others can enjoy.

Recovery College can also provide additional support through our “How to Deliver Information” mini-course and our handy “Course Facilitator” pack which gives you all the tools you need to set up and run your very own course!

# TERM DATES

In 2021, we are delivering our curriculum in terms, very similar to a regular college in the community. We hope that this will bring even more structure to the way we do things. These terms will run alongside our extensive Education provision for you to be the best version of yourself that you can be!

Please see below for term dates for 2021

We aim to have your course completed by the end of the term in which you start, and you will receive a Certificate of Achievement for each course you complete.

Please be mindful that this may not always be possible, due to the nature of the environment that we are in

	Start Date	End Date	Duration
Term 1	Mon 4th January	Fri 26th March	12 Weeks
Half Term	Mon 29th March	Fri 2nd April	1 Week
Term 2	Mon 5th April	Fri 25th June	12 Weeks
Half Term	Mon 28th June	Fri 2nd July	1 Week
Term 3	Mon 5th July	Fri 24th Sept	12 Weeks
Half Term	Mon 27th Sept	Fri 1st Oct	1 Week
Term 4	Mon 4th Oct	Friday 17th December	11 Weeks
Half Term	Mon 20th December	Fri 31st December	1 Week
Term 1 (2022)	Mon 3rd January		12 Weeks



# MORE WAYS TO GET IN TOUCH

So you've decided you would like to work with Recovery College? That's amazing! Or you may still be on the fence and want some more information about how we can help. You may be wondering how to get in touch with us to find out more. There are several ways in which you can do this.

There is also a drop-in session once a month where the Recovery College Lead and a couple of the ward reps will be available to answer any questions that you may have.

This session will be the:

**First Tuesday of every month**

**10am – 11am**

**Meeting Room 2**



Call

**07747218063**

to speak to a member of the team. If there is nobody available, send us a text or leave a voicemail and we will contact you back.



Email us on

**recoverycollege@cheswoldparkhospital.co.uk**

to discuss how we can help and support you.



See our "Meet the Team" page to find out who the Recovery College team are, and speak to us.

**Rick**

Recovery College Lead

**Ann**

Education & Skills Manager

**Audrey**

Teacher



Every ward should have a Recovery College Rep who can be a first point of call for all things Recovery College! See the posters on ward to find out who your rep is!

# PATIENT STEERING GROUP

Cheswold Park Recovery College is run by our Patient Steering Group which is made up of patient representatives from throughout the hospital, as well as professionals from the Education & Skills team.

We meet every 2 – 4 weeks to discuss how things are going, and make plans on how to drive and develop Recovery College. We review course feedback and talk about what courses and pop-ups we deliver.

We work to our “Terms of Reference” which are the ground rules we develop as a team to make sure we are productive and effective. Details of our Terms of Reference can be found on the Recovery College notice boards throughout the hospital.

We also provide our Steering Group with additional training and development opportunities to help them grow and make the most of their time working with Recovery College, including:

- How to Chair a Meeting
- How to Deliver Information
- How to Take Minutes
- Interviewing Skills



If you are interested in finding out more about joining the Recovery College Patient Steering Group, please speak to your ward rep or a member of the Recovery College Team.

# EDUCATION AT CHESWOLD PARK

Working with Recovery College can lead to a world of possibilities. Many of our courses can be a brilliant stepping stone in to education.

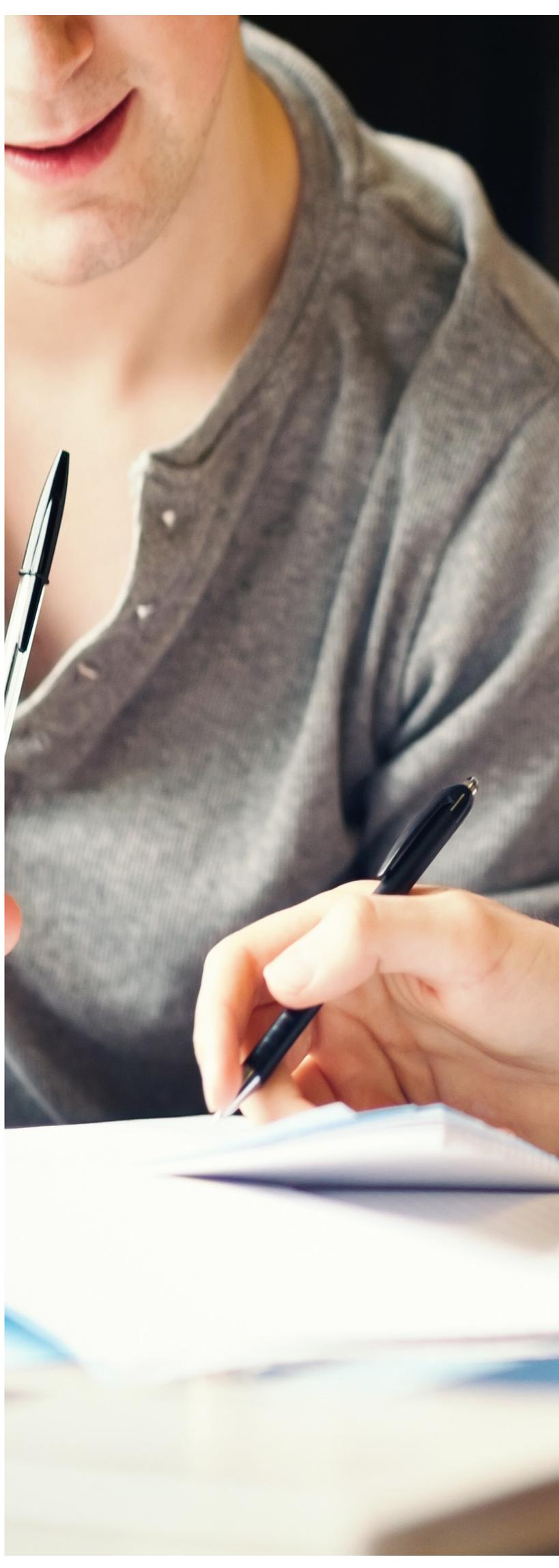
Many of the course descriptions in this prospectus have suggestions for educational courses/sessions you may enjoy. Many of these can also compliment and support your chosen course/courses.

Please note, we do not expect you to have completed any previous education to enrol on to any of our Recovery College course.

Accessing education at Cheswold Park couldn't be easier. If you want any more information on any of the courses or sessions, you can speak to:

- **Audrey:** Cheswold Park Teacher
- **Rick:** Recovery College Lead
- **Ann:** Education & Skills Manager
- Ward Recovery College Rep
- Your Recovery College course facilitator

What are you waiting for? Believe and achieve with Cheswold Park Recovery College!





# WHAT'S ON OFFER?

## Numeracy

Our numeracy lessons are brilliant for anyone who wants to brush up on their maths or for people who want to take their existing knowledge even further.

## Literacy

Want to take your literacy skills to the next level? There are loads of options available, so why not have a chat with our teacher to see what we can do for you.

## Basic IT Skills

In this day and age, everything revolves around computers so it pays to know what's what. In this session, you can discover the basics of using a computer in a calm and relaxed environment with like-minded people.

## Gardening

Venturing out of the classroom and in to the Polytunnel. Learn the ins and outs of horticulture and gardening in this hands on session. No previous experience needed, just make sure you've got some good shoes on...you might get dirty!

## Creative Writing

Our creative writing sessions have already proved very popular. This session gives you the opportunity to explore your creative side. This can be anything from penning a biography to writing a short story.

## Graphic Novels

This is a brand new session for 2020 at Cheswold Park. The world of graphic novels is huge. You do not need to be the world's greatest artist to take part in this session, all you need is enthusiasm and the will to try something new!

## FREQUENTLY ASKED

### **What experience do I need to join Recovery College?**

You don't need any experience whatsoever in order to enrol in Recovery College. We are not a traditional "Education" College, so you do not need to have ever studied or have any previous education in the past. Recovery College can be an excellent way to access other forms of education.

### **How much does it cost to become a Recovery College Student?**

All our courses are free of charge, and it will not cost you anything to enrol. Any materials required to complete the course will be provided by Recovery College.

### **How do I enrol as a student?**

It's never been easier to enrol as a Recovery College Student! In every prospectus, there are some Course Interest forms. Simply fill one of these in and then you can either hand it in to your ward Recovery College Rep, post it in the box next to the Recovery College Board on the main corridor, or give it to the Recovery College Lead. If there are no course interest forms in the prospectus, your ward rep will have some spares of these.

### **Why should I work with Recovery College?**

Recovery College looks at recovery from an educational perspective rather than a clinical perspective, and all our courses are co-produced with patients, staff, friends and family. Through Recovery College, one of our aims is to give you hope for the future and provide you with skills and/or experience for the future.



# FREQUENTLY ASKED QUESTIONS

## **I'm enrolled on a course, but I can't attend one of the sessions. What can I do?**

At Recovery College, we would like you to attend the full course, but we appreciate that there may be times when you cannot attend a session. When you are successfully enrolled on a course, you will receive a letter with all the details that you will need, including the name of your course facilitators. If you cannot attend a session, all we ask is that you let your course facilitator know as soon as possible, or send a message via your ward rep.

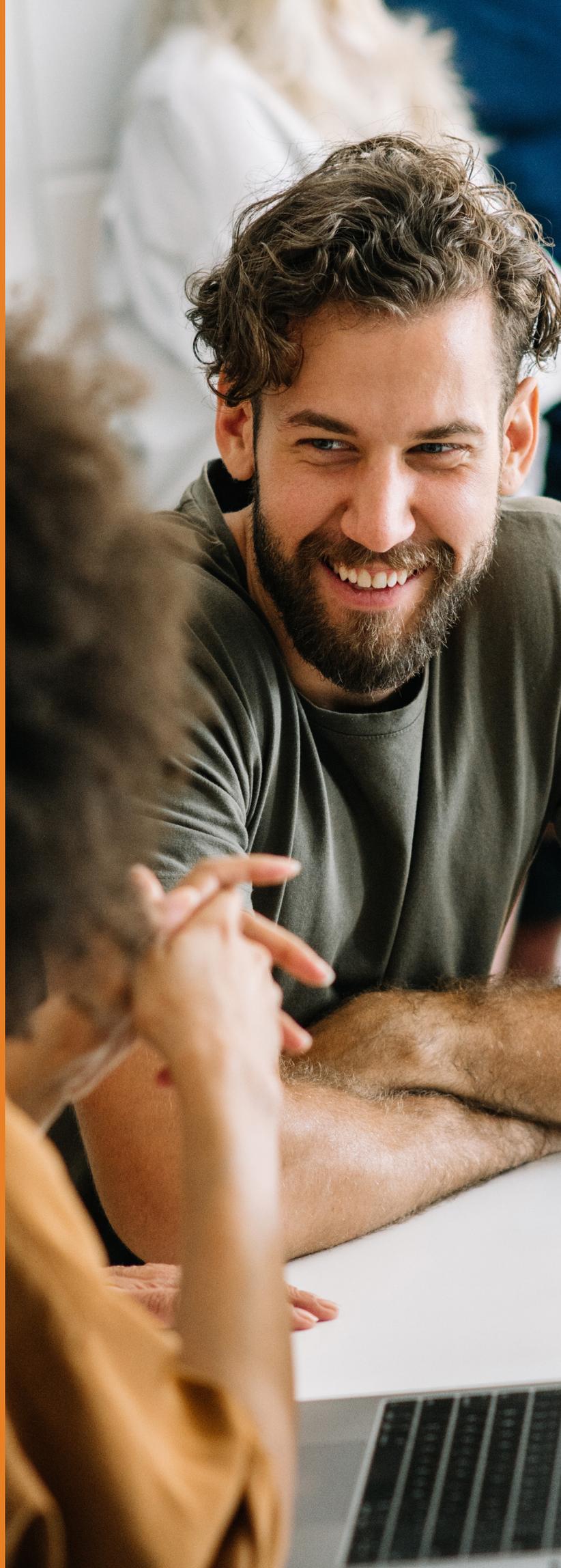
## **What can I expect to learn with Recovery College?**

The answer to this question is simple. You'll get out of the course exactly what you put in to it. In this prospectus, each course has a brief description, and when you enrol, you may be asked to set some goals and targets to work towards, in line with your recovery journey. You may already have noticed that a lot of our courses suggest some options for progression opportunities.

## **What equipment do I need as a Recovery College student?**

You will not normally need any equipment for a course, as all materials will be provided. A lot of people like to bring a pen and paper to take notes, but that's entirely up to you. If you are required to bring any equipment/material, this will be discussed in your enrolment letter.

If you have any other questions, please do not hesitate to ask your Recovery College Ward Representative or the Recovery College Lead.





## HOW DO I ENROL ONTO THIS COURSE?

Complete a "Course Interest" form and hand in to your ward rep, post in the box next to the Recovery College notice board, or hand in to the Recovery College Lead.

## ENTRY LEVEL

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# URBANTOPIA

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## COURSE DESCRIPTION

Urbantopia, the Urban Farm Project from Recovery College! In 2020, we repurposed our outside area and produced more fresh veg, flowers and bedding plants than we could shake a stick at. In 2021, we want to take this even further and develop this area into a real money spinner as well as providing learning opportunities in numerous areas.

Learn from current and former students how to manage the outside area to be as productive as possible, get involved in an existing project, or even launch and manage a brand new one of your very own!

### Coming in 2021:

- "Bee Kind": It's amazing what bees do for our ecosystem! We aim to develop an area to help the bee population to thrive, protecting this valuable species.
- "The Red Hot Chilli Project": Join our chilli farming project and learn all about growing and caring for these fiery little devils.
- "The Marketplace": Working under the Urban Farm umbrella to produce stock to sell, and learn all about product development and marketing.
- A Taste of the Mediterranean: Get involved in planning our brand new Mediterranean themed garden area, including growing produce to sell through The Marketplace

Find out about all these projects and more by getting involved with Urbantopia, The urban farming project!

## COURSE DATES

To be confirmed – Session times and dates will be advertised on wards and throughout the hospital including on the Recovery College notice board and Education Room.

If you would like to be notified directly when this course is running, please complete a "Course Interest" form to be added to the waiting list.

# Urbantopia



**Grow plants, flowers, and vegetables.**



**Sell produce and make money.**



**Dates to be confirmed.**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**



## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

## ENTRY LEVEL

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# AROUND THE WORLD IN FOOD

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## COURSE DESCRIPTION

Around The World In Food is an entry-level course designed for those with little or no experience in a kitchen environment. The aim of the course is to provide you with basic skills and knowledge to become more self-sufficient in the kitchen.

The course material has been designed to provide a fun and relaxed way of discovering new meals that you can easily prepare in the future.

To celebrate your successful completion of the course, you will be involved in organising a showcase event for other patients and staff.

The course has been created and developed by previous course participants and an external teacher with a wealth of experience in working with people with mental health conditions. The course is co-facilitated by patients who have previously completed the course, so you will benefit from the experience of peers who have already successfully completed the course.

## ENROLMENT

If you wish to enrol on this course, we ask that you commit to completing the full 5 weeks. You must also have full kitchen access. Sharps access is not required for this session.

## PROGRESSION

When you enrol on this course, you can also complete Food Hygiene Level 1, and use the course as a stepping-stone to access the Fakeaway Vs. Takeaway Course in the future (subject to availability).

## COURSE DATES

To be confirmed – Session times and dates will be advertised on wards and throughout the hospital including on the Recovery College notice board and Education Room.

If you would like to be notified directly when this course is running, please complete a "Course Interest" form to be added to the waiting list.

# Around The World In Food



**Learn basic cooking skills to cook food from different countries.**



**Complete Food Hygiene Level 1 Course.**



**Dates to be confirmed.**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**



## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

## ENTRY LEVEL

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# INTRODUCTION TO SIGN LANGUAGE

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## COURSE DESCRIPTION

This 6 session course aims to introduce students to basic sign language. The course covers 5 key areas:

- Finger Spelling
- Numbers
- Greetings
- Simple Conversation and questioning
- Colours

The course has been developed by individuals with lived experience of hearing difficulties and is delivered in a relaxed and friendly environment. The sessions are very interactive, with plenty of practical work. You will also be provided with resources to allow you to practice in your own time. As part of the course there will also be presentations about living with a hearing difficulty that give a startling insight into the reality of hearing impairment in today's society.

No prior experience of sign language is required to enjoy this course, so don't let that be a barrier to learning a new skill.

## PROGRESSION

Once completed, this course will allow you to access the "Next Steps in Sign Language Course"

## ENROLMENT

We would like students to attend the full course where possible in order to get the best out of the course.

## COURSE DATES

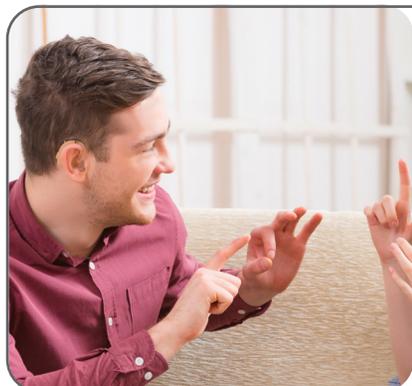
To be confirmed – Session times and dates will be advertised on wards and throughout the hospital including on the Recovery College notice board and Education Room.

If you would like to be notified directly when this course is running, please complete a "Course Interest" form to be added to the waiting list.

# Introduction To Sign Language



Learn simple finger spelling and numbers in sign language.



Learn greetings and colours in sign language.



Dates to be confirmed.



Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.



## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

## BEGINNER

# INTRODUCTION TO PHOTOGRAPHY

## COURSE DESCRIPTION

Ever fancied trying your hand at photography? Then this is the course for you! You may have already tried out our "Introduction to Photography" pop up class, and this course is the next step. On this course, students will learn the basics of operating a professional camera, handy hints and useful tips on how to compose the perfect photograph and explore how to take a beautiful landscape photograph.

The aim of the course is to produce at least 2 photographs that can be displayed around the hospital. Photographs that are produced during this course will also form part of a coffee table book.

No previous experience or knowledge around photography is required to join this course, and all materials will be provided by Recovery College.

We would ask that students who enrol on this course either have Section 17 Leave to the pond, or is able to get this from their MDT, but this is not essential as the course can be adapted if required to accommodate every student.

## PROGRESSION

Once completed, this course will allow you to access the "Intermediate Photography".

## COURSE DURATION

Each session lasts approximately 60 minutes.

## ENROLMENT

We would like students to attend the full 5 weeks where possible in order to get the best out of the course.

## COURSE DATES

To be confirmed – Session times and dates will be advertised on wards and throughout the hospital including on the Recovery College notice board and Education Room.

If you would like to be notified directly when this course is running, please complete a "Course Interest" form to be added to the waiting list.

# Introduction To Photography



**Learn the basics of photography.**



**Take photographs to be put up around the hospital.**



**Dates to be confirmed.**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**



## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

## BEGINNER

# RHYTHM & DRUMS

## COURSE DESCRIPTION

The Rhythm and Drums course is aimed at students with a love of music. People often say that they are “tone deaf” or “have no rhythm, but this course aims to overcome those myths. During the course you will learn about the basics of keeping to a rhythm as well as some basic drum beats.

Music has been proved to be a major factor in promoting positive mental health and well-being, and we hope that this course helps you understand why. While the course is aimed at beginners, we welcome students of all ability levels, and all that is required is a love of music.

If you are feeling adventurous, then why not try drumming along to your favourite song?!

## ENROLMENT

We would like students to attend the full course where possible in order to get the best out of the course.

## COURSE DATES

To be confirmed – Session times and dates will be advertised on wards and throughout the hospital including on the Recovery College notice board and Education Room.

If you would like to be notified directly when this course is running, please complete a “Course Interest” form to be added to the waiting list.

# Rhythm and Drums



**Learn the basics of drumming.**



**Learn the basics of rhythm.**



**Dates to be confirmed.**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**



## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

## BEGINNER

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# SIGN LANGUAGE HALF DAY COURSE

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## COURSE DESCRIPTION

Due to popular demand, we have adapted our "Introduction to Sign Language" course to deliver it over the course of a half day. This course will cover the basics of British Sign Language (BSL) including finger spelling, numbers, greetings and conversation questions. The session is very interactive and students are encouraged to take part in practical activities and will be supported throughout by facilitators with lived experience in hearing difficulties.

You do not need to have any previous experience in using sign language to enjoy this course, and you will be provided with supporting materials to allow you to practice your new found skill.

## PROGRESSION

Once completed, this course will allow you to access the "Next Steps in Sign Language Course"

## COURSE DATES

To be confirmed – Session times and dates will be advertised on wards and throughout the hospital including on the Recovery College notice board and Education Room.

If you would like to be notified directly when this course is running, please complete a "Course Interest" form to be added to the waiting list.

# Sign Language Half Day Course



**Half Day Course.**



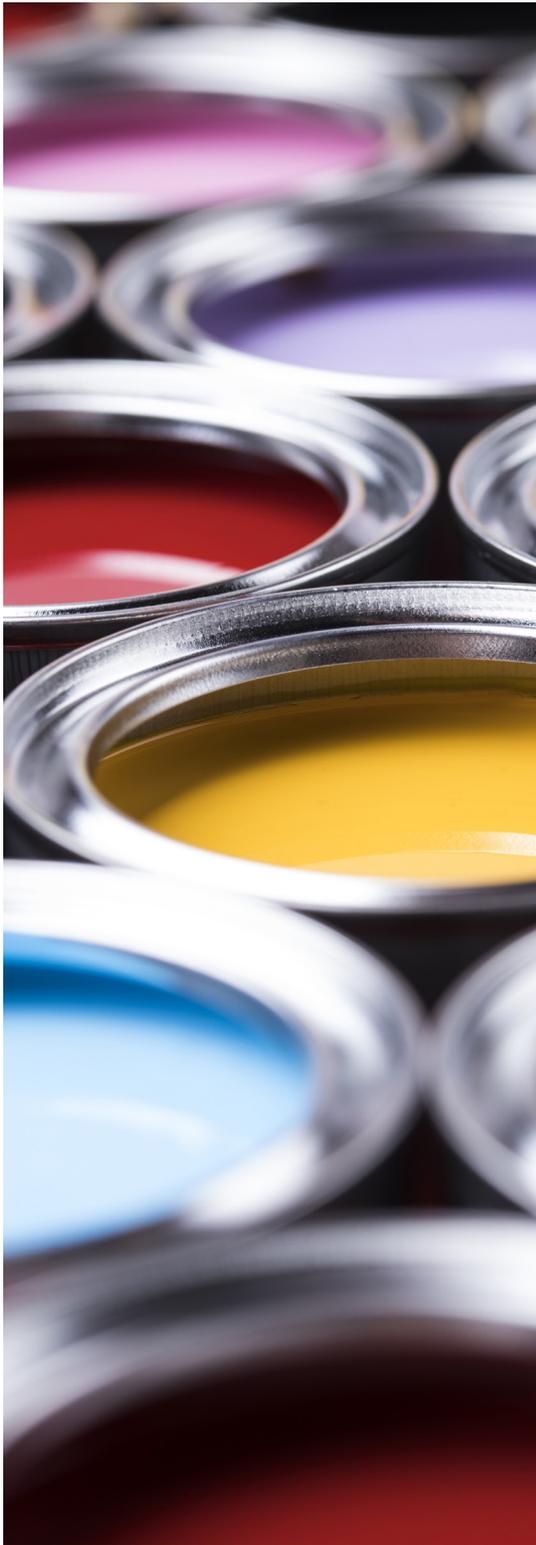
**Learn the alphabet and numbers in sign language.**



**Dates to be confirmed.**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**



## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

## BEGINNER

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# INTRODUCTION TO PAINTING & DECORATING

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## COURSE DESCRIPTION

Painting and decorating is one of those skills that can be really useful to have, and this course is designed to provide you with those basic skills.

Written and delivered by an Expert by Experience, this course will guide you through the preparation of your surfaces, selecting the right paint and tools for the job as well as maintaining your equipment.

You will learn about the different types of paints, and their uses, as well as hints and techniques to get the perfect finish.

Although this is not an accredited course, you will still receive a Certificate of Completion to celebrate what you have achieved. All materials will be provided, but we recommend that you wear some old clothes and shoes for the sessions, as we are unable to replace anything that may get stained when you are working. PPE will be provided upon request

## COURSE DURATION

The course runs for 6 weeks, for around 60-90 minutes per session.

## COURSE DATES

To be confirmed – Session times and dates will be advertised on wards and throughout the hospital including on the Recovery College notice board and Education Room.

If you would like to be notified directly when this course is running, please complete a "Course Interest" form to be added to the waiting list.

# Introduction to Painting & Decorating



**Learn about different paints.**



**Learn how to prepare surfaces to paint.**



**Dates to be confirmed.**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**



## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

## INTERMEDIATE

# FAKEAWAY VS TAKEAWAY

## COURSE DESCRIPTION

Takeaway Vs. Fakeaway is a course designed for people with previous kitchen experience to explore how to recreate their favourite takeaways for a fraction of the cost and a fraction of the calories.

The course is a combination of practical and theoretical work in a small group of like-minded people. It is a very relaxed session. On this course, you will discover new recipes for popular takeaways, learn new skills in the kitchen and be able to enjoy eating your creations at the end of each session. To celebrate the completion of the course, you will also work together to host a "Big Cheswold Fake-Off".

The course has been created and developed by previous course participants and an external teacher with a wealth of experience in working with people with mental health conditions. The course is co-facilitated by patients who have previously completed the course, so you will benefit from the experience of peers who have already successfully completed the course.

## PROGRESSION

When you enrol on this course, you can also complete Food Hygiene Level 1, and use the course as a stepping-stone to access other catering ventures in the future both within and external to the hospital.

## ENROLMENT

If you wish to enrol on this course, we ask that you commit to completing the full 7 weeks. You must also have full kitchen access including sharps access.

## COURSE DATES

To be confirmed – Session times and dates will be advertised on wards and throughout the hospital including on the Recovery College notice board and Education Room.

If you would like to be notified directly when this course is running, please complete a "Course Interest" form to be added to the waiting list.

# Fakeaway Vs Takeaway



**Learn to cook healthy food.**



**Learn to cook your own takeaways.**



**Dates to be confirmed.**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**



INTERMEDIATE

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# AUDIO PRO

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## COURSE DESCRIPTION

Audio Pro is a BRAND NEW addition for 2021! This one is aimed at those who enjoy music of any description. You don't need to be the world's greatest singer, or the most skilled drummer on the planet, just a passion for music of any kind.

Write and record your own music, raps and songs, as well as explore how music can have a positive impact on your mental health and well-being.

Get to grips with recording studio software and technology to create your own tracks, and even produce your own demo!

## ENROLMENT

We would like students to attend the full course where possible in order to get the best out of the course.

## HOW DO I ENROL ONTO THIS COURSE?

Complete a "Course Interest" form and hand in to your ward rep, post in the box next to the Recovery College notice board, or hand in to the Recovery College Lead.

## COURSE DATES

To be confirmed – Session times and dates will be advertised on wards and throughout the hospital including on the Recovery College notice board and Education Room.

If you would like to be notified directly when this course is running, please complete a "Course Interest" form to be added to the waiting list.

# Audio Pro



**Write your own music.**



**Learn how to record music.**



**Dates to be confirmed.**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**



## INTERMEDIATE

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# PHOTOGRAPHY

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### COURSE DESCRIPTION

The 6 week Intermediate Photography picks up from our successful 2020 "Beginners Photography" course, and starts to look at photography with purpose. Refining all the skills learnt in the beginner's course, we explore how to create that "perfect photo"

We look at the importance of intention and purpose when creating your perfect photograph, whilst exploring new technical skills to compliment those learnt during the beginners course.

The photographs that we produce will then be used both within the hospital and in projects developed in The Marketplace (See "Urbantopia" for more details)

We would ask that you complete the "Beginners Photography" course prior to enrolling on to this course.

If you would like to be notified directly when this course is running, please complete a "Course Interest" form to be added to the waiting list.

### COURSE DURATION

Each session lasts approximately 60 minutes.

### ENROLMENT

We would like students to attend the full course where possible in order to get the best out of the course.

### HOW DO I ENROL ONTO THIS COURSE?

Complete a "Course Interest" form and hand in to your ward rep, post in the box next to the Recovery College notice board, or hand in to the Recovery College Lead.

### COURSE DATES

To be confirmed – Session times and dates will be advertised on wards and throughout the hospital including on the Recovery College notice board and Education Room.

If you would like to be notified directly when this course is running, please complete a "Course Interest" form to be added to the waiting list.

# Photography



**Learn to take a photo with a meaning**



**Create your own photos to be displayed**



**Dates to be confirmed**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**



## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

## INTERMEDIATE

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# ORIGAMI

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## COURSE DESCRIPTION

Discover the ancient art of origami with this fascinating 6 week course that looks at the basics of origami. Each session begins with a short mindfulness exercise, before exploring the different techniques required to make some incredible creations.

You do not need to provide any materials for this course, as everything will be provided for you. You will also have the opportunity to take your creations away with you at the end of the session. The sessions have been designed to be both relaxing and enjoyable, and we welcome students of all ability levels. Origami has been a popular pastime for hundreds of years, and once you have completed this course, we hope you understand why.

## PROGRESSION

Once completed, this course will allow you to access the "Advanced Origami" course.

## ENROLMENT

We would like students to attend the full course where possible in order to get the best out of the course.

## COURSE DATES

To be confirmed – Session times and dates will be advertised on wards and throughout the hospital including on the Recovery College notice board and Education Room.

If you would like to be notified directly when this course is running, please complete a "Course Interest" form to be added to the waiting list.

# Origami



**Learn the basics of origami.**



**Learn to use mindfulness.**



**Dates to be confirmed**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**

INTERMEDIATE

# EXPLORING AUTISM

## COURSE DESCRIPTION

Our Exploring Autism course does exactly what it says on the tin! It will give you a chance to learn more about Autism Spectrum Condition (ASC), what that means in today's society and how we can support people with ASC in our day to day lives. The course is split in to two sections with a theory element and a practical element.

As part of this course, you will have the opportunity to work towards an AQA Award in ASC Awareness, but this is not mandatory, and you are welcome to join the course simply to improve your knowledge and awareness.

The practical element of the course will involve taking the knowledge that you gain and put it in to practice by developing our Sensory Garden at Cheswold Park, where you will be involved in designing, creating and maintaining all aspects of this space for all to use and enjoy. Please be aware that you DO NOT need to have completed the AQA Award offered with this course in order to be involved in the designing of our Sensory Garden.

## COURSE DETAILS

Sessions last approximately 60 - 90 minutes with refreshments provided.

## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

## COURSE DATES

To be confirmed – Session times and dates will be advertised on wards and throughout the hospital including on the Recovery College notice board and Education Room.

If you would like to be notified directly when this course is running, please complete a "Course Interest" form to be added to the waiting list.

# Exploring Autism



**Learn about Autism**



**Work towards an AQA Award in ASC Awareness**



**Dates to be confirmed**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**



## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

## BEGINNER

# CV & INTERVIEW SKILLS

## COURSE DESCRIPTION

Many people can find that writing a CV can be more challenging than they realise. People also dread the thought of going to a job interview. This course is designed to support you in all areas of finding meaningful employment when you are ready to do so. The course explores several key areas of finding yourself the right job, including;

- Analysing job adverts to ensure the position is right for YOU
- Creating the perfect CV to catch the employer's eye, based on the job that you are applying for.
- Give you confidence by building up your skills for attending interviews

As part of the course, we will also offer you the opportunity to be part of a panel of interviewers that take part in interviewing potential staff applying for roles at Cheswold Park. This is optional, but can really help you and give you an insight in to how to conduct yourself in an interview.

The course has been co-produced by a student who has already written a CV and faced a number of challenges and our Head of Recruitment.

## COURSE DURATION

The course runs for 5 weeks, for around 60 minutes per session, with some self-guided learning in your own time.

## COURSE DATES

To be confirmed – Session times and dates will be advertised on wards and throughout the hospital including on the Recovery College notice board and Education Room.

If you would like to be notified directly when this course is running, please complete a "Course Interest" form to be added to the waiting list.

# CV & Interview Skills



**Create a CV for you.**



**Build confidence in looking for a job.**



**Dates to be confirmed**



**Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.**



## HOW DO I ENROL ONTO THIS COURSE?

Please complete a Course Interest form and hand in to either the Recovery College Lead or your ward Recovery College Rep. You can also post your Course Interest form in the post-box next to the Recovery College board.

## HEALTH & WELL-BEING

# MEN'S HEALTH

## COURSE DESCRIPTION

Men's Health Pop Up is a series of 3 sessions designed to discuss and explore key aspects of male physical health. This mini-course started off as an on-ward session, and course material has been developed and created based on the feedback received during the initial delivery.

On the course, we will explore 3 areas of Men's Health;

- Self Examination
- Does Size Matter
- STI and Sexual Health

Whilst the subjects are sensitive, the course is designed to be fun, interactive and light hearted to help break down the barriers around talking about sensitive subjects. We would ask that all students come with an open mind, are respectful of others and maintain the confidentiality of the group.

## ENROLMENT

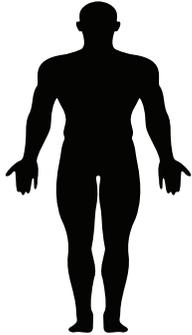
We would like students to attend the full three weeks where possible in order to get the best out of the course.

## COURSE DATES

To be confirmed – Session times and dates will be advertised on wards and throughout the hospital including on the Recovery College notice board and Education Room.

If you would like to be notified directly when this course is running, please complete a "Course Interest" form to be added to the waiting list.

# Men's Health



Discuss and explore Men's physical health.



Learn about sexual health and how to examine yourself.



Dates to be confirmed



Complete a Course Interest Form and give the form to Rick the Recovery College Lead or your ward Recovery College Rep.