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## Welcome

**The Recovery Academy is pleased to launch our new newsletter to help us connect further with our student community.**

The newsletter will be released at the start of each term and delivered straight to your inbox.



Have you got an idea for content? Would you like to get involved?

The Recovery Academy wants to hear from you.

To send ideas or get involved, please do not hesitate to get in touch.

## New term launch on World Mental Health Day

**The Academy is pleased to be launching our biggest offer yet on World Mental Health Day, 10th October 2023.**

This year's theme for World Mental Health Day is: **'Mental Health is a universal human right'**, meaning everybody, no matter who you are, deserves good mental health.

This is a message the Recovery Academy strives to promote, and is why all resources are open to everybody and value each and every perspective.

**New this term...**

**1) Face-to-face courses:** Confidence and strengths: surprising yourself and inspiring others; Understanding and Exploring Neurodiverse Experiences; Trust Your Gut; Wild Walks for Wellbeing; An Introduction to Relaxation Skills (returning); Shared Reading Groups (returning).

**2) e-Learning courses:** Strategies for supporting a child with (suspected ) Fetal Alcohol Spectrum Disorder; Boost your skills for spotting false (health) information.

**3) Media Hub:**

The first video podcast from our new series on **ikigai**.

**4) Self-help Resources**

Autism: Checklists, Toolkits and Top Tips; updated Cost of Living resources.

**5) e-Magazine**

Showcasing some creative work from the Recovery Academy student community and supporters, produced for World Suicide Prevention Day.



## The Recovery Academy core values



**Here at the Recovery Academy we wanted to take this opportunity to promote our core values across our student community.**

Our values represent the beating heart of the Academy

and centre around **inclusivity, hope, and empowerment.**

These values are embedded in everything we do via the **co-production approach**; meaning that resources are **co-developed** and **co-delivered** alongside people with **lived experience.**

This approach ensures the resources are **accessible, reliable, and informed from different perspectives,** creating an effective learning environment for all.

The co-production approach recognises, with equal weight, the value of everyone's experiences.

**Expert by experience facilitators** also provide a real sense of hope for students, and can themselves benefit from increased **self-esteem** and **confidence.**

Read below to hear from Kelly, a member of the Recovery Academy student community, who champions and embodies, the Academy's co-production approach.

## Spotlight on a Recovery Academy student

**Hi Kelly. How long have you been a Recovery Academy student?**

I have been a student at the Recovery Academy for 15 months now.

**How did you hear about the Recovery Academy and why did you join?**

I first heard about the Recovery Academy when I was a volunteer for Bridging the Gap at an away day for Bolton Living Well.

Then, after an attempt on my life, the mental health practitioner suggested I gave the Recovery Academy a try.

**What impact has being a Recovery Academy student had on your wellbeing?**

Since being a student at the Recovery Academy, **I have learnt more resilience,** and although things still happen, I handle them in a completely different way.



**What is the most valuable thing you have learned?**

The most valuable thing I have learned at the Recovery Academy is that **I have a purpose and I am worth something.**

**Do you have any favourite moments or memories?**

I have enjoyed everything at the Recovery Academy, but my most memorable moments are when I was given the opportunity to be involved with co-designing and co-facilitating courses.

I was also invited to take part in interview panels as a service user representative to help recruit GMMH staff members for specific roles. This is something I never imagined I'd be doing.

And last but not least, the staff who believed in me will always play a part in my memories as they have helped me to grow and become who I am today.

Thanks for everything.

**Thank you Kelly.**

## Reflecting on last term

### The Recovery Academy's 10th birthday!



The Recovery Academy celebrated its 10th birthday on 1 April and reflected on how much it has grown—from 11 resources in 2013 to over 250 resources (face-to-face and digital) in 2023.

This was an opportunity to thank everyone for their support; as a member of the Academy's student community, a tutor facilitating its courses, or someone who supports and promotes the Academy.

Thank you.

### World Suicide Prevention Day

To mark this day, the Recovery Academy had a stall at The Curve staffed by Recovery Academy supporters that shared information on local crisis services, events taking place across GMMH, and messages of hope from the Recovery Academy student community.

There was also a 'Walk of Hope' along the Green Health Walk at the GMMH Prestwich site. This was a great opportunity to see the 'greener' side of the Prestwich site as well as connect with other students and supporters.



## The Academy and its wider work

**Did you know that the Recovery Academy also works to tackle mental health stigma and support organisational change?**

This is something the Recovery Academy is passionate about, both across GMMH services and within the wider community; we want to make mental health and wellbeing **everybody's business**.

One example of this work can be seen via the **Academy's partnerships with external organisations** including Greater Manchester Supported Housing services, Metrolink, and Greater Manchester Faith Leaders.

Together we have co-produced and co-delivered training courses addressing a range of identified needs such as raising awareness around mental health, upskilling front line workers, improving relationships between services and supporting wellbeing at work.

We also strive to support the transformation of mental health services from something which happens to people, to **supporting people to achieve their goals**, whatever they may be.

The Recovery Academy champions and supports co-production across GMMH services in many ways. One

example of this centres around the **development and implementation of Peer Worker roles**. These roles provide opportunities for people with lived experience to support the delivery of services and enhance the support available.

The Academy also supports **wider engagement opportunities**, including service user representative roles across service development groups, recruitment panels, and service inspections.

**Want to get involved?**

Want to increase engagement in your area? Get in touch!

## We are listening...

### You said...

“Why isn’t the prospectus on the Recovery Academy website? It’s hidden away on the main GMMH website”.

“There should be links to ‘crisis resources’ on the website that everyone can see, e.g. the crisis helpline”.

### We did...

We’ve **refreshed our menu header** so you can now directly view / download the latest prospectus from our website.

Our menu header now includes **‘I need help now’**, which directly links to GMMH Crisis Care and other crisis services. These can be viewed by **anyone**.

## Good to know ...



### Recovery Academy Inbox

This is monitored during **working hours**:

**Monday to Friday**

**9:00 am to 5:00 pm.**

If you request a place on a course or get in touch outside these hours, the Recovery Academy administrator will only pick this up the **next working day**.

### Booking face-to-face courses

Don’t forget that once you have placed your order for a face-to-face course, you still need to request the **date** you would like to attend.

To do this, go to the **‘My courses’** section of your account. Then click on the **‘Start’** button.

From here, select the **date** you would like to attend by clicking on **‘Go to event’** under ‘actions’. Then **‘request a place’**.

You’ll then either get an email confirming your place or letting you know that you’re on the waiting list.




## Get in touch


To **unsubscribe** from the newsletters (1 per term), please email the Recovery Academy inbox.



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