



Frequently Asked Questions

How is the content of the courses designed?

All courses delivered by Recovery College East are co-designed and will be co-delivered by a tutor with lived experience of mental health challenges, and an NHS employee or expert from an external organisation. All courses will go through a rigorous quality assurance process.

Why is it important for a person with lived experience to co-produce and co-deliver all the courses?

People with lived experience model recovery and are able to instil hope in others. They provide insight and inspiration to people who receive services, CPFT staff and other supporters.

What's in it for me?

Courses offered at the college will help develop your knowledge and skills about recovery and mental health. Your study at the college may be a stepping stone to other learning opportunities and/or may be part of your personal/professional development.

What if I want to bring a family member or friend with me?

Everyone is welcome and stands to benefit from attending the college. All we ask is that your supporter enrolls on the same course and participates as a student.

Where can I get more information from?

More information about the college can be found on our website at:

www.cpft.nhs.uk/recoverycollege.htm

or you can contact us by e-mail at:

recoverycollegeeast@cpft.nhs.uk

or telephone the Recovery College Team on:

01223 227510 for Cambridge

01733 746660 for Peterborough.

What if I can't attend?

We understand that sometimes things happen that get in the way of our plans - eg, transport difficulties, being unwell or other competing commitments. We expect you to contact the Recovery College Team if you are unable to attend. If you would like to withdraw from a course, please let us know as soon as possible so your place can be offered to someone else.

Do I have to attend every session?

It is important to attend all the planned sessions for your course unless an emergency arises.

How much do the courses cost?

All courses are currently free if you meet our eligibility criteria.

Do I need books or other equipment for the classes?

It will be helpful for you to bring along a notebook and pen. The course tutor will provide other materials if needed.

How will the college monitor my learning?

Each student will develop a Learning Plan (MLP) with a tutor. Your MLP will help you monitor your learning and chart your progress towards attaining the learning goals you set.

Who are the tutors?

Tutors for the courses may be peers, CPFT staff or staff from other organisations. All tutors will be qualified to teach at the college.

Is food and drink provided?

Most of the venues offer tea and coffee although sometimes this may need to be purchased. We are not able to provide lunch but our colleges do have a small 'tuck shop' where you can purchase a variety of snacks. You are welcome to bring your own lunch and snacks when you attend courses.