

HEALTH AND WELLBEING COLLEGE

Transforming lives through hope,
control and opportunity

Autumn term prospectus
September to December 2016



Contents

Welcome	3	Course information	9
About the College.....	4	Believe and Achieve	10
How do I get started.....	6	Curtains To Sleepless Nights.....	11
In my Own Words	7	Out Of The Blues	12
What next for the college.....	8	This Is My Moment.....	13
Volunteer and paid employment opportunities	8	I Am In Control	13
Further information	8	Cool It!.....	14
		Writing Our Stories	15
		Getting Social	15

Special thanks...

A big thank you to everyone who has been involved in the development of the college and helped us to get where we are today. In particular, we send a heartfelt thank you to our experts by experience, who have very kindly volunteered their time to be involved in the co-production process and shared their lived experiences. You can find out more about our experts by experience on page 7.



Welcome

Hello,

We are delighted to welcome you to our new and exciting Health and Wellbeing College.

We offer a range of recovery-focused educational courses, aimed at supporting you to recognise your potential and make the most of your talents and resources, through self-management. This will help you to deal with any health challenges you may experience and to achieve the things you want in life.

We have a range of interesting courses on offer and these will continue to expand as the college grows.

At first there will be a focus on supporting people to overcome mental health-related challenges. However, in the future we will also be offering courses around physical health and general wellbeing.

This joined up approach to supporting both your mental and physical health and wellbeing supports Pennine Care's goal of providing high quality whole person care.

The courses aim to be fun and interactive and will vary in length and duration. We will offer a number of different learning styles, to ensure there is something for everyone.

Every single course is fully co-produced. This means that it is jointly developed by experts by profession (someone with professional skills or knowledge) and experts by experience (someone with skills or knowledge gained through living with a particular condition or health challenge).

We are really excited to be part of this new and exciting project that involves working in a different way. We want to move away from a clinical focus to an educational approach and empower people to take control and learn new skills, while making new friends and connecting with others.

We welcome feedback about how we can expand and improve the college. If you have any ideas, or work in a local organisation that is interested in working with us, then please get in touch at the details provided on page 8.

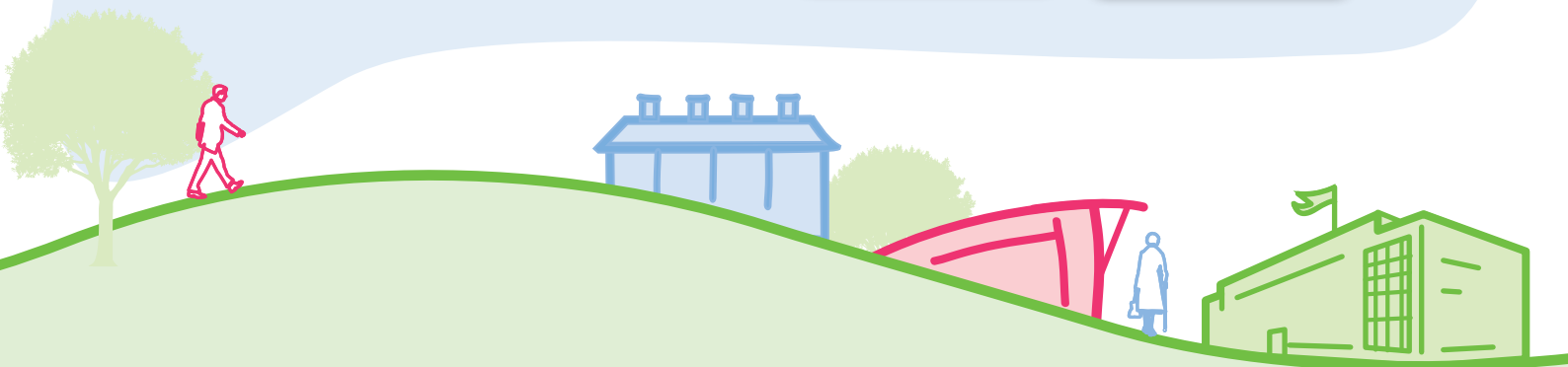
We look forward to welcoming you.



Katie



George



About the college

Who is the college for?

All of our friendly and welcoming courses are available to people aged over 18 years who live in the following areas: Heywood, Middleton, Rochdale, Bury, Oldham, Stockport, Tameside or Glossop.

You are welcome regardless of whether you have lived experience of a health condition or challenge, or you simply want to improve your 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?

The current college campus site is Maple House, Whitney Court, Southlink Business Park, Hamilton Street, Oldham, OL4 1DB.

All courses during the first semester will be delivered here and free parking is available.

There is a bus stop and metro station located at Oldham Mumps, which is a short walk away.

We are hoping to move to a bigger venue in the future and to deliver some courses at a range of local borough-based campus sites. Watch this space!

When is the college open?

Initially, the college will be open to students between 10am and 4pm, Monday to Friday.

As part of our plans to expand the college, in the future we are aiming to offer courses in the evening and at weekends. This depends on demand, so please do let us know if this is something you would be interested in.

How often would I need to attend?

The amount of time that you will 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. You must attend a minimum of 75 per cent of your courses to receive your certificate.

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 until the next term – just come and talk to a member of college staff.



How long can I be a student for?

The college runs over a full academic year, which is broken down into three terms – autumn (September to December), spring (January to April) and summer (April to July).

You can choose to attend the college for one full academic year (three terms) or just for one or two terms.

What can I expect from the college?

To make the most of your time at the college, you will develop an individual learning plan that sets our specific goals and aspirations. This will help to identify which courses will be most beneficial to you (full course details are provided on pages 9 to 15).

Don't worry if you're not sure what you want to achieve at this point, we will work with you on this.

Towards the end of each term, we will talk to you about what you want to do next and provide any advice and support you need. You could decide to stay on for another term (up to a maximum of three), move on to adult education or paid employment, or take up a volunteering opportunity.

At the end of each term we will hold a graduation ceremony to celebrate the achievements and successes of those moving on from the college.

What if I need extra support?

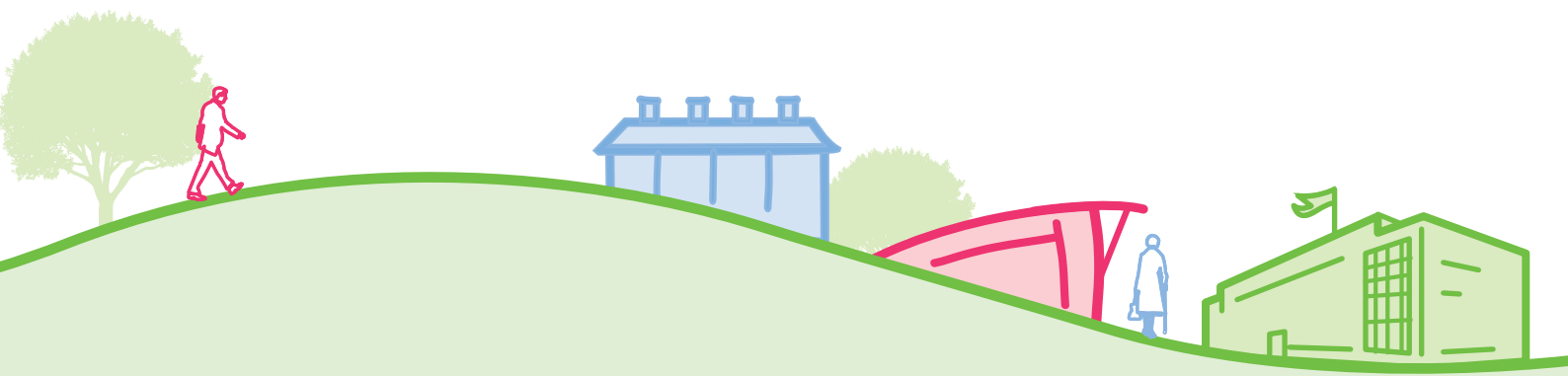
We operate an open door policy to students. Maple House offers full disabled access and we will do everything we can to support you to be able to achieve success during your time with the college. When you enrol, please speak to us and we will do whatever we can to provide the support you need.

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 the college for an informal visit; to have a look around and ask any questions you have.

And remember, if you currently receive support from a healthcare professional, or service, they will still be around to support you in the normal way outside of the college.



How do I get started?

Enrolment

Firstly you'll need to enrol with the college. Enrolment for the first term (Monday 5 September to Friday 16 December 2016) will begin on Monday 4 July and run until the courses begin on 5 September.

You can enrol either over the telephone, by email, or you can call in to the college (all contact details are provided on page 8).

Enrolment simply involves us collecting some basic information from you, such as your name, address and contact details.

Once you have enrolled, you will get confirmation from us that you have become a registered student.

Attending an initial mandatory workshop

Once you have enrolled, you will need to book on to a mandatory workshop titled: 'Making The Most Of Your Study And Developing Your Individual Learning Plan'.

The first part of the session will provide you with an introduction to the college. During the second part, you will have an opportunity to think about your goals and aspirations, which courses you might like to choose and to complete your individual learning plan.

When you have decided what courses you want to do, you will need to complete a course choices form. You can either do this during the workshop, or go away to think things over and pop in with your form at a later date.

The dates and times for the workshop are as follows and all will be held at Maple House Oldham (full address on page 4):

Date	Time
Tuesday 16 August	10am to 12pm
Wednesday 17 August	1.30pm to 3.30pm
Thursday 18 August	10am to 12pm
Friday 19 August	1.30pm to 3.30pm
Tuesday 23 August	10am to 12pm
Wednesday 24 August	1.30pm to 3.30pm
Thursday 25 August	10am to 12pm
Friday 26 August	1.30pm to 3.30pm
Tuesday 30 August	10am to 12pm
Wednesday 31 August	1.30pm to 3.30pm
Thursday 1 September	1.30pm to 3.30pm
Friday 2 September	10am to 12pm



In my own words

As we have mentioned previously, all of our courses have been fully co-produced (jointly developed) with a range of experts by experience – in other words, people who have real life experience of a particular health condition or challenge.

Here you can find out a bit more about them, why they wanted to get involved and their thoughts about the college.



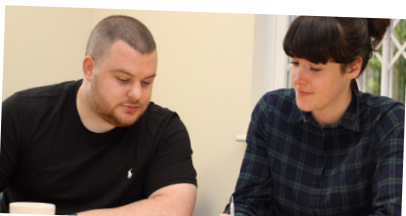
Tanya Headley, 52, from Radcliffe, said: “I’ve gone through a personal journey, so it’s good to have the opportunity to help others. This is my chance to give back.”



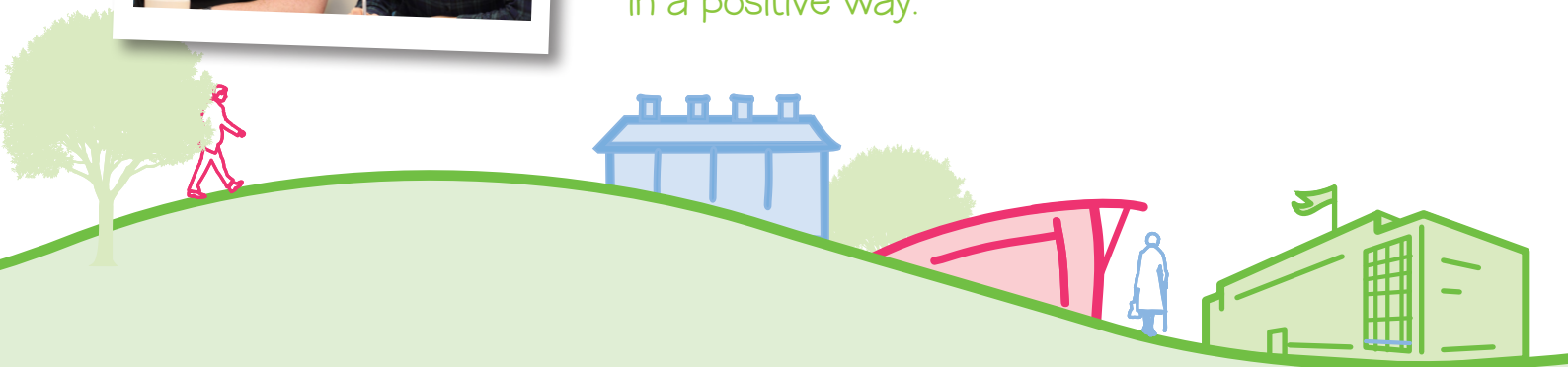
Katheryn Whittaker, 53, from Denton, said: “I’ve found helping to produce the courses really interesting. It’s about different people sharing their experiences and it lets people know they’re not on their own and others have been through similar things.”



Jake Goulding, 31, from Heywood, said: “It’s about people understanding other people’s experiences and hopefully changing the stigma around mental health problems.”



Luke Dawson-Schofield, 25, from Stockport, said: “I want people to get started with the college to see how this can change their life in a positive way.”



What next for the college?

In the coming weeks and months we will be offering enrichment activities. You will be able to book on to these, in addition to your chosen courses.

The activities will be offered throughout the academic year and will give you the opportunity to try something new and different.

Where possible we will 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.

We are currently working to develop the activities that will be offered and they will be advertised within the college.

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 this page.

Volunteer and paid employment opportunities

There will be various volunteering and paid job opportunities available within the college for students and those who have graduated. These will be advertised within the college, but please do speak to a member of the college team if you are interested in finding out more.

Further information

If you would like to know more about the college, please get in touch or visit our website or Facebook page:

☎ 0161 716 2666

✉ hwcollege.penninecare@nhs.net

🌐 www.mhmc.penninecare.nhs.uk/HWCollege

📘 Health and Wellbeing College

🐦 @PennineCareNHS

Richmond Fellowship

To find out more about the mental health charity, Richmond Fellowship, which has helped to co-produce the Writing Our Stories course (detailed on page 15), visit www.richmondfellowship.org.uk



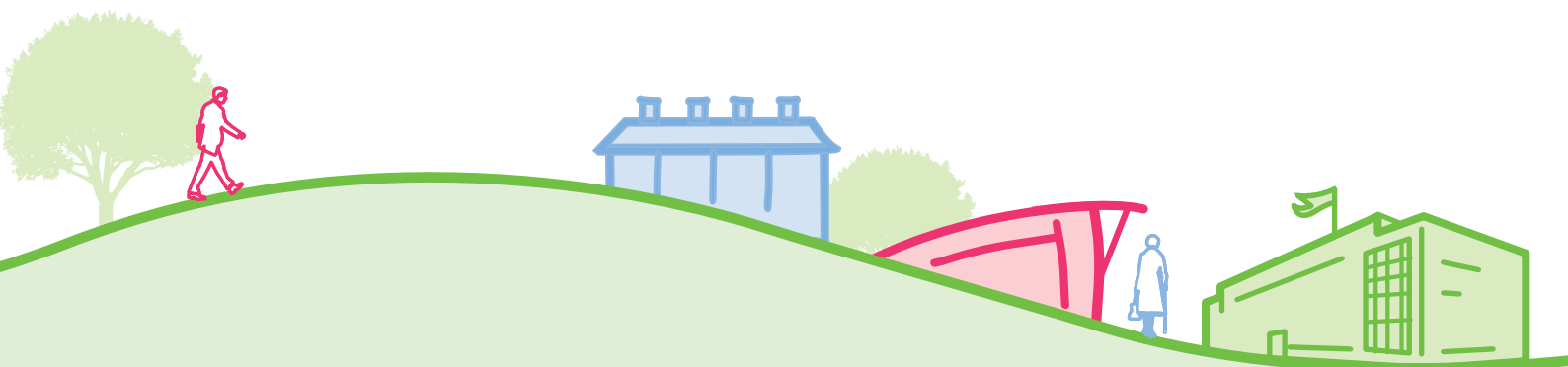
Course information

The following pages provide details about the courses we will be offering during the first term (September to December 2016). We will discuss these with you in more details during the initial workshop (explained on page 6).

Some courses will run more than once during the term – **but all are exactly the same**. You can choose to book on to any of the courses, but you must attend all dates within that course (i.e. you can't swap between courses).

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

Hot and cold drinks will be provided. However, if you are attending a morning and afternoon session, you will need to bring your own lunch. Should you wish to buy your lunch, a sandwich shop is located a short walk from Maple House.



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

Number of courses available: Two

Number of places available per course: 15

Dates and times:

Course 1		
Session 1	6 September	1pm to 3pm
Session 2	13 September	1pm to 3pm
Session 3	20 September	1pm to 3pm
Session 4	27 September	1pm to 3pm

Course 2		
Session 1	20 October	10am to 12pm
Session 2	27 October	10am to 12pm
Session 3	3 November	10am to 12pm
Session 4	10 November	10am to 12pm



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

Number of courses available: Three

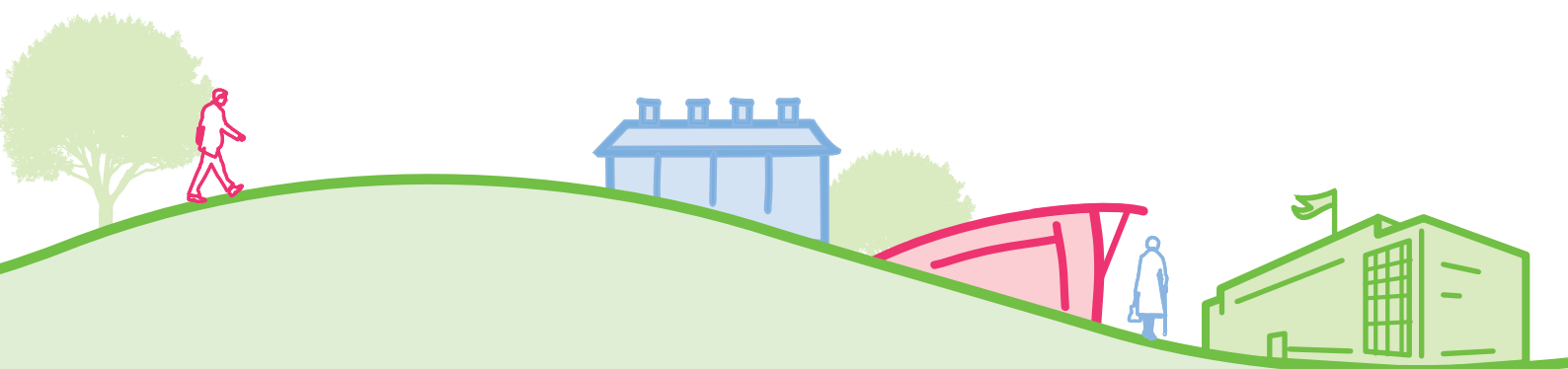
Number of places available per course: 15

Dates and times:

Course 1		
Session 1	4 October	1pm to 3pm
Session 2	11 October	1pm to 3pm

Course 2		
Session 1	17 November	10am to 12pm
Session 2	24 November	10am to 12pm

Course 3		
Session 1	29 November	10am to 12pm
Session 2	6 December	10am to 12pm



Out Of The Blues

The course aims to develop an understanding of how depression affects people and aims 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

Number of courses available: Two

Number of places available per course: 15

Dates and times:

Course 1		
Session 1	6 September	10am to 12pm
Session 2	13 September	10am to 12pm
Session 3	20 September	10am to 12pm
Session 4	27 September	10am to 12pm
Session 5	4 October	10am to 12pm
Session 6	11 October	10am to 12pm

Course 2		
Session 1	6 October	1pm to 3pm
Session 2	13 October	1pm to 3pm
Session 3	20 October	1pm to 3pm
Session 4	27 October	1pm to 3pm
Session 5	3 November	1pm to 3pm
Session 6	10 November	1pm to 3pm



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 workshop

Number of workshops available: Three

Number of places available per workshop: 15

18 October	10am to 12pm
1 December	10am to 12pm
13 December	10am to 12pm

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

Number of courses available: Two

Number of places available per course: 15

Dates and times:

Course 1		
Session 1	8 September	10am to 12pm
Session 2	15 September	10am to 12pm
Session 3	22 September	10am to 12pm
Session 4	29 September	10am to 12pm
Session 5	6 October	10am to 12pm
Session 6	13 October	10am to 12pm

Course 2		
Session 1	25 October	1pm to 3pm
Session 2	1 November	1pm to 3pm
Session 3	8 November	1pm to 3pm
Session 4	15 November	1pm to 3pm
Session 5	22 November	1pm to 3pm
Session 6	29 November	1pm to 3pm



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 thinking, lifestyle and choices can make you feel angry and cause aggressive behaviour.

Course length: Six sessions

Number of courses available: Two

Number of places available per course: 15

Dates and times:

Course 1		
Session 1	9 September	10am to 12pm
Session 2	16 September	10am to 12pm
Session 3	23 September	10am to 12pm
Session 4	30 September	10am to 12pm
Session 5	7 October	10am to 12pm
Session 6	14 October	10am to 12pm

Course 2		
Session 1	18 October	10am to 12pm
Session 2	25 October	10am to 12pm
Session 3	1 November	10am to 12pm
Session 4	8 November	10am to 12pm
Session 5	15 November	10am to 12pm
Session 6	22 November	10am to 12pm



Writing Our Stories

Co-produced 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

Number of courses available: One

Number of places available: 15

Dates and times:

Session 1	2 November	1pm to 3pm
Session 2	9 November	1pm to 3pm
Session 3	16 November	1pm to 3pm
Session 4	23 November	1pm to 3pm
Session 5	30 November	1pm to 3pm
Session 6	7 December	1pm to 3pm
Session 7	14 December	1pm to 3pm
Session 8	21 December	1pm to 3pm

Getting Social

Have you ever wondered why people use Facebook, Twitter and YouTube, how to get started, or how it might benefit you?

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.

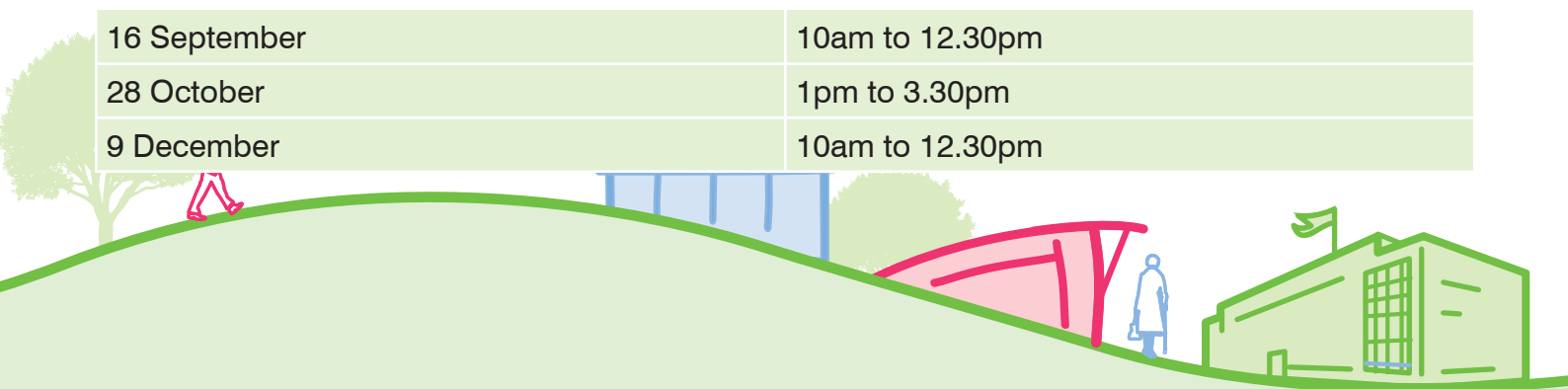
Course length: One workshop

Number of workshops available: Three

Number of places available per workshop: 15

Dates and times:

16 September	10am to 12.30pm
28 October	1pm to 3.30pm
9 December	10am to 12.30pm



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.

Find out more:

☎ 0161 716 2666

✉ hwcollege.penninecare@nhs.net

🌐 www.mhmc.penninecare.nhs.uk/HWCollege

📘 Health and Wellbeing College

🐦 @PennineCareNHS

