



## RECOVERY COLLEGE EMPOWERMENT THROUGH EDUCATION

As part of the Western Health Trust's commitment to supporting people on their Recovery journey, we are working on new initiatives to involve individuals much more in planning their care, helping to deliver recovery focused services and learning skills in self-management and self-care.

One of these initiatives is setting up a 'Recovery College'.

Our Recovery College aims to offer individuals educational courses and workshops specifically designed to promote self-management, well-being and recovery.

All courses are co-designed and co-delivered by staff with extensive knowledge of mental health conditions and individuals who brings their own expertise due to their lived experience with mental health conditions.

Recovery colleges use a recovery based approach to help people recognise and develop their own personal resourcefulness and resilience, become experts in their own self-care and work towards achieving their own goals and ambitions.

All courses are open to individuals affected by mental health difficulties, including service users, carers, friends and family and staff members.

If you are interested in finding out more, please consider coming along to one of our short courses. These 2 hour workshop style courses will commence mid-September 2014 and will give you a real flavour of our college experience.

Please complete the form included in this pack to register your interest and to receive an application form.