Barnsley Recovery and Wellbeing College,
33 Gawber Road, S75 2AH

NHS
South West Yorkshire Partnership Teaching
NHS Foundation Trust

Barnsley Recovery & Wellbeing College



Prospectus

22 Feb – 31 August 2027

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.

Index

Understanding Mental Health & Wellbeing	
Feel the Fear (Anxiety management) Course	5
Living well with Depression Course	5
Understanding myself and dealing with difficulty Course	6
Autism Awareness	6
Eating Disorders	6
Living with a long-term condition	7
Looking After Myself	
Assertiveness and Communication Course	8
Renew You Course	8
Helpful Habits for Sleep Course	9
Armchair Yoga Course	9
Valuing My Sensitive Self Workshop	10
For those who give too much workshop	10
Food and Mood Workshop	10
The Gym	11
The Physical Activity & Wellbeing Team	12
Exploring My Interests	
Scrapbooking For Wellbeing Course	13
Mindful Stitching Course	14
Decoupage	14
Vision Boarding Course	14
Time-out Tiles Workshop	15
Sawdust Hearts Course	15
Self Sooth Box Craft	15
Worry Bead Workshop	16
Mandala Coaster Workshop	16
Book Folding	16
Cooking Corner	16

Moving Forwards	
Your Wellbeing Plan	17
Facilitation Skills Course	17
Managing Change Workshop	17
College Information	
How to Enrol	18
Frequently Asked Questions	19
Find Your Way	20-22
Contact Us	23
QR Code	23

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	24 Feb 2027	10-12 Noon	6 wks
Feel the Fear	Weds	24 Feb 2027	1-3pm	6 wks
Feel the Fear	Weds	14 April 2027	10-12 Noon	6 wks
Feel the Fear	Weds	14 April 2027	1-3pm	6 wks
Feel the Fear	Weds	09 Jun 2027	10-12 Noon	6 wks
Feel the Fear	Weds	09 Jun 2027	1-3pm	6 wks

"This course shows there is hope and you can live the fear, it's really informative and feelings are validated without judgement".

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.

Depression	Tues	23 Feb 2027	1–3pm	6 wks
Depression	Thurs	25 Feb 2027	10–12 Noon	6 wks
Depression	Tues	13 April 2027	1-3pm Noon	6 wks
Depression	Thurs	15 April 2027	10-12 Noon	6 wks
Depression	Thurs	08 June 2027	1-3pm	6 wks
Depression	Thurs	10 June 2027	10-12 Noon	6 wks

"After attending this course I feel like I have much more knowledge about my condition. I have learnt practical methods of how to overcome depression and I feel much more hopeful and positive about my future".

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	Tues	22 Feb 2027	1-3pm	6 wks
Understanding Myself	Mon	12 April 2027	10-12 Noon	6 wks
Understanding Myself	Mon	7 June 2027	10-12 Noon	6 wks

"It's good knowing that other people feel the same way. It's the best decision I've ever made enrolling on this course."

Autism awareness

Autism awareness is designed for autistic people, carers, family members, and anyone who wants to develop a better understanding of autism. This three-week course will explore the key characteristics of this lifelong developmental condition; how it affects how people communicate and interact with the world around them, whilst offering practical guidance on creating inclusive environments, supportive interactions and meaningful connections.

Autism Awareness	Thurs	04 March 2027	10-12 Noon	3 wks
Autism Awareness	Mon	19 April 2027	10-12 Noon	3 wks
Autism Awareness	Thurs	10 June 2027	10-12 Noon	3 wks

"This course was so useful not only about dealing with my own autism, but supporting others living with it too"

Eating Disorders

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		25 March 2027	10-1pm	1 wk

Living with a long-term condition

This workshop is designed to help people with long-term conditions come to terms with the challenges they face, adopt effective coping strategies, and live well beyond a life affecting diagnosis. We will invite you to acknowledge the importance of self-management in managing your condition; in adjusting to the new reality of living with limitations and acknowledging the impact this has on our mental health. This workshop will address the challenges that people face, while not focusing on deficits, in the hope that you will adjust the way you think about your condition. You will also have the opportunity to meet new peers, learn from each other and develop an individual tool kit, that will help you to manage your condition more effectively.

Long Term Condition	Weds	03 March 2027	1-3pm	4 wks
Long Term Condition	Tues	13 April 2027	10-12 Noon	4 wks
Long Term Condition	Thurs	10 June 2027	10-12 Noon	4 wks

" We discussed our thoughts and experiences, and the course tutor was very patient. The course combines learning about a number of wellbeing practices, together with mental health education with others that related to similar things.

"I looked at things I wouldn't have thought about and understood a lot more about my condition, it was very helpful."

Looking After Myself

Assertiveness 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. As the course progresses, we develop our knowledge of assertiveness skills and have an opportunity to practice becoming more confident in applying them.

Assertiveness	Mon	22 Feb 2027	10-12 Noon	5 weeks
Assertiveness	Tues	23 Feb 2027	1-3pm	5 weeks
Assertiveness	Mon	12 April 2027	1-3pm	6 weeks
Assertiveness	Tues	13 April 2027	10-12 Noon	6 weeks
Assertiveness	Mon	07 June 2027	1-3pm	6 weeks
Assertiveness	Tues	08 June 2027	10-12 Noon	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 will be held the week previous to the course commencing. Please note that you must attend this before enrolling on the full course.

Renew You Pre-course	Thurs	18 Feb 2027	1-2pm	1 wk
Renew You Course	Thurs	25 Feb 2027	1-3pm	6 wks
Renew You Pre-course	Weds	7 April 2027	1-2pm	1 wk
Renew You Course	Weds	14 April 2027	1-3pm	6 wks

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.

Sleep	Thurs	25 Feb 2027	10-12 Noon	4 wks
Sleep	Tues	08 June 2027	1-3pm	4 wks

"The facilitator made me feel 100% in a total safe space I got such a lot out of this course and now understand different sleep techniques that have helped me a lot."

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	Fri	26 Feb 2027	1-3pm	3 wks
Armchair Yoga	Fri	11 June 2027	1-3pm	3 wks

"This course improved my movement and helped me relax in a non-judgemental, safe relaxing environment".

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	Fri	26 Feb 2027	1-4pm	2 week
Valuing my sensitive self	Tues	18 May 2027	1-4pm	2 week

For those that give too much

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.

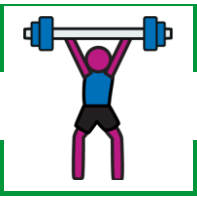
For Those That Give Too Much	Fri	12 March 2027	10-1pm	1 wk
For Those That Give Too Much	Fri	23 April 2027	10-1pm	1 wk

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	Weds	21 April 2027	1-4pm	3 wks

The Gym



We are a small but fully equipped gym based at Barnsley Recovery College and believe physical fitness is very important for good physical and mental health & wellbeing. Our aim is to give individuals a greater understanding of how the body works with exercise and nutrition. Through exercise, you will soon discover that this can enhance your physical and mental health, improve your quality of life and reduce the risk of serious health conditions. Regular exercise helps you to control stress, feel better about yourself and is extremely important for your overall wellbeing.

The Gym courses

Our courses are designed to get you moving and exercising more; it's twice weekly, with the offer of boxercise as a third class, with each session lasting one hour. The course incorporates: -

- Basic nutrition advice.
- Anatomy and physiology knowledge.
- Home exercise techniques.
- Individual tailor-made programme.
- Weekly progression/programme sheets.

When you complete your enrolment, Lisa or Dale will discuss your options and allocate you a group time. This group time will be your allocated time every week until the course is complete. All learners will be required to complete a ParQ assessment which has to be completed before you can start using the gym. A ParQ Assessment is a physical health tool which helps indicate what your fitness levels are and where to begin your journey. These are completed individually and are confidential. After your induction, you'll receive a tailored made exercise plan which is constantly reviewed. You'll gain knowledge on how to perform exercises safely and correctly, whilst moving more, getting fitter and gaining knowledge of how your body works through exercise and nutrition. We pride ourselves on empowering individuals to build learners' confidence, encouraging move on to attend local gyms or activities once our course is complete. We ensure the service we're offering is sustainable and achievable in the community. We aim for individuals to have fun, build relationships, and ascertain their own goals making positive changes for a healthier and happy future.

Mixed Gym Tues & Thurs	09 Feb 27	Day and time slots allocated at your induction	16 wks
Ladies Gym Tues & Thurs	09 Feb 27	Day and time slots allocated at your induction	16 wks
Boxercise Weds & Thurs	10 Feb 27	Day and time slots allocated at your induction	16 wks
Bootcamp Tues, Weds, Thurs, Fri's	09 Feb 27	Day and time slots allocated at your induction	16 wks

"This tailored gym course has really helped me not only to build my confidence, but how to gain strength and balance my disabilities"

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. All activities are peer led by some of our amazing peer support workers in a welcoming environment meaning sessions are inclusive safe and friendly.





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 07825 680239.

Email: phwbt@swyt.nhs.uk

The Physical Activity Team also run on-site Gym each Friday at the Recovery College.

For further information on the above, the team's contact details are as follows:

Hannah Burton – General Enquiries – 07917 650091

Ian Henry – Walking, Football, Gardening – 07386 697957

Vicky Pierrepont – Cycling, Gym, Veterans – 07386 697966

Steph Flanigan - Open Water Swimming & Running – 07917 554747

Exploring My Interests



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	Weds	14 April 2027	10-12.30pm	6 Weeks
Scrapbooking	Weds	09 June 2027	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	Weds	24 Feb 2027	10-12	4 Weeks
Mindful Stitching	Tues	15 Jun 2027	10-12	4 Weeks

Decoupage

In our Downtime Decoupage workshop you'll learn how this craft technique, of sticking paper decorations to hard surfaces with glue, can provide distraction and relaxation. You'll have the opportunity of decoupaging onto a range of different objects and be able to take your creations home afterwards.

Decoupage	Thurs	27 May 2027	10-12:30pm	1 wk
Decoupage	Thurs	08 July 2027	1-3:30pm	1 wk

Vision Boarding Course

This four-week course offers a gentle, creative space to explore what matters to

you and what you'd like to welcome more of into your life. Through learning about vision boards and their benefits, we will guide you to consider your hopes for the future, gathering images and words that feel meaningful to you, to create and take away your own vision board. This course supports quiet reflection and encourages you to consider future possibilities, without pressure or expectation.

Vision boarding	Weds	24 Feb 2027	1-4pm	4 wks
Vision boarding	Thurs	10 June 2027	1-4pm	4 wks

Time-out Tiles

Take some time for yourself and enjoy a fun, creative workshop exploring the power of positive affirmations and how they can boost self-esteem by reminding us of our strengths and self-worth.

Together, we'll explore inspiring words, quotes and phrases, create our own positive messages, and bring them to life on a ceramic tile. You'll then take your finished tile home as a personal reminder of how positive words can help reframe our thinking and lift our mood during difficult times.

Time-out Tiles	Thurs	25 Feb 2027	1-3:30pm	1 wk
Time-out Tiles	Thurs	15 April 2027	10-12:30pm	1 wk

Sawdust Hearts Workshop

Join us over two weekly sessions, where you'll explore the history and wellbeing benefits of Sawdust Hearts. Across the two workshops, you'll learn how to make, sew, stuff and decorate your own Sawdust Heart, creating a unique handcrafted pincushion to take home. All materials are provided, and no previous sewing experience is required (however, please note, stitching does require a level of manual dexterity).

Sawdust hearts	Thurs	13 May 2027	10-12 Noon	2 wks

Self soothing Box Craft

Take some time out and join us for an evening of crafting and wellbeing as we decorate and learn about the health benefits of keeping a self-soothe box. Together we will learn about what helps you as an individual to feel calm and safe in times when things feel like they are getting too much. We will discover what grounds you in the present, and what can distract you from unhelpful thoughts as you try to manage the emotional challenges daily life brings. These boxes are yours to personalise and take away with you at the end of the evening, ready for you to start adding to and using them when needed.

Box Craft	Tues	23 Feb 2027	10-12:30pm	1 wk
Box Craft	Thurs	29 April 2027	10-12:30pm	1 wk

Worry Bead Workshop

In this workshop you will learn how worry beads, the original fidget toy, can help you relax and destress, and make your own to take home.

Worry Bead Workshop	Weds	26 May 2027	10-12:30pm	1 wk
Worry Bead Workshop	Mon	07 July 2027	10-12:30pm	1 wk

Mandala Coaster Craft

Step away from the stresses of everyday life and join us for a calming, creative wellbeing session designed to nurture mindfulness, reflection and relaxation. During this workshop, you'll create your own mandala coasters using sparkling gem (diamond) art, while gently exploring sacred geometry through mandala design. The repetitive, focused process offers a peaceful way to slow down and reconnect with yourself.

Mandala Coaster	Weds	24 March 2027	10-12:30pm	1 wk
Mandala Coaster	Thurs	22 April 2027	10-12:30pm	1 wk

An Introduction to Book Folding

Join us to discover the relaxing art of book folding and learn how, with patience and creativity, you can transform an ordinary book into a beautiful heart-shaped piece of handmade art.

Book Folding	Thurs	1 July 2027	1-3:30pm	1 wk

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 Scones

Scones	Tues	02 March 2027	10-12 Noon	1 wk
Scones	Tues	02 March 2027	1-3pm	1 wk
Scones	Tues	08 June 2027	10-12 Noon	1 wk
Scones	Tues	08 June 2027	1-3pm	1 wk

Cooking Corner does Pasta

Pasta	Thurs	13 April 2027	10-12 Noon	3 wks
Pasta	Thurs	13 April 2027	1-3pm	3 wks

Moving Forwards

Your Wellbeing Plan

Your Wellbeing Plan is a 10-session course that helps you to consider aspects of both your physical and mental health to create a holistic plan to better manage and maintain your wellbeing, with the support of group facilitators and other learners to share practical advice through lived experience.

Your Wellbeing Plan is very suitable for learners who have already completed several other courses at the Recovery College, which can then help inform their wellbeing plans.

Wellbeing Plan **Pre-course meeting**	Thurs	15 April 27	1-3pm	1 wk
Wellbeing Plan Course	Thurs	22 April 27	1-3pm	10 wks

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	Fri	15 April 2027	1-4pm	6 wks

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	Fri	26 Feb 2027	10-1pm	1 wk
Managing Change	Fri	11 June 2027	10-1pm	1 wk

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 the college on **01226 730433 / 07825 680239** 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:- 07825 680239**
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.

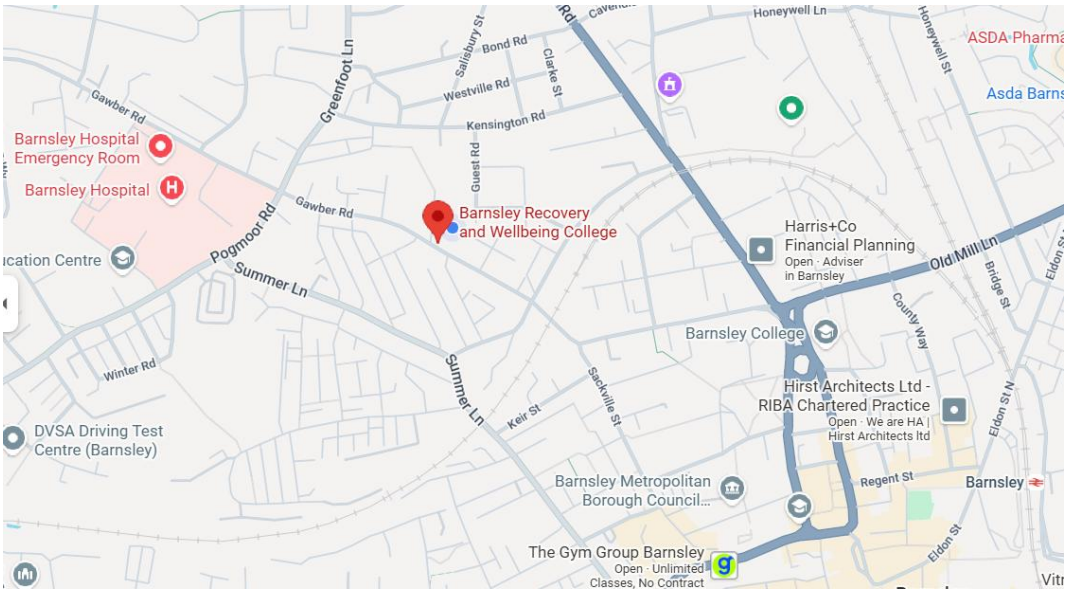
"Will I definitely get a place on the course I want?"
Due to popularity of some of our courses some courses may book up quickly. Where this is the case, where possible, we will be able to offer alternative dates or suggest a different course.

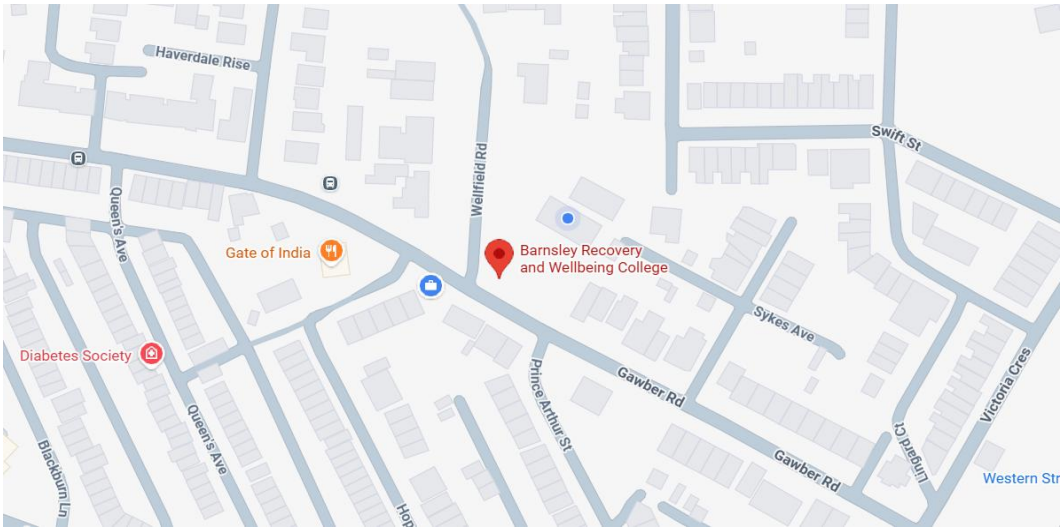
"What happens once I have finished my course?"
One of our key aims is to provide you with the time and space to explore your next steps and build the confidence to take them. This may be moving on to another course with us, a course with someone else or thinking about other steps including moving into 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
Moorland Court, 33 Gawber Road
Barnsley
S75 2AH - 07825 680239





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.

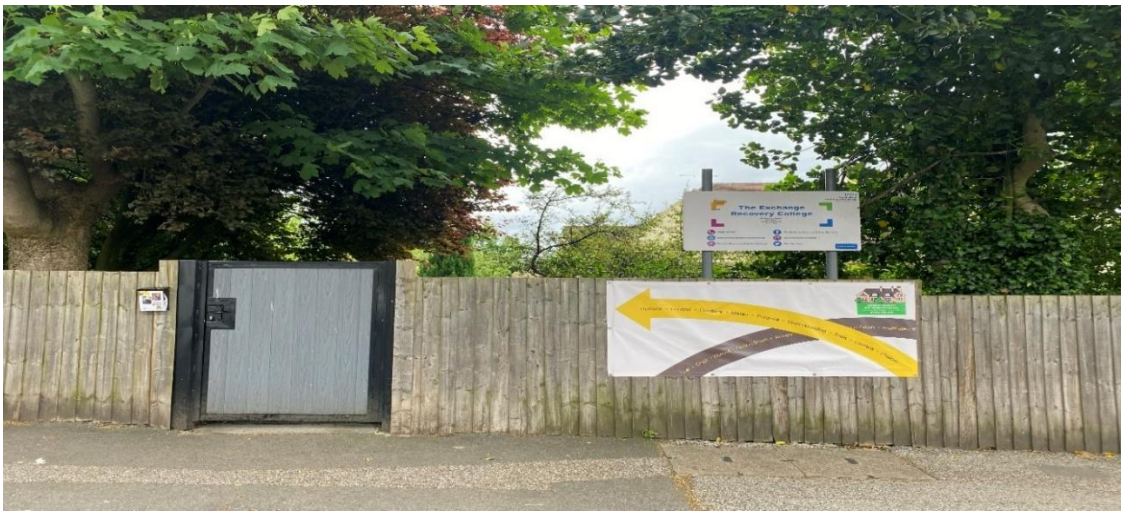
On Foot - We are situated at 33 Gawber Road. If you are coming from the town centre or from the bus stop on Gawber Road, keep walking towards the Hospital (away from the town centre). You will pass Sykes Avenue on your right, and we are on the corner of Wellfield Road. You will pass a row or residential 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

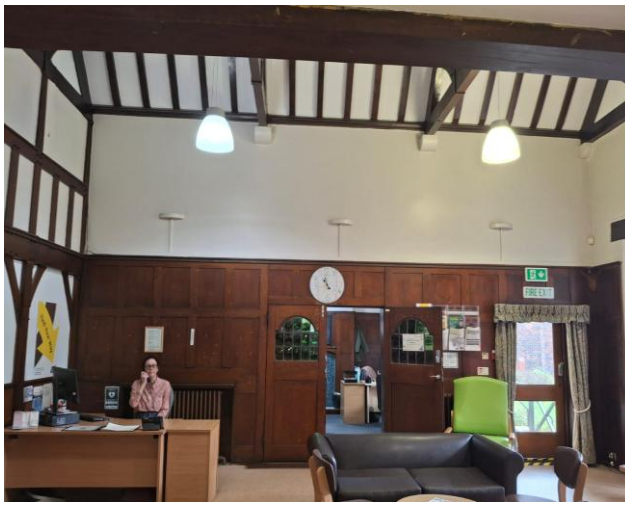




3. The entrance door is to your right. friendly faces!

4. There you will see the Reception Hall and





Contact Us

07825 680239

Barnsley Recovery and Wellbeing College

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