

Wokingham Recovery College – Frequently Asked Questions

This document provides answers to some frequently asked questions about Wokingham Recovery College.

Accessing the service

Is this service right for me?

If you are over 18 and living or working in the Wokingham Borough then you can register with the service. It can be helpful for anyone who wants to increase their understanding of mental health, learn new ways to improve their wellbeing or connect with new people.

What if I don't have a mental health diagnosis?

There is no requirement to have any diagnosis or to have had contact with other mental health support. We are not a clinical service and everyone, diagnosed or not, can benefit from learning about mental wellbeing.

Registration and booking

How do I book onto a course?

If you are registered with us, you will receive a link to a booking form on a monthly basis. You can select which courses you want to attend on this and will receive an e-mail confirming if you have secured a space.

When you register with us, you will receive the link to the latest booking form as part of your welcome e-mail.

If you have misplaced the booking form link, let us know and we can send it again.

I can't decide which sessions I want to attend. What should I do?

Get in touch and we can help with this. We can discuss what your goals are and which activities might support you to meet your goals.

What happens when I submit my registration form?

1. Your registration will be processed within 5 working days
2. We will send a welcome e-mail including a booking form
3. We will give you a call to welcome you to the service and answer any questions

The course I want to do is not on your timetable, when will it happen?

We are unable to offer all of our workshops every term. If there is enough interest in a course, it is likely that it will be offered again in the future.

Courses, workshops and groups

Who delivers the sessions?

Sessions are delivered by a range of mental health professionals and experts by experience. All trainers and group facilitators have varied experiences in mental wellbeing. We welcome curiosity so if you would like to know more about their backgrounds, feel free to ask.

Will you tell anyone what I say in sessions?

We uphold confidentiality in all of our sessions which means that what is said in the room stays in the room. The exception to this is if we believe that you or anyone else is at significant risk of harm. In that case, we have a duty to disclose the necessary information to relevant professionals but would endeavour to do so with your consent wherever possible.

What will the format of the sessions be?

Most sessions follow a similar format which includes learning objectives, a group agreement to ensure safety, discussions, delivery of information and activities. You will always be given a choice as to whether or not you wish to take part in different elements of the session. There is no pre-work or homework to complete.

What equipment will I need for the online sessions?

You will need access to an e-mail address. You will need a PC/laptop/tablet or phone and internet connection. We will use Microsoft Teams. When you sign up to a session, we will send you guidance on using the technology.

Where will face to face sessions be delivered?

Our sessions will be delivered in community venues. We will provide details and directions when sharing course information. Currently we are using the following venues: The Bradbury Centre, The Cornerstone, Friends Meeting House and the Oakwood Centre.

How many people will be in the sessions?

The maximum number of students in a session will be 12. We usually have between 5 and 8 students.

Other

I have some feedback or an idea for a course you could run. What should I do?

We welcome all feedback, send us an e-mail with any ideas, compliments or complaints. Your feedback will shape our service and what we offer.

Can I volunteer with the College?

Yes! We welcome those with lived experience to volunteer. Find out more by getting in touch and asking to speak with our Peer Team Lead.

My question was not answered here. Who should I speak to?

Contact us via recoverycollege@wokingham.gov.uk and a member of the team will get back to you.