



North Staffordshire Wellbeing College

Prospectus Autumn Term 2026



Picture taken during our walk at Biddulph Country Park



Table of contents

01

Welcome

02

How to enrol

Student Charter

03

Our people

04

Our partners

06

Our locations

12

Our workshops and events

- 16 Above the clouds: Understanding trauma
- 16 Above the clouds: My safety box
- 22 Am I happy in my relationships?
- 19 Being a man: identity, expectations and wellbeing
- 14 Can you trust "Doctor Google"?
- 21 Caring for carers
- 12 College facilitator training
- 20 Connecting with nature - Autumn reflection
- 23 Decades Reloaded - dance your way to wellbeing
- 19 Dyslexia & me
- 19 Expressive writing
- 12 Getting back on your feet - the CHIME way
- 18 Grief out loud



- 15 Humanistic helper
- 15 Learn, cook, eat and stay well
- 13 Let's talk addiction
- 17 Living with loneliness - my path to connection
- 14 Me and my black dog: understanding depression
- 20 Mindfulness practice
- 14 More than the mess: understanding hoarding
- 15 Our next chapter in colour
- 17 Piecing together your mental health journey
- 21 SPARK - Celebrating creativity
- 15 Stroke & brain injury: finding a way forward
- 19 Tackling anxiety – anxiety in everyday life
- 13 The power of language
- 21 The best present is being present: The Big Chill
- 16 Understanding fibromyalgia: beyond the symptoms
- 13 Understanding psychosis
- 17 Understanding transgender experiences and wellbeing
- 18 Veterans moving forwards
- 22 Wellbeing Showcase: The art of emotional wellbeing
- 12 Wellness planning - moving forward

24

Useful links

25

Co-production

26

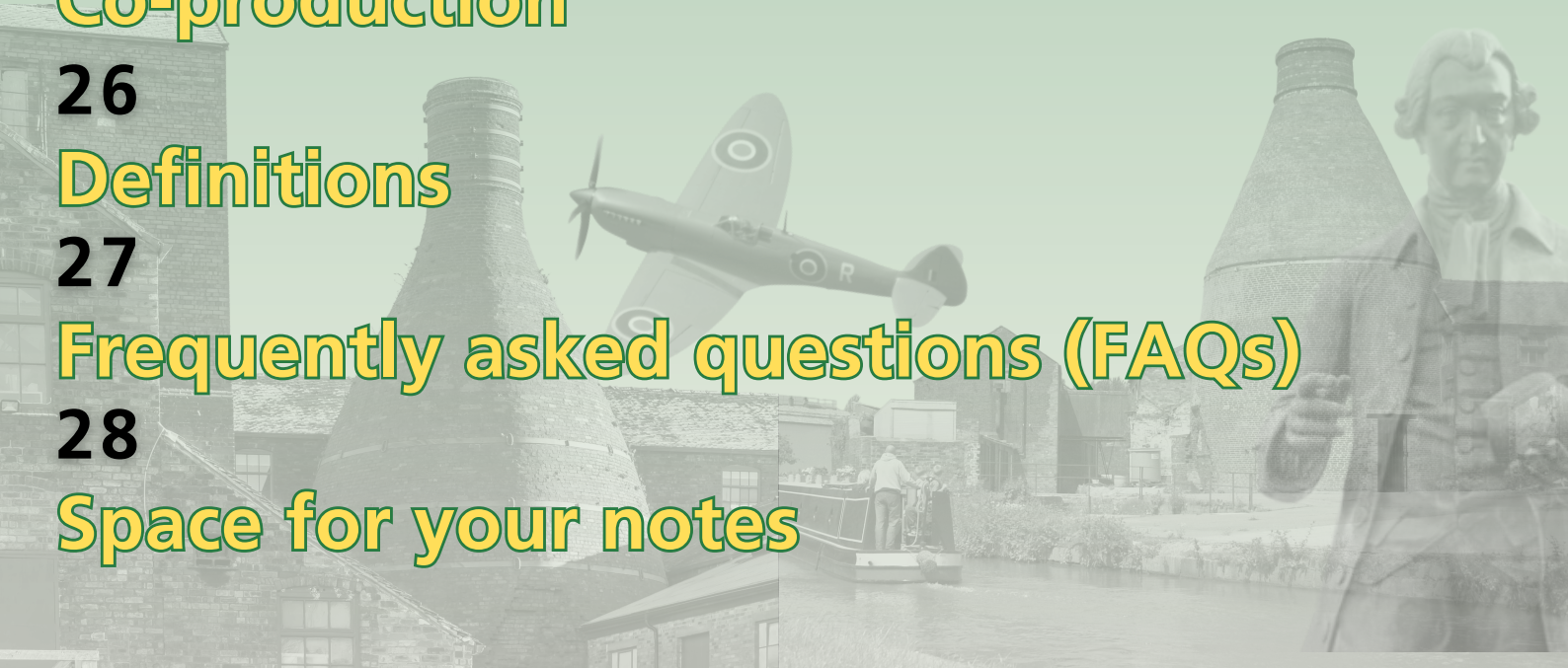
Definitions

27

Frequently asked questions (FAQs)

28

Space for your notes



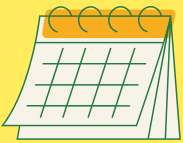
Welcome

The **Wellbeing College** offers a range of recovery-focused educational workshops that are free and open to anyone aged 18 and over, who lives in Stoke-on-Trent, Newcastle-under-Lyme and the Staffordshire Moorlands.

All of our workshops are co-produced and co-facilitated by people who have **lived experience** of **physical** and **mental health difficulties**.

We aim to offer learning opportunities for individuals facing mental and physical health challenges, for their families, supportive staff and the public interested in these issues. These opportunities focus on enhancing understanding, confidence, coping strategies and behaviours, enabling participants to manage their lives, conditions and treatments in order to live the lives they wish to live.

The Wellbeing College is divided into three terms:



Term 1: September to December

Term 2: January to March

Term 3: April to July

Our core values



Opportunity: Being positive about the opportunities that life presents you with



Control: Having a sense of control over your life and symptoms



Hope: Having hope that things will get better and being able to look to the future

How to enrol

Eligibility criteria

You need to be aged 18 and over and live within the six towns of Stoke-on-Trent, Newcastle-under-Lyme, or in the Staffordshire Moorlands.

The next step is to enrol as a student of the college by visiting our website or by contacting the team on:



wellbeingcollege@combined.nhs.uk

We will then contact you in order to discuss your application and explore the possibilities of you learning with us.



If you wish to attend a workshop, please enrol as a student first and book on via email **seven days** before the session takes place.



Learning together

We understand that it may be difficult for you when first attending the Wellbeing College and having to be in a new place, meeting new people. To help with this, feel free to bring a carer, relative or friend with you and ask them to also enrol as a student alongside you, if you feel this would be helpful.



Our Student Charter

As a student of the Wellbeing College, you can expect us to:



Communicate with all students in a friendly and professional manner



Make reasonable adjustments as and when needed to support you



Provide a warm, professional, healthy and safe learning environment and work with you to make learning enjoyable and accessible



Respect your personal beliefs, life choices, faith and cultural practices and traditions – making it an environment free from stigma and discrimination

Our people

Meet the team



Klaudia Lepska
College Coordinator



Sherrine Khan
Senior Peer Support Worker



Chiara Barbaro
Student Support and
Lived Experience Trainer



Jessica Handley
College Administrator



Jayne Simner
Recovery and Experience Lead



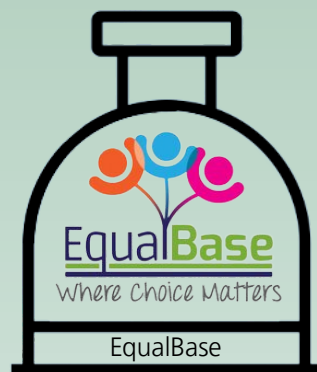
3

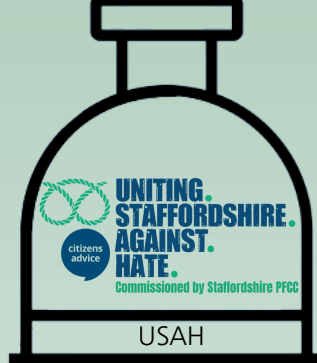
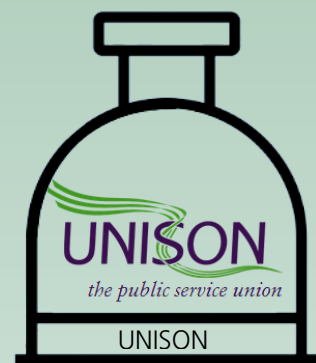
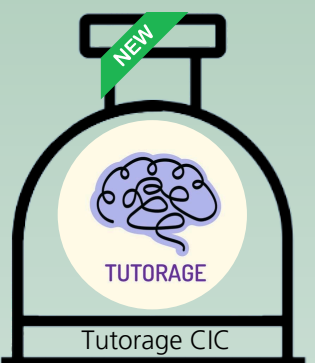
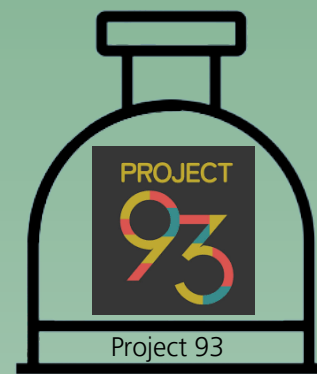
We are supported by over 40 workshop facilitators on voluntary/time-release basis. The team is also assisted by the Wellbeing College Student Council, the Wellbeing College Steering Group, mental health nursing students on placement and volunteers.

Our partners

To view the full list of our partners visit our website wellbeingcollege.combined.nhs.uk/about-us/partners/

To find out how to become a partner of the Wellbeing College, email wellbeingcollege@combined.nhs.uk





Our locations

We always try our best to use venues that are accessible for those with additional needs, are close to public transport links and have parking available.



For detailed accessibility information, please visit accessible.co.uk. If you do require access to a venue, please contact us so we can double check the options for you.

If you have any questions about the workshop location, feel free to get in touch – on the day, you can call the numbers provided and we'll be happy to guide you. Our contact telephone numbers are: 07790 985794 and 07971 996653.



It's also helpful to bring a copy of our prospectus along, as it includes a picture of the venue so you'll know what to look out for!

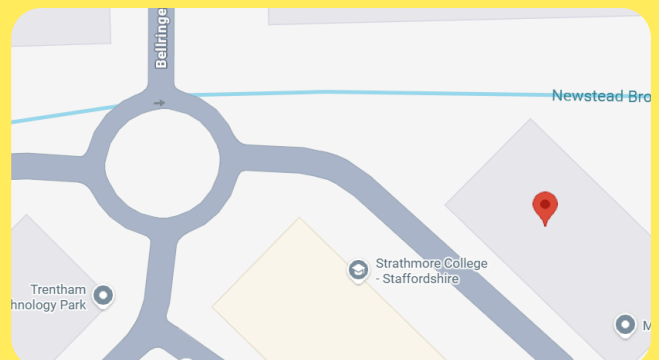
Affordable Food

77-81 Meaford Drive, Blurton
Stoke-on-Trent, ST3 2BB

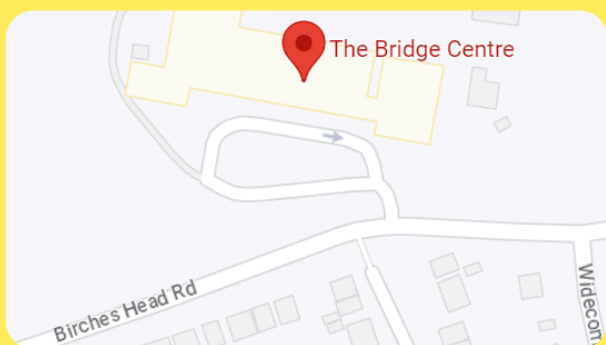


Ashtenne Unit 22

Trentham Technology Park,
Bellringer Road,
Stoke-on-Trent, ST4 8JL



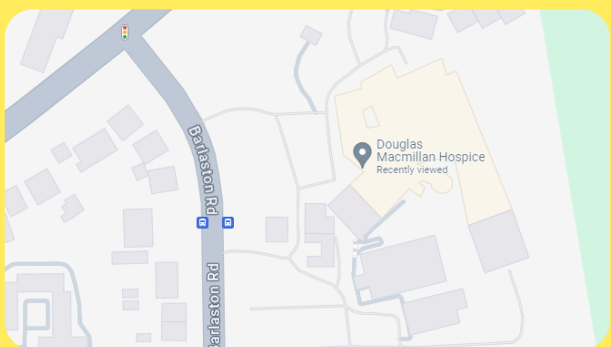
The Bridge Centre
Birches Head Road,
Stoke-on-Trent, ST2 8DD



Changes
Booth Street, Stoke
Stoke-on-Trent ST4 4AL



**Dougie Mac Wellbeing
Centre (Entrance B)**
Barlaston Road, Blurton,
Stoke-on-Trent, ST3 3NZ

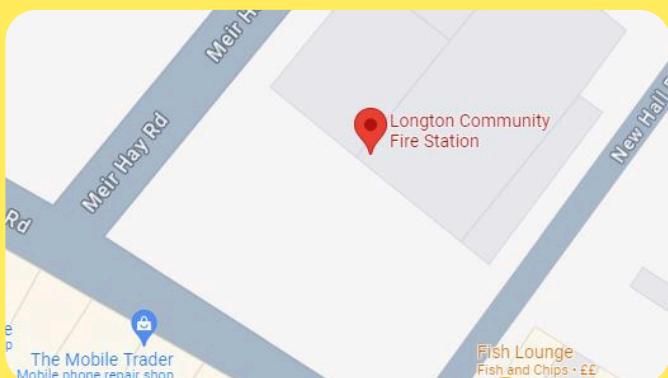


Keele Hub
Harplands Hospital, Hilton Rd,
Stoke-on-Trent, ST4 6RR



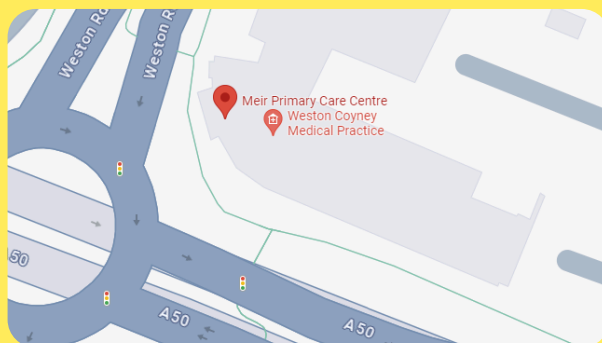
Longton Community Fire Station

266 Uttoxeter Road, Longton,
Stoke-on-Trent ST3 4QE



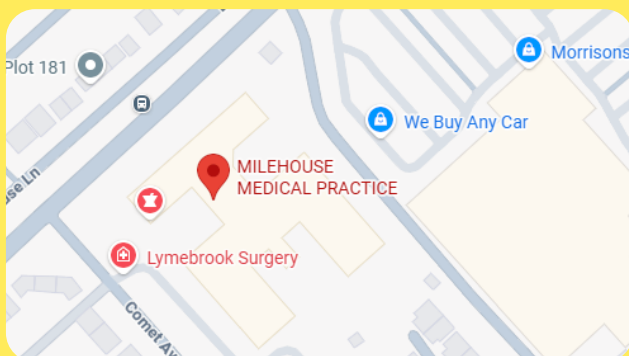
Meir Primary Care Centre

Weston Road, Meir,
Stoke-on-Trent, ST3 6AB



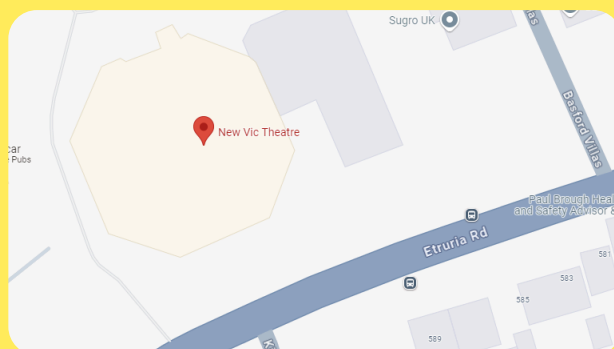
Milehouse Medical Centre

Lymebrook Way, Newcastle-
under-Lyme, ST5 9GA



New Vic Theatre

Etruria Road, Newcastle-
under-Lyme, ST5 0JG



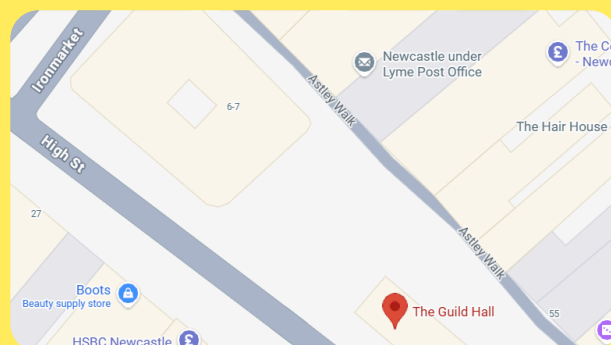
Newcastle Community Fire Station

Knutton Lane, Newcastle ST5 2SL



Newcastle Guildhall

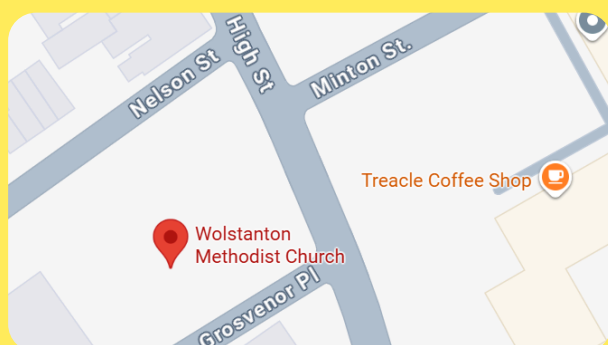
High Street, Newcastle-under-Lyme, ST5 1PW



The Pavillion Café

The Pavillion, Hanley Park, Stoke-on-Trent ST1 4DT

NEW!

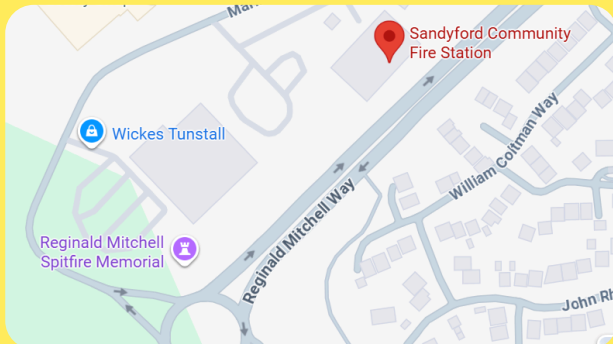


RVS Hanley Centre

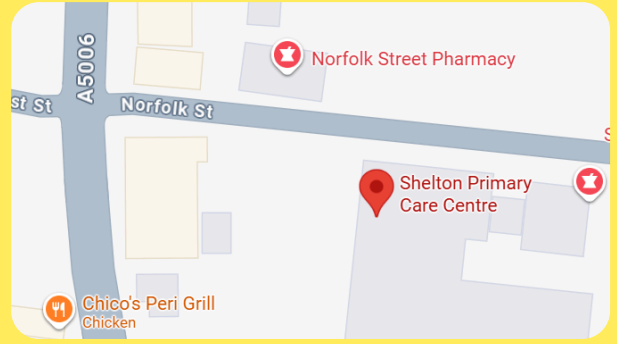
29 Charles St, Hanley, Stoke-on-Trent ST1 3JP



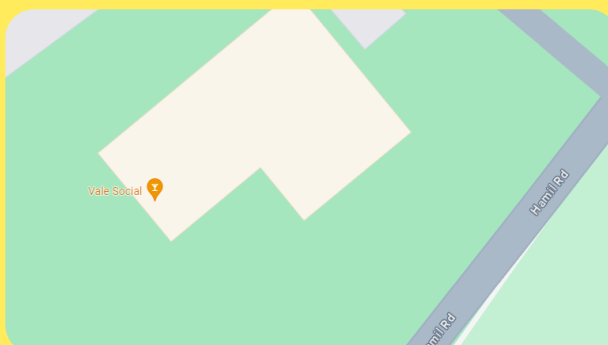
Sandyford Community Fire Station
Marlborough Way, Tunstall
Stoke-on-Trent, ST6 5ED



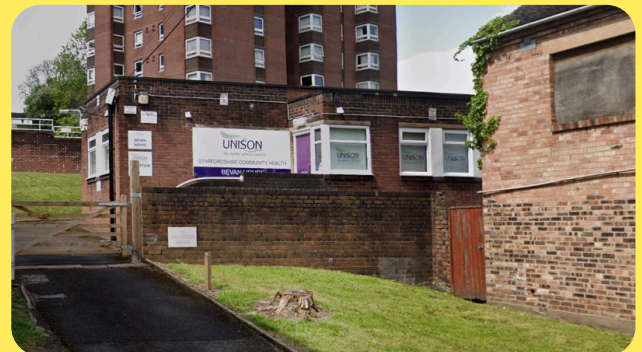
Shelton Primary Care Centre
Norfolk Street, Hanley,
Stoke-on-Trent, ST1 4PB



Tommy Cheadle's,
Port Vale Football Club
Entrance C, 113 Hamil Road,
Stoke-on-Trent, ST6 1AP



UNISON Stoke
Bevan House, Epworth Street
Stoke-on-Trent, ST4 1NU



Westport Lake and Westport Lake View Café

Westport Lake Road, Burslem,
Stoke-on-Trent, ST6 4RZ



Wellspring Methodist Church

Chapel Street, Cheadle
ST10 1DU



Windmills, Stoke

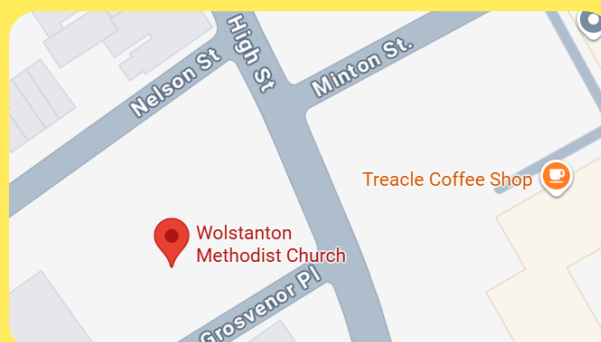
Unit 1, Campbell Road,
Stoke-on-Trent ST4 4DX

NEW!

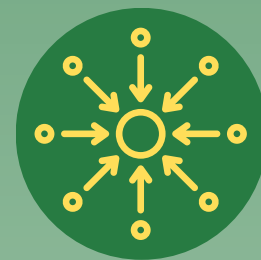


Wolstanton Methodist Church

Grosvenor Place, Newcastle-
under-Lyme, ST5 0HS



Our workshops



Core workshops

College facilitator training

Two dates available:

- Thursday 17 September, 9:30am to 3pm at Longton Community Fire Station
- Monday 30 November, 9:30am to 3pm at Keele Hub, Harplands Hospital

A workshop for anyone interested in becoming a co-facilitator at the Wellbeing College. This session will provide you with the knowledge and skills needed to consider developing and delivering a workshop within the Wellbeing College.

Getting back on your feet - the CHIME way

Tuesday 13 October, 12pm to 2:30pm at RVS Hanley Centre

Our workshop will explore what is meant by the word recovery, how we feel about it and whether it relates to our individual lives and if it doesn't, exploring the other available options. Join us while we consider the importance of **Connectedness, Hope, Identity, Meaning and Empowerment** and how this has the potential to impact on our wellbeing and recovery as we understand it.

Wellness Planning - moving forward

IT'S NEW!

Tuesday 20 October, 12:30pm to 2:30pm at RVS Hanley Centre

Through activities and reflective discussions we'll support you to explore what truly matters to you so that you can move forward in your personal journey.

- Find your compass: figure out your direction by understanding yourself and what works for you.
- Spot your joy: uncover the unique things that help you feel well.
- Step forward: collect ideas to take the next step on your journey.

This workshop is relevant whether you've got a wellbeing plan, never heard of it or are supporting someone else with it.

Other workshops – Education



Let's talk addiction

Friday 4 December, 1pm to 3pm at Milehouse Medical Practice

In this workshop we will talk about addictions and the impact that they can have on our mental and physical health. We will discuss together what could be helpful at different times as well as exploring the support and treatment available.

Understanding psychosis

Friday 18 September, 10:30am to 1pm
at Shelton Primary Care Centre

We will come together to understand the term psychosis and the impact this can have on a person and their carers. We will explore some common symptoms of this condition but also the complexities of someone experiencing psychosis, and how they may interpret reality very differently to others around them.

We will learn about the importance of effective treatment, support and coping strategies to promote person-centred care and steps to a meaningful recovery journey.

The Power of Language

Thursday 1st October 10am to 12pm at Unison

IT'S BACK!

For anyone interested in exploring in more detail the power of the spoken and written word, as well as the importance of non-verbal communication and body language. This workshop explores how small changes in the way we communicate can help break down barriers. By reframing our communication, we can improve understanding and create better outcomes for everyone.

A full term calendar view of the dates, times and locations of our workshops can be found online on our website. Just scan the QR code on the right or visit wellbeingcollege.combined.nhs.uk



Me and my black dog: understanding depression

Monday 21 September, 12:30pm to 3pm at the New Vic

You've probably heard the analogy of the black dog and depression – but how do you live with it? In this workshop, we'll dive into the symptoms of depression, how it can impact your life and the ways to tame your black dog so you can live well alongside it.

Can you trust "Doctor Google"?

Monday 9 November, 1:30pm to 3:30pm
at Dougie Mac Wellbeing Centre

In today's digital world, and with Artificial Intelligence (AI) on the rise we have easy access to lots of information about health. But not all of it is correct or helpful! This workshop aims to provide you with the necessary skills and tools to find trustworthy health information, evaluate its credibility, and empower you to confidently engage with healthcare providers to ensure quality care.

Dyslexia & me

Thursday 8 October, 10:30am to 12:30pm
at Sandyford Fire Station

This workshop offers an understanding of what dyslexia is and tackles common myths around it. We'll share strategies for building confidence and navigating challenges and explore practical ways to support adults with dyslexia in everyday life. The session is led by lived experience insight to bring authentic perspective and understanding.

More than the mess - understanding hoarding

Monday 12 October, 12:30pm to 2:30pm at the New Vic

IT'S NEW!

Hoarding is rarely about the "stuff" alone. It's often about meaning, memory and emotion, with the person always at the centre. This welcoming, judgement-free workshop explores what hoarding is, why it happens and what first steps towards support can look like.

Co-produced with someone with lived experience of hoarding, alongside people with expertise in the field, it's for anyone touched by hoarding, whether you recognise it in yourself, are supporting a someone, or grew up in a home affected by hoarding.

Together, we'll build understanding, break down stigma and explore where to find support.

Stroke & brain injury: finding a way forward

Thursday 3 December, 12pm to 2pm
at Meir Primary Care Centre

IT'S NEW!

This workshop explores the journey of recovery and adjustment following stroke or brain injury. It considers some of the physical, cognitive, emotional and social changes that individuals and their families may experience, including difficulties that are not always visible to others. Through lived experience and a clinical perspective, we will discuss rehabilitation, coping strategies, family wellbeing and rebuilding a meaningful life. The workshop will also highlight some local services and sources of ongoing support for you and your loved ones.

Learn, cook, eat and stay well - 2 week workshop

Thursday 5 November and Thursday 12 November
10am to 1pm at Wolstanton Methodist Church

IT'S BACK!

Learn about healthy eating, mood-boosting foods, and budget-friendly recipes in an interactive session. Explore batch cooking ideas and nutrition tips, then share and taste your creations over a cuppa.

Humanistic Helper

Date and venue to be announced, please contact us

IT'S BACK!

This workshop helps you explore how humanistic counselling techniques can be used in everyday life to improve communication and offer support to those around you. You'll learn practical skills for fostering positive connections and supporting others in a meaningful way. Rooted in humanistic psychology, this session empowers you to apply these techniques to enhance both personal and professional relationships.

What our students say about this workshop:

"It was really good full of lots of helpful discussions and information. The facilitators were both great and very welcoming"

"It was brilliant, very personal, and insightful."

Above The Clouds: Understanding Trauma

Thursday 10 December, 10:30am to 12:30pm
at Shelton Primary Care Centre

IT'S NEW!

In this trauma-informed workshop you will be offered practical knowledge about how difficult experiences can impact on us on a neurological, physical and emotional level. As the session progresses, there will be time to reflect together and explore everyday things that we can do to support ourselves and others around us who are living with the impact of trauma. This workshop has an optional follow up workshop where you will be given the opportunity to put this knowledge to practical use in the creation of your own Safety Box.

Above The Clouds: My Safety Box

Thursday 17 December, 10:30am to 12:30pm
at Shelton Primary Care Centre

IT'S NEW!

In this creative and reflective workshop, you'll design and decorate your own personal Safety Box – a collection of items that help you feel grounded, calm, and hopeful. Alongside the creative activity, we'll look at how safety boxes can support mental health and wellbeing, particularly in relation to trauma, and discuss when and how to use them effectively in everyday life. Although not essential to attend both Above The Cloud sessions, booking priority will be given to those who have attended one of our previous trauma-focused workshops.

Understanding Fibromyalgia: beyond the symptoms

Tuesday 15 December, 1pm to 3pm at Affordable Food Stoke

IT'S NEW!

Join us for an informative workshop on fibromyalgia to learn more about this complex condition, its impact on daily life, and practical approaches to managing symptoms and providing effective support. Whether you're a healthcare professional, carer or simply interested in learning more about the condition, this session can offer valuable insight, direct lived experience and the opportunity to expand your understanding.

Other workshops – Wellbeing



Living with loneliness – my path to connection

Thursday 15 October, 10:30am to 1pm at the Bridge Centre

This workshop will help you understand loneliness in a safe and friendly space. We will look at different types of loneliness and why people feel lonely, even when they are around others. We will talk about the barriers that can stop us from connecting with people – such as confidence, routines, past experiences, and practical challenges. You will learn how to set small, realistic goals to help you take steps toward meeting people, building confidence, and feeling less alone. You will leave with a simple plan that fits you and your life.

Understanding transgender experiences and wellbeing

Monday 28 September 10:30am to 12:30pm at Newcastle Fire Station

IT'S NEW!

This interactive session provides an introduction to transgender identities and experiences, including how these experiences can impact mental health and wellbeing. We will discuss factors which may support wellbeing, and through discussions, activities, scenarios and reflection, we will consider practical ways individuals, organisations and wider society can create more supportive and inclusive environments for transgender people. This is an interactive session with opportunities to reflect, discuss and share ideas. No prior knowledge is required.

Piecing together your mental health journey

Monday 19 October, 12:30am to 2:30pm at Longton Fire Station

Join us for an introduction to common mental health difficulties and find out how to get the right support at the right time. This workshop explores the differences in NHS services and what is available in the community to meet different levels of mental health needs and offers ideas of how you can support yourself to live well with your mental health.

Veterans Moving Forwards - 5 week workshop

Thursdays 10am to 1:30pm (dates below) at The Bridge Centre

Co-designed by Veterans for Veterans*
Delivered by fully approved facilitators

HELP for
HEROES

IT'S BACK!

The aim of this 5-week course 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.

2 October - Introductions, Ways of Working and Individual Aims

9 October - The Military Mindset

16 October - Breathe, Sleep, Move

22 October - Learning to prioritise, plan and make good decisions

13 November - Overcoming obstacles to your progress & sustaining positive change

*Veterans Moving Forwards is only available to Veterans



Watch a video featuring previous veterans who attended this course, sharing how it benefited them and supported their journeys. Scan the QR code on the left, or click the link below:
tinyurl.com/vmfcollegefeedback

Grief out loud

Monday 2 November, 10 am to 12pm at Changes Stoke

This interactive workshop offers an introduction for those who have experienced grief, bereavement and loss or those who would like a greater insight into how to support themselves and others. Join us to learn about grief reactions, contemporary grief theory and self-care. This is a safe space to self-reflect, further your knowledge and connect with others as well as finding out what support services are available and when they might be needed.

Following the workshop, at 12pm to 1pm, the Dove service will host a drop-in to answer any questions about their service and take self-referrals.

Tackling anxiety – anxiety in everyday life

Friday 11 December, 11am to 1:30pm at Windmills, Stoke

Our workshop provides a snapshot into anxiety and its effect on our wellbeing. Noticing how anxiety can affect us is the first step to tackling it. Accepting how it can be present not only emotionally but physically in us and in others can help to tackle the triggers and symptoms. During the session we will also explore panic disorders.

Expressive writing

4-week workshop on Thursdays 12.15pm to 2pm,

Starts: 3 November, ends: 24 November, online via MS Teams

Workshop co-produced with Royal Literary Fund

Explore your thoughts and feelings through writing. In a supportive and confidential environment, you'll reflect on your experiences, guided by a professional writer. Whether you're new to writing or experienced, you'll engage in activities that help you express yourself, from simple lines to stories or poems. Each session includes a short reading and discussion, followed by prompts to inspire your own writing.

Read a poem written by one of our students who completed this workshop! Scan this QR code or visit our website wellbeingcollege.combined.nhs.uk and search 'A poem about neurodiversity'



Being a man: identity, expectations and wellbeing

Thursday 19 November, 12pm to 2pm
at Meir Primary Care Centre

IT'S NEW!

What does being a man mean to you? This welcoming workshop offers men a supportive space to explore identity, wellbeing and the expectations that men can face. We will consider how family, role models, work, social media and common stereotypes can influence how men see themselves and cope with life's challenges.

Through guided discussion and simple activities, we will explore self-care, finding purpose, asking for help and how men can support one another. There is no single right way to be a man, and you can take part without having to share anything you would prefer to keep private. No previous knowledge is needed.

This co-produced workshop is currently open to men only.

Connecting with nature – Autumn reflection

Friday 20 November 12pm to 2:30pm at Westport Lake

A seasonal series of workshops! Content varies each term

These workshops are for anybody wanting to explore ways to maintain wellbeing and structure throughout the year, building on understanding your own personal patterns according to seasonal changes and using nature to nurture yourself through every up and down of life. The workshop will explore how changes in the seasons can influence your energy, routines and wellbeing. Join us in developing strategies to maintain balance throughout the year through a mixture of indoor and outdoor hands-on activities.

Mindfulness practice

2 separate sessions to choose from!

IT'S NEW!

An introduction to mindfulness through a simple guided practice. You can join one session or both, with each session focusing on a different practice. Bring your own yoga mat, blanket or cushion if you have one, or use the equipment we can provide.

Progressive muscle relaxation

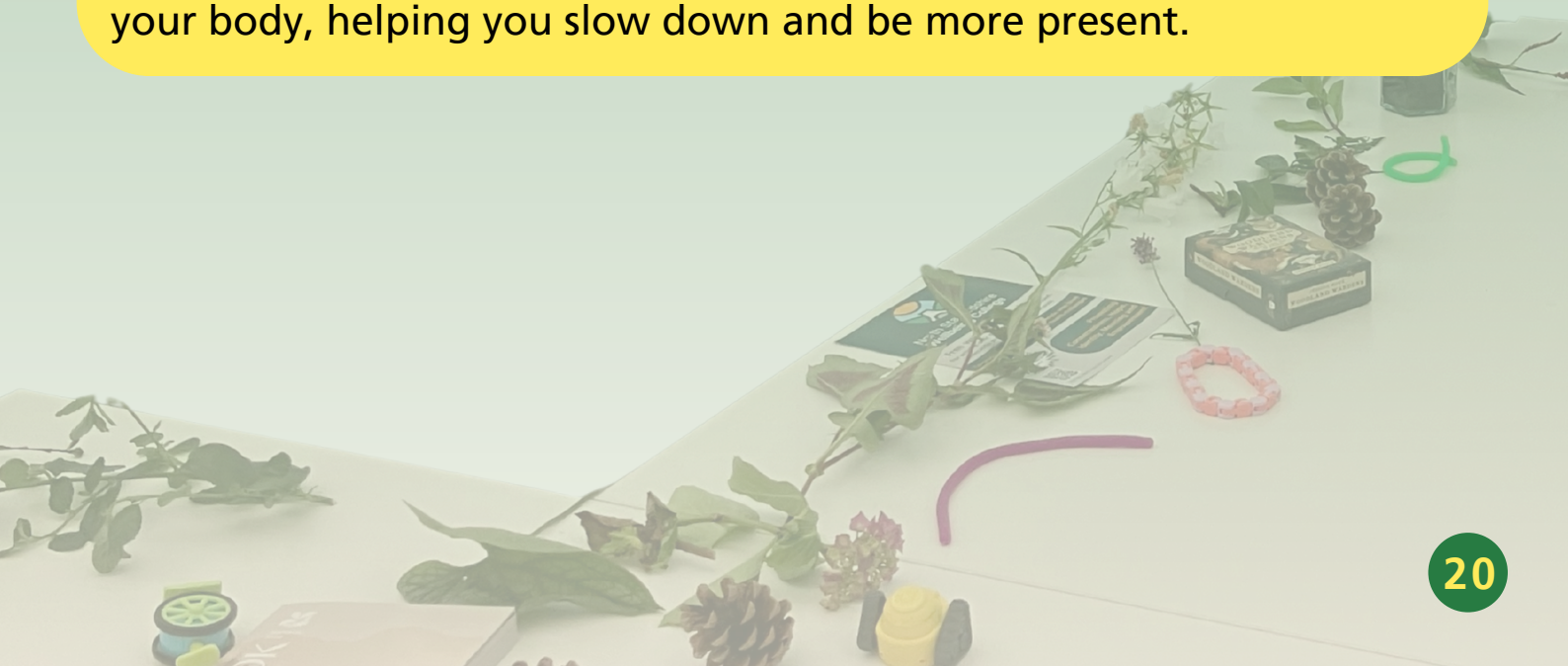
Monday 16 November, 1pm to 2:30pm at Ashtenne unit 22, Trentham

A practice that guides you to gently tense and relax different muscle groups to help release physical tension and encourage relaxation.

Body scan meditation

Monday 23 November, 1pm to 2:30pm at Ashtenne unit 22, Trentham

A guided practice that brings gentle awareness to sensations within your body, helping you slow down and be more present.



SPARK: celebrating creativity

IT'S BACK!

Thursday 26 November, 1pm to 3pm at Newcastle Guildhall

A great thinker once said: "One must still have chaos in oneself to be able to give birth to a dancing star".

Sometimes it's in our darkest times that we find our 'spark'. Join us in a celebration of creativity through art, poetry, music and other forms of expression. In this workshop we will explore how our imagination can be nurtured as a wellness tool to give us the resilience and the inspiration to live an extraordinary life, as well as connecting with others who may be going through hard times.

Caring for carers

Friday 27 November, 10:30am to 1pm in Tunstall
Venue to be confirmed

When caring for a loved one, friend or family member, a person may not realise they are a carer and fulfilling a caring role. The physical, emotional and psychological demands of caring can often leave carers feeling isolated and alone. In this workshop we explore the life and importance of a carer, the need for self-care and accessing services and support available beyond the session.



Am I happy in my relationships?

Wednesday 2 December 10:30am to 1:00pm at Bridge Centre

Workshop co-produced with New Era

Explore what makes relationships healthy, respectful and supportive. We'll look at green flags and red flags, personal boundaries, expectations and the signs of unhealthy or harmful behaviours, including control and abuse. This workshop offers space to reflect on your own relationships and explore what steps you, or someone close to you can take if something doesn't feel right.

Wellbeing showcase series



Join us on these more informal and interactive sessions to see the Wellbeing College students and friends showcase the strategies that keep them well. You will meet a different person each term and hear about their favourite way to keep their wellbeing in check, with an opportunity to try it out.

The art of emotional wellbeing

Connecting with emotions through creative expression

Tuesday 29 September, 1pm to 3:15pm at the New Vic

IT'S NEW!

Explore your emotions through creative expression and accessible art therapy-inspired techniques. This workshop helps participants strengthen self-awareness, support positive mental health, and develop healthier ways to understand, express, and manage emotions. As the saying goes, "The goal is not to create art, but to create awareness". Find out how small creative activities can reduce stress, enhance emotional balance, and encourage personal growth and wellbeing.

Other workshops - physical health



Decades reloaded - dance your way to wellbeing

Date and venue to be announced, please contact us

IT'S BACK!

This interactive workshop will help students to learn how dancing can improve your mental wellbeing. We will also explore how people of different physical abilities can still enjoy dancing and we will offer practical tips regardless of ability. Join us for a low impact session of dancing led by a Decades Reloaded dance teacher. This workshop is designed for individuals of all experience levels who are seeking to learn more about dance and wellbeing. No skill level is required, simply a desire to move with like-minded people and having fun.

Special events



Our next chapter in colour

Wednesday 9 September, 11am to 2pm at Tommy Cheadle's

A celebration marking four years of the Wellbeing College and the launch of our new academic year. Our four College colours will bring the day to life as we head out on a colour walk, before coming together for cake, refreshments and a look at our new prospectus. It's a chance to celebrate the 4 years of the College, meet the team and discover what's coming up in our next chapter. Open to current students and those who are new to the College.

The best present is being present: The Big Chill

Friday 18 December, 11am to 2pm at The Pavillion, Hanley Park

"This is not a Christmas do" is back for another year! This time, we're slowing things right down and creating a cosy, calming space to take a breather from the Christmas rush. Expect relaxing moments, nature-inspired touches and plenty of time to simply pause, unwind and be present. No pressure, no Christmas songs, mince pies and no festive frenzy, and definitely no forced Christmas cheer. Just some time for yourself, in good company, doing as much or as little as you like.

Useful links

Have you visited our website yet? It's packed with info about our workshops, partners and venues, plus details about our team and some self-help resources.

Visit: wellbeingcollege.combined.nhs.uk

or use your phone camera to scan the QR code on the right.



Did you know we have a Facebook page?

It's another way to get in touch with us and keep up with our latest news.

Search:

North Staffordshire Wellbeing College

or scan the QR code on the right



Co-production

What is co-production?

Co-production makes us different to conventional colleges. This means that everything we do, from designing and delivering the workshops to strategic decisions, is done together.

We have two types of facilitators:

Experts by experience and **experts by training**

Both work together closely to provide a **rounded** and **thorough** perspective on any topic you may be studying with us. This draws on both professional expertise and lived experience, and we think that both are equally important.



Definitions

A co-operative learning approach

The Wellbeing College values all experience equally – personal, clinical and professional – in the exchange of knowledge and ideas. This co-operative learning approach means those delivering the workshops become ‘facilitators’, not ‘problem-solvers’ or ‘fixers’.

A strengths-based approach

We encourage people to develop their skills, knowledge and aspirations. We do this by supporting them to use these individually, in daily life, in the community and at the college.

Collaborative partnership working

We will ensure that people with lived experience are equal partners in co-designing and co-delivering all aspects of the college.

Partnership of equals

Co-production involves the sharing of power and responsibility which will be a new way of working for many people. Through collaboration among experts by training and experts by experience, together we learn from challenges and grow as a group and community.

A move from challenging roles

Our vision is that co-production will move people beyond service user, carer and professional roles, to being people and students who mutually respect one another’s expertise, knowledge and experience.

Taking risks together

We recognise that meaningful change often begins outside our comfort zones. We believe that through positive risk-taking and working together, even ambitious or uncertain ideas become risks worth embracing.

FAQs



What is the Wellbeing College?

We offer free workshops for people over 18 to empower them to take control of their journey and live fulfilling lives, even in presence of challenges. Our goal is to empower students to identify and nurture their inner resources to improve their physical and mental wellbeing.

Who can attend the college?

Our workshops are open to anyone aged 18+ residing in Stoke-on-Trent, Newcastle-under-Lyme and the Staffordshire Moorlands.

How much do the workshops cost?

The workshops are free but you need to enrol before attending.

What do we offer?

The Wellbeing College workshops offer a safe and supportive learning environment to explore what wellbeing means to you. All of our workshops are designed to inspire hope and empower students to explore, consider and discover what is useful and valuable to them.

Do I need to be referred to attend?

No. You do not need to be referred. As a student, you will need to enrol onto a workshop each time a new prospectus comes out.

What happens during the enrolment process?

The enrolment is an opportunity for us to get to know each other. We'll learn what your strengths and interests are, as well as your reasons for wanting to engage with the Wellbeing College. You will learn about us and what we do, and together we can explore any support needs you may have. We schedule an enrolment appointment at a time and in a way that suits you.

I don't want to go back to school or college – is that what this is?

No! Our workshops aren't traditional college or school subjects and aren't delivered in a traditional way. You'll have opportunities to discuss subjects that interest you, learn at your own pace and share your expertise in a friendly and relaxed environment.

Do I need to have any qualifications in order to attend a workshop?

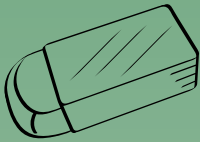
No. There are no formal entry requirements and we don't ask you to take notes, read or speak out loud in a workshop if you don't feel comfortable.

How many other students will be on a workshop with me?

Group sizes are kept small, so typical group sizes are between 8 to 12 students. Please contact us if this is something you are concerned about, and together we can explore how to support you.



Space for your notes



A large rectangular area with a green border, containing 20 horizontal lines for writing notes.



North Staffordshire Wellbeing College

Contact us



wellbeingcollege.combined.nhs.uk



wellbeingcollege@combined.nhs.uk



North Staffordshire Wellbeing College



**07790 985794
07971 996653**

Picture taken during our walk at Biddulph Country Park