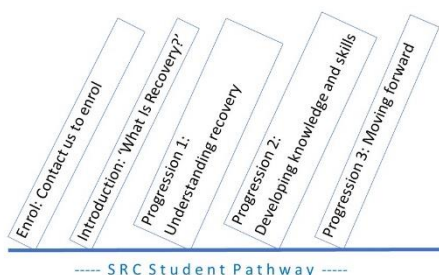




Education, not therapy

What We Do:

Solent Recovery College (SRC) offers a fresh way of working that draws on the experiences and skills of people who have used mental health services and the staff who work in them. Whether a person uses mental health services in Portsmouth, supports someone who does, or works within them, SRC offers these people – our students -- the opportunity to learn about recovery and become inspired to take control of their life.



We have been successfully delivering our courses online throughout lockdown, with over 60 hours delivered!

Our Objectives:

- Enable students to take control of their life
- Use education as a route to recovery
- Improve people’s experience of mental health services
- Share our journeys with each other
- Inspire service users to live a life that’s worth living – with or without on-going symptoms

“It was good to hear [Peer trainer] story – good and bad bits – it’s difficult to make sense of it myself, it helped hearing someone else say it “

- SRC Student

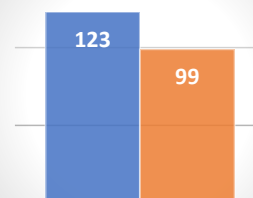
SRC in Numbers

- Currently 520 students are enrolled with SRC.
- Graph 1 (left) shows breakdown of hours completed by students for this term.
- Graph 2 (right) compares new registrations during lockdown with the same months in 2019.

- Students over 10 hours
- Students over 20 hours
- Students over 30+
- Under 10 hours & No hours



Lockdown Effect on New Registrations



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