

Hope • Self Management • Change

Solent
Recovery
College



Solent Recovery College Prospectus

Education to help you manage your own recovery
or support someone else with their recovery journey



A shared journey



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Welcome

Solent Recovery College (SRC) offers a fresh way of working that draws on the experiences and skills of people who have used mental health services and the staff who work in them.

If you would like to learn how to improve your own mental health or to support someone who does, Solent Recovery College offer you the opportunity to learn about recovery and feel inspired to take control of your life.

We focus on education and have developed a range of programmes and short classes that will enable you to manage your own recovery or support someone else with their recovery journey.

We believe that education offers new hope and the opportunity for you to learn more about recovery, coping skills, practical skills, living with on-going symptoms and how to get the best from the mental health services.

Our courses aren't therapy. They can help you become an expert in managing your own life – and be at the centre of your own recovery journey.

We aim to:

- ✓ **Enable you to influence and take control of your life.**
- ✓ **Use education as a route to recovery.**
- ✓ **Improve your experience of mental health services.**
- ✓ **Share your journey.**
- ✓ **Inspire you to live a life that's worth living – with or without on-going symptoms.**



The course helps you to change your way of thinking, in the sense of seeing things differently. These practices help me to relax, untangle my thoughts and manage my pain levels better.”

Find out more

Solent Recovery College offers a range of programmes and short sessions for people with mental health difficulties, as well as their family friends and carers.

SRC is different because we focus on education to promote hope, control, and opportunity for people with mental illness.

SRC has been developed as an exciting new partnership between Solent NHS Trust, The University of Portsmouth, and Solent Mind.

The programmes and sessions have been designed by professionals and people who have lived with mental illness and draw on the experience and expertise of both. Working together, we can help you to determine your own recovery journey.

Who can attend?

Solent Recovery College is open to people who have a GP in the PO1-PO6 area. We are actively planning in 2024 for this to be wider area. If you come across prospectus and are interested in the College, please make contact with us to find out more information. Our programmes are also for friends and supporters of those who use services, and staff within the partnership organisations. Everyone who enrolls with Solent Recovery College will be thought of as a 'student' – no-one is labelled as a service-user or a 'professional'.

Do I need to be referred by my mental health team?

No. You do not need to be referred. As a student, you simply enrol and discuss the courses which best suit you. Your attendance is not noted or recorded by the mental health service.

I care for someone who uses mental health services – can I enrol?

Yes of course. We aim to increase awareness of recovery and mental health issues – you are an important part of this. You can attend with the person you support, or in your own right.

Do I need any qualifications to attend Solent Recovery College?

No. We appreciate that many of our students will have missed out on education and may have been unhappy at school or college. Our courses range from brief, introductory 'taster' sessions to programmes running over a few weeks. There are no formal entry requirements for any of our courses.

What if I need some support with studying once the programme has begun?

Solent Recovery tutors will be happy to provide advice and support if students feel they would like assistance.

Will I need to pay for the session or programme?

All our programmes are free for people who work, use or care for someone who uses Solent NHS Trust mental health services.

Where will I learn and who will teach me?

Solent Recovery College operates a blended learning approach with courses taking place either on the University of Portsmouth campus or online via Zoom. All courses are delivered by two trainers – one who has expertise through learnt knowledge in adult mental health and one who has expertise through having experienced mental health issues themselves. Having both forms of knowledge is a very important principle of Solent Recovery College. On the very rare occasion that both trainers are not able to attend, we may need to rearrange that particular session.

I don't want to go back to school or college – is that what this is?

Our programmes aren't traditional college or school subjects, like Maths and English. We aren't providing therapy either. And don't worry, it won't be like school. You won't find yourself sitting in a classroom listening to a teacher talk while you try to take notes. Instead, you will have opportunities to discuss subjects that interest you, learn at your own pace and develop your own Individual Learning Plan.

What happens if I don't attend the whole of a programme?

Don't worry. We understand that you may become unwell during a programme or be unable to attend for other reasons. The Solent



The lesson really helped me to think about putting problems into separate boxes rather than as one big thing."

Recovery College team will discuss with you any problems you might have in attending, although we do ask that you do your best to attend. In some circumstances we may not be able to hold places open for people who repeatedly fail to attend any or all sessions in a programme.

What is an Individualised Learning Plan (ILP)?

We want to inspire your potential and make the most of your opportunities. We offer individual and group tutorials to discuss your personal goals, both short and long term, and look at your strengths and what you would like to improve. This will help you to think about what you want to do and what skills you would like to develop. We will then support you to achieve these goals.

How many other students will be on the programme with me?

Class sizes vary, although we try to keep face-to-face classes small so that you have the best chance of learning and can develop your knowledge and understanding of moving beyond mental illness in a supportive environment. Face-to-face classes are capped at 15 but are usually around 8 students. Online class sizes may contain up to 24 students, but we use breakout rooms to split class into much smaller groups for discussions.

I think course is going at a good pace. And I feel safe enough to share."



Honestly, the course has been great; I don't know what could be done differently. I've already noticed the benefits and change within myself, so thanks to the course leaders who have made it a comfortable and actually enjoyable even though we are discussing sometimes difficult topics. It felt like a safe space."

Do I have to take any tests or exams at Solent Recovery College?

No. There are no exams or tests.

Can I bring a supporter or family member with me?

Yes. We are happy for students to attend with a carer/supporter or staff member from their team. Please note that your supporter must register, enrol and participate as a student during the programme or session.

What should I expect at my first class?

All courses are taught online or in a classroom setting. They include a mixture of taught material and discussion. It would be helpful to bring a pen if you would like to make your own notes.

Student story

I am extremely grateful for the time I spent with the college.

I was referred by a medical professional who said the psycho-education courses would help me further understand conditions such as depression, anxiety, OCD, PTSD and schizophrenia. The knowledge I have acquired has given me tremendous insight into a long-term approach for the above.

I feel the long-term impact of these psycho-education courses is one of the key factors I took into consideration when choosing to enrol in the college. The college provides an education that intertwines both essential life skills and evidence-based psychology. The knowledge stays with the student; the student is then taught how to apply or extend this knowledge to many different situations. I was given various book recommendations, paper handouts, and homework tasks. I still have folders, books and flashcards I made during my courses. I find these resources helpful to reference back to when needed.

A unique and indispensable experience. I would highly recommend.

Beverley



The college provides an education that intertwines both essential life skills and evidence-based psychology.

Classroom locations

The University of Portsmouth is part of the SRC partnership, and they provide classrooms for all our face-to-face courses. We send the classroom information to all students who have signed up for a class shortly before it meets.

We most often use rooms in the University Learning Centre (ULC) and the Park Building (see map on page 9).

The University Learning Centre faces Winston Churchill Avenue, with rear access along Alec Rose Lane. Its postcode is PO1 2DH. The building used to be the Highbury City Centre campus (as seen in these pictures). Even though the building is now called University Learning Centre, the sign near the roof still reads 'City of Portsmouth Centre.'

The Park Building's postcode is PO1 2DZ. This is an older building, next to the Guildhall. You can identify it by its weathervane in the shape of a ship.

If you are coming from Guildhall Walk, turn left at the last pub. You'll turn onto a street (King Henry 1 Street) which borders Guildhall Square.

The main entrance has steep stairs but there is a more accessible entrance round the back.



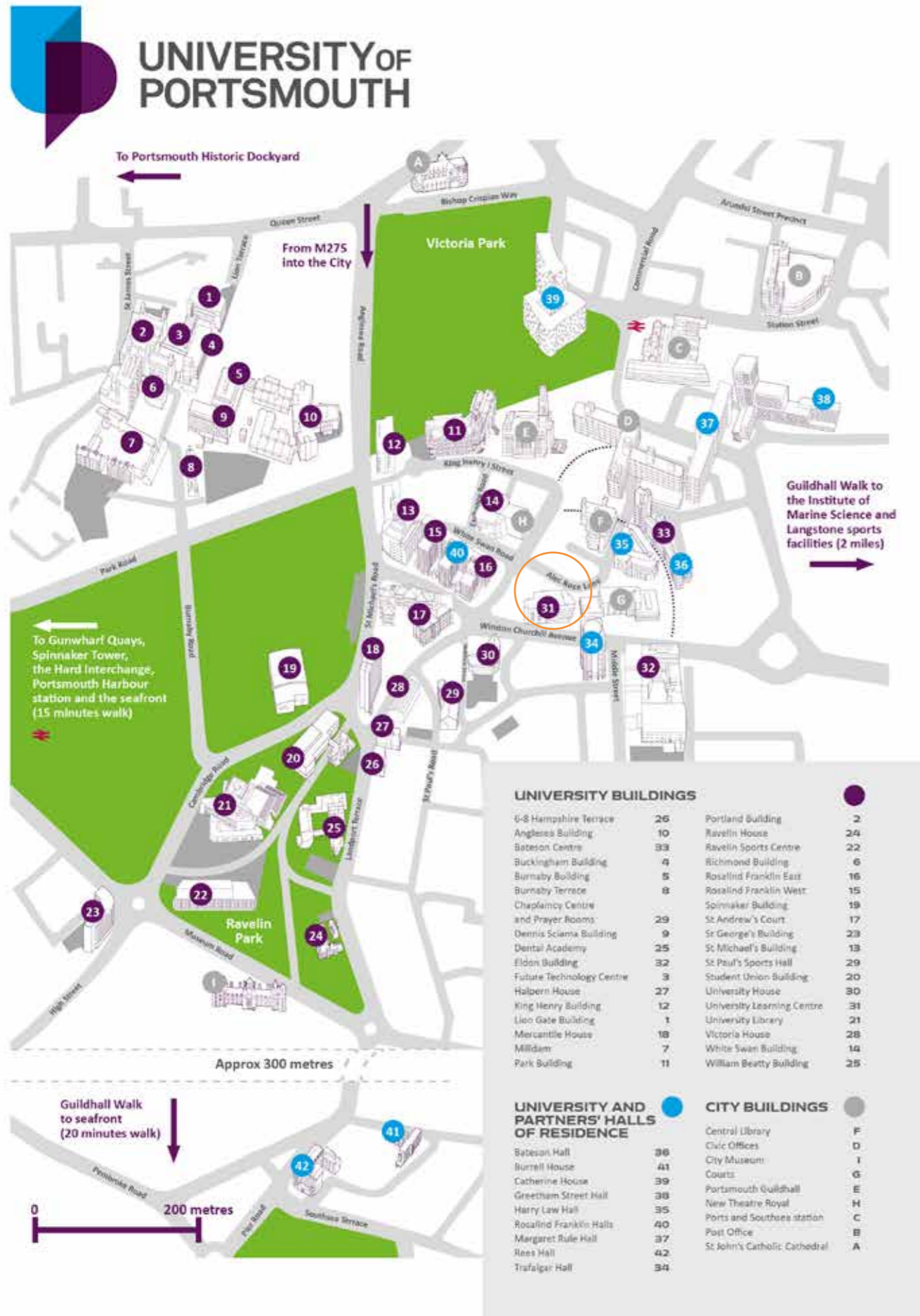
ULC front entrance



ULC rear entrance



Hearing lived experiences was helpful to understand."



Online classes

Sometimes, our classrooms are virtual. We offer online classes in order to provide education to those who cannot reach us in person due to physical or mental obstacles, as well as those who live further afield.

Not every course is offered online every term, of course. But we do our best to rotate our classes between face-to-face and online offerings.

These online classes are held on Zoom. We make sure our students have the log-in information at least one week before the classes start. We can also offer a degree of support to those who may be new to using online learning platforms.

Trainer Story

I have been working alongside Solent Recovery College for roughly 10 years.

During this time, I have learnt a lot. I have met great people (both students and peer workers) and learnt a lot from both these cohorts. It has also helped me to understand mental health issues more. This has benefitted my ability to do my job in a more insightful way (getting to understand what people are experiencing) which helps me when dealing with the people I support as a Mental Health Nurse. I teach a range of life skills subjects, from the initial What is Recovery session, Sleep and Health courses and other sessions around particularly mental health issues.

It is important to me that people are given knowledge about aspects of health as this can then allow them to grow and adapt to life's events. I see Solent Recovery College being like a toolbox, you need to know what tool you need for which job but more importantly, you need to know how you are going to use it. Solent Recovery College is good springboard from which to do this from.

Sally



Student story

Some of the benefits of attending Solent Recovery College are: Co delivered sessions between somebody with lived experience & somebody who works in mental health care gives a well-rounded view of the mental health condition being discussed.

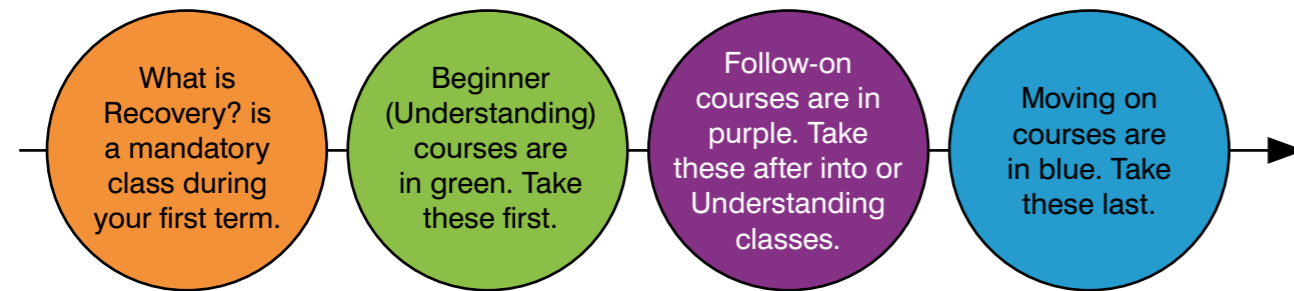
Students are under no obligation to share personal experiences, so classes feel much less invasive than therapy. Looking at causes, symptoms and ways of managing mental health objectively means that information is more accessible. This can be especially helpful if you are attending a course as a loved one who is looking to understand & support somebody with a long-term condition.

The opportunity to meet people experiencing similar challenges has made me feel less isolated.

Jo

Full list of courses

Not every course is delivered every term. You must be registered with College to attend. Registration details are explained after this list of classes.



Orange courses

Orange courses are mandatory. We ask all students to take 'What is Recovery?' within their first term, although they can take other courses beforehand.

What is Recovery?

Length of class: 2 hours.
Mandatory class – must attend during 1st term.

This is the first course that all our students attend upon enrolling with SRC. The course introduces the concept of recovery in Mental Health, and the opportunity to explore your own attitudes and beliefs towards your journey to better mental health. It also looks at the major factors for achieving or supporting mental health recovery.



In our courses, we incorporate psychological resources, such as techniques from Cognitive Behavioural Therapy (CBT) and Dialectical Behaviour Therapy (DBT).



The handouts and resources alongside professional/experienced recommendations are really helpful.”

Green courses

These courses are ideal for people who have not attended classes before; they are all beginner classes.

First Steps to Recovery

Length: 2 hours per class. 7 classes total including the Introduction.

These seven classes focus on Sleep, Stress Less, Food & Mood, Communication, Medication, Problem Solving and Balanced Lifestyle. Not all of these classes are held every term.

Coping in a Crisis

Length: 2 hours. Single one-off class.

This class can help make sense of a crisis experience. Through exploring personal resource and treatment preferences, you will be supported to develop a plan to prepare you and inform others about how they can best support you in future times of distress.

Skills for Life

Length: 2 hours per class. 13 classes total including the Introduction.

The first introductory class will introduce why the life skills in the full program are important to develop your ability to identify and manage emotions. The following 12 classes will focus on the skills that can enable you to manage your life more easily, designed for those who have overwhelming difficulty coping with rapid changes in emotion, and to help get on with others and tolerate distress.



Dialectical behaviour therapy (DBT) is a type of talking therapy. It's based on cognitive behavioural therapy (CBT), but it's specially adapted for people who feel emotions very intensely. The aim of DBT is to help you: understand and accept your difficult feelings. There are skills that come from DBT that can be taught outside of therapy.

Supporting Someone Else's Recovery

Length: 2 hours. Single one-off class.

If you are supporting someone through their experience of a mental health problem, this class can help you understand what may be happening, both for you and the individual, and provide keyways for you to effectively support them and take care of yourself.

Life After Lockdown

Length: 2 hours. Single one-off class.

This course aims to help students navigate daily life after the pandemic. We will look at stress management and coping measures; combating pressures such as isolation and a range of anxieties we might be facing as a society.

Recovery and Activity

Length: 2 hours. 4 classes.

This class explores the important link between completing activity and becoming and staying well. Activities vary, but may include art, light exercise and music.

Understanding Advocacy

Length: 2 hours. Single one-off class

Advocacy is all about giving people who lack capacity a voice. This course will explain what the role of an advocate is and the challenges within the role. The course is created by the Portsmouth Advocacy service alongside the NHS. It aims to encourage people who want to work in mental health to consider working as a community advocate. We will explore the opportunities available and what training will look like.

Understanding Anger

Length: 2 hours. Single one-off class.

Whilst exploring the purpose of anger management this course looks at anger and how it can affect a person's emotions, thoughts, behaviours and physicality. Whilst exploring anger related facts the session looks at the effects, risks and related illnesses associated with long-term chronic anger. Possible coping strategies are explored whilst further information on possible support and available treatments and is also provided.

i

Cognitive behavioural therapy (CBT) is a type of talking therapy which features coping skills for dealing with different mental health problems. It focuses on how your thoughts, beliefs and attitudes affect your feelings and actions. These coping skills can also be taught outside of therapy.

Understanding Anxiety

Length: 2 hours. Single one-off class.

One of our most popular courses, Understanding Anxiety explores how and why we feel anxiety, and possible treatments and support. This is the introductory class to Living with Anxiety.

Understanding Bipolar

Length: 2 hours. Single one-off class.

For those who wish to learn more about bipolar, the myths and realities of life with the disorder, and the possible treatments and support available. This is the introductory class to Living with Bipolar Disorder.

Understanding Dementia

Length: 2 hours. Single one-off class.

If you are supporting someone through their experience of dementia, this class can help you understand what may be happening, both for you and the individual, and provide ways for you to effectively support them and take care of yourself whilst doing so. SRC runs this course in cooperation with Remind, the dementia charity.



The course helps you to change your way of thinking, in the sense of seeing things differently. These practices help me to relax, untangle my thoughts and manage my pain levels better

Understanding Depression

Length: 2 hours. Single one-off class.

This course is designed for anyone who has experienced depression or is working with or caring for someone who has, and discusses the myths and realities of depression, as well as the possible treatments and support available. This is the introductory class to Living with Depression.



I have learnt lots of skills – to self-accept and communicate more effectively.”

Understanding Eating Disorders

Length: 2 hours. 2 classes total.

This class is aimed at people with an eating disorder or someone supporting a person with one. The course will cover the diagnosis, symptoms, treatment options, self-care, and self-management. The course is designed as an introduction to learning about eating disorders to broaden your knowledge of support and services available.

Understanding Healthy Body, Healthy Mind

Length: 2 hours. Single one-off class.

This class links together physical and mental health, and how the two can interact and influence each other.

Understanding Mindfulness

Length: 2 hours. Single one-off class.

The class looks at the mind-body approach that involves paying attention to thoughts, feelings and bodily sensations in a way that increases awareness and compassion in order to manage difficult experiences and make wise choices. This is the introductory class to Developing Mindfulness.

Understanding Obsessive Compulsive Disorder (OCD)

Length: 2 hours. Single one-off class.

This class is for anyone who has experienced OCD or anyone who is working with or caring for someone that has. It will look at the different behaviours and thought patterns, as well as practical methods of support to help overcome or minimise the effects of OCD.

Understanding Personality Disorder

Length: 2 hours. Single one-off class.

For a better understanding of the various diagnoses of Personality Disorder, including possible treatments and practical methods to help overcome or minimise the effects of Personality Disorder.

Understanding PTSD

Length: 2 hours. Single one-off class.

This course will explore what PTSD is and examine possible treatments and support.

Understanding Psychosis and Schizophrenia

Length: 2 hours. Single one-off class.

This class will be useful for anyone who has experienced psychosis or schizophrenia or works with or cares for someone who has. The session will explore the facts and fiction and give more information on treatment and support.

Understanding Self-Harm

Length: 2 hours. Single one-off class.

Self-harm can be difficult for many people to understand. By attending this class, you can increase your ability to manage in different ways and/or support someone. The class will also look at the many myths surrounding self-harm.

Understanding Substance Use and Impact on Mental Health

Length: 2 hours. Single one-off class.

This course enables understanding of the different substances and how they affect impact the body. It explores the links between substance usage and mental health, as well as further information on possible treatments and support.

Purple courses

Purple courses are follow-on courses. They are to be taken after completing the green courses.

Living with Anxiety

Length: 2 hours per class. 3 classes total.

Must attend Understanding Anxiety first.
These classes provide a more in-depth look at anxiety and practical methods and exercises on how to live alongside it, as well as further information on possible treatments and support.

Living with Bipolar

Length: 2 hours per class. 3 classes total.

Must attend Understanding Bipolar Disorder first.
These classes expand in further detail the challenges faced when living with bipolar disorder and provides more in-depth information on possible treatments and support.

Living with Depression

Length: 2 hours per class. 3 classes total.

Must attend Understanding Depression first.
These provide a more detailed explanation of depression, including looking at practical methods to help overcome or minimise the effects of depression.

Living with Personality Disorder

Length: 2 hours per class. 3 classes total.

Must attend Understanding Personality Disorder first.
These classes expand in further detail the challenges faced when living with personality disorder and provides more in-depth information on possible treatments and support.

Living with Psychosis and Schizophrenia

Length: 2 hours per class. 3 classes total.

Must attend Understanding Psychosis and Schizophrenia
This class explores both psychosis and schizophrenia in greater detail. We explore developing resilience and applying the stress/vulnerability model to underpin recovery.

Developing Healthy Body, Healthy Mind

Length: 2 hours per class. 3 classes total.

Must attend Understanding Mind & Body first.
This is a further look at how physical and mental health link together, and how improving one can influence the other. We also look at practical support on how to improve mind & body health.

Developing Mindfulness

Length: 2 hours per class. 5 classes total.

Must attend Understanding Mindfulness first.
This is a further study of mindfulness, to practice and hone the skills learnt in the Understanding Mindfulness class.

Developing a Peer Support Group

Length: 2 hours. Single one-off class.

Would you like to set up your own peer-led support group? Receive practical advice and guidance on the factors that ensure a successful group, such as safety, good communication, and planning/maintaining the group.

1 in 4 people will experience a mental health problem of some kind each year in England

Developing a Wellness Action Plan (WAP)

Length: 2 hours. Single one-off class.

Through understanding and recognising changes that take place as you start to feel unwell, it becomes easier to know what you or others around you can do to regain control and wellbeing. Provides the opportunity to develop your own WAP or Early Warning Signs plan.

Blue courses

Blue courses are ideal for those who have progressed through SRC and are now preparing for a life away from the college.

Goal Setting for the Future

Length: 2 hours. Single one-off class.

This class presents an opportunity to think about the future, your goals and how you might achieve them. You will have the time and space to explore what a life worth living might look like for you – and begin to plan for it.

Preparing for Work

Length: 2 hours. Single one-off class.

Here we provide essential information and support if you are considering starting or returning to work. You'll look at how to identify and search for jobs, how to apply, preparing for interviews and whether to disclose your health history. You can also learn about local specialist services which can support you with this.

Exploring Spirituality & Wellbeing

Length: 2 hours per class. 2 classes total.

These classes explore the link between mental health and spirituality, including plenty of opportunity for discussion with time and space to explore how to meet your own spiritual needs and, in turn, how this can support your recovery.

Knowing Your Rights – Introduction to Mental Health Law

Length: 2 hours. Single one-off class.

This class presents an overview of the most common aspects of the Mental Health Act (1983/2007) and the Mental Capacity Act (2005). The class looks at how the Acts are used in practice to help and protect people and provides important information about the patient and carer rights.

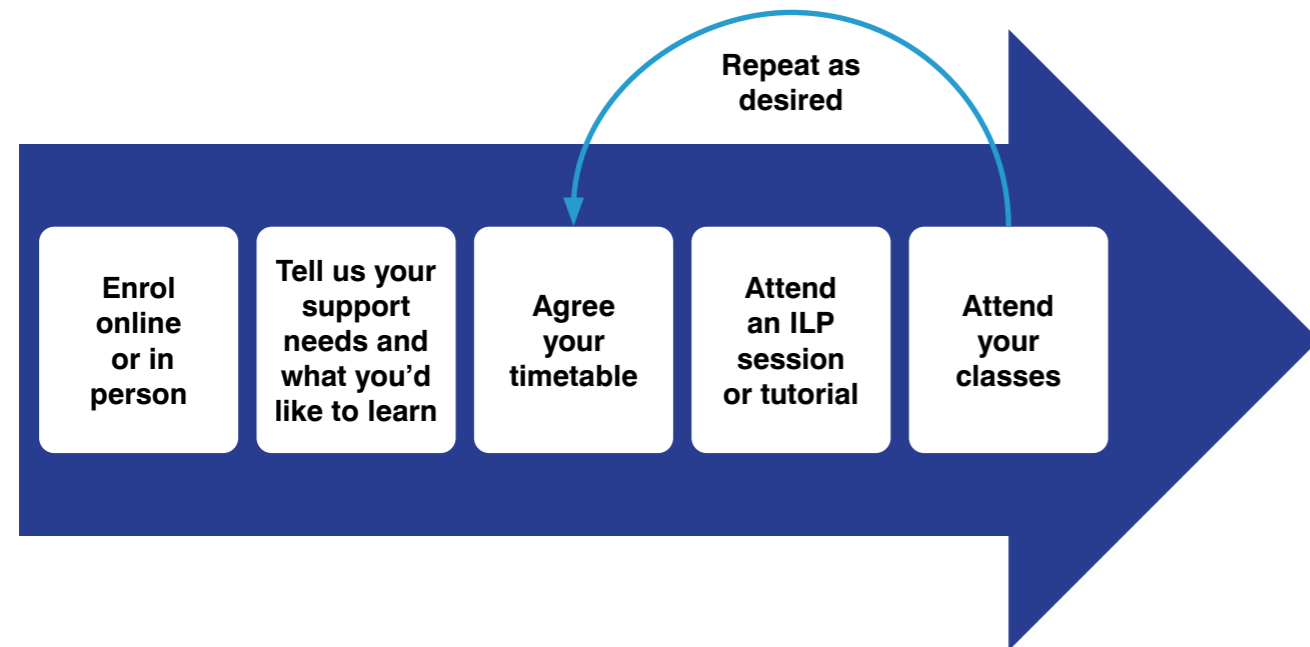
Writing Your Recovery Narrative

Length: 2 hours per class. 3 classes total.

Recovery narratives are individual personal stories of recovery, showing the movement towards making sense of your personal experiences. You will be given the opportunity to learn from and develop your own recovery narrative, by teaching you the basic principles and helping you find imaginative ways that suit you to tell your story.

*McManus, S., Meltzer, H., Brugha, T. S., Bebbington, P. E., & Jenkins, R. (2009). Adult psychiatric morbidity in England, 2007: results of a household survey.

Starting your SRC journey



If you are interested in any of our programmes and classes and would like to know more about how you can become an expert in your own recovery, or if you would like to check eligibility, you can contact the Solent Recovery College team on:

Phone: **07971 348555**

Email: **src@solentmind.org.uk**

Alternatively, you can find digital versions of our information such as course lists and timetables by visiting:

www.solentmind.org.uk/solentrecoverycollege



Solent Recovery College Enrolment Form

Please complete all sections of this form

Full name	
Title	<input type="checkbox"/> Mr <input type="checkbox"/> Miss <input type="checkbox"/> Mrs <input type="checkbox"/> Ms <input type="checkbox"/> Dr <input type="checkbox"/> Other
Date of birth (DD/MM/YY)	
Sex registered at birth	<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Prefer not to say
Is your gender identity the same as sex registered at birth?	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to say
Postcode	
Current address	
Telephone number	<input type="checkbox"/> Is it OK to leave a message?
Email address	You must provide an email address for online classes
Preferred method of contact	<input type="checkbox"/> Phone <input type="checkbox"/> Email <input type="checkbox"/> Text <input type="checkbox"/> Post
Emergency contact name & telephone number	
Relationship of emergency contact e.g. partner/parent/guardian	
SRC courses I'm interested in	1
(maximum of 3 at enrolment)	2
	3



Which of the following best describes you?	<input type="checkbox"/> I am under Primary Care (e.g. I attend my GP, Talking Change or Positive Minds)
	<input type="checkbox"/> I am under Secondary Care (I use Adult Mental Health Services such as St Mary's)
	<input type="checkbox"/> I am a Carer or Supporting Someone to SRC
	<input type="checkbox"/> I am a Military Veteran or a Family Member of Military Serving Personnel
	<input type="checkbox"/> I am a Student of the University of Portsmouth
	<input type="checkbox"/> I am a Staff Member or an External Partner (Solent Mind, UoP, NHS)

Name of GP Address and Telephone Number of GP Surgery	
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Name and Telephone Number of your Mental Health Support Worker, if applicable	
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Are there any courses you are interested in that SRC does NOT currently run? If yes, please state	
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Are you involved or have you had any involvement with the Armed Forces? If yes, please state	
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How did you hear about us?	<input type="checkbox"/> A friend/colleague	<input type="checkbox"/> SRC Student Hub
	<input type="checkbox"/> An SRC Student	<input type="checkbox"/> My GP
	<input type="checkbox"/> Talking Change	<input type="checkbox"/> PositiveMinds
	<input type="checkbox"/> Social Media	<input type="checkbox"/> UoP Student Wellbeing Service
	<input type="checkbox"/> My Healthcare Professional	<input type="checkbox"/> Other (please state below)

At the end of term, may we contact you for feedback on our service?	<input type="checkbox"/> Yes - by email <input type="checkbox"/> Yes – by text <input type="checkbox"/> No Your feedback will help shape future services and should only take a few minutes of your time. Anything you share will be kept completely anonymous and will not affect future access to our services in any way.
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Equal Opportunities Monitoring Form

Solent Mind is an equal opportunities employer and as such we ask all students to complete and return this Equal Opportunities Monitoring Form. The data gathered will help Solent Mind monitor the effectiveness of its equal opportunities policies and procedures and will be held in accordance with the Data Protection Act 1998/2003. By completing this form you agree to Solent Mind holding and processing the data below for its legitimate business reasons outlined above.

I would describe my ethnic origin as:
Asian or Asian British <input type="checkbox"/> Bangladeshi <input type="checkbox"/> Indian <input type="checkbox"/> Pakistani <input type="checkbox"/> Any other Asian background
Black or Black British <input type="checkbox"/> African <input type="checkbox"/> Caribbean <input type="checkbox"/> Any other Black background
Mixed <input type="checkbox"/> White & Asian <input type="checkbox"/> White & Black African <input type="checkbox"/> White & Black Caribbean <input type="checkbox"/> Any other mixed background
White <input type="checkbox"/> British <input type="checkbox"/> Irish <input type="checkbox"/> Any other White background
Other Ethnic Group <input type="checkbox"/> Chinese <input type="checkbox"/> Any other ethnic group
<input type="checkbox"/> I do not wish to disclose this



I would describe my sexuality as	<input type="checkbox"/> Lesbian	<input type="checkbox"/> Bisexual
	<input type="checkbox"/> Gay	<input type="checkbox"/> Heterosexual
	<input type="checkbox"/> I do not wish to disclose this	

I would describe my religion or belief as	<input type="checkbox"/> Atheism	<input type="checkbox"/> Jainism
	<input type="checkbox"/> Buddhism	<input type="checkbox"/> Judaism
	<input type="checkbox"/> Christianity	<input type="checkbox"/> Other
	<input type="checkbox"/> Hinduism	<input type="checkbox"/> None
	<input type="checkbox"/> Islam	<input type="checkbox"/> I do not wish to disclose this

The Disability Discrimination Act defines a disability as a physical or mental impairment which has a substantial and long-term adverse effect on your ability to carry out normal day to day activities

Do you consider yourself to have a disability?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> I do not wish to disclose this	

Do you have any special requirements due to a disability? Please note that we cannot guarantee to accommodate special requirements	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	<input type="checkbox"/> I do not wish to disclose this	
	If yes, please state	

Please read the following information and sign the disclaimer to complete your enrolment.

Solent Recovery College – Students Code of Conduct

As a student at the Solent Recovery College, we aim to give you all the support and guidance you need to achieve success. The Code of Conduct is a guide to show you what we expect from students at the College so that we can help you to achieve success in a supportive and non-threatening environment.

Our vision is for our students to live a life worth living with or without ongoing symptoms. The Student Code of Conduct has been designed to enable us to realise that vision:

- Show respect to all students and staff, not use offensive or racist language, never discriminate or harass others, and not to wear logos or slogans that could be offensive to others.
- Never encourage others to or deliberately harm another student, this could be physically, mentally or verbally.
- Bullying and harassment is not tolerated at Solent Recovery College.
- Respect the wellbeing and property of the other members of the college.
- Take an active part in your own learning and use the resources made available to you.
- Give us information that we need to support your enrolment.
- Refrain from using mobile phones during the session, unless to take notes. Please make the trainers aware on arrival if you wish to take notes.
- Switch phones to silent or off during class. If you are expecting an urgent call, do notify the trainer in advance and please leave the classroom to make the call.
- Be punctual in attendance at SRC, contact us if you will be late.
- Contact SRC if you are no longer able to attend so we can offer your space to another student on the waiting list for the course.
- Take responsibility for your own learning and come to the session equipped to participate.
- Communicate your wishes as to how we can support your wellbeing whilst attending sessions.
- Advise us of things that may be preventing you from getting the most out of your learning experience.
- Refrain from the use of alcohol and illicit substances while attending class.
- Solent Recovery College is intended for educational purposes only, we are not clinical. If you feel you need more support please contact your care coordinator or GP.
- SRC will send out text reminders to students, it is the responsibility of students to ensure contact details are up-to-date.
- Students are responsible for their own safety and must not put others at risk by their own actions, disrupt classes or learning.
- Students will not use social media to spread hate or bring the college into disrepute.

Failure to adhere to the Student Code may lead to exclusion from Solent Recovery College.

Solent Recovery College would like to send you course reminders via text message, if applicable and wherever possible.

I would like to receive notifications via text message

We cannot guarantee text reminders, therefore it is the student's responsibility to be aware of class dates and times for their chosen classes or courses.

Please note that the timetable may be subject to change at short notice, and that on occasion classes may be cancelled at short notice due to circumstances outside of our control. We will do our best to keep you informed promptly.

To sign up for a class or course you must contact Solent Recovery College either by phone, email or text message to add your name to the register, otherwise you run the risk of being turned away if the class is full.

All of the information you've supplied will be treated in the strictest confidence, in accordance with GDPR.

By submitting your enrolment form, you are consenting to Solent Recovery College using your email address and/or mobile phone number in the following ways: When booking onto courses, we may send you course booking confirmations, pre-course and venue information. Periodically we may send emails and correspondence relating to upcoming courses, course changes, Student Voice correspondence, Mental Health related events, course timetables and any voluntary opportunities at the College.

Declaration	<p>I confirm I am happy to submit this information. I certify that my answers are true and complete to the best of my knowledge.</p> <p>If this application leads to employment, I understand that false or misleading information in my application or interview may result in my release.</p> <p>If I am a student of the University of Portsmouth I consent to sharing my name, email and contact details with the UoP Wellbeing service.</p>
Signature (type name if online)	
Date	
Admin Only. ID Number:	

The following pages are designed to give us information on your wellbeing, your individual learning plan and to support SRC trainers to keep you safe in class.

If you are completing this form online, you do not have to complete any further pages. You can now return your completed form to SRC@solentmind.org.uk



Individual learning plan

Admin ID:	Title:	First Name:	Surname:	Date:
PREVIOUS LEARNING:				PERSONAL QUALITIES:
SHORT TERM:		ASPIRATIONS & WISHES:		
ADDITIONAL LEARNING NEEDS:			PERSONAL SUPPORT PLAN:	
REVIEW DATE:	LONG TERM:		ASPIRATIONS/WISHES:	
<p>This learning plan has been designed in partnership between you (The Student) and me (The Admissions Tutor) in partnership.</p> <p>We have talked about what I'd like to achieve and how I would like to achieve it.</p> <p>I understand I can review my learning plan at any time and I am in control of my learning.</p>				
SIGNATURE STUDENT:				DATE:
SIGNATURE TUTOR:				DATE:

Student Educational Safety Plan

What are the early warning signs that there is a problem?	
What are you going to do?	
What are the trainers going to do?	
What is likely to be happening if there is a significant problem?	
What are you going to do?	
What are the trainers going to do?	
Contingency Plan (if the above plan does not work or people cannot be contacted, what will happen?)	
Student Signature:	Date:
SRC Staff Member Signature:	Date:



The Short Warwick-Edinburgh Mental Wellbeing Scale

Below are some statements about feelings and thoughts, please tick the box that best describes your experience of each over the last 2 weeks.

Statement	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future					
I've been feeling useful					
I've been feeling relaxed					
I've been dealing with problems well					
I've been thinking clearly					
I've been feeling close to other people					
I've been able to make up my own mind about things					

Solent
Recovery
College



Get in touch

Phone/Text: **07971 348 555**

Email: **src@solentmind.org.uk**

solentmind.org.uk/solentrecoverycollege