

MEDIA RELEASE/PHOTO OPPORTUNITY

8 May 2018

AMH.LD_12_18P

Recovery College 'at forefront' of mental health recovery



An NHS-led college, which provides free courses for people with experience of mental illness, is 'at the forefront of a global wave' that could transform mental health recovery.

That's according to Mike Slade, left, Professor of Mental Health Recovery and Social Inclusion at University of Nottingham and chair of the European Network for Mental Health Service.



Over the last five years, the college, based on the Glenfield Hospital site in Leicester, has supported more than 1,600 students through a growing programme of free recovery-focused courses.

The college is continuing to grow and expand access for people across Leicester, Leicestershire and Rutland. This summer it launched its biggest prospectus to date, with a total of 38 free courses at 11 different venues and launches a new course in Coalville for the first time later this month. A free mindfulness course will run at North West Leicestershire District Council's offices on Friday 22 and 29 June. It is available for anyone experiencing mental health difficulties and also open to relatives and carers.

Professor Slade, who has pioneered research into mental health recovery was guest speaker at a special Recovery College celebration event, to say thank you to the

tutors, volunteers and partners who have played a key part in its successful growth and development.

He has been working with the college as part of a one-year pilot study called RECOLLECT, and delivered a presentation on Recovery Colleges as a Source of Innovation and Change, sharing key findings from the project with the audience. Guests also heard from RECOLLECT researcher Rebecca McNaughton.

It is hoped funding will be secured for a more detailed five-year study, which the Leicestershire Recovery College is expected to participate in.

Recovery College student Jolyon Folkett, shared his inspirational personal recovery journey with the audience, telling them the college had been instrumental in transforming his mental health recovery, taking him 'from darkness to light'.

The event ended with an uplifting performance by Leicester's *Britain's Got Talent* semi-finalists the DMU Gospel Choir.

Recovery College co-manager Kate Hamill said: "Thanks to our supporters we can also celebrate how the college is making a difference to people's lives, as the evidence from the research study and a Trust evaluation of our work last year also confirms."

"This was a unique opportunity to thank all the tutors, volunteers and partners for their ongoing support and commitment."

New courses at the college this summer 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.

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

-ends-

NOTES TO EDITORS

1. **Leicestershire Partnership NHS Trust (LPT)** provides community health, mental health and learning disabilities services for the one million people living in Leicester, Leicestershire and Rutland. We have a budget in excess of £275 million and employ approximately 5,500 staff. For more information visit: www.leicspart.nhs.uk

2. **Raising Health** is our registered charity (number 1057361) which raises funds to support LPT's excellent care initiatives, equipment and innovations which go above and beyond core NHS provision, to enhance the experience of our patients, service users and staff. www.raisinghealth.org.uk

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 or Sophie Ion, external communications officer, Leicestershire Partnership NHS Trust,