

# Welcome to Humber Recovery & Wellbeing College





## **Humber Recovery and Wellbeing College**

The Recovery and Wellbeing College takes a non-clinical, educational approach to health and wellbeing and everything we do is aligned to our core values of Hope, Opportunity and Control.

We facilitate a range of free, informal and welcoming courses and sessions that support people in maintaining good mental and physical health and wellbeing.

We actively listen to and work alongside our students, volunteers, community partners and other professionals to jointly design, produce and deliver our curriculum throughout Hull and East Riding.

Please visit our website to see our latest information on our courses, sessions and how to enrol: <https://humberrecoverycollege.nhs.uk/>

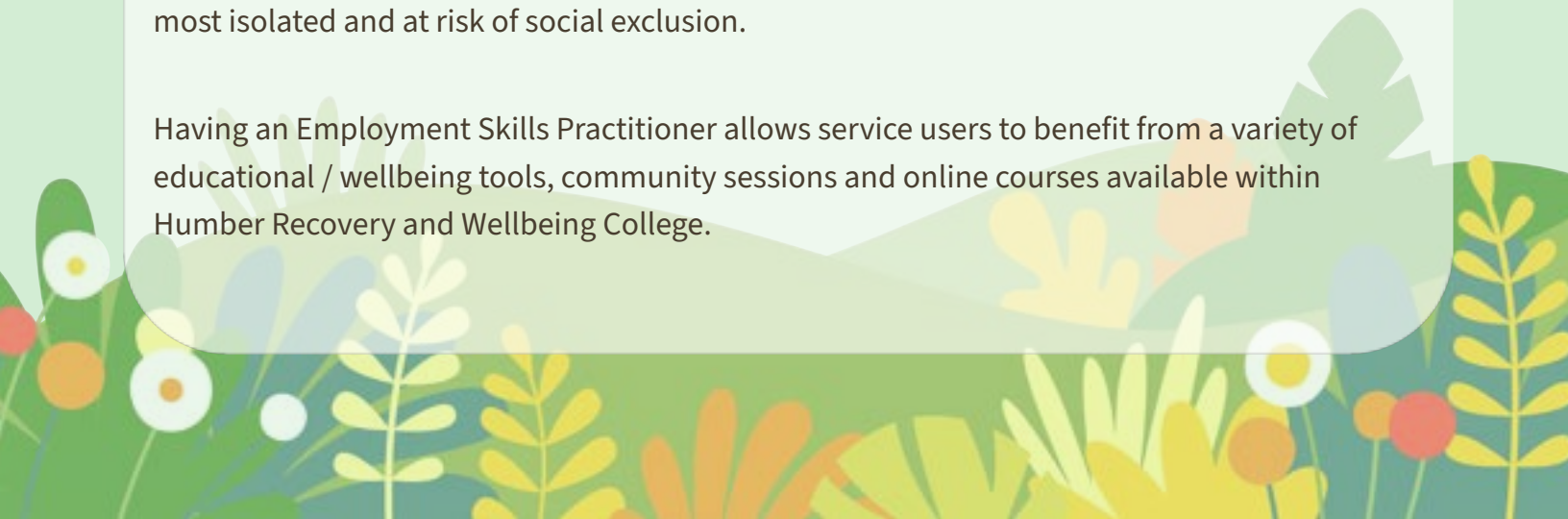
## **Humber Wellbeing Recovery and Employment Service**

The Wellbeing Recovery Employment Service has supported over 150 individuals to make real, sustainable difference to their lives.

The project is delivered on behalf of East Riding of Yorkshire Council and is funded by the UK Government through the UK Shared Prosperity Fund (People & Skills).

The team works in close partnership with other Humber Prevention Recovery and Wellbeing Services, providing wrap around, hybrid support to those who need it most including those most isolated and at risk of social exclusion.

Having an Employment Skills Practitioner allows service users to benefit from a variety of educational / wellbeing tools, community sessions and online courses available within Humber Recovery and Wellbeing College.





### Meet the Team!



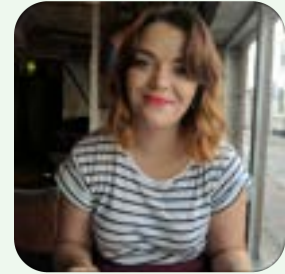
Maisy (She / Her) Digital Communications, Marketing, & Admin Officer



Joe (He / Him) Wellbeing Practitioner



Acho (He / Him) Wellbeing Practitioner



Chan (She / Her) Employment Skills Practitioner

We deliver our sessions all year round, though sometimes with a reduced timetable. The breaks in delivery for 2025/2026 are as follows:

- Easter – Monday 14th April – Friday 25th April
- Summer – Monday 18th August – Friday 29th August
- Christmas – Monday 22nd December – Friday 2nd January 2026





# Student Story

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## Meet "Dennis" (not the students real name):

### How did you hear about the Recovery and Wellbeing College?

On the notice board at the library

### What support were you looking for at the time?

Gentle exercise and company

### Have you gained any skills?

Yes, the ability to get calm, better balance and flexibility, improved mood and wellbeing

### Describe your Recovery and Wellbeing College journey so far.

Our Tai Chi instructor has been cheerful and encouraging and explains things very well

### What do you think the Recovery and Wellbeing College does well?

Tai Chi is the only class I come to. I enjoy it and find it helpful. Doing an activity is better when done as part of a class

### What are your hopes for the future?

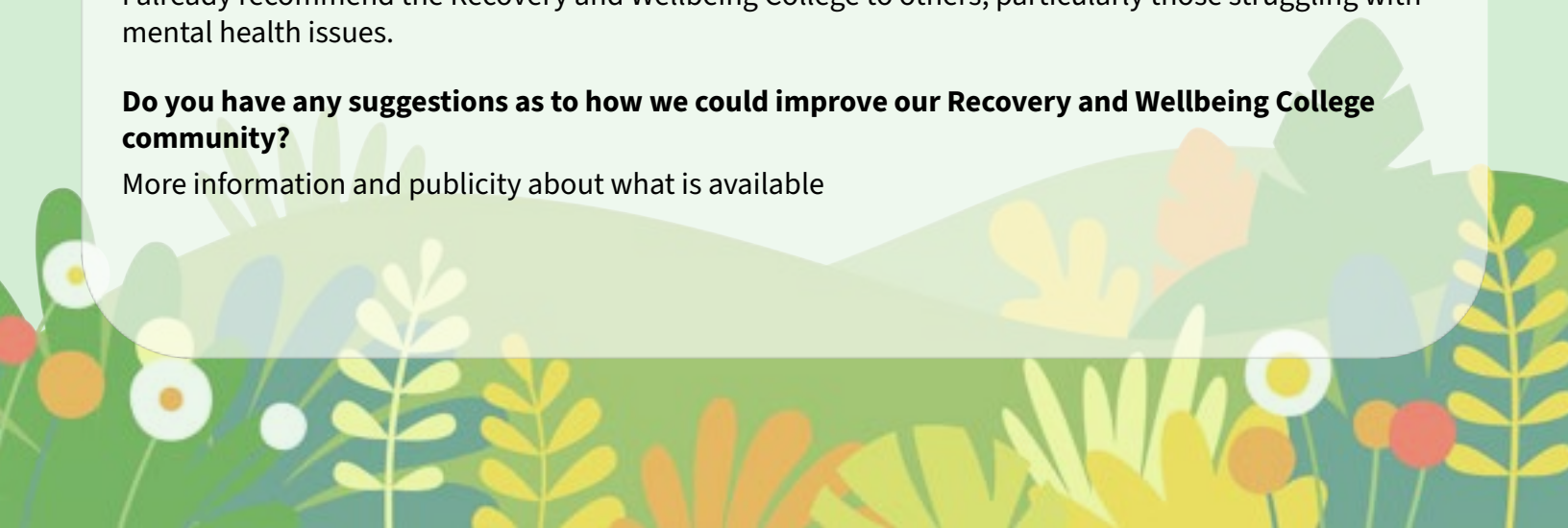
I hope the class continues and I learn more from it

### Would you recommend the Recovery and Wellbeing College to others?

I already recommend the Recovery and Wellbeing College to others, particularly those struggling with mental health issues.

### Do you have any suggestions as to how we could improve our Recovery and Wellbeing College community?

More information and publicity about what is available





## **Meet Sam:**

### **How did you hear about the Recovery and Wellbeing College?**

YourHealth directed me when I first moved up to Yorkshire and was waiting for everything to be put into place for me.

### **What support were you looking for at the time?**

Mental health and alcohol recovery.

### **Have you gained any skills?**

I'm rediscovering who I am after a long time in of being in a very dark place. I'm learning to listen and to be listened to (even though I'm partially deaf lol). I have also gained a bit more confidence as well with getting out of my comfort zone and going places I've never been before.

### **Describe your Recovery and Wellbeing College journey so far.**

My journey so far has been slow as I am a recovering alcoholic (10 months sober) and not knowing a single person was really hard for me. I started off with joining Maisy & Rachel on the walks, which I really enjoyed, and I tried a few other courses but I struggled with transport for a while but Joe and Acho picked me up during the summer to go on a field trip which I really enjoyed. When I got my car back I have been attending creativity and sports with Joe in Brid and it's really done me the world of good. I have also ventured into Hull a few times now to do the walks and photography.

### **What do you think the Recovery and Wellbeing College does well?**

The R&WC is a really safe space where you are not judged or made to feel like a failure. There is no pressure and it's really up to myself to enjoy it, that's what I enjoy the most. Somewhere I can try and thrive to be the best version of myself with no stigma attached.

### **What are your hopes for the future?**

My hopes for the future are to remain sober and mentally stable and to be able to help others in the same situation, as the R&WC have really helped me where East Riding Partnership have failed me.

### **Would you recommend the Recovery and Wellbeing College to others?**

I already recommend the R&WC whenever I have to go on a course or I meet a new professional in my ongoing mental health support.

### **Do you have any suggestions as to how we could improve our Recovery and Wellbeing College community?**

I would encourage more outside activities as for myself I have found these to be best for me (weather permitting). I would do more field trips and try and get more people involved especially recovering addicts who are left to fend for themselves when sober and may struggle, but with having the R&WC it's an extra incentive to find something they enjoy, at their own pace.



# What's on?

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For full details visit our website

## Yoga with Joel

A safe space where people of all abilities are encouraged to explore their own unique mind-body connection through therapeutic movement, breathwork and meditation.



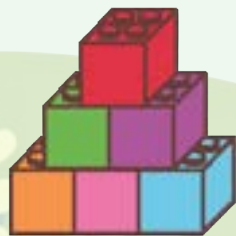
## Book Club with Ellie



We gather at a venue in Hull and bring our own books to read, unlike other book clubs there is no set reading list and we get together to quietly read as a group for an hour. Our meetings are ideal if your social battery is low but you'd still like some quiet company as there is no pressure to socialise (unless you'd like to).

## Gather and Game with Acho & Joe

This session is open to anyone who wants to come and play some games or get creative building lego in a relaxed, safe, and welcoming environment whilst building relationships with like-minded people.



## Boxing for Health with Joe



Join us to learn more on your journey to fitness with the help from a personal trainer. We will go through a range of boxing exercises including bag work and circuits. Come along to Vulcan Gym and work on your physical wellbeing with a group of friendly faces. No boxing or gym experience required.





### **Kick Start: Football with Joe**



Kick Start is a fun and friendly group for men. Join us for some football based activities on the pitch, followed by a free drink and chat in the cafe.

All ages and abilities welcome.



### **Kintsugi with Acho**



The word Kintsugi translates to golden joinery. It is a traditional repair method that takes the broken or chipped parts and repairs them by using powdered silver or gold.

Come along to learn more in a safe and inclusive environment.

### **Medication in Mental Health with Humber Teaching NHS Foundation Trust Medicines Information Pharmacists**



These workshops raise awareness around the different medications used in mental health and the effects they can have on individuals. This is a great session for anyone wanting to learn more about the medications used in mental health.

### **Mindful Calligraphy with Acho**

The ancient art of calligraphy can combat anxiety, improve wellbeing and boost self esteem.

Join us to discover more about the impact calligraphy can have on your mental wellbeing.





## Tai Chi with Acho

These informal Tai Chi sessions combine the practice of Tai Chi with mindfulness and Qi Gong to promote positive mental wellbeing. Learn the basics of Tai Chi and how this can increase suppleness, balance, flexibility and improve posture through gentle, controlled stretching.



## Picture This: Photography with Joe

Photography can be a great way to relieve stress and anxiety. Join us to learn the basics of photography and apply this in some of Hull and East Riding's picturesque hotspots. No experience or camera required.



## Seaside Sports with Joe & Acho



CYP in Bridlington are opening their doors to the Recovery and Wellbeing College to let us deliver a multi sport session hosting the likes of table tennis, badminton, basketball and more.

All abilities & fitness levels welcome.

## Journalling for Wellbeing with Acho



Come join us and embark on a transformative journey of self-discovery and emotional expression with our Journalling for Wellbeing course. This course is designed to accommodate all journalling preferences, whether you wish to explore your creativity or simply express your thoughts and emotions in writing.







## Wellbeing Through Creativity with Joe

In addition to boosting brain function, creativity can also help to reduce stress and promote relaxation. Bring along your own projects or use the materials provided to be inspired and create whatever you like.



## Wellbeing Walks with Rachel



Weekly walks across Hull and the East Riding. This group provides a friendly and supportive environment to walk and talk with a listening ear or quiet companionship.

All abilities welcome.

## Recovery Club Podcast

Did you know we have a Podcast?

Our Podcast is run by Joe, and he invites special guests along to talk all things recovery and wellbeing.

We cover a wide range of mental health and wellbeing topics.

Tune in now via our website.



## Keep up to date:

Information on courses and sessions updated regularly, watch this space for information on what's coming up, and don't forget to check our website regularly.

<https://humberrecoverycollege.nhs.uk/>





# Humber Wellbeing Recovery Employment Service is available to support people in the East Riding

Our community-based team of Employment Advisors, Employment Skills Practitioners and lived experience Peers are on hand to provide support, tailored to individual need, for those wishing to:

- Make positive lifestyle and behavioural changes to improve wellbeing and increase chances of gaining and sustaining paid / voluntary employment.
- Gain valuable life skills through supported self-awareness, reflection, resilience building and goal setting.
- Improve employment-based skills such as writing a CV, job searching and applications, preparation for interview and learning from feedback.
- Improve confidence and reduce anxieties around paid / voluntary employment / education – including support with possible implication to benefits.
- Build peer relationships with like-minded people within a supported, inclusive, and welcoming environment.
- Prepare for paid / voluntary employment by gaining functional skills (including support to access adult learning provision where required).
- Become more physically, mentally, and economically active.



Support is available to those aged 16+ who reside within the East Riding of Yorkshire Council area, have the right to live and work in the UK and are economically inactive (not in any paid work and not actively seeking work) at point of referral.

Contact us today on [hnf-tr.wres@nhs.net](mailto:hnf-tr.wres@nhs.net) or call 0800 9177752 and ask for the WRES Team



Please help us to maintain a safe and supportive environment by agreeing to the following:

1. To treat others with compassion, dignity and respect.
2. To respect the wellbeing and property of others and report any health and safety concerns to a member of the team.
3. To be mindful of group conversation by ensuring that everyone has equal opportunity and space to freely contribute.
4. To register and enrol for all sessions in advance via our platform and inform us if you are unable to attend (email [hnf-tr.recoverycollege@nhs.net](mailto:hnf-tr.recoverycollege@nhs.net) or ring 0800 9177752).
5. To refrain from the use of alcohol, illicit substances and weapons of ANY kind whilst attending a Recovery College course or workshops (you will be asked to leave immediately, or be virtually removed).

## Want to help shape the future of your Recovery and Wellbeing College?

Co-production lies at the heart of everything we do at the Recovery and Wellbeing College, and we are always looking to hear the voices of our students. Our focus group meets regularly to discuss courses, sessions and developments. Informal, welcoming and inclusive.


Email us to get involved: [hnf-tr.recoverycollege@nhs.net](mailto:hnf-tr.recoverycollege@nhs.net)




Visit our website or scan the QR code below and you will be directed to our platform. All materials are available in multiple formats. Contact us if you require any support.

## Get in touch!

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## With thanks to our partners...

