NHS
Kent and Medway
Mental Health
NHS Trust

Kent & Medway recovery & wellbeing College

Course directory

FREE Health and wellbeing courses for adults in Kent and Medway

Knowledge, skills, strength and supporting each other.

A place for everyone.

In this booklet you will find a description of all our courses and workshops.

Our course descriptions follow a three-step guide.
This helps us to support you to find what course or workshop is best for you, right now, on your Recovery and Wellbeing College student journey.

You may find that our courses can include hidden benefits for you. These may include ways to manage mood and anxiety, being inspired to start a new hobby, making social connections, and reducing loneliness. It may also help you build on your social skills.

Our courses are held for a maximum of two hours and the description highlights how many sessions (one session per week) the course will run. The footprints shown are used as a visual guide of our three-steps.

Take a look and read our prospectus to find out what's available in your area.

See a course you like? Tell your locality coordinator using our feedback options or during a Student Connect session.

Book your course or workshop using our Student Portal or speak with your locality coordinator.

We look forward to seeing you in person or virtually!

Course step guide

Courses/Workshops	Content	Recommended for
Foundation	Starter courses and workshops, introducing new tools, meaningful activity and concepts of self-care.	Students who feel 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.

Step 1 - Foundation

Creativity for Wellbeing

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 workshop and activities vary each term - no experience is necessary! For **one-session**, we give you the opportunity to come and learn about how activating the creative side of your brain can improve your wellbeing.

Create a Better Christmas

Join us to find new ways to enjoy the Christmas period. This time of year can be hard to manage and get through due to mental health issues or financial pressures. We will provide a safe space for you to share your experiences, share what has worked for you and give you some tools on coping strategies, reframing negative perceptions and sharing support. Join us for this **one-session workshop**.

Digital Wellbeing

Helping you to find balance around your tech use to support your digital wellbeing, this **one-session workshop** aims to explore both the psychological and biological processes at play when we engage with technology, particularly social media. You'll gain greater awareness around your digital behaviour. We will explore daily practical tools to help minimise tech related stress and empower you to use digital spaces to your advantage.

Haiku for Wellbeing

Writing is good for self-expression, but it can also help to distract you from any unwanted thoughts or feelings. This **one-session 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

Healing Words

Simple poetry is a great way to express how we feel. In this **one-session workshop** we will guide you to explore a healing theme using your own words. No experience is necessary. Healing Words is designed for those who struggle to express themselves as well as for those who enjoy poetry.

How to Sleep Well

Do you have trouble getting to sleep or staying asleep? Join us and during this **one-session workshop** you will connect with others as we investigate the science behind sleep, including binaural and the noise spectrum. We will then introduce some different techniques to help students get a good night's sleep.

Introduction to Exploring Psychosis

This is a one-hour introductory session giving an overview of our four-week Exploring psychosis course.

This is open to anyone to attend, including clinicians, staff members, carers and service users to find out what the course is about. You will have an opportunity to ask questions, discuss, and find out more information about the full course.

Introduction to Recovery College

These sessions are an opportunity for you to meet the team, find out more about Recovery College, and ask any questions before you enrol on courses. There is no need to register as a student before or after this **one-session workshop**.

Living Well on a Budget

This **one-session 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.

Living Well with Memory Challenges

An opportunity to meet and learn from others who struggle with memory related challenges. Join us in understanding what memory can look like; and sharing information about services available, including top tips for living with memory challenges, keeping connected, and staying well.

Nurture in Nature: Opening the door

A one-session workshop exploring the mental health and wellbeing benefits of being in nature, in whatever way you can. Exploring how nature gives us what we need and what it asks from us in return. We explore green and blue spaces, find out about the five pathways to nature and learn about micro interventions.

Students will be led by facilitators using the RSPB nature prescription to support learning.

This workshop is gratefully supported by the KCC nature fund.

Nurture in Nature: Outdoor excursions

This course takes place in an outdoor space, for example a park or a coastal area. We'll explore our surroundings, taking notice of what lives around us, learning to appreciate our environment and how it can support our mental health. Activities may include learning more about nature, creativity, breathwork, mindfulness, gentle movement, walking and more. This course is suitable for any student who wishes to form a stronger connection with the outside world and with other students.

Students will be led by facilitators using the RSPB nature prescription to support learning.

This course is gratefully supported by the KCC nature fund.

Reading for Wellbeing

Join our relaxed **one-session** 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.

Relax and Breathe

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. Join us for **one-session** and discover how to relax and breathe.

Seasonal Wellbeing

Explore the natural rhythms of each season and how we can connect to these and find inspiration. During this **one-session workshop**, we will look at the current season and explore its wellbeing benefits, notice how we change and take comfort from being in nature.

You can book onto all the seasonal workshops for year-round wellbeing. The sessions will include the themes of Spring, Summer, Autumn and Winter in line with the seasons in the term.

Understanding How I Learn

We all learn differently. Join us in exploring how you learn and what you can do to support your own learning journey.

During this **one-session workshop**, we will explore different personal learning styles, helping you to make it easier for you to learn, and ask for the right support. Focusing on what we can achieve, we'll share ideas of what can help alongside the importance of practising self-care and acceptance.

Wilder Wellbeing

Supported by Kent Wildlife Trust, this **six-session 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 accessibility needs.

Wilder Wellbeing – Healing from grief

Supported by Kent Wildlife Trust, this **six-session course** is open to adults who are looking to reconnect with nature as part of their healing journey. These sessions use the soothing presence of the natural world to provide coping strategies that can help soften the intensity of loss, rather than traditional talking programmes.

Slow down on gentle walks, connect with your senses, learn mindfulness techniques, and discover more about the natural environment around you. Meet others who are experiencing similar situations and find support in a welcoming and understanding space.

Wilder Wellbeing – Parents and carers of children and young people with SEND

Supported by Kent Wildlife Trust, this **six-session course** is open to parents and carers of children and young people with Special Educational Needs and Disabilities (SEND).

Take time for yourself to step away from the demands of everyday life, reconnect with nature, and meet other parents and carers who understand the challenges and rewards of supporting a child with SEND.

Through gentle walks and nature-based activities, you will have the opportunity to practise mindfulness, explore the natural world, try creative journaling, and learn simple techniques to help you slow down, reduce stress, and become more aware of the environment around you.

Yoga for Everybody

This **one-session workshop**, we will guide you into an introduction to yoga practice, supporting your own recovery and wellbeing. It aims to explore the roots of this ancient practice as well as introducing you to breathing practices, somatic practices and basic physical postures that can regulate the nervous system and help manage stress and anxiety in everyday life.

Step 2 -

Building Motivation by Setting Goals

You will be invited to think of something you would like to achieve for yourself. Over this **two-session course**, we will learn how to set SMART goals together, and have an opportunity to practice planning to reach our goals. We will go on to explore ways to build our motivation and why this is important, by sharing and discussing ideas together.

Caring for Carers

Do you care? Many of us are carers even if we don't consider ourselves in that role. It doesn't have to be in an official capacity. Even if you don't consider yourself a Carer, if you look after others, this **two-session course** could still be for you. This course will help to give your life balance, allowing you to care for you too.

Discovering Your Inner Strength and Potential

Do you want to rediscover your individual talents, skills and potential? Over this **two-session course**, 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.

Goodbye to Clutter

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 for this **two-session course** in learning how to create your own healthy space.

How to Say No

Join us to learn what saying no looks and feels like, explore setting boundaries and practice saying no. During this **two-session course**, we'll build confidence in saying no and empower each other to put ourselves first.

Introduction to Meditation

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. Join us for this **one-session workshop**.

Menopause, Mindfulness and Me

This **three-session 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.

Mental Health Toolkit

Meet with us to share and learn new resources, ideas, and wellbeing tips. During this **one-session workshop**, we will put more tools into our mental health toolkit and build on our skills and resilience by sharing and connecting.

Mindful Living

During this **three-session 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.

Writing for Self-expression

We have come together with the Royal Literary Fund to provide this course on self-expressive writing. It is freestyle, personal and emotional writing that is not constrained by concerns about the 'end result', structure, spelling or grammar. These workshops are provided to help you think about your life and put your thoughts and feelings into words. This **four-session course** will foster personal awareness, resilience and wellbeing. There is no failing, only exploring.

Step 3 -

Exploring Psychosis

This **four-session 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.

Helping Family Relationships to Thrive

This **three-session course** looks at what we define as “family” and within that, our diverse experiences, the causes of conflict, meeting the needs of each other and how we can learn to understand each other better in order to thrive - whatever your “family” looks like.

Introduction to Peer Support

Are you interested in becoming a Peer Support Worker but not sure what the role entails? Join us to find out the skills required for the role, explore the benefits and hear from someone who has experience of working in the role.

Top Tips for Applications and Interviews

Join us on this **two-session course** and become more confident with applying for a role. From writing statements and being prepared for interviews, we’ll support you to build your resilience and empower you to take the next steps.

Tree of Life

You will be guided in a safe and confidential space to reflect positively on your life, your personal resilience, hopes and dreams. Across this **three-session course** we will gently look at how we have used our resourcefulness to develop strategies and overcome adversity in our lives and how we can recognise ways to use these invaluable skills in the future.

Our community and guest speakers

Action for Happiness

Learn more about Action for Happiness - a global movement and charity - which aims to increase the happiness in the world by bringing together people and supporting them to take practical action to build a happier society. Join us for this **one-session workshop**.

Men's Sheds

Come along to hear from Kent Sheds and get involved with like-minded people (men and women) of all ages, who take part in practical activities (such as woodwork) in informal spaces in Kent. Join us for this **one-session workshop**.

Student Connect

This is a space for our students have more opportunity to connect with each other for social connection and peer support.

During this **one-session workshop**, Recovery and Wellbeing College students decide on the talking points – share wellbeing tools and resources, 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.

Student Celebrations

We hold an annual celebration event for all students and facilitators at the end of the summer term. Students who attend will receive a certificate on completion

All students are welcome to attend, see your locality timetable for details.

What next?

Already a student?

Take a look at our prospectus which can be found on our website and book your place using Student Portal or talk to your locality coordinator.

New student? Enrol using our Student Portal links below:

How to enrol

New students must self-enrol using the Student Portal here:
https://kmpt-nhs.heiapply.com/eoi-form/embed/3785

One of our locality coordinators will then contact you to complete your registration.

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

How to book onto a course

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

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

We look forward to seeing you!