



...is coming to Ashford!!



Ashford - Autumn 2021

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

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

Call 07825 859412



Welcome to Kent & Medway Recovery & Wellbeing College

Thank you for your interest in our new project in Ashford

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.

Welcome - You can enrol now!

We are thrilled to announce that we are continuing our Virtual Recovery College offer. 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!

In addition to the Virtual courses and those starting in Ashford we are also able to offer courses in Canterbury from September 2021, 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:

Ashford (from September): 07825 859412

Canterbury: 07833 442136

Virtual: 07787 266421



Where the courses are held....

Our Aim for Ashford is ensure access to our courses across the borough and where our partners can provide a free, safe and suitable learning environment.

As the Ashford Recovery College develops we hope to run in different buildings – local and accessible to all students. From September 2021 we have been fortunate to have been supported by two local partners.



Repton Connect Community Centre

Repton Avenue, Ashford TN23 3RX

Repton Connect sits on the Repton development. It is close to the “cow roundabout” at the junction of Maidstone Road, Fougere Way, Simone Weil Avenue and Templar Way. Take the latter from the roundabout and Repton Avenue is your first right. Turning off the

Waitrose exit will be on your left, Repton Connect is a further 100m on your right.

The Centre is a 25 minute walk from the town centre.

These bus lines stop near Repton. 10X, 1X, 666 and G.

Parking Information - Repton offers FREE parking at the rear of the centre



Stanhope Community Hub

67 Otterden Close, Stanhope TN23 5TH

The Hub sits on the opposite side of the square to the Stanhope Library. Turn into Otterden Close next to the shops and follow route to Parish Rooms car park. A number of bus lines service the estate including the D and AD lines.

Parking Information – FREE parking close to the hub – next to Parish Rooms

Watch this space.

Recovery & Wellbeing College, Ashford are partnering Kent Wildlife Trust to offer some outdoor, environmental session to both help our local environmental whilst providing much needed opportunities for students to enhance their wellbeing. It’s coming! Ask your Locality Coordinator.

How to enrol:

Thank you for your interest in our Recovery & Wellbeing courses. Firstly, we would like to have a conversation with you;

- To talk about which courses may be of interest to you.
- To find out how we can best support your learning.
- To give you further details about enrolment.

Please call or send a text to Lee Robinson and you will be contacted at his earliest convenience.

Please be mindful that Lee works part time (Monday – Wednesday) and therefore you may have to wait for a response. **Call or Text to: 07825 859 412**



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 read 'Pam Wooding', is written over a light blue 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 AGREEMENT OF CONDUCT** (see next page).

STUDENT AGREEMENT OF CONDUCT

The Recovery & Wellbeing College's Agreement of Conduct is in place to promote equality, safety and respect in your learning environment.

The following statements are what we ask all our students to read, sign up to and follow when you enrol and throughout your learning journey with us.

I will treat all students and staff with kindness, dignity and respect and I will not discriminate against nor harass others at any time.

I will respect others' rights to have their own opinions and beliefs.

I will respect the property of others.

I will raise any concerns I have about my safety or the safety of others.

I will be punctual when attending courses, and I will inform the college, if I am unable to attend.

I will take responsibility for my own learning by attending the courses and using the resources available to me.

I will communicate the information that is needed to complete my enrolment and encourage my on-going learning and wellbeing.

I will not use or bring alcohol or illicit substances whilst on college premises or attending courses.

I will not bring weapons or dangerous objects of any kind to the college.

I am aware that if I breach this Agreement Code of Conduct, college staff will discuss this with me and try to find a way forward.

I am aware that serious breaches of this Code of Conduct may result in me being asked to leave the session, course and premises.

I confirm my agreement with all statements detailed in this student agreement of conduct	
Signed:	Date:
Print name:	



Our courses and choosing what matters to you...

- Please read through course descriptions on the following pages.
- Think about what matters to you and which courses you feel will support your health & wellbeing.
- Also, you may want to learn with us because you are supporting others who are facing health & wellbeing challenges.
- Other people may have recommended a particular course to you, but your choices and preferences are most important.
- Established localities may offer an 'Introduction' course if you want to find out more, before signing up for other courses. Ask your local coordinator.
- You don't have to start with the 'Introduction'; you can start with any course which supports your learning journey.
- Consider how many weeks the courses run for, what time and on which day it is held. Please consider whether you can attend all sessions.
- All our courses have been co-designed by people with lived expertise and people with clinical expertise.
- All our courses are facilitated by people who are passionate about the topics and who want to support your learning journey.
- In some instances, specifically, established localities additional learning support may be available, so please ask your local coordinator.

Our courses

Health & Wellbeing

Course	"Finding your Genius"				
Description	Einstein highlighted that we are all Genius! This workshop provides the first stepping stones to recognising your own Genius...by exploring and recognising your likes, skills and what sets you apart as an individual. Students will work in a friendly and fun environment with a unique and creative approach to build on self-esteem and confidence and start the journey to discovering their own genius.				
Venue	No. Weeks	Day	Start Date	Time	Price
Repton Connect	3	Thurs	16/09/2021 – 30/09/21	10-12.00	Free

Course	"You can't pour from an Empty Teapot"				
Description	This three week course (3 x Mondays mornings) aims to build students resilience to the challenges of modern living. Using elements of the mindfulness model it personalises an approach for individuals to develop their own package of support. The idea of "the empty teapot" comes from someone's lived experience of trying to help themselves and others and always feeling the energy levels were low. By ensuring your own "pot" of energy always has some surplus, students are enabled to look after themselves and others.				
Reference	No. Weeks	Day	Start Date	Time	Price
Stanhope Hub	3	Mon	04/10/2021 – 18/11/21	10-12.00	Free
Stanhope Hub	3	Mon	08/11/2021 – 22/11/21	10-12.00	Free

Watch this space:

Recovery College are currently working on a Six week programme in partnership with Kent Wildlife Trust. This will offer an opportunity for students to access the 'outdoors' for two hours per week, following a conservation theme throughout, whilst allowing students to gain the wellbeing benefits of the great outdoors. Details to follow.

A GROWING and DEVELOPING PROSPECTUS 1

VIRTUAL WORKSHOPS:

We are very pleased to be able to continue providing on-line/virtual sessions. During lockdown this was 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.

The virtual workshops allowed the support of the Recovery & Wellbeing College to continue and although the aim is to develop and re-introduce face-to-face courses the Virtual Recovery College will remain available.

Virtual: 07787 266421

(or online here) - www.kmpt.nhs.uk/about-us/recovery-and-wellbeing-college/

A GROWING and DEVELOPING PROSPECTUS 2

HOW YOU CAN HELP:

We aim to ensure that all Recovery & Wellbeing courses are co-designed by people with lived expertise and people with clinical expertise.

In developing a new locality for the college in Ashford it is important we listen to the needs of our community, be guided by their lived experience as well as be supported by those who might help develop and deliver relevant support for the people of Ashford, individuals and organisations.

Watch this space as we are currently working with partners to develop new sessions to help our community – these include planned outdoor environmental and wellbeing sessions. We also have plans to invite speakers from the community to talk to us on relevant and useful topics to manage our daily lives.

Join the exciting journey and grow with us.

Lee Robinson,
Recovery & Wellbeing College Locality Coordinator, Ashford.
07825 859412
Lee.Robinson22@nhs.net



Measuring Outcomes

We want to find out what difference it makes, 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. However, we would love to hear from you if you want to take part. We will provide full details on how you can get involved.

Additionally, you may also wish to join our KMPT Experts by Experience Research Team. To find out more contact 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: 07825 859 412

www.kmpt.nhs.uk/recoverycollege

Facebook @KentRecoveryCollege

Twitter @KentRecCollege

response
referral education skills provision opportunities
networks sustainability engagement

SPACE
matters
supporting people with
Adverse Childhood Experiences

B
THE BEANEY
HOUSE OF ART
& KNOWLEDGE

Kent & Medway
recovery & wellbeing
College

Turner
Contemporary



NHS
Kent and Medway
NHS and Social Care Partnership Trust



Moat
foundation

repton
community
trust



**Strengthening
Minds**