



Autumn Prospectus

September to December 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



Autumn term dates:

15 Sept to 17 Oct (5 weeks)

Half term: 20 to 24 Oct

Staff development week: 27 Oct to 31 Oct

3 Nov to 5 Dec (5 weeks)

Staff development week: 8 to 12 December and
5 to 9 January.

Seasonal break: 23 December to 2 January 2026

Spring term starts from 12 January 2026

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 autumn prospectus!

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.

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

We also hold an annual celebration event for all students and facilitators at the end of the summer term. All students are welcome to attend.

Take a look at the courses available and book your place using our Student Portal or speak with your locality coordinator. 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 drop-in to meet us.

Drop-in sessions

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

Date	Time	Venue
15 September	10.30 to 11.30am	Join the meeting online
15 September	1 to 3pm	Maidstone Community Support Centre 39-48 Marsham Street Maidstone Kent ME14 1HH
25 September	2 to 4pm	St Peter & St Paul Church Centre 112 Swanscombe Street Swanscombe Kent DA10 0JZ
15 October	1 to 3pm	Gravesend Moat Housing Hub 7 Warrior Avenue, Gravesend, England, DA12 5NA
19 November	1 to 3pm	Gravesend Moat Housing Hub 7 Warrior Avenue, Gravesend, England, DA12 5NA

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



Dartford, Gravesham & Swanley (DGS)

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



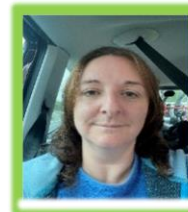
Sevenoaks

Suzanne Middleton-Elliott
07707 153666
kmpt.sevenoaksrc@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 sessions	Day & time	2025	Venue
Relax and Breathe	1	Wed, 12 midday to 2pm	17 Sept	The Limes Community Garden
Haiku for Wellbeing	1	Wed, 12 midday to 2pm	24 Sept	The Limes Community Garden
Goodbye to Clutter	2	Wed, 12 midday to 2pm	1, 8 Oct	Moat Foundation Community Suite
Men's Sheds – guest speaker	1	Mon, 12.30 to 2.30pm	13 Oct	Stanhope Hub
Autumn Wellbeing	1	Wed, 12 midday to 2pm	15 Oct	The Limes Community Garden
Creativity for Wellbeing – Book hedgehogs	1	Wed, 12 midday to 2pm	5 Nov	Moat Foundation Community Suite
Mental Health Toolkit	1	Mon, 12.30 to 2.30pm	10 Nov	Stanhope Hub
How to Say No	2	Wed, 10.30am to 12.30pm	19, 26 Nov	Moat Foundation Community Suite
Creativity for Wellbeing - Starlight	1	Mon, 12.30 to 2.30pm	1 Dec	Moat Foundation Community Suite

Contact: kmpt.ashfordrc@nhs.net

Call: 07825 859412



Use the QR code to register, or follow us on



Canterbury timetable

Courses	No. of sessions	Day & time	2025	Venue
Introduction to Meditation	1	Tues, 10.30am to 12.30pm	23 Sept	Canterbury Adult Education
Wilder Wellbeing – Help to Stop Smoking	2	Wed, 1 to 3pm	1, 8 Oct	West Blean & Thornden Woods
Healing Words	1	Tues, 10.30am to 12.30pm	7 Oct	Canterbury Adult Education
Autumn Wellbeing	1	Thurs, 10.30am to 12.30pm	16 Oct	Abbey Physic Community Garden, Faversham
Living Well on a Budget	1	Wed, 2 to 4pm	5 Nov	Canterbury Adult Education
Exploring Psychosis	4	Wed, 2 to 4pm	12, 19, 26 Nov 3 Dec	Canterbury Adult Education
Caring for Carers	2	Tues, 10.30am to 12.30pm	18, 25 Nov	MS Therapy Centre

Contact: kmpt.canterburyrc@nhs.net
Call: 07435 778961 / 07825 023573

Use the QR code to register, or follow us on



Dartford, Gravesham and Swanley (DGS) timetable

Courses	No. of sessions	Day & time	2025	Venue
Introduction to Recovery College	1	Thurs, 2 to 4pm	25 Sept	St Peter & St Paul Church Centre, Swanscombe
Relax and Breathe	1	Wed, 1 to 3pm	1 Oct	Moat Housing Hub, Gravesend
Creativity for Wellbeing - Starlight	1	Tues, 10am to 12 midday	14 Oct	Dartford Adult Education
Introduction to Recovery College	1	Wed, 1 to 3pm	15 Oct	Moat Housing Hub, Gravesend
How to Sleep Well	1	Wed, 1 to 3pm	5 Nov	Moat Housing Hub, Gravesend
Introduction to Recovery College	1	Wed, 1 to 3pm	19 Nov	Moat Housing Hub, Gravesend
Winter Wellbeing	1	Thurs, 2 to 4pm	27 Nov	St Peter & St Paul Church Centre, Swanscombe
Student Connect	1	Wed, 1 to 3pm	3 Dec	Moat Housing Hub, Gravesend

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

Use the QR code to register, or follow us on



Maidstone timetable

Courses	No. of sessions	Day & time	2025	Venue
Introduction to Recovery College	1	Monday, 1 to 3pm	15 Sept	Maidstone Community Support Centre
Autumn Wellbeing	1	Wed, 10am to 12 midday	24 Sept	Greensand Health Centre
Goodbye to Clutter	2	Tues, 10am to 12 midday	30 Sept 7 Oct	Fusion Healthy Living Centre
Wilder Wellbeing	6	Tues, 1.45 to 3.45pm	30 Sept, 7, 14 Oct, 4, 11, 18 Nov	Tyland Barn
Living Well on a Budget	1	Monday, 1 to 3pm	13 Oct	Maidstone Community Support Centre
Caring for Carers	2	Tuesday, 10am to 12 midday	4 and 11 Nov	Fusion Healthy Living Centre
Reading for Wellbeing	1	Monday, 1 to 3pm	17 Nov	Maidstone Community Support Centre
Winter Wellbeing	1	Wed, 10 to 12 midday	26 Nov	Greensand Health Centre
Student Connect	1	Tues, 10 to 12 midday	2 Dec	Fusion Healthy Living Centre

Contact: kmpt.maidstonerc@nhs.net

Call: 07407 826920

Use the QR code to register, or follow us on



Medway & Swale timetable

Courses	No. of sessions	Day & time	2025	Venue
Autumn Wellbeing	1	Tues, 2 to 4pm	7 Oct	Heather House, Sittingbourne
Discovering Your Inner Strength and Potential	2	Wed, 1.30 to 3.30pm	8, 15 Oct	Rochester Adult Education
How to Say No	2	Tues, 2 to 4pm	4, 11 Nov	Heather House, Sittingbourne
Goodbye to Clutter	2	Wed, 2 to 4pm	19, 26 Nov	Hope Street, Sheerness
Creativity for Wellbeing – Book hedgehogs	1	Tues, 1.30 to 3.30pm	2 Dec	Rochester Adult Education

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 sessions	Day & time	2025	Venue
Relax and Breathe	1	Thurs, 12.30 to 2.30pm	18 Sept	Sevenoaks Leisure Centre
How to Say No	2	Wed, 12.30 to 2.30pm	24 Sept 1 Oct	Bat & Ball Luggage Room
Healing Words	1	Wed, 12.30 to 2.30pm	15 Oct	Sevenoaks Leisure Centre
Mental Health Toolkit	1	Wed, 12.30 to 2.30pm	5 Nov	Sevenoaks Leisure Centre
Winter Wellbeing	1	Wed, 12.30 to 2.30pm	12 Nov	Bat & Ball Luggage Room

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

Use the QR code to register, or follow us on



South Kent Coast (SKC) timetable

Courses	No. of sessions	Day & time	2025	Venue
Healing Words	1	Tues, 11am to 1pm	23 Sept	Hub on the Beach, Greatstone
Wilder Wellbeing	6	Thurs, 10am to 12 midday	25 Sept 2, 9, 16, 23, 30 Oct	Dungeness RSPB
Mental Health Toolkit	1	Tues, 1 to 3pm	30 Sept	Rainbow Centre, Folkestone
Haiku for Wellbeing	1	Tues, 1 to 3pm	7 Oct	Rainbow Centre, Folkestone
How to Say No	2	Tues, 11am to 1pm	4, 11 Nov	Hub on the Beach, Greatstone
Goodbye to Clutter	2	Mon, 11am to 1pm	17, 24 Nov	Age Concern, Sandwich
Creativity for Wellbeing - Starlight	1	Tues, 11am to 1pm	2 Dec	Hub on the Beach, Greatstone

Contact: kmpt.southkentcoastrc@nhs.net
Call: 07721 609018

Use the QR code to register, or follow us on



Thanet timetable

Courses	No. of sessions	Day & time	2025	Venue
Exploring Psychosis	4	Tues, 2 to 4pm	16, 23, 30 Sept 7 Oct	GAP, Broadstairs
Building Motivation by Setting Goals	2	Thurs, 1.30 to 3.30pm	25 Sept, 2 Oct	Veterans Centre, Birchington
Autumn Wellbeing	1	Wed, 1 to 3pm	8 Oct	SpeakUp CIC, Margate
Relax and Breathe	1	Tues, 10.30am to 12.30pm	14 Oct	Arts in Ramsgate
Creativity for Wellbeing - Starlight	1	Tues, 10.30am to 12.30pm	4 Nov	Arts in Ramsgate
Top Tips for Applications and Interviews	2	Thurs, 1.30 to 3.30pm	13, 20 Nov	Veterans Centre, Birchington
Create a Better Christmas	1	Tues, 10.30am to 12.30pm	25 Nov	Arts in Ramsgate
Mental Health Toolkit	1	Wed, 10.30am to 12.30pm	26 Nov	GAP, Broadstairs
Student Connect	1	Tues, 10.30am to 12.30pm	2 Dec	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 sessions	Day & time	2025	Venue
Autumn Wellbeing	1	Wed, 10.30am to 12.30pm	17 Sept	Grosvenor & Hilbert Park Hub
Mental Health Toolkit	1	Tues, 10.30am to 12.30pm	23 Sept	Angel Centre, Tonbridge
Creativity for Wellbeing – Starlight	1	Tues, 10.30am to 12.30pm	7 Oct	Angel Centre Tonbridge
Goodbye to Clutter	2	Wed, 10.30am to 12.30pm	19, 26 Nov	Mental Health Resource Centre
Student Connect	1	Tues, 10.30am to 12.30pm	2 Dec	Angel Centre Tonbridge

Contact: kmpt.tunbridgewellsrc@nhs.net

Call: 07720 152576

Use the QR code to register, or follow us on



Virtual timetable

Courses	No. of sessions	Day & time	2025	Venue
Student Connect	1	Thurs, 11am to 12.30pm	18 Sept	Virtual
Goodbye to Clutter	2	Wed, 11am to 12.30pm	24 Sept, 1 Oct	Virtual
How to Sleep Well	1	Thurs, 11am to 12.30pm	9 Oct	Virtual
Autumn Wellbeing	1	Wed, 11am to 12.30pm	15 Oct	Virtual
Writing for Self-Expression	4	Tues 11am to 12.30pm	4, 11, 18 & 25 Nov	Virtual
Introduction to Meditation	1	Thurs, 11am to 12.30pm	6 Nov	Virtual
Yoga for Everybody	1	Wed, 11am to 1pm	12 Nov	Virtual
Relax and Breathe	1	Wed, 11am to 12.30pm	19 Nov	Virtual
Create a Better Christmas	1	Wed, 11am to 12.30pm	26 Nov	Virtual
Creativity for Wellbeing - Starlight	1	Thurs, 11am to 1pm	4 Dec	Virtual

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
Maidstone	Monday	1	13 October	1 to 3pm
Canterbury	Wednesday	1	5 November	2 to 4pm

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
Ashford	Wednesday	1	17 September	12 midday to 2pm
Sevenoaks	Thursday	1	18 September	12.30 to 2.30pm
DGS	Wednesday	1	1 October	1 to 3pm
Thanet	Tuesday	1	14 October	10.30am to 12.30pm
Virtual	Wednesday	1	19 November	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
Tunbridge Wells	Wednesday	1	17 September	10.30am to 12.30pm
Maidstone	Wednesday	1	24 September	10am to 12 midday
Medway & Swale	Tuesday	1	7 October	2 to 4pm
Thanet	Wednesday	1	8 October	1 to 3pm
Ashford	Wednesday	1	15 October	12 midday to 2pm
Virtual	Wednesday	1	15 October	11am to 12.30pm
Canterbury (Faversham)	Thursday	1	16 October	10.30am to 12.30pm
Sevenoaks	Wednesday	1	12 November	12.30 to 2.30pm
DGS	Thursday	1	27 November	2 to 4pm
Maidstone	Wednesday	1	26 November	10am to 12 midday


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
Ashford	Wednesday	1	24 September	12 midday to 2pm
SKC	Tuesday	1	7 October	1 to 3pm

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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	Wednesday	1	12 November	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
Virtual	Thursday	1	9 October	11am to 12.30pm
DGS	Wednesday	1	5 November	1 to 3pm

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
SKC	Thursday	6	25 September	10am to 12 midday
Maidstone	Tuesday	6	30 September	1.45 to 3.45pm

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Step 1 - Foundation


Course	Wilder Wellbeing – Help to Stop Smoking 			
Description	Supported by Kent Wildlife Trust, learn healthier habits with this two-week course and explore relaxation techniques in a natural setting to reduce stress, find calm and support your journey toward quitting smoking.			
Location	Day	No. weeks	Start date	Time
Canterbury	Wednesday	2	1, 8 Oct	1 to 3pm

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
Tunbridge Wells – Starlight	Tuesday	1	7 October	10.30am to 12.30pm
DGS - Starlight	Tuesday	1	14 October	10am to 12 midday
Thanet - Starlight	Tuesday	1	4 November	10.30am to 12.30pm
Ashford – Book hedgehogs	Wednesday	1	5 November	12 to 2pm
Ashford – Starlight	Monday	1	1 December	12.30 to 2.30pm
SKC – Starlight	Tuesday	1	2 December	11am to 1pm
Medway & Swale – Book hedgehogs	Tuesday	1	2 December	1.30 to 3.30pm
Virtual - Starlight	Thursday	1	4 December	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
Maidstone	Monday	1	17 November	1 to 3pm


Course	Writing for Self-Expression 			
Description	Working together with the Royal Literary Fund we bring you this course on expressive writing. It is freestyle, personal and emotional writing that is not constrained by concerns about the 'end result', or writing conventions such as structure, spelling or grammar. These workshops are provided to help you think about your life and put your thoughts and feelings into words. Fostering personal awareness, resilience and wellbeing – there is no failing, only exploring. Come and join us and have fun with words.			
Location	Day	No. weeks	Start date	Time
Virtual	Tuesday	4	4 November	11am to 12.30pm

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
SKC	Tuesday	1	23 September	11am to 1pm
Canterbury	Tuesday	1	7 October	10.30am to 12.30pm
Sevenoaks	Wednesday	1	15 October	12.30 to 2.30pm

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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
Sevenoaks	Wednesday	2	24 September	12.30 to 2.30pm
Medway & Swale	Tuesday	2	4 November	2 to 4pm
SKC	Tuesday	2	4 November	11am to 1pm
Ashford	Wednesday	2	19 November	10.30am to 12.30pm

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 practise together in the session.			
Location	Day	No. weeks	Start date	Time
Canterbury	Tuesday	1	23 September	10.30am to 12.30pm
Virtual	Thursday	1	6 November	11am 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
Thanet	Thursday	2	25 September	1.30 to 3.30pm

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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
Virtual	Wednesday	2	24 September	11am to 12.30pm
Maidstone	Tuesday	2	30 September	10am to 12 midday
Ashford	Wednesday	2	1 October	12 midday to 2pm
SKC	Monday	2	17 November	11am to 1pm
Medway & Swale	Wednesday	2	19 November	2 to 4pm
Tunbridge Wells	Wednesday	2	19 November	10.30am 12.30pm

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
Maidstone	Tuesday	2	4 November	10am to 12 midday
Canterbury	Tuesday	2	18 November	10.30am to 12.30pm

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Step 2 – Building and growing


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
Tunbridge Wells	Tuesday	1	23 September	10.30am to 12.30pm
SKC	Tuesday	1	30 September	1 to 3pm
Sevenoaks	Monday	1	5 November	12.30pm to 2.30pm
Ashford	Monday	1	10 November	12.30 to 2.30pm
Thanet	Wednesday	1	26 November	10.30am to 12.30pm


Course	Discovering Your Inner Strength and Potential 			
Description	Do you want to rediscover your individual talents, skills and potential? We look at what makes us unique and use these skills, talents and abilities to empower us to move forward in our recovery. Building our self-esteem and resilience we reflect on these and bring back to life our inner strength.			
Location	Day	No. weeks	Start date	Time
Medway & Swale	Wednesday	2	8 October	1.30 to 3.30pm

Course	Create a Better Christmas 			
Description	If you find the festive season hard to get through for various reasons, this course will help you find new ways to enjoy the Christmas period. We provide a safe space for you to share your experiences and what has worked for you. We will talk about coping strategies, how to reframe negative perceptions of this time of year, and hopefully discover some new traditions together.			
Location	Day	No. weeks	Start date	Time
Thanet	Tuesday	1	25 November	10.30am to 12.30pm
Virtual	Wednesday	1	26 November	11am 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
Thanet	Tuesday	4	16 September	2 to 4pm
Canterbury	Wednesday	4	12 November	2 to 4pm

Course	Top Tips for Applications and Interviews 			
Description	<p>Want to be more confident and well prepared in interviews, understand more about the recruitment process and need help in writing a personal statement?</p> <p>Join us for two weeks as we explore more about recruitment and help grow your confidence when applying for a job.</p>			
Location	Day	No. weeks	Start date	Time
Thanet	Thursday	2	13 November	1.30 to 3.30pm

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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
Virtual	Thurs	1	18 September	11am to 12.30pm
Thanet	Tuesday	1	2 December	10.30am to 12.30pm
Maidstone	Tuesday	1	2 December	10am to 12 midday
Tunbridge Wells	Tuesday	1	2 December	10.30am to 12.30pm
DGS	Wednesday	1	3 December	1 to 3pm

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
Ashford	Monday	1	13 October	12.30 to 2.30pm

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Thank you to all our partners

