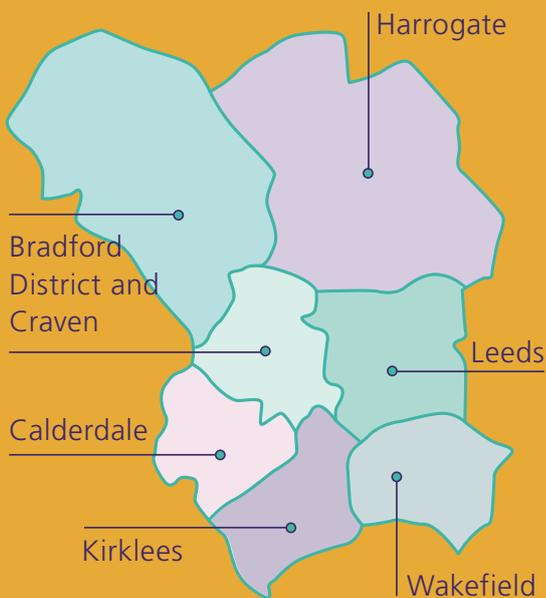


# Telling our Partnership story



## Proud to be the West Yorkshire and Harrogate Health and Care Partnership

Committed to improving the health and wellbeing of people living in:



- > Working to improve people's health with and for them
- > Improving people's experience of healthcare
- > Making every penny in the pound count
- > Working to keep people well and make life better for 2.6 million people living in West Yorkshire and Harrogate.

West Yorkshire and Harrogate Health and Care Partnership



## Recovery Colleges

### Our ambition

Mental health services are under pressure with rising awareness and limited resources. Part of the solution lies in the way we support people with mental health issues, increasing the offer for support and recovery in communities. We know that community-based solutions are best to help people to manage their health conditions as effectively as possible.



## What we are doing

South West Yorkshire Partnership NHS Foundation Trust runs a network of recovery colleges in Calderdale, Kirklees, Wakefield and within forensic services at Fieldhead Hospital.

**Colleges focus on developing people's strengths, helping them understand their own challenges and how they can best manage these in order to live fulfilling lives.**



Courses are developed and delivered by people with lived experience of health problems alongside professionals.

Recent evaluation of learners' progress at Wakefield & 5 Towns Recovery College found that **29% of students have self-reported a decrease in their contact with health services** and 18% have gone into employment, volunteering or education following attending the college.

## What next?

Some of the colleges are already offering training packages to workplaces and there are plans to extend the offer across the region to help raise awareness of mental health issues and reach even more people.

South West Yorkshire Partnership NHS Foundation Trust has received enquiries from professionals around the world looking for advice about setting up a recovery college.

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A partnership made up of the NHS, local councils, care providers, Healthwatch, community and carers organisations.

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West Yorkshire and Harrogate  
Health and Care Partnership

