

Recovery College Cornwall has been developed by a partnership of Pentreath Ltd, Cornwall Partnership NHS Foundation Trust, The Learning Partnership for Cornwall and the Isles of Scilly, Café Chaos, Cornwall Council, The Rotary in the South West Peninsular, The Invictus Trust and other 3rd sector partners.

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We will:

Deliver evidence-based recovery interventions, workshops and courses utilising the skills of people with lived experience of mental ill health through peer trainers in a professional learning environment.

Develop a prospectus of courses which helps people to move forward from mental ill health towards vocational achievement and lead healthy and fulfilling lives.

Create a high-profile brand that makes people proud to be part of the college and challenge the stigma of mental ill health.

Complement existing primary and secondary care pathways with a recognised and robust pathway for self-care.

Inspire a change of culture to recognise the equal importance of both professional expertise and lived experience.

Improve social networks.

Take a 'Whole Person' approach to recovery.



Recovery College Cornwall

**Enabling recovery through
learning, hope, and opportunity**

recoverycollegecornwall.co.uk

An accessible community resource for anyone living in Cornwall to learn how to recover from mental ill health and move forward with their lives. The initiative will move the focus of recovery from 'make me well' to 'teach me the tools to keep myself well'.



Use learning as a way to take control of your own mental health.

We offer courses to people living in Cornwall who are experiencing mental ill health. These courses may help you to identify and manage your mental health challenges allowing you to live the life you want.

The courses are delivered in small groups, providing a supportive and safe environment. Our main base is at Threemilestone near Truro but we offer courses in community venues across Cornwall. Our website has information about courses available near you.



Recovery College Cornwall is developed and delivered by people with lived experience of mental ill health alongside health and educational practitioners.

If you don't yet feel confident to attend our courses we can provide a Learning Support Worker to help you complete the courses you choose.*

* If you are unemployed



The Recovery College can be a launch pad for the next stage of your life, whether it be work, further education or just to be happier and healthier.

If you would like to find out more you can call us on **01872 308909** or go to **www.recoverycollegecornwall.org.uk** and click on the enrolment page.

