



Canterbury - Spring 2022

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

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

Call 07833 442136

Welcome to the Kent and Medway Recovery & Wellbeing College. We offer a free package of courses, sessions and workshops to anyone over the age of 18 living in this area. In Canterbury we are able to offer courses both face to face and virtually. These courses cover a wide range of topics including diagnosis specific, strengths based, health and wellbeing and lifestyle courses. We are here to help people connect with others and recognise their strengths and talents, with a real focus on recognising resilience.

We currently offer courses in two venues, East Kent and Coastal offices at St Martins Hospital, and the wonderful Umbrella Community Centre, the hub of activity for people with mental health challenges and an interest in wellbeing in the Canterbury area. Some courses are also offered virtually.

To enrol, simply call 07833 442136 where you can discuss with the locality co-ordinator which courses may be of most benefit to you. Please note this is a self enrolment process and may take up to 20 minutes. Our friendly locality co-ordinator will take your details and discuss any learning needs you may have, as well as which courses may be of most interest/benefit to you. Please note courses do fill quickly and we ask that if you are unable to attend a course you are enrolled on you notify us as soon as you can so we can offer the place to somebody else.

The Recovery College also offers courses in the Ashford area by phoning 07825 859412 and virtually by using our online enrolment system on the following page www.kmpt.nhs.uk/about-us/recovery-and-wellbeing-college/

or by calling 07787 266421. All online courses are run using Zoom and we can assist you in becoming familiar with this platform.

Please note any data we take will be stored securely and used solely for contact purposes and will not be shared with any third party.

All of our courses are co-facilitated and this includes having someone with lived experience of mental health challenges co-facilitating with someone with learned experience. We very much look forward to welcoming you on our courses in the New Year!

Kind Regards

Kylie Cederblad

Canterbury Locality co-ordinator

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**.



Room and Zoom Etiquette

- It is important that you are punctual for all sessions - if you are late, entry into the session will be at the discretion of the facilitators.
- Attendance to the first session of any course is mandatory.
- Please ensure confidentiality when attending courses/workshops.
- Please ensure when joining through Zoom that 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.
- As our sessions are time limited, 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 room 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/>

Course	Life After Lockdown		
Description	<p>Covid-19 turned many of our lives upside down. We had to adjust very quickly to a new reality. For some, this brought us closer together, for others it presented challenges that were hard to meet. We explore all this and more with a focus on our strengths and resilience that has pulled us through. During this course you will have the opportunity to:</p> <ul style="list-style-type: none"> • Learn about how you can live a happy, safe and productive life after lockdown • Explore anxieties upon re-entering a post-lockdown society • Gain perspective on Covid-19 • Share strengths and skills used to get through this difficult time • Experiment with creating a new future for yourself • Investigate support services • Reflect upon your strengths, talents and interests • Listen to and connect with others about life after lockdown. 		
	Day	Start Date	Time
	Thursday	6 th January (St Martins)-4 weeks	10.30-12.30
	Thursday	3 rd March (Canterbury Umbrella Centre)-4 Weeks	2pm-4pm
Learning objectives	<ul style="list-style-type: none"> ○ To explore ways of dealing with the anxieties related to Covid-19, including anxiety around contact, jabs, illness, recovery. ○ Find ways to live well in a post-lockdown society utilising skills that have helped us get through so far ○ Develop a new sense of self and adventure, considering aspirations for the future 		

Course	Goodbye to clutter – create a healthy space		
Description	<p>Feeling overwhelmed by the clutter in your life? During this course we will reflect on the impact clutter has on our mental wellbeing, explore why removing the clutter can be a challenging process and experiment with different decluttering strategies.</p>		
	Day	Start Date	Time
	Thursday	13 th January (2 weeks)	2-4pm
Learning objectives	<ul style="list-style-type: none"> ○ To understand the impact of clutter on mental wellbeing ○ To appreciate the benefits of living without clutter ○ To find own strategies to manage clutter ○ To understand the barriers to managing clutter 		

Course	Tree of Life		
Description	During this course you will have the opportunity to: <ul style="list-style-type: none"> • Explore your past in a gentle, nurturing way by creating your own tree of life, recognising your life journey, strengths, skills, resilience and gifts you have developed. • Gain insight into how these skills can help you in the future. • Share your story with others (only if you feel comfortable doing so) and help others to celebrate their life journeys. • Experiment with new ways of thinking. • Help you recognise your own remarkable abilities. • Listen to and celebrate the life stories, strengths and gifts that others have. 		
	Day	Start Date	Time
	Thursday 10 th March	(3 weeks)umbrella	2-4pm
Learning objectives	<ul style="list-style-type: none"> ○ Begin to think in a strengths focussed way ○ Recognise and celebrate resilience, identifying where it can help in your life ○ Make connections and begin to redefine how you look at your life and that of others 		

Course/Workshop	Healing Poetry		
Description	A course for both beginners and experienced writers, exploring several ways of expressing ourselves using the written word. Lots of opportunities to share, reflect and enjoy poems written by yourselves and others.		
	Day	Start Date	Time
	Thursday	3 rd Feb (ST Martins 2 weeks)	10.30-12.30
	Friday	4 th March (2 weeks, virtual-zoom)	11-12
Learning objectives	<ul style="list-style-type: none"> ○ Learn several ways of writing poems ○ Explore feelings on a suggested topic ○ Experiment with different styles of writing ○ Read and reflect on examples of the written word 		

Course/Workshop	Life Story Writing		
Description	This course gives you the opportunity to explore pleasant experiences and memories from your life and to write about these in a number of ways. Students will have opportunities to share stories and reflect on joyous moments in each other's lives.		
	Day	Start Date	Time
	Friday	18 th March (Virtual-2 weeks)	11-12
Learning objectives	<ul style="list-style-type: none"> ○ To be able to reflect on life events in a positive way ○ To explore different styles of writing ○ To develop confidence in public speaking and sharing work 		

Course/Workshop	Self Care		
Description	During this course we will be looking at positive ways of thinking, challenging negative thoughts and looking at things from a variety of perspectives. We explore and encourage students to make kindness/self care boxes after exploring ideas others have used. We will investigate quotes and affirmations that may help us in the future, and learn to use those around us and our connections to feel better in a positive and co-beneficial way.		
	Day	Start Date	Time
	Thursday	27 th January (Umbrella Centre, 3 weeks)	2-4pm
Learning objectives	<ul style="list-style-type: none"> ○ To consider different perspectives regarding self talk and explore how this can help our mood ○ To make a kindness box ○ To incorporate new routines for wellbeing in everyday life 		

Course/Workshop	Living well with Personality Disorder		
Description	This course is co-designed using lived and learned experience of personality disorder. It aims to challenge stigma, learn to be more empathetic to ourselves as individuals, gain insight into self regulation and investigate scenarios which may reflect some of our own life experiences, sharing ideas for becoming more resilient in the future.		
	Day	Start Date	Time
	Friday	21 st January (Virtual- 3 weeks)	10-12
	Thursday	17 th February (St Martins, 3 weeks)	10.30-12.30
Learning objectives	<ul style="list-style-type: none"> ○ To have a greater understanding of the diagnostic criteria for EUPD ○ Opportunities to challenge stigma and stereotypes, developing a more empathetic outlook towards themselves and those with EUPD ○ To explore and adopt resilience and self-regulation skills in a healthy way. 		

Course/Workshop	IT for Employability		
Description	This course explores basic IT using Microsoft/Libre Word (Word processor). Students will learn how to search the Internet for jobs and construct and write emails to look for jobs/education courses. There will be opportunities to reflect on individual skills and explore different formats for CVs which students will then be able to use for their own CVs.		
	Day	Start Date	Time
	Thursday	17 th February (Umbrella Centre 2 weeks)	2-4pm
Learning objectives	<ul style="list-style-type: none"> ○ To learn the basics of Microsoft Word software to create and write / update CV. ○ To use the Internet to search for jobs and education courses. ○ Create and write letters to apply for work / education courses. ○ Understand how to write an email to potential employers / future courses. 		

Course/Workshop	How to Keep Motivated		
Description	This course explores how to use simple steps and SMART goals to achieve your own goals, hopes, ambitions, however big or small! Students will have the opportunity to share their ideas, connect with others and support each other to achieve small steps leading to planning a larger task.		
	Day	Start Date	Time
	Friday	7 th January (virtual, 2 weeks)	11-12
Learning objectives	<ul style="list-style-type: none"> ○ Students will connect with others and be able to identify stumbling blocks to achieving goals ○ Students will develop an understanding of SMART goals and how they can be used to break down tasks into achievable steps ○ Students will listen and contribute to discussions supporting their peers to achieve their goals ○ Students will have a clear plan of how to achieve a desired goal 		

Measuring Outcomes

At the Recovery College we use the CHIME Recovery Outcome Measure; we use this at regular intervals during your student journey. We value your feedback and, although you are under no obligation to take part, it does help us expand and improve our services. Your learning journey will not be affected, if you decide not to provide additional feedback and information.

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 speak to the Locality coordinator, you can also complete the 'Get Involved' form on our website, or you may wish to join our monthly virtual 'Student Room'.

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



Venues:

Canterbury Umbrella Centre:

St Peters Place, Canterbury

CT12DB

East Kent and Coastal offices, St Martins Hospital

Top End (next to cafeteria)

St Martins Hospital Grounds

Littlebourne Road, Canterbury

CT11AZ