



**Kent and Medway**  
NHS and Social Care Partnership Trust

# Spring Prospectus

## January to March 2025

**FREE Health and wellbeing courses for adults in Kent.**

*Knowledge, skills, strength and supporting each other.*



## Spring term dates:

**13 January to 14 February (5 weeks)**

Half term: 17 to 21 February

Staff development week: 24 to 28 February

**3 March to 4 April (5 weeks)**

Half term: 7 to 11 April

Staff development week: 14 to 18 April

**Summer term starts from 22 April**

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 spring prospectus!

In these pages 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.



## Exciting news!

This spring term, we are delighted to bring our first course to Dartford, Gravesham and Swanley (DGS). Take a look at our timetable for more information (page 13).

We also have some fantastic news for Sevenoaks and Tunbridge Wells as we will be bringing Recovery College to you very soon. You can find out more by contacting Locality Coordinators James Dexter on [kmpt.sevenoaksrc@nhs.net](mailto:kmpt.sevenoaksrc@nhs.net) and Suzanne Middleton-Elliott on [kmpt.tunbridgewellsrc@nhs.net](mailto:kmpt.tunbridgewellsrc@nhs.net)

## Your Student Portal

Our fantastic new Student Portal is now available for students in Dartford Gravesham and Swanley (DGS), Medway and Swale, South Kent Coast (Folkestone and Dover) and Virtual (online).

Your Student Portal 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 8.

### Find out more about Student Portal

You can find out more by contacting your locality coordinator or take a look at our Student Portal introduction video for more.

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



## How to enrol

All students must self-enrol with Recovery College before booking onto courses.

Anyone enrolling at **DGS (Dartford, Gravesham and Swanley), Medway and Swale, South Kent Coast (Folkestone and Dover) and Virtual (online)** can use our new Student Portal.

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

If you want to enrol for **Ashford, Canterbury, Maidstone and Thanet (Ramsgate, Margate and surrounding areas)**, please use this link.

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

We encourage new students to sign up for a maximum of three courses and consider the course step guide (see page 10).

## How to book onto a course

Call, text or email your locality coordinator (see page 8 for details) to book a place.

If you have access to the student portal, you can register your interest on a course using the portal and your locality coordinator will contact you to confirm your place.

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/>

# Introduction to Recovery College

We love meeting and welcoming new people. These sessions are an opportunity for you to find out more about the Recovery College and ask any questions 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/81887019588?pwd=h4MCQnHcKhhDYwg3DoHPutSEAiH8Tk.](https://us02web.zoom.us/j/81887019588?pwd=h4MCQnHcKhhDYwg3DoHPutSEAiH8Tk.1)

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Date	Time
<b>Fri, 17 Jan</b>	<b>11.30am to 12.30pm</b>
<b>Tues, 4 Mar</b>	<b>12 midday to 1pm</b>

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

Date	Time	Venue
<b>Tues, 14 Jan</b>	2.30 to 4.30pm	Dover Museum
<b>Thurs, 16 Jan</b>	10am to 12 midday	Stanhope Centre, Ashford
<b>Mon, 20 Jan</b>	2 to 4pm	MCSC, Maidstone
<b>Tues, 21 Jan</b>	10.30am to 12.30pm	Arts in Ramsgate
<b>Fri, 7 Feb</b>	1.30 to 3.30pm	Age Concern, Sandwich
<b>Mon, 24 Mar</b>	1.30 to 3.30pm	Sittingbourne Adult Education Hub

# Meet our locality co-ordinators



**Ashford**  
 Emma Boraston  
 07825 859412  
[kmpt.ashfordrc@nhs.net](mailto:kmpt.ashfordrc@nhs.net)



**Medway & Swale**  
 Denise Burgess  
 07707 152432  
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**Canterbury**  
 Chantel Parsons  
 07435 778961  
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**Medway & Swale**  
 Kelly-Marie Lee  
 07707 152428  
[kmpt.medwayrc@nhs.net](mailto:kmpt.medwayrc@nhs.net)



**Canterbury**  
 Marsha Sutcliffe  
 07825 023573  
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**South Kent Coast  
 (Dover & Folkestone)**  
 Becky Norris  
 07721 609018  
[kmpt.southkentcoastrc@nhs.net](mailto:kmpt.southkentcoastrc@nhs.net)



**DGS  
 (Dartford,  
 Gravesham &  
 Swanley)**  
 Emily Lai  
 07707 152432  
[kmpt.dartfordrc@nhs.net](mailto:kmpt.dartfordrc@nhs.net)



**Thanet**  
 Elaine Samworth  
 07749 573570  
[kmpt.thanetrc@nhs.net](mailto:kmpt.thanetrc@nhs.net)



**Maidstone**  
 Sadie Smallman  
 07407 826920  
[kmpt.maidstonerc@nhs.net](mailto:kmpt.maidstonerc@nhs.net)



**Virtual**  
 Julie Fuller  
 07787 266421  
[kmpt.virtualrc@nhs.net](mailto:kmpt.virtualrc@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** 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](mailto: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 18) 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
<p>Foundation </p>	<p>Starter courses and workshops, introducing new tools, meaningful activity and concepts of self-care.</p>	<p>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.</p>
<p>Building and growing </p>	<p>These courses build on existing resilience, tools, self-care skills and learning.</p>	<p>Students who feel ready to explore some reflective activities and enhance self-care tools to help themselves and/or loved ones.</p>
<p>Understanding and moving forward </p>	<p>More in-depth content with deeper life reflections and/or exploring elements of specific diagnoses.</p>	<p>Students who feel ready to reflect more deeply and learn from past experiences and/or explore specific diagnosis perspectives.</p>



## Course timetable – Ashford

Courses	No. of weeks	Day & time	2025	Venue
Introduction to Recovery College	1	Thurs 10 to 12 midday	16 Jan	<u>Stanhope Centre</u>
<u>How to Sleep Well</u>	1	Mon 12 midday to 2pm	20 Jan	<u>Stanhope Centre</u>
<u>Goodbye to Clutter</u>	2	Wed 10.30am to 12.30pm	5, 12 Feb	<u>Stanhope Centre</u>
<u>Haiku for Wellbeing</u>	1	Thurs 11am to 1pm	6 Mar	<u>The Limes Community Garden</u>
<u>Wilder Wellbeing</u>	3	Wed 2 to 4pm	12, 19, 26 Mar	<u>Hothfield Heathlands</u>
<u>Mental Health Toolkit</u>	1	Mon 12 midday to 2pm	31 Mar	<u>Stanhope Centre</u>

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## Course timetable - Canterbury

Courses	No. of weeks	Day & time	2025	Venue
<u>Mental Health Toolkit</u>	1	Thurs 10.30am to 12:30pm	23 Jan	<u>MS Therapy Centre</u>
<u>Building Motivation by Setting Goals</u>	2	Tues 2 to 4pm	28 Jan & 4 Feb	<u>Canterbury Adult Education Centre</u>
<u>Action for Happiness – guest speaker</u>	1	Thurs 10.30am to 12.30pm	6 Feb	<u>Canterbury Adult Education Centre</u>
<u>Wilder Wellbeing</u>	6	Wed 1 to 3pm	12,19, 26 Feb & 5,12,19 Mar	<u>West Blean and Thornden Woods</u>
<u>Exploring Psychosis</u>	4	Tues 2 to 4pm	4,11,18, 25 Mar	<u>Canterbury Adult Education Centre</u>
<u>Spring Wellbeing</u>	1	Thurs 10.30am to 12.30pm	3 Apr	<u>Canterbury Adult Education Centre</u>

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# Course timetable - DGS

(DGS - Dartford, Gravesham and Swanley)

Courses	No. of weeks	Day & time	2025	Venue
<u>Wilder Wellbeing</u>	6	Wed 10.30am to 12.30pm	12, 19, 26 Feb 5, 12, 19 Mar	<u>Shorne Country Park</u>

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## Course timetable – Maidstone

Courses	No. of weeks	Day & time	2025	Venue
<u>Introduction to Recovery College</u>	1	Mon 2 to 4pm	20 Jan	<u>Maidstone Community Support Centre</u>
<u>Finding Your Genius</u>	2	Tues 10am to 12 midday	21, 28 Jan	<u>Fusion Healthy Living Centre</u>
<u>Mindfulness, Menopause and Me</u>	3	Wed 10 to 12noon	29 Jan 5, 12 Feb	<u>Greensand Health Centre</u>
<u>Haiku for Wellbeing</u>	1	Thurs 2 to 4pm	6 Feb	<u>Maidstone Kent Adult Education</u>
<u>Wilder Wellbeing</u>	6	Tues 2 to 4pm	11, 18. 25 Feb 4, 11, 18 Mar	<u>Tyland Barn</u>
<u>Mens Sheds, guest speaker</u>	1	Mon 1 to 2.30pm	10 Feb	<u>Maidstone Community Support Centre</u>
<u>How to Sleep Well</u>	1	Wed 10am to 12 midday	5 Mar	<u>Fusion Healthy Living Centre</u>
<u>Building Motivation by Setting Goals</u>	2	Wed 10am to 12 midday	19, 26 Mar	<u>Fusion Healthy Living Centre</u>
<u>Student Connect</u>	1	Wed 10am to 12 midday	2 Apr	<u>Fusion Healthy Living Centre</u>

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## Course timetable – Medway & Swale

Courses	No. of weeks	Day & time	2025	Venue
<u>Winter Wellbeing</u>	1	Tues 2 to 4pm	21 Jan	<u>Sunlight Centre, Gillingham</u>
<u>Living Well on a Budget</u>	1	Thurs 10.30am to 12.30pm	23 Jan	<u>Morrisons, Strood</u>
<u>Wilder Wellbeing</u>	6	Tues 10.30am to 12.30pm	28 Jan & 4,11, 18, 25 Feb & 4 Mar	<u>Darland Banks</u>
<u>Mental Health Toolkit</u>	1	Wed 10am to 12 midday	5 Feb	<u>Rochester Adult Education Hub</u>
<u>Living Well on a Budget</u>	1	Mon 1.30 to 3.30pm	10 Feb	<u>Hope Street, Sheerness</u>
<u>Action For Happiness – guest speaker</u>	1	Mon 1.30 to 3.30pm	10 Mar	<u>Hope Street, Sheerness</u>
<u>Relax and Breathe</u>	1	Mon 1.30 to 3.30pm	17 Mar	<u>Hope Street, Sheerness</u>
<u>Introduction to Recovery College</u>	1	Mon 1.30 to 3.30pm	24 Mar	<u>Kent Adult Education in Sittingbourne</u>
<u>Creativity for Wellbeing</u>	1	Wed 2 to 4pm	26 Mar	<u>Rochester Adult Education Hub</u>
<u>Student Connect</u>	1	Mon 11am to 1pm	31 Mar	<u>Morrisons, Strood</u>

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## Course timetable – South Kent Coast (SKC - Dover & Folkestone)

Courses	No. of weeks	Day & time	2025	Venue
<u>Introduction to Recovery College</u>	1	Tues 2.30 to 4.30pm	14 Jan	<u>Dover Museum</u>
<u>Introduction to Meditation</u>	1	Tues 2.30 to 4.30pm	28 Jan	<u>Dover Museum</u>
<u>Introduction to Recovery College</u>	1	Fri 10.30am to 12.30pm	7 Feb	<u>Age Concern, Sandwich</u>
<u>Winter Wellbeing</u>	1	Mon 1.30 to 3.30pm	10 Feb	<u>Age UK, Hythe</u>
<u>Menopause, Mindfulness and Me</u>	3	Mon 1.30 to 3.30pm	3, 10 & 17 Mar	<u>Age UK, Hythe</u>
<u>Student Connect</u>	1	Mon 1.30 to 3.30pm	24 Mar	<u>Age UK, Hythe</u>
<u>Men's Sheds – guest speaker</u>	1	Mon 1.30 to 3.30pm	31 Mar	<u>Age Concern, Sandwich</u>

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## Course timetable - Thanet

Courses	No. of weeks	Day & time	2025	Venue
<u>Introduction to Recovery College</u>	1	Tues 10.30am to 12.30pm	21 Jan	<u>Arts in Ramsgate</u>
<u>Mindful Living</u>	3	Wed 10.30am to 12.30pm	29 Jan 5, 12 Feb	<u>Gap Project, Broadstairs</u>
<u>Creativity for Wellbeing</u>	1	Thurs 2 to 4pm	13 Feb	<u>Veterans Association, Birchington</u>
<u>Mental Health Toolkit</u>	1	Thurs 2 to 4pm	6 Mar	<u>Veterans Association, Birchington</u>
<u>Creativity for Wellbeing</u>	1	Wed 10.30am to 12.30pm	12 Mar	<u>Gap Project, Broadstairs</u>
<u>Tree of Life</u>	3	Tues 10.30am to 12.30pm	18, 25 Mar 1 Apr	<u>Arts in Ramsgate</u>

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## Course timetable – Virtual

Courses	No. of weeks	Day & time	2025	Venue
<u>Haiku for Wellbeing</u>	1	Thurs 11am to 12.30pm	16 Jan	Zoom
<u>Winter Wellbeing</u>	1	Wed 11am to 12.30pm	29 Jan	Zoom
<u>How to Say No</u>	2	Thurs 11am to 12.30pm	30 Jan 6 Feb	Zoom
<u>Creativity for Wellbeing</u>	1	Wed 11am to 12.30pm	5 Mar	Zoom
<u>Relax &amp; Breathe</u>	1	Thurs 11am to 12.30pm	13 Mar	Zoom
<u>Introduction to Meditation</u>	1	Thurs 11am to 12.30pm	20 Mar	Zoom
<u>Yoga for Everybody</u>	1	Wed 11am to 1pm	26 Mar	Zoom
<u>Spring Wellbeing</u>	1	Thurs 11am to 12.30pm	3 Apr	Zoom


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# Course descriptions and information


## Step 1 - Foundation


Workshop		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
Medway & Swale	Thursday	1	23 Jan	11am to 1pm
Medway & Swale	Monday	1	10 Feb	1.30 to 3.30pm


Workshop		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
Medway & Swale	Tuesday	1	21 Jan (Winter)	2 to 4pm
Virtual	Wednesday	1	29 Jan (Winter)	11am to 12.30pm
SKC	Monday	1	10 Feb (Winter)	1.30 to 3.30pm
Canterbury	Thursday	1	3 Apr (Spring)	10.30am to 12.30pm
Virtual	Thursday	1	3 Apr (Spring)	11am to 12.30pm

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## 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
Virtual	Thursday	1	13 Mar	11am to 12.30pm
Medway & Swale	Monday	1	17 Mar	1.30 to 3.30pm


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
Virtual	Thursday	1	16 Jan	11am to 12.30pm
Maidstone	Thursday	1	6 Feb	2 to 4pm
Ashford	Thursday	1	6 Mar	11am to 1pm


Workshop	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	Wednesday	1	26 Mar	11am to 1pm

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## Step 1 - Foundation

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
Ashford	Monday	1	20 Jan	12 midday to 2pm
Maidstone	Wednesday	1	5 Mar	10am to 12 midday

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
Medway & Swale	Tuesday	6	28 Jan	10.30am to 12.30pm
Maidstone	Tuesday	6	11 Feb	2 to 4pm
Canterbury	Wednesday	6	12 Feb	1 to 3pm
DGS	Wednesday	6	12 Feb	10.30am to 12.30pm
Ashford	Wednesday	3	12 Mar	2 to 4pm


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## Step 1 - Foundation


Workshop	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 and popular course with lots of laughter. Activities vary each term and 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
Thanet	Thursday	1	13 Feb	2 to 4pm
Virtual	Wednesday	1	5 Mar	11am to 12.30pm
Thanet	Wednesday	1	12 Mar	10.30am to 12.30pm
Medway & Swale	Wednesday	1	26 Mar	2 to 4pm

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## Step 2 – Building and growing


Workshop	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
SKC	Tuesday	1	28 Jan	2.30 to 4.30pm
Virtual	Thursday	1	20 Mar	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
Thanet	Wednesday	3	29 Jan	10.30am to 12.30pm


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	30 Jan	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 decluttering 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
Ashford	Wednesday	2	5 Feb	10.30am to 12.30pm


Course	Building Motivation by Setting Goals 			
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	28 Jan	2 to 4pm
Maidstone	Wednesday	2	19 Mar	10am to 12 midday

Course	Finding Your Genius 			
Description	Einstein highlighted that we are all genius! This course 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
Maidstone	Tuesday	2	21 Jan	10am to 12 midday

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## Step 2 – Building and growing


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
Canterbury	Thursday	1	23 Jan	10.30am to 12.30pm
Medway & Swale	Wednesday	1	5 Feb	10am to 12 midday
Thanet	Thursday	1	6 Mar	2 to 4pm
Ashford	Monday	1	31 Mar	12 midday to 2pm

Course	Menopause, Mindfulness and Me 			
Description	This 3-week 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
Maidstone	Wednesday	3	29 Jan	10am to 12 midday
SKC	Monday	3	3 Mar	1.30 to 3.30pm

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## Step 3 – Understanding and moving forward


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 to 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 eight students)			
Location	Day	No. weeks	Start date	Time
Thanet	Tuesday	3	18 Mar	10.30am to 12.30pm

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 about it. It is a supportive shared learning space to gain understanding, look at different perspectives, and coping strategies specific to symptoms of psychosis.			
Location	Day	No. weeks	Start date	Time
Canterbury	Tuesday	4	4 March	2 to 4pm

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## Community and connection


Workshop	Student Connect 			
<b>Description</b>	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 or have your voice. Come along and connect with your fellow students in an informal and welcoming space.			
<b>Location</b>	<b>Day</b>	<b>No. weeks</b>	<b>Start date</b>	<b>Time</b>
SKC	Monday	1	24 Mar	1.30 to 3.30pm
Medway & Swale	Monday	1	31 Mar	11am to 1pm
Maidstone	Wednesday	1	2 Apr	10am to 12 midday

Guests	Men's Sheds 			
<b>Description</b>	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.			
<b>Location</b>	<b>Day</b>	<b>No. weeks</b>	<b>Start date</b>	<b>Time</b>
Maidstone	Monday	1	10 Feb	1 to 2.30pm
SKC	Monday	1	31 Mar	1.30 to 3.30pm

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## Community and connection

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
Canterbury	Thursday	1	6 February	10.30am to 12.30pm
Medway & Swale	Monday	1	10 March	1.30 to 3.30pm

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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.

This event will take place in July 2025 and 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

