



RECOVERY  
COLLEGE  
CORNWALL

# Recovery College Cornwall



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**RECOVERY  
COLLEGE  
CORNWALL  
COURSES**

COURSE PROSPECTUS 2026-2027

[www.pentreath.co.uk](http://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: Boundaries & Assertive Communication
- Finding My Mojo: Confidence and Self-Esteem
- Mind Building: A Resilient Me & Project Me: Self-Awareness and Motivation
- Silver Linings: Depression, Low Mood & Coping Strategies
- It's Ok To Be Me
- Acceptance: Finding Your Path
- Sleep Wellness

## 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



Recovery  
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Cornwall



# 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/>



# Recovery College Cornwall



# 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.**

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 affects 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

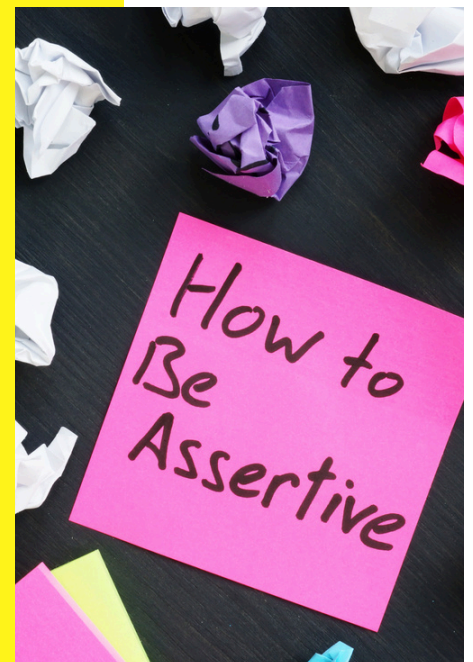
## Part A:

- 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: DEPRESSION, LOW MOOD & COPING STRATEGIES

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: CULTURE, STIGMA & MENTAL HEALTH

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



# ACCEPTANCE: FINDING YOUR PATH

1/2 DAY COURSE

## Session Aims:

- Understand what acceptance means to you
- Reflect on where you are now and where you want to go
- Understand what is helpful for you
- Identify how you can take small steps towards acceptance



# SLEEP WELLNESS

**1 DAY COURSE**

## **Session Aims:**

- **Understand what we mean by sleep**
- **Describe the historical influence and modern-day patterns**
- **Have awareness of circadian rhythms and the cycle of sleep**
- **Identify every-day and more serious sleep issues**
- **Describe and use tools to support better every-day sleep**



# 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](mailto:tracey@pentreath.co.uk)*



**WE HAVE COMPLETED  
BESPOKE COURSES  
WITH:**



# ART FOR WELLNESS (BEN KING)

**1/2 DAY COURSE PER SESSION**

**VENUE: HARRISON HOUSE, THREEMILESTONE INDUSTRIAL ESTATE, TRURO, TR4 9LF**

## **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”**



Recovery College Cornwall

Course Name: \_\_\_\_\_ Course Date: \_\_\_\_\_

**Learner Details**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Full address (you only need to provide the address should the person not have an email address): \_\_\_\_\_

Telephone number: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

**Learning Need Information**  
Information to be aware of: YES  NO

Do you have an additional learning needs you would like us to be aware of: YES  NO

Do you have any particular barriers in relation to your physical and emotional health which might prevent you from accessing this course (see guidance)? YES  NO

Do you have any additional learning needs you would like us to be aware of: YES  NO

Do you have any particular barriers in relation to your physical and emotional health which might prevent you from accessing this course (see guidance)? YES  NO

Do you require any of the following: (please tick all that apply and provide details where necessary):

Large print (18pt)	
Different colour paper (please state which colour)	
Any other requirement (please state)	
Access & assistance requirements	
Accessible parking bay (Blue badge holder)	
Accessible parking in the car park on arrival	
Wheelchair access	
Assistance with travel arrangements	
Water bowl for an assistance dog	
Assistance with travel arrangements	
Communication support	
Hearing Induction Loop	
BSL Interpreter	
Language Interpreter (please state)	

Reason for Referral: \_\_\_\_\_

# HOW TO REFER

**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/)**



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