



Kent and Medway
NHS and Social Care Partnership Trust

Autumn Prospectus

September to December 2024

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



Autumn term dates:

23 September to 25 October (5 weeks)

Half term: 28 October to 1 November

Staff development week: 4 to 8 November

11 November to 13 December (5 weeks)

Seasonal break: 23 December to 3 January

Staff development week: 16 to 20 December
and 6 to 10 January 2025

Spring term starts from 13 January 2025

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 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 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.

How to enrol

Please note before enrolling:

- This is a self-referral service.
- It is important that all students consent to and are involved in the process of enrolment and wellbeing journey.
- We encourage students to sign up for a maximum of three courses initially, and consider the **course step guide (see page 10)**.
- 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, text or email your locality co-ordinator (see page 8 for details) to book a place.

Exciting news!

As the Recovery College continues to grow, we are working hard to bring you your very own online student portal!

What does this mean for you?

As students, you will have the opportunity and choice to log onto your own learning portal. Don't worry we'll still be here to help if you need it.

In the portal, you will be able to:

- ★ keep track of your learning journey
- ★ view the courses you have booked onto
- ★ access course material
- ★ see your certificates
- ★ register your interest in attending courses
- ★ update your details, learning plan, and goals
- ★ see messages and updates from our team.



We are very excited for this opportunity for you to be more involved in your learning journey.

Join us on Zoom on any of the dates below, from **10 to 11am**, to find out more.

Email kmpt.recoverycollegeadmin@nhs.net to register.

Thursday, 26 September

Thursday, 3 October

Thursday, 10 October

Thursday, 17 October

Thursday, 24 October

Thursday, 14 November

Thursday, 21 November

Thursday, 28 November

Thursday, 5 December

Thursday, 12 December

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 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/85261858266?pwd=UugK2ZOn0QrMnph7fFyoM1jhoq4ofL.1>

Date		Time
Tuesday	1 October	11am to midday
Tuesday	5 November	11am to midday
Tuesday	10 December	11am to midday

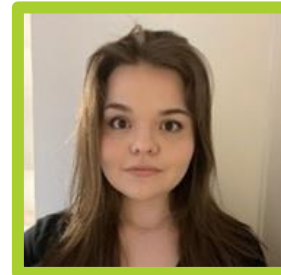
Come to one of our face-to-face drop-in sessions:

Date	Time	Venue
23 September	1 to 3pm	Morrisons, Strood
25 September	10am to midday	Fusion Healthy Living Centre, Maidstone
26 September	10.30 to 11.30am	The Limes Community Garden, Ashford
14 November	10.30 to 11.30am	Stanhope, Ashford
14 November	1 to 2pm	Age UK, Ashford

Meet our locality co-ordinators



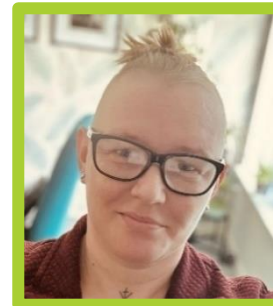
Ashford
 Emma Boraston
 07825 859412
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Medway & Swale
 Emily Lai
 07707 152432
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Canterbury
 Chantel Parsons
 07435 778961
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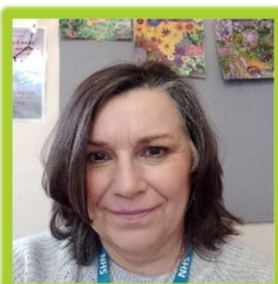
Medway & Swale
 Kelly-Marie Lee
 07707 152428
kmpt.medwayrc@nhs.net



Canterbury
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 (SKC - Dover & Folkestone)**
 Becky Norris
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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, 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	2024	Venue
<u>Introduction to Recovery College</u>	1	Thurs 10.30 to 11.30am	26 Sept	<u>The Limes Community Garden</u>
<u>Haiku for Wellbeing</u>	1	Thurs 12.30 to 2.30pm	26 Sept	<u>The Limes Community Garden</u>
<u>Building Motivation by Setting Goals</u>	2	Wed 10.30am to 12.30pm	2, 9 Oct	<u>Stanhope Centre</u>
<u>Student Connect</u>	1	Thurs 11am to 1pm	17 Oct	<u>The Limes Community Garden</u>
<u>Reading for Wellbeing</u>	1	Wed 12 to 2pm	13 Nov	<u>Stanhope Centre</u>
<u>Introduction to Recovery College</u>	1	Thurs 10.30 to 11.30am	14 Nov	<u>Stanhope Centre</u>
<u>Introduction to Recovery College</u>	1	Thurs 1 to 2pm	14 Nov	<u>Age UK</u>
<u>Living Well on a Budget</u>	1	Thurs 12.30 to 2.30pm	21 Nov	<u>Age UK</u>
<u>Creativity for Wellbeing</u>	1	Thurs 11am to 1pm	28 Nov	<u>Age UK</u>
<u>Creativity for Wellbeing</u>	1	Wed 10.30am to 12.30pm	4 Dec	<u>Stanhope Centre</u>

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Course timetable – Canterbury

Courses	No. of weeks	Day & time	2024	Venue
<u>Finding Your Genius</u>	2	Tues 2 to 4pm	24 Sept 1 Oct	<u>Canterbury Adult Education Centre</u>
<u>How to Say No</u>	2	Tues 2 to 4pm	15, 22 Oct	<u>Canterbury Adult Education Centre</u>
<u>How to Sleep Well</u>	1	Thurs 10.30am to 12.30pm	17 Oct	MS Therapy Centre
<u>Creativity for Wellbeing</u>	1	Tues 2 to 4pm	12 Nov	<u>Canterbury Adult Education Centre</u>
<u>Goodbye to Clutter</u>	2	Thurs 10.30am to 12.30pm	21, 28 Nov	<u>Canterbury Adult Education Centre</u>
<u>Winter Wellbeing</u>	1	Tues 2 to 4pm	3 Dec	<u>Canterbury Adult Education Centre</u>
<u>Student Connect</u>	1	Thurs 10.30am to 12.30pm	12 Dec	<u>Canterbury Adult Education Centre</u>

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Course timetable – Maidstone

Courses	No. of weeks	Day & time	2024	Venue
<u>Wilder Wellbeing</u>	6	Tues 2.30 to 4.30pm	24 Sept 1, 8, 15, 22 and 29 Oct	<u>Tyland Barn</u>
<u>Introduction to Recovery College</u>	1	Wed 10am to midday	25 Sept	<u>Fusion Healthy Living Centre</u>
<u>Autumn Wellbeing</u>	1	Wed 2 to 4pm	2 Oct	<u>Fusion Healthy Living Centre</u>
<u>Mindful Living</u>	3	Thurs 2 to 4pm	10, 17 and 24 Oct	<u>Kent Adult Education</u>
<u>Living Well on a Budget</u>	1	Tues 10am to midday	12 Nov	<u>Fusion Healthy Living Centre</u>
<u>Mental Health Toolkit</u>	1	Wed 10am to midday	13 Nov	<u>Greensand Health Centre</u>
<u>Building Motivation by Setting Goals</u>	2	Wed 10am to midday	27 Nov 4 Dec	<u>Greensand Health Centre</u>
<u>Healing Words</u>	1	Thurs 2 to 4pm	5 Dec	<u>Kent Adult Education</u>
<u>Student Connect</u>	1	Tues 10am to midday	10 Dec	<u>Fusion Healthy Living Centre</u>

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Course timetable – Medway & Swale

Courses	No. of weeks	Day & time	2024	Venue
<u>Introduction to Recovery College</u>	1	Mon 1 to 3pm	23 Sept	<u>Morrisons, Strood</u>
<u>Wilder Wellbeing</u>	6	Tues 10.30am to 12.30pm	24 Sept 1, 8, 15, 22 and 29 Oct	<u>Darland Banks</u>
<u>Creativity for Wellbeing</u>	1	Wed 10am to midday	2 Oct	<u>Rochester Adult Education Hub</u>
<u>Autumn Wellbeing</u>	1	Mon 10am to midday	7 Oct	<u>Morrisons, Strood</u>
<u>Guest speaker: Men's Sheds</u>	1	Mon 1 to 3pm	14 Oct	<u>Morrisons, Strood</u>
<u>Autumn Wellbeing</u>	1	Wed 1 to 3pm	23 Oct	<u>Hope Street Centre, Sheerness</u>
<u>Goodbye to Clutter</u>	2	Tues 1 to 3pm	12 and 19 Nov	<u>Rochester Adult Education Hub</u>
<u>How to Sleep Well</u>	1	Wed 1 to 3pm	13 Nov	<u>Hope Street Centre, Sheerness</u>
<u>Haiku for Wellbeing</u>	1	Wed 10am to midday	27 Nov	<u>Sunlight Centre, Gillingham</u>
<u>Student Connect</u>	1	Wed 10am to midday	4 Dec	<u>Sunlight Centre, Gillingham</u>

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

Courses	No. of weeks	Day & time	2024	Venue
<u>How to Sleep Well</u>	1	Mon 1.30 to 3.30pm	23 Sept	<u>Age UK, Hythe</u>
<u>Tree of Life</u>	3	Tues 10am to midday	1, 8, 15 Oct	<u>Seaview Studios</u>
<u>Goodbye to Clutter</u>	2	Mon 1.30 to 3.30pm	11, 18 Nov	<u>Age UK, Hythe</u>
<u>Winter Wellbeing</u>	1	Tues 2.30 to 4.30pm	26 Nov	<u>Dover Museum</u>
<u>Reading for Wellbeing</u>	1	Tues 1.30 to 3.30pm	3 Dec	<u>Dover Museum</u>
<u>Creativity for Wellbeing</u>	1	Tues 2.30 to 4.30pm	10 Dec	<u>Dover Museum</u>

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Course timetable - Thanet

Courses	No. of weeks	Day & time	2024	Venue
<u>Haiku for Wellbeing</u>	1	Wed 10.30 to 12.30	2 Oct	<u>Arts in Ramsgate</u>
<u>Creativity for Wellbeing</u>	1	Thurs 10.30am to 12.30pm	10 Oct	<u>Gap Project, Broadstairs</u>
<u>Reading for Wellbeing</u>	1	Thurs 10.30am to 12.30pm	17 Oct	<u>Gap Project, Broadstairs</u>
<u>Autumn Wellbeing</u>	1	Tues 11am to 1pm	12 Nov	<u>ARK, Cliftonville</u>
<u>Finding Your Genius</u>	2	Thurs 2 to 4pm	21, 28 Nov	<u>Veterans Association, Birchington</u>
<u>Relax and Breathe</u>	1	Tues 11am to 1pm	26 Nov	<u>ARK, Cliftonville</u>
<u>Student Connect</u>	1	Wed 10.30am to 12.30pm	11 Dec	<u>Arts in Ramsgate</u>

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Course timetable – Virtual

Courses	No. of weeks	Day & time	2024	Venue
<u>Autumn Wellbeing</u>	1	Wed 11am to 12.30pm	25 Sept	Zoom
<u>Haiku for Wellbeing</u>	1	Thurs 11am to 12.30pm	26 Sept	Zoom
<u>How to Sleep Well</u>	1	Wed 11am to 12.30pm	2 Oct	Zoom
<u>Introduction to Meditation</u>	1	Thurs 11am to 12.30pm	10 Oct	Zoom
<u>Relax and Breathe</u>	1	Thurs 11am to 12.30pm	17 Oct	Zoom
<u>Yoga for Everybody</u>	1	Thurs 11am to 1pm	24 Oct	Zoom
<u>How to Say No</u>	2	Thurs 11am to 12.30pm	14, 21 Nov	Zoom
<u>Living Well on a Budget</u>	1	Tues 11am to 12.30pm	19 Nov	Zoom
<u>Winter Wellbeing</u>	1	Thurs 11am to 12.30pm	5 Dec	Zoom



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Course descriptions and information

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
Thanet	Thursday	1	17 October	10.30am to 12.30pm
Ashford	Wednesday	1	13 November	Midday to 2pm
SKC – Dover & Folkestone	Tuesday	1	3 December	1.30 to 3.30pm 


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
Maidstone	Tuesday	1	12 November	10am to midday
Virtual	Tuesday	1	19 November	11am to 12.30pm
Ashford	Thursday	1	21 November	12.30 to 2.30pm 

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
Maidstone	Thursday	1	5 December	2 to 4pm

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Step 1 - Foundation


Workshop		Autumn / 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
Virtual	Wednesday	1	25 September	11am to 12.30pm
Maidstone	Wednesday	1	2 October	2 to 4pm
Canterbury	Tuesday	1	3 December	2 to 4pm
Medway & Swale	Monday Wednesday	1	7 October 23 October	10am to midday 1 to 3pm
Thanet	Tuesday	1	12 November	11am to 1pm
SKC – Dover & Folkestone	Tuesday	1	26 November	2.30 to 4.30pm
Virtual	Thursday	1	5 December	11am to 12.30pm


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	17 October	11am to 12.30pm
Thanet	Tuesday	1	26 November	11am to 1pm

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Step 1 - Foundation

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	Thursday	1	26 September	12.30 to 2.30pm
Virtual	Thursday	1	26 September	11am to 12.30pm
Thanet	Wednesday	1	2 October	10.30am to 12.30pm
Medway & Swale	Wednesday	1	27 November	10am to midday

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	Thursday	1	24 October	11am 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
SKC – Dover & Folkestone	Monday	1	23 September	1.30 to 3.30pm
Virtual	Wednesday	1	2 October	11am to 12.30pm
Canterbury	Thursday	1	17 October	10.30am to 12.30pm
Medway & Swale	Wednesday	1	13 November	1 to 3pm

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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 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	24 September	10.30am to 12.30pm
Maidstone	Tuesday	6	24 September	2.30 to 4.30pm


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 workshop 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
Medway & Swale	Tuesday	1	2 October	10am to midday
Thanet	Thursday	1	10 October	10.30am to 12.30pm
Canterbury	Tuesday	1	12 November	2 to 4pm
Ashford	Thursday	1	28 November	11am to 1pm
Ashford	Wednesday	1	4 December	10.30am to 12.30pm
SKC – Dover & Folkestone	Tuesday	1	10 December	2.30 to 4.30pm

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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
Virtual	Thursday	1	10 October	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
Maidstone	Thursday	3	10 October	2 to 4pm


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
Canterbury	Tuesday	2	15 October	2 to 4pm
Virtual	Thursday	2	14 November	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
SKC – Dover & Folkestone	Monday	2	11 November	1.30 to 3.30pm
Medway & Swale	Thursday	2	12 November	1 to 3pm
Canterbury	Tuesday	2	21 November	10.30am to 12.30pm

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	2 October	10.30am to 12.30pm
Maidstone	Wednesday	2	27 November	10am to midday

Workshop	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
Canterbury	Tuesday	2	24 September	2 to 4pm
Thanet	Thursday	2	21 November	2 to 4pm

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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
Maidstone	Wednesday	1	13 November	10am to midday


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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	
SKC – Dover & Folkestone	Tuesday	3	1 October	10am to midday	

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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 autumn 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.			
Location	Day	No. weeks	Start date	Time
Ashford	Thursday	1	17 October	11am to 1pm
Medway & Swale	Wednesday	1	4 December	10am to midday
Maidstone	Tuesday	1	10 December	10am to midday
Canterbury	Thursday	1	12 December	10.30am to 12.30pm

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
Medway & Swale	Monday	1	14 October	1 to 3pm

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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.



Thank you to all our partners



CLIFTONVILLE'S CULTURAL SPACE

