

Kent & Medway Recovery & Wellbeing College

September-December 2022

Prospectus



Knowledge,
skills, strengths
& supporting
each other

Welcome to our autumn prospectus! In these pages you will find descriptions of our courses and workshops, plus a handy month-by-month calendar so you can easily find what you're looking for. We have designed a range of new courses that you wanted - and have also kept the ones that you love so much.

We look forward to seeing you in person or virtually!

This is us...

Find out more about us here:

<https://www.kmpt.nhs.uk/about-us/recovery-and-wellbeing-college/>



...and this is what we do...

The Kent & Medway Recovery & Wellbeing College provides health related educational courses, free of charge, in supportive and accessible learning spaces. Through education, people can make sense of their experiences and learn how to take care of themselves and others. We believe that by recognising resourcefulness, talents and skills, people become experts in their own health and wellbeing, make informed choices and achieve what they want in life.

This is what we value...

- 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.

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New to Recovery College?

If you are a new student you can enrol with us online. It's quick (takes approx. 10 minutes), easy and secure. Find us here:

<https://www.kmpt.nhs.uk/about-us/recovery-and-wellbeing-college/>

Please email or call Emma, RC Administrator, if you need support to enrol on:
T: 07789 944230 Email: kmpt.recoverycollegeadmin@nhs.net

Already enrolled with us?

Just call or email to let us know the courses you would like to book:

Virtual: 07787 266421 or julie.fuller7@nhs.net

Canterbury: 07823 511991 or zoe.gibson3@nhs.net

Ashford: 07557 485148 or robyn.stratton@nhs.net

Thanet: 07787 266421 or julie.fuller7@nhs.net

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, unless there are any concerns about safety. Click here to see our policy on data storage: <https://www.kmpt.nhs.uk/about-us/confidentiality-and-gdpr/privacy-notices/>

Want to find out more about us before enrolling?

Come to one of our virtual sessions. No enrolment required, join here:

<https://us02web.zoom.us/j/84489005417?pwd=STF3YjIwNUN4VWYvMmtnVy+QQXplUT09>

| Date | Time | Co-facilitators |
|-------------------------------------|-------------|------------------------------------|
| August 22 nd (Monday) | 09:00-10:00 | Pam Wooding & Robyn Stratton |
| September 6 th (Tuesday) | 09:00-10:00 | Emma Boraston & Robyn Stratton |
| October 5 th (Wednesday) | 09:00-10:00 | Julie Fuller & Zoe Gibson |
| November 3 rd (Thursday) | 09:00-10:00 | Natalie Diab-Bale & Robyn Stratton |
| December 2 nd (Friday) | 09:00-10:00 | Pam Wooding & Kylie Cederblad |

What's New – Looking ahead

Our plans to open Recovery Colleges across Kent:

- Medway, West and North Kent - Preparing during autumn 2022

Other projects

- Continuing to strengthen our Student Voice and participation within the college.
- Continuing to strengthen relationships with our KMPT colleagues.
- Continuing to look for accessible and free venues in which to deliver our courses.
- Continuing to work with RC Connect (national RC forum) to share best practice.

Our Term Dates

- 12 September - 21 October
- Half Term Break: 24-28 October
- 31 October - 9 December

You are also welcome to have your say about new courses and workshops via this link:

<https://surveys.kmpt.org/index.php/357635?lang=en>



Virtual
 Julie Fuller
 T: 07787 266421
 E: julie.fuller7@nhs.net

Welcome to Virtual Recovery College for another term! We have a great timetable of courses and workshops designed to guide and see you through to the end of the year.



Canterbury
 Zoe Gibson
 T: 07823 511991
 E: zoe.gibson3@nhs.net

Welcome to Recovery College Canterbury! We are thrilled to be able to deliver our courses this term at two fantastic locations: The Beaney House of Art & Knowledge, and The Kent MS Therapy Centre.

New Team Member Joining Soon!

Ashford
 Interim: Robyn Stratton
 T: 07557 485148
 E: robyn.stratton@nhs.net

Ashford Recovery College has now been in place since September 2021 and it has been an amazing first academic year in the borough! Looking forward to seeing you all again for this autumn term!



Thanet
 Kylie Cederblad
 T: 07787 266421

Coming Soon! Margate was our first Recovery College location and we are excited to be offering courses again. We are grateful to Margate Adult Education Centre, who have generously offered us their learning spaces. Look forward to seeing you soon!

Dover
 Robyn Stratton
 T: 07557 485148
 E: robyn.stratton@nhs.net

Coming Soon! We have some great courses and workshops for our new Dover Recovery College – we can't wait to get started! We are always seeking private, accessible community spaces to deliver courses, so if you can offer space/room free of charge, do call Robyn Stratton to discuss. Course details coming soon!

Virtual



Welcome to Virtual Recovery College for our autumn term! Whether you are currently prevented from travelling, or just want to stay at home, Virtual college is here for you.

Julie Fuller

T: 07787 266421

E: julie.fuller7@nhs.net

By now, you might be fully conversant in online communications, but for those joining virtual workshops for the first time it might feel daunting, so we are here to help. We have chosen to use ZOOM and you can access our courses on your PC, laptop, tablet or smart phone. You can download the ZOOM app or join from your browser. Any problems, let me know.

If you want to engage with Virtual college but do not have a device, Digital Kent may be able to help. It aims to gift devices to those in need in Kent through its Hardware Access Scheme. All referrals must be made by a professional, beneficiaries cannot self-refer. So, if you feel left behind by the widening digital gap or know someone who could use this support, check out their link for further information on the Hardware Access Scheme here: <https://www.digitalkent.uk/information/projects/HAS>



If you would like to speak to a member of the Digital Kent team, please email digital.inclusion@kent.gov.uk or phone 03000 410950.

Before you enrol with Recovery College it is important to inform you about data security. We (the Recovery College Team) will not be recording sessions or taking screenshot images. We will not be sharing any 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 take part in our Virtual workshops.

I hope to welcome more students across Kent to Virtual College. Wishing you well.

A handwritten signature in black ink that reads "Julie".

Canterbury

Zoë Gibson

T: 07823 511991

E: zoe.gibson3@nhs.net



Hello and welcome to Recovery College Canterbury! We are thrilled to be able to deliver our courses this term at two fantastic locations.

We are very grateful to be invited back to use learning spaces at The Beaney House of Art & Knowledge, located on the High Street in central

Canterbury. The Beaney is Canterbury's Museum, Art Gallery, Library and Visitor Information Centre situated in the heart of the historic city centre. It offers an exciting programme of learning workshops, activities and tours and you can explore the exhibitions free of charge.



We also have an exciting new venue partnership with the Kent MS Therapy Centre, situated next to Canterbury Rugby Club with parking available. The MS Therapy Centre aims to improve the quality of life of those living with multiple sclerosis (MS), and other neurological and health conditions.

This term we are also running Introduction to Local Recovery College at The Beaney and the MS Therapy Centre. These sessions are for you to chat with our team who will tell you more about Recovery College, as well as provide an opportunity for you to book your place on courses. See our course lists and calendars for more details, dates and times.

We look forward to welcoming you on our Canterbury courses this term!

Warm wishes

A handwritten signature in cursive script that reads 'Zoë'.

Ashford

New Team
Member
Joining
Soon!

Interim: Robyn Stratton

T: 07557 485148

E: robyn.stratton@nhs.net

The Ashford locality for the Kent & Medway Recovery and Wellbeing

College has now been in place since September 2021 and it has been an amazing first academic year in the borough!

I would like to first thank the many students who have successfully attended courses in our first year. It is you who make the college what it is and we look forward to welcoming some of you back (as well as new faces) from September 2022! I would also like to thank

those who have kindly provided free venues for the college, Repton Connect; Stanhope Hub; Stanhope Centre; PeoplePlus; Kingsnorth Pavilion and even Hothfield Heathland. Without your support the college would struggle to deliver such impactful sessions. All your warmth and enthusiasm have been appreciated too! We look forward to welcoming new students and partners in the next academic year.

We have listened to students as well as partners to produce courses that offer variety in both subject matter but also in where we hold our courses and workshops. This term we have branched out into more rural areas to ensure we are accessible to as many people as possible, providing safe and local opportunities for student attendance. We are always looking for venues and partners who can offer free rooms so we may all support our local communities.

In this academic year we have completed two successful Wilder Wellbeing courses (in partnership with Kent Wildlife Trust) at Hothfield Heathland...recognising the need many of us have to be outside the four walls.



This brought together unique partnership working and has been recognised for that at the Everyday Active Conference, held in June 2022. Why not listen to how this course, and others, can make a difference to you. [Everyday Active - Wilder Wellbeing - YouTube](#)

As a relatively new locality coordinator I have aimed to bring with me a passion for recognising the genius in us all. Einstein said, “We are all genius. But if we judge a fish by its ability to climb a tree it will spend its whole life thinking it is stupid”. Recovery College believes that we all have genius. Join us to discover or re-engage with yours.

Lee

Words and thoughts of Lee Robinson – Previous Ashford Locality Coordinator

Exploring Diagnoses

| | | | | |
|--------------------|--|-----------------|-------------------|--------------|
| 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. | | | |
| Location | Day | No Weeks | Start Date | Time |
| Virtual | Tuesday | 1 | 20 September 2022 | 11am-12.30pm |
| Virtual | Tuesday | 1 | 15 November 2022 | 11am-12.30pm |

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|--------------------|--|------------------|-------------------|--------------|
| Course | Living With A Personality Disorder Diagnosis | | | |
| Description | Designed for those with a diagnosis, family, friends and carers. This three-week course looks at stigma, treatment, self-help and community links as well as providing an understanding of Emotionally Unstable Personality Disorder. It aims to challenge our thought processes, come to terms with a diagnosis and make positive, informed choices for moving forward in your life. This course was co-designed by someone with lived experience of the diagnosis and will be co-facilitated by an occupational therapist. | | | |
| Location | Day | No. Weeks | Start Date | Time |
| Virtual | Friday | 3 | 7 October 2022 | 11am-12.30pm |

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|--------------------|---|-----------------|-------------------|-------------|
| Course | Understanding & Coping with Depression | | | |
| Description | This three-week course will provide the clinical (diagnostic) description of depression, as a treatable illness. Using a strengths-based model, creative materials, and shared experiences, students will build their own “jigsaw” image of wellness – creating the pieces required to help build an image of a life not ruled by depression. | | | |
| Location | Day | No Weeks | Start Date | Time |
| Ashford | Friday | 3 | 11 November 2022 | 10am-12pm |
| Canterbury | Tuesday | 3 | 15 November 2022 | 10am-12pm |

Understanding

| | | | |
|--------------------|---|-------------------|--------------|
| Workshop | Introduction to Peer Support | | |
| Description | Are you interested in becoming a Peer Support Worker but not sure what the role entails? Join us to find out the values, skills and experiences required for the role and hear from someone who worked in the role before joining Recovery College. | | |
| Location | Day | Start Date | Time |
| Virtual | Wednesday | 28 September 2022 | 11am-12.30pm |

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|--------------------|---|-----------------|-------------------|--------------|
| Course | Self Talk: How to challenge your inner critic | | | |
| Description | In this three-week course students will learn how the brain creates a thought pathway, gain skills in reframing negative self-talk, discover why certain beliefs hold you back, and identify and practice new ways of communicating your needs. | | | |
| Location | Day | No Weeks | Start Date | Time |
| Virtual | Monday | 3 | 19 September 2022 | 11am-12.30pm |

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|--------------------|---|------------------|-------------------|-------------|
| Course | The Tree of Life | | | |
| Description | The Tree of life is an enjoyable look at your life, personal resilience, hopes and dreams. You will be guided by trained facilitators 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 along pens/felt tips. | | | |
| Location | Day | No. Weeks | Start Date | Time |
| Canterbury | Thursday | 3 | 6 October 2022 | 2pm-4pm |

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|--------------------|---|------------------|-------------------|--------------|
| Workshop | How to Say No | | | |
| Description | Installing healthy boundaries for yourself and providing limits for others on your time and energy is essential for good mental health. If you feel anxiety around saying No to people, or find that you are always picking up the pieces for someone else because you can't say No, then this workshop is for you. | | | |
| Location | Day | No. Weeks | Start Date | Time |
| Virtual | Monday | 1 | 10 October 2022 | 11am-12.30pm |

Understanding

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|--------------------|--|------------------|-------------------|-------------|
| Course | Building Resilience, Bouncing Back | | | |
| Description | How do people deal with difficult events? The death of a loved one, loss of employment, world events and other traumatic experiences are all examples of very challenging life experiences. So, what can we do to help us cope? Resilience is a life skill that can be nurtured with increased understanding and this course aims to help students find their own personal strategy. We will be exploring what we mean by resilience, why we need it and how to develop it in order to bounce back from life's challenges. Themes will include: finding perspective; emotional intelligence; purpose, values and strengths; and managing physical and mental energies. | | | |
| Location | Day | No. Weeks | Start Date | Time |
| Thanet | Tuesday | 3 | 27 September 2022 | 1pm-3pm |
| Thanet | Tuesday | 3 | 22 November 2022 | 1pm-3pm |

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|--------------------|---|------------------|-------------------|--------------|
| Course | Practical Coping | | | |
| Description | 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. | | | |
| Location | Day | No. Weeks | Start Date | Time |
| Virtual | Monday | 2 | 28 November 2022 | 11am-12.30pm |

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|--------------------|--|------------------|-------------------|-------------|
| Course | How to Keep Motivated | | | |
| Description | This two-week course explores how to use simple steps and SMART goals to achieve your own hopes and 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. | | | |
| Location | Day | No. Weeks | Start Date | Time |
| Canterbury | Wednesday | 2 | 5 October 2022 | 10am-12pm |

Health & Wellbeing

| | | | | |
|--------------------|--|-----------------|-------------------|-----------------|
| Workshop | Sense Your Mood | | | |
| Description | Enhance and explore your appreciation of your senses and how they affect your emotions. We will aim to improve our knowledge when smelling, reflect on 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, its link with taste, and to explore positive memories of smell and learn how smell can help create future positive and sustainable memories. | | | |
| Location | Day | No Weeks | Start Date | Time |
| Ashford | Tuesday | 1 | 11 October 2022 | 10.30am-12.30pm |

| | | | | |
|--------------------|--|-----------------|-------------------|-------------|
| Course | Self Care: What works for us | | | |
| Description | 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 look at the Wellness Wheel to see the ways we can care for ourselves. 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. | | | |
| Location | Day | No Weeks | Start Date | Time |
| Virtual | Wednesday | 3 | 9 November 2022 | 11am-12pm |

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|--------------------|--|------------------|-------------------|-------------|
| Course | Finding Your Genius | | | |
| Description | Einstein highlighted that we are all Genius! This workshop provides the first stepping stones to exploring your own Genius, 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. | | | |
| Location | Day | No. Weeks | Start Date | Time |
| Ashford | Monday | 3 | 14 November 2022 | 10am-12pm |
| Canterbury | Thursday | 2 | 17 November 2022 | 2pm-4pm |

Health & Wellbeing

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|--------------------|--|------------------|-------------------|-----------------|
| Course | Wilder Wellbeing | | | |
| Description | Supported by Kent Wildlife Trust, this six-week course will combine the benefits of walking and nature connectedness, so the benefits for participants are two-fold. The course will also incorporate mindfulness techniques, and will follow a nature theme and walking throughout. We are able to adapt the course depending on what the participants would like to gain from the course and their accessibility needs. Each session will take place at Hothfield Heathlands Nature Reserve. | | | |
| Location | Day | No. Weeks | Start Date | Time |
| Ashford | Tuesday | 6 | 1 November 2022 | 10.30am-12.30pm |

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|--------------------|--|------------------|-------------------|-----------------|
| Course | You Can't Pour from an Empty Teapot | | | |
| Description | This course aims to help students build resilience to the challenges of modern living. Exploring elements of mindfulness it personalises an approach for individuals to reflect on how to better support themselves. The "empty teapot" idea comes from someone's lived experience of trying to help others and always feeling their energy levels were low. By learning to maintain good energy levels in your pot, there should always be surplus for you! | | | |
| Location | Day | No. Weeks | Start Date | Time |
| Ashford | Tuesday | 3 | 13 September 2022 | 10.30am-12.30pm |

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|--------------------|---|-----------------|-------------------|-------------|
| Workshop | How to Sleep Well | | | |
| Description | Do you have trouble sleeping? Join us as we investigate the science behind sleep, how deprivation impacts the mind and body and introduce different mechanisms to help students get a good night's sleep. | | | |
| Location | Day | No Weeks | Start Date | Time |
| Virtual | Monday | 1 | 7 November 2022 | 2pm-3pm |

Health & Wellbeing

| | | | | |
|--------------------|---|-----------------|-------------------|-------------|
| Course | Mindful Living | | | |
| Description | 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. | | | |
| Location | Day | No Weeks | Start Date | Time |
| Virtual | Wednesday | 3 | 5 October 2022 | 11am-12pm |

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|--------------------|---|-----------------|-------------------|--------------|
| Workshop | Relax & Breathe | | | |
| Description | Discover how relaxation affects your mind and body, what happens when you activate your parasympathetic nervous system, and try out some different breathing techniques, finding the right one for you. | | | |
| Location | Day | No Weeks | Start Date | Time |
| Virtual | Wednesday | 1 | 14 September 2022 | 11am-12.30pm |
| Virtual | Thursday | 1 | 17 November 2022 | 11am-12.30pm |

Careers

| Course | Top Tips for Applications and Interviews | | | |
|-------------|---|-----------|-------------------|--------------|
| Description | In this two-week course we hope to provide students a safe and shared learning space where we can support one another to become more competent and confident with the tasks and processes around 'selling ourselves' - specifically for those who are interested in applying for voluntary roles, paid employment and [or] further education. | | | |
| Location | Day | No. Weeks | Start Date | Time |
| Virtual | Thursday | 2 | 15 September 2022 | 11am-12.30pm |
| Canterbury | Thursday | 2 | 1 December 2022 | 2pm-4pm |

Creativity

| | | | |
|--------------------|---|-------------------|-------------|
| Workshop | Healing Words | | |
| Description | Simple poetry is a great way to express how we feel. In this workshop we will guide you to explore a healing theme using your own words. No experience necessary. This workshop is designed for those who struggle to express themselves as well as for those who enjoy poetry. | | |
| Location | Day | Start Date | Time |
| Virtual | Monday | 21 November 2022 | 11am-12pm |

| | | | |
|--------------------|--|-------------------|-------------|
| Workshop | Haiku for Wellbeing | | |
| Description | 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. | | |
| Location | Day | Start Date | Time |
| Canterbury | Wednesday | 28 September 2022 | 10am-12pm |
| Virtual | Monday | 17 October 2022 | 11am-12pm |
| Canterbury | Tuesday | 1 November 2022 | 10am-12pm |

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|--------------------|---|-----------------|-------------------|-------------|
| Course | Create Your Own World | | | |
| Description | On this two-week course you will learn how to create a colourful world 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. | | | |
| Location | Day | No Weeks | Start Date | Time |
| Virtual | Thursday | 2 | 13 October 2022 | 11am-12pm |

Creativity

| | | | |
|--------------------|--|-------------------|-------------|
| Workshop | Seasonal Creative Writing – autumn | | |
| Description | Write in response to a selection of seasonal-themed prompts where you can explore and connect with your favourite aspects of autumn. This workshop is for everyone to share their thoughts, words and reflections about the season we are connecting with. | | |
| Location | Day | Start Date | Time |
| Virtual | Wednesday | 2 November 2022 | 11am-12pm |

| | | | |
|--------------------|--|-------------------|--------------|
| Workshop | Reading for Wellbeing | | |
| 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. | | |
| Location | Day | Start Date | Time |
| Canterbury | Wednesday | 21 September 2022 | 10.30am-12pm |
| Ashford | Monday | 3 October 2022 | 10am-11.30am |
| Virtual | Wednesday | 7 December 2022 | 11am-12pm |

Community

| | | | | |
|--------------------|---|-----------------|-------------------|--------------|
| Workshop | Introduction to Local Recovery College | | | |
| Description | Thank you for your interest in Kent & Medway Recovery & Wellbeing College – we love meeting and welcoming new students. We are providing Introduction sessions in two locations, Ashford and Canterbury, during the autumn term. This is an information event for any prospective students who would like to know more, with the possibility of enrolling during the session, as well as the chance to meet face to face with members of the Recovery College Team. We look forward to meeting you! | | | |
| Location | Day | No Weeks | Start Date | Time |
| Canterbury | Thursday | 1 | 15 September 2022 | 2pm-4pm |
| Canterbury | Tuesday | 1 | 20 September 2022 | 2pm-4pm |
| Canterbury | Monday | 1 | 26 September 2022 | 3pm-4pm |
| Ashford | Friday | 1 | 14 October 2022 | 10am-11.30am |

Connection

| | | | | |
|--------------------|---|-------------------|--|-------------|
| Workshop | Student Connect | | | |
| Description | Many of our students have said they would like to have more opportunities to connect with each other informally. So, we are providing Student Connect sessions during the autumn term for you to meet. These sessions are facilitated by members of our team, so that any questions about Recovery College can be answered there and then. They are also an opportunity for social connection and peer support. Recovery College students decide on the talking points - share wellbeing tools and resources, Recovery College learning, provide student experience feedback and present ideas for new courses or workshops, or have your Student Voice and find out about volunteering opportunities. Come along and connect with your fellow students in an informal and welcoming space. 😊 | | | |
| Location | Day | Start Date | | Time |
| Virtual | Friday | 23 September 2022 | | 11am-12pm |
| Canterbury | Thursday | 10 November 2022 | | 2pm-4pm |
| Canterbury | Tuesday | 6 December 2022 | | 10am-12pm |
| Virtual | Friday | 9 December 2022 | | 11am-12pm |

| | |
|----------|------------|
| V | Virtual |
| C | Canterbury |
| A | Ashford |
| T | Thanet |

September

| | Courses | Page No | Day & Time | Date |
|----------|---|---------|----------------------------|--|
| A | You Can't Pour from an Empty Teapot (three-week course) | 13 | Tuesday 10.30am-12.30pm | 13 September 20 September 27 September |
| V | Relax & Breathe | 14 | Wednesday 11am-12.30pm | 14 September |
| V | Top Tips for Applications & Interviews (two-week course) | 15 | Thursday 11am-12.30pm | 15 September 22 September |
| C | Introduction to Local Recovery College | 18 | Thursday 2pm-4pm | 15 September |
| V | Self Talk: How to Challenge Your Inner Critic (three-week course) | 10 | Monday 11am-12.30pm | 19 September 26 September 3 October |
| C | Introduction to Local Recovery College | 18 | Tuesday 2pm-4pm | 20 September |
| V | Talking About Dementia | 9 | Tuesday 11am-12.30pm | 20 September |
| C | Reading for Wellbeing | 17 | Wednesday 10.30am-12pm | 21 September |
| V | Student Connect | 18 | Friday 11am-12pm | 23 September |
| C | Introduction to Local Recovery College | 18 | Monday 3pm-4pm | 26 September |
| T | Building Resilience: Bouncing Back (three-week course) | 11 | Tuesday 1pm-3pm | 27 September 4 October 11 October |
| V | Introduction to Peer Support | 10 | Wednesday 11am-12.30pm | 28 September |
| C | Haiku for Wellbeing | 16 | Wednesday 10am-12pm | 28 September |

| | |
|----------|------------|
| V | Virtual |
| C | Canterbury |
| A | Ashford |
| T | Thanet |

October

| | Courses | Page No | Day & Time | Date |
|----------|--|---------|----------------------------|---------------------------------------|
| A | Reading for Wellbeing | 17 | Monday 10am-11.30pm | 3 October |
| V | Mindful Living (three-week course) | 14 | Wednesday 11am-12pm | 5 October 12 October 19 October |
| C | How to Keep Motivated (two-week course) | 11 | Wednesday 10am-12pm | 5 October 12 October |
| C | Tree of Life (three-week course) | 10 | Thursday 2pm-4pm | 6 October 13 October 20 October |
| V | Living with a Personality Disorder Diagnosis (three-week course) | 9 | Friday 11am-12.30pm | 7 October 14 October 21 October |
| V | How to Say No | 10 | Monday 11am-12.30pm | 10 October |
| A | Sense Your Mood | 12 | Tuesday 10.30am-12.30pm | 11 October |
| V | Create Your Own World | 16 | Thursday 11am-12pm | 13 October 20 October |
| A | Introduction to Local Recovery College | 18 | Friday 10am-11.30am | 14 October |
| V | Haiku for Wellbeing | 16 | Monday 11am-12pm | 17 October |

| | |
|----------|------------|
| V | Virtual |
| C | Canterbury |
| A | Ashford |
| T | Thanet |

November

| | Courses | Page No | Day & Time | Date |
|----------|--|---------|----------------------------|---|
| A | Wilder Wellbeing (six-week course) | 13 | Tuesday 10.30am-12.30pm | 1 November 8 November 15 November 22 November 29 November 6 December |
| C | Haiku for Wellbeing | 16 | Tuesday 10am-12pm | 1 November |
| V | Seasonal Creative Writing | 17 | Wednesday 11am-12pm | 2 November |
| V | How to Sleep Well | 13 | Monday 2pm-3pm | 7 November |
| V | Self Care: What works for us (three-week course) | 12 | Wednesday 11am-12pm | 9 November 16 November 23 November |
| C | Student Connect | 18 | Thursday 2pm-4pm | 10 November |
| A | Understanding & Coping With Depression (three-week course) | 11 | Friday 10am-12pm | 11 November 18 November 25 November |
| A | Finding Your Genius (three-week course) | 12 | Monday 10am-12pm | 14 November 21 November 28 November |
| V | Talking About Dementia | 9 | Tuesday 11am-12.30pm | 15 November |
| C | Understanding & Coping With Depression (three-week course) | 9 | Tuesday 10am-12pm | 15 November 22 November 29 November |

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| V | Virtual |
| C | Canterbury |
| A | Ashford |
| T | Thanet |

November cont...

| | Courses | Page No | Day & Time | Date |
|----------|---|---------|--------------------------|--|
| V | Relax & Breathe | 14 | Thursday 11am-12.30pm | 17 November |
| C | Finding Your Genius | 12 | Thursday 2pm-4pm | 17 November 24 November |
| T | Building Resilience: Bouncing Back (three-week course) | 11 | Tuesday 1pm-3pm | 22 November 29 November 6 December |
| V | Healing Words | 16 | Monday 11am-12pm | 21 November |
| V | Practical Coping (two-week course) | 11 | Monday 11am-12.30pm | 28 November 5 December |

December

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| V | Virtual |
| C | Canterbury |
| A | Ashford |
| T | Thanet |

| | Courses | Page No | Day & Time | Date |
|----------|---|---------|------------------------|--------------------------|
| C | Top Tips for Applications & Interviews (two-week course) | 15 | Thursday 2pm-4pm | 1 December 8 December |
| C | Student Connect | 18 | Tuesday 10am-12pm | 6 December |
| V | Reading for Wellbeing | 17 | Wednesday 11am-12pm | 7 December |
| V | Student Connect | 18 | Friday 11am-12pm | 9 December |

Celebrating Success

Students will receive a certificate on completion of their courses. 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. All students will be invited.

Want to get more involved at Recovery College?

If you are interested in volunteering or becoming a facilitator, please attend our Student Connect sessions to find out more information from our team. We have also produced a booklet which you can download that outlines all the different ways you can get involved with Recovery College. You can download it here: <https://www.kmpt.nhs.uk/media/3145/the-recovery-college-guide-to-getting-involved.pdf>

Want to have your say? Complete our survey here:
<https://surveys.kmpt.org/index.php/961924?lang=en>

Text or Call Emma Boraston, RC Administrator: 07789 944230

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

Our Partners



Kent and Medway
NHS and Social Care Partnership Trust



**Strengthening
Minds**

