



Summer Prospectus

April to July 2025

FREE Health and wellbeing courses for adults in Kent.

Knowledge, skills, strength and supporting each other.



Kent and Medway
NHS and Social Care Partnership Trust



Summer term dates:

22 April to 23 May (5 weeks)

Half term: 26 to 30 May

Staff development week: 2 to 6 June

9 June to 11 July (5 weeks)

Student celebrations: 14 to 25 July

Summer staff development: 28 July to 12 Sept

Autumn term starts from 15 Sept

This is an interactive document. You can hover over with your cursor to click on any hyperlink ([underlined](#)), the cursor will change to an arrow or hand. Click to take you to that section of the document. The links in the prospectus only work if you have a Microsoft account.



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Welcome to our summer prospectus!

We have exciting news this term as we are delighted to bring our first courses to Sevenoaks (p16) and Tunbridge Wells (p19). You can find out more by taking a look at the timetables.

In our prospectus, you will find descriptions of our courses and workshops, plus location timetables 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 and Medway Recovery and Wellbeing College provides health related educational courses for adults living in Kent and 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 and can make informed choices to 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.

Your Student Portal

Our new Student Portal is now available for **all** students.

It allows you to have the opportunity and choice to track your learning journey, view the courses you have booked onto, access course material, see your certificates, register your interest in attending courses, keep in touch with our team and more.



Don't worry, our locality coordinators are still here to help if you need it. Find their contact details on page 7.

How to enrol

All students must self-enrol using the Student Portal before booking onto courses. You only need to enrol once. Once you have access to the Student Portal, you can register your interest in our courses (see below).

<https://kmpt-nhs.heiapply.com/eoi-form/embed/3785>

We encourage new students to sign up for a maximum of three courses and consider the course step guide (see page 9). Talk to your locality coordinator if you need support.

How to book onto a course

Once you have enrolled, you can use the Student Portal to register your interest on a course, alternatively call, text or email your locality coordinator (see page 6 for details) to book a place.

Your locality coordinator will contact you to confirm your place and you will receive reminders before the course date.

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/>

Find out more about Recovery College

We love meeting and welcoming new people. These sessions are an opportunity for you to meet us, find out more about the Recovery College and ask any questions before you enrol on courses. Take a look at the timetable below to find your nearest one and drop-in to meet us.

Drop-in sessions

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

Date	Time	Venue
22 April	12 midday to 2pm	Faversham Umbrella Centre
22 April	2 to 4pm	Grosvenor & Hilbert Park Hub, Tunbridge Wells
23 April	1 to 3pm	Herne Bay Umbrella Centre
24 April	11am to 12 midday	Stanhope Hub, Ashford
24 April	11am to 1pm	Canterbury Umbrella Centre
30 April	9.30 to 11.30am	Fusion Healthy Living Centre
30 April	10am to 12 midday	Mental Health Resource Hub, Tunbridge Wells
1 May	12.30 to 2.30pm	Sevenoaks Leisure Centre
13 May	10am to 12 midday	Gravesend Adult Education Centre
15 May	12.30 to 2.30pm	Bat & Ball Station, Sevenoaks
20 May	10am to 12 midday	Dartford Adult Education Centre

Meet our locality co-ordinators



Ashford

Emma Boraston
07825 859412
kmpt.ashfordrc@nhs.net



Canterbury

Chantel Parsons
07435 778961
kmpt.canterburyrc@nhs.net



Canterbury

Marsha Sutcliffe
07825 023573
kmpt.canterburyrc@nhs.net



DGS (Dartford, Gravesham & Swanley)

Kelly August
07756 295593
kmpt.dartfordrc@nhs.net



Maidstone

Sadie Smallman
07407 826920
kmpt.maidstonerc@nhs.net



Medway & Swale

Denise Burgess
07707 152712
kmpt.medwayrc@nhs.net



Medway & Swale

Kelly-Marie Lee
07707 152428
kmpt.medwayrc@nhs.net



South Kent Coast (Dover & Folkestone)

Becky Norris
07721 609018
kmpt.southkentcoastrc@nhs.net



Sevenoaks

Suzanne Middleton-Elliott
07707 153666
kmpt.sevenoaks@nhs.net



Tunbridge Wells

Sharon Ventin
07720 152576
kmpt.tunbridgerc@nhs.net



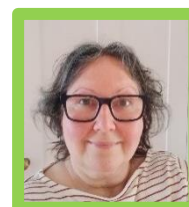
Thanet

Elaine Samworth
07749 573570
kmpt.thanetrc@nhs.net



Thanet

James Dexter
07519 922561
kmpt.thanetrc@nhs.net



Virtual

Julie Fuller
07787 266421
kmpt.virtualrc@nhs.net

Useful information

Virtual



You can access our virtual workshops on your PC, laptop, tablet or smart phone, using the MS Teams app, which you can download from Google Play store (for android devices) or Apple store (for Apple devices).

The Recovery College team do not record sessions or take screenshot images. We will not be sharing any student images with anyone else. However, because the MS Teams 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 offers hardware and Connectivity Access Scheme (eligibility criteria applies) and free support and skills sessions led by digital champions in hubs across Kent and Medway. You can contact them on digital.inclusion@kent.gov.uk, 03000 410950. Find out more information online: <https://www.digitalkent.uk/>

Helping you to attend courses:

We know that some people may struggle to travel and get to places they want to go. Here are some ideas that may support you:

- See if you are eligible for free bus pass/apply: <https://www.kent.gov.uk/roads-and-travel/travelling-around-kent/bus-travel/bus-passes/bus-passes-for-older-or-disabled-people>
- Transport advice for older adults (50 or over, or care for an elderly person): <https://www.ageuk.org.uk/services/in-your-area/transport/>
- Kent County Council provides a flexible dial-a-ride service. For a small fee they can collect you from your home and take you to a location. Membership requirements for the Kent Karrier service apply. Find out more <https://www.kent.gov.uk/roads-and-travel/travelling-around-kent/community-transport/kent-karrier>

Course step guide



We have listened to our student feedback and have produced a guide to help you decide which courses you may feel ready to attend.

Our course descriptions (from page 21) now follow these course steps so that we can support you to decide what is best for you, right now, on your Recovery College student journey. We have used the footprints as a visual guide.

Courses/Workshops	Content	Recommended for
Foundation 	Starter courses and workshops, introducing new tools, meaningful activity and concepts of self-care.	Students who feel that they are at the start of their recovery journey and who wish to start building their confidence with the Recovery College.
Building and growing 	These courses build on existing resilience, tools, self-care skills and learning.	Students who feel ready to explore some reflective activities and enhance self-care tools to help themselves and/or loved ones.
Understanding and moving forward 	More in-depth content with deeper life reflections and/or exploring elements of specific diagnoses.	Students who feel ready to reflect more deeply and learn from past experiences and/or explore specific diagnosis perspectives.

Ashford timetable

Courses	No. of weeks	Day & time	2025	Venue
Introduction to Recovery College	1	Thurs, 11am to 12 midday	24 April	Stanhope Hub
Digital Wellbeing	1	Thurs, 10.30am to 12.30pm	1 May	Age UK
Mindful Living	3	Wed, 11.30am to 1.30pm	7, 14, 21 May	Limes Community Garden
Summer Wellbeing	1	Wed, 11.30am to 1.30pm	11 June	Limes Community Garden
Student Connect	1	Wed, 10.30am to 12.30pm	25 June	Stanhope Hub
Reading for Wellbeing	1	Wed, 12 to 2pm	2 July	Stanhope Centre
Summer Celebration	1	Wed, 11 to 1pm	16 July	Limes Community Garden

Contact: kmpt.ashfordrc@nhs.net
Call: 07825 859412



Use the QR code to register, or follow us on



Canterbury timetable

Courses	No. of weeks	Day & time	2025	Venue
Introduction to Recovery College	1	Tues, 12 midday to 2pm	22 April	Faversham Umbrella Centre
Introduction to Recovery College	1	Wed, 1 to 3pm	23 April	Herne Bay Umbrella Centre
Introduction to Recovery College	1	Thurs, 11am to 1pm	24 April	Canterbury Umbrella Centre
Understanding How I Learn	1	Wed, 2 to 4pm	30 April	Canterbury Adult Education Centre
Reading for Wellbeing	1	Thurs, 10.30am to 12.30pm	8 May	Canterbury Adult Education Centre
Goodbye to Clutter	2	Thurs, 10.30am to 12.30pm	15 & 22 May	MS Therapy Centre
How to Sleep Well	1	Tues, 2 to 4pm	20 May	Canterbury Adult Education Centre
Exploring Psychosis	4	Wed, 2 to 4pm	11, 18, 25 June & 2 July	Canterbury Adult Education Centre

See more courses...

Canterbury timetable

Courses	No. of weeks	Day & time	2025	Venue
Creativity for Wellbeing - Starlight	1	Thurs, 10.30am to 12.30pm	3 July	MS Therapy Centre
Summer Wellbeing	1	Thurs, 1 to 3pm	10 July	Abbey Gardens, Faversham
Summer Celebration	1	Tues, 1 to 3pm	22 July	The Beaney, Canterbury Library

Contact: kmpt.canterburyrc@nhs.net
Call: 07435 778961



Use the QR code to register, or follow us on



Dartford, Gravesham and Swanley timetable

Courses	No. of weeks	Day & time	2025	Venue
Introduction to Recovery College	1	Tues, 10am to 12 midday	13 May	Kent Adult Education, Gravesend
Introduction to Recovery College	1	Tues, 10am to 12 midday	20 May	Kent Adult Education, Dartford
Living Well on a Budget	1	Mon, 10am to 12 midday	16 June	Kent Adult Education, Gravesend

Contact: kmpt.dartfordrc@nhs.net
Call: 07756 295593



Use the QR code to register, or follow us on



Maidstone timetable

Courses	No. of weeks	Day & time	2025	Venue
Introduction to Recovery College	1	Wed, 9.30 to 11.30am	30 April	Fusion Healthy Living Centre
Relax and Breathe	1	Wed, 10 to 12 midday	7 May	Greensand Health Centre
Mental Health Toolkit	1	Tues, 2 to 4pm	13 May	Fusion Healthy Living Centre
Men's Sheds (guest speaker)	1	Mon, 1 to 3pm	19 May	Maidstone Community Support Centre
Introduction to Meditation	1	Tues, 10am to 12 midday	10 June	Fusion Healthy Living Centre
Action for Happiness (guest speaker)	1	Wed, 2 to 4pm	18 June	Greensand Health Centre
Creativity for Wellbeing – fabric coaster	1	Wed, 10am to 12 midday	2 July	Greensand Health Centre
Summer Celebration	1	Tues, 1 to 4pm	22 July	Tyland Barn

Contact: kmpt.maidstonerc@nhs.net
Call: 07407 826920



Use the QR code to register, or follow us on



Medway & Swale timetable

Courses	No. of weeks	Day & time	2025	Venue
How to Sleep Well	1	Mon, 1.30 to 3.30pm	28 April	Sunlight Centre, Gillingham
Building Motivation by Setting Goals	2	Tues, 2 to 4pm	6, 13 May	Hope Street Centre, Sheerness
Relax and Breathe	1	Tues, 1.30 to 3.30pm	20 May	Heather House, Sittingbourne
Wilder Wellbeing	6	Tues, 10am to 12 midday	27 May 3, 10, 17, 24 June 1 July	Milton Creek Country Park, Sittingbourne
Menopause, Mindfulness and Me	3	Tues, 1.30 to 3.30pm	10, 17 & 24 June	Rochester Adult Education Centre
Reading for Wellbeing	1	Tues, 2 to 4pm	1 July	Hope Street Centre, Sheerness
Summer Celebration	1	Tues, 2 to 4pm	15 July	Hope Street Centre, Sheerness

Contact: kmpt.medwayrc@nhs.net
Call: 07707 152432 / 07707 152428

Use the QR code to register, or follow us on



Sevenoaks timetable

Courses	No. of weeks	Day & time	2025	Venue
Introduction to Recovery College	1	Thurs, 12.30pm to 2.30pm	1 May	Sevenoaks Leisure Centre
Introduction to Recovery College	1	Thurs, 12.30 to 2.30pm	15 May	Bat & Ball Station
Living Well on a Budget	1	Thurs, 12.30 to 2.30pm	12 June	Sevenoaks Leisure Centre
Student Connect	1	Thurs, 12.30 to 2.30pm	26 June	Bat & Ball Station

Contact: kmpt.sevenoaksrc@nhs.net
Call: 07707 153666

Use the QR code to register, or follow us on



South Kent Coast timetable

Courses	No. of weeks	Day & time	2025	Venue
Haiku for Wellbeing	1	Mon, 1.30 to 3.30pm	28 April	Age UK, Hythe
Reading for Wellbeing	1	Mon, 1.30 to 3.30pm	19 May	Age UK, Hythe
Wilder Wellbeing	6	Tues, 10am to 12 midday	10, 17, 24 June 1, 8, 15 July	Dungeness RSPB
Wilder Wellbeing	6	Tues, 2.30 to 4.30pm	10, 17, 24 June 1, 8, 15 July	Kearsney Abbey, Dover
Caring for Carers	2	Fri, 10.30am to 12.30pm	27 June & 4 July	Age Concern, Sandwich
Living Well on a Budget	1	Mon, 1.30 to 3.30pm	7 July	Age UK, Hythe
Summer Celebration	1	Tues, 12.30 to 2pm	15 July	Kearsney Abbey, Dover

Contact: kmpt.southkentcoastrc@nhs.net

Call: 07721 609018

Use the QR code to register, or follow us on



Thanet timetable

Courses	No. of weeks	Day & time	2025	Venue
Understanding How I Learn	1	Thurs, 1.30 to 3.30pm	1 May	Veterans Association, Birchington
Haiku for Wellbeing	1	Wed, 10.30am to 12.30pm	14 May	The GAP Project, Broadstairs
Relax and Breathe	1	Tues, 10.30am to 12.30pm	20 May	Arts in Ramsgate
Wilder Wellbeing	6	Wed, 10.30am to 12.30pm	21 May, 11, 18 & 25 June, 2 & 9 July	Pegwell Bay
Digital Wellbeing	1	Thurs, 1.30 to 3.30pm	12 June	Veterans Association, Birchington
Goodbye to Clutter	2	Wed, 10.30am to 12.30pm	18 & 25 June	The GAP Project, Broadstairs
Living Well on a Budget	1	Tues, 10.30 to 12.30pm	1 July	Arts in Ramsgate
Summer Celebration	1	Tues, 10.30am to 12.30pm	15 July	Arts in Ramsgate

Contact: kmpt.thanetrc@nhs.net
 Call: 07749 573570 / 07519 922561

Use the QR code to register, or follow us on



Tunbridge Wells timetable

Courses	No. of weeks	Day & time	2025	Venue
Introduction to Recovery College	1	Wed, 2 to 4pm	22 April	Grosvenor and Hilbert Park Hub
Introduction to Recovery College	1	Wed, 10am to 12 midday	30 April	Mental Health Resource Hub
How to Sleep Well	1	Wed, 10am to 12 midday	7 May	Mental Health Resource Hub
Healing Words	1	Tues, 10am to 12 midday	20 May	Grosvenor and Hilbert Park Hub
Living Well on a Budget	1	Wed, 10am to 12 midday	18 June	Mental Health Resource Hub
Mental Health Toolkit	1	Wed, 10am to 12 midday	9 July	Mental Health Resource Hub
Student Connect	1	Wed, 11am to 1pm	23 July	Grosvenor and Hilbert Park Hub

Contact: kmpt.tunbridgewellsrc@nhs.net
Call: 07720 152576

Use the QR code to register, or follow us on



Virtual timetable

Courses	No. of weeks	Day & time	2025	Venue
Spring Wellbeing	1	Thurs, 11am to 12.30pm	24 April	MS Teams
How to Sleep Well	1	Tues, 11am to 12.30pm	6 May	MS Teams
How to Say No	2	Thurs, 11am to 12.30pm	15 & 22 May	MS Teams
Healing Words	1	Tues, 11am to 12.30pm	20 May	MS Teams
Relax and Breathe	1	Wed, 11am to 12.30pm	11 June	MS Teams
Digital Wellbeing	1	Tues, 11am to 1pm	17 June	MS Teams
Introduction to Meditation	1	Thurs, 11am to 12.30pm	19 June	MS Teams
Yoga for Everybody	1	Thurs, 11am to 1pm	26 June	MS Teams
Summer Wellbeing	1	Thurs, 11am to 12.30pm	3 July	MS Teams
Creativity for Wellbeing – Starlights	1	Thurs, 11am to 1pm	10 July	MS Teams
Summer Celebration	1	Thurs, 11am to 12.30pm	17 July	MS Teams

Contact: kmpt.virtualrc@nhs.net

Call: 07787 266421




Use the QR code to register, or follow us on



Course descriptions and information

Step 1 - Foundation


Course	Living Well on a Budget 			
Description	This workshop offers the opportunity to share ideas and tips for money management as we navigate the cost of living. If you are feeling the impact of rising costs on your daily life and wellbeing, join us to discover some different strategies that could help, while connecting with others.			
Location	Day	No. weeks	Start date	Time
Sevenoaks	Thursday	1	12 June	12.30 to 2.30pm
DGS	Monday	1	16 June	10am to 12 midday
Tunbridge Wells	Wednesday	1	18 June	10am to 12 midday
Thanet	Tuesday	1	1 July	10.30am to 12.30pm
SKCoast	Monday	1	7 July	1.30 to 3.30pm

Course	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
Maidstone	Wednesday	1	7 May	10am to 12 midday
Medway & Swale	Tuesday	1	20 May	1.30 to 3.30pm
Thanet	Tuesday	1	20 May	10.30am to 12.30pm
Virtual	Wednesday	1	11 June	11am to 12.30pm

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Step 1 - Foundation

Course	Seasonal Wellbeing 			
Description	Explore the natural rhythms of each season and how we can connect to these and find inspiration. Each term we will look at the current season and explore its wellbeing benefits, notice how we change and take comfort from being in nature. We encourage students to book onto all the seasonal workshops for year-round wellbeing. Write in response to a selection of seasonal-themed prompts where you can explore and connect with your favourite aspects of the season. This workshop is for everyone to share their thoughts, words and reflections.			
Location	Day	No. weeks	Start date	Time
Virtual (spring)	Thursday	1	24 April	11am to 12.30pm
Ashford (summer)	Wednesday	1	11 June	11.30am to 1.30pm
Virtual (summer)	Thursday	1	3 July	11am to 12.30pm
Canterbury - Faversham (summer)	Thursday	1	10 July	1 to 3pm

Course	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
SKCoast	Monday	1	28 April	1.30 to 3.30pm
Thanet	Wednesday	1	14 May	10.30am to 12.30pm

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Step 1 - Foundation


Course	Yoga for Everybody 			
Description	Discover the healing powers of yoga in this yoga workshop. We will explore how yoga is more than a physical practice, revealing how yoga can support personal transformation in our everyday lives. The session will include breathwork, somatic practices and a brief movement practice that you can do anywhere to help regulate the nervous system and enhance wellbeing. Movement practices will be gentle and are optional, no prior experience required. They can be practised from the comfort of a chair or on the floor. No equipment is needed but if you have a mat/ towel or a cushion/blanket, please feel free to have these available to you if desired.			
Location	Day	No. weeks	Start date	Time
Virtual	Thursday	1	26 June	11am to 1pm

Course	How to Sleep Well 			
Description	Do you have trouble getting to sleep or staying asleep? Join us and connect with others as we investigate the science behind sleep, including binaural and the noise spectrum and we will introduce some different techniques to help students get a good night's sleep.			
Location	Day	No. weeks	Start date	Time
Medway & Swale	Monday	1	28 April	1.30 to 3.30pm
Virtual	Tuesday	1	6 May	11am to 12.30pm
Tunbridge Wells	Wednesday	1	7 May	10am to 12 midday
Canterbury	Tuesday	1	20 May	2 to 4pm

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Step 1 - Foundation


Course	Wilder Wellbeing 			
Description	Supported by Kent Wildlife Trust, this six-week course will combine the benefits of walking and connecting to nature, so the benefits for participants are two-fold. The course will also incorporate mindfulness techniques and will follow a nature theme, walking throughout. We are able to adapt the course depending on what students would like to gain and their accessibility needs.			
Location	Day	No. weeks	Start date	Time
Thanet	Wednesday	6	21 May	10.30am to 12.30pm
Medway & Swale	Tuesday	6	27 May	10am to 12 midday
SKCoast - Dungeness	Tuesday	6	10 June	10am to 12 midday
SKCoast - Dover	Tuesday	6	10 June	2.30 to 4.30pm

Course	Creativity for Wellbeing 			
Description	We will be using a few basic art/craft resources to explore and develop skills to help us cope with life and feel good about ourselves. This is a very relaxed course and activities vary each term - no experience is necessary! Come and learn about how activating the creative side of your brain can improve your wellbeing.			
Location	Day	No. weeks	Start date	Time
Maidstone (Fabric coaster)	Wednesday	1	2 July	10am to 12 midday
Canterbury (Starlight)	Thursday	1	3 July	10.30am to 12.30pm
Virtual (Starlight)	Thursday	1	10 July	11am to 1pm

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Step 1 - Foundation


Course	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
Canterbury	Wednesday	1	8 May	10.30am to 12.30pm
SKCoast	Monday	1	19 May	1.30 to 3.30pm
Medway & Swale	Tuesday	1	1 July	2 to 4pm
Ashford	Wednesday	1	2 July	12 midday to 2pm

Course	Understanding How I Learn 			
Description	We all learn differently. Join us in exploring how you learn and what you can do to support your own learning journey. This course will support you in exploring what your personal learning style is, what may make it easier for you to learn, and what support to ask for. It will also introduce learning styles, consider the effects of any learning difficulty, medication and symptoms, or neurodiverse traits. We will focus on what you can achieve, share ideas of what may help and will remind ourselves of the importance of being kind to yourself by practising self-care and acceptance.			
Location	Day	No. weeks	Start date	Time
Canterbury	Wednesday	1	30 April	2 to 4pm
Thanet	Thursday	1	1 May	1.30 to 3.30pm

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Step 1 - Foundation


Course	Digital Wellbeing 			
Description	This course will guide students to find balance around their tech use to support their digital wellbeing. It aims to explore both the psychological and biological processes at play when we engage with technology, particularly social media. In doing so, students can gain greater awareness around their digital behaviour. The course will explore daily practical tools to help minimise tech related stress and empower students to utilise digital spaces to their advantage.			
Location	Day	No. weeks	Start date	Time
Ashford	Thursday	1	1 May	10.30am to 12.30pm
Thanet	Thursday	1	12 June	1.30 to 3.30pm
Virtual	Tuesday	1	17 June	11am to 1pm


Course	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 is necessary. This workshop is designed for those who struggle to express themselves as well as for those who enjoy poetry.			
Location	Day	No. weeks	Start date	Time
Tunbridge Wells	Tuesday	1	20 May	10am to 12 midday
Virtual	Tuesday	1	20 May	11am to 12.30pm

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Step 2 – Building and growing


Course	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 struggle to say no, then this course is for you.			
Location	Day	No. weeks	Start date	Time
Virtual	Thursday	2	15 May	11am to 12.30pm


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. 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 and wellbeing.			
Location	Day	No. weeks	Start date	Time
Ashford	Wednesday	3	7 May	11.30am to 1.30pm


Course	Introduction to Meditation 			
Description	If you've heard of meditation but are still a little unsure of how it can benefit your mental and physical wellbeing, we will introduce the background and methods of the practice. Discover its origins, the different approaches used and practice together in the session.			
Location	Day	No. weeks	Start date	Time
Maidstone	Monday	1	10 June	10am to 12 midday
Virtual	Thursday	1	19 June	11am to 12.30pm

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Step 2 – Building and growing


Course	Goodbye to Clutter 			
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 de-cluttering strategies. You will have the opportunity to look at ways to improve the space you live in and hear about tried and tested methods used by our experienced facilitators. Join us in learning how to create your own healthy space.			
Location	Day	No. weeks	Start date	Time
Canterbury	Thursday	2	15 May	10.30am to 12.30pm
Thanet	Wednesday	2	18 June	10.30am to 12.30pm


Course	Building Motivation by Setting Goals 			
Description	This two-part 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
Medway & Swale	Tuesday	2	6 May	2 to 4pm

Course	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
Maidstone	Tuesday	1	13 May	2 to 4pm
Tunbridge Wells	Wednesday	1	9 July	10am to 12 midday

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Step 2 – Building and growing

Course	Menopause, Mindfulness and Me 			
Description	This 3-part course explores the idea that the way in which we engage with the menopause influences our experience; seeing menopause as a way to rediscover ourselves and celebrate our bodies as they do in other cultures. We look at the connections around sleep, movement, food and mood and we introduce regular mindful practices to reframe this natural life process. This course is ideal for people of all ages as it informs and supports a natural life process.			
Location	Day	No. weeks	Start date	Time
Medway & Swale	Tuesday	3	10 June	1.30 to 3.30pm

Course	Caring for Carers 			
Description	Do you care for others? Many of us are carers even if we don't consider ourselves to be - it doesn't have to be in an official capacity. Even if you don't consider yourself to be a Carer, if you look after others, this course could still be for you. This course will provide ways in which you can balance your life, ensuring you allow time and space to care for you too.			
Location	Day	No. weeks	Start date	Time
SKCoast	Friday	2	27 June	10.30am to 12.30pm


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Step 3 – Understanding and moving forward

Course	Exploring Psychosis 			
Description	This course is for anyone who may have experience of psychosis, be supporting someone who does, or want to find out more. This course aims to provide a supportive shared learning space to gain understanding, look at different perspectives, and find coping strategies specific to symptoms of psychosis.			
Location	Day	No. weeks	Start date	Time
Canterbury	Wednesday	4	11 June	2 to 4pm

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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, so we are providing Student Connect sessions during the spring 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 and have your voice. Come along and connect with your fellow students in an informal and welcoming space.			
Location	Day	No. weeks	Start date	Time
Sevenoaks	Tuesday	1	26 June	12.30 to 2.30pm
Ashford	Wednesday	1	25 June	10.30am to 12.30pm
Tunbridge Wells	Wednesday	1	23 July	11am to 1pm

Guests	Men's Sheds 			
Description	Connection, conversation and creation – that's what joining a Men's Shed is all about – and they are not just for men! Loneliness and isolation isn't easy to live with, which is why Men's Sheds encourages local communities to come together to build, fix and restore projects as well as people! Come along to hear this guest speaker talk all things Men's Sheds.			
Location	Day	No. weeks	Start date	Time
Maidstone	Monday	1	19 May	1 to 3pm

Guests	Action for Happiness 			
Description	Come along and learn more about Action for Happiness - a global movement and charity - which aims to increase the happiness in the world by bringing together people and supporting them to take practical action to build a happier society.			
Location	Day	No. weeks	Start date	Time
Maidstone	Wednesday	1	18 June	2 to 4pm

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End of year student celebration



Students who attend the majority of any course will receive a certificate on completion.

We hold an annual celebration event for all students and facilitators.

All students are welcome to attend, see your locality timetable for details.



Thank you to all our partners

