

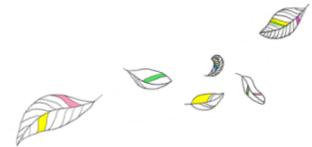
Welcome

Welcome to our first edition of the Humber Recovery College newsletter. We aim to provide you with up to date news and information regarding the Recovery College and our NHS services.

THURSDAY

14 MAY 2020

Humber Recovery College



What happened to us?

As with all aspects of our life at the moment, the COVID-19 Coronavirus pandemic has had a significant impact on the way the Recovery College operates. No face to face workshops can be offered at the moment, so team members which includes our volunteers, are now working from home or redeployed to other parts of our NHS to aid frontline services.

This has been an incredibly challenging time for all our team members, as it has required everyone to adapt not only to new social distancing and government guidelines but also change in work location (for many of us, from offices, to our kitchen tables or sofas!). We are now in the process of re-opening the Recovery College and work behind the scenes has already begun.

Will there be any Face to Face Courses?

The impact of COVID-19 Coronavirus on society and business as we know it has meant that all aspect of the Recovery College has to change to meet the government guidelines on social distancing and containment of the virus.

There will be no face to face courses or workshops on offer (at least for the time being). The summer timetable has been delayed and the Recovery College will provide updates about courses in due course.

What's next?

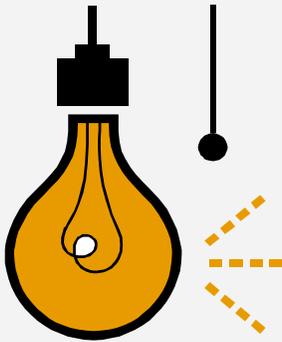
Like other organizations we will be using the available technology to bring our unique courses to your home through video streaming or e-learning platforms. Each of our trainers have been looking at adapting our courses and workshops to develop an online Recovery College which we will be testing behind the scenes and getting to grips with the technology and completely different method of teaching.

In the interim we will be posting news and events on our social media platforms, emails and newsletters.

Our NHS Services

COVID-19 has changed the way some of our services operate. Please visit the NHS Humber Teaching Foundation Trust website for further information.

[\(https://www.humber.nhs.uk/\)](https://www.humber.nhs.uk/)



*Have an idea
for an online
course?*

Let us know.

*Take a
moment to
complete our
survey.*

*You can
access our
survey on our
social media
pages:*

Twitter
[HftRecoveryCol](https://twitter.com/HftRecoveryCol)

Facebook
[@HumberRecovery
College](https://www.facebook.com/HumberRecoveryCollege)

We want your ideas?

Here at the Recovery College we value all experience, both personal and professional equally in exchange for knowledge and ideas. The courses we put together are co-produced and co-designed in partnership with those who have lived experience of mental health challenges and those who have professional experience/training.

As we are now moving into a new era of work and learning we are developing online platforms in order to deliver courses online whether it is

mindfulness, arts and crafts or dealing with isolation.

We want your ideas. What courses would you most likely benefit from as an online package?

We have produced a short survey in which we ask you to give your ideas.

Please visit:

<https://www.surveymonkey.co.uk/r/RHDW8L6>

Looking after your mental health



Having a good mental health helps us relax more, achieve more and enjoy our lives more.

Every mind matters have excellent tips on looking after our mental wellbeing during COVID -19 Coronavirus.

Visit their website:

<https://www.nhs.uk/oneyou/every-mind-matters/>

There are some simple things you can do to help you take care of your mental health and wellbeing. Doing so will help you think clearly, and make sure you are able to look after yourself and those you care about.

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>

Your top lockdown tips

We are asking our students and staff to send us their top lockdown tips. If you have any advice or tips on keeping mentally well whilst at home please feel free to send us your tips. We hope to create a list of your top 10 tips and, with your consent, published your useful tips in our next newsletter edition. You can send your top tip to our recovery college email address or post it on our Facebook or Twitter pages.



Send us your picture, poetry and artwork

We would like you to send us any pictures, videos, artwork or poetry showing how you are spending your time during lockdown.

With your consent we hope to create a feature in our next newsletter. Just e-mail us.



How can I get in touch?



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