

Hope Recovery College (Slough) service video transcript

0:00:01.040,0:00:08.560

We are the hope recovery college in Slough. We are a team of health and social care professionals

0:00:08.560,0:00:14.400

working alongside volunteers with a lived experience of mental health problems. We

0:00:14.400,0:00:20.320

offer educational and creative workshops designed to provide hope, self-direction,

0:00:20.320,0:00:25.520

and opportunity as you embark on your journey to better mental health. We do

0:00:25.520,0:00:30.240

not provide clinical mental health support or treatment. So, if this is what you need,

0:00:30.240,0:00:35.360

please contact your GP or speak to your named worker if you are already receiving support

0:00:35.360,0:00:41.920

from community mental health services. All of our workshops are co-designed, co-produced,

0:00:41.920,0:00:47.760

and co-delivered alongside our lived experience

volunteers. They are held at New Horizons or

0:00:47.760,0:00:53.360

community venues in Slough. You can enrol at Hope Recovery College if you get support from

0:00:53.360,0:01:01.200

any community mental health services or if you care for someone who does. Enrol by completing

0:01:01.200,0:01:06.720

the digital form on our website or the form in our brochure which you can then return by

0:01:06.720,0:01:12.560

post or in person to the reception team at New Horizons. You can also give us a call

0:01:12.560,0:01:18.880

or email us for enrolment support. Once you have enrolled, you will receive an email and

0:01:18.880,0:01:24.960

text to confirm enrolment. We will then send you an email and text with details of work available

0:01:24.960,0:01:31.040

workshops. You have the option to meet with one of our team to discuss your individual learning

0:01:31.040,0:01:36.960

needs and help select workshops that will support you to achieve your goals. You can

0:01:36.960,0:01:43.600

find more information about Hope Recovery College and what we offer on our web page.