



RECOVERY
COLLEGE
CORNWALL

Recovery College Cornwall



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RECOVERY
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CORNWALL
COURSES

COURSE PROSPECTUS 2025-2026

www.pentreath.co.uk



Recovery College Cornwall



WELCOME TO OUR COLLEGE

Pentreath is a Cornish Charity working with individuals experiencing and recovering from emotional and mental ill health challenges. We were formed by Cornwall and Isle of Scilly health authority in 1991 as part of the community shakeup which saw the deinstitutionalization of mental health care in the UK.

With over 30 years' experience in supporting people out in their communities and finding tools and techniques to support and aid recovery Pentreath have vast experience in utilising group work and education to help support people to achieve improvements in their mental health and wellbeing.

Just before Covid struck, and in partnership with a consortium of mental health providers we developed Cornwall's first ever Recovery College. As funding has changed this is now exclusively run by Pentreath and we have a dedicated team of trainers who can help you to identify and manage your mental health challenges allowing you to live the life you want. We currently offer courses via Microsoft Teams and/or Face to Face to any person over the age of 16 who live in Cornwall.

COURSES

RCC Courses:

- Anxiety: Ebb and Flow & Stress Less
- Assertiveness
- Finding My Mojo: Confidence and Self-Esteem
- Mind Building: A Resilient Me & Project Me: Self-Awareness and Motivation
- Silver Linings For Dark Days: Depression and Me
- It's Ok To Be Me

Courses For Professionals:

- Mental Health First Aid (MHFA)
- Applied Suicide Intervention Skills Training (Asist)
- Race Equality Cultural Capability (RECC)
- Peer Mentor Programme

Bespoke Courses:

- We also work collaboratively with other organisations and have run specific bespoke courses designed to fulfil their individual requirements



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COURSES

Other Courses:

- Art for Wellness (Ben King)
- Capturing the Calm – Using Photography for Mindfulness (Lisa Williams)

For Course Dates please see website:

<https://www.pentreath.co.uk/recovery-college-cornwall/timetable/>

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OUR RCC COURSES:

**ANYONE WHO IS OVER 18 AND LIVES IN
CORNWALL, CAN ENROL ON ANY COURSE. THE
COURSES ARE FULLY FUNDED, REGARDLESS OF
EMPLOYMENT STATUS AND YOU DO NOT NEED
ANY PRIOR QUALIFICATIONS TO ATTEND.**

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All RCC Courses are co-produced with both our students and peer mentors with lived experience of poor mental health.

Our trainers deliver courses within communities across Cornwall. We also offer online courses. Our courses run during the day and the evening, if required.

Our courses are, also, co-delivered by a volunteer peer mentor who has previously completed our courses.

Course timetable with dates can be found on the website:

<https://www.pentreath.co.uk/recovery-college-cornwall/timetable/>

Courses



ANXIETY: EBB AND FLOW & STRESS LESS

SESSION AIMS:

- Be aware of the importance of pausing and breathing
- Understand how anxiety effects the body and the brain
- Focus on and prioritise what you can control
- Use the worry tree as a tool to manage anxiety
- Tackle unhelpful thoughts through reframing
- Explore grounding techniques

Share your own techniques -
What helps me is...

1 DAY COURSE

SESSION AIMS:

- **Recognise what stress feels like for you**
- **Use the power of the pause to take the weight off your shoulders**
- **Acknowledge how stress impacts on you**
- **Weigh up the benefits and drawbacks of making a change**
- **Identify and share coping strategies to deal with stress**



ASSERTIVENESS

Part A:

- Be aware of types of communication behaviour
- Understand the importance of healthy boundaries
- Practice the 4 A's of assertiveness
- Understand the benefits of being assertive for you
- Begin to be an assertive thinker

1 DAY COURSE

Part B:

- Be aware of the importance of being honest with yourself
 - Understand the communication loop and barriers to communication
 - Build on my breathing and grounding tools
 - Recognise the early warning signs of aggression
- Use the Anger Iceberg to consider the emotions beneath
- Explore what's going on in the brain?
 - Safety First



MIND BUILDING: A RESILIENT ME & PROJECT ME: SELF-AWARENESS AND MOTIVATION

Session Aims:

- Understand the importance of resilience
- Feel more in touch with your emotional intelligence
- Use reframing to support resilience
- Engage in healthier ways to cope
- Develop my own resilience

1 DAY COURSE

Session Aims:

- Explore how the 5 elements of emotional intelligence relate to you.
- Identify your strengths and areas to develop
- Understand the relationship between self-awareness and motivation
- Know your personal values and why they matter
- Understand how to plan to achieve using the D.O.T.S model
- Be aware of your fundamentals to flourish



FINDING MY MOJO: CONFIDENCE AND SELF- ESTEEM

1 DAY COURSE

Session Aims:

- Understand why self-confidence and self-esteem are important to you
- Be aware of how confidence appears
- Connect with the Crucial C's
- Consider how we can grow self-esteem
- Develop 'Can Do' thinking by using the cycle of high self-esteem



SILVER LININGS FOR DARK DAYS: DEPRESSION AND ME

1 DAY COURSE

Session Aims:

- Understand the connection between taking time to talk and recovery
- Explore the symptoms of depression
- Notice unhelpful thinking patterns
- Be aware of and consider your mindset
- Challenge unhelpful thinking patterns
- Understand the importance of taking time for self-care
- Share problem solving ideas



IT'S OK TO BE ME

1/2 DAY COURSE

Session Aims:

- Understand the link between self-awareness and culture
- Be able to identify with your own culture
- Explore attitudes towards mental health
- Be aware of the impact of stigma and stereotyping
- Explore ways to challenge stigma and stereotyping



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BESPOKE COURSES

Alongside our Recovery College Curriculum we offer bespoke courses which are tailored to meet your organisational needs. We aim to work with you to ensure that we align these courses with your policies and procedures to create a curriculum that is underpinned with mental health and well-being at the centre.

If you would like to know more, please email our Course Development Coordinator, Tracey Griffith on:

tracey@pentreath.co.uk



**WE HAVE COMPLETED
BESPOKE COURSES
WITH:**



OTHER COURSES:

ART FOR WELLNESS (BEN KING)

1/2 DAY COURSE PER SESSION

VENUE: HARRISON HOUSE, THREE MILESTONE INDUSTRIAL ESTATE, TRURO, TR4 9LFT

Sessions:

Session 1:

Reflective drawing. This will be a life drawing lesson with an emphasis on self-reflection. Looking at things for how they really are rather than what we think they should be. Have you ever wondered why hands are so difficult to draw? Perhaps it's because we become blind to things, we see every day.

Session 2:

Go with the flow and relax with watercolour. Take some time to be present and watch how the water and colour soak into paper. Learn how to build shapes using your imagination.

Session 3:

How to build layers of resilience using acrylic. Basic painting techniques of how to start a painting with an emphasis on resilience. Part of painting is about exposing vulnerabilities in order to grow. The wonderful thing about acrylics is that you can always paint over your mistakes and try again.



CAPTURING THE CALM – USING PHOTOGRAPHY FOR MINDFULNESS (LISA WILLIAMS)

1/2 DAY COURSE

VENUE: HARRISON HOUSE, THREEMILESTONE INDUSTRIAL ESTATE, TRURO, TR4 9LFT

SESSION AIMS

- USE PHOTOGRAPHY AS A MINDFULNESS TOOL.
- UNDERSTAND HOW TO CONNECT CREATIVELY TO THE WORLD AROUND YOU.
- UNDERSTAND THE VALUE OF GIVING YOURSELF PERMISSION TO SLOW DOWN AND TAKE A MOMENT FOR YOURSELF.

HEAR HOW I USE PHOTOGRAPHY TO SUPPORT MY OWN MENTAL HEALTH.

THROW THE RULEBOOK OUT THE WINDOW TO MAKE IT ACCESSIBLE TO EVERYONE AS A MINDFULNESS TOOL, GET CREATIVE AND EXPERIMENT.

SPEND TIME OUTSIDE (WEATHER DEPENDANT) USING YOUR SENSES TO BE PRESENT IN THE MOMENT TAKING PHOTOS.

EXTRA INFORMATION:

PLEASE BRING YOUR PHONE (ANY WITH A CAMERA WILL DO) AND WEATHER APPROPRIATE CLOTHING AND SHOES.



**“I LIKED ALL OF THE COURSE,
EXCELLENT COURSE - SAVED MY
LIFE - THANK YOU”**

**“THANK YOU FOR EVERYTHING, I AM SO
GRATEFUL TO YOU ... ITS REALLY HELPED
ME NOT ONLY WITH MY MENTAL HEALTH
BUT AS A PERSON TO SEE MYSELF IN A
BETTER LIGHT AND FOCUS ON MOVING
FORWARD INSTEAD OF STAYING STILL”**

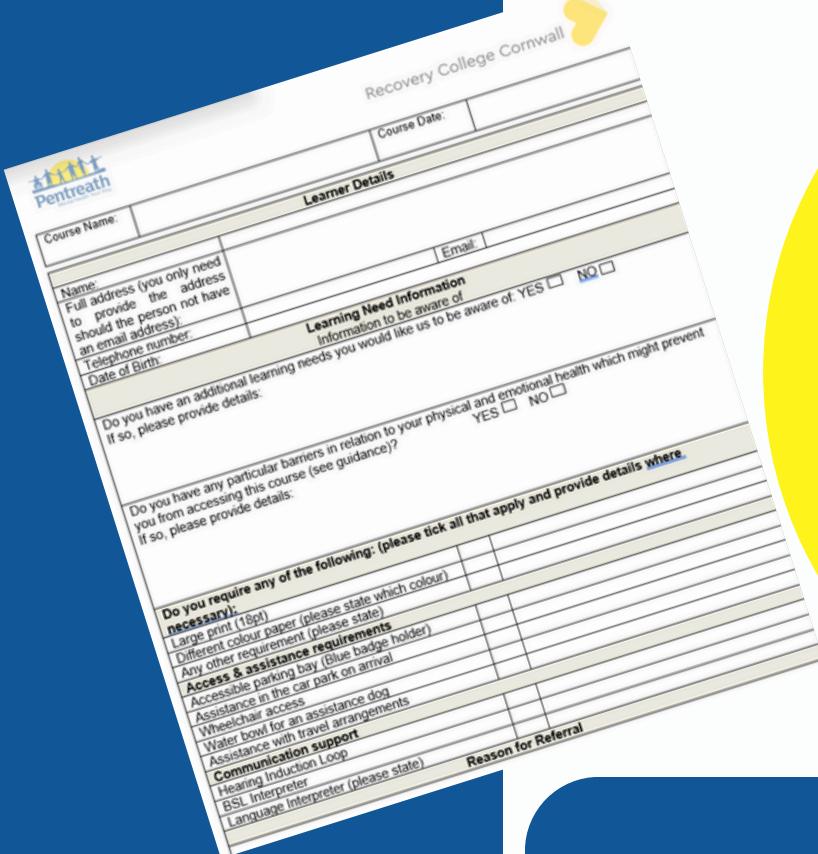
COURSE FEEDBACK

**“A WONDERFUL EXPERIENCE
FOR ME, VERY HELPFUL”**

**“ITS TURNED ME FROM SOMEONE
WHO WAS NOT SURE HE COULD HELP
HIMSELF TO SOMEONE WHO NOW
WANTS TO HELP PEOPLE IN THE SAME
POSITION I WAS IN”**

**“BEING ON THE COURSES HAD
REALLY HELPED ME, I AM DOING
REALLY GOOD, I HAVE FOUND MY
MOJO AND GETTING A POSITIVE
ROUTINE”**

HOW TO REFER



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BOOKING ONTO A COURSE IS EASY. JUST USE THE BOOKING FORM THAT CAN BE FOUND ON THE PENTREATH WEBSITE, SEND TO RC.ENROLLMENT@PENTREATH.CO.UK AND ONE OF OUR TEAM WILL GET IN TOUCH TO CONFIRM YOUR PLACE ON THE COURSE.

WE DO NOT ACCEPT THIRD PARTY REFERRALS OR ENROLMENTS FROM OUTSIDE CORNWALL.

YOU DO NOT HAVE TO BOOK ONTO EVERY COURSE, PLEASE ONLY BOOK ONTO THE COURSES YOU WISH TO COMPLETE/ATTEND
ALL PARTS OF THE FORM MUST BE FILLED OUT TO PROGRESS THE BOOKING

IF YOU WOULD LIKE THE FORMS SENT THROUGH THE POST, PLEASE EMAIL US AT THE SAME EMAIL ADDRESS TO RECEIVE A S.A.E AND THE FORMS. IF YOU WOULD LIKE TO DISCUSS IT FURTHER, PLEASE CONTACT US ON 01872 308909 FOR FURTHER DETAILS.

WE CURRENTLY ACCEPT BOOKINGS FROM ANYONE AGED 18+ YEARS. YOU WILL NEED TO BE FULLY SIGNED UP WITH RECOVERY COLLEGE CORNWALL BEFORE YOU ARE ABLE TO ACCESS THE COURSES.

[HTTPS://WWW.PENTREATH.CO.UK/RECOVERY-COLLEGE-CORNWALL/ENROL/](https://www.pentreath.co.uk/recovery-college-cornwall/enrol/)