**Leicestershire Recovery College**

**HOPE CONTROL OPPORTUNITY**

**FAQs**

***Where can I find Leicestershire Recovery College?***

Leicestershire Recovery College is based at the Glenfield Hospital site and we also deliver courses in communities across Leicester, Leicestershire and Rutland.

***When is the Recovery College open?***

The opening hours are Monday to Friday 9.30am – 4.30pm. Course dates and times vary and you would need to refer to the term prospectus for details or contact the college to speak to a member of staff. You can pick up a prospectus at the college or download one from www.leicspart.nhs.uk

***How many students will be on the course with me?***

This varies depending on the course. The average is around 10 – 12 per course. There are just a few courses that do have the potential to accommodate up to 20 but we aim to keep the course groups small and friendly.

***Do I need to be referred by the service or a team?***

There is no need for a referral. Leicestershire Recovery College is designed for anyone with lived and professional experience of mental health who has or is accessing services within Leicestershire Partnership NHS Trust. Your local team or service may recommend Leicestershire Recovery College to you and support you with enrolment onto a course but they cannot refer.

***Will the service know I am attending a course?***

The service will only know if you choose to tell them. Whilst you are at Leicestershire Recovery College you will be considered a student and not a service user and there is no need to inform them. However for some, you may benefit from working in partnership with the person who supports you from the service as they may be able to support you to attend. We can accommodate carers and professionals to support and attend sessions with an individual.

***I am worried I might not be able to complete the course? What happens if I don’t complete the course?***

The courses are free with no costs incurred if courses are not completed. We understand that circumstances can change and health can fluctuate. You can simply inform us that you are unable to attend by text, phone or email (see contact info at the end of this document). We can remove your name from the course list. You can continue to engage with the college at your pace and undertake the course again during another term. Certificates of achievement will be sent to all students for each course completed.

***Will I need to share any personal information on the course?***

We place great emphasis on maintaining student confidentiality. Some courses may encourage sharing of information to enhance the learning experience however this is not enforced. The only time that confidential information would be shared by staff within the college is if we feel that your safety or another person’s safety is at risk.

***Can I still attend the college if I didn’t have a particularly good experience at school?***

We know it can be a daunting experience going back into a learning environment especially if you have had a negative education experience or have been out of education for a long time. Remember there are no requirements in terms of any particular academic level. All we ask is that you participate, complete and learn from the course. We are also aware that people learn in different ways and our courses are designed taking this into account. We aim to offer a supportive environment where individual learning needs are identified and catered for.

***I work for the Trust and I am interested in attending a course. Can I enrol?***

Yes. Courses are available for all staff who work at Leicestershire Partnership NHS Trust.

***I am caring for someone who uses the services. Can I enrol on a course?***

Yes, you can. Our courses are designed for family, friends and carers as well as people who use our services. We believe that bringing in all these different perspectives together creates the best learning experience for everyone.

***Not ready to commit yet?***

We are here for you when you are ready. You can contact the college to organise an informal visit where you can have a look around the college, meet some of the staff and get a feel for the place. We will do our best to fit an appointment in around you. You don’t have to visit alone; you are welcome to bring someone along to support you.

***Any questions?***

Our friendly team are available to answer any questions you may have on the phone from 9.30am to 4.30pm. Please don’t hesitate to call or send us an email. We will do everything we can to make you feel at ease about making a positive step in your recovery.

**Tel no. 0116 2951196**

**Email: recoverycollege@leicspart.nhs.uk**

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