

Sunderland Recovery College

COURSES STARTING

APRIL
2020



EVERY DAY IS A NEW BEGINNING



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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:

Term 1

September - December

Term 2

January - March

Term 3

April - July

“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.

Personal Responsibility

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

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

As a guide (you can jump in at whichever level feels more comfortable for you) our courses are split into three different levels to help find the best course for you...



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.

LEVEL 1 GETTING STARTED

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 choose a routine that suits you and your own abilities.



DAY	DATE	TIME	SESSIONS	VENUE
Thurs	7/05/20	3:00-4:00	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	4/05/20	2:00-4:00	10	Community

MEN'S WELLBEING GROUP

The Recovery College Men's Wellbeing Group will meet in an informal setting within a safe environment. We will encourage our students to share issues in a non-judgemental way and discuss topics centred around their emotional, physical, and mental health concerns.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	15/05/20	10:00-12:00	10	Fulwell 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.	4/05.20	2:00 - 4:00	6	Fulwell Resource Centre
Tue.	5/05/20	1:00 - 3:00	6	Houghton Methodist Church

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.	4/05/20	11:00 - 12:00	11	Fulwell 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
Tues	5/05/20	1:00 - 3:00	8	Fulwell Centre

NAIL ART & BEAUTY

WEA Adult Learning
Within Reach

A short course that will cover manicure, pedicure, nail art, lash and brow treatments, make up application, hot and warm wax.

Facial treatments, manual tanning and party lash application.

Feel good inside and out, widening your social network in a safe and relaxed environment.

DAY	DATE	TIME	SESSIONS	VENUE
Mon	4/05/20	10:00 - 12:00	7	Fulwell Centre

NEEDLE FELTING

WEA Adult Learning
Within Reach

Would you like to make and learn the art of needle felting?

Design personalised themed ornaments in a relaxing and fun environment which is suitable for complete beginners and improvers.

You will be guided through the types of wool which can be used in a range of activities plus the needles and techniques required to produce your own needle and wet felted pieces of art.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	15/05/20	1:00 - 3:00	7	Washington Millennium

'GROWTH' POTTERY COURSE

Stress is an unavoidable part of life. However it has undeniably negative effects on a person's mental health.

Pottery is rarely the first activity that springs to mind when discussing mindfulness and stress reduction. However the cathartic nature of working with clay and the stress relieving benefits that can be derived from it is extremely beneficial.

Consider the clay as your own stress ball!

Pottery is one of the most relaxing hobbies you could attempt and is an ideal way to destress and improve your mindset.

Come and join us in a safe and relaxed environment where you can be creative and make some unique pieces to take home and treasure for years to come.

No previous experience necessary.

DAY	DATE	TIME	SESSIONS	VENUE
Wed	6/05/20	10:00 - 12:00	6	Fulwell Centre

BRITISH SIGN LANGUAGE

WEA Adult Learning
Within Reach

During this course students will learn and develop hints and tips for effective signing and symbols used.

Students will be able to sign a range of names and words which are used in everyday situations.

These skills can be transferred and used in your day to day life.

DAY	DATE	TIME	SESSIONS	VENUE
Tues	5/05/20	10:00 - 12:00	7	Fulwell

AROMATHERAPY & MASSAGE

WEA Adult Learning
Within Reach

This course will give you the basic skills to begin safely using essential oils for personal use and in the home.

As well as giving you the freedom to create your own personalised and fragrant skin, bath and body care.

You will also learn to perform a basic hand, arm, neck, and back massage which will give you the feeling of wellbeing in a supportive and friendly environment.

DAY	DATE	TIME	SESSIONS	VENUE
Tues	5/05/20	1:00 - 3:00	7	Houghton Methodist

PINGPOSITIVE

Come and join us for a game of table tennis.

During the sessions you will learn all the basics necessary to enjoy a great game of table tennis...keep active, socialising, developing hand-eye coordination, develop core skills, improve balance and have a great time.

Table tennis is great for fitness, each session will consist of a warm up, some off the table activities, on the table activities and table tennis drills and fun games.



DAY	DATE	TIME	SESSIONS	VENUE
Thurs	14/05/20	10:30 - 11:30	8	Beacon of Light

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 at
Fulwell Resource Centre
30/04/20

DAY	DATE	TIME	SESSIONS	VENUE
Thurs	7/05/20	10:00 - 12:30	6	Glass Centre

LEVEL 2 BUILDING ON YOUR LEARNING

JOURNALING FOR WELLBEING



Join Steve as he takes you on a journey of discovery, exploring the many advantages of journal writing for wellbeing. Steve will explore different types of journals in this practical and interactive course and share research findings which confirm the mental and physical benefits of writing journals.

This is an introductory course so no previous experience is necessary. As one course member commented “attended the first session and really enjoyed it - the hour went too quickly!”

Session 1 - Getting started: An introduction to Journals.

Session 2 - Saying thank you: A guide to Gratitude Journals.

Session 3 - Beat the morning: Morning and Night Journals.

Session 4 - Morning Pages, Dates and Walks: Three tools to creative Recovery.

Session 5 - Rapid Logging: The Bujo Method.

Session 6 - In the Moment: Mindful Journaling.

DAY	DATE	TIME	SESSIONS	VENUE
Wed	6/05/20	1:00 - 2:00	6	Fulwell Centre

DRAMA

This Drama course will consist of script work, music and movement.

Students will be encouraged to perform a theatrical piece for a small audience, no previous experience needed.



DAY	DATE	TIME	SESSIONS	VENUE
Tues	5/05/20	10:00 - 12:00	7	Fulwell Centre

GARDEN PROJECT

A basic course on how to grow your garden. Research shows that gardening can improve communication with others, help you learn new skills, teamwork and planning.

It improves confidence and helps concentration. Gardening really can change the way you feel. Gardening helps us relax and let go.



DAY		TIME	SESSIONS	VENUE
Mon		10:00 - 1:00	Ongoing	Houghton Primary
Wed		1:00 - 4:00	Ongoing	Houghton Primary

WHO AM I?

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 a 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
MON	1/06/20	1:00 - 3:00	8	Fulwell 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. This course will involve some formal sitting in meditation, some group discussion, and participants will be expected to engage with the meditation at home between sessions.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	15/05/20	2:15-3:15	5	Fulwell Centre
Fri	26/6/20	2:15-3:15	5	Fulwell Centre

BEGINNERS GLASS FUSING

MBC//Ceramics

This beginners level glass course will teach you all the ins and outs of the fascinating art of working with glass. We will begin with glass painting skills, and move on to glass fusing techniques. You'll use frits, tacks, stingers and metallic inclusions to bring your glass creations to life, creating beautiful designs and images that will fuse in our glass kiln and bring back to you to keep at the end of the course.

DAY	DATE	TIME	SESSIONS	VENUE
Tues	5/05/20	2:00 - 5:00	11	31 Norfolk Street

INTERMEDIATE GLASS FUSING

MBC//Ceramics

If you have completed a beginners Glass Fusing course with us before come and join us for the next steps.

We will begin with glass painting skills, and move on to glass fusing techniques. You'll use frits, tacks, stingers and metallic inclusions to bring your glass creations to life, creating beautiful designs and images that will fuse in our glass kiln and bring back to you to keep at the end of the course.

DAY	DATE	TIME	SESSIONS	VENUE
Tues	5/05/20	10:00 - 1:00	11	31 Norfolk Street
Thurs	7/05/20	1:00 - 4:00	11	31 Norfolk Street

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.	15/05/20	3:00 - 4:00	12	Fulwell Resource Centre

WHEEL OF WELLNESS

Come and join us in exploring the 8 dimensions of the wheel of wellness in a safe and supportive environment.

With guest speakers and practical activities to cover each dimension on our journey to wellness.



DAY	DATE	TIME	SESSIONS	VENUE
Tues	5/05/20	1:00-3:00	10	Washington Millennium

BASIC BOTANY COULD BOOST YOUR BRAIN

Growing plants has been linked to relaxation and reducing anxiety which can contribute to good mental health.

This course is designed to help you understand plants and how to grow them successfully. We will explore the structure of plants, dissect and grow them, investigate their reproduction, defences and survival.

Expect to be hands on but NOT in the allotment. More like plant pots and hand lens. Prior knowledge not required.

DAY	DATE	TIME	SESSIONS	VENUE
Thu	7/05/20	10:00-12:00	6	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 yourself 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.	4/05/20	1:00 - 3:00	4	Fulwell Resource Centre

MORE BASIC BOTANY

This is a follow on from last summer's Basic Botany course and will include a deeper exploration of plant anatomy and physiology, photosynthesis experiments, variety of plant habitation and seashore field work.

An increased awareness and understanding of plant life has helped me to relax and focus my mind on the present, helping to reduce anxiety and promoting good mental health.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs	9/07/20	10:00-12:00	5	Fulwell Resource Centre

WRAP

This course is based around building a Wellness Recovery Action Plan (WRAP) and will help you to identify your wellness toolkit for recovery. The course involves a number of short, fun and engaging activities which we hope will encourage you to think about who you are and how you interact with others whilst gaining the tools to complete your own WRAP. We aim for everyone to finish the course with an understanding of your own personal journey of recovery and what it means to you, whilst having fun along the way!

DAY	DATE	TIME	SESSIONS	VENUE
Wed	6/05/20	10:00-12:00	6	Fulwell Resource Centre

MINDFUL WALKING

Rays of sunshine, skies of blue, sands of time, deep blue sea, nature's gifts for you and me. We'll walk a slow pace amongst the trees take in the views and feel the breeze, healing energy colour of green beautiful flowers everywhere to be seen. Body and mind its time to unwind at peace once again, to yourself be kind. Roker, Seaburn, Whitburn and more, come journey with me, its time to explore.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	24/07/20	10:00 - 12:00	6	Community TBC

INTRODUCTION TO FIELD STUDIES

Experience local wildlife in a variety of habitats.

Identification, data collection and analysis. We will use equipment to survey life at the seashore, pond and parkland. Appropriate clothing will be required as each session will involve at least two hours outdoors.

An increased awareness and understanding of nature has helped me to relax and focus my mind on the present, helping to reduce anxiety and promoting good mental health.

Prior knowledge is not required.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs	13/08/20	10:00 - 12:00	3	Community TBC

PERSONAL EMPOWERMENT

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	5/05/20	1:00-3:00	7	Houghton Methodist

RECOVERY THROUGH WORDS

To live in hope is essential to us all and your story can be an important part of your recovery journey and the overall healing process. In this course you will have the opportunity to recount your unique story in your own way. There will be opportunities to tell your story out loud to others in the group, as well as through poetry and other forms of writing. You will be supported in developing confidence to speak out loud and develop practical writing skills and techniques. This course requires a high level of resilience because hearing others' stories and thinking about your own journey can trigger feelings of discomfort. However, we aim to have fun on this course and celebrate how far we have come.

DAY	DATE	TIME	SESSIONS	VENUE
Mon	4/05/20	10:00-12:00	8	Fulwell Centre

LEVEL 3 NEXT STEPS



PREPARATION FOR WORK

The aim of the course is for learners to improve confidence and work skills to ensure they have the best opportunity to be ready for work. The course is comprised of CV writing, careers advice and research, how and where to find employment, filling in application forms and interview techniques as well as upskilling for digital job search which includes:

- Writing a CV,
- Creating link-in profile, using internet for job search.
- Interview skills.
- Confidence building,
- Filling in online forms for jobs/benefits (Universal Credit) and using Job Match systems.

Come and join us in a relaxed safe environment, widening your social networks and meeting new people.

DAY	DATE	TIME	SESSIONS	VENUE
Wed	29/04/20	12:30-3:30	4	Fulwell Centre

AUTISM AWARENESS



The aim of the course is for learners to gain an understanding of Autism and how to support someone with Autism.

Course content includes

What is Autism?

Experiencing the world of work for an individual who is on the autism spectrum and has sensory issues or anyone working with individuals with autism.

Learners can be referred to accredited learning pathways such as health and social care.

The course will be adapted and differentiated for levels initially assessed at the beginning of the course.

Come and join us in a relaxed and safe environment, meeting new people and widening your social networks.

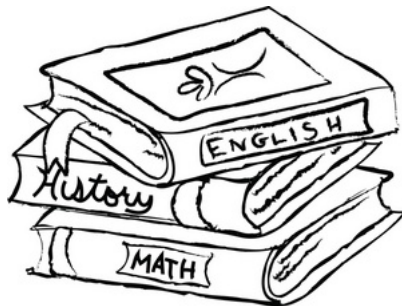
DAY	DATE	TIME	SESSIONS	VENUE
Tues	28/04/20	12:30-3:30	4	Fulwell Centre

ENGLISH & MATHS



Springboard in partnership with the college offer non-intensive teaching sessions in Maths and English Functional Skills up to L2.

The highly experienced and qualified staff can help you achieve sooner than you think.



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

WORKSHOPS

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	VENUE
Wed	6/05/20	3:00-4:30	Fulwell 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 affect us in our day to day lives, as well as looking at the strategies and techniques that can help us manage feelings of anxiety.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	15/05/20	1:00 - 3:00	1	Fulwell 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.

DAY	DATE	TIME	SESSIONS	VENUE
Fri	22/05/20	1:00 - 3:00	1	Fulwell 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
TBC				Fulwell Centre

“WHAT IS PEER SUPPORT?”

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

If you want to know more about Peer Support then come along to this informal workshop led by two experienced Peer Supporters. 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
Mon	29/06/20	10:00 - 12:00	1	Fulwell Centre

HOW TO SLEEP WELL

This is a one hour talk on how to sleep well, providing practical tips from the latest research on sleep. It is suitable for anyone who is interested in learning more about sleep, or for anyone who struggles with getting off to sleep, staying asleep or with waking early. This is part of a new programme of joint talks open to all recovery college users, staff and CNTW staff alike. It is an introductory talk on sleep, not an interactive workshop, so you can just turn up and listen without any need to participate. But the facilitator will stay around from 4.30 -5pm for anyone who wants to ask any questions.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs	7/05/20	3:30 - 5:00	1	Fulwell Centre

AN EASY GUIDE TO CBT, EMDR AND SCM

This is a one hour talk giving a brief introduction to 3 different types of therapy — cognitive behavioural therapy (CBT), eye movement desensitisation and reprocessing (EMDR) and structured clinical management (SCM).

All are commonly offered to clients for a range of problems, but most of us don't understand them all fully.

This is a part of a new programme of joint talks open to all recovery college students, staff and CNTW staff alike. It is an introductory talk on these therapies, not an interactive workshop, so you can just turn up and listen without any need to participate. But the facilitator/s will stay around from 4.30 -5pm for anyone who wants to ask any questions.

DAY	DATE	TIME	SESSIONS	VENUE
Thurs	4/06/20	3:30 - 5:00	1	Fulwell Centre

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 good 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.

DAY	TIME	VENUE
Fridays	12:30 - 13:30	Fulwell Resource Centre

RECOVERY COLLEGE CHOIR

The aim of the Recovery College Choir is to encourage having fun, build confidence and inspire hope in recovery. Enrolment will be necessary so if you would like to join the choir give us a call on 01915612276.



DAY	TIME	VENUE
Mondays	12:30 - 2:00	New Springs City Church

ONE-ONE PERSONAL DEVELOPMENT

We offer optional One-to-One Personal Development sessions to students and volunteers.

These give you a chance to go through your learning journey booklet with a member of the team and discuss your achievements so far at Sunderland Recovery College.

You may be surprised how far you've come since you started the college!

Maybe you would like to discuss which of our courses you would like to do next, to progress on to a course in the community, to volunteer somewhere or to move on to employment.

If you would like to book a Personal Development session, please contact a member of the recovery college team on 01915612276.

Please note that usual enrolment procedures still apply for courses and workshops; attending a Personal Development session **does not** guarantee students a place on any particular course or workshop.

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 regular basis offering information on a range of subjects.

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

DAY	TIME	VENUE
Tuesday	1:00 - 3:00	Houghton Methodist Church

DAY	TIME	VENUE
Thursday	11:30 - 1:30	New Springs Church Fulwell

DAY	TIME	VENUE
Fridays	1:00 - 3:00	Washington Millennium Centre

HEALTH CHAMPION SUNDERLAND

The Health Champion programme aims to develop community leadership skills with FREE courses, so that passionate individuals can make a difference to health in their work, community and social networks.



Who can become a Health Champion?

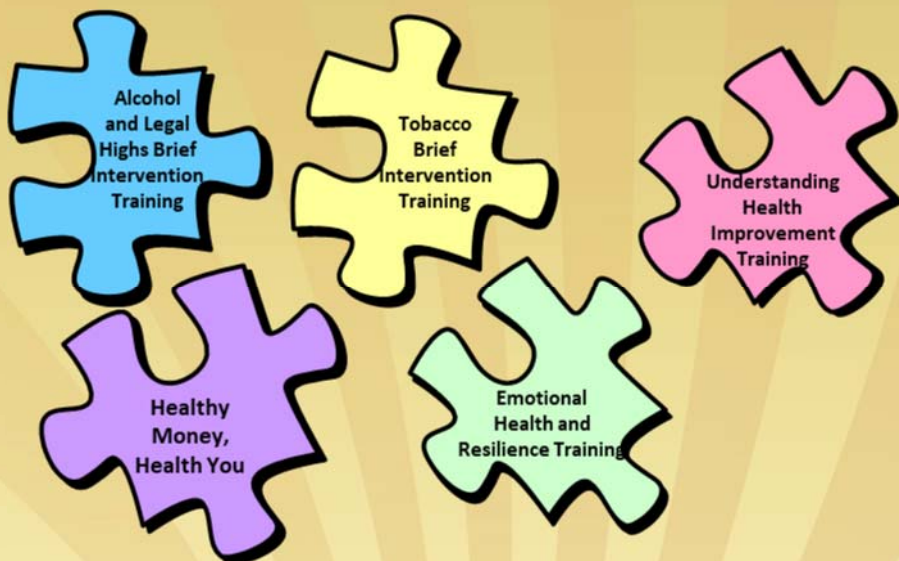
We are looking for people who work or volunteer in Sunderland, who are concerned about current health issues and are interested in promoting healthy lifestyles.

Why it's a good idea to become a Health Champion?

The benefits of completing the five day training courses are that you can get involved in your community and gain new skills through access to training opportunities. You may improve your own health as well as friends and families.

How do I become a Health Champion?

The FREE training courses should be viewed like a jigsaw. You can do them in any order, at your own pace, and you can do just one or two courses, but to become a fully trained Health Champion you need to do ALL five training courses over a 12 month period.



For more information contact the **Live Life Well Hub** at Sunderland
City Council on 0191 5617815

HealthChampions@sunderland.gov.uk

ACCESS GUIDE

Fulwell Resource Centre, Fulwell Road, SR6 9QW

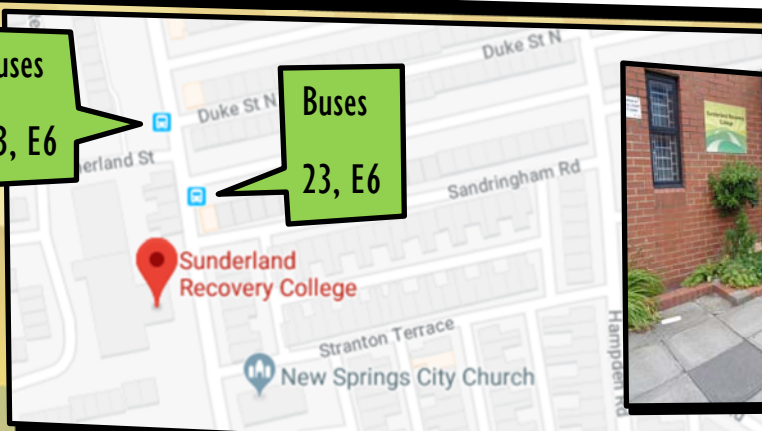
The venue is partially accessible. The coffee shop, gym, hydrotherapy pool, activity rooms, kitchen and toilets are accessible on the ground floor. Some of our courses are delivered on the upper floor. There is no level access to the upper floors. There is ample parking near by.

Buses

23, E6

Buses

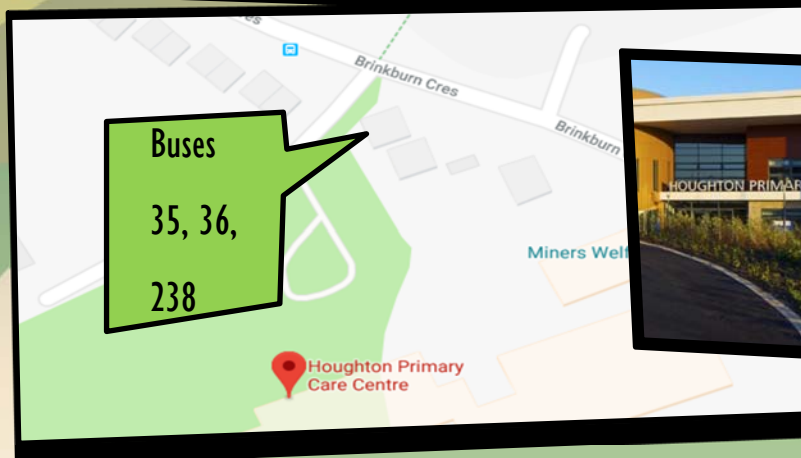
23, E6



Houghton-Le-Spring Primary Care Centre, DH4 5GU

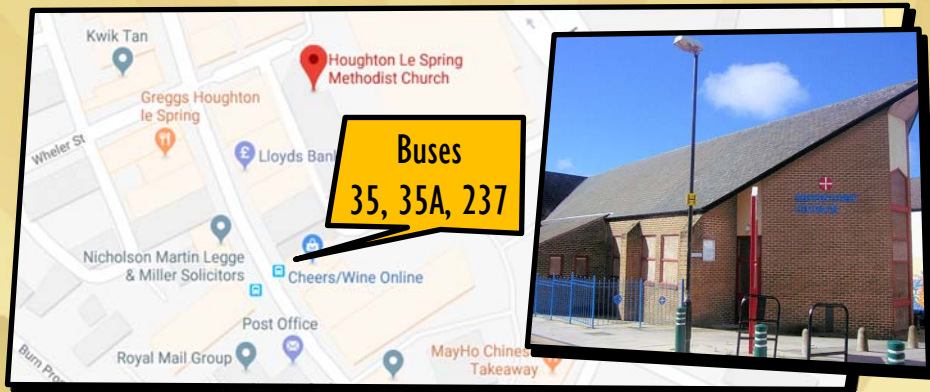
Buses

35, 36,
238



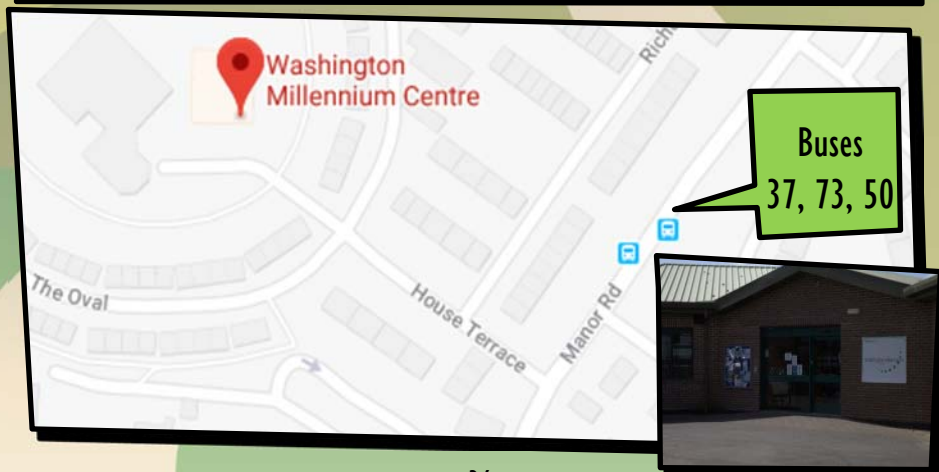
Houghton Methodist Church, Mautland Street, Houghton-Le-Spring, DH4 4BH

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.



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:

FULWELL RESOURCE CENTRE

Monday 20th, Wednesday 22nd, Friday 24th April
10:00-3:00

HOUGHTON METHODIST CHURCH

Tuesday 21st April
1:00-3:00

WASHINGTON MILLENNIUM CENTRE

Friday 24th April
1:00-3:00

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

"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."

"I was so nervous when I first attended but soon settled in and have never looked back." "I'm a volunteer now and love it."

"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."

Sunderland
**Recovery
College**

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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