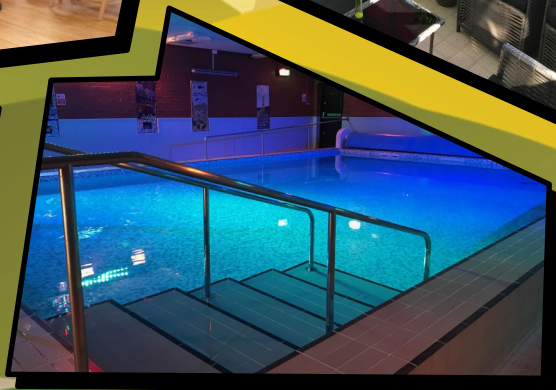


Sunderland Recovery College



COURSES STARTING
APRIL 2019

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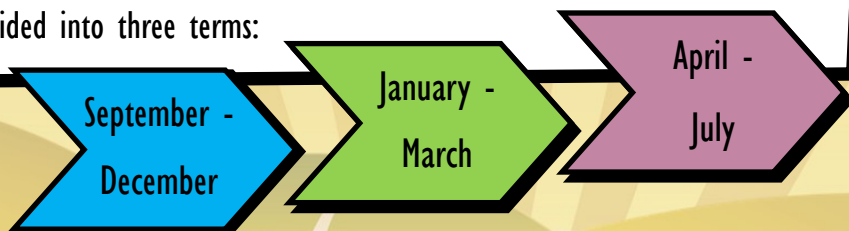
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WHAT WE DO

Sunderland Recovery College are offering a range of free recovery focussed educational courses for people with lived mental health experience, their friends and family.

All of our courses are co-produced and co-facilitated by people who have lived experience of Mental Health.

The year at Sunderland Recovery College, like with other Colleges, is divided into three terms:



“Fabulous! It has really helped me to grow as a person.”

“When I did it I was so proud of myself. I felt I had taken a giant step towards a better future.”

We understand that it may be difficult for you when first attending the Recovery College. This is quite normal and many students feel this way. We understand how difficult it can be to come to a new place with new people. To help with this we encourage you to bring a carer, relative or friend with you if you feel this would help.

WHAT IS RECOVERY?

Recovery is a personal journey. You may already have, or at least are developing, your own definition of what recovery means to you. We teach that there are five key principles of recovery...

Hope

People who experience mental health difficulties get well, stay well and go on to meet their dreams and goals.

Education

Learning all you can about what you are experiencing so you can make decisions about all aspects of life.

Support

Receiving support from others and giving support will help you feel better and enhance quality of life.

It's up to you, with the assistance of others, to do what needs to be done to keep yourself well.

Personal Responsibility

Self-Advocacy

Reaching out so that you can get what it is that you need, want and deserve to support your recovery.

YOUR RECOVERY COLLEGE JOURNEY



LEVEL 3 NEXT STEPS

Recommended for those wanting to take those next steps towards volunteering, courses outside of the Recovery College, or employment.

LEVEL 2 BUILDING ON YOUR LEARNING

Recommended for those wanting to build on top of their existing knowledge and experience within the Recovery College.

LEVEL 1 GETTING STARTED

These courses are recommended for students looking to take their first steps with the Recovery College and try something new.

Some students only stay with Sunderland Recovery College for a single term, while others may stay to build on their learning for a second or third term. There is no right or wrong - it's your choice and about what works best for you. Each year there will be a celebration event where you will receive a certificate to acknowledge the positive outcomes from your time with Sunderland Recovery College.

LEVEL 1

WELLNESS GYM

These gym sessions will be low impact, low level supervised exercise classes aimed at increasing cardiovascular capacity and muscular strength helping to increase mobility in joints and improve general fitness and health.

The wellness gym has a relaxed and friendly atmosphere where you can chose a routine that suits you and your own abilities.



DAY	DATE	TIME	SESSIONS	VENUE
Thu.	09/05/19	15:00 - 16:00	12	Fulwell Resource Centre

WALKING GROUP

Why not give yourself a boost, get outside and keep active. Sunderland is steeped in history with many hidden treasures. A new walk each week will discover the most interesting parts of our city's past, present and future and a great opportunity for photography enthusiasts. A different guide book will be provided for each walk. There will be 8 walks in total and no walk will be over 3.5 miles.

DAY	DATE	TIME	SESSIONS	VENUE
Mon.	29/04/19	13:00 - 15:00	8	Fulwell Resource Centre

CRAFTY CARD MAKING

This course is an introduction to card making to help you plan and design your own cards for all occasions. It has been documented that craft activities may alleviate symptoms of stress, anxiety and depression.

You will also have the opportunity to create your own cards using your own imagination, creativity and individuality. The course will get you thinking creatively whilst meeting new people and widening your social networks.

DAY	DATE	TIME	SESSIONS	VENUE
Tue.	07/05/19	13:00 - 15:00	8	Fulwell Resource Centre

COOKING ON A BUDGET

This course will look at developing skills around nutrition on a low cost budget. You will prepare and cook a different meal each week. You will need to make a contribution for ingredients. You will have the opportunity to meet new people while developing new skills. Each session will include practical cooking skills.



DAY	DATE	TIME	SESSIONS	VENUE
Mon.	29/04/19	14:00 - 16:00	6	Fulwell Resource Centre
Tues.	30/04/19	10:30 - 12:30	6	Sunderland Mind

TAI CHI

Tai Chi is a mind-body exercise system that is low-impact and suitable for all levels of fitness and capability. It consists of a series of gentle postures and movements performed in a slow, graceful manner, some of which are 'dance-like' with continuous flow while others are more static and repetitive.

This course will give you an introduction to Tai Chi. The benefits accrue as the course progresses and are enhanced by practice at home.



DAY	DATE	TIME	SESSIONS	VENUE
Mon.	29/04/19	11:00 - 12:00	9	Fulwell Resource Centre

SUGAR CRAFT

WEA Adult Learning
Within Reach

Come along and enjoy learning new skills in Sugar Craft. This course is set within a relaxed and friendly environment. Plan and make a range of themed cake toppers, colour and shape fondant and sugar paste. Use a range of tools, materials and techniques to make cake toppers that will WOW family and friends.

DAY	DATE	TIME	SESSIONS	VENUE
Thu.	02/05/19	10:00 - 12:00	7	Bramble Hollow Hetton

MEDITATION AND THE SENSES

Exploring the senses and having meditations surrounding them.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs.	02/05/19	10:30 - 12:00	3	Fulwell Resource Centre

HOLISTIC HEALTH, RELAXATION & MINDFULNESS

Learn about holistic health, stress management, relaxation and mindfulness.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs.	13/06/19	10:30 - 12:00	4	Fulwell Resource Centre

JEWELLERY MAKING

WEA Adult Learning
Within Reach

Jewellery making for beginners; plan and design your own beaded jewellery, gaining an understanding of the tools of the trade and their use. Create a range of jewellery items to impress your friends and family. Enjoy learning a new skill in a relaxed environment while meeting new people and socialising.

DAY	DATE	TIME	SESSIONS	VENUE
Fri.	03/05/19	13:00 - 15:00	7	Washington Millennium Centre

LEVEL 2

BASIC BOTANY COULD BOOST YOUR BRAIN

In this course we will explore the structure of plants, dissect and grow them, investigate their reproduction, defence and survival. Growing plants has been linked to relaxation and reducing anxiety which can contribute to good mental health. There will be no expectation of prior knowledge and the level of participation will be up to the individual. The course will be sensitive to individual needs and experience and is designed to help you understand plants and grow them successfully.

DAY	DATE	TIME	SESSIONS	VENUE
Thu.	02/05/19	10:00 - 12:00	10	Fulwell Resource Centre

LIVING WITH PSYCHOSIS

If you are currently experiencing - or have experienced - psychosis and hallucinations, then this course is for you. In a safe and confidential group, we shall share our experiences and their impact upon our lives.

Over four weeks we'll be discussing areas such as stigma, coping strategies, helpful /unhelpful thinking styles and what we need to do to stay well.

DAY	DATE	TIME	SESSIONS	VENUE
Mon.	29/04/19	11:00 - 12:00	4	Fulwell Resource Centre

ANGER MANAGEMENT

This course is designed to help those of us struggling with low level anger, frustration and irritation. The course provides a safe space where we will learn what anger is, how it affects us physically, emotionally and socially and steps to help us manage it. Each week we will build up skills to add to our wellness toolbox and hopefully be able to support each other in putting them into practice. Please note - this is not designed to be a formal therapeutic group, but advice and support in practicing therapeutic techniques for anger.

DAY	DATE	TIME	SESSIONS	VENUE
Fri.	03/05/19	10:00 - 12:00	8	Fulwell Resource Centre

LIFE COACHING

WEA Adult Learning
Within Reach

The course will explore various coaching techniques that could improve your quality of life and strengthen your well-being whilst improving upon mental health and emotional health. If you are wanting to explore why you often feel empty, disconnected, anxious or separate, this course could provide you with the tools you need to live a more free, joyful, rounded life.



DAY	DATE	TIME	SESSIONS	VENUE
Tues.	30/04/19	13:00 - 15:00	7	Houghton Methodist Church

FINANCE AND BUDGETING

In this course we will look at practical money skills, tips to save money, understanding utility bills, personal banking, dealing with debts and how to access support. Debt is not just a financial problem. It can cause severe health and relationship problems. This course will explore the issues that debt, coupled with mental health, can cause, hopefully giving you the tools to take control of your finances and manage your debts.



DAY	DATE	TIME	SESSIONS	VENUE
Wed.	15/05/19	10:00 - 12:00	7	Fulwell Resource Centre

EMOTIONAL RESILIENCE

This course will give you the opportunity to understand emotional resilience and how this can impact on your life, promoting emotional resilience in self and others and assisting in identifying unhelpful thinking behaviours. You will have opportunity to practice developing techniques and skills in challenging unhelpful thinking and behaviours to build resilience. Group exercise and discussion will provide us with a safe and encouraging environment where we can learn from each other and build healthy supportive relationships..

DAY	DATE	TIME	SESSIONS	VENUE
Mon.	29/04/19	13:00 - 15:00	4	Fulwell Resource Centre
Tues.	14/05/19	13:00 - 15:00	4	Houghton Methodist Church

SPIRITUALITY GROUP

This course is an opportunity to learn about spirituality and yourself. We all have different paths to share through illness and recovery, loss and growth. The course is not about promoting any particular belief system or religion, but recognises that we draw on shared values and wisdom to understand the world, both together and from our own unique perspective.

DAY	DATE	TIME	SESSIONS	VENUE
Fri.	03/05/19	10:00 - 12:00	8	Fulwell Resource Centre

MINDFULNESS

These sessions have the potential to be life changing and are based on meditation techniques. You will practise techniques in a relaxed environment and develop an understanding of how to work with your mind and emotions to bring about mental health and well-being.

The course leader, Sagara, is an experienced teacher of Mindfulness and is able to create an environment where you will be supported to work with your own needs.



DAY	DATE	TIME	SESSIONS	VENUE
Fri.	03/05/19	13:00 - 15:00	6	Fulwell Resource Centre
Fri.	14/06/19	13:00 - 15:00	6	Fulwell Resource Centre

HYDROTHERAPY & RELAXATION

Hydrotherapy and relaxation has been proven to have many beneficial effects on your body and mind:

- Warming body tissues
- Improving blood circulation
- Feeling of relaxation
- Reducing stress
- Relaxing your mind
- Physical benefits



DAY	DATE	TIME	SESSIONS	VENUE
Fri.	03/05/19	15:00 - 16:00	12	Fulwell Resource Centre

APPEARANCE & CONFIDENCE BUILDING

This course aims to offer our students information and guidance around healthy nutrition, better mobility and confidence

building incorporating Chakra and Colour Therapy work. Looking good and feeling good are important to our physical health and wellbeing and by balancing good nutrition, quality movement, and using de-stressing techniques to relax and calm the mind, we can bring about a greater awareness of wellbeing and confidence.



Adult Learning
Within Reach

DAY	DATE	TIME	SESSIONS	VENUE
Tue.	30/04/19	13:00 - 15:00	7	Washington Millennium Centre

EXPLORING POETRY

In this course we will be exploring some of the greatest poetry of all time, which we hope will be a mind-expanding, and therapeutic exercise. No previous knowledge is assumed: people who have never read a poem in their life are equally as welcome as more experienced readers. After studying six major poets we will look at poetry specifically about mental health, concluding with the chance for you to write your own poem.

DAY	DATE	TIME	SESSIONS	VENUE
Fri.	10/05/19	13:30 - 15:00	9	Sunderland Mind

RECOVERY THROUGH FISHING

Angling makes both a preventative and restorative contribution to mental health, including physical improvements such as increased muscle strength, improved co-ordination and exercise, along with improvements to mental and emotional wellbeing. No equipment needed, just turn up and enjoy.

Fishing is not only a fabulous way to stay active, it's also a perfect activity to help calm your mind and let go of the stress in your life.

Intro session held Tues.
30/04/19, 10:00 - 11:00
Fulwell Resource Centre

DAY	DATE	TIME	SESSIONS	VENUE
Wed.	01/05/19	10:00 - 13:00	6	Sunderland Glass Centre

UNDERSTANDING DEMENTIA



Do you and other members of your family care for someone with dementia? Come along and meet people in a similar caring role. The aims of this course are to help you understand dementia, as well as learning coping strategies. Topics covered include; what is Dementia?, behaviour and memory, stages of dementia and communication.

DAY	DATE	TIME	SESSIONS	VENUE
Wed.	08/05/19	12:00 - 15:30	5	Fulwell Resource Centre

CARING WITH CONFIDENCE



These sessions give you the opportunity to hear from other carers in a similar role to yourself and give time to learn about and share coping strategies. Topics include; Exploring strategies for effective communication, planning ways of coping with stress and difficult emotions related to your caring role, getting the balance right for you and taking steps to deal more confidently in your caring role.

DAY	DATE	TIME	SESSIONS	VENUE
Thu.	09/05/19	12:00 - 15:30	4	Fulwell Resource Centre

LEVEL 3

PEER SUPPORT DEVELOPMENT PROGRAMME

Peer Support is about using our knowledge and lived experiences to help and support each other. The Peer Support development programme explores the strategies, tools and skills used within Peer Support and looks at how we can further support one another as Peers.

In this course we will look at; 'What is Recovery?', WRAP, (Wellness Recovery Action Planning), Leadership & Development, Recovery Stories, Myers Briggs, Communication Styles and much, much more.

DAY	DATE	TIME	SESSIONS	VENUE
Wed.	15/5/19	10:00 - 15:00	12	Fulwell Resource Centre

THINKING ABOUT VOLUNTEERING?

Sunderland Recovery College has always valued the people who volunteer their time within the College, most of whom are students progressing to volunteering as part of their next steps.

DAY	DATE	TIME	SESSIONS	VENUE
Date & Time to be confirmed				Fulwell Resource Centre

“WHAT IS PEER SUPPORT?” WORKSHOP

What is a peer support worker? How can a Peer Support worker inspire hope? How does the role of a Peer Support Worker differ from other Mental Health workers? What does a day in the life of a Peer Support Worker look like?

If you want to know more about Peer Support then come along to this informal workshop led by two experienced Peer Support Workers. They will present a short PowerPoint presentation then give you the opportunity to answer any questions you have about the role.

DAY	DATE	TIME	SESSIONS	VENUE
Wed.	08/05/19	10:00 - 12:00	1	Fulwell Resource Centre

STUDY BUDDY WORKSHOP

When student's work with a study buddy they can significantly improve their experiences in their recovery journey. Having a study buddy provides an opportunity to share knowledge and experiences.

This workshop will provide you with useful techniques on how to support students of Sunderland Recovery College to make the most of the opportunities available to them, covering; *what it means to be a study buddy, helpful guidance on how to be a study buddy, and how to volunteer as a study buddy.*

DAY	DATE	TIME	SESSIONS	VENUE
Tues.	04/05/19	10:30 - 12:00	1	Fulwell Resource Centre

NEXT STEPS



Next Steps is a two part programme for those aged 19+, perfect for building confidence, developing your skills, exploring employment options and boosting CV experience. You will have the opportunity to gain new skills, challenge yourself and explore career opportunities. The programme includes; community action project, exploring the world of work, adventure week, living a healthy life and vocational tasters. Students have the opportunity to gain vocational tasters in the following areas; Health and Social Care, Beauty Therapy, Social Enterprise, Warehouse and Horticulture.

DAY	DATE	TIME	SESSIONS	VENUE
Date & Time to be confirmed				Unit 1-2, East Way, Sunderland

ENGLISH & MATHS



English and Maths - Springboard offer both year non-intensive and intensive teaching sessions in both GCSE Maths and English to enable you to achieve a minimum of Grade 4 in both subjects, or you have the opportunity to study for your GCSE's alongside a vocational area of your choice. Our highly experienced and qualified staff can help you achieve sooner than you think without paying any entry fees. Springboard can also help to upskill existing staff if they are needing to improve their GCSE's

DAY	DATE	TIME	SESSIONS	VENUE
Date & Time to be confirmed				Unit 1-2, East Way, Sunderland

MENTORING



Mentoring is about helping people to develop more effectively. Our mentoring course is designed to build confidence and support the individual so they are able to offer support and development to their peers. Mentoring is not the same as training, teaching or coaching, and a mentor doesn't need to be a qualified trainer. Our mentoring course will give you the skills and confidence you need.

DAY	DATE	TIME	SESSIONS	VENUE
Date & Time to be confirmed				Unit 1-2, East Way, Sunderland

SOCIAL ENTERPRISE



Social Enterprise is a new programme of engagement for learners within Durham and the surrounding areas, designed to provide an opportunity for meaningful activities within an entrepreneurial environment, preparing young people for mainstream opportunities or a route to employment. Students will learn and progress in a nurturing and inspirational work like environment, using a variety of resources to support learner's individual needs. Social Enterprise is an opportunity for learners to obtain new skills including further development of their Maths and

DAY	DATE	TIME	SESSIONS	VENUE
Date & Time to be confirmed				Unit 1-2, East Way, Sunderland

WORKSHOPS

CAPACITAR WORKSHOP

Capacitar means to empower, to encourage bringing each other to life. Everything we do, think, feel and believe has an impact on our state of health. Come and join us to learn simple energy practices to help you stay centred and live with peace and wellbeing in the mist of the chaos of our times. These workshops will look at breath work, Tai Chi energy exercises, finger holds to manage emotions and Emotional Freedom Technique.

DAY	DATE	TIME	SESSIONS	VENUE
Tues.	30/04/19	15:00 - 16:30	8	Fulwell Resource Centre

ANXIETY AWARENESS

Anxiety is that feeling of worry and fear, often around upcoming events or things that might happen in the future.

This workshop will look at what anxiety is and how it can effect us in our day to day lives, as well as looking at the strategies and techniques that can help us manage feelings of anxiety as well as looking at practical ideas and approaches.

DAY	DATE	TIME	SESSIONS	VENUE
Date & Time to be confirmed				Fulwell Resource Centre

BIPOLAR WORKSHOP

Celebrities have spoken publicly about bipolar and show that even if you're affected by it, with the right support you can get on with life and continue doing the things you enjoy.

In a relaxed and safe environment we can explore its causes and symptoms, its treatments as well as tips for coping.

DAY	DATE	TIME	SESSIONS	VENUE
Thu.	30/05/19	13:00 - 15:00	1	Fulwell Resource Centre

MOTW

Moving On
Tyne & Wear



Moving On Tyne and Wear (MOTW) is a programme which supports people who are out of work due to any type of health issues - physical or mental. Through 1:1 support, tailored to each individual, MOTW help people stabilise personal circumstances, develop confidence, access training and gain employment related skills. Take part in MOTW's workshop to find out how to develop the confidence to move forward and explore the idea of entering the working world.

DAY	DATE	TIME	SESSIONS	VENUE
Wed.	01/05/19	13:00 - 15:00	1	Fulwell Resource Centre

DEPRESSION AWARENESS

Depression can affect anyone at any time in our lives. In this workshop we will look at what depression is, how it can affect us, as well as strategies and techniques to manage living with depression, as well as looking at practical ideas and approaches.

DAY	DATE	TIME	SESSIONS	VENUE
Date & Time to be confirmed				Fulwell Resource Centre

MEDICATION AWARENESS

This informal session aims to look into medication used to treat a number of different mental health conditions. Medications discussed will include antidepressants, antipsychotics and mood stabilisers exploring some of the following topics; *Side effects, what's available? Reviewing medication, new vs old - what's the difference? Switching medication (titration), how long medication takes to work, how dangerous is it to stop without medical advice?*

DAY	DATE	TIME	SESSIONS	VENUE
Fri.	10/05/19	10:00 - 12:00	1	Houghton Methodist Church
Fri.	06/06/19	10:00 - 12:00	1	Fulwell Resource Centre

SUGARFIT WORKSHOP

This fun interactive workshop not only analyses what makes up a good daily diet but also looks closely at the 'Gut Brain' connection. Did you know our gut is where we make the happy hormone 'serotonin'? Therefore, what we eat, digest and absorb through the gut lining has a direct impact not only on our health but also on our general mood and overall wellbeing.

In this interactive workshop you will learn about the important role of good fats & oils, natural sugars, essential vitamins and minerals that not only help increase your energy levels and improve your mood, but also help to improve your sleep patterns, reduce your blood pressure and helps with weight management and controlling Type 2 Diabetes. Fun activities include testing your taste buds and making a simple but nutritional low carb meal packed with goodness. The session is rounded off with a fun SugarFIT 'Blockbuster' type quiz.

DAY	DATE	TIME	SESSIONS	VENUE
Tues.	07/05/19	13:00 - 15:00	1	Houghton Methodist Church

SUGARFIT

~ Nutritional Health & Well-being

TIME 4 CALM

The aim of this workshop is to introduce Mindfulness, meditation and positive reflection as an alternative way to reduce negative thinking, stress and reduce tension in our body. This workshop will demonstrate how these three techniques can support us during challenging moments and prevent chaos at home and at work.

By practicing techniques and looking at situations differently we can ease our worries and ultimately reduce anxiety and stress, giving people the knowledge and understanding of the practice in the hope they research it more and continue to try the various techniques either in a group or at home until they find one that suits them and begin to use it daily.

DAY	DATE	TIME	SESSIONS	VENUE
Tues.	07/05/19	13:00 - 15:00	1	The Old Rectory, Houghton



CITIZENS ADVICE SUNDERLAND



citizens
advice

We provide free, confidential, independent and impartial advice to everyone living in Sunderland and Washington. As a local, independent charity we can work with clients to resolve any debt or benefit issues they may have and help them find a way forward.

“I received exceptional service at Citizens Advice Sunderland throughout my worrying time. Very, very helpful. Thank you so much.”

We can help with:

Money Advice - We provide detailed money advice to help the people of Sunderland tackle their debt issues. We can provide budgeting advice, negotiate with creditors, handle both emergency and non-emergency debts and identify suitable strategies for the next steps.

Benefits - One of our advisers can carry out a benefit check so that you can find out what benefits you are entitled to and the next steps forward. If you fall within our catchment area, we can book a one-to-one appointment to help you complete your benefit forms. Alternatively, we can direct you to the advice agency which covers your area.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs.	16/05/19	11:30 - 13:30	1	New Springs City Church

MINDFULNESS DROP IN SESSIONS

These sessions have the potential to be life changing and are based on meditation techniques. You will practise techniques in a relaxed environment and develop an understanding of how to work with your mind and emotions to bring about mental health and well-being.

A chance to meet with others and practice Mindfulness. - Open to all who have completed a Mindfulness course with Sagara.

Continuing 12:30 - 1.30

Every Friday,

Fulwell Resource Centre

LISTENING EAR

This is a weekly session which you will need to book before you visit.

Sometimes we need someone just to listen, not to fix things or offer alternatives but to just listen. Too often we underestimate the power of touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around. This is an informal session, giving you an opportunity to have individual time with a member of the Recovery College Team who is interested in your wellbeing, offering confidential support in a relaxed, safe and comfortable environment.

Every Thursday 12.00 - 3.30

Telephone 5612279 to book a slot.

INFORMATION SHARING SESSIONS

Come along and enjoy refreshments in a comfortable and relaxed atmosphere where you can discuss current affairs, get to know each other and develop friendships. We will have guest speakers visiting on a monthly basis offering information on a range of subjects.

Houghton-Le-Spring Primary Care Centre
Fridays 10.00am - 12.00

Washington Millennium Centre
Fridays 1.00pm - 3.00pm

Bramble Hollow, Four Lane Ends
Thursdays 10.00am - 12.00

New Springs City Church, Fulwell
Thursdays 11.30am - 13.30pm

Find out more about Sunderland
Recovery College, the courses we
offer and our volunteering
opportunities.

Houghton Methodist Church
Tuesdays 13:00 - 15:00

RECOVERY COLLEGE CHOIR

Mondays 12:30 - 13:30
New Springs City Church



The aim of the Recovery College Choir is to encourage having fun, build confidence and inspire hope in recovery. No need to enrol, just turn up and give it a go.

ACCESS GUIDE

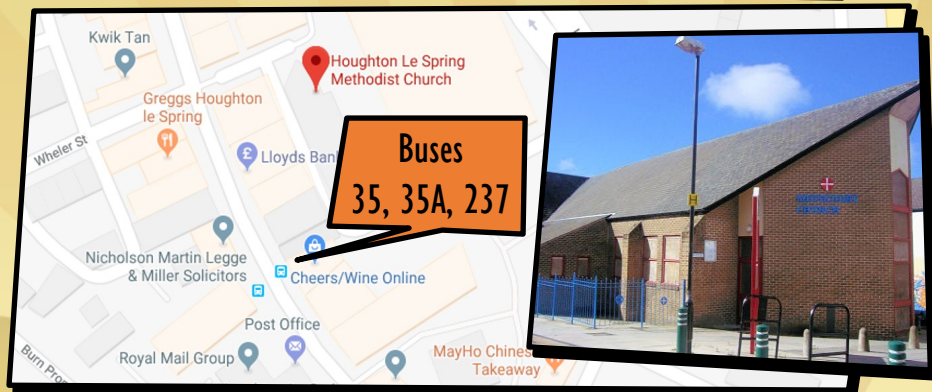
Fulwell Resource Centre, Fulwell Road, SR6 9QW

The venue is partially accessible. The coffee shop, gym, hydrotherapy pool, activity rooms, kitchen and toilets are accessible on the ground floor. Some of our courses are delivered on the upper floor. There is no level access to the upper floors. There is ample parking near by. If you require further assistance please contact one of our advisors prior to your visit on 5612276.



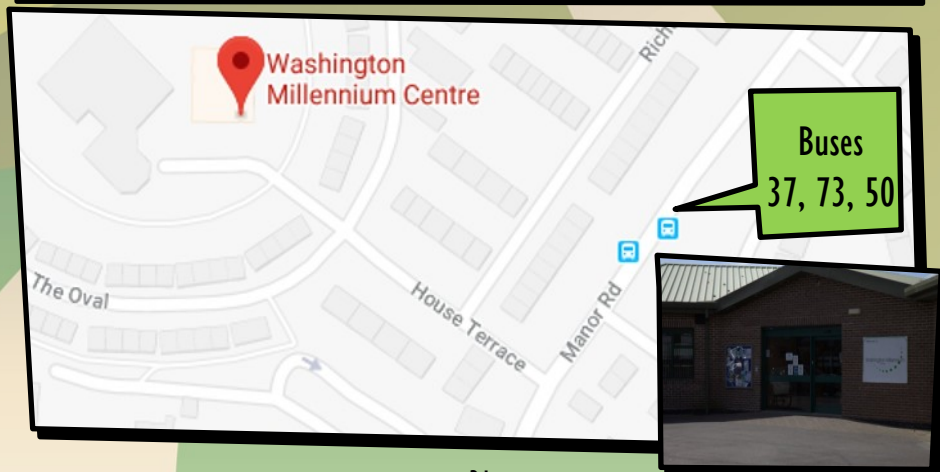
Houghton Methodist Church, Mautland Street,
Houghton-Le-Spring, DH4 4BH

The centre is fully accessible, although parking is limited. There is also an accessible free car park in easy walking distance.



Washington Millennium Centre, The Oval, Washington, NE37 2QD

The centre is fully accessible. There is an accessible free car park.



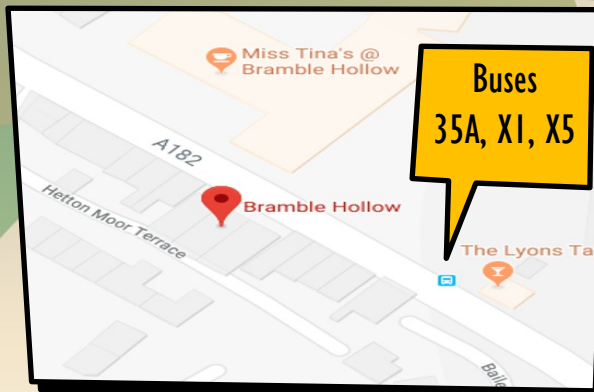
Houghton-Le-Spring Primary Care Centre, Brinkburn Crescent, Houghton, DH4 5HB

The centre is fully accessible. There is also a free car park.



Bramble Hollow, Four Lane Ends, Hetton-Le-Hole, DH5 0AF

The centre is fully accessible. There is also a free car park.



ENROLMENT

If you wish to attend a course or courses, you will first need to enrol with the Recovery College. Please come along to one of our enrolment days at:

Friday 12th April

10:00 - 12:00

Houghton Primary Care Centre

Friday 12th April

13:00 - 15:00

Washington Millennium Centre

Monday 8th, Wednesday 10th, Friday 12th April

10:00 - 15:00

Fulwell Resource Centre

If you would like to speak to one of our advisors ahead of your visit
please contact 0191 5612276

The logo for Sunderland Recovery College. It features the word "Sunderland" in a grey, sans-serif font at the top. Below it, the word "Recovery" is written in a large, bold, black font, with the letter "o" replaced by a green square. Below "Recovery", the word "College" is written in a large, bold, black font, with the letter "l" replaced by a green vertical bar. The entire logo is set against a background of stylized green and yellow hills.

Here at the Recovery College we take the security of your personal details very seriously.

Sunderland Recovery College will use the personal data we collect from you for the purpose of: providing you with relevant support, providing information advice and guidance, carrying out our enrolment processes, recording your attendance.

All the personal details you have provided to Sunderland Recovery College will be retained and protected by the Recovery College in accordance with the General Data Protection Regulations 2018.

CONTACT US



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0191 5612255

"Gave me techniques that would help me improve myself."

"I look forward to going to the college all week. Sometimes it feels like the only place I feel relaxed."

"The whole course was friendly and welcoming."

"I have made some lovely friends who I hope to stay in touch with."

"The people facilitating the course were so supportive! They made me feel so relaxed."

"The people facilitating the course were so supportive! They made me feel so relaxed."

"When I did it I was so proud of myself. I felt like I had taken a giant step toward a better future."

"Provided me with important information about my condition."

"Fabulous! It has really helped me to grow as a person."

"The course was wonderfully insightful. Great course, great facilitators, great! A big thank you for helping me create my new normal."

The logo for Sunderland Recovery College. It features the word "Sunderland" in a small, grey, sans-serif font at the top. Below it, the word "Recovery" is written in a large, bold, black font with a green outline. The word "College" is written below "Recovery" in a similar large, bold, black font with a green outline. A small green square is positioned above the letter "o" in "Recovery". The entire logo is set against a background of green and yellow curved shapes.

