



# Spring Prospectus

January to April 2026

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

*Knowledge, skills, strength and supporting each other.*



**Kent and Medway  
Mental Health**  
NHS Trust



## **Spring term dates:**

**12 Jan to 13 Feb (5 weeks)**

Half term: 16 to 20 Feb

Staff development week: 23 to 27 Feb

**2 Mar to 2 Apr (5 weeks)**

Half term: 6 to 10 Apr

Staff development week: 13 to 17 April

Easter break: 3 to 6 April 2026

**Summer term starts from 20 April 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 spring 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.

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:

[www.kentmedwaymentalhealth.nhs.uk/about-us/recovery-and-wellbeing-college/](http://www.kentmedwaymentalhealth.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

New 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 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

[www.kentmedwaymentalhealth.nhs.uk/about-us/confidentiality-and-gdpr/](http://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
Tuesday, 13 January	12.30 to 2.30pm	Sevenoaks Leisure Centre
Wednesday, 14 January	10am to 12 midday	Greensand Healthy Leisure Centre, Maidstone
Thursday, 5 March	1 to 3pm	St Peters and St Paul's Centre, Swanscombe

# Meet our locality co-ordinators



## Ashford

Emma Boraston  
07825 859412  
[kmmh.ashfordrc@nhs.net](mailto:kmmh.ashfordrc@nhs.net)



## South Kent Coast (Dover & Folkestone)

Becky Norris  
07721 609018  
[kmmh.southkentcoastrc@nhs.net](mailto:kmmh.southkentcoastrc@nhs.net)



## Canterbury

Chantel Parsons  
07435 778961  
[kmmh.canterburyrc@nhs.net](mailto:kmmh.canterburyrc@nhs.net)



## Sevenoaks

Louisa Kiernander  
07711 919610  
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## Canterbury

Marsha Sutcliffe  
07825 023573  
[kmmh.canterburyrc@nhs.net](mailto:kmmh.canterburyrc@nhs.net)



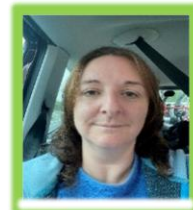
## Tunbridge Wells

Sharon Ventin  
07720 152576  
[kmmh.tunbridgerc@nhs.net](mailto:kmmh.tunbridgerc@nhs.net)



## Dartford, Gravesham & Swanley (DGS)

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## Thanet

Elaine Samworth  
07749 573570  
[kmmh.thanetrc@nhs.net](mailto:kmmh.thanetrc@nhs.net)



## Maidstone

Sadie Smallman  
07407 826920  
[kmmh.maidstonerc@nhs.net](mailto:kmmh.maidstonerc@nhs.net)



## Thanet

James Dexter  
07519 922561  
[kmmh.thanetrc@nhs.net](mailto:kmmh.thanetrc@nhs.net)



## Medway & Swale

Kelly-Marie Lee  
07707 152428  
[kmmh.medwayrc@nhs.net](mailto:kmmh.medwayrc@nhs.net)



## Virtual

Julie Fuller  
07787 266421  
[kmmh.virtualrc@nhs.net](mailto: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>



# 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 and Wellbeing 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	2026	Venue
Creativity for Wellbeing - Starlight	1	Wed, 1 to 3pm	21 Jan	Moat Foundation Community Suite
Student Connect	1	Mon, 12.30 to 2.30pm	2 Feb	Moat Foundation Community Suite
Winter Wellbeing	1	Wed, 12 midday to 2pm	4 Feb	The Limes Community Garden
Mental Health Toolkit	1	Wed, 12 midday to 2pm	11 Feb	The Limes Community Garden
Discovering Your Inner Strength and Potential	2	Wed, 1 to 3pm	11, 18 Mar	Moat Foundation Community Suite
Spring Wellbeing	1	Wed, 12 midday to 2pm	1 Apr	The Limes Community Garden

Contact: [kmmh.ashfordrc@nhs.net](mailto:kmmh.ashfordrc@nhs.net)

Call: 07825 859412

Use the QR code to register, or follow us on



## Canterbury timetable

Courses	No. of sessions	Day & time	2026	Venue
Relax and Breathe	1	Tues, 10.30am to 12.30pm	20 Jan	MS Therapy Centre
Goodbye to Clutter	2	Wed, 1.30 to 3.30pm	28 Jan & 4 Feb	Spring Lane Neighbourhood Centre
Creativity for Wellbeing – Fabric coasters	1	Thurs, 10.30am to 12.30pm	12 Feb	Spring Lane Neighbourhood Centre
Exploring Psychosis	4	Wed, 2 to 4pm	4, 11, 18, 25 Mar	Canterbury Adult Education
Spring Wellbeing	1	Wed, 12.30 to 2.30pm	1 Apr	Abbey Physic Community Garden, Faversham

Contact: [kmmh.canterburyrc@nhs.net](mailto:kmmh.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	2026	Venue
Healing Words	1	Wed, 1 to 3pm	4 Feb	Moat Housing Hub, Gravesend
Creativity for Wellbeing – Book Hedgehogs	1	Wed, 1 to 3pm	11 Feb	Moat Housing Hub, Gravesend
Introduction to Recovery College	1	Thurs, 1 to 3pm	5 Mar	St Peter and St Paul Centre, Swanscombe
Mental Health Toolkit	1	Wed, 1 to 3pm	11 Mar	Moat Housing Hub, Gravesend
Student Connect	1	Wed, 1 to 3pm	18 Mar	Moat Housing Hub, Gravesend
Haiku for Wellbeing	1	Wed, 1 to 3pm	25 Mar	Moat Housing Hub, Gravesend

Contact: [kmmh.dartfordrc@nhs.net](mailto:kmmh.dartfordrc@nhs.net)  
Call: 07707 152712

Use the QR code to register, or follow us on



## Maidstone timetable

Courses	No. of sessions	Day & time	2026	Venue
Introduction to Recovery College	1	Wed, 10am to 12 midday	14 Jan	Greensand Health Centre, Headcorn
How to Say No	2	Mon, 1 to 3pm	19, 26 Jan	Maidstone Community Support Centre
Action for Happiness	1	Tues, 10am to 12 midday	3 Feb	Fusion Healthy Living Centre, Parkwood
Digital Wellbeing	1	Wed, 1 to 3pm	11 Feb	Greensand Health Centre, Coxheath
Menopause, Mindfulness & Me	3	Tues, 10am to 12 midday	3, 10 & 17 Mar	Fusion Healthy Living Centre, Parkwood
How to Sleep Well	1	Wed, 10am to 12 midday	4 Mar	Greensand Health Centre, Headcorn
Spring Wellbeing	1	Wed, 10am to 12 midday	25 Mar	Greensand Health Centre, Coxheath
Student Connect	1	Mon, 1 to 3pm	30 Mar	Maidstone Community Support Centre

Contact: [kmmh.maidstonerc@nhs.net](mailto:kmmh.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	2026	Venue
How to Sleep Well	1	Tues, 1 to 3pm	20 Jan	Sunlight Centre, Gillingham
Living Well on a Budget	1	Mon, 1 to 3pm	2 Feb	Heather House, Sittingbourne
Wilder Wellbeing	6	Tues, 10.30am to 12.30pm	3, 10, 24 Feb 3, 10, 17 Mar	Riverside Country Park, Gillingham
Mental Health Toolkit	1	Mon, 11am to 1pm	9 Feb	Sunlight Centre, Gillingham
Healing Words	1	Mon, 1 to 3pm	2 Mar	Rochester Adult Education Centre
Introduction to Meditation	1	Thurs, 1.30 to 3.30pm	26 Mar	Hope Street, Sheerness

Contact: [kmmh.medwayrc@nhs.net](mailto:kmmh.medwayrc@nhs.net)

Call: 07707 152428

Use the QR code to register, or follow us on



## Sevenoaks timetable

Courses	No. of sessions	Day & time	2026	Venue
Introduction to Recovery College	1	Tues, 12.30 to 2.30pm	13 Jan	Sevenoaks Leisure Centre
Reading for Wellbeing	1	Thurs, 12.30 to 2.30pm	22 Jan	Sevenoaks Leisure Centre
Men's Sheds	1	Thurs, 12.30 to 2.30pm	29 Jan	Bat & Ball Luggage Room
Discovering Your Inner Strength and Potential	2	Thurs, 12.30 to 2.30pm	5 & 12 Feb	Sevenoaks Leisure Centre
Mindful Living	3	Thurs, 12.30 to 2.30pm	5, 12, 19 Mar	Sevenoaks Leisure Centre
Living Well on a Budget	1	Tues, 12.30 to 2.30pm	17 Mar	Sevenoaks Leisure Centre
Student Connect	1	Thurs, 12.30 to 2.30pm	2 April	Bat & Ball Luggage Room

Contact: [kmmh.sevenoaksrc@nhs.net](mailto:kmmh.sevenoaksrc@nhs.net)  
Call: 07711 919610

Use the QR code to register, or follow us on



## South Kent Coast (SKC) timetable

Courses	No. of sessions	Day & time	2026	Venue
Mental Health Toolkit	1	Fri, 1.30 to 3.30pm	30 Jan	Rainbow Centre, Folkestone
Creativity for Wellbeing – Starlights	1	Fri, 1.30 to 3.30pm	13 Feb	Rainbow Centre, Folkestone
Wilder Wellbeing	6	Mon, 10.30am to 12.30pm	23 Feb & 2, 9, 16, 23, 30 Mar	Walmer Castle
Spring Wellbeing	1	Thurs, 11am to 1pm	5 Mar	Hub on the Beach, Greatstone
How to Sleep Well	1	Fri, 10.30am to 12.30pm	20 Mar	Age Concern, Sandwich
Reading for Wellbeing	1	Fri, 10.30am to 12.30pm	27 Mar	Age Concern, Sandwich

Contact: [kmmh.southkentcoastrc@nhs.net](mailto:kmmh.southkentcoastrc@nhs.net)  
Call: 07721 609018



Use the QR code to register, or follow us on



## Thanet timetable

Courses	No. of sessions	Day & time	2026	Venue
Haiku for Wellbeing	1	Wed, 1 to 3pm	14 Jan	GAP, Broadstairs
How to Say No	2	Tues, 10.30am to 12.30pm	20, 27 Jan	Arts in Ramsgate
Discovering Your Inner Strength and Potential	2	Thurs, 1.30 to 3.30pm	5, 12 Feb	Veterans Centre, Birchington
Goodbye to Clutter	2	Tues, 10.30am to 12.30pm	3, 10 Mar	Arts in Ramsgate
How to Sleep Well	1	Wed, 10.30am to 12.30pm	18 Mar	GAP, Broadstairs
Relax and Breathe	1	Wed, 1 to 3pm	25 Mar	TBC
Reading for Wellbeing	1	Thurs, 10.30am to 12.30pm	2 April	GAP, Broadstairs

Contact: [kmmh.thanetrc@nhs.net](mailto:kmmh.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	2026	Venue
Haiku for Wellbeing	1	Wed, 10.30am to 12.30pm	14 Jan	Grosvenor & Hilbert Park Hub
Exploring Psychosis	4	Tues, 10.30am to 12.30pm	20, 27 Jan 3, 10 Feb	Angel Centre, Tonbridge
How to Say No	2	Wed, 10.30am to 12.30pm	11, 18 Mar	Grosvenor & Hilbert Park Hub
Student Connect	1	Tues, 10.30am to 12.30pm	31 Mar	Grosvenor & Hilbert Park Hub

Contact: [kmmh.tunbridgewellsrc@nhs.net](mailto:kmmh.tunbridgewellsrc@nhs.net)  
Call: 07720 152576

Use the QR code to register, or follow us on





## Virtual timetable

Courses	No. of sessions	Day & time	2026	Venue
Winter Wellbeing	1	Thurs, 11am to 12.30pm	15 Jan	Virtual
Haiku for Wellbeing	1	Wed, 11am to 12.30pm	21 Jan	Virtual
Relax & Breathe	1	Thurs, 11am to 12.30pm	22 Jan	Virtual
Tree of Life	3	Thurs, 11am to 12.30pm	29 Jan & 5, 12 Feb	Virtual
How to Sleep Well	1	Wed, 2 to 4pm	4 Feb	Virtual
Goodbye to Clutter	2	Wed, 12.30 to 2pm	4, 11 Mar	Virtual
How to Say No	2	Thurs, 11am to 12.30pm	5, 12 Mar	Virtual
Living Well on a Budget	1	Wed, 2 to 3.30pm	18 Mar	Virtual
Mental Health Toolkit	1	Wed, 11am to 12.30pm	25 Mar	Virtual
Reading for Wellbeing	1	Wed, 11am to 12.30pm	1 Apr	Virtual
Goodbye to Clutter catch-up	1	Wed, 12.30 to 2pm	2 Apr	Virtual

Contact: [kmmh.virtualrc@nhs.net](mailto:kmmh.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
Medway & Swale	Monday	1	2 February	1 to 3pm
Sevenoaks	Tuesday	1	17 March	12.30 to 2.30pm
Virtual	Wednesday	1	18 March	2 to 3.30pm

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
Canterbury	Tuesday	1	20 January	10.30am to 12.30pm
Virtual	Thursday	1	22 January	11am to 12.30pm
Thanet	Wednesday	1	25 March	1 to 3pm

Course	Digital Wellbeing 			
Description	The course will help you find balance around your tech use. It aims to explore both the psychological and biological processes at play when we engage with technology, particularly social media. In doing so, you can gain greater awareness around your digital behaviour. The course will explore daily practical tools to help minimise tech related stress and empower you to use digital spaces to your advantage.			
Location	Day	No. weeks	Start date	Time
Maidstone	Wednesday	1	11 February	1 to 3pm

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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
Virtual – Winter	Thursday	1	15 Jan	11am to 12.30pm
Ashford – Winter	Wednesday	1	4 February	12 midday to 2pm
SKC – Spring	Thursday	1	5 March	11am to 1pm
Maidstone – Spring	Wednesday	1	25 March	10am to 12 midday
Canterbury – Spring	Wednesday	1	1 April	12.30 to 2.30pm
Ashford – Spring	Wednesday	1	1 April	12 midday to 2pm


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
Thanet	Wednesday	1	14 January	1 to 3pm
Tunbridge Wells	Wednesday	1	14 January	10.30am to 12.30pm
Virtual	Wednesday	1	21 January	11am to 12.30pm
DGS	Wednesday	1	25 March	1 to 3pm

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## Step 1 - Foundation

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
Medway & Swale	Tuesday	1	20 January	1 to 3pm
Virtual	Wednesday	1	4 February	2 to 4pm
Maidstone	Wednesday	1	4 March	10am to 12 midday
Thanet	Wednesday	1	18 March	10.30am to 12.30pm
SKC	Friday	1	20 March	10.30am to 12.30pm

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	3 February	10.30am to 12.30pm
SKC	Monday	6	23 February	10.30am 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
DGS	Wednesday	1	4 February	1 to 3pm
Medway & Swale	Monday	1	2 March	1 to 3pm

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## Step 1 - Foundation


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
Ashford – Starlight	Wednesday	1	21 January	1 to 3pm
DGS – Book Hedgehogs	Wednesday	1	11 February	1 to 3pm
Canterbury – Fabric coasters	Thursday	1	12 February	10.30am to 12.30pm
SKC - Starlights	Friday	1	13 February	1.30 to 3.30pm


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
Sevenoaks	Thursday	1	22 January	12.30 to 2.30pm
SKC	Friday	1	27 March	10.30am to 12.30pm
Virtual	Wednesday	1	1 April	11am to 12.30pm
Thanet	Thursday	1	2 April	10.30am to 12.30pm


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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
Maidstone	Monday	2	19 January	1 to 3pm
Thanet	Tuesday	2	20 January	10.30am to 12.30pm
Virtual	Thursday	2	5 March	11am to 12.30pm
Tunbridge Wells	Wednesday	2	11 March	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
Medway & Swale	Thursday	1	26 March	1.30 to 3.30pm


Course	Mindful Living 			
Description	During this three-part 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
Sevenoaks	Thursday	3	5 March	12.30 to 2.30pm

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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
SKC	Friday	1	30 January	1.30 to 3.30pm
Medway & Swale	Monday	1	9 February	11am to 1pm
Ashford	Wednesday	1	11 February	12 midday to 2pm
DGS	Wednesday	1	11 March	1 to 3pm
Virtual	Wednesday	1	25 March	11am 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
Thanet	Thursday	2	5 February	1.30 to 3.30pm
Sevenoaks	Thursday	2	5 February	12.30 to 2.30pm
Ashford	Wednesday	2	11 March	1 to 3pm

Course	Mindful Living 			
Description	During this three-part 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
Sevenoaks	Thursday	3	5 March	12.30 to 2.30pm

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## Step 2 – Building and growing


Course	Menopause, Mindfulness and Me 			
Description	This 3-part 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	Tuesday	3	3 March	10am to 12 midday

Course	Goodbye to Clutter 			
Description	<p>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.</p> <p>The virtual course includes a third, shorter session, which will be a catch up and share space for those who attend the first two weeks. Please book on this separately.</p>			
Location	Day	No. weeks	Start date	Time
Canterbury	Wednesday	2	28 January	1.30 to 3.30pm
Thanet	Tuesday	2	3 March	10.30am to 12.30pm
Virtual	Wednesday	2	4 March	12.30 to 2pm
Virtual – catch-up	Wednesday	1	2 April	12.30 to 2pm

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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
Tunbridge Wells	Tuesday	4	20 January	10.30am to 12.30pm
Canterbury	Wednesday	4	4 March	2 to 4pm


Course	Tree of Life 			
Description	You will be guided in a safe and confidential space to reflect positively on your life, your personal resilience, hopes and dreams. 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.			
Location	Day	No. weeks	Start date	Time
Virtual	Thursday	3	29 January	11am to 12.30pm

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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
Ashford	Monday	1	2 February	12.30 to 2.30pm
DGS	Wednesday	1	18 March	1 to 3pm
Maidstone	Monday	1	30 March	1 to 3pm
Tunbridge Wells	Tuesday	1	31 March	10.30am to 12.30pm
Sevenoaks	Thursday	1	2 April	12.30 to 2.30pm

Guests	Action for Happiness 			
Description	Come along and 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.			
Location	Day	No. weeks	Start date	Time
Maidstone	Tuesday	1	3 February	10am to 12 midday

Guests	Men's Sheds 			
Description	Come along to hear about Kent Sheds and get involved with like-minded people (men and women) of all ages, who take part in practical activities (such as wood work) in informal spaces in Kent.			
Location	Day	No. weeks	Start date	Time
Sevenoaks	Thursday	1	29 January	12.30 to 2.30pm

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# Thank you to all our partners

