



Press Release

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For Immediate Release

Cygnet Health Care Kewstoke Launches Recovery College

A Recovery College has launched at a mental health service in Kewstoke which will give service users the opportunity to access educational courses and become experts in their own recovery.

Turning Point Recovery College has opened at Cygnet Hospital Kewstoke, a service which provides emergency admissions for men and a pathway for women from low secure to rehabilitation including a specialist service for personality disorder.

Cygnet Health Care's Recovery Colleges offer educational courses designed to provide increased understanding of mental health and support people through their recovery, promoting hope, opportunity and aspirations for the future. Service users are empowered to become experts in their own wellbeing and recovery. A celebratory event was held to officially launch the College at the Beach Road service and service users at the hospital were able to explore the prospectus for learning opportunities.

All Recovery Colleges within Cygnet Health Care have been developed in co-production with the service users. Courses on offer range from mental health awareness, mindfulness, healthy living, interview skills, Maths, English, music, film production and more. Courses are run on site by service users or staff members for their peers and are designed to suit all skill levels and abilities. The courses on offer this term at Turning Point include 'Introduction to Meditation', 'Kindness and Self Esteem', 'Introduction to Judo' and 'Singing and Percussion'.

Jo Wilkinson, Recovery College Lead, said: *"Recovery Colleges offer co-developed and co-facilitated education courses with service users about mental health and recovery, to empower people to become an expert in their recovery. It is a very exciting development for our service users that this is now available at Kewstoke. We will look to gain momentum over the coming weeks and have more courses to offer in future."*

"Overcoming the stigma and discrimination associated with mental health difficulties is central to our courses. It is about giving our service users the tools, knowledge and confidence to live independent, fulfilling lives outside of our services."

Cygnet Health Care has been delivering Recovery college courses in its services for the past six years and has 12 colleges currently in operation. Jo says the fact that courses are designed and delivered based on the "wishes and needs" of people with lived experience of mental health problems is central to their success.

"An inclusive learning environment means peer support workers and students alike gain confidence and are empowered to become experts in their own recovery," she added.

“The courses we offer at Kewstoke will enable our service users to feel less stigma and greater wellbeing. Cygnet Health Care recognises that each individual is an expert in their own care and through our Recovery Colleges we work together with each student on their own personal recovery journey whatever that may be.”

Working in co-production the Recovery Colleges are places where the expertise of those with lived experience is blended with that of professional health care practitioners, reframing the nature of the relationship between professionals and people who use services to one of shared learning and co-production.

Jo added: *“Although accredited courses are on offer the Recovery College is not a substitute for general education and opportunities offered by local educational establishments. It can, however, provide a route on to mainstream education via, for example, ‘return to study’ courses or provide people with an opportunity to build self-confidence to progress if they choose.”*

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Notes to Editors:

For more information, please contact Gemma Attew, External Communications Manager, on gemmaattew@cygnethealth.co.uk or 07718 244811.

About Cygnet Health Care

Cygnet Health Care has been providing a national network of high-quality, specialised mental health services for the NHS and local authorities for the past 30 years.

Cygnet Health Care’s pioneering services support people with complex and acute mental health needs across the UK.

As one of the best quality providers in mental health services in the country, Cygnet Health Care’s focus is always on the best outcomes for those who use or commission its services. 85% of Cygnet’s facilities are rated as good or outstanding, which is above the national average.

www.cygnethealth.co.uk