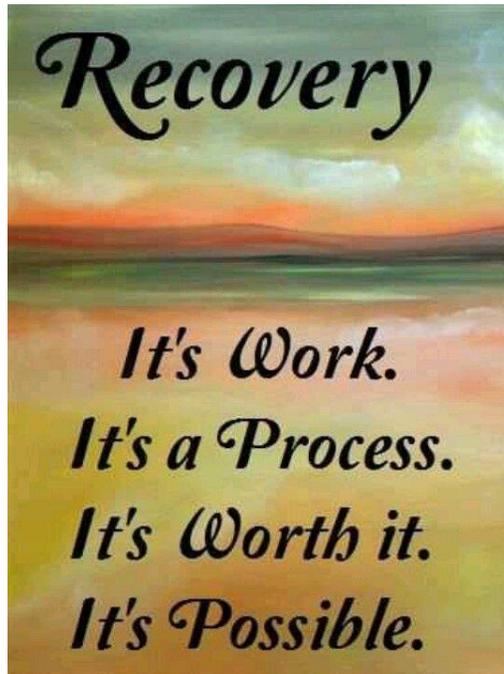




### ***Why should I?***

- ***Greater Choice***
- ***Greater control in my wellbeing***
- ***Enhances my skills***
- ***Helps me cope better***
- ***Stepping stone to mainstream education if I choose***



### **Contact for more Information**

Elin Thomas  
Or  
Bethan Bater  
Occupational Therapists

Recovery college Website

## ***PiC Recovery College***





## What is a Recovery College?

A Recovery College is an environment where you can discover your potential and learn the skills to develop your strengths and achieve your goals.

The Recovery college compliments any therapeutic programmes you may be involved in and has an educational focus.

Courses will be co produced and where possible co facilitated by individuals who have lived experience of mental illness and mental health practitioners.

You will be able to choose courses from a prospectus that you feel you will benefit from, that develop your skills and that help you to rebuild your life regardless of mental health challenges.

From 2016, it is a requirement of all medium and low secure care providers to offer patients access to Recovery Colleges

MENTAL ILLNESS  
IS NOT A CHOICE,  
BUT RECOVERY IS.



### Service Benefits

- Improved patient experience
- Improved recovery related outcomes
- Improvement in self-management
- Reduced length of stay and fewer admissions

### Services Offered

A variety of courses throughout the year in line with "term times"

Courses will be developed and offered in partnership with service users with lived experience, local providers such as external educational colleges and mental health staff reflecting local need and interest.

Courses may include practical skills such as learning "online banking", "cooking on a budget" and so forth to creative skills such as art and crafts and may also extend into vocational tasks such as "getting ready to work"

### Student Life

Students will sign up the college Charter- a document that informs the student what to expect from the college but also what the college expects from them.

There will be opportunity for students to plan organize and facilitate social events