

June-September 2020 (Thanet)



# Summer Workshops

**Enrol Now on Free Health &  
Wellbeing Online Workshops**

**Knowledge, skills, strengths & supporting  
each other**

**Call 07787 266 421**

Dear Students,

We are very pleased to be able to continue providing shared learning spaces in the current circumstances. It is so helpful to stay connected in positive ways, add structure to our days and take part in things that feel productive. These three things make such a difference to how we feel and help us maintain resilience.



However, joining virtual workshops might feel daunting at first so we are here to help. We have chosen to use ZOOM, which is a small app that you download onto your PC/laptop/tablet/smart phone, for video conferencing. We are offering one-to-one 'Get Started with ZOOM' sessions with all students who enrol on our Virtual Learning Workshops. Just let us know if you would like this when you enrol.

It is important to inform you about data security before you enrol. We (the Recovery College Team) will not be recording sessions or taking screenshot images. We will not be sharing any workshop content, student names or images with anyone else. However, because the ZOOM software is used across the internet, we cannot personally guarantee the absolute security of the system. Therefore please have a think about whether you wish to take this risk, before you enrol for our Virtual Workshops.

#### **Enrolment and Virtual Learning Process**

You read through Virtual Learning Prospectus and choose which workshops you wish to attend



You call enrolment line 07787 266 421 and complete enrolment over the phone



We send you Student code of conduct, ZOOM student instructions, ZOOM consent form and ZOOM Etiquette



You read through all documents, sign and send back to us via screen shot or email



We arrange your ZOOM induction session before your course starts (if you wish)



You join your chosen ZOOM workshops



## STUDENTS' CHARTER

### YOU CAN EXPECT US TO:

Provide you with a safe and welcoming learning environment, in which everyone is treated with respect and is free from discrimination.

Give you the opportunity to develop a personalised learning plan which responds to any disability or learning need and supports your learning journey.

Ensure that courses are led by suitably trained facilitators and promote hope, opportunity and control.

Address any complaints and concerns confidentially and professionally.

A handwritten signature in black ink, appearing to be 'Pam Wooding', written over a light grey circular stamp.

Pam Wooding

KMPT Recovery Lead

### WE EXPECT YOU TO:

Inform us at enrolment of anything we can do to support your learning.

Understand the college exists as a place of learning and does not replace either therapy or treatment.

Treat college venues and their facilities with care and adhere to their local policies and procedures.

Agree and abide by the **STUDENT CODE OF CONDUCT**.



## Zoom Etiquette

- Whatever device you are using - laptop, tablet, phone - please make sure you place it on a stand so that your screen remains steady.
- Please make sure that you are not hungry or thirsty before the workshop starts, so that you can concentrate fully on the class. Please, no eating on screen.
- Please ensure that you do not have any interruptions during the workshop - children, pets, other noise - as this is disruptive for other students. Please put phones on silent if possible.
- Please raise your hand when you want to say something, so students are not talking over each other.
- As our workshops are only 1 hour in length, it can be hard to balance time on student feedback with course material delivery. Please help our facilitators by staying on topic and engaging with the material.
- If you need to leave the screen for something urgent, please let the facilitators know.

<b>Workshop</b>	<b>Healing Poetry</b>			
<b>Description</b>	Join us in a series of friendly poetry and guided writing exercises where we will explore how we are feeling in the current situation.			
	<b>Day</b>	<b>Start Date</b>	<b>Time</b>	<b>Price</b>
	Monday	8 June 2020	11-12am	Free
	Monday	6 July 2020	11-12am	Free
	Monday	10 August 2020	11-12am	Free
	Wednesday	19 August 2020	11-12am	Free

<b>Workshop</b>	<b>The Life Wheel</b>			
<b>Description</b>	Explore your life holistically and dream without limits. The one-week workshop will help you identify the little actions that can be taken now to take you nearer to the life of your dreams. Small actions in one area of life can help you feel better about your whole life. The two-week workshop provides the opportunity to reflect, share and discuss personal action (or non-action) taken and go into more depth on a chosen area of your life.			
	<b>Day</b>	<b>No. Weeks</b>	<b>Start Date</b>	<b>Time</b>
	Tuesday	1	9 June 2020	11-12am
	Tuesday	1	23 June 2020	11-12am
	Tuesday	2	14 July 2020	11-12am
	Tuesday	1	18 August 2020	11-12am

<b>Workshop</b>	<b>Confidence &amp; Self Esteem</b>			
<b>Description</b>	This is a three-week course. When faced with a change in the way we live our lives, we can all feel unsettled and lacking in confidence. At this time, it is really important to look after ourselves, especially if we are looking after other people. On this course we will explore how we can boost our self-esteem and support that of other people around us.			
	<b>Day</b>	<b>No. Weeks</b>	<b>Start Date</b>	<b>Time</b>
	Wednesday	3	10 June 2020	11-12am
	Wednesday	3	8 July 2020	11-12am

<b>Workshop</b>	<b>Keep Moving</b>			
<b>Description</b>	Join us for a gentle workout in our supportive workshop environment. Enjoy our simple exercises, appropriate for everyone who wants to inject some activity into their day. Position: standing or sitting on a chair.			
	<b>Day</b>	<b>Start Date</b>	<b>Time</b>	<b>Price</b>
	Thursday	11 June 2020	11-12am	Free
	Thursday	25 June 2020	11-12am	Free
	Thursday	16 July 2020	11-12am	Free
	Thursday	13 August 2020	11-12am	Free

<b>Workshop</b>	<b>How to Keep Motivated</b>			
<b>Description</b>	Join our supportive discussion on how to stay motivated during the lockdown, and you will discover how to use SMART goals to help you create a daily routine that suits you.			
	<b>Day</b>	<b>Start Date</b>	<b>Time</b>	<b>Price</b>
	Friday	12 June 2020	11-12am	Free
	Friday	26 June 2020	11-12am	Free
	Friday	10 July 2020	11-12am	Free
	Friday	24 July 2020	11-12am	Free
	Friday	14 August 2020	11-12am	Free

<b>Workshop</b>	<b>Creative Writing</b>			
<b>Description</b>	In this two-week course you will be developing your imagination by creating a fictional character and inventing a treasured object that belongs to them. In the second session you will be writing about that treasured object as you are helped to develop sensual description in your writing.			
	<b>Day</b>	<b>No Weeks</b>	<b>Start Date</b>	<b>Time</b>
	Monday	2	15 June 2020	11-12am
	Monday	2	13 July 2020	11-12am

<b>Workshop</b>	<b>Seasonal Creative Writing - Summer</b>			
<b>Description</b>	At this gentle creative writing workshop, you will be guided to write in response to a selection of summer-themed prompts. There is no expectation to produce polished, complete pieces of writing, but there will be an invitation to share and reflect on your responses if you wish to.			
	<b>Day</b>	<b>Start Date</b>	<b>Time</b>	<b>Price</b>
	Monday	17 August 2020	11-12am	Free

<b>Workshop</b>	<b>Your Children's Mental Health</b>			
<b>Description</b>	Join us in our supportive discussion for helping children through isolation and share your experiences of what you have found helpful.			
	<b>Day</b>	<b>Start Date</b>	<b>Time</b>	<b>Price</b>
	Tuesday	16 June 2020	11-12am	Free
	Tuesday	7 July 2020	11-12am	Free
	Tuesday	11 August 2020	11-12am	Free

<b>Workshop</b>	<b>Calming Your Inner Mind</b>			
<b>Description</b>	This supportive workshop aims to help if you are struggling with negative thoughts and finding it hard to switch off from daily stressors.			
	<b>Day</b>	<b>Start Date</b>	<b>Time</b>	<b>Price</b>
	Thursday	18 June 2020	11-12am	Free
	Thursday	9 July 2020	11-12am	Free
	Thursday	23 July 2020	11-12am	Free
	Thursday	20 August 2020	11-12am	Free

<b>Workshop</b>	<b>Introduction to Mindfulness</b>			
<b>Description</b>	Students will explore the reasons behind Mindfulness, try out some practical exercises, and learn how to use Mindfulness in everyday life.			
	<b>Day</b>	<b>Start Date</b>	<b>Time</b>	<b>Price</b>
	Friday	19 June 2020	11-12am	Free
	Friday	17 July 2020	11-12am	Free
	Friday	21 August 2020	11-12am	Free

<b>Workshop</b>	<b>Introduction to Peer Support</b>			
<b>Description</b>	Have you ever thought about what it takes to be a peer support worker? This session introduces the values, skills and experiences required for the role and how to identify and develop these.			
	<b>Day</b>	<b>Start Date</b>	<b>Time</b>	<b>Price</b>
	Wednesday	12 August 2020	11-12am	Free

<b>Workshop</b>	<b>Healing Cafe</b>			
<b>Description</b>	A new addition to our prospectus is our facilitated weekly drop-in café. Please join us in the afternoons as we provide a safe healing space for you to unwind and talk. Please make yourself a cup of tea before coming into the chat room 😊			
	<b>Day</b>	<b>Start Date</b>	<b>Time</b>	<b>Price</b>
	Wednesday	10 June 2020	2-3pm	Free
	Thursday	18 June 2020	2-3pm	Free
	Thursday	25 June 2020	2-3pm	Free
	Wednesday	8 July 2020	2-3pm	Free
	Thursday	16 July 2020	2-3pm	Free
	Thursday	23 July 2020	2-3pm	Free
	Wednesday	12 August 2020	2-3pm	Free
	Thursday	20 August 2020	2-3pm	Free

## Measuring Outcomes

We want to find out what difference it makes by having a Recovery & Wellbeing College in Kent & Medway. So during and after your courses, you will be invited to take part in evaluations.

You are under no obligation to take part. If you prefer not to provide additional feedback and information, your learning journey will not be affected.

Additionally, you may also wish to join our KMPT Experts by Experience Research Team. To find out more contact 01227 812370

## Celebrating Success

We hold an annual celebration and graduation event for all students, volunteers and facilitators.

This usually takes place at the end of the Summer Term in Thanet, however, due to the Coronavirus, this will now take place when it is safe to do so. All students are welcome to attend and you will receive an invite in the post.

Therefore please let us know if you change your address after first enrolling. We look forward to celebrating everyone's learning journey together.

## Want to get more involved at Recovery College?

If you are interested in volunteering or becoming a facilitator, please discuss opportunities with Julie Fuller (Locality Coordinator) via the enrolment phone line - 07787 266 421

**Text or Call: 07787 266 421**

**[www.kmpt.nhs.uk/recoverycollege](http://www.kmpt.nhs.uk/recoverycollege)**

**Facebook Recovery & Wellbeing College @RecoveryCollegeKentMedway**

**Twitter Recovery College Kent & Medway @college\_kent**



Turner  
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