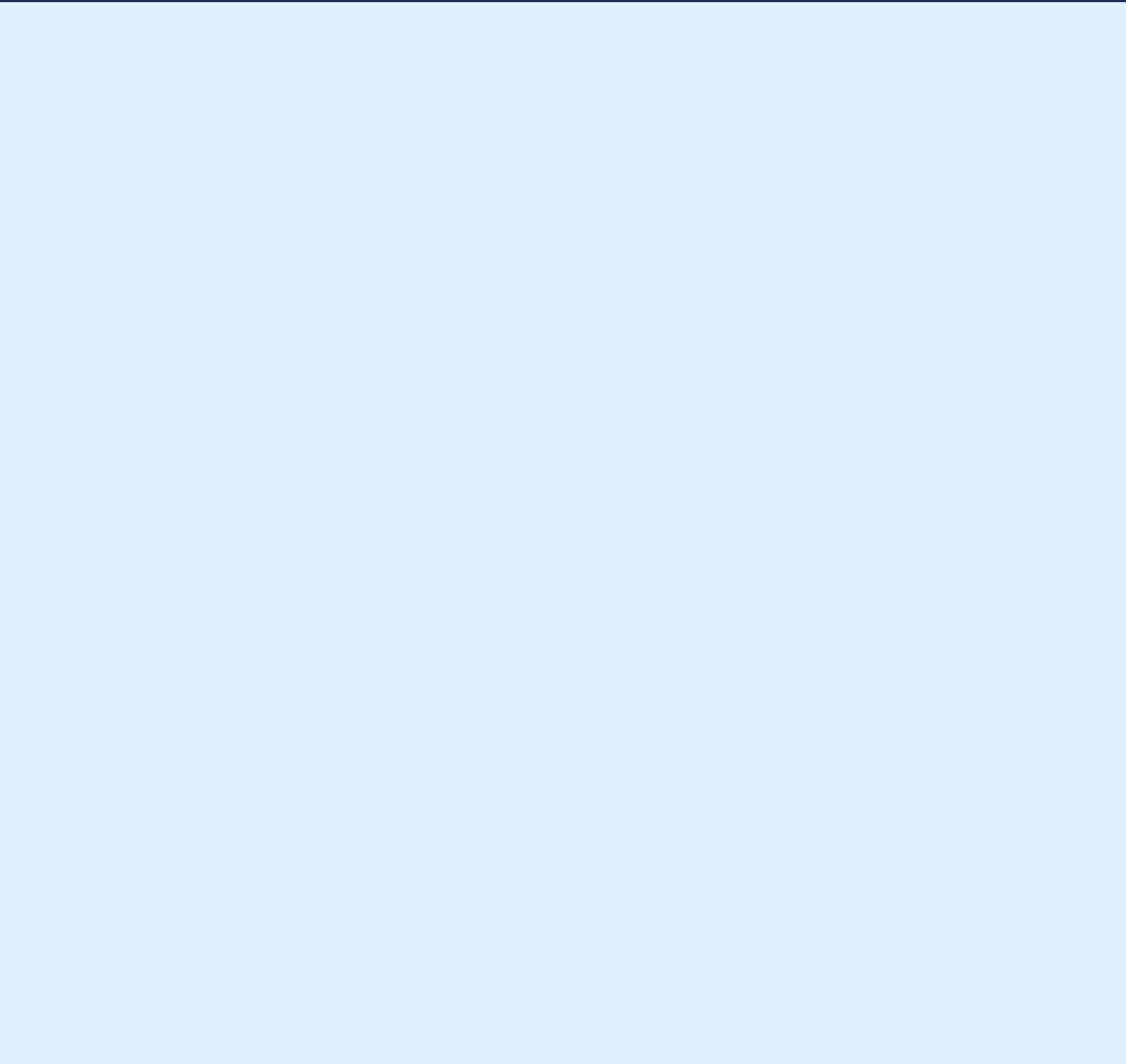




RECOVERY COLLEGE

FOR THE LIFE YOU WANT TO LEAD

2022–2023 Prospectus



WELCOME TO THE HELP FOR HEROES RECOVERY COLLEGE

**We're here to help you find the pathway to
a healthy, purposeful and secure life.**

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INTRODUCTION



WHAT IS RECOVERY?

Recovery is about finding ways to live a healthy, purposeful, and secure life, despite the challenges of an ongoing injury or illness.

When a military career comes to an end for medical reasons, the future can seem overwhelming. We're here to help you take steps in your recovery journey that put you in control of your future.

Recovery Colleges use an educational approach to enable students to realise their aspirations, take control of their recovery and improve their wellbeing. Usually, these colleges are embedded within the NHS and focus on mental wellbeing. Uniquely, the Help for Heroes Recovery College unites all areas of recovery expertise for veterans and families within the college model, which includes physical health and psychological wellbeing, clinical support, and welfare. We are the first Recovery College which specifically supports Veterans and their families.



WHAT WE DO

We deliver education courses so that veterans and families can develop key skills and knowledge to help them on their recovery journey.

Our Recovery College is based on three principles: HOPE, CONTROL and OPPORTUNITY, and every course is designed with these principles in mind:

HOPE: that, in the face of what seem like overwhelming challenges, a meaningful life is possible – gained by viewing how others have found their own way forward, sharing experiences and gaining confidence in a safe and supported environment.

CONTROL – focused on wellbeing, self-management, and individual strength to help students regain control over what they want in life, the path that their journey takes them on, and how they might receive help along the way.

OPPORTUNITY – to do the things that make life worthwhile, to have a place in the world, and a connection to the people in it – part of Recovery is being able to take on meaningful, satisfying, and social roles within local communities.

The college supports students in realising and utilising their strengths by focusing on what they can do, not what they might find challenging to do.

HOW WE DO IT

Our courses are co-produced and co-delivered by our recovery staff, which includes people who have been, or are currently going through, the recovery process. We understand that the challenges you and your family may face when leaving the military because of illness or injury can be complex. Those who have already embarked on a recovery journey often have the best insight into what will help you.

Our courses are delivered virtually via Microsoft Teams and are complemented by self-help guides that you can access online. All of our courses are free of charge.

OUR PROMISE

FOCUS ON YOUR RECOVERY

We work with you to understand your goals and create a plan based on your individual needs. We review and adapt our courses so they have the best possible impact on your recovery.

ENCOURAGE SELF-MANAGEMENT

We encourage you to set your own recovery and life goals and take ownership for achieving them. We do this by developing strategies and skills to help you live the life you want to lead.

WORK TOGETHER

We work with professionals, those with lived experience and like-minded organisations, to make sure you receive first class support.

PROMOTE INCLUSIVITY

We offer equal opportunities to learn. We encourage open and honest communication, and pride ourselves on creating a supportive and positive learning environment.



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PROGRESSION IS AT THE HEART OF THE RECOVERY COLLEGE

We recognise that recovery is deeply personal and different for everyone. Our aim is to make sure that wherever you are in your recovery journey, and whatever challenges you face, you are moving forward and closer to the life you want to lead.

LEARNING SUPPORT: OUR COMMITMENT TO YOU

We offer a safe learning environment and give everyone who attends the Recovery College an equal opportunity to succeed. If you have any special requirements, please speak to a member of our team, who will be happy to assist.

EQUALITY AND DIVERSITY

We are committed to providing accessible services to all. All who enrol are treated with dignity and respect and we can make any reasonable adjustments required to support your learning journey. We do not discriminate on the basis of race, religion, colour, national origin, gender, sexual orientation, age, marital status or disability.

OUR COURSES

Our focus is on delivering education to support you on your recovery journey. None of the courses are assessed and there is no 'pass' or 'fail'. Our courses are currently available in three formats to suit your individual needs:

SELF-HELP GUIDES

Our self-guided material can be found on the Help for Heroes website and covers a range of topics. There are exercises you can do at home and you can develop your learning at your own pace.

To get started visit: [**https://h4hweb.com/selfhelp**](https://h4hweb.com/selfhelp)

- + Getting Started
- + A Guide to Recovery
- + Setting SMART Goals
- + Eating Well
- + Sleeping Well
- + Owning Your Daily Routine
- + Yoga for Wellbeing
- + Managing Anxiety
- + Making a Wellness Action Plan
- + Lessons from the Battlefield
- + Living With Low Mood and Depression
- + Understanding Anger

For the most up to date information on our courses please visit:
[**https://h4hweb.com/RecoveryCollege**](https://h4hweb.com/RecoveryCollege)

ONLINE GROUP COURSES

A facilitator will lead and guide these online courses. They will run through the subject matter and help everyone take an active part and get the most out of the course.

These courses are delivered online to you wherever you are via Microsoft Teams and allow you to expand on some of the subjects delivered in our self-help guides. The courses are designed and delivered by veterans and families with lived experience in partnership with professionals with training and expertise. There is a maximum of eight students per course. The small group size means everyone can contribute and ensures we provide the right level of support. Each module lasts no more than 3.5 hours (including breaks).

If you would like to attend any of these courses and are already engaged with Help for Heroes, then please speak to your Case Manager. If you are not already engaged with Help for Heroes, please register your interest at **helpforheroes.org.uk/getsupport**

- + What is Recovery?
- + Setting SMART Goals
- + Preparing to Take Positive Action
- + Wellness Action Plan
- + The Art of Sleep
- + Better Food, Better Nutrition, Better Life
- + Expression: Making Sense of Me
- + Being Anxious, Feeling Worried?
- + Mind, Mood and Body
- + You, Me and Anger
- + Living With Low Mood and Depression
- + Financial Wellbeing: Taking Back Control
- + Living With and Beyond Your Pain
- + Suicide Awareness and Self Help



FACE-TO-FACE DELIVERY

+ The Pathfinder Experience

The Pathfinder Experience is a course exclusively for veterans and is run face to face in three locations: Wiltshire, The Lake District and South Wales. The course is facilitated by coaches with previous military experience and is delivered in three phases:

INSPIRE
ENABLE
SUPPORT

SELF-HELP GUIDES

Phase 1 Prepare

Getting Started

A Guide to Recovery

Phase 2 Move Forwards

Setting SMART Goals

Eating
Well

Sleeping
Well

Owning
Your Daily
Routine

Yoga for
Wellbeing

Managing
Anxiety

Making
a Wellness
Action Plan

Lessons
from the
Battlefield

Understanding
Anger

Living with
Low Mood and
Depression

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+ Getting Started

Starting anything new can be daunting. The aim of our 'Getting Started' guide is to show you how to get the most out of your learning experience. It gives you tips on setting up your home learning environment and offers guidance on taking care of yourself as you progress through the modules.

+ A Guide to Recovery

This guide encourages you to think about what recovery means to you and helps you to identify opportunities to move forward. We introduce you to methods and strategies that will help you to take control of and manage your own recovery journey.

+ Setting SMART Goals

Goal setting is important and helps you to keep moving forward in your recovery journey. This guide takes you through the process of goal setting by encouraging you to think about what you want and need from life.

Questions you may consider when goal setting include:

- What would you like to achieve by the end of today, this week, this month, and beyond?
- Do you know what you want to be doing next year?
- Are you clear about the main objectives in your life and your recovery journey?





+ Owning Your Daily Routine

There are lots of benefits to having a healthy daily routine, with small, simple changes often helping to reduce stress and increase positivity. In this guide, we offer useful hints and tips to consider when planning your day.

+ Living With Low Mood and Depression

This guide will help you to better understand how low mood and depression can affect you; and how you can apply positive strategies to improve your overall wellbeing.

+ Eating Well

What you eat can have a big impact on your physical and mental wellbeing. This guide helps you make positive changes to your diet so you can enjoy a more healthy, happy and balanced lifestyle. You will learn about nutrition and discover some simple tools to keep your healthy eating on track.

+ Sleeping Well

A good night's sleep helps protect your mental and physical health, improves your quality of life, and helps your body to repair itself. This guide takes you through the sleep cycle, explains some common causes of sleep problems, and teaches simple techniques for a good night's sleep.

+ Yoga for Wellbeing

Did you know that yoga isn't just about flexibility and stretching? It can improve your physical fitness and mental wellbeing too. Yoga can help you sleep better, give you an energy boost and even prevent cravings. In this guide, we introduce yoga and its benefits through a series of videos, suggesting techniques to help you feel calmer, healthier and more resilient.

+ Managing Anxiety

Daily life can take a huge toll on our wellbeing and if you live with anxiety you may find your worries are easily heightened. This guide offers tips and advice on practical things you can do at home to help manage anxiety.

+ Making a Wellness Action Plan

This guide helps you to understand what motivates you and how you can manage and boost your own wellbeing.

You will create your own Wellness Action Plan by:

- Learning tools and strategies to maintain your wellbeing
- Understanding how environmental factors affect your wellbeing
- Understanding coping strategies and what makes them effective.

+ Understanding Anger

Anger is a normal human emotion that we all experience from time to time, but when our anger becomes a problem it can lead to difficulties in our day to day lives. This guide offers tips and advice to help you manage anger.

+ Lessons from the Battlefield

This guide covers the tips and tools our recovery teams deliver to veterans and their loved ones who have experienced traumatic events or have been affected by working in high-intensity situations.

The guide is split into four parts:

1. Body in Action

The tips and tools in this workbook are ones we work through with veterans who are experiencing symptoms of stress. It includes a simple breathing video, which takes just a few minutes and can be really effective in helping you to manage your stress levels, making you feel calmer and more relaxed.

2. Emotion in Action

This is an emotional wellbeing toolkit which has helped many of our veterans to successfully handle stress and adapt to change and difficult times. It also includes a short breathing video to help soothe emotions.

3. Mind in Action

The tips in this workbook, along with another short breathing space video, will help calm an overactive or anxious mind.

4. Support for our loved ones

This resource offers tips on how loved ones can look after themselves, as well as recognising the signs that their loved one is struggling with their mental health. It also offers guidance on how to seek help.

ONLINE GROUP COURSES



If you wish to attend any of these courses and are already engaged with Help for Heroes, then please speak to your Case Manager. If you are not already engaged with Help for Heroes but wish to attend, please register your interest at **helpforheroes.org.uk/getsupport**.

Someone will get in touch with you to discuss your choices and upcoming course dates.

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COURSE STRUCTURE

Our courses are structured to allow for and encourage progression. They are divided into three stages and offered throughout the year.

React and Adjust

Prepare for your Recovery College journey by attending introductory courses that empower you to find hope. You will develop a basic understanding of the concept of recovery and what it means to you. You will also discover ideas and techniques to assist with the self-management of your wellbeing.

Discover and Prepare

This term gives you the opportunity to develop a more detailed understanding of your areas of interest. You will expand your knowledge, confidence and skills, and improve the self-management of your overall wellbeing.

Rebalance and Thrive

In term three you will finalise the next steps in preparation for your future. These courses help you focus on personal growth and moving beyond the Recovery College. For some, it is an opportunity to consolidate learning; while for others, it may be the start of a new path.

Stage 1

What is Recovery?
SMART Goal Setting
Wellness Action Plan 1: Creating
Better Food, Better Nutrition, Better Life
Preparing to Take Positive Action
The Art of Sleep
Expression: Making Sense of Me
Mind, Mood and Body

Stage 2

Pathfinder Inspire and Enable
Wellness Action Plan 2: Developing
Being Anxious, Feeling Worried?
You, Me and Anger
Living with Low Mood and Depression
Financial Wellbeing: Taking Back Control
Living With and Beyond Your Pain

Stage 3

Pathfinder Support
Wellness Action Plan 3: Maintaining
Suicide Awareness and Self Help

To get the most out of your Recovery College experience, we suggest starting with courses in Stage 1 and progressing from there.

MEET AND GREET SESSIONS

When you sign up to a virtual facilitated course, you will be invited to attend a pre-course session with facilitators and students. The session takes place at least a week before the start of your course and lasts one hour. You access the session online using Microsoft Teams.

The session gives you the opportunity to:

- Meet your course facilitators and fellow students.
- Understand the format of your course and test your Microsoft Teams software.
- Organise any tools or equipment you might need to complete your course .
- Prepare for working from home, including learning how to juggle the demands of family life and the importance of taking regular breaks.
- Establish ways of working with the group, so that you feel comfortable and confident taking part when your main course starts.

Benefits of these sessions include:

- Troubleshooting any IT problems in advance of your course start date.
- Testing online learning, possibly for the first time.
- Getting to know your fellow students and course facilitators in an informal way.



WHAT IS RECOVERY?

Is this the course for me?

This course considers what recovery means to you and how you can take the next steps in your journey.

Course highlights:

- Understanding the definition of recovery.
- Considering the concept of hope in recovery.
- Identifying opportunities that can help you move forward.
- Discussing methods and strategies to help you take control and manage your own journey.

Course benefits:

- Helping you to understand your current recovery position.
- Developing a positive strategy for your next steps.

Course contents:

- 1x meet and greet session.
- 1x 2.5 hour module.

SMART GOAL SETTING

Is this the course for me?

Goal setting is important and helps you to remain focused on your recovery journey. Have you thought about what you want to achieve by the end of today, this week, this month' and beyond? Are you clear about the main objectives in your life and your recovery journey? Do you know what you want to achieve now and in the future? These are just some of the questions we'll help you to consider on this course.

Course highlights:

- Learning and applying the SMART method of goal setting.
- Reflecting on and reviewing your goals to ensure they remain SMART.

Course benefits:

- Taking control of your direction in life through goal setting.
- Setting a benchmark for determining whether or not you are actually succeeding.

Course contents:

- 1x meet and greet session.
- 1x 2.5 hour module.

PREPARING TO TAKE POSITIVE ACTION

Is this the course for me?

Taking control and deciding to take action can be really overwhelming. Knowing where to start and how to focus your energy to improve your situation can feel like an impossible task. This course will help you break this process down and give you an insight into the different approaches you can take to make this process more manageable. It will help you to identify ways to gain perspective on your current situation and take positive action in the areas you would like to change.

The course is split into five modules:

1. Introduction and Ways of Working.
2. Wheel of Life: Discover how the Wheel of Life can be a helpful tool to review priorities and set actions in the areas you want to focus on.
3. OSCAR: This stands for Outcome, Situation, Choices, Action and Review and is a coaching model used to help with better decision making. Practice applying the OSCAR model to your recovery journey.
4. Forward Thinking: Recognise potential barriers to change and learn how to overcome them.

- Review and Reflect. Pause and reflect on how far you've come on your recovery journey and the next steps you'd like to take.

Course highlights:

- Gaining perspective on your current situation.
- Learning how to take positive action in the areas of your life you'd like to change.

Course benefits:

- Introducing you to tools and skills that will help you navigate and implement positive changes in your life.
- Using the tools you've learnt and your new found self-awareness to move forward in life with confidence in your abilities and the power to take action.

Course contents:

- 1x meet and greet session
- 5x 2.5 hour modules. The first four run over consecutive weeks, and the final module runs approximately one month after module 4.



ONLINE COURSES ▲

WELLNESS ACTION PLAN

Is this the course for me?

This course will help you understand what nourishes and diminishes you. It also helps you to identify behaviours and activities that are beneficial for your wellbeing. By the end of the course you will have your own Wellness Action Plan to follow.

Learning is split into three phases:

Part 1: Creating your Wellness Action Plan

Part 2: Developing your Wellness Action Plan

Part 3: Maintaining your Wellness Action Plan

Course highlights:

- Learning tools and strategies to maintain your wellbeing.
- Understanding how environmental factors affect your wellbeing.

- Understanding coping strategies and what makes them effective.

Course benefits:

- Understanding the purpose of a wellness action plan.
- Learning how to manage and boost your own wellbeing.
- Creating your own definition of wellness and a personal wellness action plan.

Course contents:

- 1x meet and greet session.
- 3 x 2.5 hour modules – Parts 1, 2 and 3 are approximately one month apart each.



ONLINE COURSES ▲



THE ART OF SLEEP

Is this the course for me?

This course gives you advice on how to sleep well. Getting a good night's sleep helps protect your mental and physical health, improves your quality of life and helps your body repair itself – all key elements to maintain during your recovery journey.

Course highlights:

- Understanding the role sleep plays as an essential part of maintaining wellbeing.
- Understanding the sleep cycle and common causes of sleep problems.
- Learning how to keep an effective sleep diary.

Course benefits:

- Understanding the impact of poor sleep on your body and mind.
- Learning techniques and strategies to use at home which will benefit your sleeping pattern.

This course does not address individual circumstances in-depth. There is further support available on a one-to-one basis should you need it. Please speak to your Case Manager if you think you would benefit from this.

Course contents:

- 1x meet and greet session.
- 3x 2.5 hour modules run over consecutive weeks.

BETTER FOOD, BETTER NUTRITION, BETTER LIFE

Is this the course for me?

This course is for students who want to make positive changes to their nutrition lifestyle. To gain the most from this course it will take commitment, but the positive impact will soon become apparent.

Course highlights:

- Gaining an understanding of your current situation and eating habits
- Exploring all the basic food groups
- Understanding portion size and the importance of hydration
- Discovering the ingredients needed for a healthy balanced meal
- Learning how to deal with a bad day
- Creating strategies to ensure sustainability.

Learning is split into three phases:

Part 1: Better food

Part 2: Better nutrition

Part 3: Better life

Course benefits:

- Learning the importance of a healthy nutritional lifestyle
- Gaining a clear perspective of your current situation
- Developing knowledge, skills and strategies to reach your future goals
- Sustaining a more healthy, happy balanced lifestyle.

Course contents:

- 1x meet and greet session
- 3x 2.5 hour modules – Parts 1, 2 and 3 are approximately two weeks apart each



ONLINE COURSES ▲

EXPRESSION: MAKING SENSE OF ME

Is this the course for me?

Self-expression is the art of capturing your own thoughts in a way that is useful to you. Using different techniques, this course will help you identify tools and techniques to express yourself authentically.

Course highlights:

- Understanding what self-expression is, how it works and how it could benefit you.
- Identifying the right questions to ask yourself to start your own self-expression journey.
- Learning how to use different techniques and materials to support your self-expression journey, such as journaling, diarising and scrapbooking.
- Feeling comfortable and confident about self-expression.

Course benefits:

- Feeling empowered as an individual to confidently and comfortably express yourself.
- Understanding how to articulate your internal thoughts.
- Improving your communication, creativity, and ability to be honest with yourself about how you are feeling.
- Noticing and capturing your thoughts in a productive way.
- Learning how to review and revisit your thoughts and then learn from them.

Course contents:

- 1x meet and greet session.
- 1x 2.5 hour module.

BEING ANXIOUS, FEELING WORRIED?

Is this the course for me?

This course will help you increase your self-awareness and understanding of anxiety, stress and worry. You will also learn how to incorporate activities into your daily life to improve wellbeing.

Course highlights:

- Defining what anxiety, stress and worry mean to you.
- Understanding the effects of excessive anxiety, stress, and worry on your mind and body.
- Recognising the causes of anxiety, stress and worry.

Course benefits:

- Improving your overall wellness by learning self-help techniques to manage anxiety, stress and worry.

Course contents:

- 1x meet and greet session.
- 2x 2.5 hour modules run over consecutive weeks.

MIND, MOOD AND BODY

Is this the course for me?

Mind, mood and body are all connected and understanding the links between them can help as part of your recovery journey. This course improves your understanding of what affects wellbeing and suggests strategies to improve your psychological health. It uses evidenced-based techniques such as compassionate mind training and mindfulness.

Course highlights:

- Understanding what makes the military mind tick.
- Gaining an understanding of common mental health issues.
- Understanding the connection between thoughts, feelings, physiology and behaviour.
- Identifying effective tools and coping strategies for common mental health conditions.

Course benefits:

- Understanding what factors impact on your wellbeing and the wellbeing of family members.
- Learning useful strategies to improve the overall wellbeing of your family.

Course contents:

- 1x meet and greet session.
- 3x 2.5 hour modules run over consecutive weeks.

YOU, ME AND ANGER

Is this the course for me?

Anger is a normal human emotion that we all experience from time to time, but when our anger becomes a problem it can be distressing and lead to difficulties in our day to day lives. This course explores the triggers of anger and identifies ways to reduce its impact on your life and the lives of those around you.

Course highlights:

- Exploring how our experiences and lifestyle can create triggers for anger.
- Understanding our emotions and how anger can become an issue if we no longer feel in control of it.

- Developing a range of strategies that lead to more constructive courses of action.
- Learning useful techniques that help to make more positive use of anger.

Course benefits:

- Understanding the causes of anger.
- Developing skills and tools to help you better manage and cope with the effects of anger.

Course contents:

- 1x meet and greet session.
- 4x 2.5 hour modules run over consecutive weeks.

LIVING WITH LOW MOOD AND DEPRESSION

Is this the course for me?

This course gives you a better understanding of low mood and depression and how it affects you. It also helps you to develop strategies to improve your overall wellbeing.

Course highlights:

- Defining what low mood and depression are.
- Understanding the impact and effects of low mood and depression.
- Recognising your own signs and symptoms.
- Considering ways of managing the effects of low mood and depression.
- Creating a toolbox of strategies that work for you.

Course benefits:

- Understanding low mood and depression and how it affects you.
- Developing positive coping strategies.
- Managing low mood and depression effectively.

Course contents:

- 1x meet and greet session.
- 2x 2.5 hour modules run over consecutive weeks.



ONLINE COURSES ▲

FINANCIAL WELLBEING: TAKING BACK CONTROL

Is this course for me?

Your financial wellbeing can impact on so many areas of your life. This course goes back to basics, giving you a foundation on which to improve your finances. To gain the most from this course you will need to be prepared to acknowledge and engage with your current financial situation. It will take ongoing commitment, but we are here to support you and you will soon see the benefits.

This course provides general guidance; we are unable to provide advice for your specific situation. If you are currently experiencing significant financial hardship, please speak to your Case Manager in the first instance, as this course may not be suitable at this time.

Course highlights:

- Understanding debt, budgeting and good money management.
- Recognising situations that trigger non-essential spending, and planning and reviewing accordingly.
- Building a toolkit of financial support, guidance and resources.
- Planning for your future.

Course benefits:

- Learning positive ways to manage your finances that are personal to you.
- Considering the bigger picture of your overall financial wellbeing when making decisions about money.
- Developing healthy habits when it comes to spending, saving and planning for your future.

There is no expectation for disclosure of your personal financial circumstances during this course.



This course has been co-produced in partnership with the wealth management business St James's Place, which runs financial education as part of their services. It is delivered by Help for Heroes peer trainers and St James's Place partners.

Course contents:

- 1x meet and greet session.
- 4 x 2.5 hour modules run over consecutive weeks.



LIVING WITH AND BEYOND YOUR PAIN



Is this the course for me?

Over six modules this course will give you the skills to think re-training your pain system through understanding of your body's incredible processes, and some of the science behind why your body works as it does. We will seek to understand how pain can influence your energy and identify helpful strategies to help support and manage its impact. We will also examine how body and mind come together when we experience pain, and how – by considering your awareness – you can re-frame your relationship with pain.

This course is not designed to cure your pain. It approaches pain from the whole body perspective and incorporates a number of practical exercises and activities to help you manage your pain on a daily basis. It requires an open mind, a willingness to learn, and the confidence to make changes to help you live with and beyond your pain.

The information provided within this course will give you a greater understanding of how your pain system works. It will give you the confidence to speak more openly about your pain experience; consider your options for support; and help you make more informed decisions about how to live with and beyond your pain.

Course highlights:

- Understanding what is happening when we experience pain.
- Identifying your own responses to pain and coping strategies you can apply.
- Exploring how to talk about your pain.
- Recognising your role in your pain management.

Course benefits:

This course has been co-produced by Help for Heroes and Breathe and Recover, who practice the Living Yoga Method and deliver specialist yoga and breathwork classes to help people with long term health conditions, trauma and injury.

- Engage with educational content on pain.
- Learn a number of alternative practices and resources that can be used as part of your daily pain management after you have finished the course.

Course contents:

- 1x meet and greet session.
- 6 x 3/3.5 hour modules run over consecutive weeks:
 - 1 Introduction
 - 2 Body
 - 3 Energy
 - 4 Mind
 - 5 Awareness
 - 6 Beyond



Breathe
and Recover

ONLINE COURSES ▲

SUICIDE AWARENESS AND SELF-HELP: START THE CONVERSATION

Is this the course for me?

In the last three years, we have seen a year-on-year increase in the number of veterans presenting with suicidal thoughts, intent or attempt. We believe one life taken by suicide is one too many.

This course is designed to help you support anyone experiencing mental health difficulties, which can lead to an increased risk of suicide. The course will also teach you how to spot the signs that could suggest someone is at risk, and what you can do to help.

Course highlights:

- Learn about common mental health difficulties.
- Understand the signs and symptoms that could indicate someone is at risk.
- Develop self-care strategies for you and the person you are helping.
- Look at the language used when talking about suicide.
- Learn how to have a conversation about suicide.
- Develop effective safety plans.
- Explore the range of sources of support available.

Course benefits:

The course will give you the skills, knowledge and confidence to talk openly to someone who may be showing signs of suicidal thoughts or behaviours. There are two versions of the course – one for families and one for veterans. Both courses will be delivered by our mental health team, and a veteran or family member with lived experience of suicide. Sessions will be run online via Microsoft Teams, to small groups of 6-8 people.

Families' course

Families are a key part of a veteran's support network. The families' version of the course is for loved ones, spouses, partners or significant others who support a veteran.

Veterans' course

It is often veterans who spot the signs first when a fellow veteran is struggling. The veterans' version of the course equips you to be able to start the conversation about mental health with your peers.

Course contents:

- 1x meet and greet session.
- 3 x 4 hour modules run once a week.

Both versions of the course are delivered as training, they are not intended as counselling or therapy. The courses have been designed in a sensitive way, without any graphic discussions or details and we will not be asking anyone to share personal experiences.

Please note: the courses outlined above are not designed for individuals currently experiencing suicidal thoughts. For immediate help in an emergency call 999. To access confidential support for feelings of distress, despair or suicidal thoughts call Samaritans on 116 123.

Online Training

We have also worked alongside Zero Suicide Alliance (ZSA) to produce a 30-minute online suicide awareness training module which you can do anytime.



To access the training visit helpforheroes.org.uk and search 'suicide awareness training' or scan the QR code.

The courses and online training have been made possible by a grant from the Armed Forces Covenant Fund Trust, as part of their 'One is Too Many' programme.

 THE ARMED FORCES
COVENANT FUND TRUST



FACE-TO-FACE COURSE: PATHFINDER EXPERIENCE

This is a face-to-face course created exclusively for veterans and facilitated by coaches with previous military experience.

The Pathfinder Experience will guide you to better understand and develop who you are as a person, enabling you to plan for an active, independent and fulfilling life.

If you are ready and willing to invest in your recovery, this experience is for you. On this course you are given the space and time to explore your current situation, identifying areas you would like to change or improve.

You will rediscover existing skills and gain new tools to help you implement positive changes into your life.

The course is split into three phases:

INSPIRE (5 DAYS)

ENABLE (4 DAYS)

SUPPORT (2 DAYS)

Course highlights:

INSPIRE: This five-day course encourages you to rediscover your personal identity and provides you with the tools and time to do so. We will support you in planning a fulfilling future, as well as helping you establish who and what you need to meet your individual needs and aspirations. This phase challenges you to explore your current situation so that you can begin to plan for a happier, more fulfilling future.

ENABLE: This four-day course builds on your outcomes from Inspire, helping you to review and reflect on your progress towards your goals. Through practical modules, we will support you in increasing your self-awareness, understanding your transferable skills, and accessing new opportunities to help you live a more purposeful life. During this phase, you will increase your self-awareness, establish your support network and develop a realistic plan for your future.

SUPPORT: Over a two-day period we will help you take responsibility for your future. By the end of this course, you will have a clear plan, understand your individual priorities, and know who is supporting you towards each goal. This final phase will help you take ownership of your future, by deciding how to use your new skills to achieve your life goals.

Course benefits:

- Gaining clarity on your current situation by thinking about your recovery journey and what you need to do to move your life forward in a positive way.
- Developing an awareness of what you can do rather than what you can't, and focusing on a positive future.
- Getting a holistic overview of your life, using a variety of tools and activities.

Courses currently run in Wiltshire, The Lake District and South Wales. Local accommodation will be available for those who live more than 45 minutes away from the venues.

GREG'S RECOVERY COLLEGE STORY

“The Help for Heroes Recovery College courses opened my eyes and made me realise what I needed to do to reclaim my life.”

Greg joined the Army when he was 17, and served for six years, before working in front line policing for 25 years.

“I have post-traumatic stress disorder and suffered terrible flashbacks to the First Gulf War, Northern Ireland, and Bosnia. Depression saw me spend days on end watching videos, until I fell asleep on the sofa at night. I was a mess.

“The Recovery College courses were my epiphany; like a lightbulb moment showing me what I needed to do. They gave me the tools to get my life back on the right track again.

“The online courses were a lifeline during lockdown. When restrictions lifted, being able to do the Pathfinder course in person with other veterans was so special.

“There were a lovely range of teaching methods, and I learned from the other veterans too. There were great exercises that allowed us to reflect on what we learned the day before.

“My days are full now, and they’re mine again. After I’ve taken the kids to school and finished the housework, I do my gardening job, which I love. It’s lovely being outside, especially taking the dogs for walks. I also have a wood turning business and bushcraft business.

“I love Help for Heroes because they’ve given me my life back. My wife has her husband again and my children have their Dad.”



HELPING PEOPLE UNDERSTAND THEMSELVES BETTER

A total of 124 people took part in Recovery College courses in 2020/21.

In 2020/21, we ran a total of 50 courses covering 11 subjects.

Our online self-help guides attracted 8,200 website views.

What veterans and family members told us:

93%

reported their course(s) helped improve their knowledge and understanding to manage their wellbeing

85%

now understand themselves better

97%

found the course(s) useful

100%

would recommend the course(s) to others

To complete our customer satisfaction questionnaire, visit: **<https://r1.dotdigital-pages.com/p/1DW2-SWU>**

For the most up to date information on our courses please visit: **<https://h4hweb.com/RecoveryCollege>**

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