

MEDIA RELEASE

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Recovery College expands access to free wellbeing courses

Leicestershire Recovery College, run by Leicestershire Partnership NHS Trust (LPT), is expanding access to free mental wellbeing courses this Autumn.



The college, based on the Glenfield Hospital site, has expanded its network of satellite bases to include Loughborough for the first time.

The college now has a roll of nearly 1,500 students and a suite of satellite hubs across Leicestershire.

Its new Autumn prospectus was unveiled at an open enrolment day for prospective new students, while outreach worker Meera Manek, whose post represents a collaboration with the public health department of Leicestershire County Council, started a tour of satellite bases to ensure

as many people as possible know about the free courses on offer.

New to the college this term is a football skills course led by Leicester City Football Club and comedian Rob Gee is back with his popular comedy course.

Other popular topics include anxiety management, mindfulness, coping with change, tackling stigma and discrimination and Get Yourself Active workshops which return for a second term to support people to take their first steps into activity.

The free recovery-based courses and resources are available to anyone with a lived experience of mental ill health, their friends, family and anyone who works for LPT.

Courses are held at the Glenfield base and at satellite hubs at Rutland Adult Learning Service in Oakham, West End Neighbourhood Centre in Leicester, the Mett Centre in Leicester, A Place to Grow in Enderby, Blaby District Council Office in Narborough, Riverside Pavilion in Leicester and – new this year in partnership with Leicestershire County Council’s public health department – at Fearon Hall in Loughborough.

You can download the [Autumn 2017 prospectus](#) from the Trust’s website at www.leicspart.nhs.uk or pick up a copy from the college, opposite the main entrance to the Bennion Centre. It is open to students Monday to Friday, 9.30am to 4.30pm. Autumn courses start on 29 August.

PHOTOS SHOW:

Top (l to r) Recovery College team members Kate Hamill, Joe Smith and Emma Gartland with open day visitors Jolyon Folkett, Annie Walker and Kathy Herbert.

Bottom: Outreach worker Meera Manek



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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

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