



Kent and Medway
NHS and Social Care Partnership Trust

Spring Prospectus

January to March 2024

FREE Health and Wellbeing courses for Adults in Kent.

Knowledge, Skills, Strength and Supporting each other.



Spring Term Dates:

8 January to 9 February (5 weeks)

Half term: 12 to 16 February

Staff Development week: 19 to 23 February

26 February to 29 March (5 weeks)

Half term: 1 to 12 April

Staff Development week: 15 to 19 April

Summer term starts from 22 April 2024

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.

Please note that the links in the prospectus only work if you have a Microsoft account.



Contents

page

Welcome	<u>4</u>
How to enrol	<u>5</u>
Introduction drop in sessions	<u>6</u>
Meet our Locality Co-ordinator Team	<u>7</u>
Useful information	<u>8</u>
Course step guide	<u>9</u>
Course timetables	
<u>Ashford</u>	
<u>Canterbury</u>	
<u>Virtual</u>	
<u>Thanet</u>	
<u>Dover and Folkestone</u>	
<u>Maidstone</u>	
<u>Medway</u>	
Step 1 Foundation courses	<u>17</u>
Step 2 Building and growing	<u>21</u>
Step 3 Understanding and moving forward	<u>23</u>
Community and connection	<u>24</u>
End of year student celebration	<u>25</u>
Research community	<u>25</u>
Our partners	<u>26</u>

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 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.

How to Enrol

Please note before enrolling:

- This is a self-referral service.
- It is important that all students are involved in the process of enrolment for their consent, and being in control of their wellbeing journey.
- We encourage students to sign up for a maximum of three courses initially, and consider the **Course Step guide (see page 9)**.
- Please note that courses may need to be cancelled if student numbers are low.
- 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-notice/>

New to Recovery College?

How to book onto a course

All students must be enrolled with Recovery College before booking onto courses.

1. Enrol online here

<https://surveys.kmpt.org/index.php/924128?lang=en>



2. A Locality Co-ordinator will aim to phone you within a week to book you a place.

Already enrolled with us?

How to book onto a course

1. Call or email your Locality Co-ordinator (see page 7 for details) to book a place.

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=STF3YjIwNUN4VWYyMmtmVytQQXplUT09>

Date		Time
Tuesday	9 January 2024	14:00-15:00
Wednesday	21 February 2024	10:00-11:00

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

Date	Time	Venue
11 January 2024	11:00-12:00	Stanhope Hub, Ashford
17 January 2024	12:00-14:00	Greensand Health Centre, Maidstone
18 January 2024	13:00-15:00	Rochester Adult Education Hub, Medway
8 February 2024	10:30 11:30	The Joe Fagg Community Centre, Ashford Age Concern
26 February 2024	13:00-15:00	Rochester Adult Education Hub, Medway
27 February 2024	14:00-15:00	Tides Leisure Centre, Deal

Meet Our Locality Co-ordinators



Virtual

Julie Fuller
07787 266421
julie.fuller7@nhs.net



Dover & Folkestone
Sonja Plaschka
07721 609018
sonja.plaschka@nhs.net



Canterbury
Chantel Parsons
07435 778961
chantel.parsons@nhs.net



Thanet
Elaine Samworth
07749573570
elaine.samworth2@nhs.net



Admin
Rebecca Norris
07789944230
kmpt.recoverycollegeadmin@nhs.net



Medway

Pam Wooding
07920 500989
Pam.wooding@nhs.net



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



Canterbury
Marsha Sutcliffe
07825 023573
marsha.sutcliffe@nhs.net



Maidstone
Suzanne Middleton-Elliott
074078 26920
suzanne.middleton-elliott@nhs.net

Useful information

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 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 currently offers hardware and Connectivity Access Scheme (eligibility criteria applies) and free support and skills sessions in hubs at local libraries. You can contact them here: digital.inclusion@kent.gov.uk, 03000 410950. You can read about the Connectivity Access Scheme here: <https://www.digitalkent.uk/information/projects/cas>

Enabling 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 Enablement and Recovery Service (GP referral needed):
<https://www.kent.gov.uk/social-care-and-health/health/mental-health/kent-enablement-and-recovery-service>

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 17) 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.



Course Timetable - Ashford

Courses	No. of Weeks	Day & Time	2023 Dates	Venue
<u>Guest Speaker: Action for Happiness</u>	1	Wednesday 10:30-12:30	10 Jan	<u>Stanhope</u>
<u>Introduction to Recovery College</u>	1	Thursday 11:00-12:00	11 Jan	<u>Stanhope</u>
<u>Goodbye to Clutter</u>	2	Tuesday 12:30-14:30	16 Jan 23 Jan	<u>Stanhope</u>
<u>Haiku for Wellbeing</u>	1	Wednesday 10:30-12:30	31 Jan	<u>Stanhope</u>
<u>Introduction to Recovery College</u>	1	Thursday 10:30-11:30	8 Feb	Age Concern
<u>Self Talk & the Inner Critic</u>	3	Tuesday 12:30-14:30	27 Feb 5 Mar 12 Mar	<u>Stanhope</u>
<u>Introduction to Meditation</u>	1	Tuesday 12:30-14:30	19 Mar	<u>Stanhope</u>
<u>Student Connect</u>	1	Tuesday 12:30-14:30	26 Mar	<u>Stanhope</u>

[Return to contents](#)

[Enrol here](#)





Course Timetable - Canterbury

Courses	No. of Weeks	Day & Time	2023 Dates	Venue
Winter Wellbeing	1	Thursday 10:30-12:30	18 Jan	Canterbury Adult Education Centre
Reading for Wellbeing	1	Tuesday 14:00-16:00	23 Jan	Canterbury Adult Education Centre
Introduction to Peer Support	1	Tuesday 14:00-16:00	30 Jan	Canterbury Adult Education Centre
Financial Wellbeing	1	Tuesday 14:00-16:00	6 Feb	Canterbury Adult Education Centre
Healing Words	1	Thursday 10:30-12:30	8 Feb	Canterbury Adult Education Centre
Mental Health Toolkit	1	Tuesday 14:00-16:00	27 Feb	Canterbury Adult Education Centre
Tree of Life	3	Thursday 10:30-12:30	29 Feb 7 Mar 14 Mar	Canterbury Adult Education Centre
How to Sleep Well	1	Tuesday 14:00-16:00	12 Mar	Canterbury Adult Education Centre
Goodbye to Clutter	2	Tuesday 14:00-16:00	19 Mar 26 Mar	Canterbury Adult Education Centre
Student Connect	1	Thursday 10:30-12:30	21 Mar	Canterbury Adult Education Centre

[Return to contents](#)

[Enrol here](#)





Course Timetable - Virtual

Courses	No. of Weeks	Day & Time	2023 Dates	Venue
<u>Practical Coping</u>	2	Wednesday 11:00-12:30	17 Jan 24 Jan	Zoom
<u>Winter Wellbeing</u>	1	Thursday 11:00-12:30	18 Jan	Zoom
<u>Self Talk & the Inner Critic</u>	3	Thursday 11:00-12:30	25 Jan 1 Feb 8 Feb	Zoom
<u>How to say No</u>	2	Wednesday 11:00-12:30	31 Jan 7 Feb	Zoom
<u>Financial Wellbeing</u>	1	Wednesday 11:00-12:30	28 Feb	Zoom
<u>Introduction to Meditation</u>	1	Thursday 11:00-12:30	29 Feb	Zoom
<u>Spring Wellbeing</u>	1	Thursday 11:00-12:30	14 Mar	Zoom
<u>Goodbye to Clutter</u>	2	Monday 11:00-12:30	18 Mar 25 Mar	Zoom
<u>Relax and Breathe</u>	1	Thursday 11:00-12:30	21 Mar	Zoom
<u>How to Sleep Well</u>	1	Thursday 11:00-12:30	28 Mar	Zoom

[Return to contents](#)

[Enrol here](#)





Course Timetable - Thanet

Courses	No. of Weeks	Day & Time	2023 Dates	Venue
Tree of Life	3	Tuesday 10:30-12:30	16 Jan 23 Jan 30 Jan	Arts in Ramsgate
Introduction to Peer Support	1	Thursday 14:00-16:00	25 Jan	Margate Adult Education
Mental Health Toolkit	1	Thursday 14:00-16:00	8 Feb	Margate Adult Education
Reading for Wellbeing	1	Thursday 14:00-16:00	29 Feb	Margate Adult Education
Spring Wellbeing	1	Thursday 14:00-16:00	7 Mar	Margate Adult Education
Relax and Breathe	1	Tuesday 10:30-12:30	12 Mar	Arts in Ramsgate
Introduction to Meditation	1	Tuesday 10:30-12:30	26 Mar	Arts in Ramsgate



[Return to contents](#)

[Enrol here](#)





Course Timetable - Dover and Folkestone

Courses	No. of Weeks	Day & Time	2023 Dates	Venue
<u>Wilder Wellbeing</u>	6	Tuesday 10:30-12:30	9 Jan 16 Jan 23 Jan 30 Jan 6 Feb 13 Feb	<u>Romney Marsh Reserve</u>
<u>Introduction to Meditation</u>	1	Tuesday 14:30-16:30	23 Jan	<u>Dover Museum</u>
<u>Relax and Breathe</u>	1	Tuesday 14:30-16:30	6 Feb	<u>Dover Museum</u>
<u>Introduction to Recovery College</u>	1	Tuesday 14:00-15:00	27 Feb	<u>Tides Leisure Centre, Deal</u>
<u>Spring Wellbeing</u>	1	Tuesday 14:30-16:30	12 Mar	<u>Tides Leisure Centre, Deal</u>

[Return to contents](#)

[Enrol here](#)





Course Timetable - Maidstone

Courses	No. of Weeks	Day & Time	2023 Dates	Venue
<u>Winter Wellbeing</u>	1	Wednesday 10:00-12:00	10 Jan	<u>Fusion Healthy Living Centre</u>
<u>Introduction to Recovery College</u>	1	Wednesday 12:00-14:00	17 Jan	<u>Greensands Health Centre</u>
<u>Wilder Wellbeing</u>	6	Thursday 14:00-16:00	25 Jan 1 Feb 8 Feb 15 Feb 22 Feb 29 Feb	<u>Tyland Barn</u>
<u>Financial Wellbeing</u>	1	Wednesday 10:00-12:00	31 Jan	<u>Fusion Healthy Living Centre</u>
<u>Mental Health Toolkit</u>	1	Wednesday 10:00-12:00	7 Feb	<u>Greensands Health Centre</u>
<u>Mindful Living</u>	3	Thursday 14:00-16:00	7 Mar 14 Mar 21 Mar	<u>Maidstone Adult Education Centre</u>
<u>Student Connect</u>	1	Wednesday 10:00-12:00	27 Mar	<u>Fusion Healthy Living Centre</u>

[Return to contents](#)

[Enrol here](#)





Course Timetable - Medway

Courses	No. of Weeks	Day & Time	2023 Dates	Venue
<u>Introduction to Recovery College</u>	1	Thursday 13:00-15:00	18 Jan	<u>Rochester Adult Education Hub</u>
<u>Financial Wellbeing</u>	1	Thursday 13:00-15:00	1 Feb	<u>Rochester Adult Education Hub</u>
<u>Introduction to Recovery College</u>	1	Monday 13:00-15:00	26 Feb	<u>Rochester Adult Education Hub</u>
<u>Goodbye to Clutter</u>	2	Monday 13:00-15:00	11 Mar 18 Mar	<u>Rochester Adult Education Hub</u>
<u>Spring Wellbeing</u>	1	Monday 13:00-15:00	25 Mar	<u>Rochester Adult Education Hub</u>


[Return to contents](#)


[Enrol here](#)



Course descriptions and information

Step 1 - Foundation


Workshop	Winter 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
Maidstone	Wednesday	1	10 January 2024	10:00-12:00
Canterbury	Thursday	1	18 January 2024	10:30-12:30
Virtual	Thursday	1	18 January 2024	11:00-12:30


Workshop	Spring 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
Thanet	Thursday	1	7 March 2024	14:00-16:00
Dover/Folkestone	Tuesday	1	12 March 2024	14:30- 16:30
Virtual	Thursday	1	14 March 2024	11:00-12:30
Medway	Monday	1	25 March 2024	13:00-15:00

[Return to contents](#)

Step 1 - Foundation


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
Canterbury	Tuesday	1	23 January 2024	14:00-16:00
Thanet	Thursday	1	29 February 2024	14:00-16:00


Workshop	Financial Wellbeing 			
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
Maidstone	Wednesday	1	31 January 2024	10:00-12:00
Medway	Thursday	1	1 February 2024	13:00-15:00
Canterbury	Tuesday	1	6 February 2024	14:00-16:00
Virtual	Wednesday	1	28 February 2024	11:00-12:30


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 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
Canterbury	Thursday	1	8 February 2024	10:30-12:30

[Return to contents](#)

Step 1 - Foundation


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
Dover/Folkestone	Tuesday	1	6 February 2024	14:30-16:60
Thanet	Tuesday	1	12 March 2024	10:30-12:30
Virtual	Thursday	1	21 March 2024	11:00-12:30

Workshop	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
Canterbury	Tuesday	1	12 March 2024	14:00-16:00
Virtual	Thursday	1	28 March 2024	11:00-12:30

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	Wednesday	1	31 January 2024	10:30-12:30


[Return to contents](#)


Step 1 - Foundation


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. (Maximum of 10 Students)			
Location	Day	No. Weeks	Start Date	Time
Dover/Folkestone	Tuesday	6	9 January 2024	10:30-12:30
Maidstone	Thursday	6	25 January 2024	14:00-16:00

[Return to contents](#)

Step 2 – Building and Growing


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
Dover/Folkestone	Tuesday	1	23 January 2024	14:30-16:30
Virtual	Thursday	1	29 February 2024	11:00-12:30
Ashford	Tuesday	1	19 March 2024	12:30-14:30
Thanet	Tuesday	1	26 March 2024	10:30-12:30


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 workshop is for you.			
Location	Day	No. Weeks	Start Date	Time
Virtual	Wednesday	2	31 January 2024	11:00-12:30

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. 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
Maidstone	Thursday	3	7 March 2024	14:00-16:00

[Return to contents](#)


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 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. Join us in learning how to create your own healthy space.			
Location	Day	No. Weeks	Start Date	Time
Ashford	Tuesday	2	16 January 2023	12:30-14:30
Medway	Monday	2	11 March 2024	13:00-15:00
Virtual	Tuesday	2	18 March 2024	11:00-12:30
Canterbury	Thursday	2	19 March 2024	14:00-16:00

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
Maidstone	Wednesday	1	7 February 2024	10:00-12:00
Thanet	Thursday	1	8 February 2024	14:00-16:00
Canterbury	Tuesday	1	27 February 2024	14:00-16:00


[Return to contents](#)

Step 3 – Understanding and Moving Forward


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 works in the role.			
Location	Day	No. Weeks	Start Date	Time
Thanet	Thursday	1	25 January 2024	14:00-16:00
Canterbury	Tuesday	1	30 January 2024	14:00-16:00


Course	Self Talk & the Inner Critic 			
Description	In this three-week course students will discover how the brain creates a thought pathway, gain skills in reframing negative self-talk, find out why certain beliefs hold you back, and identify and practice new ways of communicating your needs.			
Location	Day	No. Weeks	Start Date	Time
Virtual	Thursday	3	25 January 2024	11:00-12:30
Ashford	Tuesday	3	27 February 2024	12:30-14:30

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	17 January 2024	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. (Maximum of 8 Students)			
Location	Day	No. Weeks	Start Date	Time
Thanet	Tuesday	3	16 January 2024	10:30-12:30
Canterbury	Thursday	3	29 February 2024	10:30-12:30

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 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
Canterbury	Thursday	1	21 March 2024	10:30-12:30
Ashford	Tuesday	1	26 March 2024	12:30-14:30
Maidstone	Wednesday	1	27 March 2024	10:00-12:00

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
Ashford	Wednesday	1	10 January 2024	10:30-12:30

[Return to contents](#)

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, volunteers and facilitators.

This will take place in July 2024.

All students will be invited to attend any of the Celebration dates.



**GET *involved* IN OUR
RESEARCH COMMUNITY**



**SCAN THE
QR CODE TO
SIGN UP!**

NHS
Kent and Medway
NHS and Social Care Partnership Trust



Thank you to all our Partners



ACTION FOR HAPPINESS

