



Summer Prospectus

April to July 2026

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

Knowledge, skills, strength and supporting each other.

A place for everyone.



Summer term dates:

20 April to 22 May (5 weeks)

Half term: 25 to 29 May

Staff development week: 1 to 5 June

8 June to 10 July (5 weeks)

Summer celebrations – 13 to 17 July

Summer break: 20 July to 21 September

Autumn term starts from 21 September 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.



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Welcome to our summer prospectus!

In our prospectus, you will find our locality timetables so you can easily find what you're looking for. You can attend any of our courses across any locality or virtually.

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 locality timetables to find your summer celebration dates.

Take a look at the courses available and book your place using our Student Portal or communicating with your locality coordinator. You can find our course description document on our website to help you decide.

www.kentmedwaymentalhealth.nhs.uk/about-us/recovery-and-wellbeing-college/

We look forward to seeing you in person or virtually!

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 Student Portal allows you to have the opportunity 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 here to help if you need it. Find their contact details on page 7.

How to enrol

New students must self-enrol using the Student Portal and one of our locality coordinators will then contact you to complete your registration.

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

New students are encouraged to sign up to a maximum of three courses and consider the course step guide in our course description document.

This can be found on our website:

www.kentmedwaymentalhealth.nhs.uk/about-us/recovery-and-wellbeing-college/

How to book onto a course

Once you have completed your student registration, you can use the Student Portal to register your interest on a course. Alternatively call, text or email your locality coordinator to book a place.

Your locality coordinator will contact you to confirm your place and you will receive reminders before the course date.

You can take a look at our course descriptions on our website.

Please ask us about data sharing if you would like this information. Sometimes information is shared for partnership working. Click here to see our policy on data storage:

www.kentmedwaymentalhealth.nhs.uk/about-us/confidentiality-and-gdpr/

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, no booking required!

Date	Time	Venue
Tues, 21 April	9.30 to 11.30am	Luggage Room, Bat and Ball Station, Sevenoaks
Tues, 21 April	1 to 3pm	Temple Hill Community Centre, Dartford
Wed, 22 April	10.30am to 12.30pm	Grosvenor and Hilbert Park Hub, Tunbridge Wells
Thurs, 18 June	10am to 12 midday	Rushenden Hub, Sheppey

Meet our locality co-ordinators



Ashford

Nandini Shevill-Teeluck
077706 10007
kmmh.ashfordrc@nhs.net



South Kent Coast (Dover & Folkestone)

Becky Norris
07721 609018
kmmh.southkentcoastrc@nhs.net



Canterbury

Chantel Parsons
07435 778961
kmmh.canterburyrc@nhs.net



Sevenoaks

Louisa Kiernander
07711 919610
kmmh.sevenoaksrc@nhs.net



Canterbury

Marsha Sutcliffe
07825 023573
kmmh.canterburyrc@nhs.net



Tunbridge Wells

Sharon Ventin
07720 152576
kmmh.tunbridgerc@nhs.net



Dartford, Gravesham & Swanley (DGS)

Denise Burgess
07707 152712
kmmh.dartfordrc@nhs.net



Thanet

James Dexter
07519 922561
kmmh.thanetrc@nhs.net



Maidstone

Sadie Smallman
07407 826920
kmmh.maidstonerc@nhs.net



Medway & Swale

Kelly-Marie Lee
07707 152428
kmmh.medwayrc@nhs.net



Virtual

Julie Fuller
07787 266421
kmmh.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.

A MS Teams guide is available to support you, please contact your locality coordinator for more information.

DIGITAL KENT offers hardware and Connectivity Access Scheme (referral service only and eligibility criteria applies) and free support and skills sessions led by digital champions in hubs across Kent and Medway. Please talk to your locality coordinator for more information. You can also find more information here:

<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-and-tickets/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/bus-travel/community-transport/kent-karrier>

Ashford

Courses	No. of sessions	Day & time	2026	Venue
Haiku for Wellbeing	1	Wed, 12 midday to 2pm	22 April	The Limes Community Garden
Exploring Psychosis	4	Wed, 1 to 3pm	29 April, 6, 13 & 20 May	Moat Foundation Community Suite
Tree of Life	3	Wed, 12 midday to 2pm	10, 17 & 24 June	The Limes Community Garden
Summer Wellbeing	1	Wed, 1 to 3pm	8 July	Moat Foundation Community Suite
Summer Celebration	1	Wed, 12 midday to 2pm	15 July	The Limes Community Garden

Contact: kmmh.ashfordrc@nhs.net



Use the QR code to register
Or call: 07770 610007



Canterbury

Courses	No. of sessions	Day & time	2026	Venue
How to Say No	2	Thurs, 10.30am to 12.30pm	7 & 14 May	Spring Lane Neighbourhood Centre
Reading for Wellbeing	1	Wed, 1.30 to 3.30pm	20 May	Kent Neuro Therapy Centre
Summer Wellbeing	1	Wed, 12.30 to 2.30pm	10 June	Abbey Physic Community Garden, Faversham
Tree of Life	3	Thurs, 10.30am to 12.30pm	11, 18 & 25 June	Spring Lane Neighbourhood Centre
Discovering Your Inner Strength & Potential	2	Wed, 2 to 4pm	1 & 8 July	Canterbury Adult Education
Summer Celebration	1	Thurs, 10.30am to 12.30pm	23 July	Spring Lane Neighbourhood Centre

Contact: kmmh.canterburyrc@nhs.net



Use the QR code to register
Or call: 07435 778961 / 07825 023573



Dartford, Gravesham and Swanley (DGS)

Courses	No. of sessions	Day & time	2026	Venue
Introduction to Recovery College	1	Tues, 1 to 3pm	21 April	Temple Hill Community Centre, Dartford
Healing Words	1	Wed, 1 to 3pm	29 April	The Grand Healthy Living Centre, Gravesend
How to Sleep Well	1	Tues, 1 to 3pm	5 May	Tree Estate Community Centre, Dartford
Introduction to Meditation	1	Wed, 1 to 3pm	20 May	The Grand Healthy Living Centre, Gravesend
Summer Wellbeing	1	Wed, 1 to 3pm	24 June	Moat Housing Hub, Gravesend
Relax and Breathe	1	Tues, 1 to 3pm	30 June	Tree Estate Community Centre, Dartford
Student Connect	1	Wed, 1 to 3pm	1 July	Moat Housing Hub, Gravesend
Living Well on a Budget	1	Tues, 1 to 3pm	7 July	Temple Hill Community Centre, Dartford
Summer Celebration	1	Wed, 12 midday to 2pm	22 July	Moat Housing Hub, Gravesend

Contact: kmmh.dartfordrc@nhs.net

Use the QR code to register
Or call: 07707 152712



Maidstone

Courses	No. of sessions	Day & time	2026	Venue
Haiku for Wellbeing	1	Tues, 10am to 12 midday	21 April	Fusion Healthy Living Centre, Parkwood
Wilder Wellbeing	6	Tues, 2 to 4pm	28 April 5, 12, 19 May 9, 16 June	Tyland Barn
Caring for Carers	2	Wed, 10am to 12 midday	29 April & 6 May	Greensand Health Centre, Headcorn
Mental Health Toolkit	1	Tues, 10am to 12 midday	12 May	Fusion Healthy Living Centre, Parkwood
Men's Sheds	1	Mon, 1 to 3pm	18 May	Maidstone Community Support Centre
Exploring Psychosis	4	Wed, 10am to 12 midday	17, 24 June 1 & 8 July	Greensand Health Centre, Coxheath
Summer Celebration	1	Wed, 11am to 1pm	22 July	Mote Park, Maidstone

Contact: kmmh.maidstonerc@nhs.net

Use the QR code to register
Or call: 07407 826920



Medway & Swale

Courses	No. of sessions	Day & time	2026	Venue
Summer Wellbeing	1	Mon, 1 to 3pm	27 April	Heather House, Sittingbourne
Haiku for Wellbeing	1	Mon, 1 to 3pm	18 May	Rochester Adult Education Centre
Digital Wellbeing	1	Mon, 1 to 3pm	8 June	Rochester Adult Education Centre
Introduction to Recovery College	1	Thurs, 10am to 12 midday	18 June	Rushenden Hub, Sheppey
Living Well on a Budget	1	Mon, 1 to 3pm	29 June	Morrisons, Strood
Summer Celebration	1	Mon, 1 to 3pm	20 July	Heather House, Sittingbourne

Contact: kmmh.medwayrc@nhs.net

Use the QR code to register
Or call: 07707 152428



Sevenoaks

Courses	No. of sessions	Day & time	2026	Venue
Introduction to Recovery College	1	Tues, 9.30 to 11.30am	21 April	Luggage Room Bat & Ball Station
Mental Health Toolkit	1	Tues, 12 midday to 2pm	28 April	Sevenoaks Leisure Centre
Creativity for Wellbeing – Book Hedgehogs	1	Tues, 9.30 to 11.30am	12 May	Luggage Room Bat & Ball Station
How to Say No	2	Tues, 12.30 to 2.30pm	9 & 16 June	Sevenoaks Leisure Centre
Summer Wellbeing	1	Tues, 12.30 to 2.30pm	23 June	Sevenoaks Leisure Centre
Introduction to Meditation	1	Tues, 12.30 to 2.30pm	7 July	Sevenoaks Leisure Centre
Summer Celebration	1	Tues, 12 to 2pm	21 July	Knole Park



Contact: kmmh.sevenoaksrc@nhs.net

Use the QR code to register
Or call: 07711 919610



South Kent Coast (SKC)

Courses	No. of sessions	Day & time	2026	Venue
Student Connect - Goodbye to Clutter catch-up	1	Tues, 1 to 3pm	28 April	Age Concern, Sandwich
Wilder Wellbeing	6	Thurs, 10.30am to 12.30pm	30 Apr, 7, 14, 21, 28 May & 4 June	RSPB Centre, Dungeness
Living Well on a Budget	1	Tues, 1.30 to 3.30pm	19 May	Rainbow Centre, Folkestone
Discovering Your Inner Strength & Potential	2	Thurs, 1.30 to 3.30pm	18 & 25 June	Rainbow Centre, Folkestone
Living Well on a Budget	1	Mon, 10am to 12 midday	29 June	Lighthouse on the Marsh, New Romney
Creativity for Wellbeing – Book Hedgehogs	1	Tues, 1 to 3pm	7 July	Hub on the Beach, Greatstone
Summer Celebration	1	Tues, 2 to 4pm	21 July	Rainbow Centre, Folkestone



Contact: kmmh.southkentcoastrc@nhs.net

Use the QR code to register
Or call: 07721 609018

Thanet

Courses	No. of sessions	Day & time	2026	Venue
Creativity for Wellbeing – Book Hedgehogs	1	Tues, 10.30am to 12.30pm	28 April	Arts in Ramsgate
Wilder Wellbeing	6	Wed, 10.30am to 12.30pm	6, 13, 20 May 10, 17, 24 June	Pegwell Bay
Introduction to Meditation	1	Thurs, 1.30 to 3.30pm	7 May	Veterans Centre, Birchington
Digital Wellbeing	1	Tues, 10.30am to 12.30pm	12 May	Arts in Ramsgate
Mental Health Toolkit	1	Thurs, 1.30 to 3.30pm	21 May	Veterans Centre, Birchington
Caring for Carers	2	Tues, 10.30am to 12.30pm	9, & 16 June	Arts in Ramsgate
Living Well on a Budget	1	Tues, 10.30am to 12.30pm	23 June	Arts in Ramsgate
Top Tips for Applications and Interviews	2	Wed, 10.30am to 12.30pm	1 & 8 July	GAP, Broadstairs
Summer Wellbeing	1	Tues, 10.30am to 12.30pm	7 July	Arts in Ramsgate
Summer Celebration	1	Tues, 10.30am to 12.30pm	21 July	Arts in Ramsgate



Contact: kmmh.thanetrc@nhs.net
 Use the QR code to register
 Or call 07519 922561

Tunbridge Wells

Courses	No. of sessions	Day & time	2026	Venue
Introduction to Recovery College	1	Wed, 10.30am to 12.30pm	22 April	Grosvenor and Hilbert Park Hub
Menopause, Mindfulness and Me	3	Wed, 10.30am to 12.30pm	29 April, 6 & 13 May	Angel Centre
Mental Health Toolkit	1	Wed, 10.30am to 12.30pm	20 May	Grosvenor and Hilbert Park Hub
Men's Sheds	1	Wed, 10.30am to 12.30pm	17 June	Angel Centre
Goodbye to Clutter	2	Wed, 10.30am to 12.30pm	24 June & 1 July	Angel Centre
How to Sleep Well	1	Wed, 10.30am to 12.30pm	8 July	Grosvenor and Hilbert Park Hub
Summer Celebration	1	Wed, 10.30am to 12.30pm	22 July	Grosvenor and Hilbert Park Hub

Contact: kmmh.tunbridgewellsrc@nhs.net



Use the QR code to register
Or call: 07720 152576

Virtual

Courses	No. of sessions	Day & time	2026	Venue
Writing for Self-Expression	4	Tues, 11am to 12.30pm	28 Apr, 5, 12 & 19 May	Virtual
Healing Words	1	Thurs, 11am to 12.30pm	30 Apr	Virtual
Tree of Life	3	Thurs, 11am to 1pm	7, 14 & 21 May	Virtual
Introduction to Exploring Psychosis	1	Tues, 1 to 3pm	9 June	Virtual
Digital Wellbeing	1	Wed, 11am to 1pm	10 June	Virtual
Relax and Breathe	1	Wed, 11am to 12.30pm	17 June	Virtual
Summer Wellbeing	1	Thurs, 11am to 12.30pm	18 June	Virtual
Understanding How I Learn	1	Wed, 11am to 12.30pm	24 June	Virtual
Introduction to Meditation	1	Thurs, 11am to 12.30pm	2 July	Virtual
Yoga for Everybody	1	Thurs, 11am to 1pm	9 July	Virtual
Summer Celebration	1	Thurs, 11am to 12 midday	16 July	Virtual



Contact: kmmh.virtualrc@nhs.net

Use the QR code to register
Or call: 07787 266421



Summer Celebrations

Join us to celebrate all your achievements!

Ashford	The Limes Community Garden, Ashford	Wed, 15 July from 12 midday to 2pm
Canterbury	Spring Lane Neighbourhood Centre	Thurs, 23 July from 10.30am to 12.30pm
Dartford, Gravesham and Swanley	Moat Housing Hub, Warrior Avenue, Gravesend	Wed, 22 July from 12 midday to 2pm
Maidstone	Mote Park	Wed, 22 July from 12 midday to 2pm
Medway & Swale	Heather House, Sittingbourne	Mon, 20 July from 1 to 3pm
Sevenoaks	Knole Park	Tues, 21 July from 12 midday to 2pm
South Kent Coast	Rainbow Centre, Folkestone	Tues, 21 July from 2 to 4pm
Thanet	Arts in Ramsgate	Tues, 21 July from 10.30am to 12.30pm
Tunbridge Wells	Grosvenor & Hilbert Park Hub	Wed, 22 July from 10.30am to 12.30pm
Virtual	MS Teams	Thurs, 16 July from 11am to 12 midday

Contact your locality coordinator or book your place using our Student Portal.

Thank you to all our partners

