



**Virtual Prospectus - Spring
Enrol Now on Free Health &
Wellbeing courses**

**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 takes approx. 10 minutes), easy and secure - just go to our webpage to sign up: 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 to sign you up to your chosen courses!

We also have face-to-face courses in Canterbury and Ashford, 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:

Virtual: Online or for more info 07787 266421

Canterbury: 07833 442136

Ashford: 07825 859412



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.

Please see here for our policy on data storage and sharing: <https://www.kmpt.nhs.uk/pdf-documents/about-us-documents/confidentiality-and-gdpr/privacy-notices/privacy-notice-staff-data/privacy-notice/>

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 between student feedback and 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.

Dear students, as you are aware Covid-19 has not gone away. Please can you refer to the links below for advice on how to keep safe while engaging with our face to face courses and workshops. Our facilitators will also provide guidance at the sessions you attend.

More Information is available:

<https://www.gov.uk/coronavirus>

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Understanding

Course	Practical Coping		
Description	<p>In this two-week course we will explore how our emotions, thinking and environment can impact our ability to cope, how listening deeply can help us be more compassionate with ourselves, and we will share some practical coping ideas that you can experiment with.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Explore the link between thoughts, feelings, actions • Reflect on resilient traits • Practice coping strategies 		
	Day	No. Weeks	Start Date
	Thursday	2	13 January 2022
			Time
			2-3pm

Workshop	Introduction to Peer Support		
Description	<p>Are you interested in becoming a Peer Support Worker but not sure what the role entails? Join us to find out the skills needed and hear from someone who worked in the role before joining Recovery College.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Learn the values, skills and experiences required for the role • Reflect on identifying them in yourself • Discover where to continue to develop your skills 		
	Day	Start Date	Time
	Monday	24 January 2022	11-12.30am
	Wednesday	23 March 2022	11-12.30am

Course	Self Care - What Works For Us		
Description	<p>We all have resources, strengths and skills that make us who we are. Join us for this three-week course to connect with others and share what works for you. In the first week we will be gaining experience on building on our boundaries and relationships. In week two you will investigate tools and resources to help with good self care, and in the third week we will reflect upon our work and explore some case studies.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Explore the concepts of healthy relationships and healthy boundaries • Introduce the notion of a Kindness Box and collectively share ideas and resources for self care • Evaluate our learning by applying course content and knowledge to case studies for discussion. 		
	Day	No. Weeks	Start Date
	Monday	3	7 February 2022
			Time
			11-12.30pm

Understanding

Course	Self Talk: How to Challenge your Inner Critic		
Description	In this three-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. Learning Objectives		
	<ul style="list-style-type: none"> • Learn how the brain creates a thought pathway • Challenge our limiting beliefs • Practice reframing 		
	Day	No. Weeks	Start Date
Wednesday	3	9 February 2022	Time 11-12am

Course	Helping Your Family Relationships to Thrive		
Description	In this three-week course we aim to investigate 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 exploring ways to move forward with connections; sharing how you can develop skills such as understanding, listening and having fun together. You will gain skills to use in your everyday lives - reflecting throughout the course and experimenting with different techniques to find out what works best for us. Designed for parents with children of any age, particularly those who wish to improve relationships on a 1:1 basis. Learning Objectives		
	<ul style="list-style-type: none"> • Explore ways to develop quality 1:1 time with your child • Practice ways to enhance interactions using evidenced-based models • Develop and discuss ways to improve listening skills 		
	Day	No. Weeks	Start Date
Monday	3	7 March 2022	Time 11-12am

Workshop	Talking About Dementia		
Description	An opportunity to talk about Dementia with someone who has lived experience and a psychologist who works with people and their families with the diagnosis. Open to those living with Dementia and anyone who is interested in finding out more. Learning Objectives		
	<ul style="list-style-type: none"> • Learn how Dementia affects people and how to seek support • Hear an expert by experience talk about his journey • Discover the ways to support someone living with the diagnosis 		
	Day	Start Date	
Tuesday	8 March 2022		Time 11-12am

Creativity

Workshop	Healing Poetry		
Description	<p>A course for both beginners and experienced writers, exploring different ways of expressing ourselves using the written word. Lots of opportunities to share, reflect and enjoy poems written by yourselves and others.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Learn several ways of writing poems • Explore feelings on a suggested topic • Experiment with different styles of writing 		
	Day	Start Date	Time
	Monday	10 January 2022	11-12am

Workshop	Haiku Poetry for Wellbeing		
Description	<p>Writing is good for expressing your feelings, but it can also help to distract you from any unwanted thoughts or feelings. This workshop will help you write a Haiku – a short form of simple poetry, taking nature as the subject – to help you with your mental wellbeing.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Discover the origins of the art of Haiku • Gain the techniques used for writing a Haiku and a Haibun • Practice writing a Haiku 		
	Day	Start Date	Time
	Monday	17 January 2022	11-12am

Course	Writing for Wellbeing			
Description	<p>On this two-week course you will learn how to create a colourful setting for a story. Through therapeutic and fun exercises you will then be encouraged to explore your imaginative setting and meet the characters who live there.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Learn how to create a world setting for storytelling • Experiment with sensual descriptions and imagery to bring the setting to life • Explore the setting landscape and meet some characters who live there 			
	Day	No Weeks	Start Date	Time
	Tuesday	2	11 January 2022	11-12am

Creativity

Workshop	Make & Mingle		
Description	<p>Bring along an art or craft project or idea that you are already working on, and we can connect, work on our project and share new skills.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Discover the joy of working in a group • Share your work with others • Learn a new craft or skill 		
	Day	Start Date	Time
	Monday	24 January 2022	1-2pm

Workshop	Art & Words for Reflection		
Description	<p>Relaxed conversation and gentle, guided exercises in response to art and museum collections. No prior knowledge of art or museums is needed to enjoy these reflective sessions.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Express own ideas about <i>Art/artists</i> • Take a 'mindful, deep-dive' into a painting/sculpture/art installation • Reflect on feelings/responses around <i>Art</i> in different settings and contexts e.g. community, galleries, own art. 		
	Day	Start Date	Time
	Thursday	10 February 2022	11-12am

Workshop	Seasonal Creative Writing - Spring		
Description	<p>Write in response to a selection of seasonal-themed prompts. There is no expectation to produce polished, complete pieces of writing, but there will be an invitation to share your thoughts, words and reflections about the season we are connecting with.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Connect with the season through mindful and sensory writing exercises • Explore and share your favourite aspects of the season • Reflect on your personal feelings about the season 		
	Day	Start Date	Time
	Wednesday	9 March 2022	11-12am

Creativity

Workshop	Reading for Relaxation		
Description	Join our relaxed reading session to enjoy a selection of short stories and extracts from novels to inspire, comfort and support your wellbeing. Discuss your favourite stories and poetry with others. All reading extract materials will be emailed to you for the session. Learning Objectives <ul style="list-style-type: none">• Read and listen to stories and extracts from novels• Share your thoughts and opinions about our choices for the session• Reflect on your favourite books, stories and poetry and explore new reading material to inspire, comfort and support your wellbeing.		
	Day	Start Date	Time
	Wednesday	16 March 2022	11-12am

Health & Wellbeing

Course	Six Ways to Wellbeing		
Description	<p>This three-week course will explore the mental, physical, emotional and social aspects of our daily wellbeing to help investigate new ways to help us live a more balanced life. We will reflect on and investigate individual self-management skills and learn new strategies to keep us well.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Explore the concept and gain an understanding of the term Wellbeing • Identify the six ways to wellbeing and reflect on our individual wellbeing balance • Learn and investigate how the six elements help our own wellbeing. 		
	Day	No. Weeks	Start Date
	Wednesday	3	12 January 2022
			Time
			11-12am

Course	Learning to Relax		
Description	<p>Relaxation and sleep are important to proper daily functioning, but why do we often find it so hard to achieve? In this three-week course we will discuss different relaxation techniques - including meditation, breathing exercises, mindfulness and using the senses - as well as look at the barriers and benefits of being relaxed and sleeping well.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Discover how to find the relaxation technique that suits you • Learn how relaxation can affect the body and mind • Practice relaxation techniques each week 		
	Day	No Weeks	Start Date
	Wednesday	3	12 January 2022
			Time
			1-2pm

Workshop	Mindful Living		
Description	<p>On this three-week course discover simple ways to weave mindfulness into your daily life. Learn how to become more present in everyday activities, such as eating a meal or taking a walk to the shops. Cultivate kindness towards yourself as you learn how to recognise when you are being mindful. Explore everyday environments with sensory awareness and experiment with mindful exercises that can support your mental health & wellbeing.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Discover what mindfulness is and isn't • Explore everyday surroundings through mindful, sensory exercises • Develop a simple, daily mindfulness practice that fits around you. 		
	Day	No Weeks	Start Date
	Tuesday	3	8 February 2022
			Time
			11-12am

Listen to Learn

Workshop	Guest Speaker: Adam Littlefield, EK360 (previously Engaging Kent CIC)		
Description	Join our guest as he talks about his role as Lived Experience Lead on the Community Mental Health Transformation - created to ensure that the transformation of the service is led by the people who use, care for someone who uses, or work with the Community Mental Health Teams in Kent and Medway.		
	Day	Start Date	Time
	Tuesday	15 March 2022	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 & Vocational Choices • Student Experience Feedback • Something else 		
	Day	Start Date	Time
	Thursday	27 January 2022	2-3pm
	Thursday	24 February 2022	2-3pm
	Thursday	24 March 2022	2-3pm

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. You can also complete our survey here:

<https://surveys.kmpt.org/index.php/961924?lang=en>

Text or Call: 07787 266 421

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

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