Recovery College
LEARN
GROW
INSPIRE
St Mungo’s Broadway
Recovery College

Today’s presentation:

1. Introduction
2. The Curriculum
3. Ethos & Principles
4. Outcomes
Introduction

• Set up Autumn 2012 – completed 5 terms
• First year 573 students, 101 different courses
• A different approach to education & recovery
• Adapted from the Recovery College model established in NHS Mental Health Trusts
• First Recovery College established within the homeless sector
The Curriculum

• Personal Development

• Getting Active

• Health & Wellbeing

• Creativity & Self-expression

• Knowledge & Curiosity
The Curriculum

The 100+ courses have included -

Ethos & Principles

• Open to all
• No assessment of any kind (need, risk educational)
• Self-referral only
• Identity as a student
• All tutors are volunteers
• Co-produced design and delivery of courses
Ethos & Principles

Removal of hierarchies -

• “It has been very interesting to sit in a room where nobody (including myself) knew whether the rest of the students were ‘clients’, ‘staff’, or ‘volunteers’. All interaction has been based on mutual respect, as opposed to any notion of hierarchy, which has proven to be an ideal environment for the exchange of information and experiences”.

Recovery College Tutor
Ethos & Principles

• The provider ‘stepping back’
• “An essential component in the development of the college has been the organisation investing requisite trust in students to create the college they desire”
• Staff facilitate the approach; do not govern
• Students are the decisions makers: curriculum, working group, etc.
• Students are also tutors, volunteers, administrators.
Ethos & Principles

Accessibility

• Challenges ideas of ‘non-engagement’; due to providers structure/ programme – not the individual.
• Removal of any barriers – no assessments/criteria.
• Courses are inclusive
• No pressure – always welcome
• Approach based on choice, creation of a safe space and a warm welcome.
Ethos & Principles

The educational experience:

• Based on the belief that education is transformative
• Learning for learning’s sake
• Fostering a love of learning
• Focus on interests not deficiencies
• The knowledge is in the room
• No accredited courses
Outcomes – The Students’ View

Participating in The Recovery College

• strengthens a sense of self (self-confidence, self-esteem, sense of achievement, sense of control)
• gives a sense of purpose, meaning and value
• provides social interaction
• helps people to address depression, addictions and aids recovery
• provides a sense of belonging/inclusiveness
• provides a sense of acceptance
• provides more than education, but insight, generated between participants

Its focus is not on getting a job, but engagement with the process of education and building up confidence.
Outcomes - Reporting

- **Improved wellbeing** as a result of participating in education, **developing social networks** and making **meaningful use of time**
- **Increased motivation** and **confidence** to seek **further opportunities** as a result of being involved
- **Value for money**
Contact details

Please get in touch to find out more:

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