

MEDIA RELEASE

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- Leicestershire Recovery College team at the Glenfield base.

Mental wellbeing courses open to more people than ever

An NHS 'college' providing free recovery-focused educational and wellbeing courses is offering them at more sites than ever across Leicester, Leicestershire and Rutland.

Leicestershire Recovery College is run by Leicestershire Partnership NHS Trust, which provides mental health, learning disability and community health services.

This year, for the first time, the college is offering at least one recovery-focused course in every district (See list of venues at the end of this release). With its main base on the Glenfield Hospital site in Leicester, the college now delivers in 12 'satellite' venues. The newest is at Phoenix House in Melton Mowbray which launches with a two-part mindfulness course on Friday 29 March and 5 April.

Courses are open to people with lived experience of mental illness who access LPT mental health services, their friends and family and Trust staff.

The college launched in May 2013 to give people the opportunity to gain new insights into their mental wellbeing, develop their knowledge and skills around mental and physical wellbeing and boost their recovery and resilience.

***See Laura's story below**

The new Spring prospectus features a choice of 38 courses, as diverse as understanding medications for mental health, mental health and smoking, getting

good sleep, managing stress, managing your money, work skills/employment preparation, yoga for mental wellbeing and multi sports with Leicester City Football Club Community Trust.

Some are delivered with partners including Turning Point, the BeHappy Yoga Project, the Workers Education Association, Leicestershire County Council, the Academy of Life, Giving World and Leicestershire Adult Learning Service.

Operational manager Kate Hamill explained: “We’ve expanded our range of courses to include more choice around physical health. We’re passionate about the benefits that good physical health can have on mental health and want to build on physical health and wellbeing opportunities. We have launched a six-week fitness training programme – Healthy Body, Healthy Mind – at the Peepul Centre Gym and Spa and the feedback has been very encouraging. We had comments from people who had previously felt intimidated by the prospect of going to a gym and others telling us they felt motivated and stronger.”

This month the college hosted its first awards ceremony. Certificates, book tokens and pens were presented to 14 students who were nominated by tutors to acknowledge the positive steps and progress they have made in their recovery journey.

Where to find a Recovery College course:

Leicester (Recovery College, Glenfield Hospital site, Mett Centre, Lee Circle, Leicester Centre for Integrated Living and Peepul Centre, Orchardson Avenue); Loughborough (Loughborough Library); Oakham (Rutland Community Hub); Melton Mowbray (Phoenix House, Nottingham Road), Enderby (A Place to Grow, Mill Lane), Hinckley (Hinckley Library, Lancaster Road); Coalville (Marlene Reid Centre, Belvoir Road), Market Harborough (Methodist Church, Northampton Road).

The new prospectus is available free of charge on request from the college on 0116 295 1196, via email to recoverycollege@leicspart.nhs.uk or electronically from the Trust’s website at www.leicspart.nhs.uk (Look under A-Z of services).

Laura’s story

Award-winning Recovery College student Laura Adcock, from Birstall, heard about the college and its courses from her therapist, after being treated for depression and bulimia.



Laura, who also lives with the challenges of autism and epilepsy, faced numerous challenges in socialising with people and developing friendships.

She said: “My epilepsy prevents me from driving and after a split from my boyfriend I found it very hard and quite lonely. My therapist said the college would be a good first step to getting out and about more and making friends.

“I enrolled in the college and completed a number of courses, including writing and comedy courses as well as social skills. I love writing and I found that being able to meet other people with similar interests really helped me with how to develop friendships.”

Laura was one of the students celebrated for their achievements at the Recovery College’s first student awards event recently.

She added: “Since then I have moved on and I’m now actively involved in a number of groups including comedy, writing and arts groups and I’m extending into solo stand-up and the stage. My poetry has been published in Brightsparks books and I have learned to play the ukulele.

“I still have challenges – I am the only person with autism in the groups I attend and these are not always understood, even by health professionals – but I love writing. I write poetry, reviews, songs and scripts and I play and perform with the ukulele. Now I want to use my experience and my writing to support other people with similar challenges.”

-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

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