

# Nottingham Recovery College

## Bassetlaw Campus

Summer 2017 Prospectus

In Partnership with



PART OF RNN GROUP



enlightening aspirational educational  
fun brilliant books blossom wonderful calm control hope library welcoming blossom amazing people friendly wonderful happy calm study-buddy journey inspiring interesting excellent encouraging enabling invaluable knowledge motivating empowering learning life-changing phoenix nurturing enabling super supportive positive relaxed achievement hopeful calm Embracing confidence positivity flourish insightful transformational helpful



## Bassetlaw Campus

# Welcome to the Nottingham Recovery College – Bassetlaw Campus

In partnership with  
**North Notts College**



PART OF RNN GROUP

We are pleased to welcome you to the Nottingham Recovery College – Bassetlaw Campus.

### What do we do?

We offer a range of recovery focussed courses aimed at supporting people in recognising their potential, through self-management, to deal with the mental and physical health challenges they experience and to achieve the things they want to in life.

All our courses take place at:

**Highfield House  
North Notts College  
Carlton Road  
Worksop  
NOTTS  
S81 7HP**

**Every Thursday at 1 – 3pm**



## How to enrol

In order to book onto any of the courses in this prospectus, you will need to complete an enrolment first.

You can complete your enrolment either:

- 1 At the main college hub (Duncan Macmillan House)
- 2 At Bassetlaw Campus on a Thursday afternoon by arrangement (Highfield House)
- 3 Over the telephone

If you would like to book an enrolment appointment, please contact a member of staff at the main College Campus via these details:

**Nottingham Recovery College**  
**Duncan Macmillan House**  
**Porchester Road**  
**Mapperley**  
**Nottingham NG3 6AA**

**Tel: 0115 956 0827**

**Mob: 0776 924 3329**

**Email: [nottingham.recovery.college@nottshc.nhs.uk](mailto:nottingham.recovery.college@nottshc.nhs.uk)**



“ Being in control but being supported as well. ”

## Choosing Your Courses

### 1: Thinking Differently about Things

The introductory course looks at identifying and understanding thoughts that can impact negatively on the things you would like to do in life, it considers ways to challenge our thinking, offers skills and techniques that may help you do, think and feel about things in another way that is more positive.

#### Dates and Times

Thursday 20 & 27 April

1.00 – 3.00 pm

2 sessions

### 2: 5 Ways to Wellbeing

Do you know what the 5 Ways to Wellbeing are? If you'd like to find out then this is the course for you. Evidence suggests that taking these five steps can improve your sense of mental wellbeing and may help you to feel happier and more fulfilled. During these sessions we will explore each of the five areas and consider any areas you could work on to improve your wellbeing.

#### Dates and Times

Thursday 4 & 11 May

1.00 – 3.00 pm

2 sessions

“ I gained confidence to go to mainstream college. ”

## 3: Action Planning and Problem Solving

This course may be for you if you want to increase your understanding and knowledge of action planning. Action planning is a process which will help you focus your ideas and decide what steps you need to take to achieve any particular goal that you may have. It is a statement of what you want to achieve over a given period of time. Preparing an action plan is a good way to help you reach your goals in life: don't worry about the future, start planning for it. Ever had difficulty solving a problem? Then the second session 2 hour course may interest you. In the course we will learn about a seven step problem solving framework, which could help you make the decisions that you would like to on your recovery journey.

### Dates and Times

Thursday 18 &amp; 25 May

1.00 – 3.00 pm

2 sessions

## 4: Creativity & Recovery

This course could be for you if you would like to increase your awareness of what creativity really is. You may not think that you are creative but during this course you will explore the meaning of creativity and explore the many different ways we are all creative on a daily basis. We will also look at the benefits of creativity on both our physical and emotional wellbeing.

### Dates and Times

Thursday 8 June – 13 July

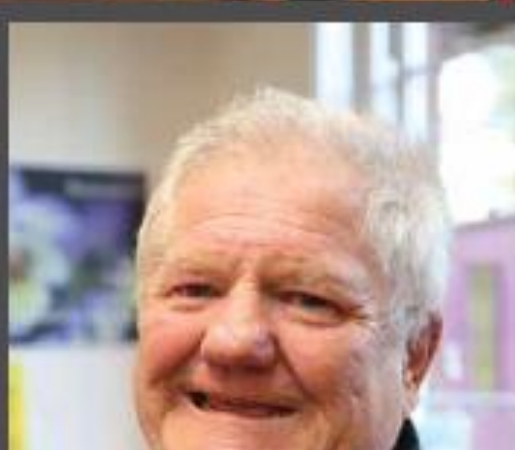
1.00 – 3.00 pm

2 sessions



Enthusiastic teachers,  
encouraging us.  
Great course. I love the  
recovery college.





Call us today on  
0115 9560827

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 यह दस्तावेज अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।  
 ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।  
 در صورت درخواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.  
 یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے۔  
 هذه الوثيقة متاحة بلغات أخرى وبشكال غير الكتابة المقروءة وذلك عند الطلب

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