



Ashford Prospectus – Spring 2022
Enrol Now on Free Health &
Wellbeing courses

Knowledge, skills, strengths & supporting
each other

Call 07825 85 9412

Ashford Recovery & Wellbeing College is here!



Welcome to the Kent and Medway Recovery College. We offer a free package of courses, sessions and workshops to anyone over the age of 18 living in Kent or Medway.

Ashford has joined an aligned and growing county approach (Thanet, Canterbury, virtual) 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 other and, very importantly, recognise their strengths and talents, with a real focus on recognising resilience.

The Ashford Recovery Locality launched in September 2021 with courses in venues including Repton Connect, Stanhope Hub and People Plus (in the iconic Panorama building in town). We have plans to hold courses at Ashford Vineyard too.

We recognise that Ashford has a wide geographic, urban and rural, footprint and, as such, are keen to hear from any partners who might offer free-of-charge rooms within the borough - with the potential that their current facility service users might sign up to these FREE courses as well ensuring our courses are available to reach more people who might benefit.

Some courses are also offered virtually. This might provide an opportunity to sample courses run on-line though local Ashford facilitators or to experience connections with the Recovery College and students from other parts of the county.

To enrol, simply call 07825 859412 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 often 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 Canterbury (07833 442136) and virtually (using our online enrolment system - www.kmpt.nhs.uk/about-us/recovery-and-wellbeing-college/) or calling 07787 266421. All online courses are run over 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 as well as learned experience running them. We very much look forward to welcoming you on our courses in the New Year!

Kind Regards

Lee Robinson - Ashford 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.



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 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/>

Health & Wellbeing

Course	“Wilder Wellbeing”				
Description	<p>Supported by Kent Wildlife Trust (KWT) this six-week programme will combine the benefits of walking and nature connectedness, so the benefits for participants are two-fold. The programmes will also incorporate mindfulness techniques.</p> <p>The sessions will follow a nature theme and walking throughout, and can be adaptable depending on what the participants would like to gain from the programme and their accessibility needs. They are a 2hour session, once a week for 6 weeks, and will take place at Hothfield Heathlands Nature Reserve</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Explore the outdoors and learn how to be safe and comfortable in that environment • Identify how to utilise the benefits of the outdoors to improve your wellbeing • Learn how to read a map and use a compass (& take one away with you). 				
Venue	No. Weeks	Day	Start Date	Time	Price
Hothfield Heathland	6	Mon	17/01/2022 – 21/02/2022	10-12.00	Free
<p>Parking and Site Information – There is large car park which has a compacted sand/ gravel surface with a reasonably flat surface (expect some potholes). Access from the car park onto the reserve is across a small road and then through a large kissing gate – the group will meet first in the car park. The 10X bus service does service the area every hour.</p> <p>OS Map Reference – TQ972459: What3 words – armrests.hike.stumble</p> <p>Address: Cades Rd, Maidstone Road (A20), Hothfield, Ashford TN26 1HD</p>					

Course	“You can’t pour from an Empty Teapot”				
Description	<p>This course aims to build students resilience to the challenges of modern living. Exploring elements of the mindfulness model it personalises an approach for individuals to reflect on how to better support themselves.</p> <p>The “empty teapot” idea comes from someone’s lived experience of trying to help others and always feeling their energy levels were low.</p> <p>By learning to maintain good energy levels in your pot ensures there should always be some surplus.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Explore the concept of your “Empty Teapot” and identify different elements needed to better help look after yourself. • Reflect on what empties your teapot and energy. • Gain methods to ensure you are able to sustain a full teapot of energy beyond the course and into the future. 				
Venue	No. Weeks	Day	Start Date	Time	Price
Stanhope Hub	3	Mon	28/02/2022 – 14/03/2022	10-12.00	Free

Health & Wellbeing

Course	"Finding your Genius"				
Description	<p>Einstein highlighted that we are all Genius! This workshop provides the first stepping stones to exploring your own Genius...by reflecting, recognising and appreciating 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.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Explore the concept of your "Genius" and "Genius Files" whilst identifying new, old and current skills that set you apart. • Reflect on the importance of your skills. • Learn how you can ensure you are able to take your Genius with you beyond the course. 				
Venue	No. Weeks	Day	Start Date	Time	Price
PeoplePlus; Panorama Building	3	Mon	28/03/2022 – 11/04/2022	10-12.00	Free
<p>PeoplePlus, The Panorama, Park Street, Ashford TN24 8DF There are a number of bus services that stop outside but also very close around the town. It is close to the Ashford ring road – turn off at the Pilgrims Hospice furniture shop. Parking Information – There is no parking on site but there are a number of Ashford Borough Council parking options close by.</p>					

Course	"Smell your Mood"				
Description	<p>Enhance and explore your appreciation of smell and how it affects your emotions. We will aim to improve our knowledge when smelling, reflect how it makes us feel, and how we might use that knowledge to improve our mood. The session shows us how to "smell better" to make the most of this amazing and powerful organ. "Smell your Mood" introduces students to skills to help pay greater attention to and notice of smell. Whilst doing this, students explore positive memories of smell and learn how smell can help create future positive and sustainable memories.</p> <p>Learning Objectives</p> <ul style="list-style-type: none"> • Learn to take time to explore new smells to enhance our daily wellbeing • Support students to explore positive smell memories to enhance future wellbeing • Explore how to create new positive memories through smell. Learn how to use our sense of smell more to enjoy and notice our daily surroundings 				
Venue	No. Weeks	Day	Start Date	Time	Price
Stanhope Centre	1	Wed	23/03/2022	10-12.00	Free
<p>This course is awaiting final confirmation from the Recovery College Moderation Panel</p>					

The Ashford Recovery & Wellbeing is growing and we hope you can help it develop even more. Please register for the face-to-face courses highlighted but if you are looking for other ways to be involved - do please be in touch.

With the Virtual Recovery & Wellbeing college you can find an array of learning experiences. Equally, your local coordinator will also be co-facilitating virtual courses. If you would like an early introduction to the Ashford team then below might be an option...

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

...or get involved through our Student Room...

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/

Facebook Recovery & Wellbeing College @RecoveryCollegeKentMedway

Twitter Recovery College Kent & Medway @college_kent

