



RECOVERY COLLEGE

**FOR THE LIFE YOU
WANT TO LEAD**

2025–2026 Prospectus

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, head to: helpforheroes.org.uk/get-help/ask-for-help or phone our helpline on **0300 303 9888** (available Mon to Fri, 9am - 5pm*).



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 contact 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 22 to find out more.

Attending your course

If you're new to online learning, our handy guide on page 23 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.

* calls to this number are charged at your standard network rate.

GET STARTED HERE

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

Who are the courses for?



All our courses are free to members of the Armed Forces community

This includes:

- Veterans.
- Family members (spouses, significant others and dependents over 18).
- People who have worked under UK military command.
- People currently serving in the British Armed Forces.

How do the courses run?

We have two options of learning:



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, anywhere and taken at your own pace - helping you get an overview of a subject.

“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.

RECOVERY COLLEGE

SUBJECTS



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:

What is Recovery?



“

It helped very much that the course was safe and confidential to attend; it was very relaxed and interacting with everyone made a difference.”

Darren

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 work towards 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:

Goal Setting



“

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

Susan



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



“

Since this course I have taken a much more positive and proactive approach to my life and health.”

Chris

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.

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.”

Paul

TAKING CONTROL



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.

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.

“

This course has encouraged me to speak up and actually ask for some support.”

Steve

Self Help Guide:

Wellness Action Plan



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 explore your lived experiences and 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 can 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.



“

I've already found the grounding techniques really helpful.”

Philip



CARE FOR THE CARER

Is this course for me?

If you care for someone you may feel isolated and unsupported. You may also find it hard to make time to manage your own wellbeing.

This short course focuses on how to minimise the impact on your health and wellbeing whilst caring for others.

We aim to help you to recharge your batteries and understand that you are not alone.

Together we will learn tools to promote change and time management, help you to define your role as a Carer, focus on your own wellness, and look at the sources of support available to you both locally and nationally.

What you'll learn:

- Explore how you might define yourself as a carer.
- Look at methods of how to manage your time and the changes to your life brought about by caring for others.
- Discover how to focus on your own wellness and the things you do for your own health and wellbeing.
- Discuss how to link into sources of support that are available to you.

Course structure and duration:

1 x meet and greet session

2 x 2.5-hour modules, module 2 runs two weeks after module 1.

“

There are many more people out there that are carers and you're not as alone as you might think.”

Tim

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



“

From attending this course, I realised that I wasn't alone.”

Jason



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



“

“This course has highlighted for me that I can make slow positive changes to cope with anxiety.”

Dan

Course name:

SUICIDE AWARENESS – START THE CONVERSATION

The course outlined below is 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.

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. You will also learn how to spot the signs that could suggest someone is at risk, and what you can do to help.

The course will be delivered to small groups of students. Sessions are run by our mental health team, and a veteran or family member of our Peer Support Trainer team with lived experience of suicide.

The course equips you with the tools you need to start a conversation about mental health with your peers and families.

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.
- 1 x 2.5-hour module.

Please Note:

The course is delivered as training, it is not intended as counselling or therapy. The course has been designed in a sensitive way, without any graphic discussions or details and we'll not be asking anyone to share personal experiences.

Self Help Guide:

Suicide Awareness – Start the Conversation



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



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 is designed for 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.”

Mark

PHYSICAL HEALTH AND WELLBEING

Course name:

LIVING WITH AND BEYOND 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 pain.

What you'll learn:

- Understand what is happening when we experience pain.
- Discuss the connection between the body and the mind.
- Explore how to talk about pain and access sources of support.
- Identify your own responses to pain and coping strategies you can apply

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.



Course structure and duration:

- 1 x meet and greet session.
- 5 x approximately 3 hour modules. One module per week over five consecutive weeks.

“

I now understand my pain much better and have learned various coping mechanisms.”

Deborah



Breathe
and Recover

Living with and Beyond 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.

PHYSICAL HEALTH AND WELLBEING

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.
- 2 x 3-hour modules. One module per week over two consecutive weeks.



“

I have already recommended this course to people and made appointments I would never of thought of before.”

Ian

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:

- About a healthy nutritional lifestyle and why it is so important.
- An understanding of the basic food groups and the importance of hydration.
- More about portion sizes, food labelling and how to make small positive changes.
- How diet and lifestyle can impact your mind and body.
- Hints and tips on how to put habits into action and make positive steps to a healthier lifestyle.

“

Since the course I've started to plan meals instead of just grabbing the first thing I could.”

Steven



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



Please note:

In this course, we won't address individual or specific diet plans. But if you'd like some one-to-one support, please speak to us separately. We're here to help.

Course name:

THE ART OF SLEEP

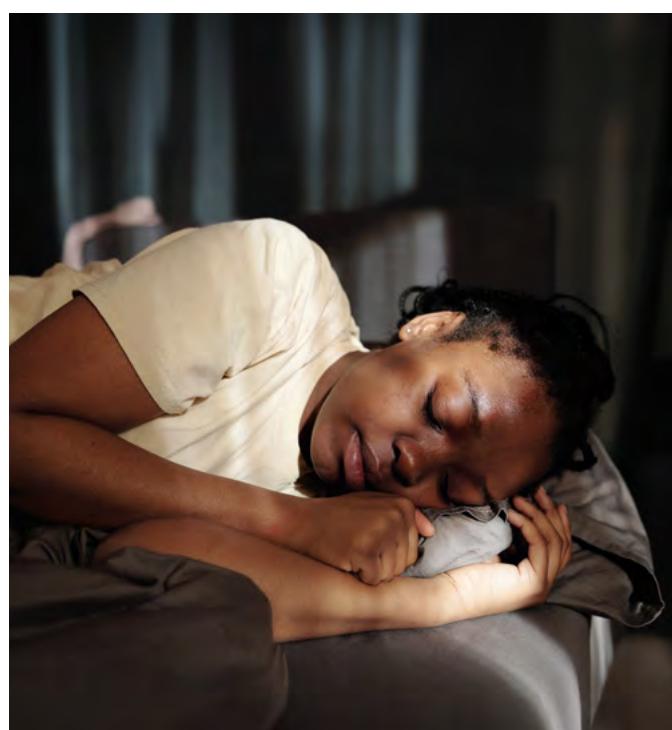
Is this the course for me?

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

In this course you'll explore how sleep impacts your wellbeing and the common causes of sleep problems. By then discussing techniques and strategies to try at home to improve your sleep, you can work towards supporting key elements of your ongoing recovery.

What you'll learn:

- How sleep plays an essential part in 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 try at home to help your sleep pattern.
- How to keep a sleep diary.



Please note:

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



“

I learnt things about sleep that I had little to no knowledge of before attending the course.”

Trevor

RECOVERY COLLEGE **INFORMATION**

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 our recovery staff, including veterans and family members with lived experience of the subject.

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.

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 Recovery College courses provide a safe, trusted, non-judgemental environment. This starts on the Meet and Greet session, allowing students to meet each other and the facilitators, and alleviate any concerns they may have.”

Spencer, Peer Support Trainer and Veteran.

YOUR GUIDE TO USING MICROSOFT TEAMS FOR ONLINE LEARNING

All 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.



FREQUENTLY ASKED QUESTIONS

What does the Recovery College Offer?

Group, online courses with tools, tips and strategies to help improve and manage physical and mental wellbeing.

We also offer self-help guides in these subjects, which are designed to be worked through anywhere, at your own pace at whatever time suits you.

How do I apply for a course?

You can head to our website or call us, please see page 2 for more information.

What do the courses cost?

Nothing. All our courses are free to members of the Armed Forces community.

How many people will be on the course?

There is currently a maximum of 10 students and 2-3 facilitators.

Is the Recovery College just for veterans?

No, the Recovery College is open to all the Armed Forces Community, more information can be found on page 3.

Why is it called a College?

This term is used as our courses provide education and tools to support your wellbeing.

We follow the principles of Recovery Colleges. This means that all courses must be co-produced and co-facilitated by those with lived experience and people who have received training in the relevant field. At Help for Heroes this means courses are produced and facilitated by members of the Armed Forces Community and experts from our Recovery Teams.

I have a poor memory; will you provide copies of the slides or a workbook to help me take notes?

Yes, we post out a hard copy workbook for you to take notes in your own way. We can also provide an electronic version of these.

If you have any requirements that would help you learn, please discuss this with us, we are here to help.

I can't sit for long periods of time, will there be breaks?

There will be regular planned breaks, however our facilitators are very flexible and are happy for you to move around when you feel you need to.

You do not need to sit at a desk, just wherever you are comfortable and don't worry about interruptions like the doorbell!

I'm not good with IT, and have never used Microsoft Teams before, can I still attend?

Yes, you don't need to be an expert with IT, we will support you in accessing Microsoft Teams and do a test call if needed.

We also run meet and greet sessions before the courses, please see page 22 for more information.

“I have now completed the courses that I wanted to take and genuinely feel so much better . What a difference they have made to my life.”

James, Recovery College Student.



RECOVERY COLLEGE

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