



Herefordshire and Worcestershire

Wellbeing and Recovery College

A very warm welcome to this month's edition of the Newsletter. With the summer finally here, have you found that you have a little more time on your hands, planning out the summer holidays or looking for a way to begin to tackle your overall mental health and wellbeing? Please take the time to check our latest offer and see if any of courses and workshops can be of any benefit to you.

We have been working hard to showcase all of our fantastic partners and would love to hear from you if there is something that you would like to see us offering on the Herefordshire and Worcestershire Wellbeing and Recovery. Please get in touch and let us know your thoughts, we are always looking for ways to improve our offer so drop us an email.

Email: hw_wellbeingrecoverycollege@comfirst.org.uk

We have several Free Workshops that might be of use to you or your clients this summer, if there is something here that you would like to be a part of then please use the links below to register with us (if you have not done so already) and book yourself a place.

To register with us: <https://www.hwellbeingandrecoverycollege.org.uk/register/>

Our courses and Workshops:

Responding to a disclosure of sexual violence – Provided by WMRSASC -
Wednesday 13th August 9:30 - 14:30pm at **The Survey School, Worcester**

This interactive training session provided by West Mercia Rape and Sexual Abuse Support Centre, is for practitioners who are working with survivors of sexual violence in all its forms - as well as practitioners working in a supportive capacity on other matters where a person may disclose to you they are or have experienced sexual violence at any point in their life.

Delivered by experienced Rape Crisis professionals, it will support you in working with clients who have experienced sexual violence, ensuring you can respond to disclosures safely and effectively.

<https://www.hwwellbeingandrecoverycollege.org.uk/events/responding-to-a-disclosure-of-sexual-violence-provided-by-wmrsasc/>

Finding out about domestic abuse and the work of West Mercia Women's Aid - provided by West Mercia Women's Aid - Tuesday 2nd September 10 - 12pm Online

This online training will provide an awareness of domestic abuse and the impact it can have on victim/survivors and their families.

We will cover the prevalence of domestic abuse, types of abuse and explore existing perceptions, myths and stereotypes.

We will provide an overview of the Specialist Domestic Abuse Service that West Mercia Women's Aid provides and how that support can be accessed.

This training is suitable for anyone who works with or comes across victim/survivors in a professional or personal capacity.

<https://www.hwwellbeingandrecoverycollege.org.uk/events/finding-out-about-domestic-abuse-and-the-work-of-west-mercia-womens-aid-provided-by-west-mercia-womens-aid/>

Autism West Midlands - 'Autism Online Workshop' series - Multiple dates throughout August to October All sessions delivered Online

- **Reasonable Adjustments:** August 15th 10am – 11:30am
- **Autism and Anxiety:** September 10th 2025 10am – 12pm
- **Autism and Communication:** September 17th 2025 10am – 12pm
- **Personal Independence Payment (PIP):** September 19th 10am – 11am
- **Autism and Sensory Differences:** September 24th 2025 10am – 12pm
- **Autism and Behaviour:** October 1st 2025 10am – 12pm
- **Navigating the System:** October 8th 2025 10am – 12pm
- **Autism and the Teenage Brain:** October 15th 2025 10am – 12pm
- **Supporting Your Autistic Teen:** October 22nd 2025 10am – 12pm

You can find more information and book a place on any/all of these workshops by visiting our courses and workshops page:

<https://www.hwwellbeingandrecoverycollege.org.uk/event-directory/>

VETERANS MOVING FORWARDS: BUILDING A BRIGHTER FUTURE - Co-designed by Veterans for Veterans - Beginning Friday 12th September at 10am at The Cart Shed in Hereford

The course aim is to provide you with the opportunity to gain clarity about your direction in life, develop tools and strategies to help you commit to action and make progress towards your brighter future.

Course Highlights include:

- Understanding the impact of your military service on your current situation.
- Gaining perspective and clarity about your life's direction.
- Sustaining positive change.

If you would like to book this course please contact us on either **0300 302 0458** or email us: **HW_WellbeingRecoveryCollege@comfirst.org.uk**

MoodMaster: Anxiety, Stress and Worry (Thursday evenings)

Alternatively, if you like the look of the MoodMaster: Stress, Anxiety and Worry course but would like to attend in an evening (after work hours) then we do offer this course on Thursday's online 6:30 – 7:30pm

<https://www.hwwellbeingandrecoverycollege.org.uk/events/moodmaster-anxiety-stress-and-worry-3/>

Gypsy, Roma and Traveler e-learning package

This package was co-produced by the University of Worcester; Worcestershire County Council; The Gypsy, Roma, and Traveller Social Work Association; Gypsy and Traveller Empowerment (GATE) and Worcestershire Children First.

You may wish to offer this package as part of your organisational commitment to equality and diversity.

The 4 modules are short (approx. 15 mins) each and can be taken individually or all in one session. They are focused on social work and community members' lived experience within the Worcestershire context but the messages about cultural insights and best practice translate elsewhere in social work and related professions.

Modules are:

- 1. Overview and History
- 2. Challenges
- 3. Social Care
- 4. Resources

You can access this resource at any time, either drop us an email using the address above or book your self a place:

<https://www.hwwellbeingandrecoverycollege.org.uk/events/gypsy-roma-and-and-traveller-e-learning-course/>

My Perfectly Wonky Life

An online self-study course aimed at people who are recovering from significant lumps and bumps, in the road of life. Challenges with mental/physical health, loss/bereavement, gender/sexuality, career/financial, significant life changes. The programme offers new ways of thinking, and tools and techniques for managing yourself from surviving to thriving.

By far one of most popular courses with top-level feedback!

[My Perfectly Wonky Life | Courhttps://hwwellbeingandrecoverycollege.org.uk/courses-workshops/recurring-event/my-perfectly-wonky-life-50/](https://hwwellbeingandrecoverycollege.org.uk/courses-workshops/recurring-event/my-perfectly-wonky-life-50/)

Managing Difficult Thoughts and Feelings with EFT Tapping Techniques

Emotional Freedom Techniques (sometimes called EFT ‘Tapping’) are a set of ways of turning down challenging thoughts and feelings to allow you to focus and feel better.

Difficult thoughts and feelings can mess with our mood and our day. This course offers proven techniques that can be easily learned to quieten down unhelpful thoughts or feelings. Emotional Freedom Techniques (sometimes called EFT ‘Tapping’) are a set of ways of turning down challenging thoughts and feelings to allow you to focus and feel better.

This is a course you can start at any time and takes place online.

<https://www.hwwellbeingandrecoverycollege.org.uk/events/2110/>

Woodland Wellbeing at The Cart Shed in Herefordshire

This is a fully funded **four-week** course (1 day a week) at The Cart Shed that will give you the chance to learn simple green woodworking and other woodland craft, whilst improving your wellbeing through support from our team of Occupational Therapists, Mental Health Practitioners and expert tutors.

The Cart Shed charity is based in beautiful woodlands in north Herefordshire and enables people to manage their mental and physical health and wellbeing in a sustainable way.

To find out more about this workshop:

<https://www.hwwellbeingandrecoverycollege.org.uk/events/woodland-wellbeing-provided-by-the-cart-shed-3/>

MoodMaster - Face to Face and Online Sessions – Join Anytime

An upbeat approach to physical and emotional wellbeing, based around the idea that thoughts, feelings, what we do and how our bodies feel, are all connected. It works by noticing and challenging patterns of thoughts and behaviours to help us feel better. A different topic is covered each week and it's OK if you can't make every session. One of the great benefits of the MoodMaster programme is meeting up with your group on a regular basis, which has proven benefits for good mental health and wellbeing.

We have multiple sessions available for MoodMaster both Face to Face and online across multiple days. Search 'MoodMaster' on our Courses and Workshops page:

<https://www.hwwellbeingandrecoverycollege.org.uk/event-directory/>

Join us on the Herefordshire and Worcestershire Wellbeing & Recovery College to get up to date with all that we have on offer, and please share with anyone you know who may be in need of a wellbeing boost.

If you need us to chat to, find out more about what Courses and Workshops we have on offer then either give us a call on 0330 302 0458 or visit us online at

<https://www.hwwellbeingandrecoverycollege.org.uk/>