

MARCH 2017

Health and Wellbeing College spring semester

Pennine Care's Health and Wellbeing College is now enrolling students for the spring semester.

The college offers a range of recovery-focused educational courses, aimed at supporting people to recognise their potential and make the most of their talents and resources, through self-management.

This will help them to deal with any health challenges they may experience and achieve the things they want in life.

Please share this information with colleagues and patients/clients as appropriate.

The spring semester will run from May to July 2017.

This briefing provides further information about the college, along with a link to the college prospectus.

About the courses

The college now offers more courses to cover a mix of mental and physical health topics and life skills.

The courses aim to be fun and interactive and will vary in length and duration. A number of different learning styles will be offered, to ensure there is something for everyone.

Every single course is fully co-produced. This means that it is jointly developed by experts by profession (someone with professional skills or knowledge) and experts by experience (someone with skills or knowledge gained through living with a particular condition or health challenge).

Who is the college for?

The college is for anyone aged 18 years and above who lives in Bury, Heywood, Middleton, Rochdale, Oldham, Stockport, Tameside or Glossop.

People are welcome regardless of whether they have a health condition or challenge, or they simply want to improve their health and wellbeing.

The college also welcomes those who care for someone – including friends, family and loved ones, as well as any staff working for Pennine Care.



How to enrol

People can enrol for the winter term between now and 13 April 2017.

Further information

Further details about the college, courses and how to enrol are provided in the college prospectus. This is available at www.mhmc.penninecare.nhs.uk/HWCollege

People can also contact the college at the following details:

- Telephone: 0161 716 2666
- Email: hwcollege.penninecare@nhs.net
- Facebook: @Health and Wellbeing College