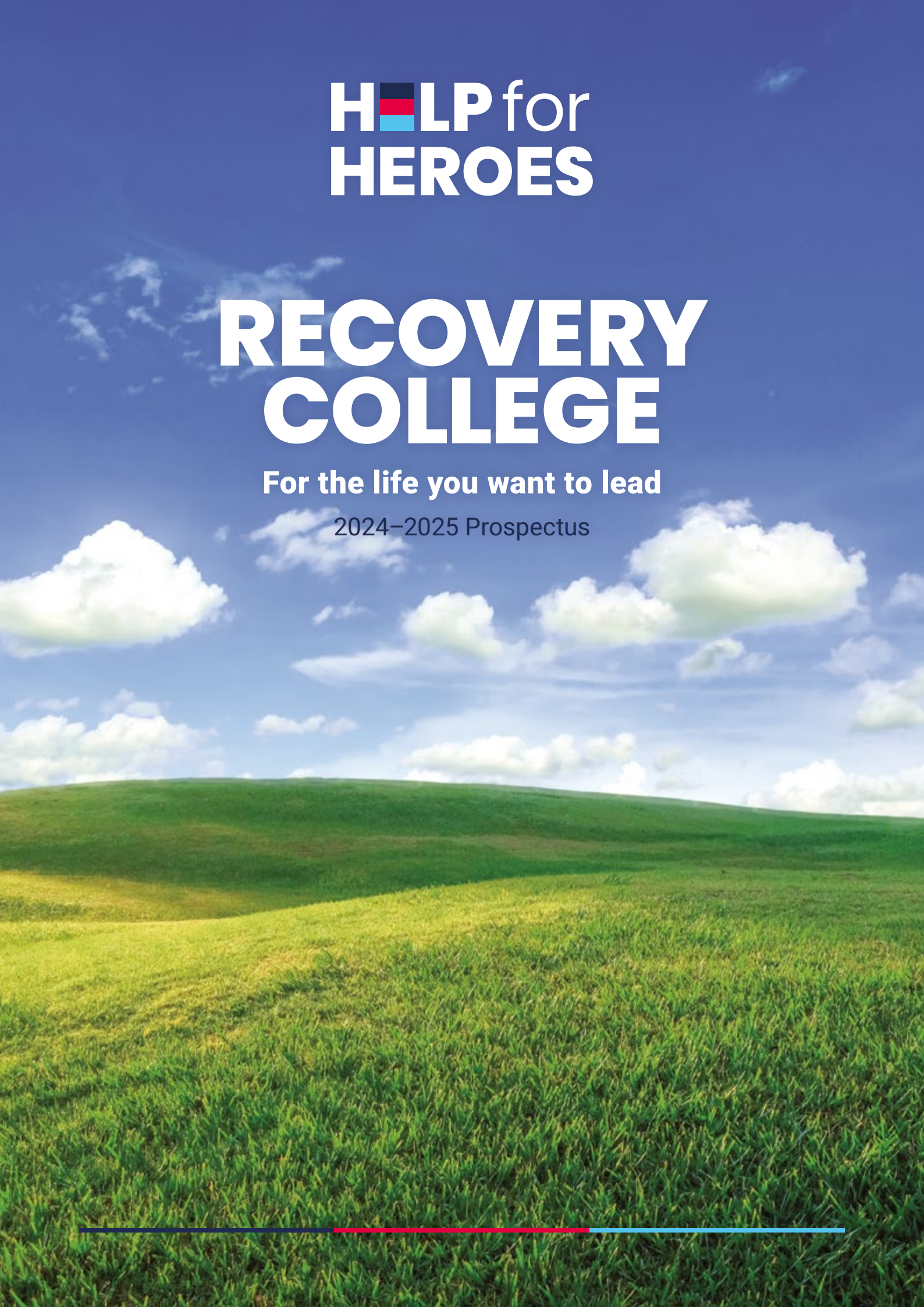


**H**LP for  
**HEROES**

# RECOVERY COLLEGE

**For the life you want to lead**

2024–2025 Prospectus



# 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. I 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.

“And then I discovered the Recovery College run by Help for Heroes. This was my light bulb moment. An opportunity to learn the skills I needed to get my life back on the right track again.

“The Recovery College offers a range of different ways to learn, so you can pick the one that's right for you. Courses help to deepen your knowledge. And, of course, you learn from each other too.”

“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 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.”**

# WELCOME TO OUR RECOVERY COLLEGE

We can help you find a pathway to a healthy, purposeful and secure life.

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# HOW DO I SIGN UP?

## WE'D LOVE TO WELCOME YOU

### Contact us

Simply scan the QR code to register your interest, or head to: [helpforheroes.org.uk/get-help/ask-for-help](https://helpforheroes.org.uk/get-help/ask-for-help)

If you're already in contact with us and have a case manager, they can help you register.



### We'll get back to you

Someone will soon be in touch to discuss your course and share upcoming course dates.

If you're unsure which course to start with, we'll talk you through what could work best for you.

### Meet and Greet

Before every online course begins, we run an online 'meet and greet' session.

Here, you'll find out more about the course, and ease any nerves by meeting course facilitators and fellow students.

Head to page 20 to find out more.

### Attending your course

If you're new to online learning, our handy guide on page 21 will show you how to use Microsoft Teams, the tool we use to deliver our online courses.

If you have any questions or concerns, we're here to help.

## GET STARTED HERE

On the next few pages, you'll discover our courses and how they can help you.

Beside each course you'll notice icons. These show who each course is suitable for and how it's delivered. This will help you choose the best delivery style and course to suit your needs.

### Course Key



#### Available for the Armed Forces community

This includes:

- Veterans.
- People who have worked under UK military command.
- People currently serving in the British Armed Forces.
- Family members.



#### Available for veterans only



#### Available for family members

This includes:

- Spouses.
- Significant others.
- Dependents over 18.



#### Online

These courses are run for a group of students by two facilitators, one with lived experience of the subject. Sessions run over Microsoft Teams and typically last 2.5 hours. Depending on the subject, courses run once a week and can last from one to five weeks.



#### Self-help guide

We offer short self-help guides for most of our subjects. These can be accessed on our website anytime and taken at your own pace - helping you get an overview of a subject.



#### In person

Veterans Moving Forwards: Building a Brighter Future is specifically designed for veterans and delivered by our partners, in person.

Head to page 19 to find out more.



Course name:

## WHAT IS RECOVERY?

### Is this the course for me?

How do you feel about your ongoing recovery?

This course can help you explore those feelings, and discover what recovery means to you. From here, you'll learn techniques to help you manage your recovery journey.

### What you'll learn:

- What recovery means to you.
- The importance of finding hope in your recovery journey.
- Understanding where you currently are in your recovery.
- Finding opportunities that can help you move forward.
- Developing positive strategies to help you take control and manage your own recovery.

### Course structure and duration:

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

### Self Help Guide:

Guide to Recovery

“

**It gives you a better perspective and a different way of looking at your recovery plan.”**



Course name:

## GOAL SETTING

### Is this the course for me?

Have you thought about what you want to achieve by the end of today, this month and beyond? Are you clear about your main goals in life and your recovery journey?

These are just some of the questions we'll help you explore so that you can create and successfully achieve your own goals.

### What you'll learn:

- Different methods of goal setting and how to use them.
- How to take control of your direction in life through goal setting.
- Ways to stay focused throughout your ongoing recovery.
- How to reflect and review your goals to ensure they stay on track.

### Course structure and duration:

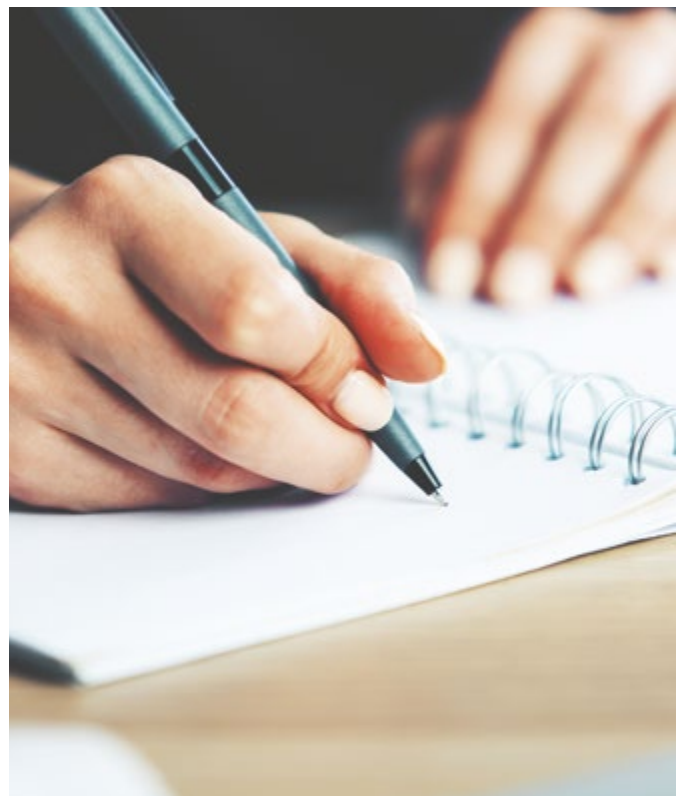
- 1 x meet and greet session.
- 1 x 2.5-hour module.

### Self Help Guide:

Setting Goals

“

**This course has helped me break down bigger challenges into achievable tasks.”**





Course name:

## PREPARING TO TAKE POSITIVE ACTION

### Is this the course for me?

Are there areas in your life that you find overwhelming? Maybe knowing where to start and how to improve your situation feels like an impossible task?

We can help you to take control and make positive changes.

You'll learn how to step back and look at your situation. From here, you'll develop different techniques and approaches that will help you manage change more easily.

By breaking the process down, you'll find a new perspective on your current situation, so that you can take positive action in the areas of life you'd like to improve.



### What you'll learn:

- How to gain perspective on your current situation.
- Recognise potential barriers to change and learn how to overcome them.
- Tools and skills to navigate and take positive action in your life.

### Course structure and duration:

- 5 x 2.5-hour modules. One module per week over four consecutive weeks. The final module runs roughly one month after module four.

### Self Help Guide:

Making Positive Change



**This course is a game changer. It helps you look at where you are, where you want to be and how to get there.”**





Course name:

## **FINANCIAL WELLBEING: TAKING BACK CONTROL**

### Is this the course for me?

Does thinking or talking about money make you nervous? Maybe budgeting makes you feel lost?

Your financial wellbeing can affect so many areas of your life. This course goes back to basics and helps you build a foundation on which to improve your finances.

### What you'll learn:

- Understanding debt, budgeting, and good money management.
- Recognising situations that trigger non-essential spending.
- How to consider your overall financial wellbeing when making decisions about money.
- Building a toolkit of financial support, guidance, and resources.
- Healthy habits when it comes to spending, saving, and planning for your future.

### Please Note:

- We are unable to provide specific financial advice. If you're currently experiencing significant financial hardship, please speak to your case manager, as this course may not be suitable at this time.
- There is no expectation for you to reveal 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.

**St  
James's  
Place**

### Course structure and duration:

- 1 x meet and greet session.
- 4 x 2.5-hour modules. One module per week over four consecutive weeks.

### Self Help Guide:

Financial Wellbeing: The Basics



**The course has changed my whole approach to money. I now have confidence to budget and examine my expenditure."**



Course name:

## WELLNESS ACTION PLAN

### Is this the course for me?

A wellness action plan is a great tool to help you monitor your wellbeing and identify what helps you and what support you might need.

If you are looking for ways to make positive changes to your wellbeing this course can help you.

You'll learn how your environment can affect you and develop strategies to improve your overall wellbeing. You'll then create your own wellness action plan, which will help you to review your progress and make positive changes.

### What you'll learn:

- What do we mean by 'wellness'?
- How things around you can affect your wellbeing.
- The purpose of a wellness action plan and how to create and maintain your own.
- How to check in with your progress and make the changes you need.

### Course structure and duration:

- 1 x meet and greet session.
- 3 x 2.5-hour modules. One module per week over two consecutive weeks. The final module runs two weeks after module two.

### Self Help Guide:

Making a Wellness Action Plan

“

**This course has allowed me to understand more about my own wellness and how it is affected.”**



Course name:

## **MIND, MOOD AND BODY**

### Is this the course for me?

Your mind, mood and body are all connected. So, understanding the links between them can support you.

This course helps you discover what affects your mental wellbeing. You'll develop an understanding about common mental health challenges and learn tools and strategies to improve your mental health.

### What you'll learn:

- The military mind and how it works.
- An understanding of common mental health challenges.
- The connection between your thoughts, feelings, bodily functions, and behaviour.
- Understanding what factors affect your wellbeing.
- Useful strategies to improve your overall wellbeing.

### Course structure and duration:

- 1 x meet and greet session.
- 3 x 2.5-hour modules. One module per week over three consecutive weeks.



“

**Mind, mood and body was the best course I have ever taken.”**



Course name:

## **YOU, ME AND ANGER**

### Is this the course for me?

Anger is a normal human emotion that everyone experiences from time to time. But when anger becomes overwhelming, it can be distressing and lead to difficulties in your day-to-day life.

This course explores the triggers of anger and identifies ways to reduce its impact on your life and the lives of those around you.

### What you'll learn:

- How your experiences and lifestyle can create triggers for anger.
- Understanding your emotions and how anger can become an issue if you no longer feel in control.
- Skills and tools to help you better manage and cope with the effects of anger.

### Course structure and duration:

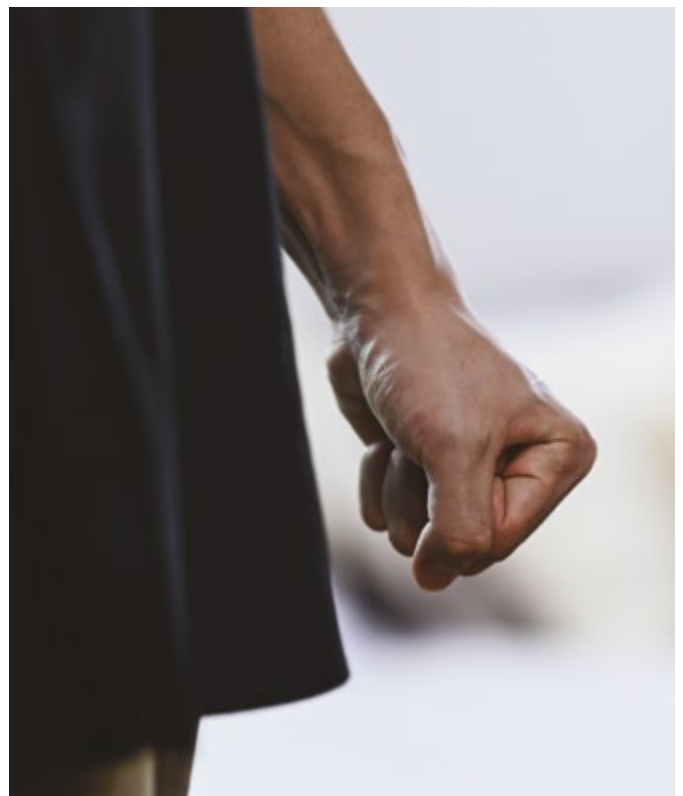
- 1 x meet and greet session.
- 4 x 2.5-hour modules. One module per week over four consecutive weeks.

### Self Help Guide:

Understanding Anger

“

**The course has given me a better understanding about myself and anger.”**





Course name:

## **BEING ANXIOUS, FEELING WORRIED?**

### Is this the course for me?

Everyone can feel anxious or worried at times. But if your worries have become hard to control and are affecting your life, this course can help.

By developing your understanding of anxiety, worry, stress and panic you'll become more aware of how you react.

You'll also learn how to incorporate activities into your daily life to help manage your anxiety and improve your wellbeing.

### What you'll learn:

- What anxiety, worry, stress and panic are, and what they mean to you.
- How anxiety, worry, stress and panic affect your mind and body.
- The causes of your anxiety, worry, stress and panic.
- Self-help techniques.

### Course structure and duration:

- 1 x meet and greet session.
- 2 x 2.5-hour modules. One module per week over two consecutive weeks.

### Self Help Guide:

Understanding Anxiety and Worry



**The course helped me unlock and share my feelings with others who understand my background. I no longer feel alone."**





Course name:

## **SUICIDE AWARENESS AND SELF HELP: START THE CONVERSATION**

### Is this the course for me?

This course has been designed to help you support anyone experiencing mental health difficulties, which could mean they're at 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.

There are two versions of the course – one for families and one for veterans.

Both courses will be delivered to small groups of people. Sessions are run by our mental health team, and a veteran or family member with lived experience of suicide.

### Families' course



Families are a key part of a veteran's support network. If you're a spouse, partner, significant other or dependant supporting a veteran, the family version of this course is for you.

### Veterans' course



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

### What you'll learn:

- How common mental health challenges can affect people.
- Understanding the signs and symptoms that could show someone is at risk.
- How to develop self-care strategies for you and the person you're helping.
- The language you should use when talking about suicide.
- How to have an open conversation about suicide.
- How to develop effective safety plans.
- The range of sources of support available.

### Course structure and duration:

- 1 x meet and greet session.
- 3 x 4-hour modules. One module per week over three consecutive weeks.

### Self Help Guide:

Suicide Awareness Training. (Head to the next page to find out more.)



**The facilitators made you feel at ease and delivered truly meaningful sessions with insight and practical solutions.”**

### Please Note:

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'll not be asking anyone to share personal experiences.

These 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



This self-help guide has been created alongside Zero Suicide Alliance (ZSA) and you can do the 30-minute online training anytime.

Visit [helpforheroes.org.uk](https://helpforheroes.org.uk) and search 'suicide awareness training' or scan the QR code.



**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.



Course name:

## LIVING WITH LOW MOOD AND DEPRESSION

### Is this the course for me?

Low mood can affect people's thoughts. Some people become irritable, others may feel guilty or worthless. Sometimes depression makes everything feel harder to do, and people can feel isolated.

If this sounds like something you're experiencing, this course can help you.

It can help you understand how low mood and depression affects you and your family. You'll also learn tools and develop strategies to help improve your overall wellbeing.

### What you'll learn:

- Understanding low mood and depression and how it affects you.
- The impact and effects of low mood and depression.
- How to develop positive coping strategies.
- How to manage low mood and depression effectively.

### Course structure and duration:

- 1 x meet and greet session.
- 2 x 2.5-hour modules. One module per week over two consecutive weeks.

### Self Help Guide:

Living with Low Mood and Depression



**There are many veterans who suffer like me. This course changed my life. It can change yours too."**





Course name:

## LIVING WITH AND BEYOND YOUR PAIN

### Is this the course for me?

Does your pain make everyday tasks difficult? Do you feel it often makes your life a struggle?

This course is designed to help you understand more about what pain is.

You'll learn about how your body and mind work together when you experience pain, and understand how this results in the pain you have.

This course will give you the confidence and skills to talk about your pain, and understand how you can make positive steps to live with and beyond your pain.

### What you'll learn:

- Understanding what is happening when you experience pain.
- How to identify your own responses to pain and the different coping strategies you can apply.
- Exploring how to talk about your pain.
- Recognising your role in your pain management.
- Discover alternative practices and resources you can use as part of your daily pain management.

### Please Note:

This course is not designed to cure your pain. Instead, it looks at how pain affects your whole body, and includes practical exercises and activities to help you manage your pain day-to-day.

Living with and Beyond your Pain has been co-produced with 'Breathe and Recover'. The organisation delivers specialist yoga and breathwork classes to help people with long term health conditions, trauma, and injury.



Breathe  
and Recover

### Course structure and duration:

- 1 x meet and greet session.
- 4 x 3-hour modules plus 1 x 3.5-hour module. One module per week over five consecutive weeks.



**I've attended other pain management courses before, but this one offered a wealth of new information."**



Course name:

## LIVING WELL WITH TINNITUS AND HEARING LOSS

### Is this the course for me?

Does your hearing loss impact your day-to-day life? Maybe you avoid visiting noisy places? Perhaps your tinnitus keeps you awake at night? Does missing parts of a conversation sometimes leave you feeling isolated? This course can help you.

You'll develop a greater understanding of tinnitus and hearing loss and how it can affect both your body and mind. From here you'll discover techniques to manage its impact.

### What you'll learn:

- What tinnitus and hearing loss are.
- The physical and psychological links between tinnitus and hearing loss.
- Its impact on your daily life.
- How to manage your tinnitus and hearing loss effectively and improve your quality of life.
- What safety planning is, and how you can use it to help you.
- How to access support services and have a conversation with your GP and other healthcare professionals.

### Course structure and duration:

- 1 x meet and greet session.
- 1 x 3-hour module and 1 x 3.5-hour module. One module per week over two consecutive weeks.



**Wow! What a course. The facilitator was great, and the content really opened my eyes. Highly recommended."**

### Please Note:

The course has been co-produced with Tinnitus UK, to help you develop strategies to reduce the impact your condition has on your life. It is not designed to cure your condition, but it can give you the ability and confidence to make lifestyle changes and get the best possible medical support.





Course name:

## **NUTRITION: WHAT, WHY AND HOW**

### Is this the course for me?

Do you want to learn more about what a healthy nutritional lifestyle can really mean to you? Discover how a healthy balanced diet doesn't just mean cutting out foods and fitting in your five a day.

This course explores the importance of nutrition and its impact on your overall physical and mental wellbeing.

From here you'll learn how small changes can help you make positive steps towards a healthier lifestyle.

### What you'll learn:

- What a healthy nutritional lifestyle really means.
- An understanding of the basic food groups and the importance of hydration.
- Portion size and what you should really be putting on your plate.
- How your diet and lifestyle impact your mind and body.
- How you can use food labelling to help you make healthier choices.
- Explore your eating habits and how to make small positive changes.
- Hints and tips on how to put these new habits into action and transform the way you think about food.

### Course structure and duration:

- 1 x meet and greet session.
- 3 x 2.5-hour modules. One module per week over three consecutive weeks.

### Self Help Guide:

Nutrition: It's All About Balance



**This course has changed my attitude to food. I've adjusted how I eat and drink."**





Course name:

## THE ART OF SLEEP

### Is this the course for me?

Are you struggling with your sleep? If yes, you're not alone.

This course will teach you everything you need to know about sleep. By learning how to get a good night's sleep, you can protect your mental and physical health, improve your quality of life, and help your body repair itself.

All key elements to support your ongoing recovery.

### What you'll learn:

- How sleep plays as an essential part of supporting wellbeing.
- Understanding the sleep cycle and common causes of sleep problems.
- The impact of poor sleep on your body and mind.
- Techniques and strategies to use at home to help your sleep pattern.
- How to keep a sleep diary.

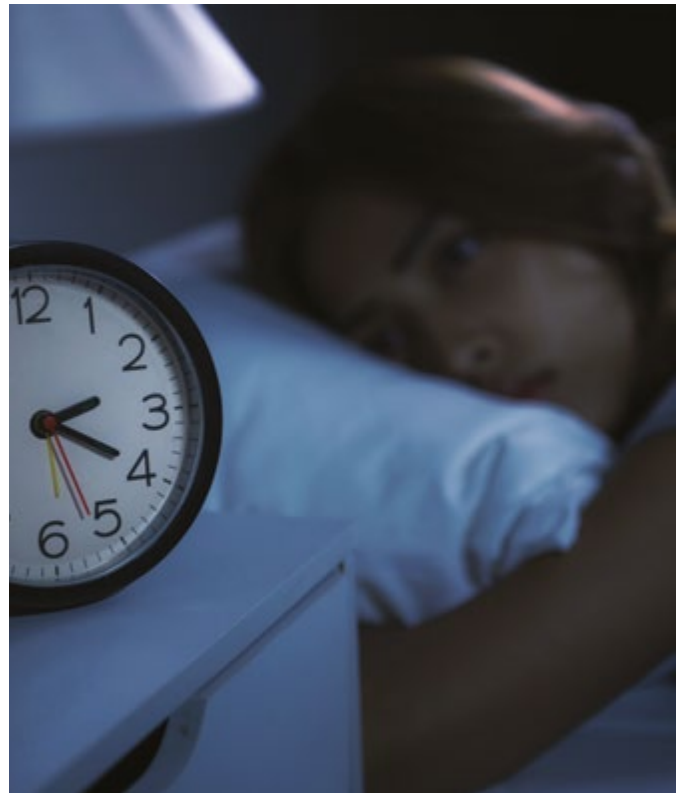
N.B: As part of this course, we're not able to address individual, specific needs. If you'd like some one-to-one support, please speak to us separately. We're here to help.

### Course structure and duration:

- 1 x meet and greet session.
- 3 x 2.5-hour modules. One module per week over three consecutive weeks.

### Self Help Guide:

The Art of Sleep: A Starting Point



“

**The course was brilliant, and I'd recommend it to anyone with sleep problems.”**

# COURSES IN YOUR COMMUNITY



Course name:

## VETERANS MOVING FORWARDS: BUILDING A BRIGHTER FUTURE

If you're a veteran looking to understand the impact of your military experience, this face-to-face course can help you.

Co-produced and developed by veterans, it will help you gain perspective and clarity about your life's direction. You'll leave equipped with the tools and skills to move forwards.

Veterans Moving Forwards runs in local Recovery College across the UK.

To find a location near you, simply scan the QR code below or visit [helpforheroes.org.uk/get-help/recovery-college/self-help-guides/veterans-moving-forward/](https://helpforheroes.org.uk/get-help/recovery-college/self-help-guides/veterans-moving-forward/)



If your local Recovery College isn't listed and you'd be interested in this course, why not ask them to get in touch with us? Or, if you're a Recovery College, we'd love for you to get involved. Either way, please contact us here:

[recovery.college@helpforheroes.org.uk](mailto:recovery.college@helpforheroes.org.uk)



# MEET AND GREET SESSIONS



When you sign up to an online course, you'll be invited to attend a pre-course meet and greet session with your course facilitators and fellow students.

This will take place online at least a week before the start of your course and lasts approximately one hour. You access the session online using Microsoft Teams.

(If you are new to Microsoft Teams, head to the next page to see our handy guide.)

## This relaxed and informal session gives you the opportunity to:

- Meet your course facilitators and fellow students.
- Get an overview of the course content, understand how your course runs and test your Microsoft Teams software.
- Organise and discuss any tools, resources or equipment you might need.
- Prepare for joining an online facilitated course, how to avoid distractions, be comfortable and get the best out of the course.
- Establish ways of working with the group, so that you feel confident taking part when your main course starts.

## Benefits of these sessions include:

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



**The meet and greet eases any concerns you may have. Meeting other participants before the course also helps you feel more relaxed.”**

# YOUR GUIDE TO USING MICROSOFT TEAMS FOR ONLINE LEARNING

Many of our courses are run virtually. This means that we offer them online, so that you can attend from the comfort of your own home. For these sessions we use Microsoft Teams. Here's a handy guide to help you get the most out of your online learning.

## Set Up

- We recommend that you access Microsoft Teams on a desktop or Laptop with Windows 7 or above.
- If these are not available, you can also use an Android tablet, iPad or Smartphone.
- Please make sure you've downloaded the free Microsoft Teams App onto your chosen device.
- If you are new to Microsoft Teams, we can organise a set up appointment before you start your course. This will help you download and set up the Microsoft Teams App. Please mention that you need help when contacted by our Recovery College team.
- Microsoft Teams works on these internet browsers: Google Chrome, Safari, or Microsoft Edge.
- Please make sure you have a microphone and web video camera, and that these are enabled on your device.

## Wi-Fi

- You'll need a good Wi-Fi connection. (If you can use Facetime or WhatsApp for video calls, your broadband connection should be strong enough.)
- If you are using a device without Wi-Fi connection, please make sure you have enough data allowance and that your connection is good. If you go over your data allowance, you may be charged by your service provider.

## Hints and Tips for a Good Online Learning Experience

- On the morning of each module we'll send you an email with a link to the course. Please look out for it in your inbox. If you've not received it, you might want to check your spam folder.
- Try to join the meeting at least five minutes before the scheduled start time. This will allow you to sit in the virtual waiting room and join the course once the facilitators start the session.
- When you access your course on Microsoft Teams, you'll see other students and the course facilitators. To respect everyone's confidentiality and minimise disturbances, we ask that you:
  - Find a quiet space to sit during your course. OR
  - Use headphones.
  - Switch off any Alexa, Google Home, or similar devices.
- Avoid sitting with a window behind you, as your facilitators and fellow students won't be able to see you clearly.
- You'll be sent a workbook in the post to accompany your course so have this to hand so you can make notes if you wish.



# ABOUT RECOVERY COLLEGES

Recovery Colleges first emerged in the NHS in 2009, with courses focusing on mental wellbeing.

There are now well over 80 Recovery Colleges across the UK. Our Recovery College was the first of its kind to be designed specifically by, and for, the Armed Forces Community.

## WHAT IS RECOVERY?

If the future seems overwhelming, our Recovery College can help you and your family to take control of your recovery and improve your wellbeing.

Our courses cover a wide range of subjects, including physical and mental health, clinical support, and welfare.

Recovery is deeply personal and different for everyone, and it's important that you feel in control. So, we work with you to understand your goals and recommend courses based on your individual needs.

Through each course you'll find ways to live a healthy, purposeful, and secure life, despite the challenges of your ongoing injury or illness.

## WHAT YOU CAN EXPECT

Each course is co-designed and co-delivered by veterans, family members, and our recovery staff. This means that the content has been created by people who understand or have experienced some of the challenges you face.

We have indicated on the course pages how you can participate in each.

## ENCOURAGING SELF-MANAGEMENT

When you take ownership of your own recovery and life goals, you'll feel more motivated to achieve them. We encourage you to do this by developing strategies and skills to help you live the life you want to lead.

## WORKING TOGETHER

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

## PROMOTING INCLUSIVITY AND DIVERSITY

You deserve to be treated with dignity and respect, and we work hard to make sure everyone has an equal opportunity to learn and can enjoy a supportive and positive learning environment.

If you need any reasonable adjustments to support your learning, please speak to a member of our team, who will be happy to help.

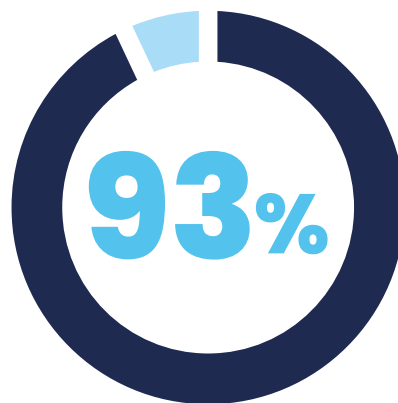


# WHAT OUR STUDENTS TELL US

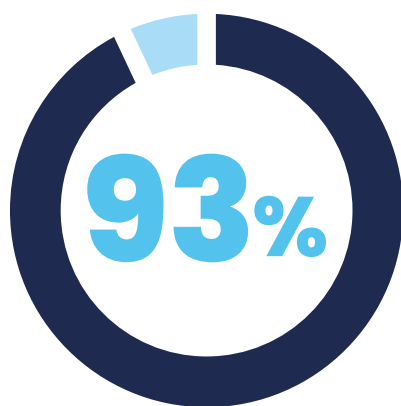
Based on feedback from those who have attended our courses:



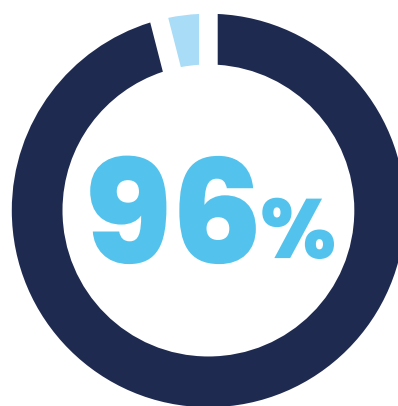
would recommend the course(s) to others.



reported our course(s) helped improve their knowledge and understanding on how to manage their wellbeing.



said the teaching style and methods suited them.



stated the course enabled them to learn at the right pace.

# WHAT OUR STUDENTS TELL US

Some feedback from those who have attended our courses:



**I love doing the courses, they have all been very inspiring, informative and have helped me see things differently”**



**The facilitators were on point and knowledgeable on the topic as well as being really friendly and helpful”**



**Thank you so much for the opportunity to attend this course, it has helped and I will continue to apply the techniques learned on this course to everyday situations in my life”**



**Everything you do as it is a life line to all Veterans who are ready to engage and learn again”**

COMING SOON



**COMING SOON**

# **CARE FOR THE CARER ONLINE GROUP COURSE.**

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





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**Military life doesn't just affect a veteran - it also affects their loved ones. Which is why our support is available for the whole family. Whatever your background and wherever you are in your ongoing recovery - there's a course that can help you. And our team are here to support you.”**

Vikki McAuley, Peer support trainer and daughter of a veteran.

# HELP for HEROES

**Help for Heroes Recovery College**  
**[recovery.college@helpforheroes.org.uk](mailto:recovery.college@helpforheroes.org.uk)**

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