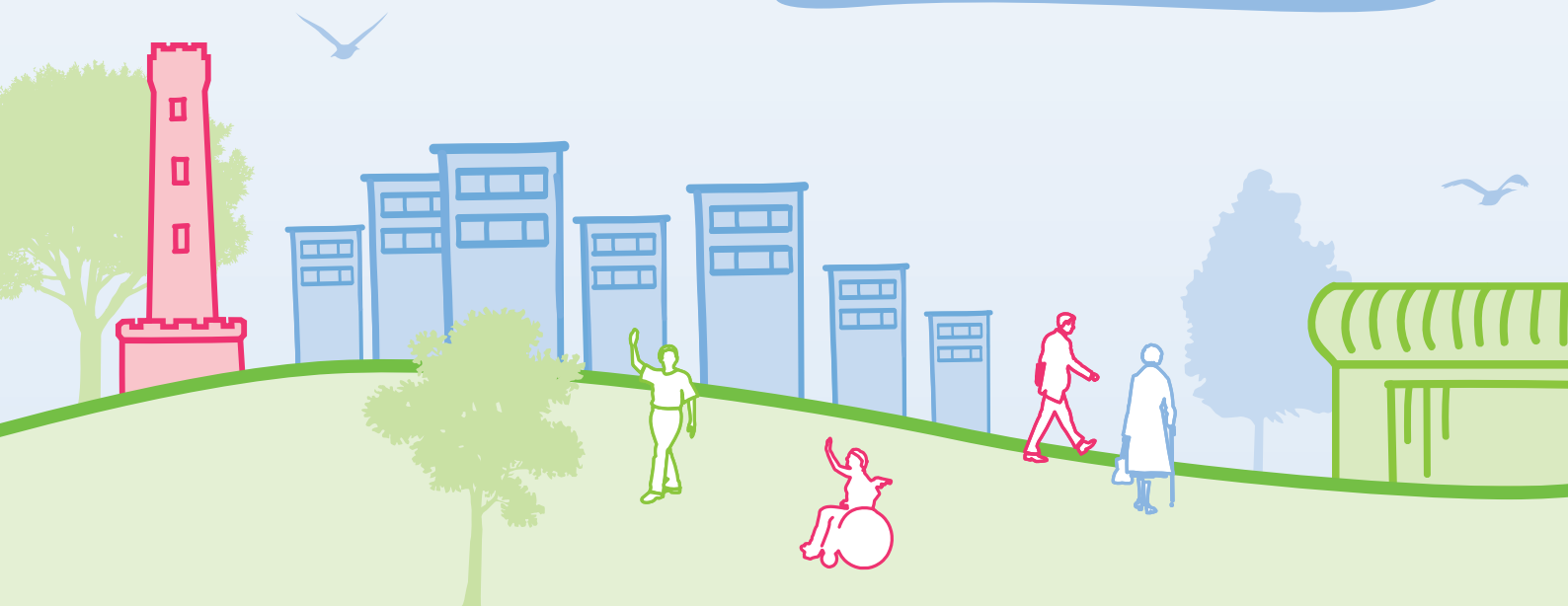


# HEALTH AND WELLBEING COLLEGE

Transforming lives through hope,  
control and opportunity

Winter semester  
January to April 2017



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# Welcome

Hello,

After a very successful first semester, we are excited to invite new and existing students to enrol for our winter courses.

During our first semester, we welcomed 87 students to the college – the youngest was 23 and the oldest 70 years old. This means we had a really diverse student mix within our classes, which has been great to see.

We have had some excellent feedback and have been overwhelmed by the progress that our students are already making. We're delighted that the college is making a real difference to people's health and wellbeing.

The winter semester will start on Monday 9 January 2017 and end on Friday 7 April 2017. You can enrol any time from Monday 14 November 2016 up until Friday 6 January 2017. Details about enrolment are provided on page 8.

We've added some new and exciting courses to our college programme, meaning we now offer a good mix of mental and physical health topics and life skills.

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

While our main campus remains in Oldham, we're pleased to be able to offer some courses in Stockport. Further details are provided on page 5.

We're also working with our colleagues in Pennine Care's low secure services to offer courses to some of our inpatients.

We are thankful to all the students who have been involved in the college so far - their enthusiasm and keenness to learn has been infectious. We look forward to continuing to work with them and supporting them on their journey, whether they choose to enrol for another semester or graduate and take their next step.

We welcome feedback about how we can improve the college and the courses we offer – please do share any ideas you have via the contact details on page 14.

Also, if you're part of a local organisation that is interested in working with us, we'd love to hear from you.

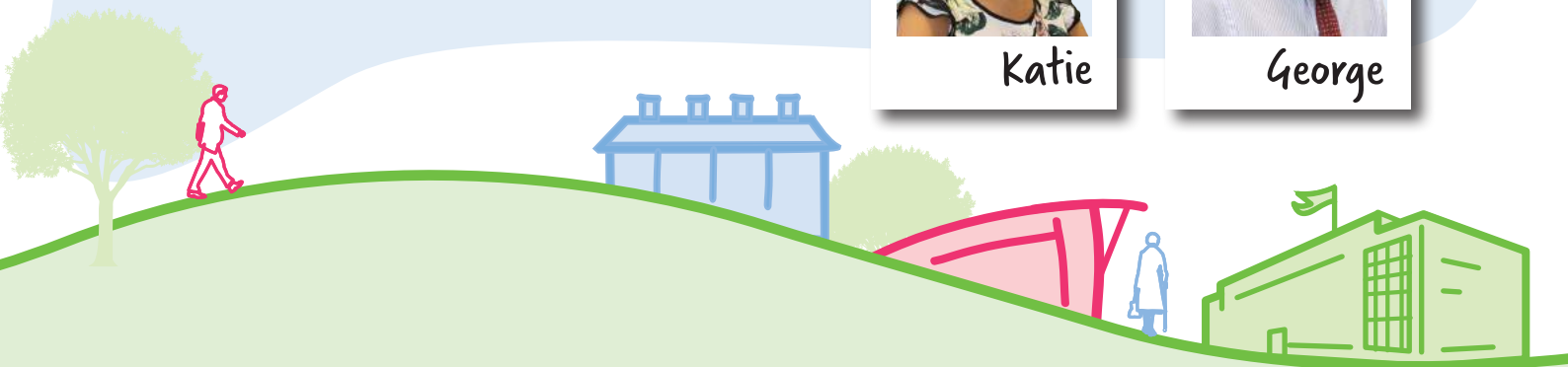
We look forward to welcoming you to the college.



Katie



George



# About the college

## What is the aim of the college?

The college aims to provide something very different for local people. We have moved away from the clinical focus offered by many traditional support services; instead we offer an educational approach designed to empower you to take control of your own health and wellbeing, while learning new skills, making friends and connecting with others.

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

## Where is the college?

### Oldham campus (main campus)

Currently, the main college campus is at Maple House, Whitney Court, Southlink Business Park, Hamilton Street, Oldham, OL4 1DB.

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

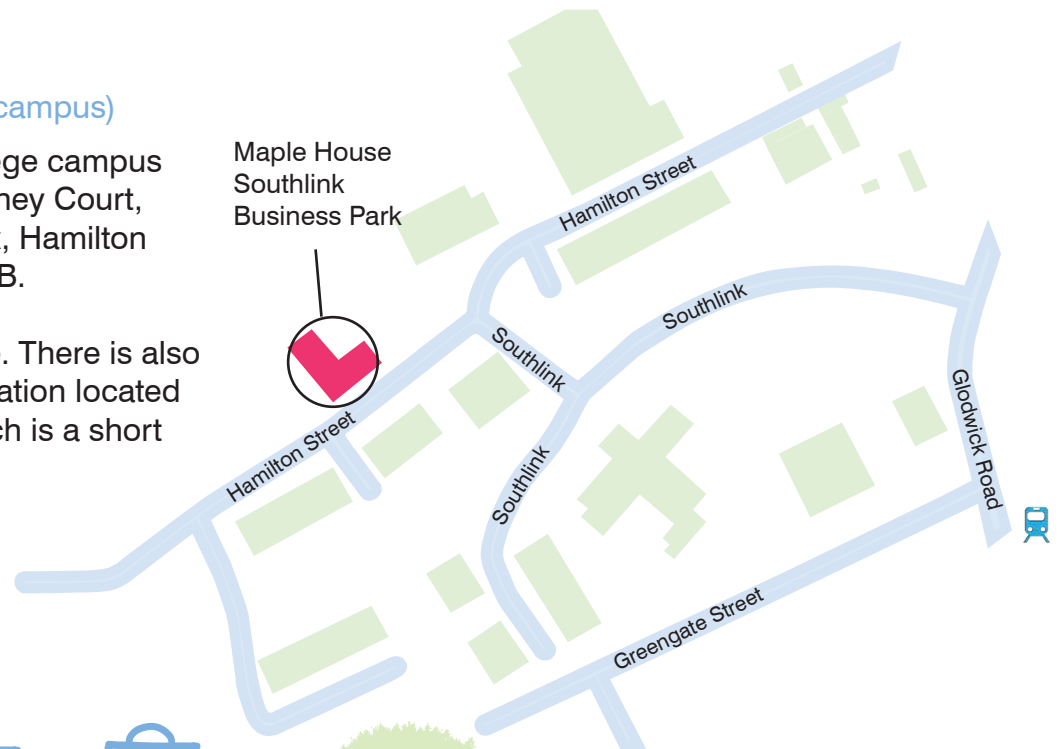
## Who is the college for?

The college is open to anyone **aged over 18 years** who lives in:

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

You are welcome regardless of whether you have an existing 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.



## Stockport campus

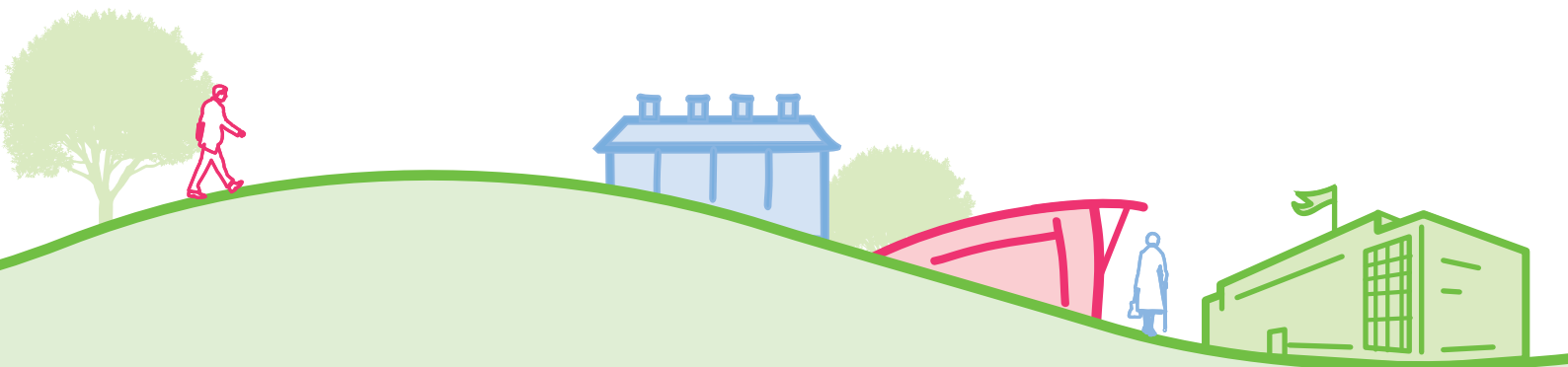
This semester we are pleased to offer some courses at our new Stockport campus which is based at Stockport College, Wellington Road South, Stockport, SK1 3UQ.

Please 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.

Pay and display parking is available behind the campus. There is a bus stop immediately outside of the college and the train stop within walking distance.

## Future plans

We are hoping to move our main campus site to a bigger venue in the future and to deliver more courses at borough-based campus sites. Watch this space!



### When is the college open?

The main college site (Oldham) is open from 10am to 4pm, Monday to Friday. (The Stockport site will only be open when courses are being delivered.)

This semester we're pleased to be able to offer some early evening courses and we're hoping to be able to offer more as the college develops. Full details and times of each course are provided on pages 16 to 27.

### 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 semester – just come and talk to a member of the college team.

### How long can I be a student for?

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

**You can choose to attend the college for a maximum of one full academic year (three semesters) or just attend for one or two semesters.**

### 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 out your specific goals and aspirations. This will help to identify which courses will be most beneficial to you.

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 semester (up to a maximum of three semesters in total), or move on from the college to take your next steps such as adult education, paid employment, or a volunteering opportunity.



At the end of each term we hold a graduation ceremony to celebrate our students' achievements and successes.

### What if I need extra support?

We operate an open door policy to students. Both the Oldham and Stockport campuses offer full disabled access.

When you enrol, please speak to us and we will do whatever we can to provide the support you need; we want to ensure you can achieve success during your time with the college.

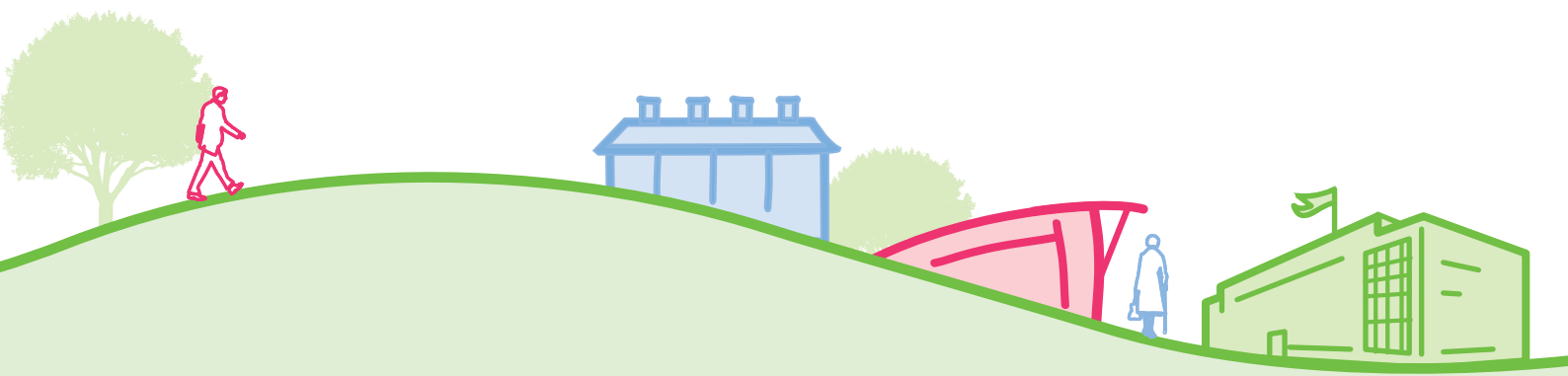
We encourage you to attend the college independently where possible; however a supportive friend, family member or professional may come with you initially.

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 Oldham to have a look around and ask any questions you have. If you would like to have a look around our Stockport campus, 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, they will still be around to support you in the normal way outside of the college.

“ 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. ”



# How do I get started?

## New students

### Enrolment

Before starting one of our courses, you'll need to enrol with the college. Enrolment for the winter semester will begin on Monday 14 November and run until Friday 6 January 2017.

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

You can enrol by telephone, email, or you can call in to the college. You'll soon be able to enrol online – please keep checking our website for further details. Contact details and our website address are provided on page 14.

Once you have enrolled, you will need to book on an introductory workshop.

### Introductory workshop

All new students must attend a one-off introductory 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 and which courses you might like to choose.

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

The workshop will be offered at both our Oldham and Stockport campuses as follows (full address details are provided on page 4 and 5).





### Oldham campus workshop details:

Date	Time
Tuesday 6 December 2016	10.00am to 12.00pm
Wednesday 7 December 2016	1.30pm to 3.30pm
Thursday 8 December 2016	10.00am to 12.00pm
Thursday 8 December 2016	1.30pm to 3.30pm
Monday 12 December 2016	1.30pm to 3.30pm
Tuesday 13 December 2016	10.00am to 12.00pm
Tuesday 13 December 2016	1.30pm to 3.30pm
Wednesday 14 December 2016	1.30pm to 3.30pm
Monday 19 December 2016	1.30pm to 3.30pm
Tuesday 20 December 2016	10.00am to 12.00pm

### Stockport campus workshop details:

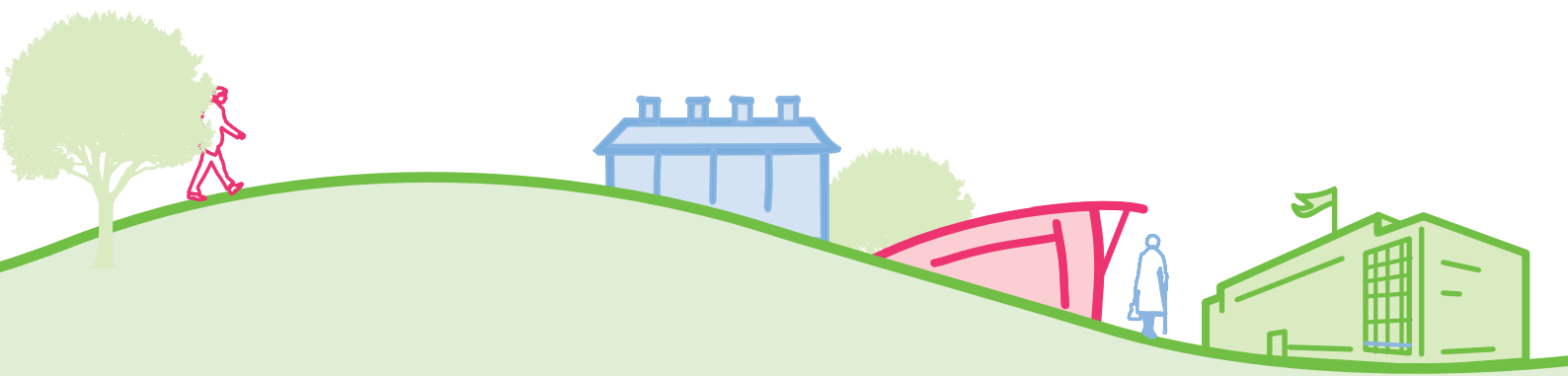
Date	Time
Friday 9 December 2016	10.00am to 12.00pm
Friday 9 December 2016	1.00pm to 3.00pm

**Note: Even if you enrol at the Oldham campus you can still choose to attend a course at the Stockport campus – and vice versa.**

### Current students:

If you are a current student and you want to choose one or more courses for the winter semester, you can book your place/s between Monday 14 November and Friday 25 November.

Just drop into the college's admin office at Maple House. We're open Monday to Friday, between 10am and 4pm.



# In my own words

In this section you can find out more about what it's really like at the college from the people who work and study here.

## Staff profile



**Lucy Rae**  
22, Peer Support  
Trainer

### What does your role involve?

My role is to be an expert by experience, which means I co-teach classes with someone

with professional expertise. I use my lived experience to help engage students from a less clinical perspective.

A big part of my role is just talking to the students, whether in group activities or just at break times. I find a lot of learning is done outside the classroom. I also co-produce courses within the college and attend meetings and promotional events.

### Why did you choose to become a Peer Support Trainer?

I have struggled with my mental health for a long time. After I graduated from university I was looking for some volunteer work within mental health services, I felt I was ready and passionate about giving something back.

When I saw the job description I thought it was perfect for me! I couldn't miss out on the opportunity. As I have gone through the process I have learned a lot more about what the role is. I feel it's perfect for someone like me who wants to give back. I really enjoy every day that I am here.

### What is the most rewarding aspect of your job?

I enjoy all aspects of my job. The job is incredibly rewarding. I have seen so many changes in people already. I feel so appreciated and wanted. I have received so many compliments and thanks just for being me.

It's unbelievably rewarding to know I am making a difference in people lives through my own experiences and understanding. That is the most important thing to me, to help people and make a difference.

### What is the hardest thing?

The hardest thing for me is seeing so many people suffering and knowing I can't help them all individually. I am naturally very caring and empathetic, sometimes I just want to help everybody but I know that's not possible.



Another challenge I face is that sometimes I get asked a lot of questions about how I did it. This is a hard question to answer as I am also on my own recovery journey. I try to give the best advice I can and let students know they aren't alone.

### What have you learned so far?

I have learned how lived experience can help people so much more and also give people a better understanding. I have done things I never thought I could do, so I have learned a lot about myself through this experience.

### How do others who are interested get involved?

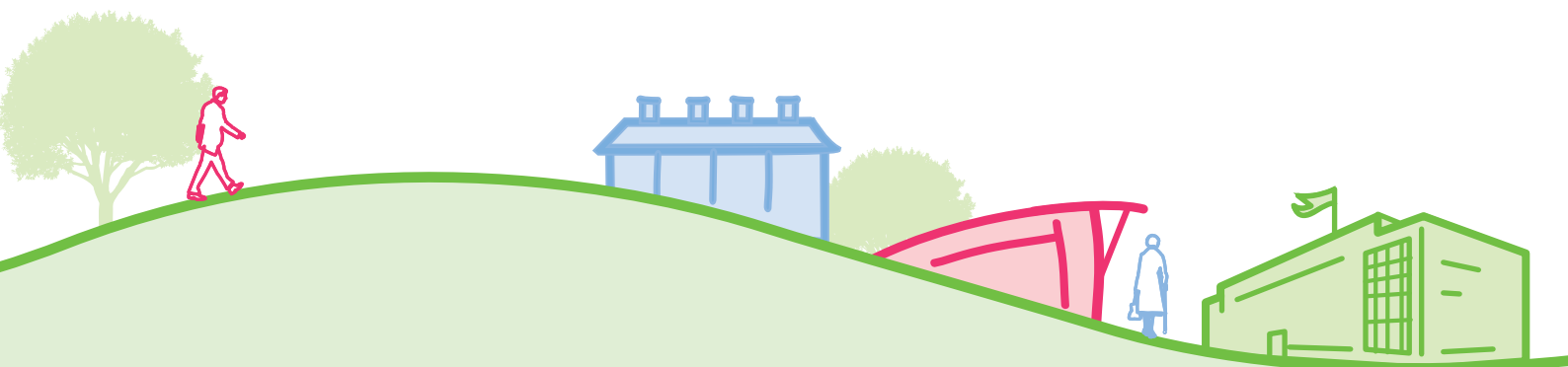
If students are interested in getting involved, we get them to study through the college first. Once they have graduated there may be some volunteering opportunities available through the college. Some examples of the roles available are study buddy, 'meeter and greeter' and admin. Sometimes there might be vacancies within the college that people can apply for.

### What's next for you and the college?

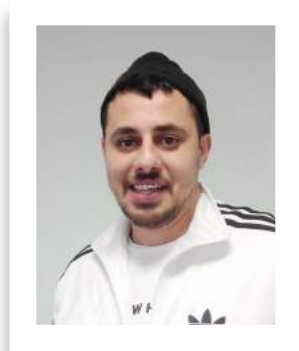
I am setting up an art group for all the students to be involved with, focusing on making artwork for the college. It will focus on the hope, control and opportunity theme. I am really excited about it, as my background is in art. It's a great way for people to express themselves and to engage and connect with others.

We are open to feedback at the college and want to give students the option to help co-produce the courses or any other activities that could be helpful or enjoyable. I would advise people to speak to a member of the college team for more information.

“ I am setting up an art group for all the students to be involved with, focusing on making artwork for the college. It will focus on the hope, control and opportunity theme. I am really excited about it, as my background is in art. It's a great way for people to express themselves and to engage and connect with others. ”



## Student profile



**Kamran Hadi**  
27, student from Radcliffe

I am a student at the Health and Wellbeing College. I found staff really helpful and polite. They let you work at your own pace and relieve any pressures you may have as they help you feel relaxed.

I enjoyed learning about things such as anxiety, depression and anger management. I found it really useful to understand issues in simple terms we can all understand and this knowledge has helped me overcome certain mental health issues.

I have recommended the college to all my friends so they can benefit as well as I have. These courses help you become more confident and understand what's going on.

Lastly I would like to thank all the staff for making me feel welcome and comfortable. I hope everyone on the course enjoys the same success as I have.

“ I have recommended the college to all my friends so they can benefit as well as I have. These courses help you become more confident and understand what's going on. ”



# What else is available at the college?

## Activities and events

In addition to our educational courses, we offer a range of activities and events – such as the Bake Off event explained below. 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.

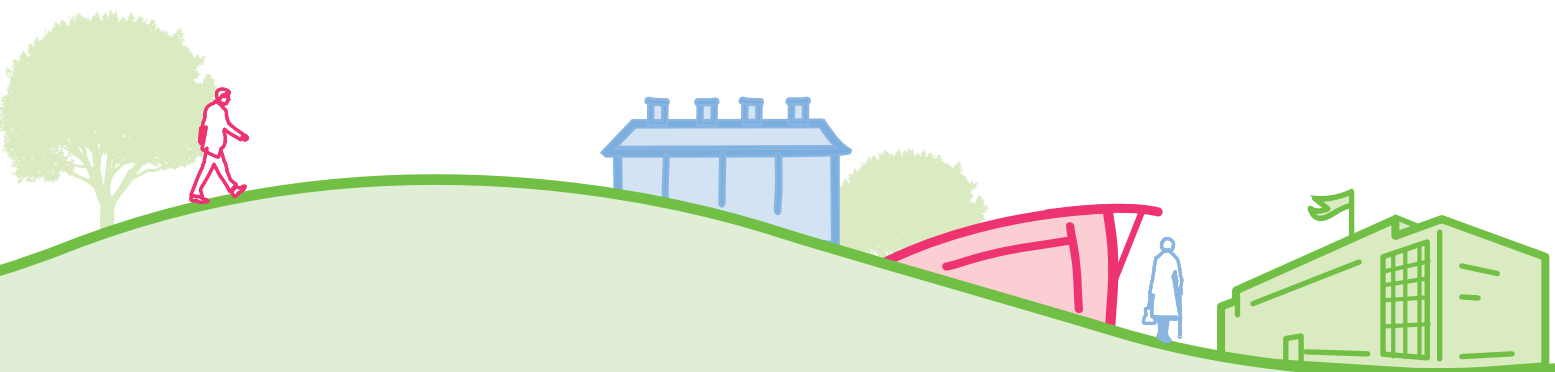
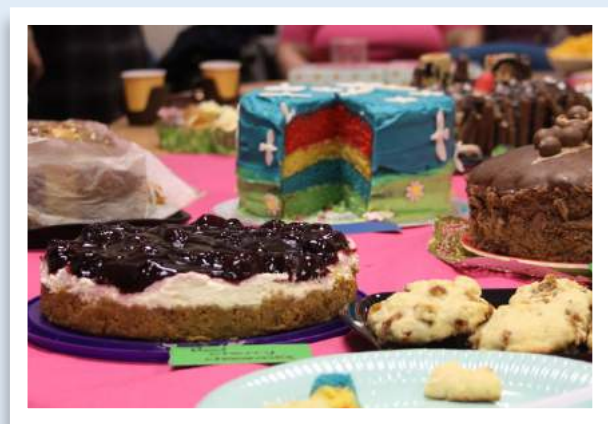
Our activities and events will be advertised throughout the year, so look out for details. You will be able to get involved in anything that interests you.

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 page 14.

## College Bake Off

In October 2016 we held a Bake Off event to highlight World Mental Health Day. Students, staff, families and the wider public were invited to bake something of their choice and bring it along to a special event. A judging panel chose a winner and several runners up based on the taste and appearance of the entry.

One of our students took home first prize for her lemon drizzle cake.



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

## Contact us

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

☎ 0161 716 2666

✉ [hwcollege.penninecare@nhs.net](mailto:hwcollege.penninecare@nhs.net)

🌐 [www.mhmc.penninecare.nhs.uk/HWCollege](http://www.mhmc.penninecare.nhs.uk/HWCollege)

📘 Health and Wellbeing College

🐦 @PennineCareNHS



# Course information

The following pages provide details about the courses we will be offering during the winter semester (January to April 2017). We will discuss these with you in more detail during the initial workshop (explained on page 8).

## About the courses

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.

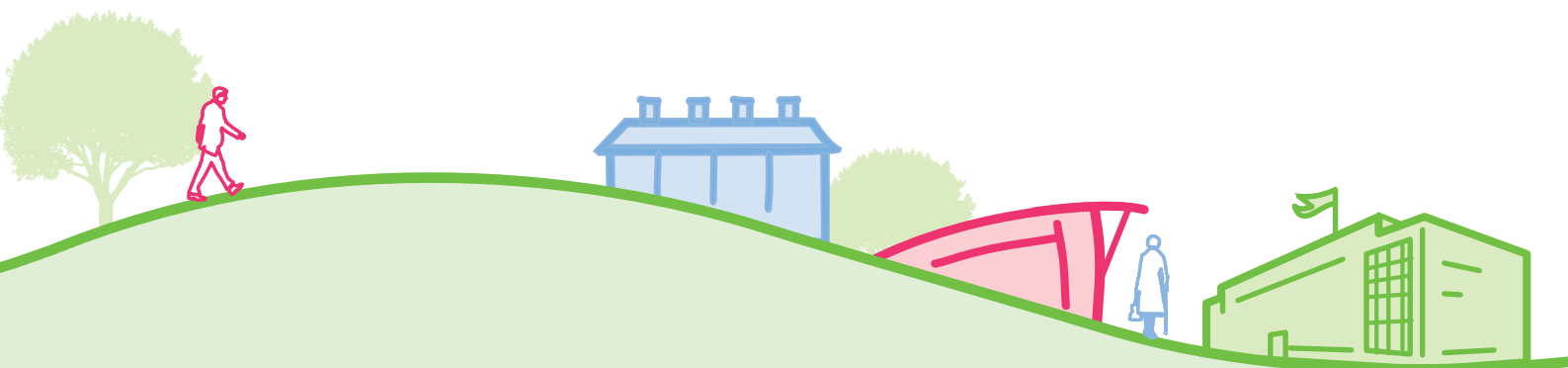
Hot and cold drinks will be provided. However, if you are attending a morning and afternoon session, you will need to bring your own lunch.

Should you wish to buy your lunch, a sandwich shop is located a short walk from the Oldham campus. There is a coffee shop selling sandwiches at the Stockport campus.

## A little note about co-production

All of our courses in the college are fully co-produced (written and delivered) 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).

Our experts by experience are known as our peer trainers. Read more about this role on page 10.



# Our courses

## 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:** Four

**Number of places available per course:** 16

**Dates and times:**

Course 1			
Session 1	Tuesday 10 January 2017	10.00am to 12.00pm	Oldham campus
Session 2	Tuesday 17 January 2017	10.00am to 12.00pm	Oldham campus
Session 3	Tuesday 24 January 2017	10.00am to 12.00pm	Oldham campus
Session 4	Tuesday 31 January 2017	10.00am to 12.00pm	Oldham campus

Course 2			
Session 1	Tuesday 17 January 2017	6.00pm to 8.00pm	Stockport campus
Session 2	Tuesday 24 January 2017	6.00pm to 8.00pm	Stockport campus
Session 3	Tuesday 31 January 2017	6.00pm to 8.00pm	Stockport campus
Session 4	Tuesday 7 February 2017	6.00pm to 8.00pm	Stockport campus

Course 3			
Session 1	Wednesday 8 February 2017	1.00pm to 3.00pm	Oldham campus
Session 2	Wednesday 15 February 2017	1.00pm to 3.00pm	Oldham campus
Session 3	Wednesday 22 February 2017	1.00pm to 3.00pm	Oldham campus
Session 4	Wednesday 1 March 2017	1.00pm to 3.00pm	Oldham campus





Course 4			
Session 1	Friday 10 March 2017	10.00am to 12.00pm	Stockport campus
Session 2	Friday 17 March 2017	10.00am to 12.00pm	Stockport campus
Session 3	Friday 24 March 2017	10.00am to 12.00pm	Stockport campus
Session 4	Friday 31 March 2017	10.00am to 12.00pm	Stockport campus

## 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:** Four

**Number of places available per course:** 16

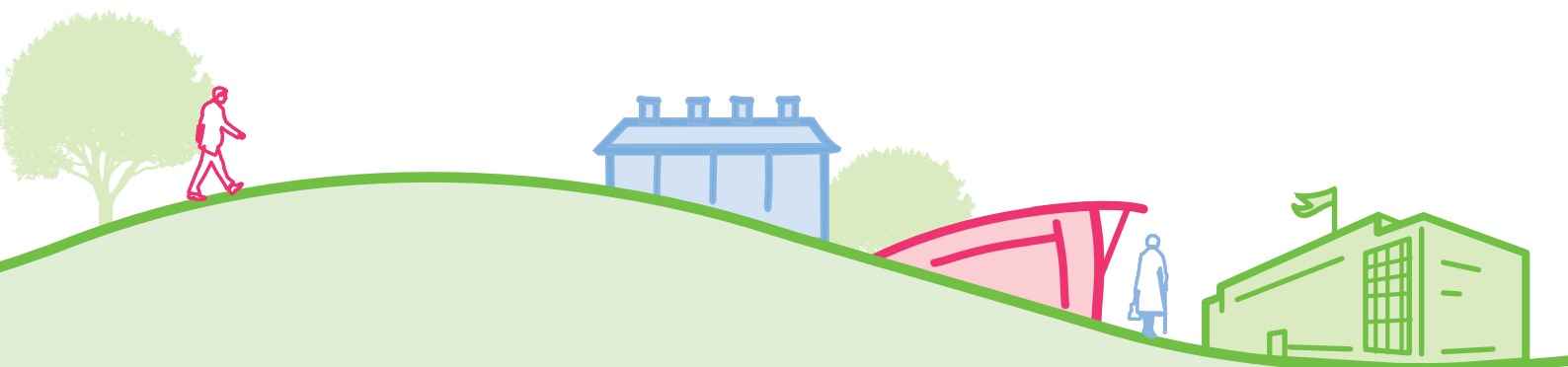
**Dates and times:**

Course 1			
Session 1	Wednesday 11 January 2017	10.00am to 12.00pm	Oldham campus
Session 2	Wednesday 18 January 2017	10.00am to 12.00pm	Oldham campus

Course 2			
Session 1	Friday 3 February 2017	1.00pm to 3.00pm	Stockport campus
Session 2	Friday 10 February 2017	1.00pm to 3.00pm	Stockport campus

Course 3			
Session 1	Tuesday 21 February 2017	6.00pm to 8.00pm	Stockport campus
Session 2	Tuesday 28 February 2017	6.00pm to 8.00pm	Stockport campus

Course 4			
Session 1	Monday 13 March 2017	1.00pm to 3.00pm	Oldham campus
Session 2	Monday 20 March 2017	1.00pm to 3.00pm	Oldham campus



## 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:** 16

**Dates and times:**

Course 1			
Session 1	Tuesday 10 January 2017	1.00pm to 3.00pm	Oldham campus
Session 2	Tuesday 17 January 2017	1.00pm to 3.00pm	Oldham campus
Session 3	Tuesday 24 January 2017	1.00pm to 3.00pm	Oldham campus
Session 4	Tuesday 31 January 2017	1.00pm to 3.00pm	Oldham campus
Session 5	Tuesday 7 February 2017	1.00pm to 3.00pm	Oldham campus
Session 6	Tuesday 14 February 2017	1.00pm to 3.00pm	Oldham campus

Course 2			
Session 1	Thursday 2 March 2017	10.00am to 12.00pm	Oldham campus
Session 2	Thursday 9 March 2017	10.00am to 12.00pm	Oldham campus
Session 3	Thursday 16 March 2017	10.00am to 12.00pm	Oldham campus
Session 4	Thursday 23 March 2017	10.00am to 12.00pm	Oldham campus
Session 5	Thursday 30 March 2017	10.00am to 12.00pm	Oldham campus
Session 6	Thursday 6 April 2017	10.00am to 12.00pm	Oldham campus



## 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:** Three

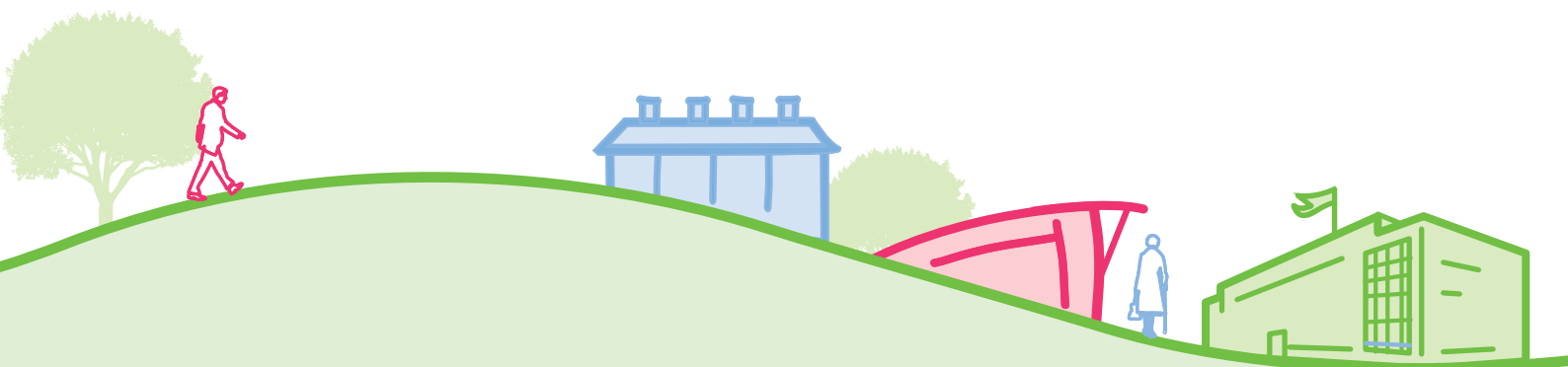
**Number of places available per course:** 16

**Dates and times:**

Course 1			
Session 1	Friday 13 January 2017	10.00am to 12.00pm	Stockport campus
Session 2	Friday 20 January 2017	10.00am to 12.00pm	Stockport campus
Session 3	Friday 27 January 2017	10.00am to 12.00pm	Stockport campus
Session 4	Friday 3 February 2017	10.00am to 12.00pm	Stockport campus
Session 5	Friday 10 February 2017	10.00am to 12.00pm	Stockport campus
Session 6	Friday 17 February 2017	10.00am to 12.00pm	Stockport campus

Course 2			
Session 1	Wednesday 15 February 2017	10am to 12pm	Oldham campus
Session 2	Wednesday 22 February 2017	10am to 12pm	Oldham campus
Session 3	Wednesday 1 March 2017	10am to 12pm	Oldham campus
Session 4	Wednesday 8 March 2017	10am to 12pm	Oldham campus
Session 5	Wednesday 15 March 2017	10am to 12pm	Oldham campus
Session 6	Wednesday 22 March 2017	10am to 12pm	Oldham campus

Course 3			
Session 1	Thursday 2 March 2017	1.00pm to 3.00pm	Oldham campus
Session 2	Thursday 9 March 2017	1.00pm to 3.00pm	Oldham campus
Session 3	Thursday 16 March 2017	1.00pm to 3.00pm	Oldham campus
Session 4	Thursday 23 March 2017	1.00pm to 3.00pm	Oldham campus
Session 5	Thursday 30 March 2017	1.00pm to 3.00pm	Oldham campus
Session 6	Thursday 6 April 2017	1.00pm to 3.00pm	Oldham campus



## 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

**Number of courses available:** Two

**Number of places available per course:** 16

**Dates and times:**

Course 1			
Session 1	Friday 13 January 2017	1.00pm to 3.00pm	Oldham campus
Session 2	Friday 20 January 2017	1.00pm to 3.00pm	Oldham campus
Session 3	Friday 27 January 2017	1.00pm to 3.00pm	Oldham campus
Session 4	Friday 3 February 2017	1.00pm to 3.00pm	Oldham campus
Session 5	Friday 10 February 2017	1.00pm to 3.00pm	Oldham campus
Session 6	Friday 17 February 2017	1.00pm to 3.00pm	Oldham campus

Course 2			
Session 1	Tuesday 28 February 2017	10.00am to 12.00pm	Oldham campus
Session 2	Tuesday 7 March 2017	10.00am to 12.00pm	Oldham campus
Session 3	Tuesday 14 March 2017	10.00am to 12.00pm	Oldham campus
Session 4	Tuesday 21 March 2017	10.00am to 12.00pm	Oldham campus
Session 5	Tuesday 28 March 2017	10.00am to 12.00pm	Oldham campus
Session 6	Tuesday 4 April 2017	10.00am to 12.00pm	Oldham campus



## 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.**

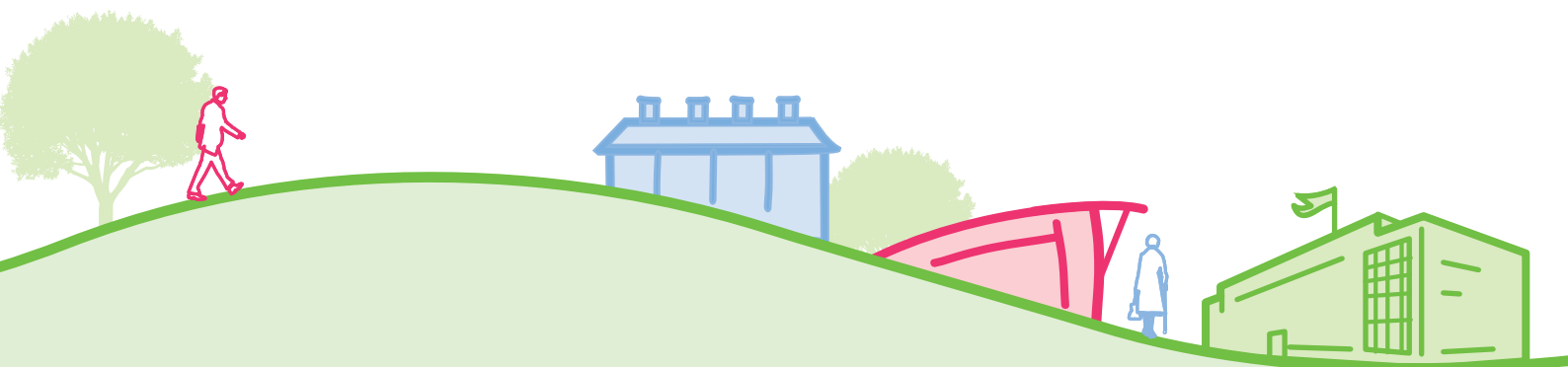
**Course length:** One workshop

**Number of courses available:** Three

**Number of places available per course:** 16

**Dates and times:**

Course 1		
Friday 27 January 2017	10.00am to 12.00pm	Oldham campus
Course 2		
Friday 17 February 2017	10.00am to 12.00pm	Oldham campus
Course 3		
Tuesday 14 March 2017	6.00pm to 8.00pm	Stockport campus



## 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:** 16

### Course 1

Friday 27 January 2017

1.00pm to 3.00pm

Stockport campus

### Course 2

Wednesday 15 February 2017

1.00pm to 3.00pm

Oldham campus

### Course 3

Monday 27 March 2017

10.00am to 12.00pm

Oldham campus



## 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

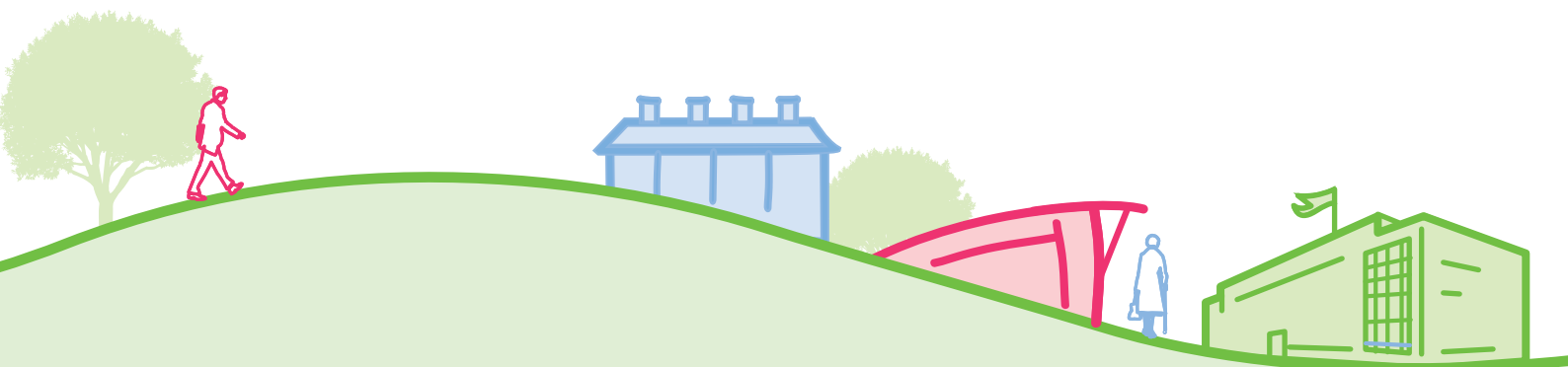
**Number of courses available:** One

**Number of places available:** 16

**Dates and times:**

Session 1	Wednesday 11 January 2017	1.00pm to 3.00pm	Oldham campus
Session 2	Wednesday 18 January 2017	1.00pm to 3.00pm	Oldham campus
Session 3	Wednesday 25 January 2017	1.00pm to 3.00pm	Oldham campus
Session 4	Wednesday 1 February 2017	1.00pm to 3.00pm	Oldham campus
Session 5	Wednesday 8 February 2017	1.00pm to 3.00pm	Oldham campus
Session 6	Wednesday 15 February 2017	1.00pm to 3.00pm	Oldham campus
Session 7	Wednesday 22 February 2017	1.00pm to 3.00pm	Oldham campus
Session 8	Wednesday 1 March 2017	1.00pm to 3.00pm	Oldham campus

(\*) To find out more about the mental health charity Richmond Fellowship visit [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk).



## Healthy Relationships \*NEW\*

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

**Number of workshops available:** Two

**Number of places available per workshop:** 16

**Dates and times:**

Course 1			
Session 1	Tuesday 10 January 2017	1.00pm to 3.00pm	Oldham campus
Session 2	Tuesday 17 January 2017	1.00pm to 3.00pm	Oldham campus
Session 3	Tuesday 24 January 2017	1.00pm to 3.00pm	Oldham campus
Session 4	Tuesday 31 January 2017	1.00pm to 3.00pm	Oldham campus

Course 2			
Session 1	Friday 3 March 2017	10.00am to 12.00pm	Stockport campus
Session 2	Friday 10 March 2017	10.00am to 12.00pm	Stockport campus
Session 3	Friday 17 March 2017	10.00am to 12.00pm	Stockport campus
Session 4	Friday 24 March 2017	10.00am to 12.00pm	Stockport campus





## Coping with change \*NEW\*

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

**Course length:** Four sessions

**Number of workshops available:** One

**Number of places available per workshop:** 16

**Dates and times:**

Course 1			
Session 1	Tuesday 7 March 2017	1.00pm to 3.00pm	Oldham campus
Session 2	Tuesday 14 March 2017	1.00pm to 3.00pm	Oldham campus
Session 3	Tuesday 21 March 2017	1.00pm to 3.00pm	Oldham campus
Session 4	Tuesday 28 March 2017	1.00pm to 3.00pm	Oldham campus

## Make It Count \*NEW\*

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

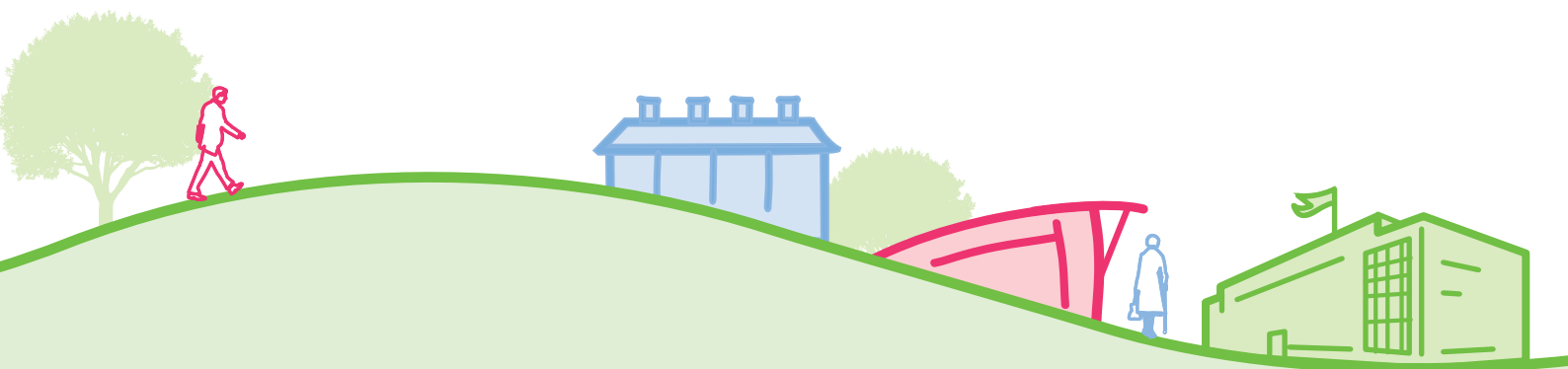
**Number of workshops available:** Two

**Number of places available per workshop:** 16

**Dates and times:**

Course 1			
Session 1	Wednesday 18 January 2017	10.00am to 12.00pm	Oldham campus
Session 2	Wednesday 25 January 2017	10.00am to 12.00pm	Oldham campus

Course 2			
Session 1	Thursday 16 March 2017	10.00am to 12.00pm	Oldham campus
Session 2	Thursday 23 March 2017	10.00am to 12.00pm	Oldham campus



## Preparing For Your Future \*NEW\*

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

**Number of workshops available:** Two

**Number of places available per workshop:** 16

**Dates and times:**

Course 1			
Session 1	Monday 23 January 2017	10.00am to 12.00pm	Oldham campus
Session 2	Monday 30 January 2017	10.00am to 12.00pm	Oldham campus
Session 3	Monday 6 February 2017	10.00am to 12.00pm	Oldham campus
Session 4	Monday 13 February 2017	10.00am to 12.00pm	Oldham campus

Course 2			
Session 1	Tuesday 14 March 2017	1.00pm to 3.00pm	Oldham campus
Session 2	Tuesday 21 March 2017	1.00pm to 3.00pm	Oldham campus
Session 3	Tuesday 28 March 2017	1.00pm to 3.00pm	Oldham campus
Session 4	Tuesday 4 April 2017	1.00pm to 3.00pm	Oldham campus



## Eat Well Be Active \*NEW\*

Co-produced with Oldham Lifelong Learning Service (\*)

This course is for anyone wishing to live a healthier lifestyle and make better choices about the food they eat and their level of activity.

It will help you to develop your understanding about how you can improve and maintain good health and wellbeing.

**Course length:** Five sessions

**Number of workshops available:** Two

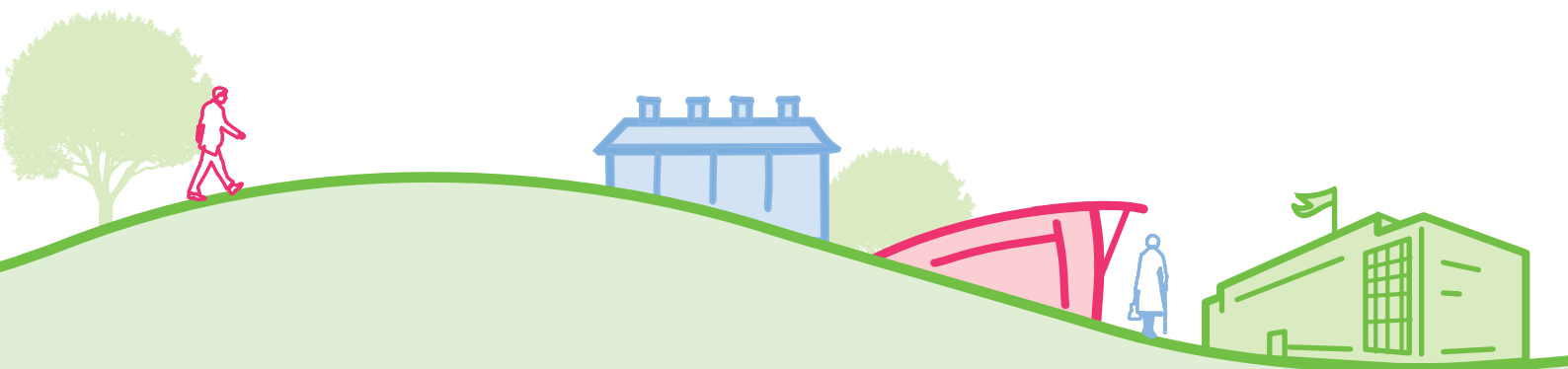
**Number of places available per workshop:** 16

**Dates and times:**

Course 1			
Session 1	Thursday 12 January 2017	10.00am to 12.00pm	Oldham campus
Session 2	Thursday 19 January 2017	10.00am to 12.00pm	Oldham campus
Session 3	Thursday 26 January 2017	10.00am to 12.00pm	Oldham campus
Session 4	Thursday 2 February 2017	10.00am to 12.00pm	Oldham campus
Session 5	Thursday 9 February 2017	10.00am to 12.00pm	Oldham campus

Course 2			
Session 1	Wednesday 8 March 2017	1.00pm to 3.00pm	Oldham campus
Session 2	Wednesday 15 March 2017	1.00pm to 3.00pm	Oldham campus
Session 3	Wednesday 22 March 2017	1.00pm to 3.00pm	Oldham campus
Session 4	Wednesday 29 March 2017	1.00pm to 3.00pm	Oldham campus
Session 5	Wednesday 5 April 2017	1.00pm to 3.00pm	Oldham campus

(\*) To find out more about Oldham Lifelong Learning Service visit [www.oldham.gov.uk/lifelong](http://www.oldham.gov.uk/lifelong)



### **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](mailto: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](mailto: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](mailto:hwcollege.penninecare@nhs.net)

🌐 [www.mhmc.penninecare.nhs.uk/HWCollege](http://www.mhmc.penninecare.nhs.uk/HWCollege)

📘 Health and Wellbeing College

🐦 @PennineCareNHS

