



North Ayrshire
Wellbeing &
Recovery College

RAMH
recovery across mental health



North Ayrshire Council
Cearbhall Seirrachais Air a' Tuath



NORTH AYRSHIRE
Health and Social Care
Partnership



**NORTH AYRSHIRE
WELLBEING & RECOVERY COLLEGE
CURRICULUM**

WELCOME!

The Recovery College offers learning and self-management courses for mental health, to build individuals' well-being and recovery, in a supportive environment, where participants are 'students' of their own wellbeing. It is funded by the North Ayrshire Health & Social Care Partnership (NAH&SCP) and is delivered by the mental health charity Recovery Across Mental Health (RAMH). It is one of only six Recovery Colleges in Scotland.

The Recovery College foundations include: strengths-based, cognitive behavioural therapy and creative approaches designed to enhance learning and improve the quality of life of their students.

There is a 'college' structure, with three semesters a year and a summer school, offering a variety of courses, workshops, and activities both face-to-face and online. There are no exams or assignments and there is a relaxed and supportive environment. Students are invited to identify their learning goals and to commit to their own learning. Tutors who are experts in their subject deliver courses in partnership with Peers who are experts by experience. Peers have a lived mental health experience; they have previously been students, and they will inspire and support new students in their recovery journeys.

Information sessions are scheduled regularly for anyone who wants to explore what is on offer. Our staff are passionate about the service, keen to share your successes and achievements, and will do all they can to support your development. To become a student please call the office to book in for an information session. We are based in Kilwinning Campus of Ayrshire College. I wish you every success in your learning and recovery.

Jeanette Allan
Recovery College Manager

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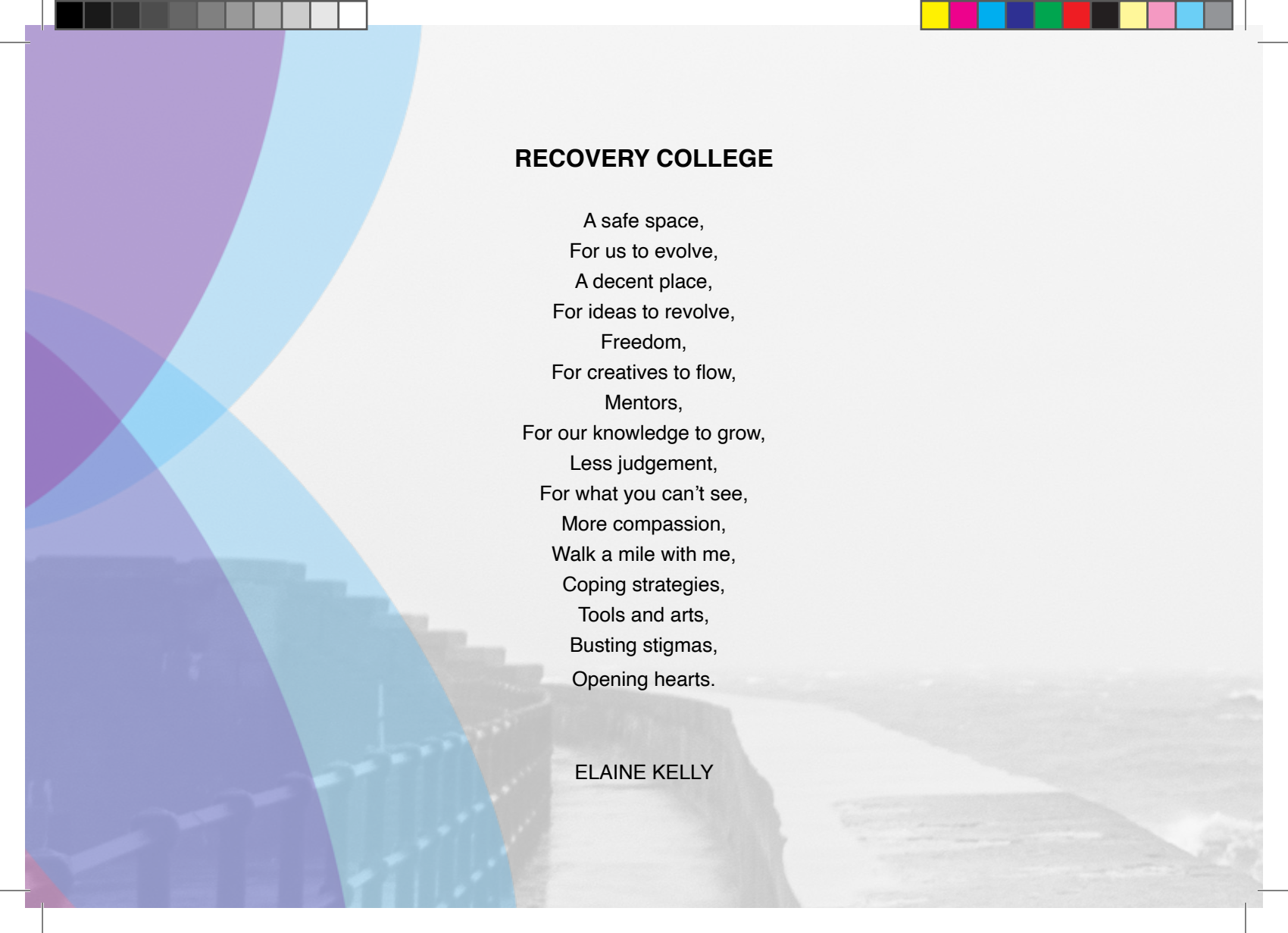
ALL THE PHOTOGRAPHS AND POEMS
IN THIS BOOKLET WERE CREATED BY OUR STUDENTS



RECOVERY COLLEGE

A safe space,
For us to evolve,
A decent place,
For ideas to revolve,
Freedom,
For creatives to flow,
Mentors,
For our knowledge to grow,
Less judgement,
For what you can't see,
More compassion,
Walk a mile with me,
Coping strategies,
Tools and arts,
Busting stigmas,
Opening hearts.

ELAINE KELLY



RECOVERY COLLEGE STAFF TEAM



JEANETTE ALLAN
RECOVERY COLLEGE
MANAGER



LAINEY MCKINLAY
RECOVERY COLLEGE
COORDINATOR



PAUL MITCHELL
RECOVERY COLLEGE
ADMINISTRATOR



LESLEY CALDER
HSCP SELF-MANAGEMENT
NURSE

RECOVERY COLLEGE PEER TEAM

JOE BOWIE

PEER VOLUNTEER

JOHN CALDWELL

PEER CHAMPION

IAN RAMSAY

PEER VOLUNTEER

MARIE FARRELLY

PEER VOLUNTEER

SAM MCCABE

PEER VOLUNTEER

MYLENE MOORE

PEER VOLUNTEER

KEVIN MURDOCH

PEER VOLUNTEER

JUSTYNA PAWELSKA

PEER VOLUNTEER TUTOR

JON STEVENSON

PEER TUTOR

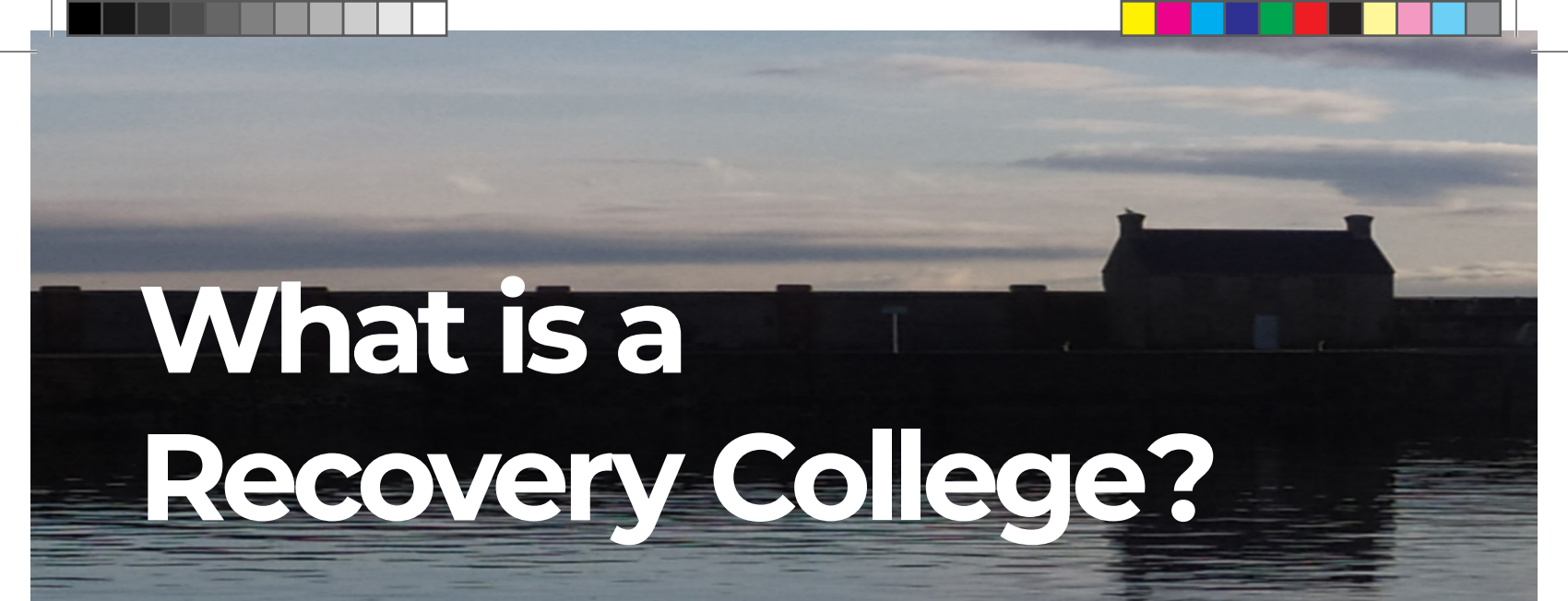
LAURA STEVENSON

PEER CHAMPION

KYM TAYLOR

PEER CHAMPION





What is a Recovery College?

EDUCATIONAL APPROACH

Within Recovery College you are a student, irrespective of your age! We are funded to offer 45 courses a year, at times there may be waiting lists for some courses.

AIMS TO IMPROVE

1. Ability in coping and self-management skills.
2. The experience empowerment.
3. A sense of connectedness with others.
4. Discovery of hope and optimism for the future.
5. Gain new knowledge and skills.

RECOVERY COLLEGE PRINCIPLES

Co-production - Professionals & Peers

Education - Learning self-management.

Inclusion - Open to all adults who live, study or work in North Ayrshire.

Recovery focus - Build a toolkit of strategies to improve mental health and wellbeing.



A Recovery College has four values...

- 1 CELEBRATION**
Celebrating success & having fun.
- 2 EMPOWERMENT**
Taking more control of our lives.
- 3 PERSON-CENTRED**
It's an individual journey.
- 4 STRENGTHS BASED**
Recognising and building on our strengths.



TRAUMA INFORMED + C.H.I.M.E

(Connection, Hope, Identity, Meaning & Empowerment)

There is recognition that we are all in recovery from something: a health condition, a trauma, a loss, or a life event. Rediscovering a life worth living and exploring what works for you to move forward, taking more control of your life. Recovery is focused on building on our strengths. You will not be expected to share your trauma story; the focus is on learning together. You may be working on your: confidence, purpose or meaning, coping better with challenges, mood, anxiety, life opportunities, finding hobbies, moving towards education, volunteering, or returning to paid employment.

All courses are based on the recovery framework of CHIME:

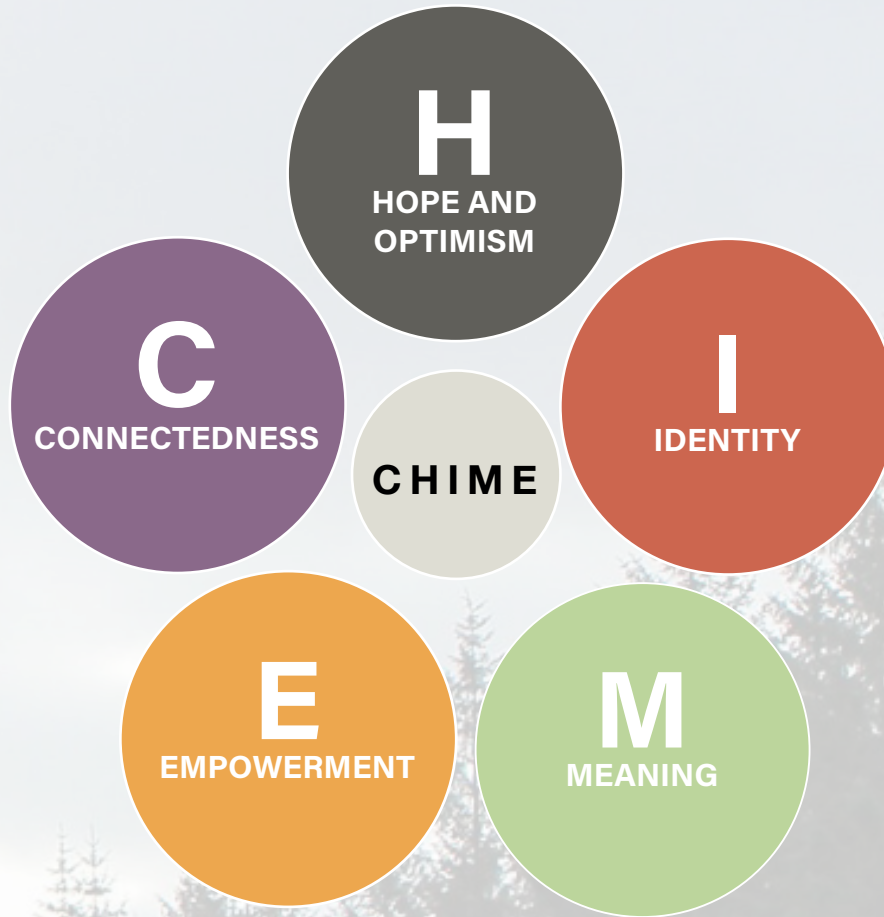
Your first course is likely to be Exploring Recovery which promotes understanding of each of the CHIME themes.

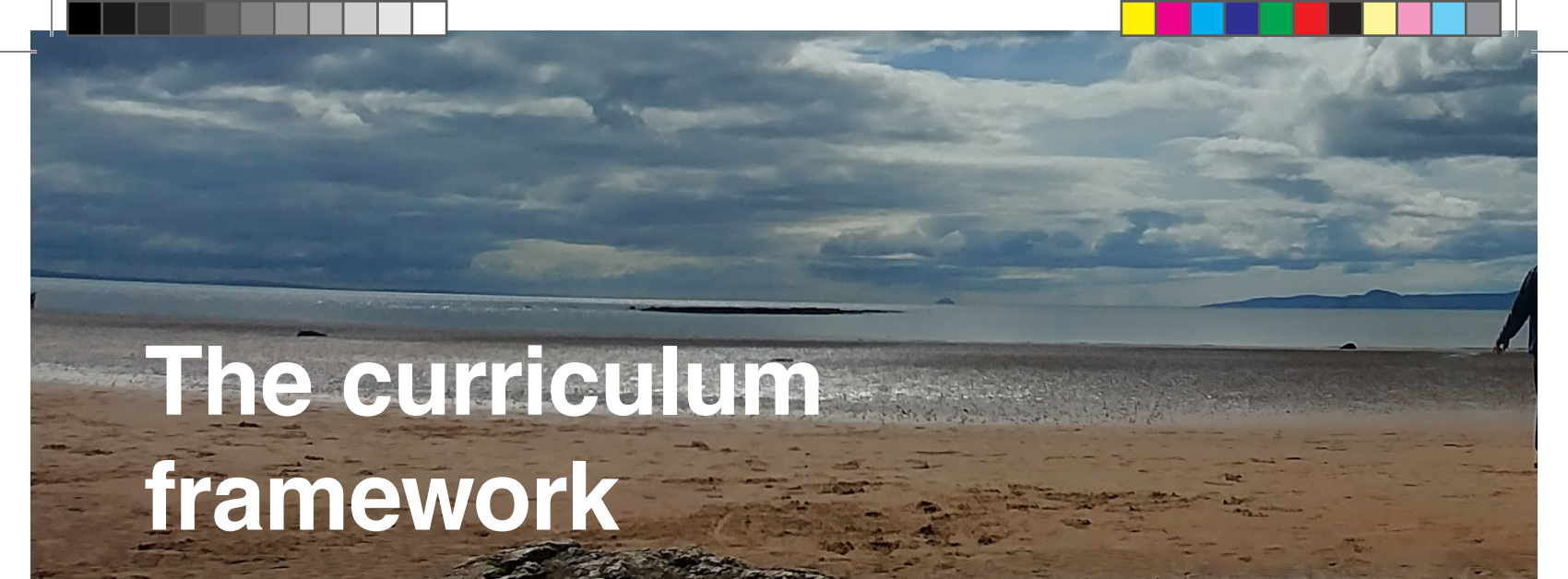
You will develop strategies to:

- Build Connection
- Discover Hope
- Explore your Identity
- Find Meaning and experience empowerment.

“Just one session of Exploring Recovery gave me a glow in my heart, realising other people feel the same and that I am not alone.”

TRACK 1 STUDENT





The curriculum framework

Courses are designed and delivered by an expert by profession in partnership with an expert by experience (peers, who have been students). 3 Core Tracks enable students to progress. Creative & Wellbeing Courses are open courses and are offered to add meaning and to enhance learning.

TRACK 1 - I'm learning about recovery. I'm starting out and need some support.

TRACK 2 - I'm progressing in my recovery and building my self-management skills.

TRACK 3 - I'm establishing my recovery, deepening my learning and personal development. I can support others in their recovery. I could engage in the Peer Pathway, discovering how to use my lived experience to support others. It may lead to volunteering or peer work.

TOWARDS WORK PROGRAMME is offered for those who are considering returning to the workplace in a supportive environment and runs alongside other courses.



“I started to feel my confidence slowly gaining, more and more each day.”

TRACK 1 STUDENT

“The Recovery College helped me to find me again, it helped me to see my positive future and take small steps to making my dreams my reality. I will never forget the learning and I am truly appreciative of my time with you all.”

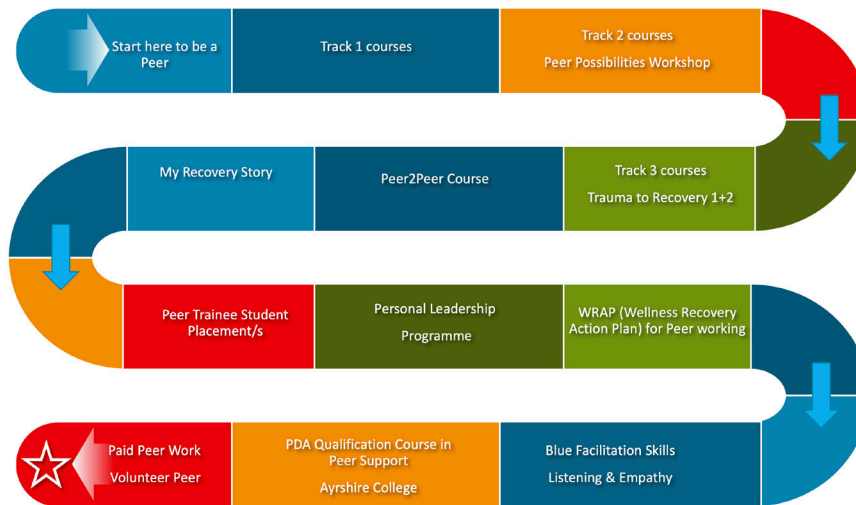
GRADUATE

THE NAWARC PEER PATHWAY

Track 3 Students have an opportunity to complete additional courses learning to use their recovery experience to support students. You may be offered a peer trainee placement and learn to facilitate learning.

“I have really enjoyed the Peer 2 Peer course and learning about using my experiences to help other people. I was inspired by the Peer Volunteers when I started with the Recovery College and that is what encouraged me to go on the Peer Pathway. I hope I can inspire and offer Hope to other students, the way I was at the beginning.”

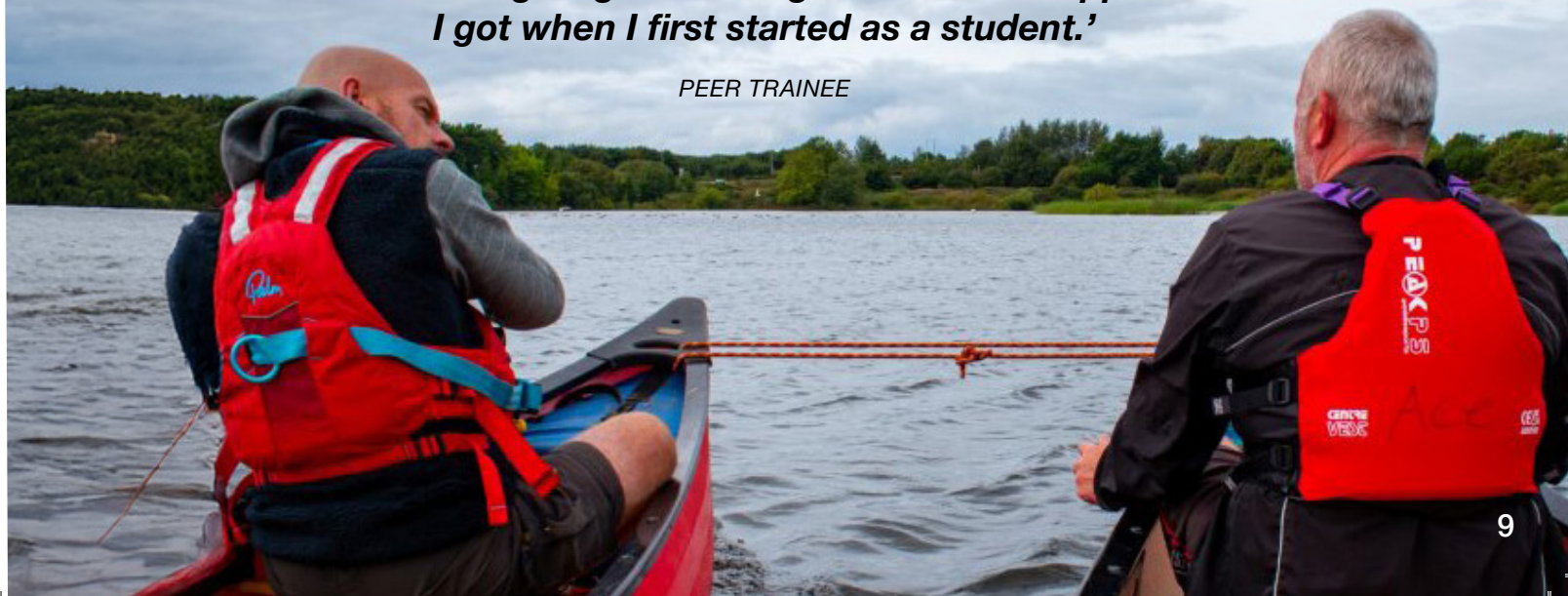
TRACK 2/3 STUDENT





'It is so good to see how quickly students progress in the 5 weeks of Exploring Recovery. I feel I am giving something back for the support I got when I first started as a student.'

PEER TRAINEE





student code of conduct

We endeavour to create an environment conducive to learning, ensuring you have all the support and guidance you need to achieve improved wellbeing. As a student at North Ayrshire Wellbeing & Recovery College, we expect everyone to:

RESPECT: Treat everyone with compassion, dignity, and respect including other students' rights, choices, beliefs, and opinions. All forms of bullying are taken seriously.

DISCRIMINATION: Avoid offensive, racist or sexist language and don't discriminate or harass other students or staff.

APPEARANCE: Dress appropriately for a learning environment.

CONFIDENTIALITY: You can share your experience of being at Recovery College but not that of others. Take care what you share about yourself, be cautious about over disclosing.

PARTICIPATION: Be active in your own learning and use the resources made available to you including self-directed learning.

BEHAVIOUR: Do not attend under the influence of alcohol and illicit substances. Please do not use mobile phones during courses.

ZOOM ETIQUETTE: Join promptly. Have your video on and keep your mic on mute when not talking and have a camera at eye level. Be aware of whats in your background environment, be appropriately dressed. Enjoy a coffee but don't eat your lunch! Be aware of confidentiality. Use headphones if anyone else is in the house.



COMPLAINTS PROCEDURE

The RAMH Recovery College Manager undertakes to resolve fairly any complaints and difficulties you may have while you study with us. Where possible, every attempt will be made to resolve the matter locally, informally and quickly. Concerns should first be raised with the manager informally. Formal concerns can be raised through the complaints process online at: www.ramh.org. All complaints, both verbal and written will be acknowledged and resolved as sensitively as possible in line with RAMH policy.

Please report any health and safety concerns to college staff. If we consider you have breached the Student Code of Conduct, we will discuss this with you and try to find a way forward. However, in some circumstances, this may lead to exclusion.

Provide us with any information we need to support your enrolment, including any personal detail

changes. Attend courses punctually and let us know if you are unable to attend. We consider that you have completed a course when you attend at least 80% of the course. Do advise us of things that may be preventing you from getting the most from your learning and we will support if possible.

“I have met some wonderful people through the Recovery College. My life is full and rich in ways I never imagined. The Recovery College saved my life for which I am eternally grateful.” TRACK 2 STUDENT

“It has helped me to know that there are other people who have experienced similar feelings and situations to me. We are all supportive to each other and I am surprised to discover I have creative skills.” TRACK 2 STUDENT



EXPLORING RECOVERY

A foundational course based around the CHIME recovery model exploring how Connectedness, Hope, Sense of Identity, Meaning, and Empowerment can support recovery. Full of tips, techniques, and strategies and is co-facilitated by one of our Peer Volunteers who will share their personal story and experience of recovery.

PEER POSSIBILITIES

An introduction to help you understand your contribution as a peer to fellow students. We all have an individual journey and an individual story. You will hear inspiring recovery stories from the Peer Team.

WRITE 2 RECOVERY

Session themes include: Surviving & Thriving, What Makes Me Happy, Letter from the Wise One, My Inner Critic - The Case for the Defense, Vulnerability as Power, and The Hero's Journey. The course generates inspiring conversations and discussions and provides an opportunity for participants to write and reflect on their own experiences. You don't need to be a great writer!

TRACK 1

COURSES

WELLBEING WORKSHOP

A series of workshops to enhance your well-being and add to your toolkit. With interesting topics and guest speakers sharing community resources. Mindfulness, Meditation & Relaxation, Personal Security, Goal Setting, Green Spaces, StressLess Strategies. Positive Psychology. Mental health improvement, Healthy Relationships, Community Resources and more.

FROM TRAUMA TO RECOVERY - LEVEL 1 ONLINE COURSE

We know that Adverse Childhood Experiences (ACEs), toxic stress, trauma, and distress are common. The focus is about recovery and DOES NOT require the sharing of trauma stories. Instead we explore the knowledge and skills that enable us to take the lead role in our own recovery. Shifting from “what is wrong with me?” to “how to deal with what happened to me” opens the door to possibilities and hope. Visualise the future you desire and the steps to realise it.

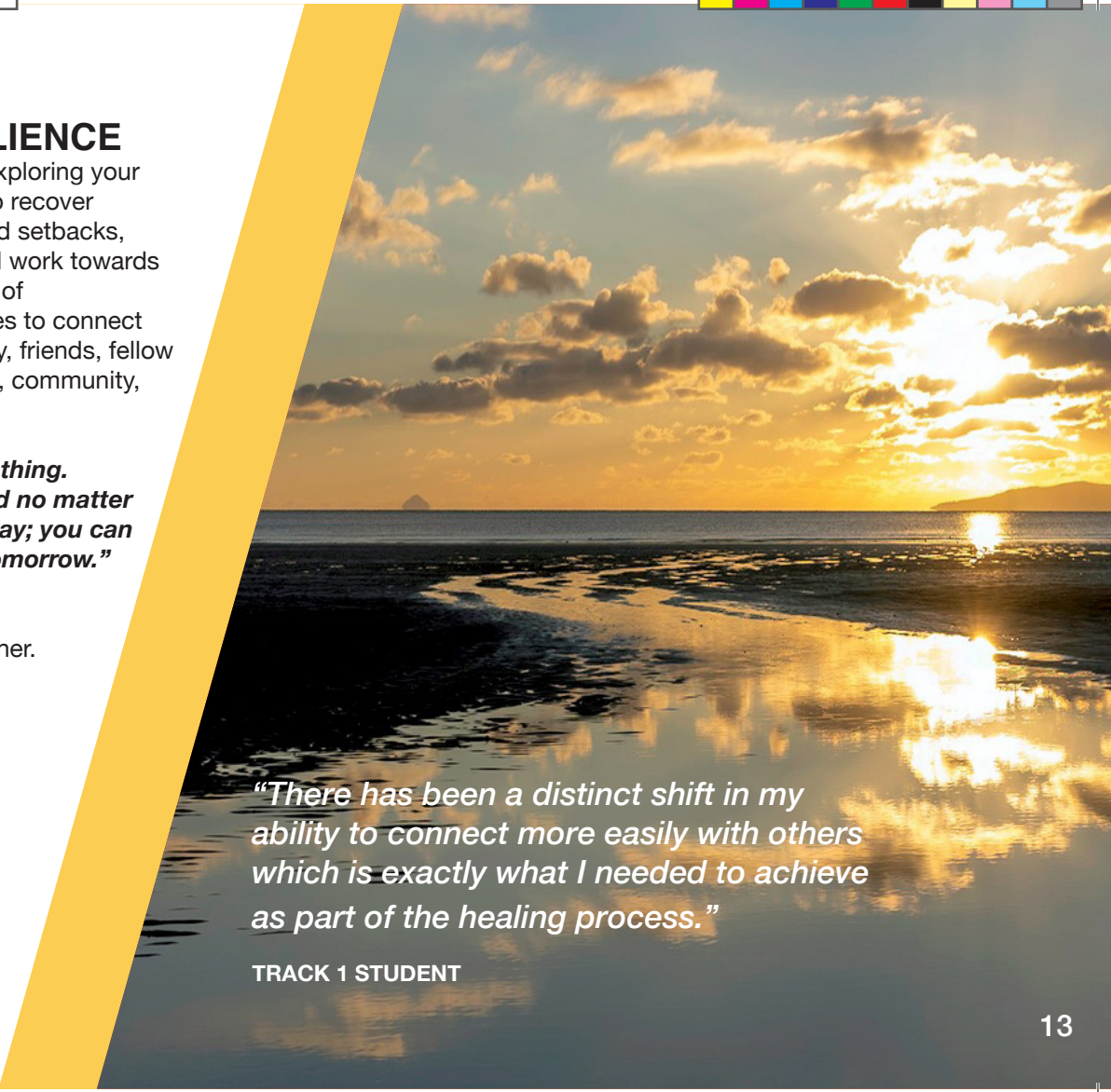


BUILDING RESILIENCE

A four-workshop course exploring your capacity to withstand or to recover quickly from difficulties and setbacks, assess your situations and work towards creating a personal toolkit of self-management strategies to connect more effectively with family, friends, fellow students, work colleagues, community, and the 'world at large.

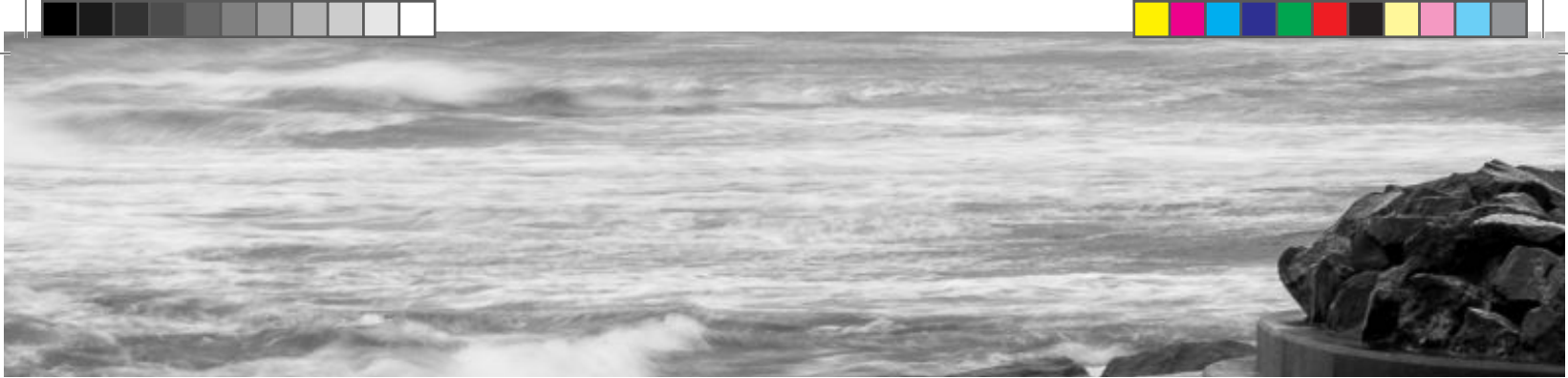
“Resilience isn’t all or nothing. It comes in amounts. And no matter how resilient you are today; you can become more resilient tomorrow.”

Karen Reivich,
Psychologist and Researcher.



“There has been a distinct shift in my ability to connect more easily with others which is exactly what I needed to achieve as part of the healing process.”

TRACK 1 STUDENT



TRACK 2

COURSES

LIVING LIFE TO THE FULL

The course teaches key CBT (Cognitive Behavioural Therapy) skills in an accessible and practical way. You will learn to understand the relationships between how you think, how you feel, what your body experiences and what you do. Each session encourages people to be more compassionate about themselves while finding ways to better manage thinking, feeling, behaviour and body responses. Information booklets encourage specific and realistic goal setting to make changes in each area of our lives.

“Living Life to the Full helped me to understand what I think are facts are not always and that I can stop and think about what is really going on before reacting in the same way I always have. This small reality has already helped me so much.”

TRACK 2 STUDENT



DARE TO BE HAPPIER

Facilitated by the author of the book ‘Dare to be Happier’ by Caroline Johnstone. A structured programme, using journaling, that explores what happiness means to people and explores the key areas that get in the way of happiness. Each module includes teaching theory, practical examples and exercises, individual work, group discussion and a gentle meditation. Topics: Optimism and Gratitude, Self-Compassion & Kindness, Boundaries and Assertion, Happiness & Thinking.

CREATIVE RECOVERY

Facilitating a creative approach to recovery exploring themes of Identity, Boundaries, Inner Critic V Inner Warrior and Connecting with Self/Others/Nature/Culture. Each workshop will involve some making or creating using different mediums to consolidate our learning. The course will include a socially engaged art project taking our recovery messages into our community.

CONFIDENT & ASSERTIVE

Acknowledge what makes you unique and work towards the best version of yourself by learning skills in:

- Communication
- Knowing my Human Rights
- Handling Criticism Well
- Asking for what I want
- Being clear about Boundaries & Saying No
- Respecting myself & Respecting others
- Working on Win-Win solutions to challenges and Managing Conflict.

“I feel excited for the first time in a long time. I feel excited and positive about my recovery and that I can live a happy life coping positively with the challenges that come.” TRACK 1 STUDENT



THINKING ABOUT WORK?

Identify your hopes and dreams for paid work, set goals and connect with organisations that can support you to move towards or into paid work. Find out what you can earn if you are on health benefits. Think about CVs and how best to deal with interviews. Support each other and share learning.

FROM TRAUMA TO RECOVERY

LEVEL 2 - ONLINE COURSE

Building on the learning from 'From Trauma to Recovery' Level 1, we reflect on what's now better and we tackle the question of what needs to be different to help you realise that you are achieving your potential. Despite the serious nature of trauma, participants report the course as being engaging, empowering and even fun. Both levels of this course involve short but powerful videos to support the learning. You will not be asked to share your personal experience of trauma.

“The Recovery College has positively altered my path going forward. I don’t expect to unlock the mysteries of the universe next week but now that hope has finally crept in, I’m going to grab it and do what needs done to improve my wellbeing and quality of life.”

TRACK 1 STUDENT





YOU MATTER ALWAYS (YMA)

YMA adopts a peer support/education approach to empowering people to take a more active role in managing aspects of their own health, wellbeing and recovery. You will work on your own YMA cards, strengths-based tools of self-management, empowerment, encouragement and enlightenment. We are all important, we matter...always. You will learn to value yourself and to recognise that you do matter... always.

LISTENING & EMPATHY

Reflect on the importance of Listening and Empathy in our relationships by investigating the different models and levels of listening. Recognise the positive impact of active listening and understand how we can create better spaces to listen and think.

“Listening & Empathy improved my relationships with my children and made the home a more peaceful place.”

TRACK 3

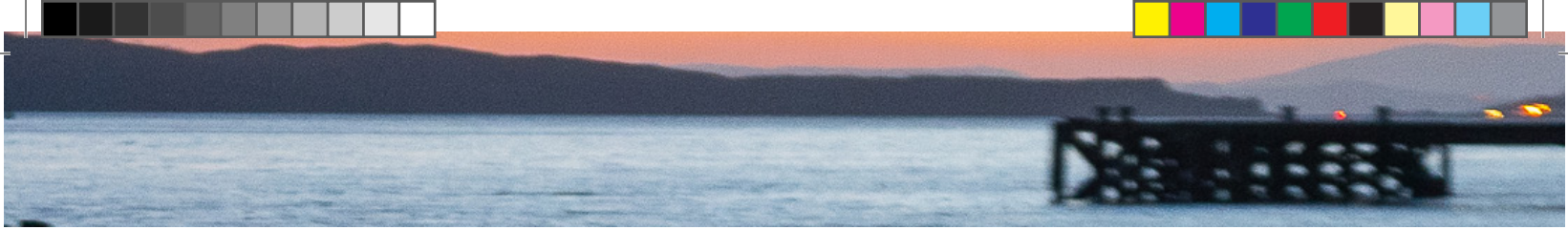
COURSES

SWAP (STAY WELL ACTION PLAN)

Discover a simple and powerful process for creating the life and wellness you want. You can discover simple, safe, and effective tools to create and maintain wellness. Develop a daily plan to stay on track with your life and wellness goals. Identify what throws you off track and develop a plan to keep moving forward. Gain support and stay in control even in a crisis. Identify the tools that keep you well, prevent relapse and create action plans to put them into practice in your everyday life.

CO PRODUCTION

Learn about the principles and practice of co-creation in the development of courses, learning theory and group dynamics. It brings together experts in subject alongside people with a lived mental health experience. The course will look at the potential development of new courses.



PEER 2 PEER

For people who are stable in recovery and aspire to offer peer support. Learn about the Peer Values of Hope, Experience, Authenticity, Responsibility, Mutuality & Empowerment. Increase understanding of recovery approaches, personal recovery and peer support to develop skills central to the peer support relationship and enable peer workers and volunteers to practice effectively and safely in the role. A 'student placement' may be available to put theory into practice.

PEER PRACTICE DEVELOPMENT FORUM

To offer ongoing learning and practice for peer working, facilitation and course development. Workshops are for Peer Trainee's, Peer Volunteers, Peer Workers and Peer Tutors. This monthly forum will involve sharing learning and reflective practice and contributing to future developments.

SUICIDE AWARENESS & PREVENTION

An introduction to what to do if someone is expressing suicidal thoughts and ideas by using the easily remembered TALK steps: Tell, Ask, Listen, Keep Safe. These practical steps offer immediate help to connect to more specialized support.

BEYOND RECOVERY COLLEGE

Gather together all your tools and learning and reflect on your emotions around graduation. Acknowledge and share your highlights and celebrate your achievements. Create a vision board and set goals for the future.



SCOTTISH MENTAL HEALTH FIRST AID

Learn basic general information about mental health problems. Help to remove stigma and fear and give confidence in approaching a person in distress. Learn to offer an initial response to someone in distress (first aid) and support people to access other supports including professional treatment as appropriate. This is a 2 day course.

“The key learning on the PLP course was recognising my strengths and understanding my behaviours through Transactional Analysis. I have learnt I am more in control of changing my situation positively than I have ever given myself credit for.”

TRACK 3 STUDENT

BLUE FACILITATION SKILLS

Gain skills to facilitate learning for others in shared learning spaces held by Nancy Kline’s Rules of Engagement.

Topic include:

- Developing ‘Blue mind’
- Seeing yourself as a Facilitator
- Personal Purpose and understanding yourself and others through the framework of Transactional Analysis.

The Facilitation Process:

- Emotions of Change
- Powerful Questions
- Flipping & Reframing
- Reflective Practice and Appreciative Inquiry
- Personal Learning by access to online Blue Box.



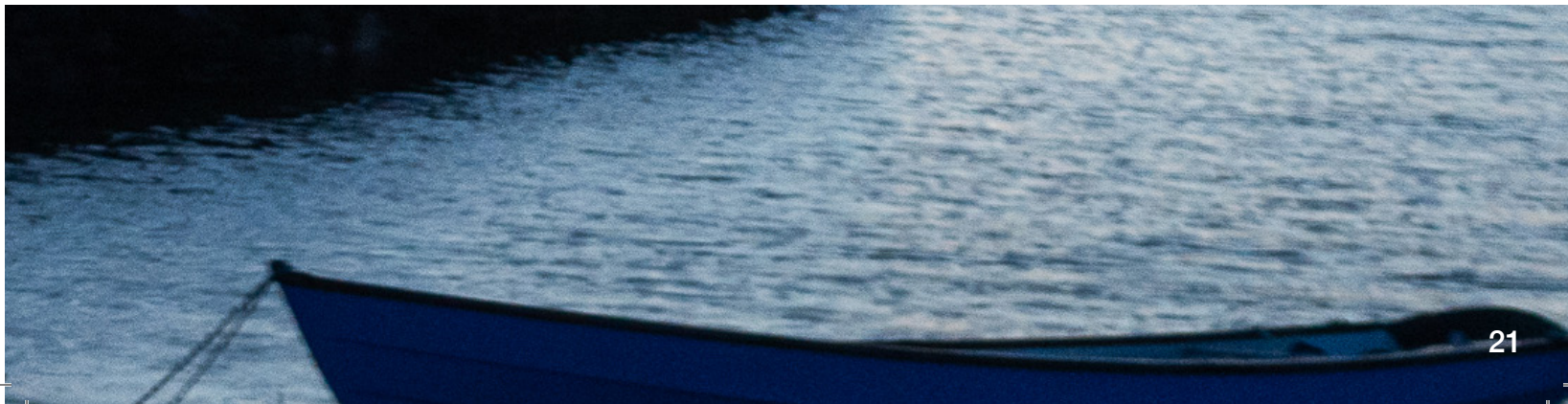


PERSONAL LEADERSHIP DEVELOPMENT (FUNDING DEPENDENT)

Designed to support established students towards the end of their Recovery College learning moving from a recovery mind set to a personal development and personal leadership approach. Taking responsibility for identifying next steps in life. Create your own Leadership Compass, explore communication styles through the Transactional Analysis model and discover your Key Strengths. Through online workshops, thinking spaces with peer mentors and by engaging in self-directed learning you will grow into your maximising your personal leadership.

“This course has given me valuable new skills, a deeper understanding, and greater insight into my facilitation abilities. It has supported me in transitioning from a recovery mindset to a personal development and leadership approach, helping me take responsibility for my next steps in life. Through interactive workshops, insightful discussions, and self-directed learning, I have gained clarity on my strengths, communication style, and leadership potential. I highly recommend this course to anyone looking to grow and maximise their personal leadership.”

RECOVERY COLLEGE TUTOR





ayrshire college courses

DELIVERED IN PARTNERSHIP WITH RECOVERY COLLEGE

HEALTH & WELLBEING LEVEL 3

Participants will explore a range of health and wellbeing topics to participate in wellbeing activities. These are aimed at raising participant's awareness of health and well-being choices that can impact life chances and opportunities.

Activities include:

- Keeping an activity diary.
- Exploring diet and hydration.
- Exploring positive psychologies.

“The work I have done on myself and the coping strategies I have learned at the college means I have been able to go back to work. I feel I understand myself and can recognise when my anxiety is rising, and I can deal with it before it becomes overwhelming. I can express myself and my needs in a much healthier way.”

GRADUATE

MENTAL HEALTH & WELLBEING LEVEL 4

To address gaps in knowledge and to improve understanding of mental health questions and as a result, work towards removing the stigma attached to mental health, as this frequently stops individuals from seeking help because they feel embarrassed or are fearful of being judged.

Developing an understanding of the terms 'mental health' and 'wellbeing', discovering a range of mental health issues and factors that affect mental health and wellbeing.

- Understand the terms 'mental health' and 'wellbeing' for individuals and society.
- Describe a range of mental health issues and begin to understand the role of the brain about mental health and well-being.
- Know factors that may influence mental health and well-being in individuals.

VOLUNTEER AWARD

To introduce learners to a world of volunteering including volunteering organisations and volunteering activity and provide opportunities to gain actual volunteering experience.

Course Content:

- Self-evaluation activities
- The context of volunteering
- Plan a volunteering placement
- Participate in a volunteering opportunity
- Review and reflect on own skills
- Volunteering experience
- Complete an investigative project

BASIC PC KEYBOARD SKILLS & WORD

For individuals who have zero or very limited knowledge/skills in using computers of any kind. To provide participants with the basic skills to use a computer to communicate. In particular, participants will be introduced to word processing, the internet and email.

EMPLOYABILITY AWARD

Be able to look at your existing skills and experience, and how these might apply at work. You will consider the sort of employment you would like, and practical skills needed to find employment, such as filling in application forms and writing a CV.





Arts, creativity & wellbeing

There is significant evidence that involvement in the arts and creativity enhances well-being. Many creative courses are offered, from time to time, across the year and we encourage all students to try at least one arts and wellbeing course. Creative courses may include Poetry, Journaling, Art, song writing, Photography, Drama, Drumming, Filmmaking, and even a Pop-up Panto!

SCOTTISH MENTAL HEALTH ARTS FESTIVAL (SMHAF)

A national festival each year in October. The festival raises awareness of mental health and reduces stigma through the arts. Recovery College gets involved in offering a week of arts events to promote well-being and recovery for students and the general public. Students may have opportunities to attend arts events and may showcase their work in performances or exhibitions.

“The Pop-up Panto did not just take me to the edge of my comfort zone, it took me miles outside it! I am so glad I was encouraged to try it. My confidence has increased and I have learned how to have fun and laugh again – Oh yes I have!”

TRACK 2 STUDENT

DRUM 4UR LIFE

You will be invited to try drumming for your well-being. Drum 4UR Life was birthed from Recovery College and remains a key partner. We all have a heartbeat; we walk in rhythm so we can all drum and participate in improvised music-making. You will be warmly welcomed into a fun, supportive, and dynamic community.

To find out more information visit - www.drum4urlife.co.uk

DRUM CIRCLE FACILITATION

MENTOR PROGRAMME

A program for drummers who are developing as drum circle facilitators and bringing a peer perspective to Drum Circle Facilitators. You will embed the Village Music Circle model; Dictator, Director, Facilitator, Conductor, developing your skills and confidence while reflecting on your practice.

“My Family have noticed a difference in me. I have even started drumming with the kids! I never dreamed that I would find myself enjoying drums and bells as much as I do.”





CREATIVE COURSES

POETRY IN MIND

Writing can help us express our stories in a new way, heal and move forward. No previous writing experience required. We will read poems and use them to inspire our own writing using a variety of writing exercises. Students will be encouraged to share ideas and their writing and while there's no pressure to do that, it's hoped that the supportive feedback will encourage everyone to do so.

“I hope my poem can help or inspire another to know that recovery is possible, that beauty can come from ashes and the real you can be free to shine in the world, I am not ashamed anymore and am proud to be seen and heard.”

FILMMAKING FOR BEGINNERS

Learn the process of creating and editing short films using your own mobile phone. Discover the basics of how to use lighting, editing, artistic direction to create eye-catching film while learning practical skills, and participating in group film projects experience using tools such as gimbals, tripods and stabilisers. You will create at least one short film and may be involved in screening and sharing your work on social media platforms.



ZEN PHOTOGRAPHY

Practice mindfulness by using photography in the context of self-exploration, communication, creative expression and personal development. Photography can help people increase self-knowledge and develop their self-esteem. It can also be empowering and improve resilience. The simple process of taking a picture provides an opportunity to be present in the moment, to be attentive to your mind and connect with your thoughts and emotions. Only a phone with camera is needed. Some of the photographs pictured in this curriculum are from this course.

“I have been able to develop new coping skills, and I have enjoyed the opportunities to work on my recovery through creativity.”

TRACK 2 STUDENT



A TOUCH OF GLASS

A 10 week course learning the art of stained glass making a uniquely designed mirror while reflecting on your journey, seeing your own reflection and looking towards your future. When you look in your mirror it is your Recovery you will see.

SONG WRITING (FUNDING DEPENDENT)

Like putting music to your poetry or to your story you will explore different ways to construct your individual or group song. There may be opportunities to perform or record some of the songs.

STORY TREES

You will reflect on your key life events, significant connections and hopes and dreams for the future. This will shape the conversations, and you will create a story tree with wire and embellishments to represent your story.

“I am now more resilient, have hope for future, my confidence and self-belief has grown. I have made friends and learned a lot of new skills.”

**keep a
record
of your
courses**

TRACK 1 COURSES	DATE
EXPLORING RECOVERY	
PEER POSSIBILITIES	
WRITE 2 RECOVERY	
TRAUMA TO RECOVERY L1	
WELLBEING WORKSHOPS	
BUILDING RESILIENCE	

TRACK 2 COURSES	DATE
LIVING LIFE TO THE FULL	
DARE TO BE HAPPIER	
CREATIVE RECOVERY	
CONFIDENT & ASSERTIVE	
TRAUMA TO RECOVERY L2	

TRACK 3 COURSES	DATE
YOU MATTER ALWAYS	
LISTENING & EMPATHY	
SWAP (STAYING WELL ACTION PLAN)	
COPRODUCTION	
PEER 2 PEER	
PEER PRACTICE FORUM	
MENTAL HEALTH FIRST AID	
SUICIDE AWARENESS	
BEYOND RECOVERY COLLEGE	
BLUE FACILITATION SKILLS	
PERSONAL LEADERSHIP	

RECOVERY COLLEGE	DATE
TOWARDS WORK PROGRAMME	

CREATIVE COURSES	DATE
POETRY IN MIND	
DRUM 4UR LIFE (D4URL)	
D4URL MENTOR PROGRAMME	
ZEN PHOTOGRAPHY	
FILMMAKING FOR BEGINNERS	
SONG WRITING	
STORY TREES	
TOUCH OF GLASS	

AYRSHIRE COLLEGE	DATE
HEALTH & WELLBEING LEVEL 3	
MENTAL HEALTH & WELLBEING LEVEL 4	
VOLUNTEER AWARD	
BASIC PC KEYBOARD SKILLS & WORD	
EMPLOYABILITY AWARD	

Recovery College Online

You can enhance your learning by connecting and engaging in our online channels. There are regular posts on Facebook and our Youtube channel has around 60 short films.



Facebook:

RAMH North Ayrshire Wellbeing & Recovery College



Website: www.ramh.org



Youtube:

North Ayrshire Wellbeing & Recovery College



Spotify:

RAMH North Ayrshire Wellbeing & Recovery College



BEYOND RECOVERY COLLEGE

Students are encouraged to progress and move through and on from Recovery College and to achieve personal goals. Students may complete one or two courses for personal development or to support them to work well or may continue learning with us for up to two years.

Students may:

- Go into further education.
- Volunteering in your community.
- Joining community activities.
- Gaining paid employment or returning to your job.
- Volunteer as a Peer Facilitator at Recovery College



WELLBEING CAFE

A Peer led monthly evening event for Track 3 and former students takes place in Saltcoats Café at the Station. There is opportunity to support each other, take part in a variety of activities and go to arts events. Everyone is welcome, ask staff for more information.

WELLBEING SEMINARS

Occasional evening themed seminars and events that raise awareness of mental health and wellbeing issues.

“I can now move on from the dark place I put myself in by spending time with others and taking part in activities that improve my well-being and mindfulness.”

TRACK 3 STUDENT





CELEBRATION OF LEARNING

An annual event when students come together with friends, family, tutors and funders to celebrate students' achievements, course certificates are awarded and people who are graduating are recognised. It is a truly memorable, feel good celebration.

“You have all restored my joy for living - which, before I started the Recovery, I didn't think was even a possibility for me.”

TRACK 2 STUDENT

“I would never have got back to work if it was not for the Recovery Course, the courses and staff are all amazing and really believed in me and supported me to get here.”

TRACK 3 PEER PATHWAY STUDENT



EVALUATION OF NORTH AYRSHIRE WELLBEING & RECOVERY COLLEGE

In 2021 Dr Jean McQueen undertook an independent evaluation of NAWARC. Focus groups included the Student Services Team, Tutors, Track 1-3 students, and Peers to formulate some qualitative data. Quantitative data was produced from the well-being scores of students and were analysed over time of their involvement in NA Wellbeing & Recovery College.

Key outcomes:

- **Student's wellbeing scores increased:** Data from standardised validated wellbeing assessments undertaken at regular time points show significant changes in NAWARC students mean wellbeing scores showing wellbeing increased as they progressed through the college track style curriculum.
- **Positive Impact:** Students reflect on the positive impact of their involvement in Recovery College: Students perceived the college to have a focus on learning and self-discovery as a compelling factor in their decision to engage rather than a focus on the treatment of their mental health challenges. The students valued the peer support, the importance of a sense of identity as a student and the importance of feeling part of a community.
- **Peer Role:** Some students spoke about the opportunity to become peers and peer tutors further enhancing their confidence. As they progressed through the curriculum students spoke of learning to manage their mental health challenges using the skills developed to enhance their daily lives.
- **Student's Progress to Positive Destinations:** Data from the recovery college suggests many students progressed to positive destinations such as work, and further training and cited the recovery college as being a catalyst for change and positive mental wellbeing.
- **Impact on Recovery:** Results from the validated assessments and focus groups suggest NAWARC had a significant impact on personal recovery, mental wellbeing, connectivity, hope and optimism. In addition, the impact of the college was felt wider than individual student with students emphasising how improvements in their wellbeing had a positive impact on those around them, particularly their family.



A HOPE, A DREAM, A WISH

Anxiety is a thing, it's like an infection of the mind.
An anxious life is not so great it's a life of a different kind.
Along the way I learned a lot which always seemed to help.
Hobbies are a good thing, fishing is just one of mine.
Out in the air I relax, leave everything behind.
Fishing, playing guitar, writing poetry, helps relax the mind.
Stops me looking too far forward, no thoughts about the mess.
Playing guitar I've always done, mostly to avoid distress.
Poetry a more recent thing, I thought I'd never do.
As at learning I was out of luck, for me just nothing new.
Like a candle flame lighting up the corners of your mind.
Remember how to get there to find a life of a different kind.
A chance to dream, a chance to think, an empty mind of bliss.
Yeah hobbies are so good for you, giving hope, a dream, a wish.

DAVID CADDIS



OUR PARTNERS





HELPFUL CONTACTS

Breathing Space
0800 83 85 87

breathingspace.scot

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Samaritans
116 123

samaritans.org

-

NHS 24
111
nhs24.com

-

Text SHOUT
to 85258
giveusashout.org



**get in touch
with us**



☎ 01294 447355 🌐 www.ramh.org ✉ inforecoverycollege@ramh.org

Recovery College Base: Office Room 233, Ayrshire College, Kilwinning Campus, Lauchlan Way, Kilwinning, KA13 6DE

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