



Barnsley Recovery and Wellbeing College Prospectus

September 2025 to March 2026



33 Gawber Road, Barnsley, S75 2AH

95% of people feel more satisfied with their lives after attending the College.

Introduction

Barnsley Recovery and Wellbeing College takes an **educational** rather than a clinical approach towards improving Mental Health and Wellbeing. We are **open to anyone** aged 18+, who are interested in acquiring more choice and control over their health and life.

We help people to do this, by offering **Free Courses and Workshops** that aim to improve people's self-management skills and wellbeing through learning. We even have a gym on site!

All our courses, workshops and activities have been co-designed and co-delivered with people who have **lived and learnt experience** of physical and mental health problems. Our team consists of Recovery Coaches, Peer Mentors and Exercise Specialists, alongside various volunteer roles such as Co-producers, Co-facilitators, Gardening Volunteers, and the Editorial Panel which acts as our quality assurance method, to ensure that we are staying true to the values and ethos of the Recovery College Model.

Did you know that there are **85 Recovery Colleges** across England, Scotland, and Wales? The model has been adopted internationally too, with Colleges across Europe, Australia, and even Japan! Each College is unique and influenced by the population it serves. In Barnsley, we love responding to local need and creating content for local people.

Learner & Volunteer Feedback

"This is such a rare and special place with a warm and welcoming atmosphere. The care for my own mental health needs I found here has played a major part in enabling me to support my husband as he has dealt with a difficult time. Through crafting I have been able to rediscover my creative energy and regain my strength. Skilled and empathetic staff make all learners feel respected and nurtured. I've been delighted to watch my husband find joy in life again as he has moved through the stages of recovery supported by amazing people."

"Being a volunteer here has made me feel valued, given me access to in depth training and allowed me to meet many interesting learners as well as the opportunity to use skills from my former professional life. I love it here and enjoy being made to feel part of the team."

Jill Padwell
Learner and Volunteer

"This college has helped me feel less alone and inspired me to make positive changes in my life"

"Sometimes just talking helps, but here, I have learned new important coping strategies"

"Attending the Recovery College has given me tools and alternative ways to deal with everyday things in life I used to find difficult"

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Understanding Mental Health and Wellbeing



Feel the Fear (Anxiety Management) Course

We can all experience uncertainty, panic, and signs of anxiety at times in our lives.

For some, these feelings can become overwhelming and have significant impact on daily life. If you experience anxiety and want to develop your understanding of how anxiety can affect your mind, body and lifestyle, this course could be for you.

In this course, we will explore the causes and symptoms of anxiety, look at practical steps and techniques we can use to take more control.

Feel the Fear	Weds	10 Sept 25	10-12pm	6 weeks
	Weds	10 Sept 25	1-3pm	6 weeks
Feel the Fear	Weds	5 Nov 25	10-12pm	6 weeks
	Weds	5 Nov 25	1-3pm	6 weeks
Feel the Fear	Weds	7 Jan 26	10-12pm	6 weeks
	Weds	7 Jan 26	1-3pm	6 weeks

Eating Disorders Awareness Workshop

This workshop is designed for those wanting a better understanding of eating disorders. We will look at types of eating disorders, the possible causes, signs and symptoms, where to go for support and how to support someone living with an eating disorder. Delivered by facilitators with lived experience, in a non-judgemental, supportive environment.

Eating Disorders	Thurs	22 Jan 26	10-1pm	1 week
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Living well with Depression

When experiencing low mood and depression, sometimes the simplest things can be the hardest. Minor tasks such as getting out of bed, answering the phone, making decisions; what to eat, what to wear, what to watch or even leaving the house can all take major effort.

In this course, we will give you practical information and useful tips to help live your life well with depression. This course is not about stopping depression, but it may help you to develop new ways to manage it better.

Living well with depression	Tues	9 Sept 25	10-12pm	6 weeks
Living well with depression	Tues	4 Nov 25	10-12pm	6 weeks
Live well with depression	Tues	6 Jan 26	1-3pm	6 weeks

Understanding Myself and Dealing with Difficulty

This course aims to provide the space and opportunity to better understand your thoughts, feeling and behaviours, with the intention of helping you to manage them better.

We hope that the sessions we facilitate help you to identify some of the difficulties that you are having, so that you can make informed choices about your next steps.

Understanding myself	Mon	8 Sept 25	10-12pm	6 weeks
Understanding myself	Tues	4 Nov 25	1-3pm	6 weeks
Understanding myself	Tues	6 Jan 26	10-12	6 weeks

Understanding self-harm workshop

Self-harm is one of the most widely misunderstood forms of mental distress in the UK, however it is also one of the most common.

This 3-hour workshop aims to dispel some of the myths that surround this subject, help people to understand what self-harm is, offer people practical strategies to manage and control the urge to self-harm and/or learn how to support someone who self-harms.

Due to the nature of the topic please be aware that the workshop will be discussing and exploring a sensitive and emotive subject. The workshop is respectfully delivered by facilitators that have experience of self-harm and offer an environment which is inclusive, welcoming, and non-judgemental.

Understanding Self Harm	Weds	24 Sept 2025	1-4pm	1 week
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Autism Awareness

Autism Awareness is intended for people wanting a better understanding of Autism; this two-week course will explore this lifelong developmental condition, and how it affects how people communicate and interact with the world around them.

Autism Awareness	Tues	30 Sept 25	10-12 Noon	2 weeks
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Looking After Myself



Assertiveness, Confidence and Communication Course

Do you find it difficult to say no?

Do you tend to go with the flow of what others want or expect?

Are you struggling to have your voice heard in a way that is respectful and understood?

In this course, we acknowledge the important part that communication plays in our life, health, and relationships.

Together, we unpack what we mean by words such as 'confidence', 'assertiveness' and 'self-esteem'. Using our lived and learnt experience, we work together to better understand the different communication types and behaviours, and explore what makes communication effective, rather than transactional. As the course progresses, we develop our knowledge of assertiveness skills and have an opportunity to practice becoming more confident in applying them.

Assertiveness & Confidence	Tues	9 Sept 25	1-3pm	6 weeks
Assertiveness & Confidence	Thurs	8 Jan 26	1-3pm	6 weeks

Renew You Course

It can be easy to fall into the trap of using negative and limiting labels to describe ourselves. In this exploratory course we will look at the values and qualities that are unique to us and consider how we perceive ourselves, view our self-image and the roles we adopt. By attending this course, we aim to provide you with the space and time to reflect on who you are and encourage you to develop a more realistic and balanced perspective of yourself.

Please note attendance of the Renew You Pre-Course meeting is required before booking onto this six-week course. Due to the nature of this course your readiness and commitment to attend each session is essential.

Pre-course meeting for September's course will be held on **Friday 12 September 10–11am. Please note that you must attend this before enrolling on the full course below.**

Renew You	Fri	19 Sept 25	10-12	6 weeks
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Pre-course meeting for January 2026 course will be held on **Friday 19 December 10–11am. Please note that you must attend this before enrolling on the full course below.**

Renew You	Fri	9 Jan 26	10-12	6 weeks
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Helpful Habits for Sleep Course

Sleep plays an important role in keeping us healthy, emotionally strong, and better equipped to manage the challenges of daily life. When we don't have good sleep, our concentration is affected, things become harder, and we can feel less resilient.

Using a range of techniques and tools, this 4-week course will support you to evaluate your sleep routine and look at some of the key principles of sleep theory.

Each session will provide you with information on how to develop healthier habits to improve your sleep routine.

Helpful Habits for Sleep	Thurs	11 Sept 25	1-3pm	4 weeks
Helpful Habits for Sleep	Mon	5 Jan 26	1-3pm	4 weeks

Physical Health & Wellbeing Team Activities

The physical Health & Wellbeing Team are made up of peer support workers and volunteers. We provide personalised activity services for individuals for people in Barnsley who may be struggling with their mental wellbeing.

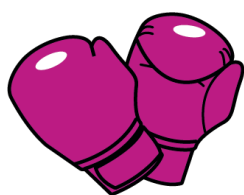
We strongly believe that improving your physical health can have a positive effect on your mental wellbeing which is evidenced by our current peer support workers. They have used physical activity to gain control of their mental health and are now sharing their lived experience with you.

Whether you haven't played netball since leaving school, or you are isolated within your own home, the team are here to support you to reach your goals and make positive changes to your life.

We ensure the service we are offering is sustainable in the community and reaching those who require it most. Physical activity isn't for everyone; however, it can have endless benefits to help support a person's mental wellbeing, boost self-confidence, build relationships, create networks and most importantly enjoy life.

We offer a wide range of sessions from walking, running and cycling to team sports such as football and netball.

More recently, we have moved into the Barnsley Recovery College offering boxercise on the College's lawn. All activities are peer led by some of our amazing peer support workers in a welcoming environment meaning sessions are inclusive safe and friendly.



Physical Health and Wellbeing Team Activities 2025

Monday	09:30 Wellbeing Walk, Locke Park 10-11 Couch to 5K, Locke Park	12-1 Wellbeing Walk, RSPB 12-1 Manvers Lake Swim (Members only)	11:45-12:45 Walking Netball, Stocksbridge Leisure Centre £4 per session	1-2 Pickleball, Stocksbridge Leisure Centre £3 per session
Tuesday		10-12 Gardening, Swanee Road Allotment	1:30-2:30 Boxercise, Edmund Community Centre, S70 5AZ	3-6 E-bike Ride Kendray Hospital
Wednesday	10-1 Cycling, Kendray Hospital		2-3 Walking Netball, Penistone Leisure Centre £3 per session	
Thursday	10-11 Boxercise Edmund Community Centre Barnsley S70 5AZ	11-12 Boccia Edmund Community Centre Barnsley S70 5AZ	12:45-2 Football Oakwell Training Ground, Barnsley £2 per session	5:30-6:30 Netball Honeywell Sports Centre £3 per session
Friday	09:30 Wellbeing Walk, Locke Park 10-11 – Couch to 5K Locke Park	12-1 Open Water Swimming Manvers Lake Members only	12-2 Men's only Bike Ride, Kendray Hospital	Recovery College Gym Referrals only

All activities are updated on a regular basis and are seasonal and subject to change. Enrolment for the activities can be done by ringing the Recovery College on 01226 730433. For further information on the above, the team's contact details are as follows:

Hannah Burton – General Enquiries – 07917 650091 - email – phwbt@swyt.nhs.uk

Vicky Pierrepont – Cycling, Veterans – 07386 697966

Steph Flanigan – Running, Gardening – 07386 697965

Helen Whatcott – Ladies sessions – 07880 016355

Ian Henry – Walking, Football – 07386 697957

Armchair Yoga - 3 week Course

Join us for an introduction to armchair yoga. Discover what Armchair Yoga is and how it could benefit you! Take in some light, practical activity, in this friendly and inclusive session.

Armchair Yoga	Tues	9 Sept 25	1-3pm	3 Weeks
Armchair Yoga	Fri	7 Nov 25	10-12	3 Weeks
Armchair Yoga	Fri	9 Jan 26	1-3pm	3 Weeks

For Those That Give Too Much Workshop

Are you a giving person? Do you set limits to how much you give, or do you find yourself pouring from an empty cup and feeling resentful later?

In this three-hour workshop, we explore what it means to give and what is considered “too much”. We will discuss the reasons for over-giving and explore the science behind why it feels so rewarding.

By the end of this workshop, you will have a greater awareness of the costs to yourself and others when you over-give, and we will conclude by exploring what makes someone effective at giving. This workshop is a good introduction or follow on from the Assertiveness, Confidence and Communication course.

For Those That Give Too Much	Tues	4 Nov 25	1-4pm	1 week
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Tackling Loneliness Workshop

Loneliness can affect anyone and everyone, with more than 9 million people in the UK say they feel lonely some or most of the time, but what is “loneliness” and what does it mean to feel “lonely”? We will explore the term “loneliness”, the importance of social connection and problem-solve what we can practically do to help ourselves feel less lonely within our own lives.

Tackling Loneliness	Fri	6 Feb 26	10-12:30pm	1 week
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Valuing my Sensitive Self Workshop

Sensitivity is something that we all experience from time to time especially when we encounter social situations. However, this can sometimes be perceived as a negative personality trait that is not necessarily valued or appreciated by others. Like all personality traits, there are positives and negatives associated with sensitivity but with proper understanding and recognition, sensitivity can be seen as a strength. This workshop explores the gifts that come with sensitivity including improved insight, empathy and being in tune with the needs of others. We will explore the importance of self-care, to reduce the impact of stressful situations, reduce rumination, low self-esteem and reframe negative thinking.

Valuing my Sensitive Self	Weds	17 Sept	10am-1pm	1 wk
Valuing my Sensitive Self	Wed	14 Jan	10am-1pm	1 wk

Food and Mood Workshop

Food is the fuel for life and gives us the energy we need to achieve our goals and feel nourished for the challenges that lay ahead. Food is a natural ally in promoting positive mental and physical health, as it fortifies our mind and body with essential vitamins, minerals, and nutrients for good health.

This workshop invites you to explore the relationship between food and health and you will be encouraged to change the way you look at food and make positive lifestyle changes.

We will introduce you to the idea of food and mood and equip you with information on food groups, their nutritional value and how to maintain a healthy and well-balanced diet. We will provide you with a range of resources and practical tools that you can use to monitor your dietary intake in relation to your mood.

Food & Mood	Mon	17 Nov 25	10-12	2 weeks
Food & Mood	Tues	5 Jan 26	10-12	2 weeks

Limbic Reflexology – for the management of Fibromyalgia and chronic migraines



Limbic Reflexology has been found to be particularly suitable for Fibromyalgia. Indeed, the development of Limbic Reflexology in 2012 involved volunteers living with Fibromyalgia.

This foot reflexology approach focuses on the reflex areas related to the brain, and disruption of the brain's pain processing pathways has been identified as the central problem in fibromyalgia. Many people have found six weekly treatments helpful in greatly reducing the disabling features of Fibromyalgia and monthly treatments, thereafter, helps in maintaining the improvements.

If you have a formal diagnosis of Fibromyalgia, preferably diagnosed by a rheumatologist and you can commit to all treatments, (any break affects the outcome) you can access treatment here at the Recovery College.

Limbic Reflexology	Thurs	11 Sept 25	10-11	7 weeks
Limbic Reflexology	Thurs	11 Sept 25	11:30-12:30	7 weeks

Exploring My Interests



Cooking Corner

If you don't know anything about cooking, we will give you the skills and confidence to prepare and cook a range of meals for yourself, family, or friends. In this 3-week course you will learn to cook a set of delicious meals to take home with you. This isn't about becoming a chef; it's about being able to look after yourself and save money. All equipment, resources and food ingredients will be supplied by the Recovery College, but we do ask, if you can, to supply your own container with lid.

Cooking Corner does Soup

Weds	8 Oct 2025	10-12
Weds	8 Oct 2025	1-3pm

Cooking Corner Does One Pot

Wed	28 Jan 26	10-12
Wed	28 Jan 26	1-3pm



Scrapbooking for Wellbeing Course

This 6-week course will provide you with an introduction to Scrapbooking and explore how this hobby can create and enhance better wellbeing for us. By working creatively, we can help reduce stress which improves our mental health.

Within this course you will be able to share and rekindle treasured memories, start to acknowledge your own accomplishments, become more mindful and accepting of who you are, where you have been and what you are aiming for. Using easy to learn techniques, sharing ideas and recycling things that are normally thrown away, you will be able to create your own unique scrapbook.



This is also a wonderful opportunity to socialise and meet with people in a safe place where we all have a common purpose to “connect and belong!”

We will supply all the materials that are needed but we welcome you to bring anything that you feel would personalise your scrapbooking experience this could be photos, pictures, cards or letters.

Scrapbooking	Fri	19 Sept 25	10-12:30pm	6 weeks
Scrapbooking	Tues	4 Nov 25	1-3:30pm	6 weeks
Scrapbooking	Tues	6 Jan 26	1-3:30pm	6 weeks



Mindful Stitching Course

Join us for this short course to introduce you to the wonderful, mindful world of slow stitching. Over the course, you'll learn how this practice can help us to “slow down” in a hectic world and be present in the “now”. You'll make various embroidered patches and finally, by the end of 4 weeks, decorate a tote bag for you to take home. All material is provided, and the course is suitable even for those who have never picked up a needle and thread (however, please note, stitching does require a level of manual dexterity).



Mindful Stitching	Wed	5 Nov 25	1.30-3:30pm	4 weeks
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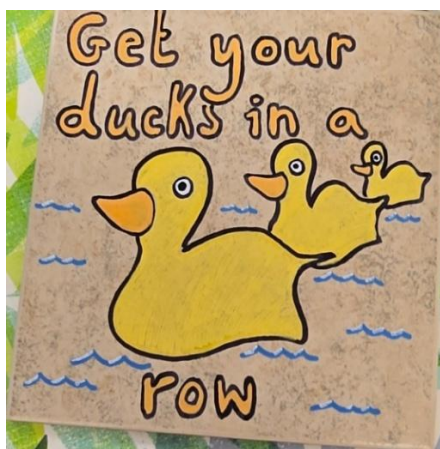
Time-out tiles Workshop

Why not indulge in having some “me time” and come along to join us for an afternoon of fun, crafting and positivity? This workshop will bring out the creative side of you, looking at the potential of positive affirmations and how they can boost your self-esteem, by reminding you of your self-worth and your own individual skillset.

As a group we will explore the power of words and how using them positively can help to reframe our thinking. We will explore various unique and wonderful quotes and phrases as well as creating our own and bring them to life on a ceramic tile.

The tile is then yours to take away and keep as a reminder of how words can help us and even lighten our mood when we are struggling.

You are worth investing in and now's the time to start!!!



Time-out Tiles	Weds	1 Oct 25	1-3:30pm	1 week
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Sawdust hearts Workshop

Join us for an afternoon of craft, history and wellbeing in this 3-hour Sawdust Hearts workshop. In this workshop you will learn the history and explore the therapeutic value of these decorative pincushions and using a variety of material make and decorate your own. All materials are provided.

Sawdust hearts	Thurs	16 Oct 25	10-1pm	1 week
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Crafting for Beginners Course by Creative Minds

Crafting can be a great way to relieve stress and improve wellbeing.

This course is for beginners and will get you started on your crafting journey.

You will complete a different crafting activity every week and make something to take home with you.

This course will offer you the opportunity to meet new people and learn a range of new and enjoyable skills.

Crafting for Beginners	Thurs	04 Sept 2025	10-12	6 weeks
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Moving Forwards

WRAP (Wellness Recovery Action Plan) Course

Wellness Recovery Action Planning is a self-management recovery system designed to decrease symptoms, increase personal responsibility, and improve quality of life. There is only one person who can write your WRAP – You!

You'll be required to attend a **pre-course meeting** before booking onto this course as your readiness and commitment to attend each session of this **10 week** course is essential.

Pre-Course Meeting	Thurs	11 Sept 25	1-2pm	1 week
WRAP Course	Thurs	18 Sept 25	1-3pm	10 weeks
Pre-Course Meeting	Thurs	8 Jan 26	1-2pm	1 week
WRAP Course	Thurs	15 Jan 26	1-3pm	10 weeks

Facilitation Skills Course

This course will provide you with the opportunity to develop your own facilitation and training skills. We will explore how people learn, interact, and retain knowledge and develop our understanding and experience of facilitation and training delivery. Delivered over five sessions, this course will provide you with some of the basic principles of learning and the opportunity to test out your skills.

Facilitation Skills	Thurs	6 Nov 25	1-3pm	6 weeks
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Managing Change Workshop

In this three-hour workshop, we will explore the process that we all go through when we experience change. Whether these changes are large, small, chosen, or unchosen. Understanding our natural reactions towards it, can provide a different perspective on our experiences. Together, we will also dedicate time to considering the challenges of change and the strategies that we could use, to manage this in a way that is supportive of our health and wellbeing.

Managing Change	Thurs	8 Oct 25	1-4pm	1 weeks
Managing Change	Fri	12 Dec 25	10-1pm	1 week

College Information



How to Enrol

If you're new to the college, all you need to do is schedule in a one-to-one induction.

It's as easy as 1, 2 3!

- 1) **Book** your Induction by contacting Julie, our friendly receptionist on **01226 730433** or email Barnsley.Recoverycollege@swyt.nhs.uk
- 2) **Attend** your induction and decide if the College is a good fit for you.
- 3) **Enrol** on the courses and activities that interest you.

If you're a returning Learner, you can enrol by:

- 1) **Calling** 01226 730433
- 2) **Email** Barnsley.Recoverycollege@swyt.nhs.uk to outline the courses that you're interested in.

Using your preferred method of contact, we will get back to you to discuss your place and course availability. Please note, that if you provide us with an email address or mobile number, confirmation of course bookings and reminder text messages will automatically be emailed or text to you. Please let us know if you would like to opt out of this service.



Frequently Asked Questions

"I don't want to go back to school or college. Is that what this is? How are courses delivered?"

Our courses and activities aren't traditional college or school subjects, and they aren't delivered in a formal way. We believe that we all have something to learn, and we are all on our own Recovery journey. If you attend a course, you won't be sitting in a classroom listening to a teacher talk while you take notes. Instead, you'll have opportunities to discuss subjects that interest you, learn at your own pace and share your expertise.

"Can I access your courses online?"

Wakefield Recovery College offer a range of online courses that anyone can access should you prefer to learn remotely. In Barnsley we have prioritised face to face based on learner need and request. You can enrol with Wakefield at www.wakefieldrecoverycollege.nhs.uk

"I have some physical mobility problems. Is the College accessible?"

Yes. Some of our classrooms are based on a ground floor, and where access is required to other rooms, we have a lift available from the main building. If you have any concerns about your needs and access, please contact us on 01226 730433 and we will be happy to help.

"Do I need to be referred to the College by a professional?"

No. You enrol as a Learner, just like you would with any other College. What matters to us, is that you have made the decision that you want to attend.

"Will attending effect my benefits?"

No. The College is entirely independent from the Job Centre and DWP. We are not involved in any decisions made about your benefit entitlement, nor do we report to other professionals or services about your attendance or progression.

"What happens if I'm not able to attend the whole course?"

We understand that life happens and circumstances change. In instances where you are unable to attend 2 sessions out of the full course, we will suggest that you re-book for a future date to get the most out of the learning experience.

"What if I need extra support with learning?"

Where you have any barriers to learning, we encourage you to discuss this at your induction and make a note of it on your enrolment form. That way, a Recovery Coach can discuss this with you and a plan for reasonable adjustments can be implemented.

"Can I do the same course twice?"

This isn't usually allowed, only under exceptional circumstances and at the discretion of the course facilitator.

"I'm worried about my IT skills; do I need to use a computer to do a course?"

No. IT skills aren't a requirement.

"Will I need to complete any tests or exams?"

No, there are no exams or tests. On occasions we may offer accredited courses in partnership with other colleges, as an opportunity for progression.

"Will I definitely get a place on the course I want?"

Due to popularity of some of our courses some courses may book up quickly. Where this is the case, where possible, we will be able to offer alternative dates or suggest a different course.

"What happens once I have finished my course?"

One of our key aims is to provide you with the time and space to explore your next steps and build the confidence to take them. This may be moving on to another course with us, a course with someone else or thinking about other steps including moving into volunteering or paid work. Whatever your next steps we have someone on hand who is happy to guide you in thinking about and accessing future goals.

"Where can I find additional information?"

Our prospectus is available online at www.barnsleyrecoverycollege.nhs.uk and we regularly post updates about new opportunities on social media.

Find Your Way

Barnsley Recovery and Wellbeing College
33 Gawber Road
Barnsley
S75 2AH
01226 730 433



Bus Services - Buses leave Barnsley Interchange from stands 4, 5 and 6. Currently, bus number 95 is running every 15 minutes. You will need to get off at the junction of Victoria Crescent and Gawber Road immediately after the railway bridge and before Barnsley Hospital.

On Foot - We are situated at 33 Gawber Road. If you are coming from the town centre or from the bus stop on Gawber Road, keep walking towards the Hospital (away from the town centre). You will pass Sykes Avenue on your right, and we are on the corner of Wellfield Road. You will pass a row of residential terrace houses, and the College is set back from the road, behind a tree lined fence (see images overleaf).

By Car - From the M1 exit at Junction 37, follow the signs into Barnsley on Dodworth Road/A628. At the traffic lights turn left on to Pogmoor Road and stay on this road until you reach crossroads (Barnsley Hospital), turn right onto Gawber Road, we are on the left-hand side.

Parking - There is no on-site parking at the College, we are based in a residential area and on street parking is available directly outside. When parking we ask that you respect our neighbours.

What you're looking for

1. Entrance Gate and Banner



2. Walk through the gate and down the peaceful path



3. The entrance door is to your right.



4. There you will see the Reception Hall and friendly faces!



Contact Us



01226 730433



Barnsley Recovery & Wellbeing College



Barnsley.Recoverycollege@swyt.nhs.uk



33 Gawber Road, Barnsley, S75 2AH



@the_barnsley



barnsleyrecoverycollege_1



www.barnsleyrecoverycollege.nhs.uk

Barnsley

Recovery and Wellbeing College



Visit our website

