



Pennine Care
NHS Foundation Trust

HEALTH AND WELLBEING COLLEGE

Transforming lives
through hope, control and
opportunity

2017/2018

“ Today has been
a journey of
hope. ”

“ I joined the college to
get my confidence
back and to make new
friends. For the first
time I am a person not
an illness. ”

“ The college has been
a God send. It's a safe
place where I can
be myself, it doesn't
matter that I am
disabled. They accept
me for who I am. ”



Contents

Welcome.....	3	Curtains to sleepless nights.....	20
About the college.....	4	Finding your balance	20
What is the aim of the college?	4	Get mental health aware	20
Who is the college for?.....	4	Get social media savvy.....	21
Where is the college?.....	5	Healthy relationships.....	21
When is the college open?.....	11	I am in control.....	21
How long can I be a student for?.....	11	Living with pain.....	23
What can I expect from the college?	11	Loss and bereavement.....	23
Getting started.....	13	Make it count.....	23
Enrolment for new students.....	13	Out of the blues.....	23
Online induction	13	Preparing for your future.....	24
What if I need extra support?	13	This is my moment.....	24
About co-production.....	16	Writing our stories.....	24
Getting involved.....	16	New courses.....	25
Experts by experience feedback.....	16	Arts for wellbeing *NEW*	25
What else is available at the college?.....	18	Drug and alcohol awareness *NEW*	25
Our courses.....	19	Eat well and get active *NEW*	25
Assert yourself.....	19	Get up and go! *NEW*	28
Believe and achieve.....	19	Learn to ride *NEW*	28
Coping with change.....	19	Living well with psychosis *NEW*	28
Cool it!.....	20	Contact us.....	31

Welcome

Hello and welcome to our second year at the Health and Wellbeing College.

We've had a great first year and are really proud of the students who have studied with us during this time. Their energy and motivation to learn in order to improve their health and wellbeing has been amazing. We're truly inspired each and every day. We've literally seen people change before our eyes, growing in confidence and feeling more in control of their own health and more able to self manage.

The outcomes have been fantastic and this is down to the sheer hard work and determination of our students, in collaboration with our dedicated staff team.

We are so excited about the new academic year ahead and can't wait to share the journey with new and existing students.

Best wishes,
Katie & George
College Leads



Katie



George

About the college

What is the aim of the college?

Our college aims to provide something very different for local people by delivering an innovative educational programme to improve wellbeing.

We have moved away from a clinical focus to an educational approach which empowers people to take control of their health and wellbeing, while learning new skills, making friends and connecting with others.

Our recovery-focused courses can support people to recognise their potential and make the most of their talents and resources, through self-management. In turn, this can help people to deal with any health challenges they may experience and achieve the things they want in life.

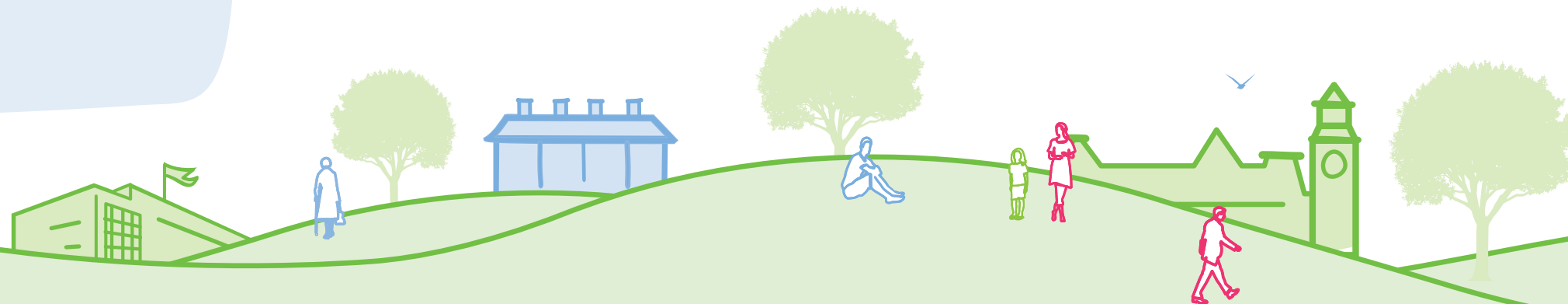
Who is the college for?

The college is open for anyone **aged 18 or over** who lives in:

- Heywood, Middleton or Rochdale
- Bury
- Oldham
- Stockport
- Tameside or Glossop

Everyone is welcome regardless of whether they have an existing health condition or challenge, or they simply want to improve their health and wellbeing.

We also welcome those who care for someone – including friends, family and loved ones, as well as any staff working for Pennine Care.

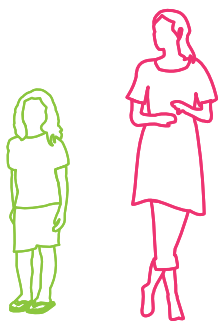


Where is the college?

Our new building

We're delighted that our new academic term, commencing September 2017, has seen the college move into a brand new purpose built main campus that has been designed around the needs of our students. This new campus is in the centre of the Pennine Care footprint and provides state of the art classrooms, as well a range of enhanced opportunities to improve the student experience. Including:

- **Student computer area:** We have a computer suite, with free Wi-Fi, where students are able to access our new college website to manage their own personal student accounts. Students are also able to continue their learning experience outside of the classroom by accessing the internet for additional resources and to support their personal development.
- **Library area:** We have a continually expanding resource of self-help materials and books which students can loan to again enhance their learning experience.



- **Social space and coffee bar:** A dedicated social area is available for students to connect with others, make friends and share their learning. The space can also be used to have some quiet reflection time alone, or even just to sit and enjoy a cuppa, that can be purchased from our volunteer-led coffee bar.

This modern and well equipped campus site will be the central base where all the main college activity happens. However, we do also have a number of our most popular courses on offer at venues in Bury and Stockport, visit our website for further details: www.hwcollege.penninecare.nhs.uk





Tameside campus

The main college campus is at **225 Old Street, Ashton-under-Lyne, OL6 7SR**, next door to Pennine Care's Trust Headquarters. Although there is no onsite parking there is a pay and display car park behind the main college building. The main bus station and tram stops for Ashton are a short walk away.

Access to the college is through the rounded glass end of the building nearest the Magistrate's Court. The campus offers a range of enhanced facilities for our students, including state of the art classrooms and a communal area offering a library resource and free Wi-Fi.

Toilets are available on all floors and refreshments are available to purchase from our volunteer led cafe.



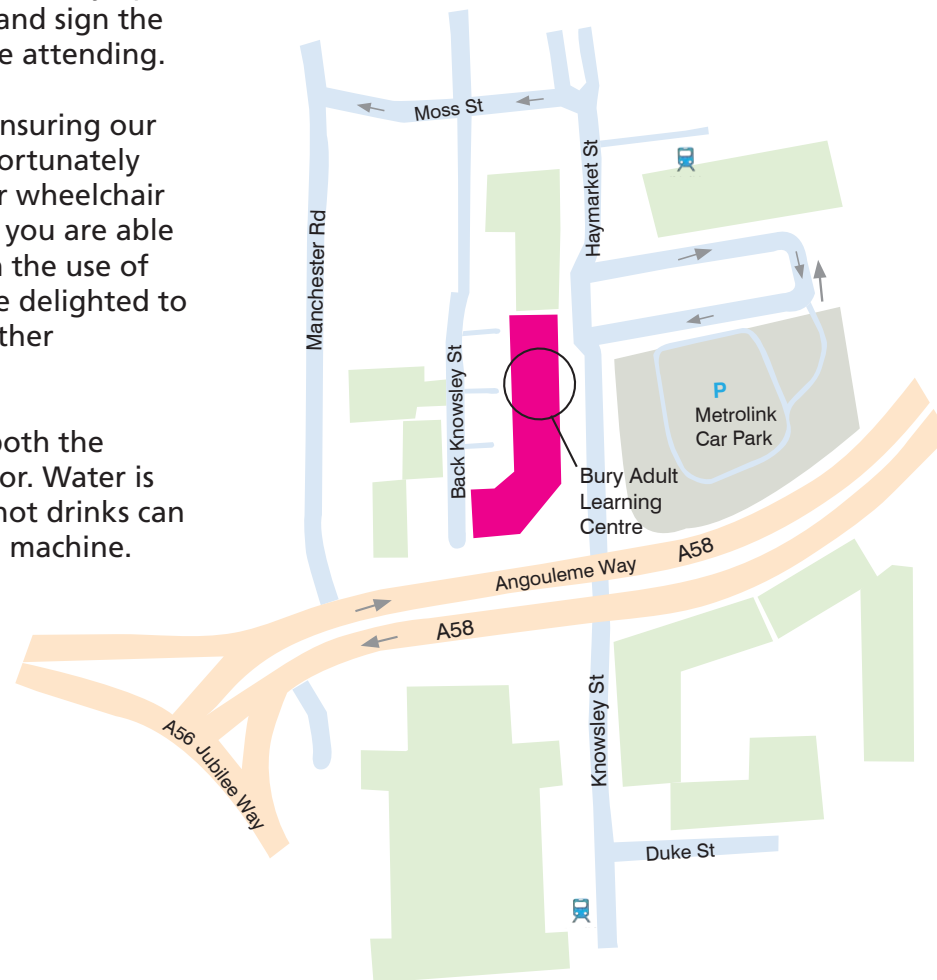
Bury campus

Our Bury campus is based at **Bury Adult Learning Centre, 18 Haymarket Street, Bury, BL9 0AQ**. There is no onsite parking, but there are a number of pay and display car parks in the local area. The bus and metro link station are located opposite the centre.

On arrival you should make your way up to room 21 on the first floor and sign the register for the course you are attending.

While we are committed to ensuring our college is fully accessible, unfortunately this campus is not suitable for wheelchair users, unless you can confirm you are able to evacuate the building with the use of the stairs. If not, we would be delighted to welcome you to one of our other accessible campuses.

There are toilets located on both the ground floor and the first floor. Water is available free of charge and hot drinks can be purchased from a vending machine.



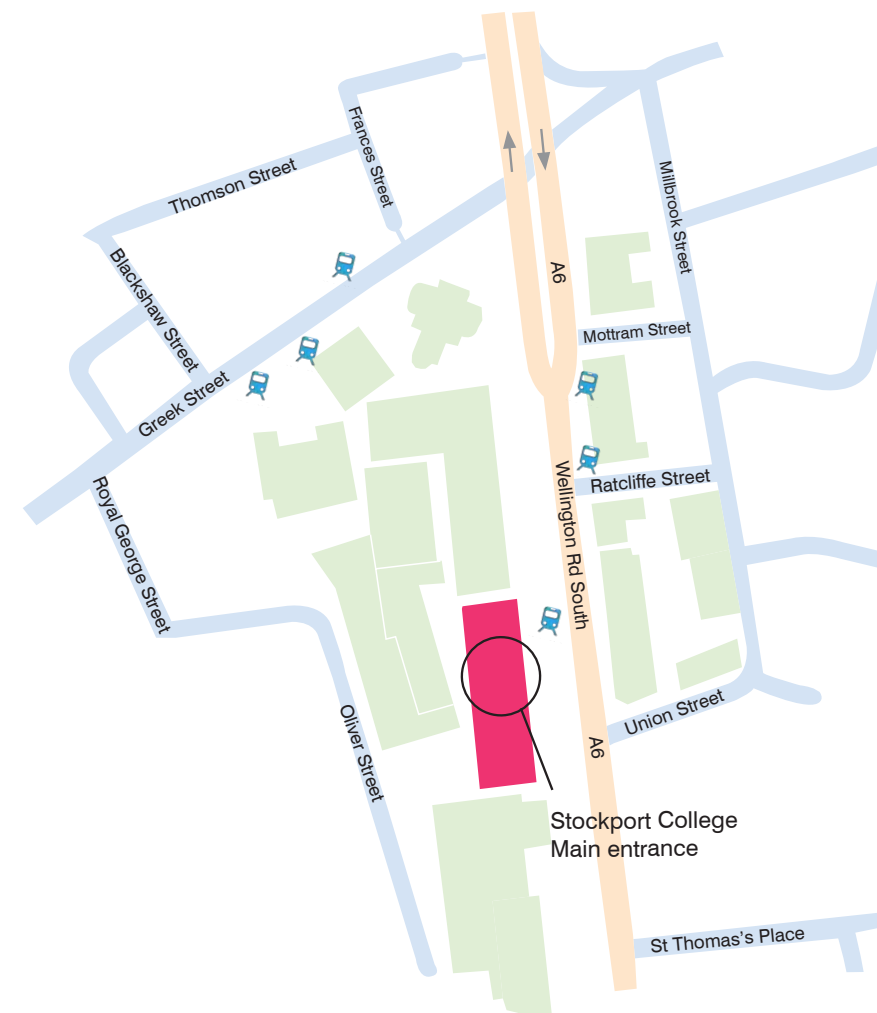
Stockport campus

Our Stockport campus is based at **Stockport College, Wellington Road South, Stockport, SK1 3UQ**. Although there is no on-site parking, there are a number of pay and display car parks in the vicinity. There is also a bus stop immediately outside the main college entrance, and Stockport train station is a short walk away.

Enter the main college entrance on Wellington Road South where you will be asked to sign in. Please explain that you are attending a course with the Health and Wellbeing College. You will then be given a visitor pass and the course facilitator will take you to your session at Vernon Tower.

Students are able to purchase refreshments (drinks and snacks) from the cafe located in the main reception area should they wish to do so. Toilets are located within the main reception area and within Vernon Tower itself.

Please note: The Tameside and Stockport campus sites offer full disabled access. As noted however the Bury campus site is not suitable for wheelchair users, unless you can confirm that you are able to evacuate the building by the use of stairs.



When is the college open?

The main college site (Ashton-Under-Lyne) is open 9.30am – 4.30pm, Monday to Friday. Students are welcome to use the range of facilities available during these times, even if they haven't got courses.

Courses are delivered at the Bury campus on Mondays and the Stockport campus on Fridays. Unfortunately the additional facilities mentioned previously (computer suite, library etc) are not available at these campus sites. However, all students are welcome to utilise the range of facilities at the main campus site, regardless of where they choose to attend courses.

How long can I be a student for?

The college follows an academic year, broken down in to the following three terms for 2017/2018:

Autumn term:

Mon 4th Sept – Thurs 21st December 2017

Winter term:

Weds 3rd Jan – Thurs 29th March 2018

Spring term:

Mon 16th Apr – Fri 20th July 2018

Students can enrol at any time and attend courses for any 12 month period. However, in order to get the most out of your time with us, where possible, we would encourage you to enrol as close to the start of a term as possible.

How often would I need to attend?

The amount of time that you need to attend the college will depend on which courses you

sign up for. To make sure you get the absolute most out of your time at the college, we advise that you attend 100 per cent of the courses you have chosen where possible.

You must attend a minimum of 75 per cent of your courses to receive your certificate and it is **absolutely essential that you attend the first session of any course.**

We understand that there may be times when you can't attend for a number of reasons. We simply ask that you let us know if you are not able to attend. If attendance becomes a real struggle, there is always the option for you to defer – just come and talk to a member of the college team.

What can I expect from the college?

First you will need to enrol and then complete an online induction. This will give you the opportunity to set yourself goals, measure your wellbeing by completing some brief questionnaires and think about what courses might help you to improve your future health and wellbeing.

At the end of each term you will be asked to review your goals and complete the questionnaires again, as well as thinking about new goals and any new aspirations for the term ahead.

At the end of each term we will have a celebration event, where we celebrate our students successes by presenting course attendance certificates, as well as graduation certificates to those who are moving on.



Getting started ***New Online Process***

Enrolment for new students

Before starting any of our courses, you need to enrol with the college. This is done online at the following link:

www.hwcollege.penninecare.nhs.uk

Enrolment simply involves us collecting some basic information from you, such as your name, address and contact details. You will also be asked to complete some questionnaires about your health and wellbeing.

You can do this process in the comfort of your own home or using a public computer somewhere, or you can call in to the main college campus site. Staff will be on site in the college to support you through the process should you require this.

Online induction

Once you have enrolled, you will then need to complete your online induction. This is an opportunity for you to learn more about the college and how we operate, as well as signing up to our student charter (what we expect from you and what you can expect from us) and finding out more specific details about how our courses operate etc. Again, this can all be completed from the comfort of your own home if you wish; alternatively you can complete this at the main college site (again with staff support if required).

Once this process is complete you will then be able to log in to the college system at any time and access 'My Dashboard'. This will be your own personalised student account page which will show you all the details of any courses you have booked, scores from questionnaires completed and any college updates/news items etc.

What if I need extra support?

During your online induction you will be asked to complete a form 'making you feel comfortable at college' where you can tell us about any specific support needs and we will try our best to accommodate them.

We encourage you to attend the college independently where possible; however a supportive friend, family member or professional may come with you initially.

We can offer you the support of a study buddy, who can meet with you before you start at the college and attend some sessions with you, if you wish.

You are more than welcome to call in to our main college campus in Ashton-under-Lyne to have a look around and ask any questions you have. If you would like to have a look around our Stockport or Bury campuses, please get in touch first and we can arrange a mutually convenient time.

And remember, if you currently receive support from a healthcare professional, or service, this will continue in the normal way outside of the college.

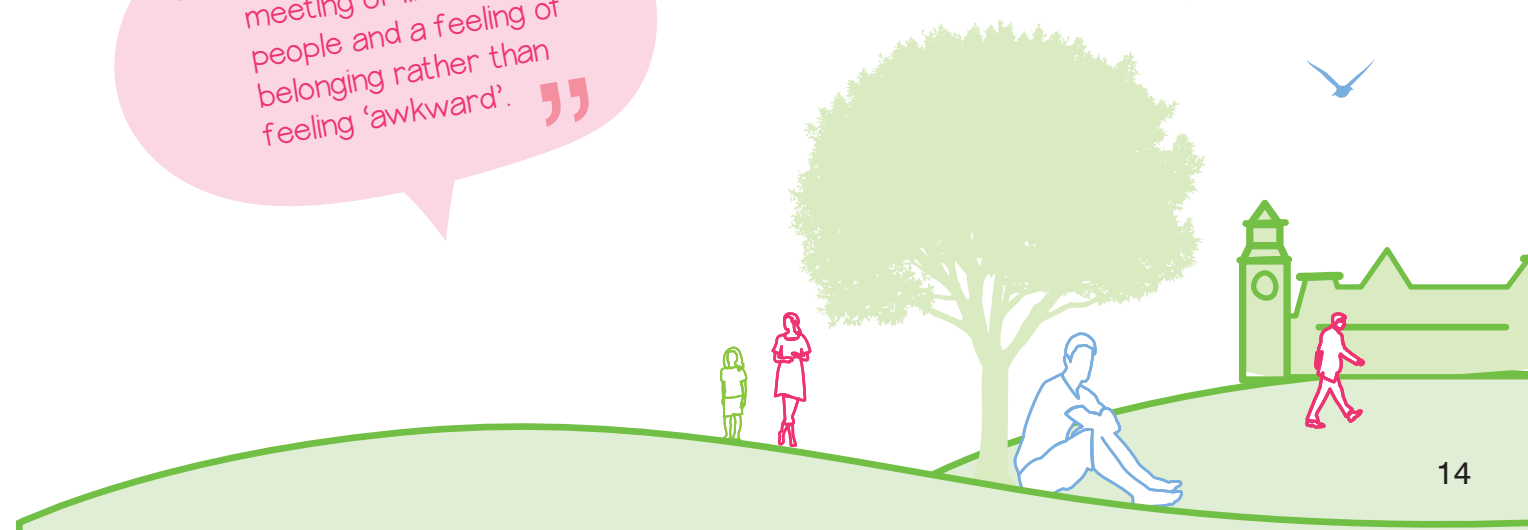
Making the most of your study sessions

Facilitated informal drop-in support sessions are also available for new and prospective students to come along and ask any questions, see the venue, ask for support, or simply have a cuppa with a friendly face and meet others. **These sessions run every Wednesday afternoon at the main campus site, 2pm – 4pm – no booking required, just turn up!**

“ I absolutely love the class. There's so much positivity and energy...
...so full of amazing information. I feel so revived when leaving. ”

“ I love the interaction of people in the group. ”

“ The class has been a meeting of like-minded people and a feeling of belonging rather than feeling 'awkward'. ”





About co-production

Everything we do at the college is fully co-produced by experts by profession (people who have professional knowledge in a particular subject area) and experts by experience (people who have personal experience of a particular health challenge).

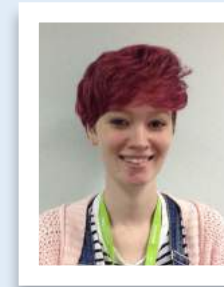
This approach empowers people to use their experiences to help others on their recovery journey. We have found that this way of working really brings a different dynamic to the college.

Getting involved

Volunteer and paid employment opportunities

There are various volunteering and paid job opportunities available within the college for students and those who have graduated.

These will be advertised, but please do speak to a member of the college team if you are interested in finding out more.



"I started the college as a student and then became a volunteer and now I have progressed on to a Peer Trainer role within the college. I never thought I would get anywhere like this in my life. The college has given me so many skills

and so much confidence that it even amazes me. I want to thank the college for helping me to develop into the person that I am today and continuing to help me better myself. I can't think of anything better than helping other people every day."

Amy Wilcox Jones
Peer Trainer



"What a difference a year makes. This time last year I hadn't heard of the college. It was the first anniversary of my widowhood. I was so low, isolated and considering ending it all.

I enrolled at the college when it opened and embraced its ethos. I was welcomed and found friendship, understanding and acceptance. I took part in co-production and in promoting the college. In time I became a volunteer, and now a peer trainer.

A year in which my life changed by developing enough confidence to deliver a presentation. I now have hope for the future."

Judith Tomlinson Harrison
Peer Trainer





"Since being introduced to the Health and Wellbeing college, my life has been enriched in so many ways.

First I was invited to help co-produce the Believe and Achieve course. It was this which made me enthusiastic to attend other courses. The

courses have helped me to understand and manage my depression.

Recently, I have been lucky enough to get a position as a peer trainer. The Health and Wellbeing College has turned my life around in less than 12 months. I would encourage anyone to try it."

Gill Abrahams
Peer Trainer



"When I first came to the college I was so anxious, I sat near the door, my head telling me to escape. I decided to stay and it was the best decision I have made.

I had been living with a mental illness which led me to isolate myself. I made new friends and my confidence soared. Each course I've learned something new.

I then became a volunteer, met new people and gained more skills. I applied for a job as a peer trainer which I got. Hopefully my journey will inspire others."

Sarah Moore
Peer Trainer

“ I made new friends and my confidence soared. Each course I've learned something new. ”

What else is available at the college?

Activities and events

In addition to our educational courses, we offer a range of activities and events. These aim to enrich your time at the college by offering you the opportunity to try something new and different.

Where possible we link the activities into relevant local and national health and wellbeing campaigns, such as Self-Care Week, or into seasonal themes such as Christmas or Eid.

Our activities and events will be advertised throughout the year, so look out for details.

You will be able to get involved in anything that interests you. If you have any ideas about the types of activities we could offer, who we could link in with, or if you would like to work with us, please contact us at the details on the back page.



Our courses

In this section you can find out all about the courses we will be offering during the academic term September 2017 to the end of July 2018. (Any additional courses developed during this time will be advertised on our website)

Some courses will run more than once during the term – but all are exactly the same. You can choose to book onto any of the courses at any of the campus sites, but you must attend all dates within that course (i.e. you can't swap between courses). Further details about each course, such as dates, times and venues can be found on our website: www.hwcollege.penninecare.nhs.uk

You should aim to arrive a few minutes before the start time of your session. Pens, paper and other course materials will be provided.

Assert yourself

This course will help you to understand what being assertive means and help you become more confident. You will learn positive communication skills, how to know your rights and be able to assert yourself.

Course length: Two sessions

Duration: 2 hours

Believe and achieve

This course aims to celebrate your everyday and long-term achievements, step towards believing in yourself and achieving your journey. The possibilities are endless if you believe.

Course length: Four sessions

Duration: 2 hours

Coping with change

This course aims to help you explore how you can prepare for change and deal with stressful situations.

Course length: Four sessions

Duration: 2 hours

Cool it!

This course may interest you if you wish to develop your understanding of anger and look at ways to manage it. The course will help you to think about how your lifestyle and choices can make you feel angry and cause aggressive behaviour.

Course length: Six sessions

Duration: 2 hours

Curtains to sleepless nights

This course looks at the importance of getting a good night's sleep, how we can improve sleep and our sleeping habits. It will equip you with tools to try and end the struggle with sleepless nights.

Course length: Two sessions

Duration: 2 hours

“ I have learnt so many more positive ways of managing my depression, and learnt not to hide away when I am feeling down. ”

Finding your balance

Every single person gets 24 hours in a day and seven days in every week. But how do we use that time and what's the link with how it makes us feel?

This course will provide you with an opportunity to look at what you are doing each day. It will help you to understand the effect of getting the balance wrong and offer advice on how to make sure you get the balance right more often, to benefit your wellbeing.

Course length: Four sessions

Duration: 2 hours

Get mental health aware

This one off interactive session will look at some of the facts and figures about mental health problems, as well as busting some of the common myths that exist.

Course length: One session

Duration: 2 hours



Get social media savvy

Do you want to learn how to use social media to connect with other people and improve your health and wellbeing?

This course is a basic introduction to social media including: Understanding what Facebook, Twitter and YouTube are, getting set-up on the platforms, how you can use them to improve your health and wellbeing or to develop your social networks, and tips on using social media safely.

Please note: While this is an introduction to social media, it's expected that students will have a basic understanding of using a computer and browsing the internet.

Course length: One session

Duration: 2 hours

Healthy relationships

This course aims to increase your awareness about the difference between healthy and unhealthy relationships. You will be encouraged to explore your own social circle and consider the influences within it, while also reviewing your personal boundaries.

You will be introduced to some skills to support you to develop healthy relationships, and receive information about where you can gain additional support.

Course length: Four sessions

Duration: 2 hours

I am in control

The course aims to help you manage and overcome anxieties. You will learn tools and techniques to recognise and deal effectively with different types of anxiety and explore how you can feel in control.

Course length: Six sessions

Duration: 2 hours

“ I have learnt various techniques to manage my mental health and reduce my anxiety and depression. ”



Living with pain (in partnership with Active Tameside)

Persistent pain can be both physically debilitating and emotionally devastating. This course examines how pain affects both the body and the mind. It explores strategies which can enable you to better manage pain in order to continue to live a fulfilling life.

The course is suitable for people who are experiencing pain, or care for someone who has pain.

Course length: Four sessions

Duration: 2 hours

Loss and bereavement

This course will consider the impact of loss and how you can adapt and adjust to change. The course will consider risk factors which can make it harder to come to terms with a loss and provide you with helpful strategies to cope with grief.

Course length: Three sessions

Duration: 2 hours

“ It has been so helpful to meet and hear other peoples experiences, and realise that other people just like me have similar difficulties. ”

Make it count

This course will help you to develop basic budgeting skills, including prioritising and planning spending. You will receive tips on building up savings, understanding where your main outgoings are, how to successfully manage money and how the state of your finances links to your health and wellbeing.

Course length: Two sessions

Duration: 2 hours

Out of the blues

The course aims to develop an understanding of how depression affects people and to help you deal with low mood. It looks at the impact of lifestyle on depression and how to build positive thinking and activity in to our lives.

Course length: Six sessions

Duration: 2 hours

Preparing for your future

This course aims to help you recognise your skills and how you can make the most of these to reach your full potential and move forward with your life.

You will learn how to write a CV, complete application forms, search for jobs and learn basic interview techniques.

Course length: Four sessions

Duration: 2 hours

This is my moment

Come and learn how to be aware of your feelings, acknowledge and accept your thoughts and gain an understanding of how to use your senses to allow yourself to be in the moment and appreciate your life.

Course length: One session

Duration: 2 hours

Writing our stories (in partnership with Richmond Fellowship)

Are you interested in unlocking the creative potential of storytelling? This course will look at storytelling as a form of escapism – looking at things in a different way and reflecting on your own experiences.

The session will involve reading stories (fictional or real life) and talking about them. We will look at simple techniques that have shaped these stories. Following this, there will be activities that will ease you in to the art of writing and there will be a chance to share your writing with others, if you wish.

Course length: Eight sessions

Duration: 2.5 hours



New courses

Arts for wellbeing *NEW*

Evidence suggests that creativity can have positive impacts on our overall health and wellbeing; improving mood, increasing self-esteem and boosting confidence.

Why not come along to our practical art course, where you will be introduced to the concept of art and learn more about how this relates to health. You will then have the opportunity to use a range of materials to create some artwork around a specific theme.

No need to be an artist – all abilities welcome.

Course length: Eight sessions

Duration: 2 hours

Drug and alcohol awareness *NEW*

Through this course you will develop a practical understanding of the effects of different types of drugs and alcohol on mental health and wellbeing and receive information about where you can gain additional support.

Course length: Four sessions

Duration: 2 hours

Eat well and get active (in partnership with Be Well Tameside) *NEW*

Do you want to feel healthier? Do you want to feel the benefits that improving your diet and activity levels can bring?

This course will help you to identify small changes in the food choices you make and to your daily activity in order to improve and maintain good health and wellbeing for now and the future.

Course length: Four sessions

Duration: 2 hours





Get up and go! (in partnership with Active Tameside) *NEW*

Would you like to become more active in order to improve your health? Do you feel there are barriers for you becoming more active and are unsure what activity may be best?

This course aims to explore physical activity and how you can move more in everyday life. We will look at what the barriers are to engaging in physical activity and how we can overcome this. An opportunity to take part in taster sessions of armchair exercises and tai chi are also included within this course.

Course length: Four sessions

Duration: 2 hours

Learn to ride (in partnership with Greater Manchester Transport) *NEW*

New to cycling or not ridden for many years? Come along to this practical course which will give you the knowledge and skills required to ride a bike – learning things like how to prepare for your ride and how to ride safely; as well learning the benefits of cycling for health.

The course is over six weeks, with two theoretical sessions and four practical sessions. No bike needed – everything is provided.

Course length: Six sessions

Duration: 2 hours

Living well with psychosis *NEW*

This course aims to make sense of some of the experiences of psychosis, introduce the idea of recovery and think about strategies that might support a person's recovery journey.

Course Length: Four sessions

Duration: 2 hours

“ I have come so far from where I was, I can see a purpose to what I am doing now. ”

Partnership development workshops

Is your service or organisation interested in working in partnership with the Health and Wellbeing College?

Have you got ideas about how we might be able to collaborate?

Are you passionate about educational opportunities to enhance health and wellbeing?

We run various partnership development workshops throughout the year, and we'd love to hear from you.

Please find our contact details on the back page.

Patient Advice and Liaison Service

The Patient Advice and Liaison Service (PALS) acts on behalf of service users, families and carers to negotiate prompt solutions and help bring about changes in the way that services are developed. As well as providing a confidential advice and support service, PALS will help guide you through the different services available from the NHS.

Tel: 0161 716 3178

Comments and complaints

We want to learn from comments and complaints about our services. If you have any, please speak with a member of staff. Every effort will be made to resolve any concerns and complaining will not cause any difficulties in your care with us. You can also contact the Trust's Complaints Department via post at Trust Headquarters, 225 Old Street, Ashton-under-Lyne, OL6 7SR.

Tel: 0161 716 3083

Email: complaints.penninecare@nhs.net

Become a member of our Trust

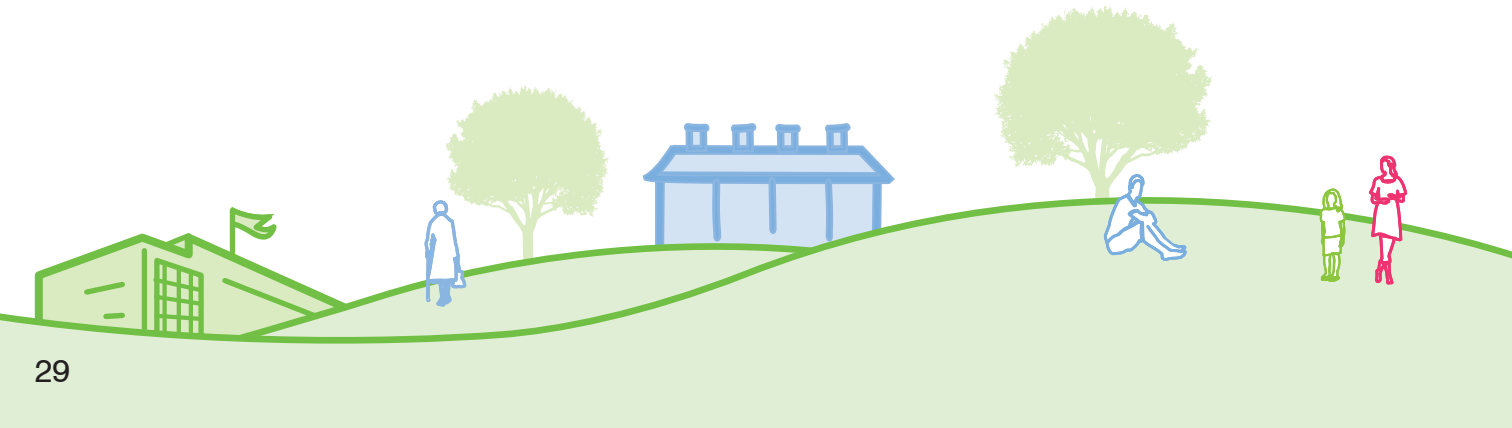
You can be the voice of your community by electing or becoming a governor, find out more about your local mental health and community services, and receive updates, comment on our plans and get invitations to health events.

Tel: 0161 716 3960

Email: ftmembership.penninecare@nhs.net

Alternative formats

If you need help to understand this information, require it in another format such as large print, spoken (on CD) or Braille, or require it in a different language, speak to a member of staff.



Contact us

If you would like any further information about the college, please contact us in any of the following ways:

 0161 716 2666

 hwcollege.penninecare@nhs.net

 Search Health and Wellbeing College

 @PennineCareNHS

Ready to get started?

Don't delay, enrol today!

It's quick and easy and can all be done online at your convenience – just visit our website:

 www.hwcollege.penninecare.nhs.uk