

DO YOU LOOK AFTER SOMEONE?



THEN WHO IS LOOKING AFTER YOU?

Carers provide help and support to a partner, relative, child, who could not manage without your help due to physical or mental illness or disability.

WHEN YOU'RE CARING FOR SOMEONE IT'S IMPORTANT TO GET ENOUGH SUPPORT FOR YOURSELF!!

ABOUT US

We provide **FREE, educational** courses for those carers that provide care for someone who is under Oxford Health NHS Trust services throughout the whole of Buckinghamshire, to build upon your resilience, skills and confidence. Carers can often experience a sense of isolation and lose their personal identity, becoming a student can help break this pattern. Allowing yourself to have some "Me" time and learning something new can be really rewarding.

COURSES

- 4 main areas of focus
- *Rebuilding your life
- *Developing Knowledge and Skills
- *Education about Mental Health and Treatment
- *Positive Wellbeing



Foster **HOPE**,
help people to take back
CONTROL
enable **OPPORTUNITIES** for
people to do the things that
they value in life.

Recovery is a Journey not a destination!

COURSES

We don't want you to miss out because you are caring.

Carers are always welcome at Buckinghamshire Recovery College. We offer courses specifically with carers in mind. Carers are welcome to enrol on any of our courses with or without the cared for person. We offer a wide range of courses which vary in duration, days and times to suit you.



What makes us unique is that all of our courses are designed and delivered by tutors with lived experience of mental health and a tutor with professional experience. Some of our tutors are carers. We are currently looking for more lived experience tutors to join our team, if you interested please get in touch.



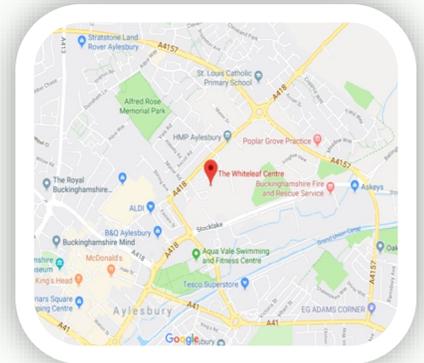
ENROLMENT DAYS

Students are advised to attend enrolment days, this allows students the opportunity to speak with tutors directly.

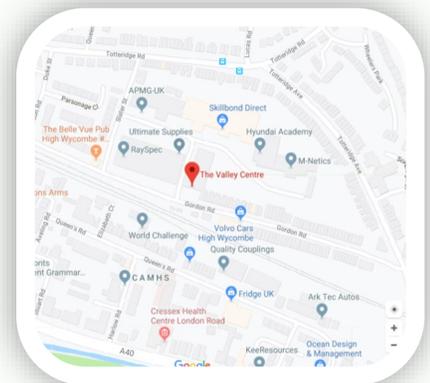
Enrolments provide students time and space to discuss courses, answer any queries and to sign up to courses.

WHERE TO FIND US

The Whiteleaf Centre
Bierton Road
Aylesbury
HP20 1EG



The Valley Centre
Unit 5, Gordon Road
High Wycombe
HP13 6EQ



CONTACT US:

BY EMAIL

BuckinghamshireRecoveryCollege@oxfordhealth.nhs.uk

BY PHONE

01865 901515 or 07748328758

BY WEBSITE

Buckinghamshirerecoverycollege.org.uk