



**Barnsley**  
**Recovery and Wellbeing**  
**College**  
**Prospectus**



**Sept 2024 - Feb 2025**



# 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 a range of **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. **Here's what some of our Learners have told us...**

*"For the first time in years I feel optimistic about myself and how I can live the rest of my life"*

*"I no longer describe myself as a set of symptoms. I'm able to think for myself and consider, what's the right choice for me?"*

*"I've not had to access any services, including my GP since I came here 8 years ago".*

*"I actually have quality of life. I've found my passion and I've got a job"*

*"I've become a better parent, partner and person"*

*"I've been on antidepressants for most of my adult life. I've been off them for 5 years now"*

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

## What we have on offer over the next 6 month's: -

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# Understanding Mental Health and Wellbeing



## An Introduction to Recovery Workshop

We recognise that the word Recovery can raise all kinds of thoughts and associations. Positive ones, negative ones, and indifferent ones!

We also understand that when life challenges happen or our abilities change, the journey of Recovery can feel like a daunting and isolated one.

In this workshop, we take a gentle approach to exploring what we mean by Recovery, from a mental health and wellbeing perspective.

Intro to Recovery	Tues	10 Sept 2024	10-1pm	1 week
Intro to Recovery	Tues	14 Jan 2025	10-1pm	1 week

## Anxiety Management (Feel the Fear) 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 for no obvious reason 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. This course has been inspired by the book, *Feel the Fear and Do it Anyway*, by Susan Jeffers.

Feel the Fear	Weds	11 Sept 2024	10am-12	6 weeks
	Weds	11 Sept 2024	1-3pm	6 weeks
Feel the Fear	Weds	06 Nov 2024	10am-12	6 weeks
	Weds	06 Nov 2024	1-3pm	6 weeks
Feel the Fear	Tues	07 Jan 2025	10am-12	6 weeks
	Tues	07 Jan 2025	1-3pm	6 weeks

## Eating Disorders – An 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	12 Dec 2024	1-4pm	1 week
Eating Disorders	Thurs	06 Feb 2025	1-4pm	1 week

## Managing Depression Course

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, all can take major effort.

That's one of the many pitfalls with Depression, easy becomes complicated and the everyday becomes exhausting. This course is not about stopping Depression, but it may help you to develop new ways to manage it better.

In this course, we will give you practical information and useful tips to help live your life well with depression. We will also offer you a different perspective on depression. This course has been informed by Acceptance and Commitment Therapy (ACT) approaches.

Managing Depression	Mon	09 Sept 2024	1-3pm	6 weeks
Managing Depression	Mon	11 Nov 2024	10am-12	6 weeks
Managing Depression	Mon	06 Jan 2025	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	Weds	11 Sept 2024	10am-12	6 weeks
Understanding Myself	Tues	05 Nov 2024	10am-12	6 weeks
Understanding myself	Mon	06 Jan 2025	10am-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	Thurs	24 Oct 2024	1-4pm	1 week
Understanding Self Harm	Thurs	13 Feb 2025	1-4pm	1 week

## 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 and adjusting to the new reality of living with limitations and acknowledging the impact this has on our mental health.

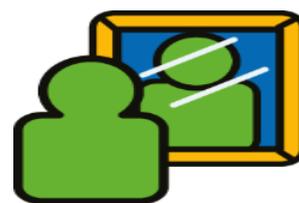
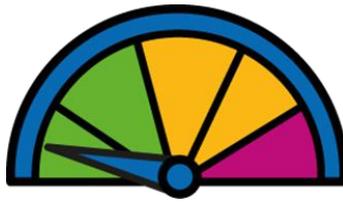
This workshop will address the challenges that people face, while not focusing on deficits, in the hope that you will adjust the way you think about your condition, react differently it.

You will also have the opportunity to meet your peers, learn from each other and develop an individual tool kit, that will help you to manage your condition more effectively.

Long Term Condition	Tues	14 Jan 2025	10-1pm	1 week
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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	10 Sept 2024	1-3pm	6 weeks
Assertiveness & Confidence	Thurs	07 Nov 2024	1-3pm	6 weeks
Assertiveness & Confidence	Weds	08 Jan 2025	10am-12	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 June’s course will be held on **Weds 06 Nov 2024 at 10am**. **Please note that you must attend this before enrolling on the full course below.**

### Term 2

Renew You	Weds	13 Nov 2024	10am-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	Tues	10 Sept 2024	10-12	4 weeks
Helpful Habits for Sleep	Mon	11 Nov 2024	1-3pm	4 weeks
Helpful Habits for Sleep	Thurs	16 Jan 2025	1-3pm	4 weeks

## An Introduction to Exercise Course

Exercise can improve quality of life, help to manage stress, encourage us to feel better about ourselves, and reduce the risk of serious health conditions. At the Recovery and Wellbeing College, we have a small but fully equipped gym with exercise specialists who can kickstart your journey to moving more. Over this 12-week course, you will undertake an induction where you will receive a bespoke exercise plan. Sessions will be twice weekly, with each session lasting one hour, and incorporating:

- How to perform exercise safely and correctly.
- Nutrition awareness.
- Anatomy and physiology.
- Advice on how to become more active.
- Home exercise techniques.

The Gym prides itself in empowering individuals, building their confidence, and encouraging people to move on to other physical activity opportunities in the local area, after the course is complete.

Mixed Gym		
Mon & Weds	Mon 2 Sept 2024 – Weds 4 Dec 2024	1 hour
Mon & Weds	Mon 6 Jan 2025 – Weds 2 April 2025	1 hour
Women's Only Gym		
Tues & Thurs	Tue 3 Sept 2024 – Thurs 5 Dec between 1 & 3pm	1 hour
Tues & Thurs	Tue 7 Jan 2025 – Thurs 3 April between 1pm & 3pm	1 hour

## 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 and offering circuit training and 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.

Our activities include:-

<b>Boxercise, Couch to 5K</b>	<b>Locke Park/Barnsley Recovery College (Mon's)</b>
<b>Back to Netball</b>	<b>Stocksbridge Leisure Centre (Mon's)</b>
<b>Game Changer Football</b>	<b>Veda, Kendray (Mon's)</b>
<b>Gardening</b>	<b>Swanee Road Allotment (Tues's)</b>
<b>Cycling</b>	<b>Kendray Hospital (Wed's &amp; Sun)</b>
<b>Circuit Training</b>	<b>Barnsley Recovery College (Wed's)</b>
<b>Walking Netball</b>	<b>Penistone Leisure Centre (Wed's)</b>
<b>Pickleball</b>	<b>Hoyland Leisure Centre (Thurs)</b>
<b>Football</b>	<b>Oakwell Training Ground (Thurs)</b>
<b>Ladies Biking</b>	<b>Kendray Hospital (Thurs)</b>
<b>Netball</b>	<b>Honeywell Sports Centre (Thurs)</b>
<b>Open Water Swimming</b>	<b>Manvers Lake (Fri)</b>
<b>Mens Only Biking</b>	<b>Kendray Hospital (Fri)</b>
<b>Locke Park Run</b>	<b>Locke Park (Saturday's)</b>

**Get in touch for more details:- Hannah Burton - 07917 650091 or Steph Flanigan - 07386 697965 email: [phwbt@swyt.nhs.uk](mailto:phwbt@swyt.nhs.uk)**

## 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	Fri	25 Oct 2024	10am-1pm	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”? In this 3-hour workshop 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	Weds	02 Oct 2024	1-4pm	1 week
Tackling Loneliness	Tues	28 Jan 2025	10-1pm	1 week

## 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	18 Oct 2024	10am-1pm	1 week
Valuing my Sensitive Self	Weds	18 Dec 2024	1-4pm	1 week

## Men's Health

In this 3-week course, we will focus on the physical and mental aspects of staying well. This will include how we cope with stress and manage pressure, the exploration of male identity and self-image, alongside awareness of common physical health conditions that can have an impact on both our general and sexual health. As the course progresses, we will look at the importance of reaching out for support, seeking appropriate advice, and talking to people that we trust. This course is delivered by men, for men.

Men's Health	Fri	20 Sept 2024	10-12	4 weeks
Men's Health	Thurs	14 Nov 2024	1-3pm	4 weeks
Men's Health	Weds	08 Jan 2025	1-3pm	4 weeks

## Limbic Reflexology – for the management of Fibromyalgia and chronic migraines



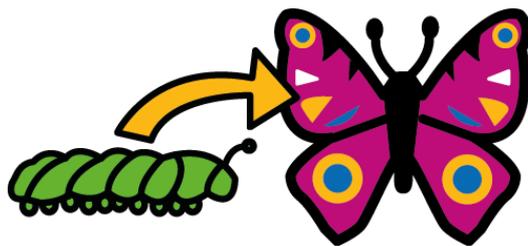
Limbic Reflexology has been found to be particularly suitable for Fibromyalgia. Indeed, the development of Limbic Reflexology in 2012 involved volunteers living with Fibromyalgia.

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 seven 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	12 Sept	10am	6 weeks
			11:30	6 weeks
Limbic Reflexology	Thurs	7 Nov	10am	6 weeks
			11:30	6 weeks

# Exploring My Interests



## Cooking Corner

### 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. Each week you will learn to cook a delicious meal to take away 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 Pasta      Make 3 delicious pasta dishes over 3 weeks.

Thurs	12 Sept 2024	10am - 12:30pm
Thurs	12 Sept 2024	1:30pm – 4pm

### Cooking Corner Does Soup      Make 3 wholesome soups over 3 weeks.

Weds	9 Oct 2024	10am – 12:30pm
Weds	9 Oct 2024	1:30pm – 4pm

### Cooking Corner Does One-Pot      Make 3 meals using one-pot recipes over 3 weeks.

Thurs	14 Nov 2024	10am - 12:30pm
Thurs	14 Nov 2024	1:30pm – 4pm



Meet Jonathan who runs our cooking and scrapbooking classes.



## 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	13 Sept 2024	10am-1pm	6 weeks
Scrapbooking	Weds	13 Nov 2024	1-4pm	6 weeks
Scrapbooking	Weds	08 Jan 2025	1-4pm	6 weeks



## Crafting for Beginners Course by Creative Minds



This beginners crafting group with Kirsty from Creative Minds is aimed to get you started using items found around your own home. Crafting can relieve stress and tension in our everyday life, this session will be a chance to meet new people and learn new skills whilst improving our wellbeing. The crafts you learn during the session you can recreate with your friends and family to share your new skills with others. Each week you will learn a different craft using different materials and have a go at something new.

Crafting with Kirsty	Thurs	19 Sept 2024	10am - 12	6 weeks
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# Moving Forwards



## WRAP (Wellness Recovery Action Plan)

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 is essential.

Pre course meeting for September's course will be held on dates mentioned below.

**Please note that you must attend the pre-course meeting before enrolling on the course.**

Pre-Course Meeting	Tues	24 Sept 2024	1-2pm	1 week
WRAP Course	Tues	01 Oct 2024	1-4pm	8 weeks
Pre-Course Meeting	Thurs	16 Jan 2025	1-2pm	1 week
WRAP Course	Thurs	23 Jan 2025	1-4pm	8 weeks

## An Introduction to Volunteering Workshop

This workshop is designed to give you an insight into the role of an NHS volunteer within a Recovery College setting. It is ideally suited for people who are thinking about volunteering or for newly recruited volunteers who are stepping up into this responsible position.

The workshop covers the following areas of practice:

- Your motivations for volunteering.
- An outline of our volunteer offer at Barnsley Recovery and Wellbeing College.
- Exploring aspirations and how these fit with the college offer.
- Professional and ethical practice.

Intro to Volunteering	Tues	17 Sept 2024	1-3pm	1 week
Intro to Volunteering	Fri	07 Feb 2025	10-12pm	1 week

## 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	08 Nov 2024	9:30am-1:30pm	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	10 Oct 2024	1pm-4pm	1 week
Managing Change	Fri	31 Jan 2025	10am-1pm	1 week

## Professionalism Workshop

Professionalism describes the skills, qualities and competencies that are expected of all of us in our paid or voluntary roles. In this workshop we focus on the behaviours that we need to demonstrate. Join us as we explore these key qualities within the healthcare and voluntary sector.

Professionalism Workshop	Fri	17 Jan 2025	10-1pm	1 week
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95% of people say they are more satisfied with their life after attending the College.

Free Courses

"I was struggling to manage my feelings..."

"...Now I'm a better parent, partner and person."

Find Your Way

Find Your Way at the Recovery & Wellbeing College  
Call Julie on 01226 730 433 for course information and tour

95% of people say they are more satisfied with their life after attending the College.

Free Courses

"I was fed up with being fed up..."

"...Now I feel in control of my life."

Find Your Way

Find Your Way at the Recovery & Wellbeing College  
Call Julie on 01226 730 433 for course information and tour

# 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](mailto: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](mailto: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](http://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.

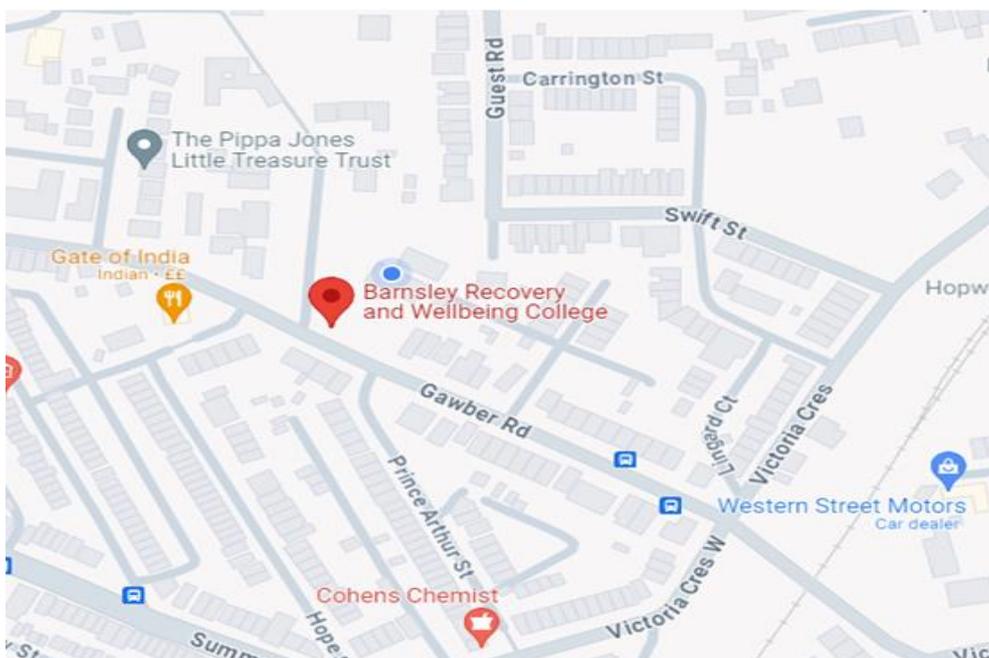
***“Where can I find additional information?”***

- Our prospectus is available online at [www.barnsleyrecoverycollege.nhs.uk](http://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



**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 Sign

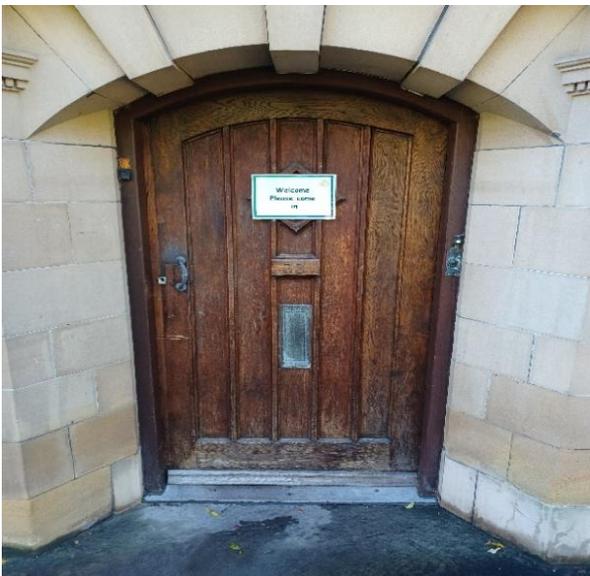


## 2. Walk through the gate and down the path



## 3. The entrance door is to your right.

## There you will see the Reception Hall.



## Contact Us



01226 730433



Barnsley Recovery & Wellbeing College



[Barnsley.Recoverycollege@swyt.nhs.uk](mailto:Barnsley.Recoverycollege@swyt.nhs.uk)



33 Gawber Road, Barnsley, S75 2AH



@the\_barnsley



barnsleyrecoverycollege\_1



[www.barnsleyrecoverycollege.nhs.uk](http://www.barnsleyrecoverycollege.nhs.uk)

# **Barnsley**

## **Recovery & Wellbeing College**



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