



























# We measure EVERYTHING

COURSE \_\_\_\_\_ Date: \_\_\_\_\_

What skills or knowledge have you learned today that will help you in your recovery?

Are there any changes or improvements you would make to today's session?

How has today's session helped you understand your needs and/or strengths?

In one word phrase how would you sum up today's session?

Date \_\_\_\_\_ Name \_\_\_\_\_

How many different people do you have a meaningful, face to face, conversation with, in an average week?

How many of these would you say were 'professionals', doing their job?

Approximately How many different places do you go to in an average week?

Courses \_\_\_\_\_ Date: \_\_\_\_\_

It is important to us that you find our courses helpful. Please can you help us to monitor that by answering the following questions?

What have you found helpful about the course?

We want to create a place where people feel valued and accepted. Have we managed to do this and if so, how?

How do we compare with other services that you have used? What makes us different?

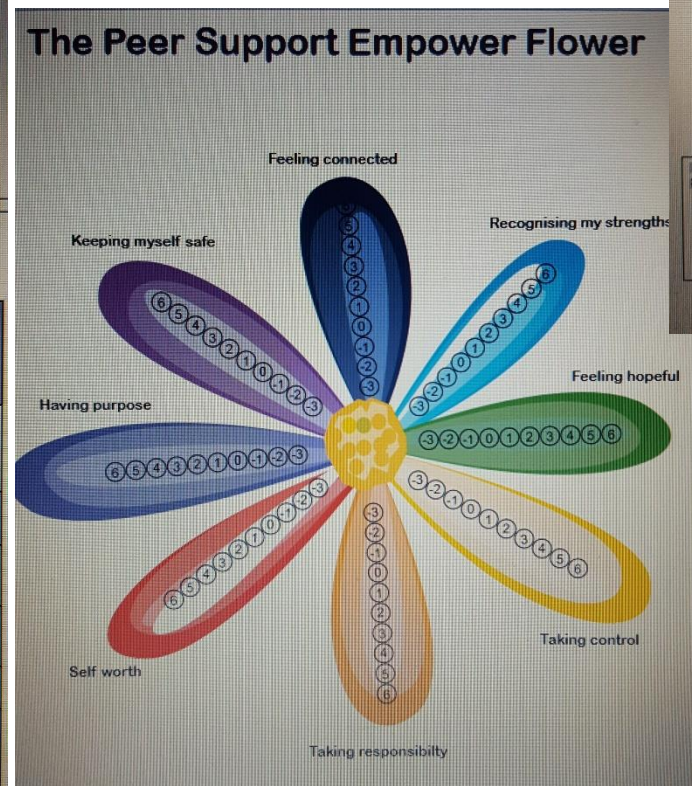
	YES	NO
Do you have more confidence in your abilities?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel that your motivation has increased?	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel more confident around people?	<input type="checkbox"/>	<input type="checkbox"/>

Are your goals or aspirations different to when you started your course? If so, what has changed?

If The Recovery College were able to offer you peer support to access volunteering or further education, would you be interested?

**The Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS)**  
Please tick the box that best describes your experience of each over the last 2 weeks

STATEMENTS	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5



If you use Mental Health Services, such as having a CPM, a Care Manager, or a Psychiatrist, do you feel that you have had less contact with them since you've started attending The Recovery College?

If so, why do you think this has happened?

Do you think that you might have visited your GP less since coming to The Recovery College?

Again, if so, why do you think this has happened?

How likely are you to recommend our Recovery College to friends and family if they needed something similar?

- Extremely likely
- Likely
- Neither likely nor unlikely
- Unlikely
- Extremely unlikely
- Don't know

Is there anything else that you would like to tell us about your experience of attending our Recovery College?

"Short Warwick-Edinburgh Mental Well-Being Scale (SWEMWBS)"  
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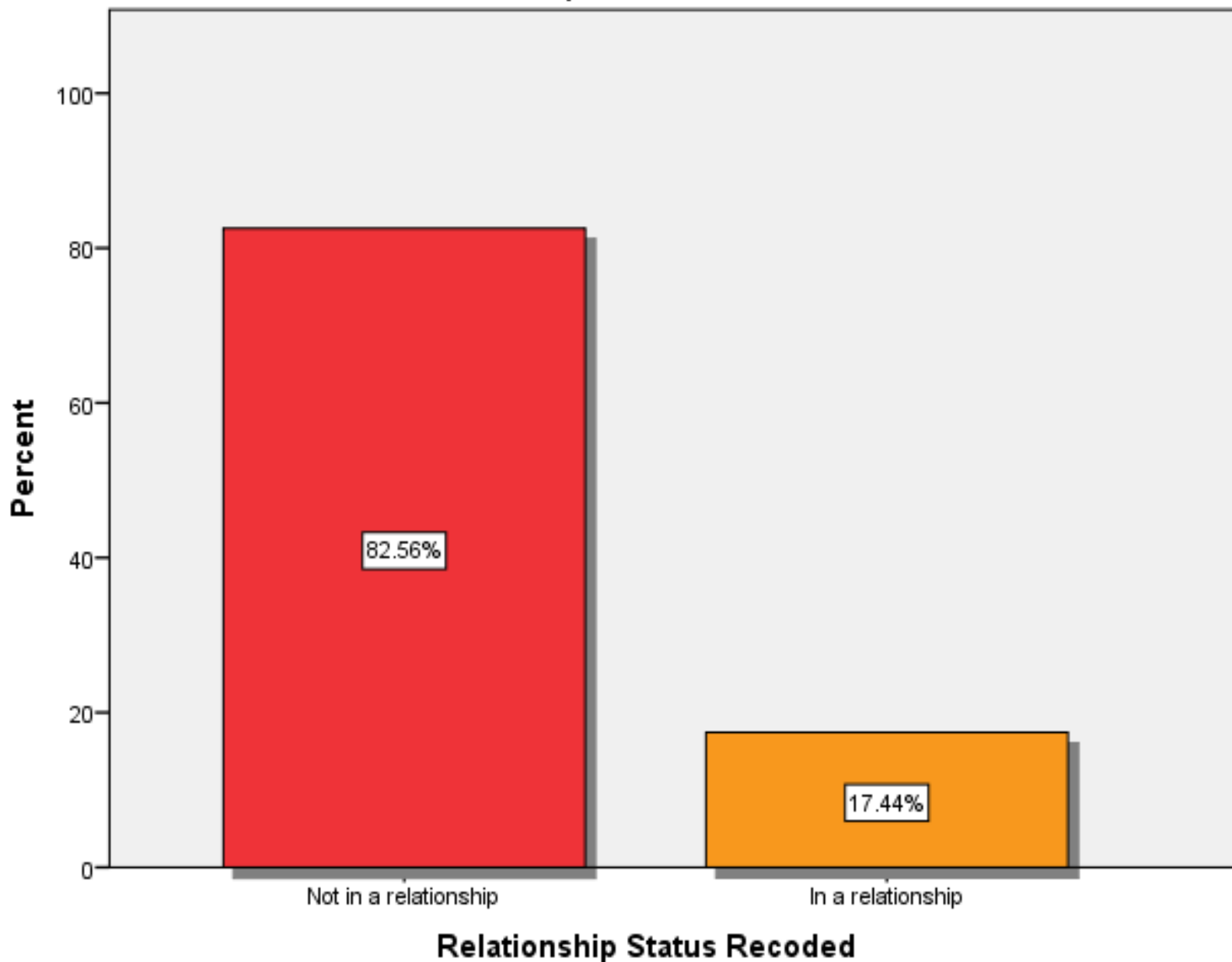
- We have 1000 students
- With another 200+ people who use the space for peer led activities
  
- 55% of students use secondary mental health services
- 26% of students use other statutory services – Probation, Social Services
  
- We get about 900 sign-ins per month
- People undertake 1-4 ‘activities’ on each visit
- That’s an (under)estimate of 1,500 ‘activities’ per month
  
- ReCoCo costs £174,000 per year. That’s £8 per ‘activity’
- 1/10 the cost of a CPN visit      £393 less than a night in hospital



- We know that people rely less on services
- 45% see less of their GP
- 53% see less of their CPN or have been discharged from services
- 88% feel more confident in their own ability
- 91% Feel that their motivation has increased
- 95% Feel more confident around people
- 75% have changed their goals or aspirations
- 85% are now interested in volunteering for ReCoCo

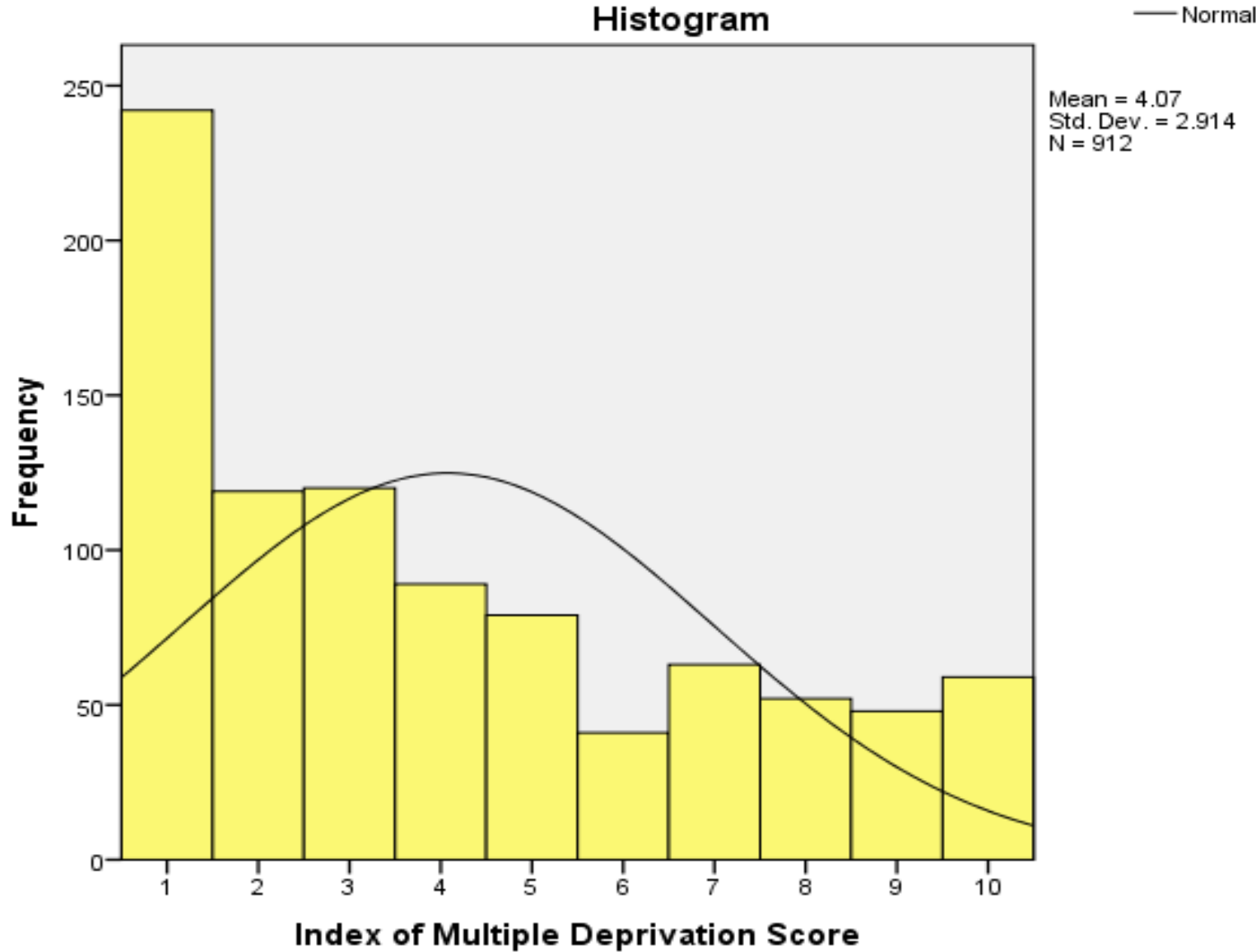


## Relationship Status Recoded



‘In direct contrast to the findings from the 2011 census, which reported that only 34% of people in the North East of England were not involved in a romantic relationship. This is a considerable difference in scores and is in keeping with the notion that intimate relationships are difficult to initiate and maintain for those experiencing mental distress and that living alone is a significant risk factor for poor mental health (CQC, 2017).’





This is in keeping with repeated public health surveys, which identify poverty and deprivation as key correlations with poor mental and physical health (Black, 1980; Marmot, 2010). Whilst it may appear that 6% of students reside in the least deprived/ most affluent wards, this is in fact somewhat accounted for by the number of inpatients attending TRC. The main inpatient facility from which students reside is at the St Nicholas Hospital site, which is in the affluent suburb of Gosforth. Consequently, this has somewhat skewed the representation of the data, which would be even further weighted towards the most deprived wards.



- ‘TRC appears to be inclusive and equally effective regardless of student’s level of deprivation.’
- ‘This indicates a statistically significant improvement in this item between SWEMWEBS 1 & 2, based on 212 paired observations. On all outcomes’
- ‘Indicating less than 1 in 10,000 probability that this is a chance result’
- ‘The level of external support did not influence the outcome. Those in GP only care did equally as well as those in receipt of secondary care.’

**“So, in summary, TRC is a highly effective (statistically significant) intervention in increasing a sense of wellbeing and it is a very inclusive service which is equally effective for all students regardless of gender, ethnicity, socioeconomic status, relationship status and external support services”**







Stars  
Can't  
Shine  
Without  
Darkness

Be part of  
something bigger  
than yourself.





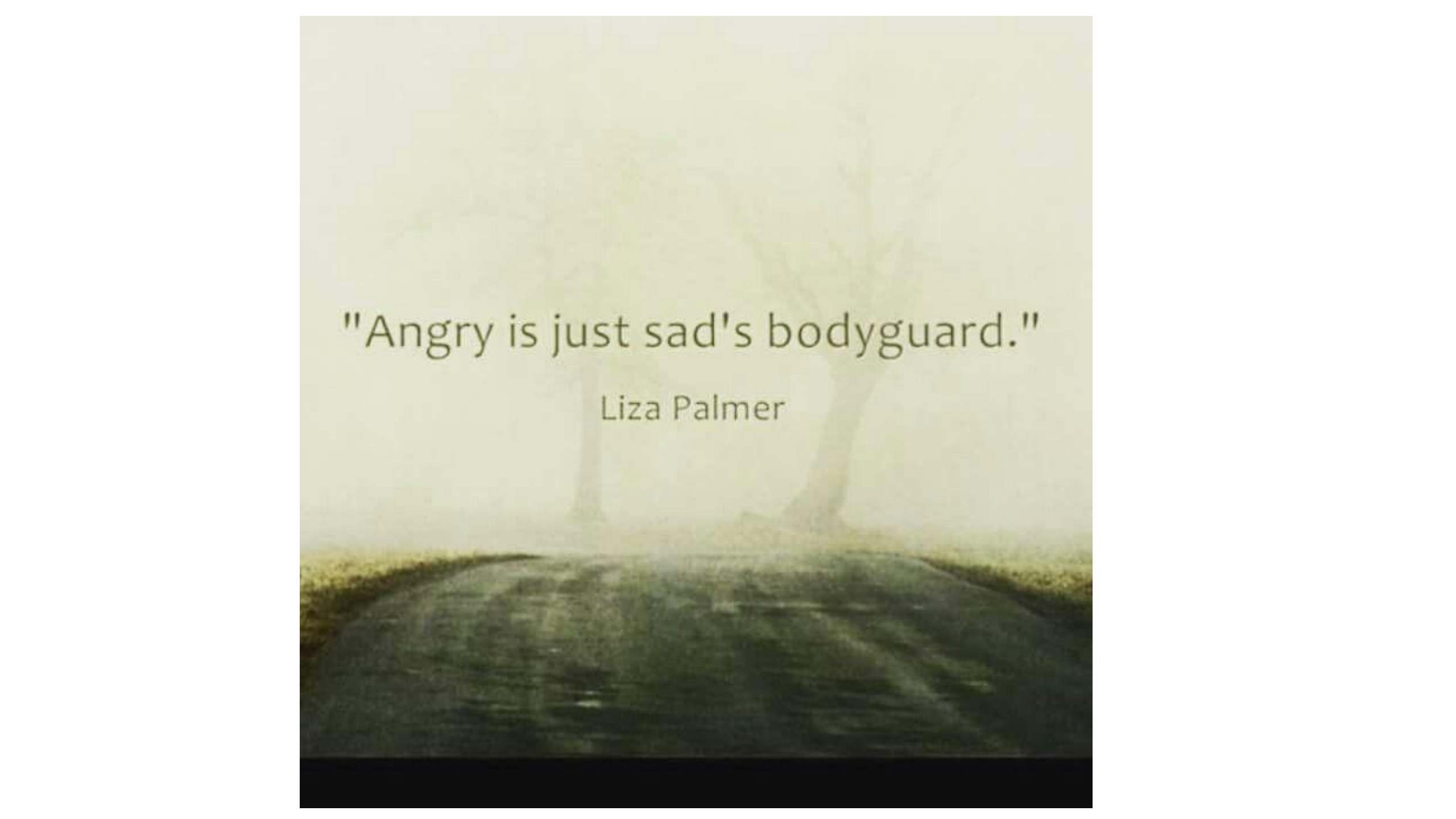
WHAT IF I GET EMOTIONAL  
IN THE ARMY?



THIS IS BELONGING

SPEAK YOUR  
MIND EVEN IF  
YOUR VOICE SHAKES





"Angry is just sad's bodyguard."

Liza Palmer



**Blessed  
are the cracked,  
for they shall  
let in the light**



**A SCAR SIMPLY  
MEANS YOU WERE  
STRONGER THAN  
WHATEVER TRIED  
TO HURT YOU...**

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PICTUREQUOTES.COM

**IF WE AS A  
COMMUNITY DON'T  
STEP UP TO HELP  
EACH OTHER, THEN  
WHO WILL?**



"Damaged people are  
dangerous because they  
know they can  
survive."

LoveFromASelfHarmer

IT IS NOT THOSE WHO INFLICT THE MOST BUT  
THOSE WHO SUFFER THE MOST WHO PREVAIL  
TERENCE MACSWINEY



LOVE, BELONGING &  
CONNECTION ARE THE  
UNIVERSAL SOURCES OF  
TRUE WELL-BEING

We want Bill Quay Farm in Gateshead.







# Recoverycoco.com

Please visit our website and show your support