

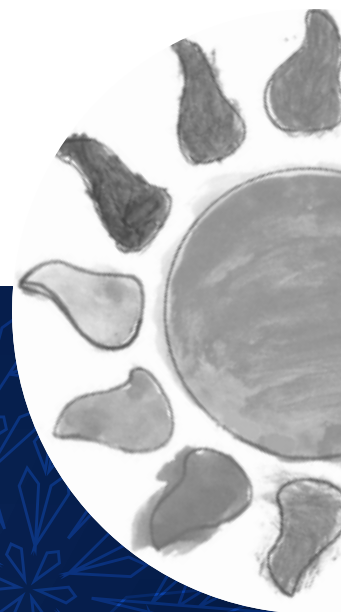
# The Gateway Recovery College

Cumbria, Northumberland,  
Tyne and Wear  
NHS Foundation Trust

Making positive steps to wellness

Secure Services

Winter 2021    September-December





Welcome back to the Winter term 2021 of the Gateway Recovery College within Secure Care Services. We would like to once again offer our thanks to all of our students (both patients and staff) for continuing to manage so well during this difficult time with the restrictions in relation to COVID 19, we know it has been a tough time. Even though our face to face courses are running, we know we continue to run things slightly different for now and groups and courses are ran in households/wards which has been difficult for everybody as we know how keen you all are to get things back to how they were.

We want to thank you all for your patience and flexibility in trying out new ways of working by completing courses and engaging in meetings online and via skype and attending face to face courses with your own houses/wards. Your positivity and kindness has really shone through and kept us all going – we are all in this together.

It is because of you all that the college continues to go from strength to strength and hopefully will continue to be as successful, through the Recovery and Outcomes groups and other patient led meetings to bring you new courses and in the current climate ... innovative ways to continue to deliver these!



If you would like more information about our Recovery College or more details on our code of conduct and enrolment processes please speak to one of our Recovery Leads or view our information leaflet available on the CNTW intranet.

## Students tell us

"The courses are really good and we get a say in what we do!"

"I like learning new skills to help me when I move out of hospital"

"I love the Recovery College because the staff are so nice and friendly"

"Staff are funny - nice and friendly"

"I love helping to teach courses and like to hear other people's stories too"

"My favourite thing about the Recovery College is meeting polite staff when you come in for a session"

## Student feedback

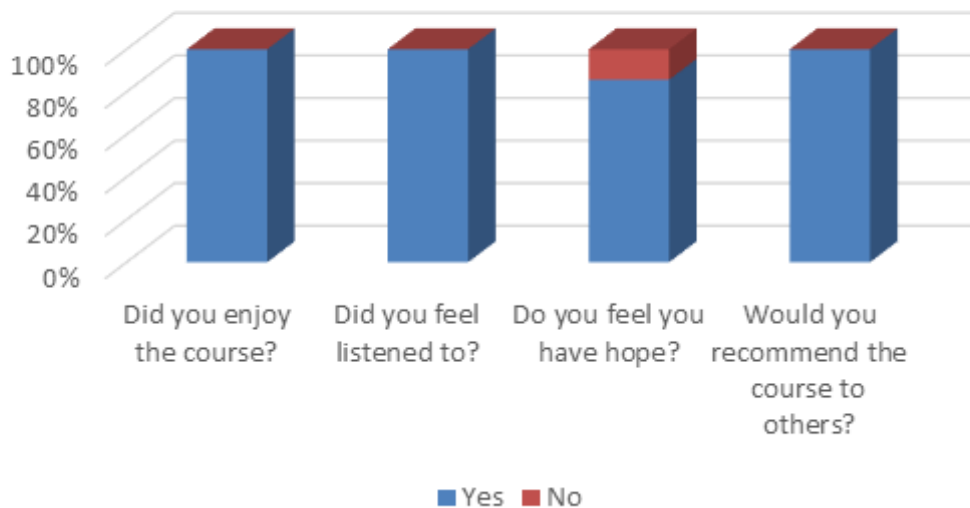
Please see below for student feedback from a selection of popular courses which ran during the summer term.



## Creative Wellness: How would you rate your motivation to do things?



## Tree of Life Feedback Scores



**Please see below for our list of courses available this term. If you would like more information about your ward session please see the term timetable or speak to a member of the Recovery College team.**

Our choices of courses running this term are based on student feedback.

1. Woodwork and Restoration
2. A Weight off Your Mind
4. Men's Health and Wellbeing
4. Basic First Aid
5. Newspaper Group
6. Yoga
7. Mindfulness
8. Creative Wellness
9. Bake away your Burdens
10. Jukebox Recovery Roulette
11. Seeking Hope through Debate
12. Recovery through Music
13. Film Discussion Club
14. Mechanics
15. Creative Writing
16. Food Hygiene
17. Self-Advocacy
18. Self Esteem Workshop

As well as our many courses we will also be running a number of workshops, drop ins and many more fun activities and events – look out for posters!

Further information about each of our courses is outlined below:



### Woodwork and Restoration

Woodwork involves lots of different skills from repairing things to restoring and decorating. This course will help you to learn some new skills which will help you to take pride in your work and make you feel good about yourself.

### A Weight off Your Mind

Fancy some Motivation to kick start your health and wellbeing and to make you feel good? Come along to learn more about AWOYM how to improve our lifestyles. Have a chat in this session about ourselves and our goals to help promote hope, recovery and wellbeing #positivevibes



**A Weight  
Off Your  
Mind**



### Men's Health and Wellbeing

Feeling manly? Come along to the "man cave" to enjoy some quality time and learn why looking after your health is important. We will talk about not only the importance of looking after your mental health, but also your physical health by taking part in some manly pampering as well as physical activity.



### Basic First Aid

Come along and learn some first aid skills – learn about the human body and why first aid is important.

### Newspaper Group

**YOUR HOSPITAL NEEDS YOU! READ ALL ABOUT IT!**

Do you like knowing what is going on around you? Do you like to be involved in sharing positive and happy news and stories? Come along and develop your writing skills by joining our newspaper group to share our recovery stories, events and positive vibes with all our fellow peers, staff and carers!





## Yoga

Stress and anxiety are everywhere. If they're getting the best of you, you might want to hit the mat and give yoga a try. Yoga is a mind-body practice that combines physical poses, controlled breathing, and meditation or relaxation. Yoga may help reduce stress, lower blood pressure and lower your heart rate.



## Mindfulness

Feel stressed? Feeling anxious? Feeling tense? Busy mind? Mindfulness can help, come along and give it a go.



## Creative Wellness

Throughout the term, creative wellness courses will be running across sites. This course will include mindfulness, art and creativity. A wide range of activities will be offered, from art and craft, sewing to designing your own tattoo.

## Bake away your Burdens

Cooking and baking is good for the soul and can improve your mood. Come along and enjoy some healthy treats to lift your mood and to share our positive vibes with others.





## Jukebox Recovery Roulette

Do you love a good chat? Do you like music? If so then this is the group for you! Come along to enjoy some great music and have a natter with others to soothe our souls and allow our minds to float away into our happy place!



## Seeking Hope through Debate

Come along and tell your story. Pick a topic that relates to you and share your experiences with others to promote positivity, hope, recovery and wellbeing.



## Recovery through Music

An exciting opportunity to continue to work with our music group. These sessions aim to encourage students to gain new skills, students will be encouraged to explore their own creativity, recognise talent, build self-esteem and raise their confidence.

## Film Discussion club

Come along, watch a movie and have a chat!



## Mechanics

Interested in mechanics? During this course you will learn how to strip down and build up a scaled down replica Porsche engine.



## Creative Writing

Let your imagination take you away and learn how to put pen to paper and capture your thoughts – focussing on positivity, recovery and hope to boost our wellbeing and resilience to thrive and continue to move forward peacefully on our own individual journeys.

## Food Hygiene

Come along and learn some new skills in food hygiene, from storage to preparation – this course covers it all. If you love working in the kitchen this course is for you – don't miss out!



## Self-Advocacy

In this course, you will learn self-advocacy skills, learn how to make decisions with confidence, know your rights and discuss why having a say in your treatment is important and how positive engagement and working together helps us all.

## Self Esteem Workshop

This workshop will focus on you, understanding yourself better and learning how to be kind to yourself to improve your confidence and hope and to make you feel good about yourself.



## Contacts

If you would like further information about the Gateway Recovery College, please get in touch:

### Jo Inskip

Recovery and Engagement Co-ordinator  
Secure Care Services (CBU)  
St Nicholas Hospital/Northgate Hospital  
Ext. 64237/57316

Email: [gatewaycollege@cntw.nhs.uk](mailto:gatewaycollege@cntw.nhs.uk)  
Tel: 01670 394 164

If you have any queries in relation to patient and carer information please contact:

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Recovery and Engagement Lead  
Secure Care Services (CBU)  
St Nicholas Hospital/Northgate Hospital  
Ext. 59334/ 64619  
or  
Jo Inskip  
Recovery and Engagement Coordinator  
Secure Care Services (CBU)  
St Nicholas Hospital/Northgate Hospital  
Ext. 57316/64237

You can also speak to any member of your clinical team and they will support you in accessing the college.

## Useful information

There are other agencies that help people with mental health needs.  
Some of these are listed below:

- Advocacy services - ask a member of your team for details
- MIND [www.mind.org.uk/](http://www.mind.org.uk/)
- Mencap [www.mencap.org.uk/](http://www.mencap.org.uk/)
- CNTW self help guides [www.cntw.nhs.uk/selfhelp](http://www.cntw.nhs.uk/selfhelp)
- Recovery College websites [www.cntw.nhs.uk/recovery](http://www.cntw.nhs.uk/recovery)

With thanks to service users at The Arts Project,  
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**The Arts Project**

