

## PHOTOCALL / INTERVIEW OPPORTUNITY

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21 May 2018

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**Event:** Leicestershire Recovery College 'thank you' event for tutors, partners and volunteers

**When:** Wednesday 23 May, 9am – 1pm

**Where:** NSPCC Conference Hall, 3 Gilmour Close, Beaumont Leys, Leicester, LE4 1EZ.



Caption: The Recovery College team with some of their volunteers/ tutors

### **1,600 students 'on course' for mental health recovery**

An NHS-run college providing free courses to aid mental health recovery is celebrating its supporters' contribution with a special 'thank you' event.

Leicestershire Recovery College was launched by Leicestershire Partnership NHS Trust in 2013 on the Glenfield Hospital site in Leicester.

Since then it has supported more than 1,600 people through its growing programme of free recovery-focused courses and satellite venues. (See Anneka's story below)

And on Wednesday 23 May the college is marking its successful development with a special thank you celebration event for the tutors, volunteers and partners who have played a part in its growth.

Recovery College co-manager Kate Hamill (pictured top, fourth from the left) said: “This is a unique opportunity to thank all the tutors, volunteers and partners for their ongoing support and commitment. Thanks to them we can also celebrate how the college is making a difference to people’s lives. Our summer prospectus is the biggest to date with a total of 38 courses to choose from.

“We are delivering courses at 11 different venues across Leicester, Leicestershire and Rutland, including Coalville District Council offices for the first time.”

New courses include a six-week exercise programme, “Healthy Body, Healthy Mind” and a course from the Department of Work and Pensions providing guidance on Universal Credit and health-related benefits and financial advice.

### Case study **Peer tutor: Aneka Weston**



“I was diagnosed with bipolar disorder about 32 years ago. It was not until 2001 that I heard about self-management training for my condition. This training was provided by the charity Bipolar UK. I was asked to train as a tutor facilitator and took a teaching qualification7307.

“I spent many years facilitating courses of this nature all over the country. Sadly, the funding dried up. A wonderful opportunity opened up for me at the Leicestershire Recovery College. The Living with Bipolar course was similar to the management course, but better. It has been a privilege to be able to take part in it.

“Every day I have to work hard following the methods we teach on the course to keep well. Passing these methods on to others offers them hope and gives me some self-esteem. Voluntary work allows me to take time out if necessary and yet it gives me such a sense of purpose. The college has a warm inviting environment where everyone is made welcome and treated with respect. I have met some delightful people during my time there and I believe that students leave armed with information that if followed will make a huge change in their lives.”

You can download the [college prospectus](#) from [www.leicspart.nhs.uk](http://www.leicspart.nhs.uk)

**You are invited to send a photographer/reporter to the event.**

**For further information contact:** Sheila Ashton, communications manager for adult mental health and learning disabilities services Tel: 0116 295 0042, Email: [sheila.ashton@leicspart.nhs.uk](mailto:sheila.ashton@leicspart.nhs.uk)