North East Hampshire and Farnham Recovery College

A prevention programme supported by Happy, Healthy, at Home Vanguard programme (North East Hampshire and Farnham) and provided by Surrey & Borders Partnership.

North East Hampshire and Farnham Recovery College supports people in their recovery through educational courses and workshops on a range of psychological, mental and physical health conditions.

The college helps people to become expert in their own care, through goal setting to meet personal aspirations.

Launched in 2015

365 students enrolled between May 15 and Aug 16

Questionnaire results show:

- 26% improvement in recovery
- 20% reduction in psychological distress
- 84% of students met their goal by end of course

Themes reported by students:
- Others like me: powerful experience to meet others in similar situations
- Learning and self-help: continuous learning
- Challenges of being in a group: challenges as well as benefits from group situation
- Progression: on to other activities and positive impact on self-esteem

Staff reported:
- High job satisfaction, confidence & motivation, good teamwork and organisation.
- Staff felt they were able to provide a good service to students

Trend in use of GP, A&E, and mental health services after attending the college:

- 18 entered Further Education
- 15 entered paid/voluntary employment
- 12 training to become a recovery coach

Surrey and Borders Partnership NHS Foundation Trust

Happy Healthy at Home

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