

# New Leaf Recovery and Wellbeing College

Inspiring Hope, Opportunity and Control



[www.newleafcollege.co.uk](http://www.newleafcollege.co.uk)

***FREE resources and courses to help  
you better control your wellbeing.***



Hertfordshire Partnership University  
NHS Foundation Trust



Welcome to the

# New Leaf Recovery and Wellbeing College

We recognise that people are expert in their own wellbeing and recovery. Our FREE wellbeing courses help people over the age of 18 in Hertfordshire to better manage their wellbeing.

People with mental and/or physical health challenges help to create and deliver our courses. Our courses are produced with a focus on mental health recovery and help to increase knowledge, skills and promote self-management. Our courses are taught in a friendly and relaxed environment and allow people to connect.

## We inspire

### Hope

We inspire hope for the future despite life's challenges.

### Opportunity

We give students the opportunity to hear about the experiences of others to help them learn.

### Control

We provide you with the knowledge and skills to make the changes that are right for you.

## About recovery

The most widely cited definition of personal recovery, written by Bill Anthony (1993) is:

“

*‘..a deeply personal, unique process of changing one’s attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful, and contributing to life even with limitations caused by the illness. Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness. Recovery from mental illness involves much more than recovery from the illness itself.’*

”

It is a way of living a satisfying, hopeful and contributing life even with limitations caused by the illness.

“

‘Recovery is...a personal journey of discovery; making sense of, and finding meaning in what has happened; discovering your own resources, resourcefulness and possibilities; building a new sense of self, meaning and purpose in life; growing within and beyond what has happened to you; and pursuing your dreams and ambitions’ (R Perkins 2012).

”

There is no definitive definition because it is unique for each person. It is the ability to overcome obstacles and build resilience and resourcefulness to embrace all of the possibilities without being burdened by the labels and stigma associated with a mental health diagnosis.

Personal recovery is about building a life that is satisfying, fulfilling and enjoyable. It is about maintaining a balance between what we must do and what we want to do.

Personal recovery means acknowledging the person is an expert in their mental health and them having the opportunity to make joint decisions about what treatment or support they want; having personal autonomy and gaining and retaining **Hope**. It also means helping people to live well and to achieve their goals.

## What students have said

The College offers hope, opportunities and the tools for students to self-manage and take control.

We offer students support, resources and the time to reflect, so they can discover how to manage their own wellbeing.

“

*‘..I decided to join the Student Development Programme, which I am currently partaking in. I have really enjoyed learning from other students in our small group. We each set learning goals before the workshops in an Individual Development Plan. This gives us a focus to work towards.*

*It’s helped me to discover my potential and I have gained experience from the practical workshops we do. If you’re interested in joining the next cohort and finding out more contact the college. I’d definitely recommend it!*

”

“

*‘..I enrolled in the college, and was hugely encouraged by their warmth and commitment to empowering and supporting students to improve their own wellbeing. I’ve attended and co-produced courses; and participated in the Student Development Programme, which has inspired me, given me a sense of belonging through hearing other’s stories and balanced my emotions. I’m committed to sharing these positive feelings with other students.*

*I feel excited and open to possibilities. I’m living more in the moment and have clarity that I didn’t before.*

”



# Recovery and co-production

Everything we do at the College is co-produced. All of our courses are co-delivered. We recognise people with lived experience are equal partners in designing and delivering the College.

We help to build on people's capabilities; it is a two-way reciprocal relationship to ensure we provide students with content that is relevant and beneficial for all.

Students have an opportunity to join the college's innovative Student Development Programme, providing opportunities for them to move forward in their recovery and to achieve their personal goals. A pre-requisite of being involved in the programme is to have attended our series of workshops: 'Discover to Recover'. They will explore and discover personal strengths and motivation; learn tools and skills to help them self-manage their recovery, as well as some generic skills such as goal setting.

## Personal development opportunities

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After completing all the development workshops, those who are interested in involvement with the College can discuss development opportunities with our Student Development Coordinator. They will then attend an induction session where they will learn about active listening skills, discuss boundaries and learn how to share their story.

The programme includes matching people to various opportunities within the College at any one time, rather than specific set roles; including: classroom support/admin (both on and off line), expert by experience facilitation and mentoring, and co-production of workshops, courses and seminars.

“

*For me, recovery has been a journey. It is a long, winding road that appears to be never ending, but when you learn to look for it, it is surrounded by beauty, peace, love, laughter and support.*

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## About our courses

We run our courses over three terms a year. Our terms are:

- Spring Term: Jan – Mar
- Summer Term: May – July
- Autumn Term: September – November or December

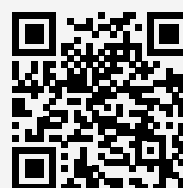
We run courses across Hertfordshire and we encourage students to attend any venue that delivers our courses. Details of our venues can be found online. We also provide seminars and courses using Zooms' online platform.

We review our courses frequently and our latest courses and dates can be found online

[Latest timetable](#)

[FAQ's](#)

## How to enrol



1

Go to [www.newleafcollege.co.uk](http://www.newleafcollege.co.uk) to enrol online

2

Enrol by phone 01442 864966

3

Request a paper application form by calling or emailing [students@newleafcollege.co.uk](mailto:students@newleafcollege.co.uk)

## Health Professionals

If you are working with people you feel would benefit from taking part in the College programme and may need additional support to enrol, please send details to our email at [newleaf.wellbeingcollege@nhs.net](mailto:newleaf.wellbeingcollege@nhs.net). We will be happy to contact them directly to offer support.

You can also help by promoting Recovery. If you would like copies of our latest timetables, brochures and newsletters, please contact us at: [newleaf.wellbeingcollege@nhs.net](mailto:newleaf.wellbeingcollege@nhs.net).



New Leaf Recovery and Wellbeing College provides free of charge. Courses to enable you to take better control of your wellbeing. Courses offer practical tools and an opportunity for self-reflection. We recognise your strengths and help you to build resilience and to achieve better wellbeing.

Our courses are available to anyone aged over 18 living in Hertfordshire. Courses are offered from various campuses across the county as well as Zooms' online platform.



Enrol online, by email or by phone  
[www.newleafcollege.co.uk](http://www.newleafcollege.co.uk)  
[Students@newleafcollege.co.uk](mailto:Students@newleafcollege.co.uk)  
01442 864966



**New Leaf Recovery and Wellbeing College is delivered by  
Hertfordshire Partnership University NHS Foundation Trust**



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