Kent & Medway recovery & wellbeing College

NHS
Kent and Medway
NHS and Social Care Partnership Trust

Spring Prospectus

January to March 2023

FREE Health and Wellbeing courses for Adults in Kent.

Knowledge, Skills, Strength and Supporting each other.

Spring Term Dates:

9 January to 10 February (5 weeks)
Half term: 13 to 17 Feb
Staff Development week: 20 to 24 Feb

27 February to 31 March (5 weeks)
Half term: 3 to 14 April
Staff Development week: 17 to 21 April

Summer term starts on 24 April

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Welcome to our Spring prospectus!

In these pages you will find descriptions of our courses and workshops, plus a handy location timetable so you can easily find what you're looking for.
We look forward to seeing you in person or virtually!

Find out more about us here:
https://www.kmpt.nhs.uk/about-us/recovery-and-wellbeing-college/

The Kent & Medway Recovery & Wellbeing College provides health related educational courses for adults living in Kent & Medway, 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.

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.

New to Recovery College?

If you are a new student you can enrol with us online here:
https://surveys.kmpt.org/index.php/924128?lang=en

How to book onto a course:

1. Enrol online. It's quick (takes about 10 minutes), easy and secure.
2. You will receive a welcome email or text.
3. A Locality Co-ordinator will then phone you.

- It is important that all students are involved in the process of enrolment for their consent, and being in control of their wellbeing journey.
- This is a self-referral service only.
- We suggest students sign up for a maximum of three courses initially.

Already enrolled with us?

Just call or email your Locality Co-ordinator to let us know the courses you would like to book. See contact details on page 7.

Please ask us about data sharing if you would like this information. Sometimes information is shared for partnership working. Click here to see the KMPT policy on data storage:
https://www.kmpt.nhs.uk/about-us/confidentiality-and-gdpr/privacy-notices/

Introduction to Recovery College

We love meeting and welcoming new people. These sessions are an opportunity for anyone to find out more about the Recovery College, or before you enrol on courses.

Drop-in sessions

Come to one of our virtual sessions. No enrolment required, join here: https://us02web.zoom.us/j/84489005417?pwd=STF3YjIwNUN4VWYvMmtnVytQQXplUT09

Date	Time
Thursday 5 January 2023	09:30-10:30
Friday 3 February 2023	12:30-13:30
Monday 6 March 2023	09:30-10:30

Come to one of our face-to-face drop-in sessions

Date	Time	Venue
10 January 2023	11:30 to 12:30	Live Well Kent, Ashford
17 January 2023	10:30 to 12:30	Arts in Ramsgate, Thanet
26 January 2023	10:30 to 12:00	Dover Big Local Community Hub
27 January 2023	09:30 to 11:00	Sunflower House, Folkestone

Meet the Co-ordination Team

Virtual Julie Fuller 07787 266421
julie.fuller7@nhs.net

Canterbury Zoe Gibson 07823 511991
zoe.gibson3@nhs.net

Dover Robyn Stratton 07557 485148
robyn.stratton@nhs.net

Thanet Kylie Cederblad 07833 442136
kylie.cederblad@nhs.net

Ashford Emma Boraston 07825 859412
emma.boraston@nhs.net

Kent & Medway recovery & wellbeing College

Admin
kmpt.recoverycollegeadmin@nhs.net

Course Venue Localities

Virtual

You can access our virtual workshops on your PC, laptop, tablet or smart phone, using the ZOOM app or join from your browser.

The Recovery College Team do not record sessions or take 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 booking onto our Virtual workshops.

DIGITAL KENT are continuing their offer for access to computers and the internet. You can contact them here: digital.inclusion@kent.gov.uk, 03000 410950. You can also read about the Hardware Access Scheme here:
https://www.digitalkent.uk/information/projects/HAS
Ask us for more details!

Face-to-face courses are currently running in:

C	Canterbury
A	Ashford
T	Thanet
SKC	Dover & Folkestone

Coming soon to Maidstone and Medway!

We are always seeking private, accessible community spaces to deliver courses, so if you can offer space/room free of charge, please call us to discuss. Please contact us if you have ideas for venues.

Course Timetable - Ashford

Courses	No. of Weeks	Day & Time	2023 Dates	Venue
Introduction to Recovery College	1	Tuesday 11:00-12:30	10 Jan	Live Well Kent
Haiku for Wellbeing	1	Tuesday 11:00-13:00	17 Jan	Live Well Kent
Reading for Wellbeing	1	Thursday 13:00-15:00	19 Jan	Repton
Mindful Living	3	Tuesday 10:30-12:30	24 Jan 31 Jan 7 Feb	Live Well Kent
Create Your Own World	2	Wednesday 10:00-12:00	1 Feb 8 Feb	Stanhope
Student Connect and Digital Workshop	1	Friday 10:30-12:30	10 Feb	Live Well Kent
Wilder Wellbeing	6	Tuesday 10:30-12:30	21 Feb 28 Feb 7 Mar 14 Mar 21 Mar 28 Mar	Hothfield Heathlands
Mental Health Toolkit	1	Wednesday 10:00-12:00	29 Mar	Stanhope

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Course Timetable - Canterbury

Courses	No. of Weeks	Day & Time	2023 Dates	Venue
Finding Your Genius	3	Thursday 14:00-16:00	26 Jan 2 Feb 9 Feb	Adult Education Centre
Haiku for Wellbeing	1	Tuesday 10:00-12:00	7 Feb	Kent MS Therapy Centre
Wilder Wellbeing	6	Thursday 10:30-12:30	23 Feb 2 Mar 9 Mar 16 Mar 23 Mar 30 Mar	Blean Wildart Trail
Goodbye to Clutter	2	Tuesday 10:00-12:00	28 Feb 7 Mar	Kent MS Therapy Centre
How to Keep Motivated	2	Tuesday 10:00-12:00	21 Mar 28 Mar	Kent MS Therapy Centre
Student Connect	1	Wednesday 14:00-16:00	29 Mar	Adult Education Centre

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Course Timetable - Virtual

Courses	No. of Weeks	Day & Time	2023 Dates	Venue
Building Confidence after Domestic Abuse	3	Tuesday 10:00-12:00	10 Jan 17 Jan 24 Jan	Zoom
Introduction to Peer Support	1	Wednesday 11:00-12.30	11 Jan	Zoom
Relax & Breathe	1	Tuesday 11:00-12.30	17 Jan	Zoom
Mindful Living	3	Monday 11:00-12:00	16 Jan 23 Jan 30 Jan	Zoom
Sharing Inspiration for Financial Wellbeing	1	Wednesday 11:00-12:30	18 Jan	Zoom
How to Sleep Well	1	Tuesday 13:00-14:30	24 Jan	Zoom
Winter Creative Writing	1	Wednesday 11:00-12:00	25 Jan	Zoom
Talking About Dementia	1	Tuesday 13:30-14:30	31 Jan	Zoom
Practical Coping	2	Wednesday 11:00-12:30	1 Feb, 8 Feb	Zoom
How to Say No	1	Monday 11:00-13:00	6 Feb	Zoom
Reading for Wellbeing	1	Monday 11:00-12:00	27 Feb	Zoom
Living with Dementia in Mid-Life	3	Wednesday 11:00-12:00	1 Mar, 8 Mar 15 Mar	Zoom
Self Talk: How to Challenge Your Inner Critic	3	Monday 11:00-12:30	6 Mar 13 Mar 20 Mar	Zoom
Self Care: What works for us	3	Tuesday 11:00-12:00	7 Mar 14 Mar 21 Mar	Zoom
Spring Creative Writing	1	Monday 11:00-12:00	27 Mar	Zoom
Student Connect	1	Thursday 11:00-12:00	30 Mar	Zoom

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Course Timetable - Thanet

Courses	No. of Weeks	Day & Time	2023 Dates	Venue
Building Resilience, Bouncing Back	3	Monday 13:00-15:00	16 Jan 23 Jan 30 Jan	Adult Education Centre
Introduction to Recovery College	1	Tuesday 10.30-12.30	17 Jan	Arts in Ramsgate
Wilder Wellbeing	4	Wednesday 10.30-12.30	18 Jan 25 Jan 1 Feb 8 Feb	Pegwell Bay
Goodbye to Clutter	2	Tuesday 10.30-12:30	31 Jan 7 Feb	Arts in Ramsgate
Haiku for Wellbeing	1	Monday 13:00-15:00	6 Feb	Adult Education Centre
Living in Uncertain Times	3	Monday 13:00-15:00	27 Feb 6 Mar 13 Mar	Adult Education Centre
Creativity for Wellbeing	4	Tuesday 10.30-12.30	7 Mar 14 Mar 21 Mar 28 Mar	Arts in Ramsgate
Wilder Wellbeing	6	Wednesday 10.30-12.30	22 Feb 1 Mar 8 Mar 15 Mar 22 Mar 29 Mar	Pegwell Bay

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Course Timetable - Dover and Folkestone

Courses	No. of Weeks	Day & Time	2023 Dates	Venue
Introduction to Recovery College	1	Thursday 10:30-12:00	26 Jan	Dover Big Local Community Hub in the Charlton Centre
Coffee Morning & Introduction to Recovery College	1	Friday 09:30-11:00	27 Jan	Sunflower House, Folkestone
Sense your Mood	1	Thursday 10:30-12:30	2 Feb	Dover Big Local Community Hub in the Charlton Centre
Wilder Wellbeing	6	Thursday 10:30-12:30	23 Feb 2 Mar 9 Mar 16 Mar 23 Mar 30 Mar	Lydden Temple Ewell Reserve
Tree of Life	3	Tuesday 12:00-14:00	28 Feb 7 Mar 14 Mar	Dover Big Local Community Hub in the Charlton Centre
Supporting Wellbeing in Parenthood	3	Wednesday 10:00-12:00	1 Mar 8 Mar 15 Mar	Folkestone Early Years Centre
Student Connect	1	Wednesday 11:00-12:00	22 Mar	Dover Big Local Community Hub in the Charlton Centre

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Course descriptions and information

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	31 January 2023	13:30-14:30

Course	Living with Dementia in Mid-Life			
Description	Recently diagnosed with dementia? Had to stop work earlier than planned or still have young adults you need to provide for? Unsure what this means for your life? In this three-week course you will have the chance to meet others living with dementia, share your experiences and advice, pick up some strategies, and explore ways of living that bring you pleasure and satisfaction. This course is specifically for those with a young onset dementia diagnosis and their family and friends. It is run by someone living with young onset dementia and a clinical psychologist.			
Location	**Day**	**No. Weeks**	**Start Date**	**Time**
Virtual	Wednesday	3	1 March 2023	11:00-12.00

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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**	**No. Weeks**	**Start Date**	**Time**
Virtual	Wednesday	1	11 January 2023	11:00-12:30

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	6 March 2023	11:00-12:30

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**
Dover/Folkestone	Tuesday	3	28 February 2023	12:00-14:00

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Understanding

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**
Canterbury	Thursday	3	26 January 2023	14:00-16:00

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	6 February 2023	11-13.00

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	Wednesday	2	1 February 2023	11-12.30pm

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Understanding

Course	Goodbye to Clutter – Creating a healthy space			
Description	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 challenge and experiment with different decluttering strategies. You will have the opportunity to look at ways of improving the space you live in, and hear about tried and tested methods used by our experienced facilitators.			
Location	**Day**	**No. Weeks**	**Start Date**	**Time**
Thanet	Tuesday	2	31 January 2023	10:30-12:30
Canterbury	Tuesday	2	28 February 2023	10:00-12:00

Course	Building Resilience, Bouncing Back			
Description	How do people deal with difficult events or challenging life experiences? 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 resilience is, 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	Monday	3	16 January 2023	13:00-15:00

Workshop	Mental Health Toolkit			
Description	Meet with us to share and learn new resources, ideas, and wellbeing tips. Together we will put more tools into our mental health toolkit and build on our skills and resilience by sharing and connecting.			
Location	**Day**	**No. Weeks**	**Start Date**	**Time**
Ashford	Wednesday	1	29 March 2023	10:00-12:00

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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	Tuesday	2	21 March 2023	10:00-12:00

Course	Supporting Wellbeing in Parenthood			
Description	This course is for parents-to-be, parents and anyone who is providing support to parents. This course provides information and support around the experience of pregnancy, birth and becoming a parent. This is an opportunity to connect with others in a safe space to discuss challenges, explore coping strategies, identify realistic self-care activities and learn about what help is available and where to find it, to support your wellbeing as you navigate through the world of parenting.			
Location	**Day**	**No. Weeks**	**Start Date**	**Time**
Folkestone	Wednesday	3	1 March 2023	10:00-12:00

Workshop	Living in Uncertain Times			
Description	Covid-19 turned our lives upside down. We had to adjust to a new reality. For some, this brought us closer together, for others, it presented challenges that were hard to meet. We are continually being given more bad news, be it the war in Ukraine or rising energy bills. You will have the opportunity to explore anxieties, gain perspective, share strengths and skills and learn to manage your worries and feel you have an impact on the world around you.			
Location	**Day**	**No. Weeks**	**Start Date**	**Time**
Thanet	Monday	3	27 February 2023	13:00-15:00

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Health and 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**
Dover/Folkestone	Thursday	1	2 February 2023	10:30-12:30

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	Tuesday	3	7 March 2023	11:00-12:00

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Health and Wellbeing

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. Please check timetable for locations and times.			
Location	**Day**	**No. Weeks**	**Start Date**	**Time**
Thanet	Wednesday	4	18 January 2023	10:30-12:30
Ashford	Tuesday	6	21 February 2023	10:30-12:30
Thanet	Wednesday	6	22 February 2023	10:30-12:30
Canterbury	Thursday	6	23 February 2023	10:30-12:30
Dover/Folkestone	Thursday	6	23 February 2023	10:30-12:30

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	Monday	3	16 January 2023	11:00-12:00
Ashford	Tuesday	3	24 January 2023	10:30-12:30

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Health and Wellbeing

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	Tuesday	1	24 January 2023	13:00-14:30

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	Tuesday	1	17 January 2023	11:00-12:30

Course	Building Confidence after Domestic Abuse			
Description	This course is particularly for those who have survived, and are now out of, an abusive relationship. We explore how our thoughts and actions have been affected negatively and how we can combat this. Our goal is to help you build your confidence, assertiveness and ability to engage in new relationships in a healthy, boundaried and enjoyable way. You will have the opportunity to practice new skills in this confidential course. Course facilitators have lived experience of moving on from different types of domestic abuse and can share some of their own journey with you			
Location	**Day**	**No. Weeks**	**Start Date**	**Time**
Virtual	Tuesday	3	10 January 2023	10:00-12:00

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Creativity

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**	**No. Weeks**	**Start Date**	**Time**
Ashford	Tuesday	1	17 January 2023	11:00-13:00
Thanet	Monday	1	6 February 2023	13:00-15:00
Canterbury	Tuesday	1	7 February 2023	10:00-12:00

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**
Ashford	Wednesday	2	1 February 2023	10:00-12:00

Workshop	Winter Creative Writing			
Description	Write in response to a selection of seasonal-themed prompts where you can explore and connect with your favourite aspects of winter. This workshop is for everyone to share their thoughts, words and reflections about the season we are connecting with.			
Location	**Day**	**No. Weeks**	**Start Date**	**Time**
Virtual	Wednesday	1	25 January 2023	11:00-12:00

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Creativity

Workshop	Spring Creative Writing			
Description	Write in response to a selection of seasonal-themed prompts where you can explore and connect with your favourite aspects of spring. This workshop is for everyone to share their thoughts, words and reflections about the season we are connecting with.			
Location	**Day**	**No. Weeks**	**Start Date**	**Time**
Virtual	Monday	1	27 March 2023	11:00-12:00

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**	**No. Weeks**	**Start Date**	**Time**
Ashford	Thursday	1	19 January 2023	13:00-15.00
Virtual	Monday	1	27 February 2023	11:00-12:00

Course	Creativity for Wellbeing			
Description	Do you ever find yourself stuck for something to do? Are you looking to make new connections in a safe and fun environment? This four-week course offers a chance to engage in a variety of free or budget-friendly activities. We will use creative materials to explore wellbeing topics, develop a toolkit of crafts/creative skills that can be used to enhance wellbeing and express emotions, and make new connections with like-minded people. No experience necessary!			
Location	**Day**	**No Weeks**	**Start Date**	**Time**
Thanet	Tuesday	4	7 March 2023	10:30-12.30

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Community and 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 winter 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**	**No. Weeks**	**Start Date**	**Time**
Ashford	Friday	1	10 February 2023 (and Digital Workshop)	10:30-12:30
Canterbury	Wednesday	1	29 March 2023	14:00-16:00
Dover/Folkestone	Wednesday	1	22 March 2023	11:00-12:00
Virtual	Thursday	1	30 March 2023	11:00-12:00

Workshop	Sharing Inspiration for Financial Wellbeing			
Description	This workshop offers the opportunity to share our ideas and tips for money saving as we navigate winter and the cost of living. If you are feeling the impact of rising cost of living, which is impacting your daily life and wellbeing, join us to discover some different strategies that could help, while looking after our wellbeing.			
Location	**Day**	**No. Weeks**	**Start Date**	**Time**
Virtual	Wednesday	1	18 January 2023	11:00-12:30

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Celebrating Success and looking ahead

Students who meaningfully engage will receive a certificate on completion of their courses.

We hold an annual celebration event for all students, volunteers and facilitators. This will take place in the week starting on 17 July 2023. All students will be invited.

Want to get more involved at Recovery College?

If you are interested in volunteering or becoming a facilitator, please complete our online form to register your interest here:

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

We have also produced a Recovery College Guide to Getting Involved booklet. You can download the booklet here: https://www.kmpt.nhs.uk/media/3514/the-recovery-college-guide-to-getting-involved-pdf-book.pdf

If you have any feedback for us, or ideas for courses you would like to see in the future, please complete our Have Your Say survey here:

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

Thank you to all our Partners