



Want to improve your wellbeing?

We provide health-related educational courses for adults **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.

Join our **free** courses in Ashford

Course	Date	Time	Venue
Relax & Breathe	Wed, 17 Sept	12 midday to 2pm	The Limes Community Garden
Haiku for Wellbeing	Wed, 24 Sept	12 midday to 2pm	The Limes Community Garden
Goodbye to Clutter	Wed, 1, 8 Oct	12 midday to 2pm	Moat Foundation Community Suite
Men's Sheds – guest speaker	Mon, 13 Oct	12.30 to 2.30pm	Stanhope Hub
Autumn Wellbeing	Wed, 15 Oct	12 midday to 2pm	The Limes Community Garden
Creativity for Wellbeing (book hedgehogs)	Wed, 5 Nov	12 midday to 2pm	Moat Foundation Community Suite
Mental Health Toolkit	Mon, 10 Nov	12.30 to 2.30pm	Stanhope Hub
How to Say No	Wed, 19, 26 Nov	10.30am to 12.30pm	Moat Foundation Community Suite
Creativity for Wellbeing - Starlight	Mon, 3 Dec	12.30 to 2.30pm	Moat Foundation Community Suite

To enrol, scan the QR code, or visit:

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

To book call 07825 859412 or email kmpt.ashfordrc@nhs.net



Kent and Medway

NHS and Social Care Partnership Trust