



# CENTRAL AND EAST RECOVERY COLLEGE

## The Central and East Recovery College Service

exists as all Recovery Colleges do to form a bridge between mental health services and the community and serve as a way of, creating opportunities to teach/practice self-management strategies for people living with mental ill-health. Seldom has an idea in the mental health arena been taken up so rapidly or as broadly as that of 'Recovery College', Perkins et al (2017).

**In 2017-18 over 1065 service users and carers attended 345 workshops supported by over 22 volunteers and 8 trainers including mental health lived experts.**

For more information: **Contact Central and East Recovery College:**

Telephone: 01625 505647 Email: [ce.recoverycollege@cwps.nhs.uk](mailto:ce.recoverycollege@cwps.nhs.uk)

Visit the webpage: <http://www.cwp.nhs.uk/services-and-locations/services/central-and-east-recovery-college/>

For further information see:

- Harper, L. & McKeown, M. (2018) 'Why make the effort? Exploring Recovery College Engagement' Journal of Mental Health and Social Inclusion, 22, (1), pp. 27-33 or email [ce.recoverycollege@cwps.nhs.uk](mailto:ce.recoverycollege@cwps.nhs.uk)
- <http://www.cpft.nhs.uk/Documents/Recovery%20College/ImROC%20Recovery%20Colleges%2010%20years%20on.pdf>

*This poster was created by a Central and East Recovery College volunteer as part of their recovery and return back to work.*



## What our students say:

*'I have to say the whole course for me was useful to me and has given a lot of knowledge and insight on how to deal with mental health issues.'*

### **A Mental Health Awareness workshop**

*'I will certainly try using the techniques in taking responsibility more with my actions. Talk to my friends more noticing my mood & behaviour.'*

### **An Understanding Bipolar workshop**

**Central and East Recovery College empowers people to live fulfilling lives and develop their unique potential**