



**Birmingham and Solihull  
Mental Health**  
NHS Foundation Trust


# Recovery College for All Prospectus 2022–23

**Recovery  
College**

FOR ALL

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*“There’s something  
for everyone.”*

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# Welcome and introduction

Welcome to Recovery College for All at Birmingham and Solihull Mental Health NHS Foundation Trust.

Recovery College for All was launched in June 2016 as a six-week pilot, based on the Implementing Recovery through Organisational Change (ImROC) principles (see below) and the belief that learning together makes us stronger and supports recovery. Our aim was to offer a range of co-produced and co-facilitated sessions, which have been developed with and for people who have experience of living with mental health issues. We have continued to evolve and develop and now offer a range of recovery-focused workshops and courses on a regular basis.

*“Recovery is a personal journey of discovery.\* It involves making sense of, and finding meaning in, what has happened; becoming an expert in your own self-care; building a new sense of self and purpose in life; discovering your own resourcefulness and possibilities and using these, and the resources available to you, to pursue your aspirations and goals.”*

Recovery Colleges Centre for Mental Health NHS Confederation  
Mental Health Network – May 2012 briefing

\* Repper and Perkins, 2012

## Defining features of our recovery college

- You don't need formal qualifications to attend, just choose the courses or sessions that interest you.
- Our sessions are co-designed and co-facilitated by those with lived and professional experience of mental health challenges.
- We operate on educational principles (rather than clinical diagnoses or symptom management).
- We have a mixed learning environment – service users, families, carers and Trust colleagues learn together.
- All of our sessions are quality assured and are recovery-focused.
- Access to trained Peer Support Workers to support you with your recovery college goals.

### *Hope*

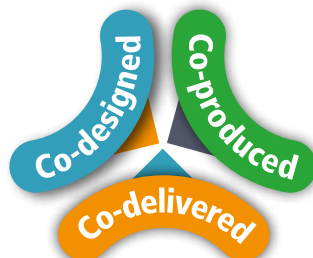
*– continuing presence of the possibility to pursue personal goals*

### *Opportunity*

*– to build a life beyond mental illness*

### *Choice*

*– knowing that we have options and a sense of control over our lives*





*“These sessions  
are helping me to  
learn about recovery  
and how they can  
help have a positive  
impact on my own  
mental health.”*

# *Our recovery college*

Recovery College for All delivers sessions from two different venues in Birmingham and Solihull, including Three Trees Community Centre in Chelmsley Wood and our hub the Uffculme Centre in Moseley. We also deliver some sessions online, so there are a number of ways you can access our recovery college.

Ensuring quality is also important to us, our Recovery College For All Advisory Group oversees a quality-assured process encouraging and supporting course development and delivery. This group is made up of service users, carers and family members, partner organisation representatives and Trust colleagues.

*Recovery College for All is built on the belief that learning together makes us stronger and supports our recovery.*

Included in our prospectus are features from learners who have attended our college – we hope that they provide you with insight of what it is like to be involved from their perspectives. Hope you enjoy reading them!

In addition to these individual recovery journeys, throughout the prospectus we have quotes and comments from learners who have attended college sessions.

This prospectus provides you with an overview of the type of workshops and courses we have on offer in Recovery College for All.

As a Trust, we are continuing to focus on all aspects of personal recovery and we hope our college will support you on your recovery journey to living a full and satisfying life, in the presence or absence of symptoms.

We hope you have an enjoyable experience.

# *Expectations*

## **At Recovery College for All we will:**

- always give you a warm and friendly welcome
- aim to provide a wide range of sessions and courses that are engaging and aim to meet a wide range of needs and interests
- stay true to our commitment to put lived experience on an equal footing to professional expertise
- provide a safe and healthy environment for you to learn and share
- respect and listen to you by responding to your feedback.

## **We ask that you:**

- be considerate and respectful to other learners and Recovery College for All staff
- communicate with us – please let us know if you can't make it to a session, we can then offer a place to other learners
- please tell us what we can do to improve and what isn't working well
- provide us with all the information we need to know to help you get the most from your experience.

# *How to join*

## **Can I join Recovery College for All?**

Recovery College for All sessions are open to:

- people who use Trust services
- supporters (carers, friends and family members) of the above
- our Trust staff (including students working within our Trust)
- those who are part of our Trust membership.

**Please note that you also need to be aged 18 or over to attend the college.** If any of the above criteria does not apply, but you would like to attend, please contact us to see how we can support.

## **Booking your place on a session**

You do not need a referral to come along. If you would like to join us, you simply need to contact us to book or for further information.

Telephone: **0121 301 3992**

Email: **[bsmhft.recoverycollege@nhs.net](mailto:bsmhft.recoverycollege@nhs.net)**

Office hours: 9.00am–5.00pm

If you are calling outside of office hours, please leave a message on the answerphone. If the line is busy, you will automatically be directed to leave a message.

## *Additional learning support*

Please tell us about any additional learning requirements you may need i.e., sign language interpreter, large print documents. We will try our very best to accommodate and assist you.

**Please call 0121 301 3992 to request a copy of this prospectus in large print.**

# *General Data Protection Regulation (GDPR)*

In May 2018, a new European Union (EU) data protection law – the General Data Protection Regulation (GDPR) – took effect. GDPR gives you more control over how your data is used.

If you have advised us of your contact details by telephone, we will be requesting your consent to process your personal data for the purpose of circulating Recovery College for All marketing information only. Please be advised that you are able to withdraw this consent at any time.

If you have emailed us or left us a telephone message requesting we respond back to your message, we will make contact using the details you have provided us. For email, we will use this data for the purpose of circulating Recovery College for All marketing information only.

We need your consent in order to provide this service which means you have the right to withdraw your consent at any time. To do this you can call to advise on **0121 301 3992** or email **[bsmhft.recoverycollege@nhs.net](mailto:bsmhft.recoverycollege@nhs.net)**. Website: **[www.bsmhft.nhs.uk/rcfa](http://www.bsmhft.nhs.uk/rcfa)**

## *Steve's blog*


Springtime and the early days of summer celebrate an abundance through nature of a greater good, a balance in all things – a natural synergy. There is a natural and visible connectedness, a surge of life and growth, that left alone, can deeply flourish and become established.

Our Recovery College for All, to me, is like that too. We group together with our service users and their families and carers to co-produce new sessions and courses.

Meaningful participation and co-production are at the heart of what we do – to inspire and support recovery, coming together to share our recovery journeys and to enable our service users, carers and family members to work alongside us, with true equanimity. We strive to create a pure connectedness and synergy through participation – a holistic bonding just like we see all around us in nature, with each equal element fulfilling their vital role.

The truly visible benefits of Recovery College for All emerge from us being together, an authentic connectedness in an environment that is safe and non-judgemental, while reducing loneliness and isolation.

We also recognise that for many of us, doing something new, like taking part in



a group activity can seem quite daunting and anxiety-provoking. To support you through any unknowns you might have, we now utilise the skills of our Peer Support Workers to be at your side, demystifying any stresses or concerns that may disarm you.

Our recovery college is not just about learning, it's about taking part, being part of something bigger than we are on our own and garnering the same vital synergy we see all around us, in all universal intelligence and good. We too can flourish by being part of something bigger, something greater than we are – supported by each other.

**Steve Shaw**

*On behalf of the Recovery for All and Participation and Experience Team*

# *Learner experiences*

## **Rachel Barnes, Expert by Experience Co-facilitator**

### **What first brought you to Recovery College for All?**

I have suffered from anxiety and depression, on and off, for over 20 years. I wanted to help my husband understand more about how to help me in the darker times so we both enrolled on the Mental Health First Aid (MHFA England™) course. It really helped us both to learn together and for him to hear other people's experiences.

I used to be a college lecturer but hadn't taught since being made redundant a few years ago. I had lost all confidence in my ability. The recovery college session made me think that I could maybe lead a session. I was approached by the college and the rest is history!

### **What things keep you well?**

The list is endless, and I have started to understand that I always need to work at staying well. I go to yoga and Pilates at the gym with friends. The exercise and sense of belonging with others are as important as each other to me. I need to make sure I get enough sleep and eat the right things. The other thing that keeps me well is being in the countryside and nature.

### **Reflecting on where you were before, where are you now?**

Before I started Recovery College for All, I had lost hope, lost confidence and saw no future or way back into work. Since that session, I have led recovery college sessions and jointly designed a session too. My self-confidence has grown, and I am starting to find my way back into work.

### **What hobbies do you enjoy?**

I like to crochet; I learned at a group at Birmingham Mind in Erdington. It really helped me a few years ago when I was very low.

I love going to the theatre with friends. I also enjoy long walks in the countryside with the dog.

### **Is there a book or film that you would recommend to others?**

Books and films; I could never recommend just one of each! I like a wide range of books; there are two Philip Pullman trilogies which I read over and over: *His Dark Materials* (*Northern Lights*, *The Subtle Knife* and *The Amber Spyglass*) and *The Book of Dust* (volume one *La Belle Sauvage* and volume two *The Secret Commonwealth*, volume three is yet to be released).

I also like the *Septimus Heap* series by Angie Sage and the *Artemis Fowl* series by Eoin Colfer. There are too many other books to mention (or fit in my bookcases).

Films are even harder for me to pick! I like everything from *Strictly Ballroom* to the *Marvel Avengers* series; to the Luc Besson films *Leon* and *Fifth Element*; to musicals like *West Side Story* and *Moulin Rouge*, to foreign language films, the (original) *St. Trinians* films and *Ealing* comedies. The only genre I don't really like is horror!



## **Adam Khan, Learner**

### **What first brought you to Recovery College for All?**

I have completed over 50 sessions at the Recovery College for All, and I first came here to expand my knowledge on mental health.

**What things keep you well?**

The thing that keeps me well the most is education, because I love to learn.

**Reflecting on where you were before, where are you now?**

From when I first started at the recovery college, I had changed paths in my life and three years on, I am a multi-award-winning history and politics undergraduate, who has won the top accolade given by the university which is 'Student of the Year', and who is about to start an international study year as part of my degree.

**What hobbies do you enjoy?**

My hobbies include learning languages, of which I am learning seven, and I love to help my local community, and I also represent marginalised communities too.

**Is there a book or film that you would recommend to others?**

My favourite genres are fantasy, science fiction and dystopia, of which there are too many for anyone to be my favourite.

**Mustak Mirza, Expert by Experience****What first brought you to Recovery College for All?**

I have been part of the Advisory Forum for almost two years, so I wanted to see how the sessions worked. I've always believed that all learners, whether staff, service user, carer or our Chief Executive, sitting side by side supports a great learning experience.

**Have you got anything from being involved?**

I have gained some knowledge, but even more from other learners' experiences of how they cope. Hearing carers and staff views really bridges the gap – it's quite healing in bringing wide views and experiences together.

**Do you ever recommend a book or a film to people?**

I always watch a lot of TED talks – they're often quite 'up' and motivating, always inspiring and they always provide me with some hope which equals a better day for me.

**What hobbies do you enjoy?**

I have a lot – including spirituality, yoga, walking, nature, meditation, cooking, and I love creating beautiful memories through playing with my grandchildren.

**What things keep you well?**

Gratitude – being thankful for what I already have, not what I want – each time I connect with my heart, I'm thankful and mindful that 'You are your own echo'.

**Reflecting on where you were before, where are you now?**

Every day I get stronger, more well, more thoughtful and my ego is getting less. Being involved in Recovery College for All has given me purpose and helps me make a difference. It's not about 'what I can get – it's what I can give'.

*“It is humbling and powerful to share experiences.”*

**To see other learner and facilitator experiences,  
visit our website [www.bsmhft.nhs.uk/rcfa](http://www.bsmhft.nhs.uk/rcfa)**

# *Our Recovery Peer Support Workers*

## **Garry Edgington**

It's been a privilege to work at Recovery College for All – it's also been a huge part of my own personal recovery. Working in the team has provided opportunities that I thought I would never have. I've learnt new skills and met so many wonderful people.

Before working at the college, I was very isolated and unwell for many years, I now feel part of something and included. I also gained new qualifications and learnt how to look after myself and that recovery from mental health is possible.

*“Sometimes the best gift you can give someone is, simply include them”*

## **Justine Lovell**

I began as a volunteer at Recovery College for All before getting my current role as a Peer Support Worker.

I can honestly say that being part of the team and attending the college has played a huge part in my own recovery journey.

I am passionate about both personal recovery and our recovery college, and the unique learning environment it provides. Meeting learners has been a privilege and something I look forward to each term.

## **Eugene Egan**

As a service user, I felt very isolated due to my depression. I started volunteering with the Trust and was given a supervisor who was very person-centred and was able to identify my strengths. My supervisor knew and enjoyed doing sessions that could be beneficial to my personal development, so she suggested I attend Recovery College for All.

It was a very empowering experience and I've gone from strength to strength and would definitely recommend this to others.

Before Recovery College for All I was in a very dark place, feeling isolated and often feeling full of despair. However, I am now in a much better place in terms of my mental wellbeing. For example, I'm now working and using my lived experience of mental illness to support others in their pathway towards recovery.



*Session  
information*

## *Beginning mindfulness*

This session introduces mindfulness (theory and practice) and its benefits as part of managing the challenges of recovery and maintaining positive mental health. You can try various mindfulness and meditation exercises with further information and signposting provided.

### **Session outcomes**

- Brief introduction to mindfulness meditation as part of managing stress and anxiety in recovery and for maintenance of positive mental health
- Opportunity to observe or partake in different types of mindfulness exercises
- Signposting to mindfulness practice through online and group learning

*“Recovery maybe hard but it is possible.”*

## *Caring in a crisis*

Going through a crisis is a testing time for service users, families and carers. The aim of this session is to provide information about services that are available out of hours for crisis support, for both service users and carers and provide guidance on what service would be best to use based on different scenarios. The session will also provide information on accessing help at A&E in an emergency and the police and ambulance services link into teams at our Trust.

### **Session outcomes**

- Develop an understanding of out-of-hours support
- Increase confidence in navigating crisis support
- Explore the role of safeguarding

## *Do you mind what you eat?*

Led by a passionate Expert by Experience and a mental health dietitian, we explore how living with a mental health condition affects our appetite and food choices. We consider the many influences on our food consumption and ask the question – is the choice about what we put on our plates really ours?

We explore practical ways to eat ourselves to better health for us and our planet.

### **Session outcomes**

- An understanding of evidence-based guidelines on healthy eating
- Make personal health goals around healthier eating
- Receive resources and information for achieving personal goals

## *Exploring anxiety*

This three-part course explores how anxiety is a normal human response and the different ways it can affect us. Through activities, discussion and sharing experiences, learners will be able recognise symptoms, triggers and the cycle of anxiety. The final session explores different strategies that can help individuals manage anxiety and aid personal recovery.

### **Session outcomes**

- Recognise the signs and symptoms of anxiety
- Explore what keeps anxiety going
- Recognise triggers and explore useful strategies to help manage anxiety

*“...contributions from the Expert by Experience and other people were invaluable.”*

## *Exploring depression*

Despite being one of the most common mental health difficulties, depression is often misunderstood. Through discussions and activities, this three-part course explores depression, its symptoms and possible causes and strategies that can help aid recovery.

## **Session outcomes**

- Understanding depression and look at myths and misconceptions
- Explore causes of depression and treatment options
- Receive strategies and information to support recovery

## *Five ways to wellbeing*

Research tells us that there are five actions that can help improve personal wellbeing. This two-part course explores the five ways to wellbeing, which have been shown to help people feel physically and mentally healthy. Learners will look at each of the five ways to wellbeing and how making small changes in your lifestyle can help you on your recovery journey.

## **Session outcomes**

- Provide an understanding of the five ways to wellbeing as part of recovery and maintaining positive health
- To develop personal goals in relation to the five ways to wellbeing
- Increase motivation to make small changes to help you on your recovery journey

# *Gambling: What's the problem?*

We know that harmful gambling is more likely to crop up for people living with a mental health condition.



This course helps you look at gambling differently and will help you to understand how it might affect you or a loved one.

Co-produced by experts by lived experience and gambling practitioners the course explores the myths around gambling, how to spot the signs it is becoming a concern, how it can harm and how to guide people towards self-help and further support in Birmingham and Solihull.

## **Session outcomes**

- To provide information on gambling and problem gambling
- Raise awareness and confidence to talk about gambling
- Explore personal experiences of gambling addiction and recovery

## *Hope in recovery*

IN PARTNERSHIP WITH



The *Hope in recovery* course is based around the idea of a seed coming to life – a seed of **hope**, like the life of an acorn growing into a mighty oak tree.

Created to facilitate hope and recovery, it is a seven-session course providing the space and resources to encourage individuals to discover and grow hope during their recovery journey.

### **Session outcomes**

- Develop a deeper understanding of hope
- Reflect on personal strengths to increase individual self-confidence and self-worth
- Develop a personal toolkit to support hope journey and recovery

Course duration has been designed to be delivered as a seven-week course. Attendance at all sessions is recommended.

## *How to share lived experience*

This short course aims to inspire hope in recovery and to equip you with the skills and confidence to be able to share your lived experience. There will be an opportunity in the session to put into practice what you have learnt.

### **Session outcomes**

- Explore the benefits of sharing our lived experiences
- Take part in activities to help build your confidence
- Develop your own toolkit for sharing your experiences

# *Introduction to recovery*

This three-part course is an introduction to personal recovery. We understand that everyone's recovery journey is different and personal to them, and you will have an opportunity to explore what recovery means to you. Experts by Experience will share their own journey towards recovery.

Through discussion and activities, the course will focus on what can help facilitate recovery and identify what is available in the community to help us feel confident and empowered on our recovery journey. You will have an opportunity to set and review personal goals that can help you move forward.

## **Session outcomes**

- An increased understanding of personal recovery and what it means to you
- Explore the different dimensions of personal recovery
- Knowledge of the current recovery initiatives happening within the Trust
- To understand how goal setting can support personal recovery

## *I forgot...exploring memory*

Experiencing memory difficulties can feel very isolating and can make you very worried that there is something more seriously wrong. Memory difficulties are very common and we all experience times where we struggle to recall where we left our keys, or why we went into a particular room. This new three-part course help you explore why we can sometimes struggle to recall and retain certain information. It has been designed to help you understand how memories are created and how to develop strategies that can help you remember important information.

### **Session outcomes**

- To understand different types of memories and how they are stored
- To explore why memory changes and the causes
- To develop effective strategies to help improve memory

## *Kickstart your journey with TeamWork*

This exciting new course is brought to you as part of the Aston Villa Foundation TeamWork project, in partnership with Recovery College For All.

IN PARTNERSHIP WITH



**ASTON VILLA  
FOUNDATION**

The course is an eight-week physical activity and nutrition programme, delivered at Villa Park, Aston. The course is focused on supporting learners to make small lifestyle changes to positively impact on physical and mental health.

This collaboration has Experts by Experience alongside physical health and nutrition experts facilitating a programme where individuals can meet new people, develop new skills, and take part in fun, interactive sessions to help kickstart your journey!

## **Session outcomes**

- You will receive enhanced understanding of simple lifestyle changes
- Identify personal goals and simple steps to increase physical activity
- Take part in practical physical health and food preparation activities
- Develop reflective practice skills by completing a personal journal

## *Living with psychosis*

Psychosis is a mental health problem that is experienced by many people using mental health services. This session is for you if you would like to increase your understanding of this condition. During the session we will explore what psychosis is, what diagnosis means, what treatment options there are and living well with psychosis. Facilitated by our experts by lived experience and experts with professional training, the session will consider how we can move forward in our recovery journeys alongside this condition.

## **Session outcomes**

- Explore what psychosis is from a diagnostic and service user perspective
- Discover what recovery means for those living with this condition

## *Mental health awareness*

This session has been designed as an introduction to mental health conditions and to raise awareness of how to manage mental health situations if the need arises.

This could be in your personal life or supporting others who might be struggling at that moment in time.

The session is a mixture of group discussions and activities, which have been designed by people who have lived experience of mental health challenges and professionals who work in a caring profession.

It will introduce effective, understandable tools to enable self-awareness and give you the confidence to support yourself, and others, when needed.

### **Session outcomes**

- Understand the impact of stigma and discrimination and the importance of language
- Develop an awareness of some common mental health conditions
- Relate to other people's lived experience and support someone experiencing distress
- Discover ways to look after your own mental health and wellbeing

## *Music for connection and expression*

This two-part interactive and engaging course explores how music can help us connect to ourselves and others. Music is a powerful medium and can evoke a range of different emotions. The group will explore a variety of styles of music and discuss the impact of music and sound. The course encourages us to explore what music means to us and how it can support our personal recovery experiences.

### **Session outcomes**

- Use music to connect with ourselves and with others
- Identify how music affects our emotions to navigate our recovery
- Explore different genres and styles of music to discover what music means to you and others

## *Resilience and me*

This two-hour workshop is an introductory session to resilience. Resilience is not something that people either have or don't have, instead it is something that can fluctuate. You will explore what resilience in mental health means and take some time to think about how we show ourselves kindness and be compassionate to ourselves and others. Through discussion and activity, you will identify ways that you can build on your own strengths and help you to look after you.

## Session outcomes

- Understand resilience and its relationship to personal recovery
- Explore self-compassion and ways we can be kinder to ourselves
- Ways to look after your mental health and wellbeing

*“The unique nature of recovery – thank you that was uplifting.”*

## *The role sleep plays in recovery*

This workshop is an informative and interactive session about sleep. In this session you will explore your own sleep patterns, identify reasons for poor sleep and what can be done to improve your sleep. You will also discover why sleep is important for recovery and be given practical tools to enable a good night's sleep. This session is suitable for everyone and is an opportunity to work with others and hopefully improve your night's sleep!

## Session outcomes

- To identify and discuss the importance of sleep
- Explore good sleep hygiene
- Set a personal goal to help improve your sleep

# *Understanding dementia*

In partnership with Admiral Nurses, this three-part course is facilitated by individuals with lived experience and professional expertise, providing a unique exploration of living well with dementia. The course explores 'normal ageing versus dementia', techniques to support individuals living with dementia and how carers can look after their own needs whilst supporting a loved one in their recovery.



## **Session outcomes**

- Explore the difference between normal ageing, forgetfulness and dementia
- Discuss techniques that can support an individual who has dementia
- Understand the needs of carers supporting loved ones
- Share ways to look after ourselves

## *Who am I?*

Thinking about who we are can be difficult at times and remembering what we like to do is sometimes a challenge. This session is an opportunity for you to create your own collage, finding pictures from magazines, brochures and pamphlets to help you define what makes you unique. You will spend time creating your own collection of pictures that help you to focus on your strengths, interests and things that you like. Be as creative as you want!

## Session outcomes

- Focus on what makes you unique and how reminding ourselves of our likes and strengths can help us on our recovery journey
- Feel inspired by what makes us individual
- Create your own 'who am I' collage to take away

To review our current sessions and courses on offer, please visit our website **[www.bsmhft.nhs.uk/rcfa](http://www.bsmhft.nhs.uk/rcfa)** or scan the QR code.





*Further details*

## *How you can get involved*

The Recovery College for All is interested to hear from service users, carers and colleagues who would like to co-design and co-facilitate sessions within the college.

Recovery College for All can offer a variety of sessions on different topics, all we ask is that they are recovery-focused, co-designed and co-facilitated, any and all session ideas will be considered.

## *Experts by Experience programme*

Lived experiences can make a huge difference to the way the Trust makes decisions on staff recruitment, plans for services and improves mental wellbeing across the region.

### **Would you like to be more involved? Meet others?**

#### **Explore opportunities?**

We have extensive opportunities for individuals with lived experience to access training to develop skills and to get more involved in Trust activities.

To find out more please email

**[bsmhft.expertsbyexperience@nhs.net](mailto:bsmhft.expertsbyexperience@nhs.net)**

## *Venue details*

### **Uffculme Centre, Moseley**

52 Queensbridge Road, Birmingham, B13 8QY

### **Three Trees Community Centre, Solihull**

Hedingham Grove, Chelmond's Cross, Chelmsley Wood,  
B37 7TP

## *Get in touch*

Email: **[bsmhft.recoverycollege@nhs.net](mailto:bsmhft.recoverycollege@nhs.net)**

Telephone: **0121 301 3992**

Office hours: 9.00am–5.00pm

If you are calling outside of office hours, please leave a message on the answerphone.

If the line is busy, you will automatically be directed to leave a message on the answerphone.

For further information, please visit the website **[www.bsmhft.nhs.uk](http://www.bsmhft.nhs.uk)** and click on the Recovery College for All logo.

## *Crisis contacts and information*

Sometimes a crisis arises unexpectedly, or the usual support is not around. If you have a care co-ordinator, such as a community psychiatric nurse (CPN), they are normally your first point of contact. If they are not available, then a duty CPN is offered.

### **Out of hours**

If your crisis occurs at night or weekends, or if you are not registered with mental health services, then you can call the following:

#### **NHS 111**

Freephone: 111 (24 hours)

#### **SANE**

Tel: 0300 304 7000

(4.30pm to 10.30pm daily)

Website: [www.sane.org.uk](http://www.sane.org.uk)

#### **Samaritans**

Freephone: 116 123 (24 hours).

Website: [www.samaritans.org](http://www.samaritans.org)

#### **999**

Immediate, life-threatening emergencies.







*Learning to be well  
together makes us stronger*

All Trust staff, service users,  
carers and families are welcome to  
Recovery College for All

**Recovery College for All**

Uffculme Centre

Queensbridge Road, Moseley,  
Birmingham B13 8QY

Tel: 0121 301 3992

Email: [bsmhft.recoverycollege@nhs.net](mailto:bsmhft.recoverycollege@nhs.net)

Website: [www.bsmhft.nhs.uk/rcfa](http://www.bsmhft.nhs.uk/rcfa)