

How to register and book on a course

The first time you book on one of our courses, you will be asked to complete a student registration form which will ask for your name, background, contact details and any specific requirements in relation to the support you may need.



An online student registration form and course booking form are available on our website: www.gmmh.nhs.uk/recovery.

If you don't have internet access, you can find a copy of this form in our prospectus, which you can post to us.

You will also be asked to sign our Student Charter which provides details of what you can expect from us, and what we can expect from you in terms of attendance and behaviour.

We will send you confirmation of your place, with full details of course learning outcomes, start and finish times, course venue and tutor etc. once we have received your booking.



Further information

To view our prospectus, together with information about the Recovery Academy experience, visit www.gmmh.nhs.uk/recovery.

If you'd like to be sent a copy of the prospectus in the post, please contact us and we'll get one out to you right away.

If you are interested in attending a course and would like more information, advice or support, please get in touch.



NHS

**Greater Manchester
Mental Health**
NHS Foundation Trust



Recovery Academy

Information Leaflet

Contact Us

Recovery Academy

Greater Manchester Mental Health NHS
Foundation Trust, The Curve, Bury New Road,
Prestwich, Manchester M25 3BL

 **0161 358 1771**

 recoveryacademy@gmmh.nhs.uk

 www.gmmh.nhs.uk

 [@GMMH_NHS](https://twitter.com/GMMH_NHS)

 facebook.com/GreaterManchesterMentalHealth

This leaflet is available in other
formats and languages on request.



Improving Lives

Greater Manchester Mental Health NHS Foundation Trust's Recovery Academy provides a range of free educational courses and resources for people with mental health and substance misuse problems, their families and carers as well as health care professionals.

All of our courses focus on supporting people with their recovery and promote good health and wellbeing.

The courses are useful if you are looking to increase your knowledge and understanding of mental health, improve your mental wellbeing, or simply want to meet new people while learning something new.

Who runs the courses?

The courses are co-written and co-delivered by professionals and people with mental health or substance misuse problems in order to recognise with equal importance both professional expertise and lived experience and promote our philosophy of shared learning.

"I can honestly say that attending the sessions I've done so far has had a major impact on turning my life around".

Student with lived experience



Who can attend?

The Recovery Academy offers courses to:

- Anyone who is experiencing mental health or substance misuse problems
- Their supporters (family, friends and loved ones)
- GMMH staff, volunteers and students on placement
- Health care professionals

All our courses are free, but you need to register and sign our Student Charter before attending.

What sort of courses are available?

Courses vary in length from one-off workshops to those that take place weekly for a number of weeks.

The courses currently available come under seven categories: **Lived Experience**, **Psychological Therapies and Recovery**, **Spirituality and Recovery**, **Creativity and Recovery**, **Taking Back Control**, **Developing Knowledge and Life Skills** and **Getting Involved with the Academy**.

The range of courses available each term will vary as the academy responds to the demands of its students.

Where are the courses held?

Our courses are held in a range of venues, from community centres and hospitals to learning centres and theatres in the locations we deliver services across Greater Manchester.

Getting involved

If you would like to get involved in co-producing and delivering a course, please get in touch.

For further information, please see our prospectus.

Other opportunities

The Recovery Academy is just one of the projects run by GMMH, that encourages shared learning between staff, service users and carers. We also have a service user and carer engagement scheme so that we can involve people in service developments and service delivery. For example you could get involved in:

- Development days to improve our services
- Recruitment of staff
- Audits and inspections
- Volunteering and peer mentorship

For more information, please visit our website: www.gmmh.nhs.uk/get-involved

