

positive

Nottinghamshire Healthcare
NHS Trust



Positive about integrated healthcare

Nottingham Recovery College

Duncan Macmillan House, Porchester Road, Nottingham NG3 6AA



Open Day for carers, family and friends

Monday 5th October
12 noon – 3.00 pm

Did you know ?

As a carer, family member or friend of a service user in secondary mental health services you can access courses here at the Recovery College

Come along and find out more about the college, how to enrol and what courses we offer

Join one of our ½ hour taster sessions on the day too:

- 1 & 2 pm 5 Ways of Wellbeing
- 1 & 2 pm Your Wellness Plan

value engaging
progression awareness
contemplation imagination
inspirational passion
respect skills growing
recovery aims resources
self esteem classroom control
understanding change
new horizons purpose thought provoking aspirational satisfaction confidence
individual progress goals learning journey vision belief
self respect
success experience positive hope timetable study-buddy books dreams supportive study positive
Student Union college
Discovery opportunity enthusiasm developing celebrate trust peer
participating future work togetherness library inspiration

For more information or to book a stall contact Robyn or Debbie at the College on 0115 956 0827