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CANTERBURY PROSPECTUS

The Beaney and Umbrella Centres

Classroom based Face to Face Learning

September - December 2021

STUDENTS' CHARTER

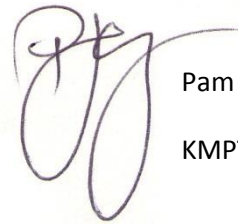
YOU CAN EXPECT US TO:

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.



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**.

Welcome to Kent & Medway Recovery & Wellbeing College

Thank you for your interest in our new Canterbury venues

What do we do?

The Recovery & Wellbeing College provides health related educational courses, free of charge, in supportive and accessible learning environments. Through education, people can make sense of their own experiences and learn how to take care of themselves and others. By recognising our own resourcefulness, talents and skills we become experts in our own health, make informed choices and achieve the things we want in life.

We bring people together to realise and inspire individual and collective potential, recognising and sharing experiences, strengths, hope and successes. People can take back control and become experts in their own wellbeing and recovery and live the life that they wish to live.

How do we do it?

We are committed to promoting hope, opportunity and control for all students. We ensure an empowering, strengths based and innovative learning approach to health and wellbeing. We work together in partnership to provide educational health-related and community focussed courses, delivered in welcoming adult education venues. All our courses are co-designed and co-facilitated by people with lived and learned expertise of health challenges. We continually review and develop courses to respond to the changing needs of local people.

Who is it for?

The Recovery & Wellbeing College is provided for anyone (18+ post compulsory education) who may gain benefit from attending. This may include people who use services, their family and friends, carers and staff of associated services.

What are our values?

- We value people as experts in their own lives.
- We value that everyone has strengths and skills.
- We value that people can make their own life choices.
- We value that people can share their expertise for the benefit of others.
- We value connectedness, collaboration and co-production.

We are very excited to announce brand new courses being held at The Beaney Museum - House of Art & Knowledge – in Canterbury in 2021, as well as The Canterbury Umbrella Centre

We will be running a series of courses on Thursday afternoons throughout the Autumn Term.

Please contact us to **enrol on 07833 442136**

Kind Regards

Kylie Cederblad

Canterbury Locality Co-ordinator

Please note the following;

- Do not attend if you have any Covid symptoms (see below)
- Do not attend if you are self-isolating due to Covid contact tracing.
- Do not attend if you have had a positive Covid test result.
- Please follow current Government guidelines regarding safety and welfare re wearing masks and social distancing.
- Please bring paper and pen/pencil to make your own notes. For tree of life courses, you may also wish to bring a pack of felt tips. These can be bought from the pound shop.

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.

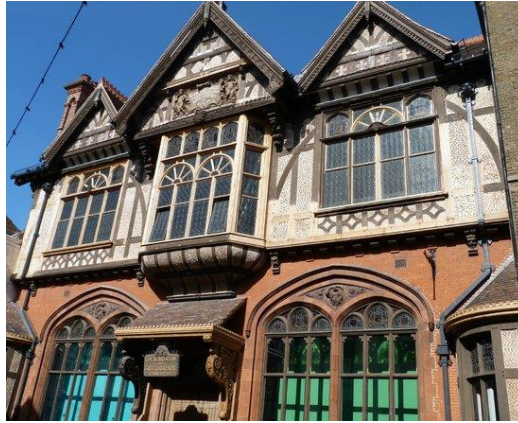
More Information is available <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Course	The Tree of life			
Description	The Tree of life is a small group, enjoyable look at your life, resilience, hopes and dreams. You will be guided by trained facilitators through this process over three weeks. This course aims to gently look at how we have used our resourcefulness to develop strategies and strengths to overcome adversity in our lives, and how we can recognise ways to use these invaluable skills in the future. All equipment is provided although you may wish to bring pens/felt tips. Please note two courses will run out of Canterbury Umbrella Centre.			
	Day	No. Weeks	Start Date	Time
	Thursday	3	23 rd September 2021	2.00-4.00pm
	Thursday	3(Umbrella Centre)	4 th November 2021	2.00-4.00pm
	Thursday	3(Umbrella Centre)	25 th November 2021	2.00-4.00pm

Course	Healing Poetry			
Description	Never written a poem? Love putting pen to paper? Either way this course is for you. A gentle way to explore different writing techniques in a guided and enjoyable way, why not enrol in this therapeutic experience before popping out for a coffee?			
	Day	No. Weeks	Start Date	Time
	Thursday	1	14 th October 2021	2.00-4.00pm

Course	Haiku Poetry			
Description	For centuries, Haiku Poetry has been used to describe nature, learn to exist in the here and now, and practise grounding techniques. You will be guided through the techniques used by friendly and experienced facilitators. A thoroughly enjoyable afternoon. No experience required.			
	Day	No. Weeks	Start Date	Time
	Thursday	1	21 st October 2021	2.00-4.00pm

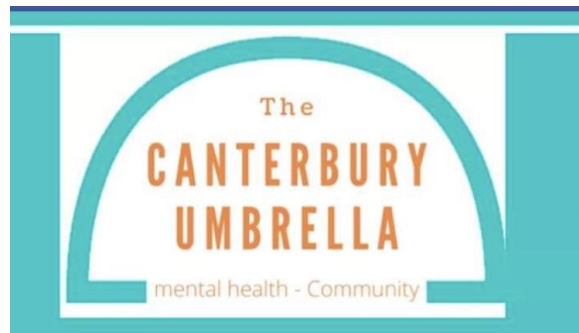
Course	Guest Speaker- DWP Disability Officer			
Description	We are thrilled to be able to offer you a guest speaker session, Featuring two of our wonderful DWP Disability officers. They will give us a presentation, leaving time for discussion, signposting and reflection. Enrol Fast places are limited!			
	Day	No. Weeks	Start Date	Time
	Thursday	1	28th October 2021	2.00-3.00pm



The Beaney House of Art & Knowledge
18 High Street
Canterbury
Kent, CT1 2RA

Find more visitor information via this link

<https://canterburymuseums.co.uk/beaney/visitor-information/>



Canterbury Umbrella Centre: 22 St Peter's Pl, Canterbury CT1 2DB

PH 01227 767770

Please respect other students' choices to wear or not wear masks in
accordance with government guidelines

Enrol NOW on 07833 442136 with Kylie