

# 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



**18**  
entered Further  
Education



**15**  
entered paid/voluntary  
employment



**12**  
training to become  
a recovery coach



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

## 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

Surrey and Borders Partnership   
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