



Virtual Autumn Workshops

Enrol Now on Free Health & Wellbeing Online Workshops

Knowledge, skills, strengths & supporting each other

Call 07787 266 421

Welcome - You can now enrol online!

We are thrilled to announce that we are trialling a new online enrolment system for Virtual Recovery College. It's quick (it will take approx. 15 minutes), easy and secure, just go to our webpage at: www.kmpt.nhs.uk/about-us/recovery-and-wellbeing-college/

Here you will find a link to enrol, just click and complete the form. Once you have finished, someone from our team will call you back for a chat and to sign you up to your chosen courses!

We also have new face-to-face courses starting in Canterbury (from September) and Ashford (from October), for people who feel comfortable coming in to local venues. Please do look at safety measures in place for each locality and venue. These are detailed in each locality prospectus which you can find on our webpage too.

This expansion means we have different enrolment numbers for each location:

Canterbury: 07833 442136

Ashford (from October): 07825 859412

Virtual: 07787 266421 (or online here)

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 part before you enrol for our Virtual Workshops.

Places on our courses are limited. Most of our sessions become fully booked. Should you know you are unable to attend please contact the College at your earliest convenience via email so we can offer your place to another student. Please be aware that failure to let us know will mean your future course bookings may be cancelled.



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'.

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 AGREEMENT**.



Zoom Etiquette

- Please ensure confidentiality when attending workshops by making sure you have a private space to connect and there are no others in the room with you who are not taking part.
- 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.
- As our workshops are only 1 hour in length, it can be hard to balance time of 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.

The main symptoms of coronavirus (COVID-19) are:

High temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature).

New, continuous cough – this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual).

Loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

To protect others, do not go to public places if you have any of these symptoms. Get a test to check if you have coronavirus and stay at home until you get your result.

More Information is available <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Understanding

Workshop	Introduction to Peer Support		
Description	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 them.		
	Day	Start Date	Time
	Wednesday	29 September 2021	11-12.30am
	Wednesday	20 October 2021	11-12.30am
	Tuesday	7 December 2021	11-12.30am

Course	Living With Dementia Together		
Description	A three-session course for those recently diagnosed with dementia and a family/friend to attend together. Facilitated by those living with dementia and experienced supporters, this will be a chance to ask questions and explore helpful ways of living well.		
	Day	No. Weeks	Start Date
	Friday	3	12 November 2021
			Time
			11-12.30

Workshop	Dementia Virtual Café		
Description	An opportunity to come together informally to chat and connect.		
	Day	Start Date	Time
	Friday	24 September 2021	11-12am
	Tuesday	12 October 2021	11-12am

Course	Self Care - What Works For Us		
Description	We all have resources, strengths and skills that make us who we are. Come and join us for this three-week course to connect with others and share what works for you. In the first week we will be building on our boundaries and relationships. In week two you will discover tools and resources to help with good self care, and in the third week we will evaluate our work and explore some case studies.		
	Day	No. Weeks	Start Date
	Monday	3	8 November 2021
			Time
			11-12.30pm

Understanding

Course	Practical Coping			
Description	This two-week course aims to look at how we generally approach a problem and how, if we understand what affects our emotions, we can introduce new ways of thinking that help us cope better.			
	Day	No. Weeks	Start Date	Time
	Thursday	2	16 September 2021	2-3pm

Course	Helping Your Family Relationships to Thrive			
Description	This three-week course aims to promote positive opportunities for improving relationships within the family. When you are struggling with your own mental health it's difficult to manage relationships on top of what you are feeling. We will be looking at ways to move forward with connections; how you can develop skills such as understanding, listening and having fun together. We will be encouraging you to apply these skills in your everyday lives - letting us know how it goes throughout the course. Designed for parents with children of any age, particularly those who wish to improve relationships on a 1:1 basis.			
	Day	No. Weeks	Start Date	Time
	Monday	3	11 October 2021	11-12am

Course	Self Talk: How to Challenge your Inner Critic			
Description	In this two-week course students will gain skills in reframing negative self-talk, discover why certain beliefs hold you back, and identify and practice new ways of communicating your needs .			
	Day	No. Weeks	Start Date	Time
	Thursday	2	14 October 2021	11-12am
	Thursday	2	9 December 2021	11-12am

Creativity

Workshop	Healing Poetry		
Description	Join us in a series of friendly poetry and guided writing exercises where we will explore how we feel.		
	Day	Start Date	Time
	Monday	13 September 2021	11-12am

Course	Writing for Wellbeing		
Description	On this two-week course you will be using your imagination to create a world setting for stories and discover the characters who live in this world. In the first session you will be world-building and in the second session describing the characters. You do not need writing skills to enjoy these therapeutic and fun exercises.		
	Day	No Weeks	Start Date
	Wednesday	2	8 December 2021

Workshop	Make & Mingle		
Description	Bring along an art or craft project or idea that you are already working on, and we can socialise together, work on our project and share new skills.		
	Day	Start Date	Time
	Wednesday	22 December 2021	11-12am

Workshop	Art & Words for Reflection		
Description	Relaxed conversation and gentle guided writing exercises in response to art and museum collections. Follow the story behind a painting, sculpture or collection and find words to express your opinions and feelings towards it. No prior knowledge of art or museums is needed to enjoy these reflective sessions.		
	Day	Start Date	Time
	Friday	17 September 2021	11-12am
	Thursday	11 November 2021	11-12am

Workshop	Reading for Relaxation		
Description	Shared reading & relaxed conversation to keep you company over the cold months. A selection of short stories and extracts from novels to inspire, comfort and support your wellbeing. All reading materials will be emailed to you for the session.		
	Day	Start Date	Time
	Wednesday	15 September 2021	11-12am

Creativity

Workshop	Seasonal Creative Writing - Autumn		
Description	At this gentle creative writing workshop, you will be guided to write in response to a selection of autumn-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.		
	Day	Start Date	Time
	Thursday	14 October 2021	2-3pm

Workshop	Wandering With Words			
Description	Use our Wandering with Words Guide (emailed upon enrolment) and follow mindful wellbeing exercises as you walk and wander indoors or outdoors in your own time and at your own pace. You will be invited to focus your attention on colour, texture and pattern and then join our session to connect with others to share your experiences, responses and creations.			
	Day	No Weeks	Start Date	Time
	Thursday	2	11 November 2021	2-3pm

Health & Wellbeing

Course	How to Keep Motivated		
Description	In this two-week course you will join our supportive discussion on how to stay motivated during these uncertain times, and you will discover how to use SMART goals to help you create a daily routine that suits you.		
	Day	No Weeks	Start Date
	Monday	2	20 September 2021
	Tuesday	2	19 October 2021
	Monday	2	6 December 2021
			Time
			11-12am
			11-12am
			11-12am

Workshop	Feed Your Mood		
Description	What should we eat when we want to boost our mood? Research indicates that our food choices impact not only physical health, but our mental wellbeing too. Some foods improve our mood while others are linked to depression and anxiety. Discover which ones to eat and which to avoid.		
	Day	Start Date	Time
	Tuesday	28 September 2021	11-12am
	Tuesday	19 October 2021	2-3pm
	Wednesday	10 November 2021	2-3pm

Workshop	...and breathe		
Description	Learning to breathe properly can calm the mind and body when under stress or anxiety. In this workshop you will learn breathing techniques, how to relax and how to use “releasing statements” to support you in tense moments.		
	Day	Start Date	Time
	Thursday	28 October 2021	11-12am
	Thursday	25 November 2021	11-12am

Workshop	Keep Moving		
Description	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.		
	Day	Start Date	Time
	Thursday	23 September 2021	11-12am
	Tuesday	14 December 2021	11-12am

Health & Wellbeing

Course	Ways to Wellbeing			
Description	Good health incorporates the mental, physical, emotional and social aspects of our wellbeing. When one of these is out of balance, we can feel the effects of this. This three-week course explores the importance of self-management skills for health challenges and you will learn strategies to keep well. We will explore the Six Ways to Wellbeing and other resources to help us live a balanced life.			
	Day	No. Weeks	Start Date	Time
	Wednesday	3	10 November 2021	11-12am

Course	A Healthy Approach to Social Media			
Description	This discussion-based, self-care, three-week course is aimed at people who wish to explore the range of social media available to enable increased connection at this time. We will look at the benefits and barriers of different media platforms and students will be able to share their own experiences. Participants will also have the option to carry out online activities away from the course and bring their questions to the final session.			
	Day	No. Weeks	Start Date	Time
	Friday	3	15 October 2021	11-12am

Connections

Workshop	Guest Speaker: Roanna Mitchell, performance maker and lecturer, University of Kent		
Description	What happens when we trust our imagination and creativity? How can we give ourselves permission to be curious and 'difficult'? How do we navigate the need to be connected and have our own space? Join Roanna as she talks about the past and the future of <i>'Inappropriate' Anger</i> : a Kent-based project that offers creative workshops for people with a Borderline Personality Disorder Diagnosis to explore the impact of this diagnosis on their lives		
	Day	Start Date	Time
	Tuesday	21 September 2021	11-12am

Workshop	Guest Speaker: Leanne Zahra, The Prince's Trust		
Description	Are you under 30 or have children or family members who are? Then you will enjoy listening to our guest speaker as she talks about how The Prince's Trust supports young people age 11-30 into employment, education, and training opportunities. The Trust has a wide range of support from courses, self-employment, financial support, and mentoring. It also helps young people to live, learn and earn.		
	Day	Start Date	Time
	Thursday	30 September 2021	11-12am

Workshop	Guest Speaker: Adam Littlefield, EK360 (previously Engaging Kent CIC)		
Description	Adam Littlefield will be joining us to talk about the Mental Health, Older People, Physical Disability and Foodbanks Forums across Kent and Medway and also to introduce the new Forums Manager. Adam will also talk about his new role as Lived Experience Lead on the Community Mental Health Transformation - created to make sure that the transformation of the service is led by the people who use, care for someone who uses or work for the Community Mental Health Teams in Kent and Medway.		
	Day	Start Date	Time
	Tuesday	16 November 2021	11-12am

Connections

Workshop	Guest Speaker: Kent & Medway Safe Havens		
Description	Join our guest as they talk about the four Mental Health Matters Safe Havens based in Canterbury, Thanet, Maidstone and Medway, how the services are run, eligibility to attend the service, and how they can help in a crisis.		
	Day	Start Date	Time
	Monday	20 December 2021	11-12am

Workshop	Guest Speaker: Lindsay Prestage, Kent Libraries,		
Description	An opportunity to find out about library services across Kent and how they can support your wellbeing. The session will cover books, eResources (electronic books, audio books, newspapers and magazines), computers and wi-fi, activities and how you can get involved. There will be a chance for you to ask questions too.		
	Day	Start Date	Time
	Friday	10 December 2021	11-12am

Virtual Café and Student Voice

Workshop	The Student Room	
Description	<p>Want to have your say at Recovery College? Want to share your learning experience or your personal successes? Maybe you have some great ideas for courses and workshops? Join us in The Student Room, our facilitated monthly drop-in, where you can choose the talking points. Here are some of the things we will be discussing ☺</p> <ul style="list-style-type: none"> • Share Recovery College Learning • Join Student Voice • Recovery College Volunteering • Recovery College Facilitating • New course/workshop ideas • Share wellbeing tools & resources • Personal Successes • Student Experience Feedback • Something else 	
	Day	Start Date
	Thursday	30 September 2021
	Thursday	28 October 2021
	Thursday	25 November 2021
	Thursday	23 December 2021
		Time
		2-3pm
		2-3pm
		2-3pm
		2-3pm



Response is a programme within Kent Adult Education working with a range of partners to provide work-related short courses designed to help you

Choose from a range of courses such as:

- Level 2 Food Safety
- Level 3 Emergency First Aid at Work
- Level 2 COSHH



Response courses are *free* of charge to those who are over 19, unwaged or low-waged. Courses are funded by

For a course booklet or more information, please email Joanna.eve@kent.gov.uk or call

Measuring Outcomes

We want to find out what difference it makes by having a Virtual Recovery & Wellbeing College. So we will be sending out a survey at the end of each month for you to feed back to us your thoughts and suggestions. We value your feedback and, although you are under no obligation to take part, it does help us expand and improve our services. 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 the Patient Experience Team on 01227 812042.

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, however, due to the Coronavirus, this will now take place when it is safe to do so.

Want to get more involved at Recovery College?

If you are interested in volunteering or becoming a facilitator, please attend our monthly Student Room to find out more information from our team.

Text or Call: 07787 266 421

www.kmpt.nhs.uk/about-us/recovery-and-wellbeing-college/

Facebook Recovery & Wellbeing College @RecoveryCollegeKentMedway

Twitter Recovery College Kent & Medway @college_kent

response
referral education skills provision opportunities
networks sustainability engagement

 **SPACE**
matters
supporting people with
Adverse Childhood Experiences


THE BEANEY
HOUSE OF ART
& KNOWLEDGE


Kent & Medway
recovery & wellbeing
College

Turner
Contemporary




Kent and Medway
NHS and Social Care Partnership Trust



 **repton**
community
trust