



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

# Summer Prospectus

## April to July 2024

**FREE health and wellbeing courses for adults in Kent.**  
*Knowledge, skills, strength and supporting each other.*



### **Summer term dates:**

**22 April to 24 May (5 weeks)**

Half term: 27 to 31 May

Staff development week: 3 to 7 June

**10 June to 12 July (5 weeks)**

Student celebrations: 15 to 26 July

Summer break: 29 July to 6 September

**Autumn term starts from 9 September 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.



The links in the prospectus only work if you have a Microsoft account.

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## Welcome to our summer 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 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, 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** connectedness, collaboration and co-production.

**We value** that people can share their expertise for the benefit of others.

# 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=STF3YjlwNUN4VWYvMmtmVytQQXplUT09>

Date		Time
Thursday	25 April 2024	11am to 12 noon
Thursday	13 June 2024	11am to 12 noon

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

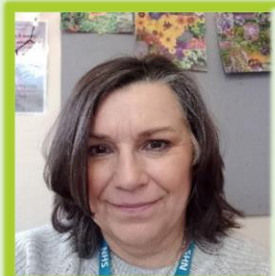
Date	Time	Venue
22 April	1pm to 3pm	Rochester Adult Education Hub
22 April	1.30pm to 3.30pm	Age UK, Hythe
23 April	1.30pm to 3.30pm	Kent MS Therapy Centre, Canterbury
2 May	10.30am to 12 noon	Stanhope Coffee Morning, Stanhope Centre, Ashford

# Meet our locality co-ordinators



## Ashford

Emma Boraston  
07825 859412  
[emma.boraston@nhs.net](mailto:emma.boraston@nhs.net)



## Maidstone

Suzanne Middleton-Elliott  
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## Canterbury

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07435 778961  
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## Medway & Swale

Kelly August  
07756 295593  
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## Canterbury

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## Thanet

Elaine Samworth  
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## Dover & Folkestone

Nandini Shevill-Teeluck  
07770 610007  
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## Virtual

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## Administration

Rebecca Norris  
07789 944230  
[kmpt.recoverycollegeadmin@nhs.net](mailto:kmpt.recoverycollegeadmin@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](mailto: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
<b>Foundation</b> 	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.
<b>Building and Growing</b> 	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.
 <b>Understanding and Moving Forward</b>	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 and time	2024	Venue
<u>Spring Wellbeing</u>	1	Thursday 12noon to 2pm	25 April	<u>Limes Community Garden</u>
<u>Introduction to Recovery College</u>	1	Thursday 10.30am to 12 noon	2 May	<u>Stanhope</u>
<u>Relax and Breathe</u>	1	Thursday 3pm to 5pm	2 May	<u>Age UK</u>
<u>How to Sleep Well</u>	1	Tuesday 12.30 to 2.30pm	7 May	<u>Stanhope</u>
<u>Building Motivation by Setting Goals</u>	2	Wednesday 10.30am to 12.30pm	15 May 22 May	<u>Stanhope</u>
<u>Guest speaker: Action for Happiness (part 1)</u>	1	Thursday 1pm to 3pm	23 May	<u>Age UK</u>
<u>Mental Health Toolkit</u>	1	Wednesday 10.30am to 12.30pm	12 June	<u>Stanhope</u>
<u>Tree of Life</u>	3	Wednesday 10.30am to 12.30pm	26 June 3 July 10 July	<u>Stanhope</u>
<u>Guest speaker: Action for Happiness (part 2)</u>	1	Thursday 1pm to 3pm	27 June	<u>Age UK</u>
<u>Haiku for Wellbeing</u>	1	Thursday 10.30am to 12.30pm	4 July	<u>Limes Community Garden</u>
<u>Student celebration</u>	1	Thursday 11.30am to 1.30pm	18 July	<u>Limes Community Garden</u>

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## Course timetable – Canterbury

Courses	No of weeks	Day and time	2024	Venue
<u>Introduction to Recovery College</u>	1	Tuesday 1.30pm to 3.30pm	23 April	<u>Kent MS Therapy Centre</u>
<u>Mental Health Toolkit</u>	1	Thursday 10.30am to 12.30pm	9 May	<u>Canterbury Adult Education Centre</u>
<u>Relax and Breathe</u>	1	Tuesday 2pm to 4pm	14 May	<u>Canterbury Adult Education Centre</u>
<u>Reading for Wellbeing</u>	1	Tuesday 2pm to 4pm	11 June	<u>Canterbury Adult Education Centre</u>
<u>Haiku for Wellbeing</u>	1	Thursday 10.30am to 12.30pm	13 June	<u>Canterbury Adult Education Centre</u>
<u>Introduction to Peer Support</u>	1	Tuesday 2pm to 4pm	18 June	<u>Canterbury Adult Education Centre</u>
<u>Introduction to Meditation</u>	1	Tuesday 10.30am to 12.30pm	25 June	<u>Canterbury Adult Education Centre</u>
<u>Student connect</u>	1	Thursday 10.30am to 12.30pm	4 July	<u>Canterbury Adult Education Centre</u>
<u>Student celebration</u>	Details to follow			<u>Canterbury Adult Education Centre</u>

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## Course timetable – Dover and Folkestone

Courses	No of weeks	Day and time	2024	Venue
<u>Introduction to Recovery College</u>	1	Monday 1.30pm to 3.30pm	22 April	<u>Age UK, Hythe</u>
<u>Mental Health Toolkit</u>	1	Tuesday 2.30pm to 4.30pm	30 April	<u>Dover Museum</u>
<u>Healing Words</u>	1	Tuesday 10am to 12noon	7 May	<u>Seaview Studios</u>
<u>Relax and Breathe</u>	1	Monday 1.30pm to 3.30pm	13 May	<u>Age UK, Hythe</u>
<u>Guest speaker: Action for Happiness (part 1)</u>	1	Monday 1.30pm to 3.30pm	3 June	<u>Age UK, Hythe</u>
<u>Haiku for Wellbeing</u>	1	Tuesday 2.30pm to 4.30pm	11 June	<u>Dover Museum</u>
<u>Building Motivation by Setting Goals</u>	2	Tuesday 2.30pm to 4.30pm	18 June 25 June	<u>Dover Museum</u>
<u>Student Connect</u>	1	Tuesday 2.30pm to 4.30pm	2 July	<u>Dover Museum</u>
<u>Student celebration</u>	Details to follow			

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## Course timetable – Maidstone

Courses	No of weeks	Day and time	2024	Venue
<u>Guest speaker: Action for Happiness (part 1)</u>	1	Friday 10am to 12noon	19 April	<u>Fusion Healthy Living Centre</u>
<u>Haiku for Wellbeing</u>	1	Wednesday 10am to 12 noon	24 April	<u>Greensand Health Centre</u>
<u>Guest Speaker: Action for Happiness (part 2)</u>	1	Friday 10am to 12 noon	26 April	<u>Fusion Healthy Living Centre</u>
<u>Wilder Wellbeing</u>	6	Tuesday 2pm to 4pm	30 April 7 May 14 May 21 May 28 May 4 June	<u>Tyland Barn</u>
<u>Goodbye to Clutter</u>	2	Thursday 2pm to 4pm	2 May 9 May	<u>Maidstone Adult Education Centre</u>
<u>Introduction to Meditation</u>	1	Wednesday 10am to 12 noon	15 May	<u>Greensand Health Centre</u>
<u>Guest speaker: Men's Sheds</u>	1	Friday 10am to 12 noon	24 May	<u>Greensand Health Centre</u>
<u>Menopause, Mindfulness and Me</u>	3	Thursday 2pm to 4pm	6 June 13 June 20 June	<u>Maidstone Adult Education Centre</u>
<u>Summer Wellbeing</u>	1	Tuesday 2.30pm to 4.30pm	11 June	<u>Fusion Healthy Living Centre</u>
<u>Finding Your Genius</u>	2	Thursday 2pm to 4pm	27 June 4 July	<u>Maidstone Adult Education Centre</u>
<u>How to Sleep Well</u>	1	Wednesday 10am to 12 noon	3 July	<u>Fusion Healthy Living Centre</u>
<u>Student celebration</u>	1	Thursday 2pm to 4pm	18 July	<u>Tyland Barn</u>

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## Course timetable – Medway and Swale

Courses	No of weeks	Day and time	2024	Venue
<u>Introduction to Recovery College</u>	1	Monday 1pm to 3pm	22 April	<u>Rochester Adult Education Hub</u>
<u>Introduction to Meditation</u>	1	Monday 1pm to 3pm	29 April	<u>Rochester Adult Education Hub</u>
<u>Relax and Breathe</u>	1	Monday 1pm to 3pm	13 May	<u>Rochester Adult Education Hub</u>
<u>Summer Wellbeing</u>	1	Wednesday 1pm to 3pm	22 May	<u>Rochester Adult Education Hub</u>
<u>Guest speaker: Action for Happiness (part 1 and 2)</u>	2	Wednesday 1pm to 3pm	19 June 26 June	<u>Rochester Adult Education Hub</u>
<u>How to Sleep Well</u>	1	Monday 1pm to 3pm	1 July	<u>Rochester Adult Education Hub</u>
<u>Student celebration</u>	1	Thursday 2pm to 4pm	18 July	<u>Tyland Barn</u>

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## Course timetable – Thanet

Courses	No of weeks	Day and time	2024	Venue
<u>Mental Health Toolkit</u>	1	Tuesday 10.30am to 12.30pm	30 April	<u>Arts in Ramsgate</u>
<u>Living well on a budget</u>	1	Tuesday 10.30am to 12.30pm	7 May	<u>Arts in Ramsgate</u>
<u>Creativity for Wellbeing</u>	1	Tuesday 10.30am to 12.30pm	21 May	<u>Arts in Ramsgate</u>
<u>Mental Health Toolkit</u>	1	Thursday 2pm to 4pm	13 June	<u>Veteran Centre, Birchington</u>
<u>Healing Words</u>	1	Tuesday 10.30am to 12.30pm	18 June	<u>Arts in Ramsgate</u>
<u>Summer Wellbeing</u>	1	Thursday 2 to 4pm	27 June	<u>Veteran Centre, Birchington</u>
<u>Summer Wellbeing</u>	1	Tuesday 10.30 to 12.30pm	2 July	<u>Arts in Ramsgate</u>
<u>Student celebration</u>	1	Tuesday 10.30am to 12.30pm	16 July	<u>Arts in Ramsgate</u>

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## Course timetable – Virtual

Courses	No of weeks	Day and time	2024	Venue
<u>Spring Wellbeing</u>	1	Wednesday 11am to 12.30pm	24 April	Zoom
<u>How to Say No</u>	2	Thursday 11am to 12:30pm	2 May 9 May	Zoom
<u>Introduction to Meditation</u>	1	Wednesday 11am to 12.30pm	15 May	Zoom
<u>Yoga for Everybody</u>	1	Wednesday 11am to 12.30pm	22 May	Zoom
<u>Mindful Living</u>	3	Wednesday 11am to 12.30pm	12 June 19 June 26 June	Zoom
<u>Relax and Breathe</u>	1	Thursday 11am to 12.30pm	3 July	Zoom
<u>Summer Wellbeing</u>	1	Wednesday 11am to 12.30pm	10 July	Zoom
<u>Student celebration</u>	Details to follow			


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# Course descriptions and information

## Step 1 - Foundation


Workshop	Spring Wellbeing 			
<b>Description</b>	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.			
<b>Location</b>	<b>Day</b>	<b>No weeks</b>	<b>Start date</b>	<b>Time</b>
Virtual	Wednesday	1	24 April 2024	11am to 12.30pm
Ashford	Thursday	1	25 April 2024	12 noon to 2pm


Course	Creativity for Wellbeing 			
<b>Description</b>	Do you ever find yourself stuck for something to do? Are you looking to make new connections in a safe and fun environment? This course offers a chance to engage in a variety of free or budget-friendly activities. We will use creative materials to explore wellbeing topics, develop a toolkit of crafts/creative skills that can be used to enhance wellbeing and express emotions, and make new connections with like-minded people. No experience necessary!			
<b>Location</b>	<b>Day</b>	<b>No Weeks</b>	<b>Start Date</b>	<b>Time</b>
Thanet	Tuesday	1	21 May 2024	10:30am to 12.30pm


Workshop	Reading for Wellbeing 			
<b>Description</b>	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.			
<b>Location</b>	<b>Day</b>	<b>No weeks</b>	<b>Start date</b>	<b>Time</b>
Canterbury	Tuesday	1	11 June 2024	2pm to 4pm

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## Step 1 - Foundation

Workshop		Summer 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	Wednesday	1	22 May 2024	1pm to 3pm
Maidstone	Tuesday	1	11 June 2024	2.30pm to 4.30pm
Thanet	Thursday	1	27 June 2024	2pm to 4pm
Thanet	Tuesday	1	2 July 2024	10:30am to 12:30pm
Virtual	Wednesday	1	10 July 2024	11am to 12.30pm


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
Thanet	Tuesday	1	7 May 2024	10:30am to 12:30pm


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
Dover/ Folkestone	Tuesday	1	11 May 2024	10:00am to 12:00 noon
Thanet	Tuesday	1	18 June 2024	10:30am to 12:30pm


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## Step 1 - Foundation

Workshop	Relax and 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	Thursday	1	2 May 2024	3pm to 5pm
Dover/Folkestone	Monday	1	13 May 2024	1:30am to 3:30pm
Medway	Monday	1	13 May 2024	1pm to 3pm
Canterbury	Tuesday	1	14 May 2023	2pm to 4pm
Virtual	Thursday	1	3 July 2024	11:00am to 12:30pm


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	Tuesday	1	7 May 2024	12:30am to 2:30pm
Medway	Monday	1	1 July 2024	1pm to 3pm
Maidstone	Wednesday	1	3 July 2024	10am to 12 noon

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
Maidstone	Wednesday	1	24 April 2024	10am to 12noon
Dover/Folkestone	Tuesday	1	11 June 2024	2:30pm to 4:30pm
Canterbury	Thursday	1	13 June 2024	10:30am to 12:30pm
Ashford	Thursday	1	4 July 2024	10:30am to 12:30pm

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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 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
Maidstone	Tuesday	6	30 April 2024	2pm to 4pm

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 practiced 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	22 May 2024	11:00am to 12:30pm

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## 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
Medway	Monday	1	29 April 2024	1pm to 3pm
Maidstone	Wednesday	1	15 May 2024	10am to 12 noon
Virtual	Wednesday	1	15 May 2024	11:00am to 12:30pm
Canterbury	Tuesday	1	25 June 2024	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 workshop is for you.			
Location	Day	No. Weeks	Start Date	Time
Virtual	Thursday	2	2 May 2024	11:00am to 12:30pm


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
Dover/Folkestone	Tuesday	1	30 April 2024	2:30pm to 4:30pm
Thanet	Tuesday	1	30 April 2024	10:30am to 12:30pm
Ashford	Wednesday	1	12 June 2024	10:30am to 12:30pm
Thanet	Thursday	1	13 June 2024	2pm to 4pm
Canterbury	Thursday	1	9 May 2024	10:30am 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 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
Maidstone	Tuesday	2	11 June 2024	2:30pm to 4:30pm

Workshop	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
Ashford	Wednesday	2	15 May 2024	10:30am to 12:30pm
Dover/Folkestone	Tuesday	2	18 June 2024	2:30pm to 4:30pm

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 women of all ages as it informs and supports a natural life process.			
Location	Day	No. Weeks	Start Date	Time
Maidstone	Thursday	3	6 June 2024	2pm to 4pm

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## Step 2 – Building and Growing


Course	Finding Your Genius 			
Description	Einstein highlighted that we are all genius! This workshop 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	Thursday	2	27 June 2024	2pm to 4pm


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
Virtual	Wednesday	3	12 June 2024	11:00am to 12:30pm

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## 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
Canterbury	Tuesday	1	18 June 2024	2pm to 4pm


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
Ashford	Wednesday	3	26 June 2024	10:30am to 12:30pm

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## Community and Connection

Workshop	Student Connect 			
<p>These are sessions are for you to meet and connect with each other and are facilitated by members of our team. This is 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, share ideas for new courses or workshops, or have your Student Voice and find out about other opportunities. Come along and connect with your fellow students in an informal and welcoming space.</p>				
Location	Day	No. Weeks	Start Date	Time
Dover/Folkestone	Tuesday	1	2 July 2024	2.30pm to 4.30pm
Canterbury	Thursday	1	4 July 2024	10:30am to 12:30pm

Guests	Action for Happiness 			
<p><b>Part 1:</b> 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, it hopes to build a happier society.</p> <p><b>Part 2:</b> Further explores the 10 keys to happiness.</p>				
Location	Day	No. Weeks	Start Date	Time
Ashford	Thursday	1 (part 1)	23 May 2024	1pm to 3pm
Ashford	Thursday	1 (part 2)	27 June 2024	1pm to 3pm
Dover/Folkestone	Monday	1 (part 1)	3 June 2024	1:30pm to 3:30pm
Maidstone	Friday	1 (part 1)	19 April 2024	10am to 12 noon
Maidstone	Friday	1 (part 2)	26 April 2024	10am to 12 noon
Medway	Wednesday	1 (part 1)	19 June 2024	1pm to 3pm
Medway	Wednesday	1 (part 2)	26 June 2024	1pm to 3pm

Guests	Men's Sheds 			
<p>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.</p>				
Location	Day	No. Weeks	Start Date	Time
Maidstone	Friday	1	24 May 2024	10am to 12noon

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# End of year Student Celebration!

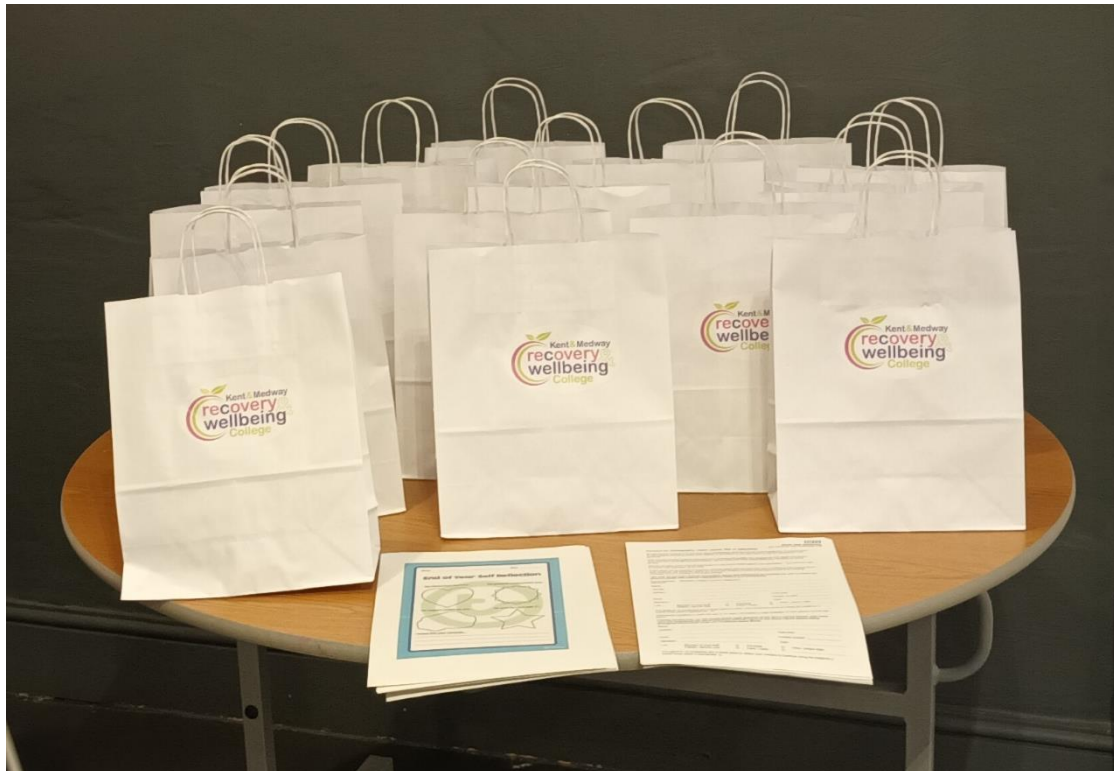


Students who attend the majority of any course will receive a certificate on completion.

We hold an annual celebration event for all students, 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

