



Learn.

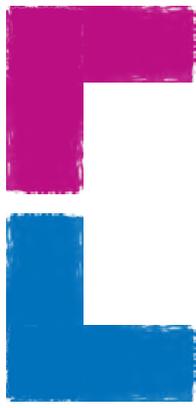
Share.

Discover:

# Recovery College Kirklees

April 2019 – August 2019

With **all of us** in mind.



# Welcome to our Recovery College



## Dear Learner

I am Matt, the principal of your Recovery College and have the great pleasure of introducing you to our Spring/Summer prospectus 2019. The Recovery College is open to anyone 18 years and over who wants to improve their wellbeing.

You will find a wide range of courses amongst these pages that will help you be well and stay well. In this prospectus, we are introducing new and exciting courses, some of which relate to becoming more active. We know that being active is good for both your physical and mental health and the good news is you don't have to be fit to join these courses – in fact they are specifically designed for people that are not! I might even get my running shorts on, but don't let that put you off!

Our courses are co-designed and co-facilitated by people with a lived experience of an illness, disability, caring role or mental health issue. We focus on working together and it is for this reason that people experience the Recovery College as a friendly and supportive place. I can never thank our volunteers enough, they put their all into what they do - I am always inspired by them! You can meet one or two of them at our **Introduction to Recovery College Sessions** and find out more about College life and our values too (please remember to book on).

I am truly humbled to be part of our Recovery College, I take pride in the things we do and the lives I see changed for the better. Sometimes my humility comes from getting things wrong and making mistakes. Though errors can be hard to admit, as a learning organisation we can learn from these mistakes and make changes to improve. Telling us we have got something wrong helps us to put it right, so your feedback is important. We are not just about learning but we are also about being responsible.

Responsibility needs to be shared. Help us to help you - and others, by reading our new Attendance Procedure on page 31. We have been victims of our own success with many courses being oversubscribed. This means we have to become more effective and efficient in dealing with attendance issues. Not attending your course, or attending only part of it, without good reason, denies someone else the **magical experience of the Recovery College!** Thanks to Helen, our admin support for booking people onto courses. You have kept her very busy!

Finally I am sure many of you who know Rachel will join me and say huge a CONGRATULATIONS in becoming our permanent Recovery College co-ordinator and for putting this excellent prospectus together. Please read on to discover all the wonderful things on offer! I look forward to meeting many of you and being inspired over the term ahead.

Yours sincerely

**Matt Ellis**

**Recovery College Principal**

# Workshops and Courses

We have divided our prospectus into five core themes, which have been colour coded for easier reference, these are:

- **Introductory Workshops & Taster Sessions**
- **Discover your Interests**
- **Exploring Wellbeing (including Learning Seminars)**
- **Moving Forward**
- **Courses for Carers**

Within each of the themes, sessions range in length from one-off workshops to courses running up to 12 weeks. The majority of our sessions are delivered here at the College in Mirfield, however we appreciate that this is not easily accessible for everyone. Therefore, as we grow we are beginning to deliver some of our courses from other venues across the district. Please take note of these at the time of booking.

We invite all new learners to the Recovery College to attend an 'Introduction to the Recovery College' session so please book on one of these by contacting us on 01924 481060 or by email at [recovery.kirklees@swyt.nhs.uk](mailto:recovery.kirklees@swyt.nhs.uk). The rest of the course choices are up to you. You are welcome to pick and choose between all the different sections.

**It is important that every learner reads our Attendance Procedure on page 31. This will help you booking onto courses and avoid disappointment.**



# Introduction to the Recovery College

We invite all learners new to the Recovery College to book on one of the sessions below.

This informal introductory session aims to give you information about the Recovery College and the opportunity to meet some of our wonderful volunteers. This is a chance to ask questions about attending the College and find out about the importance of learning together and from each other, in a safe and supportive environment. We will offer support to you, to enrol as a learner and to book onto courses and answer any queries.

**Dates & times:**

Tuesday 2 April 2019 at 10.30am – 12pm

Thursday 11 April 2019 at 1pm – 2.30pm

Wednesday 1 May 2019 at 1pm - 2.30pm

**Venue:**

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

**Cost:**

Free

*The staff were really kind, understanding, friendly, professional and not at all judgemental, which I think is really important*

*I love coming to the Recovery College, the courses are always great as is the welcome at the Centre. I am so glad I discovered the College*

# Taster Sessions

## Introduction to Mindfulness

Mindfulness is a life skill we can all learn. It involves the ability to become aware of what is happening in the present moment, rather than being on automatic pilot, without worrying or judging. Being mindful provides us with the opportunity to respond to difficult events and situations in new ways. This introductory workshop looks at the origins of mindfulness, core practices and its potential to be used to combat stress. Together, we will explore the various tools and techniques used, to gain a better understanding of mindfulness and its purpose.

**Date & time:**

Tuesday 14 May 2019 at 1pm – 4pm

**Venue:**

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

**Cost:**

Free

## Steps for Life

This workshop is designed for people experiencing persistent memory issues and / or their carers. In this session we will discuss the importance of physical activity and the positive impact this can have on both our emotional and physical wellbeing. There will be the opportunity to take part in some gentle exercises, ask questions and, as a group come up with practical ways to incorporate more movement into our daily lives. You will also discover more about the Steps for Life Scheme and, potentially be given the opportunity to undertake a longer term activity programme. This workshop is suitable for adults of all ages and abilities.

**Date & time:**

Tuesday 21 May 2019 at 1.30pm – 2.30pm

**Venue:**

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

**Cost:**

Free

## Introduction to Finding Me

This workshop aims to give you a brief overview of the three week 'Finding Me' course. You will have the opportunity to meet the Facilitators and learn what each session will cover and decide whether this course is suitable for you. Please note that places will only be available on the full course to learners who have attended this introductory session.

**Date & time:**

Thursday 27 June 2019 at 10.30am – 12pm

**Venue:**

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

**Cost:**

Free

## Introduction to Crafts

This taster session is designed for learners who have not previously attended our craft courses. This one-off workshop will give you the opportunity to meet some of our volunteer facilitators and other new learners. You can also check out our fabulous Art Room! You will learn how to produce a beautiful 'Mandala Stone' either for decoration or meditation purposes as well as learning a little about the history of mandala patterns and their cultural background.

(Please see pages 8 & 9 for more craft courses).

**Please note that our Art Room is based upstairs and there is no lift available. Please inform us at the time of booking if you have any access issues, so we can make every effort to meet your needs.**

### Date & time:

Wednesday 10 April 2019 10.30am – 2.30pm

### Venue:

Recovery College Kirklees, Pathways, Nettleton Road,  
Mirfield WF14 9AQ

### Cost:

Free , please bring a packed lunch



*I was  
extremely anxious  
when I first arrived, I soon  
felt very comfortable and  
engaged in what I was  
doing*

# Discover your Interests

These courses give you the opportunity to discover new interests and hobbies that may help improve your sense of wellbeing and reduce stress. Taking time out to focus on creative and fun activities is a good way to look after yourself and meet new people in an informal and supportive environment.

## Words in Mind

Over six weeks we will use simple themes from short stories, poems and other forms of the written word to promote general discussion. There will be the opportunity to get involved and read aloud as your confidence grows, and you might even find yourself inspired to write but there is no pressure to do either of these. It is okay just to listen and take the opportunity to forget about your cares and worries for a while. This course is accessible to everyone, whatever your level of literacy. Please let us know if you need support or further information.

**Date & time:** Wednesday 5 June 2019 at 1.30pm – 3pm

**Duration:** 6 Weeks

**Venue:** Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

**Cost:** Free

*Relaxing  
atmosphere, no  
pressure and  
fun!*



## Batik Art

Batik is becoming more popular and well known in the West as a wonderfully creative medium. Originally from Indonesia the art of decorating cloth using hot wax and dye, has been practised for centuries. Over four weeks you will learn how to make a batik, repeating the process to make more colourful and elaborate designs.

### Date & time:

Thursday 25 April 2019 at 10.30am – 2.30pm

### Duration:

4 Weeks

### Venue:

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost:

Free. Please bring a packed lunch.



## Button Bouquet Craft

Why not take some relaxing time out and learn how to make the most out of a collection of old buttons? During this two week course you will discover how to produce a pretty floral display to brighten your home or to brighten someone's day as a beautiful gift.

### Date & time:

Tuesday 21 May 2019 10.30am – 2.30pm

### Duration:

2 Weeks

### Venue:

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost:

Free. Please bring a packed lunch.

## Crafty Corsages

Stand out from the crowd this summer! Over two consecutive weeks, learn how to produce a variety of corsages, brooches and other decorative items using scraps of fabric, artificial flowers and just a needle and thread. You can use your fabulous creations to pin to your lapels, accessorize your handbags or even your footwear!

### Date & time:

Monday 3 June 2019 10.30am – 2.30pm

### Duration:

2 Weeks

### Venue:

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost:

Free. Please bring a packed lunch.

## Creative Lines

This two week course will teach you that anyone can learn how to draw. You will discover, using simple lines how to create a beautiful colourful drawing for you to be proud of. For anyone feeling particularly creative and adventurous we may even get the brushes and paints out!

**Date & time:**

Thursday 20 June 2019 at 10.30am – 2.30pm

**Duration:**

2 Weeks

**Venue:**

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

**Cost:**

Free. Please bring a packed lunch.

***This course is a great source of pride and accomplishment for me. I could create things I am proud of and feel supported during***



## Mosaics

During this five week course learn the basics of creating a stunning mosaic. These sessions will cover preparation, cutting and grouting and will provide you with the opportunity to get to grips with the art of mosaics, not to mention creating a beautiful product for you to take away for your home or garden.

**Date & time:**

Tuesday 2 July 2019 at 10.30am – 2.30pm

**Duration:**

5 Weeks

**Venue:**

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

**Cost:**

Free. Please bring a packed lunch.

*Priority will be given to learners who have not attended previously.*

## Hollywood & The Stars!

Due to popular demand, our latest Golden Age of Hollywood Course focuses on the numerous actors that filled our screens in the early days of cinema. Over four consecutive weeks you will watch numerous scenes from movies dating from 1940's – 1960's and learn about the stars of that era such as Bette Davis, Joan Crawford, James Cagney and Spencer Tracy to name but a few. The final week will be spent watching a classic full length feature film together. Popcorn provided!

### Date & time:

Wednesday 26 June 2019 at 1.30 –3.30pm

### Duration:

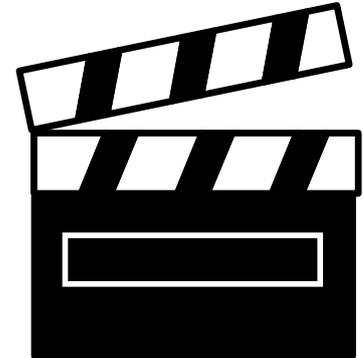
4 Weeks

### Venue:

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost:

Free



## Robotics – Introduction to Raspberry Pi

In this **one-off** workshop you will learn how to assemble an electronic vehicle that has a built in Raspberry Pi computer. Together, we will programme the robot enabling it to carry out different tasks including using sensors to avoid hazards and following a planned route unaided.

### Date & time:

Monday 29 April 2019 at 1pm – 4pm

### Venue:

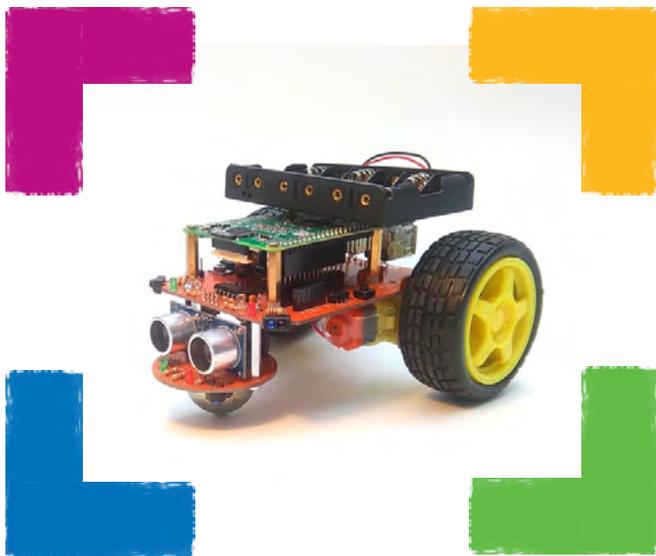
Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost:

Free



*Loved everything about this course, I have learnt so much...*



# Exploring Wellbeing

These courses are designed to help you stay well and be well through personal development, planning and learning. They help you manage your wellbeing and recovery using coping strategies, self-reflection and group support.

## Looking After Me

This course is designed to help you be kind to yourself and plan to be well and stay well. We will help you develop positive strategies that are simple and easy to use. The course is full of practical advice, ideas and concepts to start you on the journey of making your own personal wellbeing plan. You will need to be prepared to develop your self-awareness and share in group discussions in a safe and supportive environment.

### Date & time:

Monday 1 April 2019 at 10.30am – 12.30pm

### Duration:

2 Weeks

### Venue:

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost:

Free

## Quiet the Mind: The Practice of Meditation

Are you always on the go; continually having somewhere to be and something to do? Do you struggle to switch off and give your brain a well deserved break? If so, this might be the course for you. This interesting introduction to meditation will, over three consecutive weeks teach you some of the history and facts about meditation, the reasons to meditate and how this practice can help us to live in the present moment. You will learn how to meditate using a variety of techniques and as a group will discuss the "Power of Now".

### Date & time:

Wednesday 15 May 2019 at 1.30pm – 3pm

### Duration:

3 Weeks

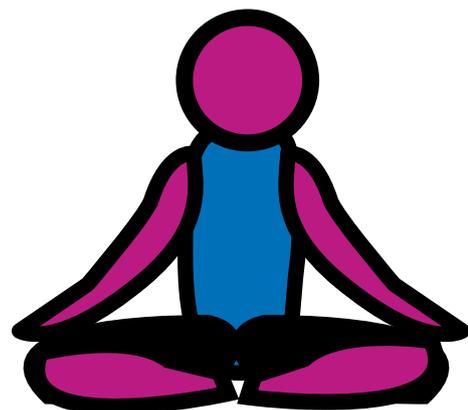
### Venue:

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost:

Free

*Relaxing,  
inclusive, easy to  
understand and  
eye opening*



## Managing Emotions & Making Decisions

This course looks at how emotions can affect our decision making. Learning to manage our emotions by using some simple but effective tools and techniques will help us make more effective decisions and assist us in managing difficult situations. We will use a variety of activities and exercises which requires participation and personal reflection. You will leave this course with a pack of tools and ideas having learnt from other participants.

### Date & time

Monday 13 May 2019 at 1pm – 3pm

### Duration

2 Weeks

### Venue

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost

Free



## Calm the Panic Within

This two week course is aimed at individuals who may struggle with feelings of anxiety and panic. These gentle sessions will provide you with strategies to calm your body and mind when you feel overwhelmed and to help get you safely through those scary moments. You will learn what extreme stress does to our brains and bodies, what nature can teach us about coping with panic as well as different grounding techniques to give you the ability to soothe yourself and get you through those difficult times. There will also be the opportunity to make your own grounding object using salt dough for you to take home.

### Date & time:

Wednesday 15 May 2019 at 10.30am – 12pm

### Duration:

2 Weeks

### Venue:

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost:

Free



## Relationship Matters

Relationships matter. They can be the cause of both joy and pain. They can also help us remain grounded and stable. Sometimes we can feel that we are unable to be ourselves around others and have little control in managing difficult situations and dynamics. Whilst we can't change others, we can change our responses. This two week course will give you some tools to be able to communicate better, understand your own responses to others and manage difficult situations. We use a variety of activities and exercises, which requires participation and personal reflection. You will leave with information, advice and the tools used from this course.

### Date & time:

Monday 1 July 2019 at 11am – 1pm

### Duration:

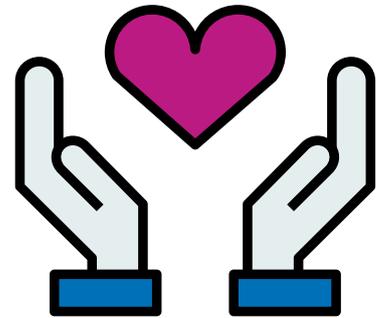
2 Weeks

### Venue:

Folly Hall Mills, St Thomas Road, Huddersfield HD1 3LT

### Cost:

Free



## Finding Me

This three week course is designed for those who feel they have lost self-value; this could be due to losing a loved-one, a job, an occupation or because of difficult life experiences. Using personal stories and other concepts in a creative way, this course will help you explore a sense of who you really are, to enable you to reconnect and rebuild your true self and feel connected with life again. You will need to be prepared to develop your self-awareness and share in group discussions in a safe and supportive environment. **Please note to book on this course you must first have completed the introductory session (see page 5).**

### Date & time:

Thursday 11 July from 1pm – 3pm

### Duration:

3 Weeks

### Venue:

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost:

Free

***It allowed me to  
look at who I am,  
but also who I want  
to be again!***

# Mood Boosters

The following courses are designed to give your mood a boost using the 'Five Ways to Wellbeing'.

- Connect:** Meeting others
- Be Active:** Being more physically active
- Take Notice:** Appreciating your environment and surroundings
- Learn:** Taking part in a course, learning something new
- Give:** Helping and supporting others

## Couch to 5K

This course is designed for learners who may do little or no exercise. Over the course of twelve weeks we will take you from couch potato to completing a five kilometre parkrun event. Using the NHS Couch to 5K Scheme you will gradually progress to develop both your fitness and running technique alongside other beginners. The qualified leaders will provide plenty of support and encouragement to help you along the way and no-one is ever left behind!

### Date & time

Thursday 25 April 2019 at 5.30pm – 6.30pm

### Duration

12 Weeks

### Venue

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost

Free

## Let's Sing Rock 'n' Pop

Sing in the shower? Sing along to the radio? It is a proven fact that singing has many benefits for our health and wellbeing, physically, emotionally and socially, but above all else it's **FUN!** Come along and join us for this four week course, in a relaxed and informal group session. Sing some fabulous rock 'n' pop tunes, learn new techniques to help with breathing and posture, and get the feel-good factor that singing pretty much guarantees to provide. Everyone is welcome to attend this session, whether you think you can hold a note or not.

### Date & time:

Thursday 2 May 2019 at 10.30am – 12.30pm

### Duration:

4 Weeks

### Venue:

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost:

Free



## Dance Fusion

Regular dancing; simply moving to the best of our ability can really lift our spirits but research shows that it also improves our brain function, reduces stress and strengthens friendship bonds as well as improve our general physical health. This fun, two week course delivered by SS Dance & Wellbeing, is a combination of Dancercise, Zumba, Aerobics and StreetFIT and all abilities are welcome. We won't be taking ourselves too seriously, it's all about enjoyment – so don't worry if you think you have two left feet!

### Date & time:

Thursday 6 June 2019 at 1pm – 2pm

### Duration:

2 Weeks

### Venue:

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost:

Free

## World Dance

Discover for yourself dances from around the globe to exercise your brain and body! This exciting two week course delivered by ShimmyHipz, will give you the opportunity to try a variety of simple dances, both lively and relaxing, in a supportive and friendly space alongside other learners. No previous dance experience is necessary, just the willingness to have fun! Props provided.

### Date & time

Tuesday 9 July 2019 at 10.30am – 12pm

### Duration

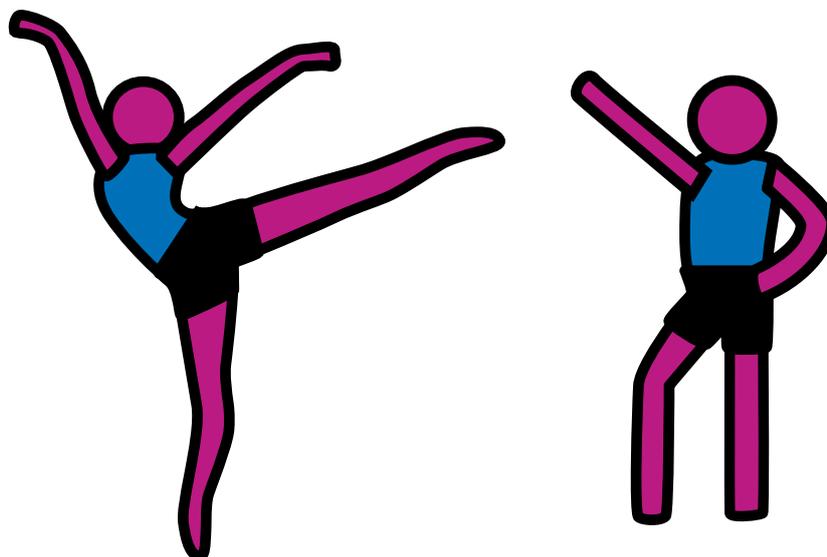
2 Weeks

### Venue

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost

Free



## Tai Chi

Originating in China, Tai Chi combines deep breathing and relaxation with slow and gentle movements. This ancient art can be an effective exercise for the health and wellbeing of both our body and mind. This two week course will provide you with the opportunity to try this age-old practice and discover the many benefits for yourself.

### Date & time

Tuesday 30 April 2019 1.30pm – 3pm

### Duration

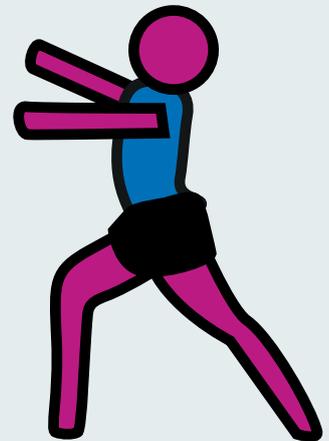
2 Weeks

### Venue

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost

Free



## African Drumming

This amazing, fun two week course delivered by RhythmStick is suitable for beginners and for anyone wanting to improve their drumming techniques. The benefits of djembe drumming in a group is widely recognised. This can prove to be a joyful and therapeutic experience bringing a sense of belonging and harmony to all involved. These sessions are designed to give you a brief introduction to African Drumming and the opportunity to play some simple beats and rhythms in a supportive space. All abilities are welcome and instruments are provided.

### Date & time:

Thursday 20 June 2019 at 1.30pm – 3pm

### Duration:

2 Weeks

### Venue:

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost:

Free



# Walks for Wellbeing

We all know that physical exercise, such as walking is good for your heart, but did you know that it is proven to be good for your mind too? Why not join us for a series of rambles and discover for yourself some of the many benefits of striding out into the great outdoors, while learning something new along the way? The walks are usually between 2 – 3 miles long with a different learning theme each week and some will include spending a little time in the classroom. So, if you want to clear your head and soothe your soul please join us!

- Please wear suitable clothing and sturdy footwear
- Please bring a drink and a snack
- Please note finish times are approximate.
- Please note different meeting points
- Please seek advice from your GP if you have an on-going health condition which affects your ability to exercise and advise us in advance

## Walk Write This Way:

Using our senses we will mindfully take notice of, and appreciate our environment and surroundings. We will chat about our feelings and sensations while out and about in nature. For anyone feeling inspired, there will be the opportunity to write about these and share with the group, if you wish.

**Date & time:** Tuesday 11 June 2019 10am – 12.30pm

**Meet:** Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

## The Great Outdoors:

While out and about we will keep a watchful eye out for various wildlife, different birds and flora and fauna. We will share our knowledge as a group and enjoy a quick tea break in the great outdoors!

**Date & time:** Tuesday 25 June 2019 10am – 12.30pm

**Meet:** Dewsbury Country Park  
Park Road, Dewsbury WF13 3TH

## Digital Photography:

Smartphones and cameras can be complicated, so why not discover a better understanding and techniques to enable you to take superior photos? Being in an outdoor space can also make us more creative so come along and let's get snapping! You will have the chance to download and share your photos with the group at the end of the session.

**Date & time:** Tuesday 4 June 2019 10am – 1pm

**Meet:** Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

## Local History:

Local history can often play an important part in developing a sense of pride and belonging in a community. Why not join us to discover some of Huddersfield's past and check out some beautiful architecture en-route?

**Date & time:** Tuesday 18 June 2019 10am – 1pm

**Meet:** Huddersfield Railway Station, St George's Square, Huddersfield HD1 1JB

# Learning Seminars

**This series aims to provide you with some of the latest information and useful techniques to aid your development or personal recovery. Many seminars have been co-produced by someone with lived experience and are hosted by Health Professionals who want to share their knowledge and understanding.**

## Autism Awareness

This **one-off** workshop will provide an introduction to Autism. The course will promote an understanding of the characteristics of Autism and the various ways that it may affect an individual. It will explore myths surrounding this and what to do if you suspect Autism in yourself or someone else. It will provide an overview of the strategies that may help those with Autism or those supporting them. You will also receive information on local and national support networks and where to access further help.

### Date & time

Tuesday 9 April 2019 at 10.30am – 12.30pm

### Venue

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost

Free

## Understanding Dementia

Are you concerned about your memory or that of a loved one? Have you or someone you know been recently diagnosed with Dementia? Do you work or volunteer with people who experience memory issues? If you answered yes to any of these questions or if you would just like to find out more about Dementia then this is the course for you. This one-off workshop delivered by Kirklees Dementia Hub will provide you with information about symptoms, the progression of Dementia, how to access support and be able to answer some of your questions relating to this diagnosis.

### Date & time:

Thursday 23 May 2019 at 1.30pm – 3.30pm

### Venue:

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost:

Free

## Worries & How To Deal With Them

Worrying is a normal part of everyone's life but for some people worry can start to take control of their lives and become extremely distressing. It is very common for people to have difficulty managing worries and if this is the case for you then this would be the ideal course. These four weekly sessions will teach you about Cognitive Based Therapy self-help techniques so that you can learn to manage your worries. The techniques taught are all evidence-based so by the end of the course you will be equipped with strategies to get those worries under control.

### Date & time:

Wednesday 5 June 2019 at 1.30pm – 3pm

### Duration:

4 Weeks

### Venue:

Folly Hall Mills, St Thomas Road,  
Huddersfield HD1 3LT

### Cost:

Free



*The ideas for coping with worry were excellent and the delivery was very good too*

## Medication & Me

Do you want to know more about the medication you are prescribed, the impact on your body, the benefits and potential side effects? This one-off session delivered by the Deputy Chief Pharmacist at Fieldhead Hospital alongside a Recovery College Volunteer focuses on how anti-depressants and anti-psychotics work and the ways that you are able to get the most from your meds.

### Date & time:

Thursday 11 July 2019 at 1pm – 3pm

### Venue:

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost:

Free



*Really helpful session that will certainly make me think more and use my time with medical professionals more valuably*

# Moving Forward

**These courses support you in achieving your aspirations and personal goals. This could be anything from being more assertive to getting back to work and all things in-between.**

## Skills for Volunteering

Whether you are thinking of volunteering in the future or are already an existing volunteer this motivating seven week course delivered by WEA will help adults to develop their skills to become confident and effective volunteers. This course includes exploring the role of the volunteer, developing good communication and interpersonal skills and understanding issues of equality and diversity.

### Date & time

Wednesday 5 June 2019 at 10am – 12.30pm

### Duration

7 Weeks

### Venue

Recovery College Kirklees, Pathways,  
Nettleton Road, Mirfield WF14 9AQ

### Cost

Free



*I've gained the confidence to apply for volunteering and thinking of my future.....and realised I can do it*

## Assertiveness & Communication Skills

Offered by the Richmond Fellowship this three week course looks at how assertiveness and communication can affect our everyday lives. If you ever feel that people take advantage of your kind nature or you wish you could communicate in a different way, then this course is for you. The course will help you develop assertiveness skills and will provide practical techniques for good communication.

### Date & time

Monday 10 June 2019 at 1pm – 3pm

### Duration

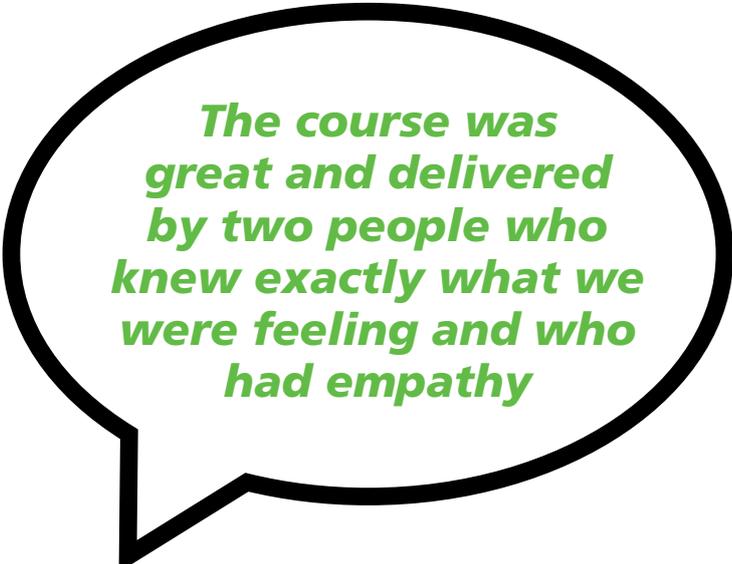
3 Weeks

### Venue

Recovery College Kirklees, Pathways,  
Nettleton Road, Mirfield WF14 9AQ

### Cost

Free



*The course was great and delivered by two people who knew exactly what we were feeling and who had empathy*

## Mental Health and Moving On

During this six week course, delivered by CLEAR we will look at mental health, early recovery and wellbeing. Focusing on our unique assets and skills, we will discover creative ways to use lived experience to the benefit of ourselves and those around us. Throughout this course you will realise the positive impact these skills can have in your own life and the wider community.

### Date & time

Tuesday 18 June 2019 at 1pm - 3pm

### Duration

6 Weeks

### Venue

Recovery College Kirklees, Pathways,  
Nettleton Road, Mirfield WF14 9AQ

### Cost

Free



*...epic group  
leaders, funny,  
inclusive and  
practical...*

## What's On?

This **one day session** is designed to provide learners with valuable information regarding other services, activities and groups beyond the Recovery College walls (but within the Kirklees District) to help you reach your full potential and live well in your own community.

Whether you are interested in the arts, leisure, recreation, physical activity, sport, education or volunteering opportunities or just something to keep your children entertained during the holidays you will learn about organisations relating to all of these topics – AND MORE, from the providers themselves. This course has been produced in partnership with Community Plus, Creative Minds, Recovery College Volunteers and a selection of other parties with the aim of improving your overall wellbeing and to live a fuller, more meaningful life.

### Date & time

Monday 15 July 2019 at 10.30am – 3pm

### Venue

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost

Free. A light lunch will be provided.

## Employability Day

This **one day session** delivered by WEA provides learners with the opportunity to improve their employability skills, such as CV writing and interview techniques. There will be the chance to practice some of these methods, discuss our strengths and abilities and ways we could improve with other learners in an informal and friendly setting.

### Date & time

Wednesday 24 July 2019 at 10am – 2pm

### Venue

Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

### Cost

Free. A light lunch will be provided.

# Leader Training

**These recognised training packages are aimed at individuals who are planning to become a volunteer, or are already volunteering or employed in a related field. These courses are offered by Kirklees Sport & Physical Activity Development Team.**

**Please book on these sessions at [www.eventbrite.co.uk](http://www.eventbrite.co.uk). If you need any assistance please contact a member of the Recovery College team.**

## Walk Leader

### Kirklees Walking For Health Volunteer Leader Training

This **one day** course will qualify you to lead/support Health Walks. These are short group walks for people who have done little or no structured walking who wish to improve their health through walking. We have volunteering opportunities within Kirklees for new Leaders and helpers. The course will cover physical activity & health benefits, barriers to walking, organising and delivering sessions including route planning.

**Date & time:** Monday 22 July 2019 at 10am – 4.30pm

**Venue:** Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

**Cost:** Free

## Moving More Often

This **one-off** workshop aims to provide leaders with the knowledge and theoretical and practical skills to deliver, and create, sustainable physical activity opportunities across Kirklees. This **CORE MODULE** covers essential information in order to deliver safe, inclusive activity for all ages and abilities, particularly older people and/or people living with Dementia and/or disabilities. This session covers Health & Safety, motivating individuals to become more active, breaking down barriers as well as how to establish and maintain an inclusive group. Other related courses are also available, including MAGIC (see below)

**Date & time:** Tuesday 4 June 2019 at 9.30am – 12.15pm

**Venue:** Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

**Cost:** Free

## MMO Movement and Games in Chairs (MAGIC)

This practical **one-off** workshop aims to train leaders to deliver chair based games and activities using a range of sensory equipment. This inclusive training module will give leaders ideas about how to deliver activity in chairs for all ages and abilities, particularly for older people and those less mobile and/or experiencing memory problems.

**Date & time:** Tuesday 4 June 2019 at 1pm – 4pm

**Venue:** Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

**Cost:** Free

# Courses for Carers

## Positive Steps – For Carer's of People with a Diagnosis of Dementia

The Positive Steps Educational Programme is a four week course delivered by the Kirklees Admiral Nursing Service and designed for carers of people living with a diagnosis of Dementia. This course is aimed at Carers who have a GP in Kirklees and help and support a person with a diagnosis of Dementia. The programme enables carers to increase their understanding of the condition. Each session offers information about the complexities of Dementia and helps carers to develop coping strategies. It provides opportunities to improve quality of life and aid better communication with the person living with the diagnosis.

This course aims to empower carers to improve their own wellbeing and provide the tools to reduce stress and improve the care they give. Three of the weekly sessions include guest speakers; an Occupational Therapist, a Carer, and a Memory Service Nurse.

**Date & time:** Tuesday 11 June from 9.30am – 12.30pm

**Duration:** 4 Weeks

**Venue:** Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

**Cost:** Free

*To book on this course please contact the Admiral Nurse Service directly on 01484 343126*

## Families and Carers Matter

Supporting a family member or friend with mental health problems can be rewarding in its own way. It can also be very isolating and carers may not know what help to ask for, or even how to ask. Self-advocacy means enabling a person to get their own voice heard. For a carer this means both speaking up for themselves and the person they care for. This **one-off** session aims to support families, friends and carers, of adults accessing Mental Health Services, do this more effectively. We will:

- Look at the Mental Health "System"
- Look at your rights as a family member and/or unpaid carer
- Learn ways to communicate effectively including assertiveness, negotiation skills and how to make a complaint or compliment
- Understand how our emotions and thinking may influence us and how to manage this

Whilst these sessions are primarily aimed at carers, we recognise the struggle that you may have in getting time away from your caring role. As such, you are welcome to bring with you the person that you are caring for but **please advise us of this at the time of booking.**

**Date & time:** Monday 8 July 2019 at 10am – 2.30pm

**Venue:** Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

**Cost:** Free. Please bring a packed lunch

## Kirklees Mental Health Carers Forum

We are a forum for unpaid carers, family members and friends of adults accessing Mental Health Services in Kirklees run by carers for carers. The forum is regularly attended by Health Care Managers, Healthwatch Kirklees, Kirklees Council and also third sector and voluntary organisations. These are an opportunity for you to hear about changes to existing services as well as discuss new developments and plans. So please join us and share your views, concerns or experiences of services in a friendly and constructive environment and influence the shape and direction of services in the future.

### Upcoming Meetings:

**Monday 8 April 2019 at 1pm – 3.30pm**

**Monday 10 June 2019 at 1pm- 3.30pm**

**Monday 12 August 2019 at 1pm - 3.30pm**

All the above will be held in Room 49 at Folly Hall, St Thomas Road, Huddersfield HD1 3LT

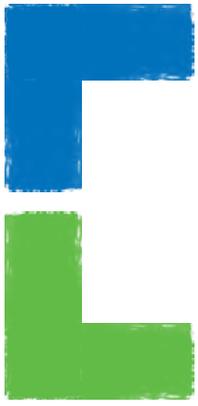
For further information, please contact any of our supporters below:

SWYPFT: Helen Wiggins on 01924 481070 or email [Helen.wiggins@swyt.nhs.uk](mailto:Helen.wiggins@swyt.nhs.uk)

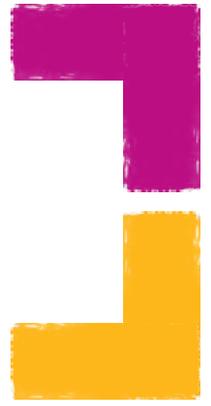
St Anne's COAST Service: Michelle Roberts on 01924 468344

Carers Count: Yakub Rawat on 03000 120231





# Further Resources



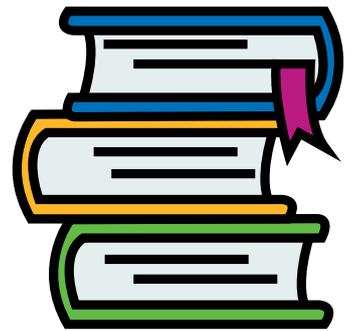
## Library

**“A book is a gift you can open again and again”** - Garrison Keillor

Did you know that reading is good for you?

- It can improve your memory
- It reduces your stress level
- It can be therapeutic
- It improves brain function
- It increases your attention span
- It can even help you live longer

The Library is open to all learners and volunteers. Please feel free to borrow a book when you come to a course at the Recovery College.



## Inspector-Gadget

Do you have a problem with your smart phone, tablet or laptop? If so, you need Inspector Gadget! This is a free one-to-one 30 minute session to help you solve those IT problems. You can arrange to meet our Inspector Gadget between

2pm – 4pm on the following dates:

- Monday 1 April 2019
- Monday 13 May 2019
- Monday 3 June 2019
- Monday 8 July 2019



*Please contact us to book a session and to inform us which gadget you are bringing along*



# Workshops and Course Dates



## April

Title	Date	Time	Number of sessions	Venue	Cost
Looking After Me	Monday 1 April 2019	10.30am - 12.30pm	2	Recovery College	Free
Inspector Gadget	Monday 1 April 2019	2pm - 4pm	1	Recovery College	Free
Introduction to the Recovery College	Tuesday 2 April 2019	10.30am - 12pm	1	Recovery College	Free
Autism Awareness	Tuesday 9 April 2019	10.30am - 12.30pm	1	Recovery College	Free
Introduction to Crafts	Wednesday 10 April 2019	10.30am - 2.30pm	1	Recovery College	Free
Introduction to the Recovery College	Thursday 11 April 2019	1pm - 2.30pm	1	Recovery College	Free
Batik Art	Thursday 25 April 2019	10.30am - 2.30pm	4	Recovery College	Free
Couch to 5K	Thursday 25 April 2019	5.30 - 6.30pm	12	Recovery College	Free
Robotics - Introduction to Raspberry Pi	Monday 29 April 2019	1pm - 4pm	1	Recovery College	Free
Tai Chi	Tuesday 30 April 2019	1.30pm - 3pm	2	Recovery College	Free

# May

Title	Date	Time	Number of sessions	Venue	Cost
Introduction to the Recovery College	Wednesday 1 May 2019	1pm - 2.30pm	1	Recovery College	Free
Let's Sing Rock 'n' Pop	Thursday 2 May 2019	10.30am - 12.30pm	4	Recovery College	Free
Managing Emotions & Making Decisions	Monday 13 May 2019	1pm - 3pm	2	Recovery College	Free
Inspector Gadget	Monday 13 May 2019	2pm - 4pm	1	Recovery College	Free
Introduction to Mindfulness	Tuesday 14 May 2019	1pm - 4pm	1	Recovery College	Free
Calm the Panic Within	Wednesday 15 May 2019	10.30am - 12pm	2	Recovery College	Free
Quiet the Mind: Meditation	Wednesday 15 May 2019	1.30 - 3pm	3	Recovery College	Free
Button Bouquet Craft	Tuesday 21 May 2019	10.30am - 2.30pm	2	Recovery College	Free
Steps for Life	Tuesday 21 May 2019	1.30pm - 2.30pm	1	Recovery College	Free
Understanding Dementia	Thursday 23 May 2019	1.30pm - 3.30pm	1	Recovery College	Free

If you would like to enroll on a course or would like to know more about how you can get involved with the Recovery College you can contact us on: **01924 481060** or email: [recovery.kirklees@swyt.nhs.uk](mailto:recovery.kirklees@swyt.nhs.uk)

For up to date course information, videos and course photos please visit our Facebook page: [Discover Recovery College Kirklees](#)

# June

Title	Date	Time	Number of sessions	Venue	Cost
Crafty Corsages	Monday 3 June 2019	10.30am - 2.30pm	2	Recovery College	Free
Inspector Gadget	Monday 3 June 2019	2pm - 4pm	1	Recovery College	Free
Walks for Wellbeing	Tuesday 4 June 2019	10am 12.30pm	4	Various	Free
Moving More Often Training	Tuesday 4 June 2019	9.30am - 12.15pm	1	Recovery College	Free
MAGIC	Tuesday 4 June 2019	1pm - 4pm	1	Recovery College	Free
Skills for Volunteering	Wednesday 5 June 2019	10am - 12.30pm	7	Recovery College	Free
Words in Mind	Wednesday 5 June 2019	1.30pm - 3pm	6	Recovery College	Free
Worries & How to Deal With Them	Wednesday 5 June 2019	1.30pm - 3pm	4	Folly Hall, Huddersfield	Free
Dance Fusion	Thursday 6 June 2019	1pm - 2pm	2	Recovery College	Free
Assertiveness & Communication	Monday 10 June 2019	1pm - 3pm	3	Recovery College	Free
Positive Steps	Tuesday 11 June 2019	9.30am - 12.30pm	4	Recovery College	Free
Mental Health & Moving On	Tuesday 18 June 2019	1pm - 3pm	6	Recovery College	Free
Creative Lines	Thursday 20 June 2019	10.30am - 2.30pm	2	Recovery College	Free
African Drumming	Thursday 20 June 2019	1.30pm - 3pm	2	Recovery College	Free
Hollywood & The Stars!	Wednesday 26 June 2019	1.30pm - 3.30pm	4	Recovery College	Free
Finding Me Introduction	Thursday 27 June 2019	10.30am - 12pm	1	Recovery College	Free

# July

Title	Date	Time	Number of sessions	Venue	Cost
Relationship Matters	Monday 1 July 2019	11am - 1pm	2	Folly Hall, Huddersfield	Free
Mosaics	Tuesday 2 July 2019	10.30am - 2.30pm	5	Recovery College	Free
Families & Carers Matter	Monday 8 July 2019	10am - 2.30pm	1	Recovery College	Free
Inspector Gadget	Monday 8 July 2019	2pm - 4pm	1	Recovery College	Free
World Dance	Tuesday 9 July 2019	10.30am - 12pm	2	Recovery College	Free
Medication & Me	Thursday 11 July 2019	1pm - 3pm	1	Recovery College	Free
Finding Me	Thursday 11 July 2019	1pm - 3pm	3	Recovery College	Free
What's On?	Monday 15 July 2019	10.30am - 3pm	1	Recovery College	Free
Walk Leader	Monday 22 July 2019	10am - 4.30pm	1	Recovery College	Free
Employability Day	Wednesday 24 July 2019	10am - 2pm	1	Recovery College	Free

If you would like to enroll on a course or would like to know more about how you can get involved with the Recovery College you can contact us on: **01924 481060** or email: [recovery.kirklees@swyt.nhs.uk](mailto:recovery.kirklees@swyt.nhs.uk)

For up to date course information, videos and course photos please visit our Facebook page: [Discover Recovery College Kirklees](#)



# Enrolment Form

Please make sure you fill out all sections of this form and return to:

**Recovery College Kirklees**  
Pathways  
Nettleton Road  
Mirfield  
WF14 9AQ

# Recovery College Kirklees

Student enrolment and course booking form. An electronic version can also be completed on line; please visit:

[www.kirkleesrecoverycollege.co.uk](http://www.kirkleesrecoverycollege.co.uk)

## Your details:

<b>Title (please circle)</b> Miss   Mrs   Ms   Mr   Dr   Other		<b>First name:</b>	<b>Surname:</b>
<b>Date of birth:</b>	<b>Age at enrolment:</b>	<b>Current address:</b>        <b>Post code:</b>	
<b>Gender:</b>			
<b>Landline telephone number:</b>			
<b>Mobile telephone number:</b>			
<b>Email address:</b>			

## EMERGENCY CONTACT INFORMATION

This is the person we would contact in case of emergency

<b>Name of contact:</b>	<b>Relationship to you:</b>	<b>Their contact telephone no:</b>
-------------------------	-----------------------------	------------------------------------

## How can we contact you?

We promise we will not bombard you! We will usually contact you by post, but please tick all options that you are happy for us to contact you by:

Telephone     
  Text     
  Post     
  E mail

Chosen course (s)/workshop (s)	What would you like to achieve from attending each course?
<b>Course title:</b>	<b>Start date :</b>
<b>Course title:</b>	<b>Start date :</b>
<b>Course title:</b>	<b>Start date :</b>



## Background information:

This information is for monitoring purposes only and will be kept confidential.

Please tick all that apply:

Someone who is/has used mental health services  currently  previously

Friend/family/carer of someone who uses mental health services  currently  previously

A SWYPFT member of staff

A staff member from another service

Other (please specify): .....

Prefer not to say

## Individual and learning needs

The Recovery College is committed to supporting all of our learners. Please tell us you have any specific support or learning requirements that you think we should be aware of and how we can help with these. These may include, but are not limited to, large print course materials, level building access, extra breaks, one to one support to help to work towards your learning plan?

Please tick:  Physical disabilities

Mental health diagnosis

Learning disabilities

Dyslexia

Autistic spectrum disorder (including Asperger's syndrome)

Allergies (please give details).....

Other (please give details).....

None

## How did you hear about us?

From a member of SWYPFT staff

Family/friend

Former student

Prospectus

Website

Other (please specify) .....

Mental health services

Event

GP

Flyer/poster

Social media (Facebook/Twitter)



## Equality and diversity monitoring

To ensure that we provide the best service for our community, & not knowingly discriminate against any section of society, it is important for us to gather the following information. You do not have to answer any of these questions, but we would be very grateful if you would. The categories & terms used are taken from the 2011 Census & worded according to our students' preferences. Information provided will remain confidential.

<b>Date of birth:</b>		<b>Age at enrolment:</b>		<input type="checkbox"/> I prefer not to say	
<b>Race</b>					
<b>White</b> <input type="checkbox"/> English/Welsh/Scottish / Northern Irish/British <input type="checkbox"/> Irish <input type="checkbox"/> Gypsy or Irish Traveller <input type="checkbox"/> Any other White background, please specify:		<b>Mixed/multiple ethnic groups</b> <input type="checkbox"/> White and Black Caribbean <input type="checkbox"/> White and Black African <input type="checkbox"/> White and Asian <input type="checkbox"/> Any other mixed/multiple ethnic background, please specify:		<b>Asian/Asian British</b> <input type="checkbox"/> Indian <input type="checkbox"/> Pakistani <input type="checkbox"/> Bangladeshi <input type="checkbox"/> Chinese <input type="checkbox"/> Any other Asian background, please specify:	
		<b>Black/African/Caribbean/Black British</b> <input type="checkbox"/> African <input type="checkbox"/> Caribbean <input type="checkbox"/> Any other Black/African/Caribbean/Black British background, please specify:		<b>Other ethnic group</b> <input type="checkbox"/> Arab <input type="checkbox"/> Any other ethnic group, please specify: <input type="checkbox"/> I prefer not to say	
<b>Language</b>					
<b>What is your main language?</b> <input type="checkbox"/> English <input type="checkbox"/> Other (including sign languages) please specify:			<b>If English is not your main language, how well can you speak English?</b> <input type="checkbox"/> Very well <input type="checkbox"/> Well <input type="checkbox"/> Not very well <input type="checkbox"/> Not at all		
<b>Country of birth</b>					
<input type="checkbox"/> England <input type="checkbox"/> Wales <input type="checkbox"/> Scotland <input type="checkbox"/> N. Ireland <input type="checkbox"/> EU Country <input type="checkbox"/> Non EU Country <input type="checkbox"/> I prefer not to say					
<b>Religion/belief</b>					
<input type="checkbox"/> No religion <input type="checkbox"/> Agnostic <input type="checkbox"/> I prefer not to say		<input type="checkbox"/> Christian (including C of E, Catholic, Protestant and all other denominations) <input type="checkbox"/> Sikh <input type="checkbox"/> Muslim <input type="checkbox"/> Hindu		<input type="checkbox"/> Buddhist <input type="checkbox"/> Jewish <input type="checkbox"/> Any other religion/belief, please specify:	
<b>Disability</b>					
<b>Do you consider yourself to have of the following?</b> (Please tick all that apply)		<input type="checkbox"/> I do not have a disability <input type="checkbox"/> Long standing illness <input type="checkbox"/> Mental health condition		<input type="checkbox"/> Learning disability <input type="checkbox"/> Physical impairment <input type="checkbox"/> Cognitive impairment (e.g. Dementia, Autism, ADHD) <input type="checkbox"/> Speech impairment <input type="checkbox"/> Other, please specify:	
				<input type="checkbox"/> I prefer not to say	
<b>Gender</b>		<b>Sexual orientation</b>		<b>Caring Responsibilities (part 1)</b>	
<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Live in a gender other than that assigned at birth. <input type="checkbox"/> I prefer not to say		<input type="checkbox"/> Heterosexual (straight) <input type="checkbox"/> Gay (homosexual) <input type="checkbox"/> Lesbian <input type="checkbox"/> Bisexual <input type="checkbox"/> Other (please specify): <input type="checkbox"/> I prefer not to say		<b>Do you currently look after a relative, neighbour or friend who is ill, disabled, frail or in need of emotional support?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I prefer not to say	
				<b>Perinatal information</b> <b>Have you had a baby in the last 12 months?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I prefer not to say	
<b>Employment status</b>			<b>Marriage and Civil Partnership status (Please tick one box)</b>		
<input type="checkbox"/> Employed (full time) <input type="checkbox"/> Employed (part time) <input type="checkbox"/> Unemployed, seeking work <input type="checkbox"/> Student <input type="checkbox"/> Long term sick or disabled		<input type="checkbox"/> Care giver <input type="checkbox"/> Veteran <input type="checkbox"/> Homemaker <input type="checkbox"/> Volunteer <input type="checkbox"/> Retired <input type="checkbox"/> I prefer not to say		<input type="checkbox"/> Single <input type="checkbox"/> Married <input type="checkbox"/> Widowed <input type="checkbox"/> Divorced	
				<input type="checkbox"/> Separated <input type="checkbox"/> Co-habiting <input type="checkbox"/> In a same sex civil partnership <input type="checkbox"/> I prefer not to say	

# Recovery College Learner Charter

The Recovery College aims to create an environment that encourages learning and where those attending feel they are supported. This charter is designed to help understand what is expected from you and of us, whilst accessing the college.

## What you can expect from us:

**We will respect you as an individual at all times. We will do this by:**

- Respecting your values, opinions and beliefs
- Equality of opportunity, free of harassment and discrimination
- Helping people that support you to access courses e.g. a career, friend or interpreter
- Behaving in a way that fosters a shared understanding and mutual respect
- Encouragement to take responsibility for your own learning and development
- Opportunities for you to comment on and review the courses and facilities on offer
- Clear information about the courses on offer
- The chance to celebrate success
- Having suitably trained facilitators and volunteers who are committed to the quality of your experience and to their own professional development
- Only using your information for college purposes and not sharing your information with anyone without your consent.

## What we expect from you:

- Respect the rights, choices, beliefs and opinions of others
- Commit to attending course/workshop you have enrolled on
- Do my best to inform the college ahead of time, if I am going to be late or miss a session and return from my breaks in a timely manner
- Respect the college environment and equipment
- Ensure mobile phones are on silent/turned off before entering any learning area
- If I act in a way that may put myself or others at risk, I understand I may be asked to leave the course
- Avoid the use of language or terminology that might offend others
- Do not attend the college if under the influence of alcohol or substances, because it affects my ability to learn and/or ability to conduct myself respectfully.
- I agree to behave appropriately within the learning environment and accept guidance from the course facilitator
- Keep us informed of any special needs or requirements you have so we can support you in the best way possible
- Seek early advice and support whenever you need clarification, or if you have a problem
- I will keep any personal/private information heard during any course strictly confidential

By filling out this form and enrolling on these courses, I am confirming that I will attend these courses and abide by the College's code of conduct. I understand that failure to attend these courses without contacting the Recovery College beforehand may result in a period of time where I am unable to attend any courses that I have enrolled on or was planning to enrol on. I also understand that if I am in danger, or there is a risk to myself or others, the information that I have given may be shared with others to ensure everyone's health and safety. We shall let you know if we have to share this information.

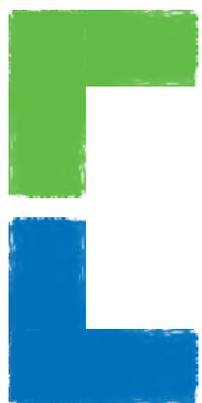
**Name**.....

**Signature**.....

**Date**.....

Please return your completed four page enrolment form to:  
Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ





# Frequently Asked Questions



## What is Recovery College Kirklees?

Recovery College is led by South West Yorkshire Partnership Trust and supported by Kirklees Council. We work in partnership with volunteers and other supporting organisations to develop and run a range of workshops and courses which promote wellbeing and good mental health.

## Who is the Recovery College for?

Adults who want to improve their own wellbeing and / or the health and wellbeing of someone they care for or support.

We focus on education, building people's skills and knowledge and should not be seen as therapy or a clinical intervention.

Our sessions have been designed and are run by people with experience of mental health conditions and professionals who work with them.

## How many other learners will be on a course with me?

Group sizes are kept small so that you have the best chance of learning and can develop your knowledge and understanding. Some courses, depending on the topic may have maximum limits set to ensure that we're able to offer a supportive environment to learn. Typical group sizes are between 8 -12 learners. Please check with us if this is something you are concerned about.

## Where and how will I learn?

The Recovery College Hub is based at Pathways, Nettleton Road, Mirfield, WF14 9AQ. Most of our workshops will be delivered from here, but we also offer sessions provided at some of our partnering venues. These are stated on the course descriptions.

Our courses and workshops are co-delivered by volunteer course facilitators working with health care and educational professionals. Our volunteers have a wealth of both personal and professional experience of mental health, maintaining their own wellbeing or the wellbeing of someone that they care for or support.

## Will I need to pay for a course?

The majority of our courses are free to access. On occasion due to funding there may be a small charge made to learners. This will be clearly stated on all course publicity.

## Can I bring a supporter or family member with me?

Yes. We are happy for learners to attend with a carer, supporter or staff member who supports them.

Please note that your supporter must register, enrol and can participate in the sessions.



## **I don't want to go back to school or college- is that what this is?**

No. Our courses aren't traditional college or school subjects and aren't delivered in a traditional way. We have course facilitators rather than teachers and refer to you as a learner rather than a student.

We believe that we all have something to learn and we are all on our own recovery journey. If you attend a course you won't be sitting in a classroom listening to a teacher talk while you take notes. Instead you'll have opportunities to discuss subjects that interest you, learn at your own pace and share your expertise.

## **Do I need to be referred by my mental health team?**

No. You do not need to be referred.

As a learner, you will need to enrol and discuss with us the courses which best suit you as well as any leaning needs you have.

## **I care for or support someone who uses mental health services - can I enrol?**

Yes. Learners don't need to have accessed Mental Health Services before; but must be open to learning and want to improve their own health and wellbeing or that of others.

Everyone who attends a workshop or course at the Recovery College will be thought of as a learner, no-one is labelled as a 'service user' or 'professional' – including course facilitators.

## **Will my learning be useful beyond my recovery?**

Yes. Our prospectus is grouped in to four sections to make it easier to identify which workshops are best for you.

Each section focuses on different aspects of recovery and you can pick and choose between them.

- Introductions and Tasters
- Discover your Interests
- Exploring Wellbeing
- Moving Forward
- Courses for Carers

Courses offer a range of different skills and you are encouraged to use what you have learned. Our 'Moving Forward' section aims to provide you with opportunities to think about what you would like to do in the future.

## **I have some physical mobility problems - can I come to the Recovery College?**

Our college is based on the ground floor, with the exception of our Art Room. Please contact us so we can make reasonable adjustments to meet your needs at the time of booking.

Where courses are provided at alternative venues we try to ensure these are suitable for people with mobility problems.

For courses which have a physical aspect to the course – please contact the Recovery College Co-ordinator on 01924 481060 or email [recovery.kirklees@swyt.nhs.uk](mailto:recovery.kirklees@swyt.nhs.uk) to discuss your requirements.

## What if I need some support with studying, once the programme has begun?

Our course facilitators will be happy to provide advice and support if you feel that you need any additional help.

## What happens if I'm not able to attend the whole course?

We understand that it may be difficult to attend the full course for many different reasons. Please contact us to discuss any problems you might have in attending. Although we do ask that you do your best to attend.

Please see our attendance procedure for further details

## What happens once I have finished my course?

One of our key aims is to provide you with the time and space to decide on your next steps - and the confidence to take them.

This may be moving on to another course with us, a course with someone else or thinking about other steps including moving into volunteering or paid work. Whatever your next step, please ask, we may be able to help.

## Do I need to have any qualifications or be able to read and write well to attend a course?

No. We appreciate that learners may have missed out on education or found school or college courses difficult.

Our courses range from brief, introductory 'taster' workshops to courses running over a few weeks. There are no formal entry requirements for any of our courses and we don't ask you to take notes, read or speak out loud in a session if you don't feel comfortable.

## Do I have to take any tests or exams at the Recovery College?

No. There are no exams or tests.

On occasion we may offer an accredited course in our 'moving forward' section of the prospectus – this may require some evidence of learning. This will be discussed with you at the time of enrolment onto the course and if you have any concerns please ask!

## Where can I find out more information?

For further information please contact Recovery College Kirklees on 01924 481060.

Email: [recovery.kirklees@swyt.nhs.uk](mailto:recovery.kirklees@swyt.nhs.uk)

Find us on Facebook: Discover Recovery College Kirklees or visit our website at [www.kirkleesrecoverycollege.co.uk](http://www.kirkleesrecoverycollege.co.uk).

# Attendance Procedure

There has been an increase in learners attending our courses this year which is fantastic news! However, this has resulted in waiting lists and over-subscription to certain courses. We have also noticed people are attending courses they are not booked onto whilst others do not always attend.

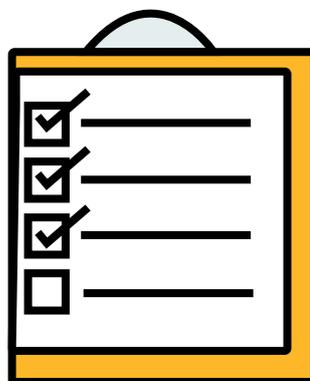
Like any good College we need procedures to help navigate the complexities of being fair and respectful to everyone. Where possible, we want to offer every learner the chance to do the most popular courses and ensure all spaces are filled.

**Help us to help you by following these simple rules:**

- **Make sure you are enrolled with the College by attending an 'Introduction to the Recovery College' session and completing the relevant form**
- **Only attend a course if you have had a confirmation of a place by letter, email or phone**
- **Attend all courses you are booked onto for the full amount of sessions**
- **If you are unable to attend the first week or miss a session of an on-going course please ask the tutors/facilitators permission to continue to attend**
- **If you cannot attend a course or session you have booked onto please let us know in good time, well in advance of the course start date**
- **Please get in touch if you are unsure what you have booked onto, need more information or need to enrol**

Please note that failure to follow these procedures may result in a course place being withdrawn or you being turned away from the College. We monitor attendance and will contact you if we feel there is a problem so we can work together to solve these issues.

Please understand that we are trying to do our best. If you have any particular learning or communication needs please let us know.



# What Our Learners Say

*Attending this year has helped me to try and keep some momentum, structure and try and stay integrated in a welcoming, nurturing and supportive environment – thanks for the opportunity of courses/classes to help cope, learn, grow and try and build*

*The facilitators have all made me feel really welcome and valued. I've really valued listening to their opinions and accounts which has helped me accept my mental health issues and how I move forward with the tools I've learnt*

*Learning tips for helping with stress and knowing there are others who feel similar is comforting*

*I think it [the course] was just right, really well delivered, everyone made to feel included and welcome. I think I need to find out more about Recovery College!*

*I can only provide positive feedback as it has really lifted my life and helped me to go back to work*

*I initially went to the Introduction to the Recovery College. Straight away, I was made to feel very welcome, even though I found it a bit daunting at first, and I was very quiet, although I haven't shut up since that initial meeting! I actually feel like I belong somewhere now...*

*It has helped me to view my thoughts differently and taught me some useful skills...*

# What Our Volunteers Say

## Tony

“ Before I came to the Recovery College I felt lost, a feeling I have had all my life. That has changed since I started to attend courses like WRAP (Wellness Recovery Action Planning). This was a catalyst to my recovery as it made me think differently and simplified things. It taught me wellness tools alongside others who had their own issues and problems, and I learnt that I need to have a daily routine.

Because of what I have learnt and put into practice I have more confidence now than ever before. My confidence and self-esteem were always very low. I am more prepared to do things that I was scared to do just a year ago, for example singing, dancing, travelling and public speaking. I struggled with being angry and annoyed with the frustrations of life. I am more relaxed now, what I call being “chilled.”

I understand the pain of others because of my own experience and people confide in me which is a great honour. I now enjoy volunteering and being around others in the college. I love what the Recovery College stands for and the hope that it gives. In my opinion if more people came here they would no longer need services; they would not need to tread the same paths in and out of services like I used to do – the merry go round.

I feel at last I am becoming the real, authentic me. This is something I have always wanted and now, at the grand age of 64, I have!



## Sharron

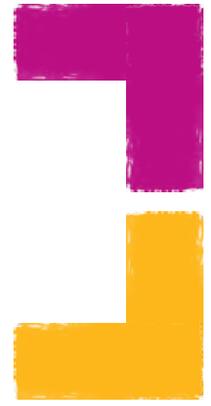
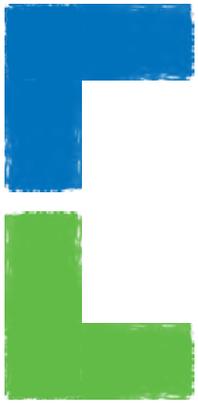
“ I’m Sharron, a Huddersfield lass born and bred – though you wouldn’t know it with my love affair of Leeds United and Leeds Rhino’s. I’m one of the new volunteers to the Recovery College, having firstly started out as a learner around eighteen months ago. I undertook the WRAP Course (Wellbeing Recovery Action Planning) and the Expert Patient Programme, both of which have been very beneficial; it just felt right to now give something back to the College. Through WRAP I learnt tools I can use daily to keep my mental health in check and I have been volunteering since September 2018. I look forward to coming to volunteer here – it is just a joy, it really is. I can’t wait to use my skill set and assets for the Recovery College’s growth and development.



## Nicki

“ I had been looking for somewhere to volunteer for over five years. I have tried quite a few opportunities but didn’t feel like I belonged. I stumbled across the Recovery College on the website. My first day was amazing. I found everyone to be real, authentic and opportunities to volunteer could be created as we went along. I have been here five months and known I have grown as a person in a vibrant, creative place. No-one lords it over anyone else and everyone is an expert. Brilliant!





# Our Supporters

Recovery College Kirklees has been developed as a partnership between **South West Yorkshire Partnership** and **Kirklees Council**. Partnering organisations supporting this prospectus include:



## Richmond Fellowship

Richmond Fellowship provides a range of supported housing, employment and community based services for people with mental health problems across Yorkshire. Their mission: Making Recovery Reality.

01484 434866  
[www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)



## Community Links

Community Links are a Mental Health Charity pioneering a wide range of life-changing mental health and wellbeing services throughout the Yorkshire and Humber region.

01484 519097  
[www.commlinks.co.uk](http://www.commlinks.co.uk)



## Kirklees Admiral Nurses

The Admiral Nurses support families living with the effects of dementia across Kirklees. They focus on the needs of the family, to better understand dementia and the progression of the condition. Admiral Nurses provide support for Carers working in partnership with fellow services and agencies across the locality.

01484 434638  
[www.southwestyorkshire.nhs.uk](http://www.southwestyorkshire.nhs.uk)



## Creative Minds

Is all about the use of creative approaches and activities in healthcare; increasing self-esteem, providing a sense of purpose, developing social skills, helping community integration and improving quality of life. Creative Minds develop community partnerships to not only co-fund but also co-deliver projects for local people.

[www.creativemindsuk.com](http://www.creativemindsuk.com)



## St. Anne's Community

St Anne's Community provides a wide range of quality services for people who require support. We work with people who have a learning disability, have mental health problems, have issues around substance use - drugs and/or alcohol - or who are or have been homeless. Services include a variety of housing and accommodation based support and care, day services and community based support.

01924 466440

[www.st-annes.org.uk](http://www.st-annes.org.uk)



## Workers' Educational Association (WEA)

The WEA, is a registered charity, is the UK's largest voluntary sector provider of adult education and delivers courses both locally and across the UK. The WEA offers a wide ranging curriculum, providing positive and supportive learning environments.

07880 565459

[www.wea.org.uk/yh](http://www.wea.org.uk/yh)



## Sport and Physical Activity Development Team

The Sport and Physical Activity Development Team help to develop people, places and opportunities so that sustainable participation in physical activity and sport is created, which improves health and wellbeing and enables communities to be more resilient. We increase awareness and understanding to enable people to take part in physical activity and sport through a variety of projects such as Try It, Like It, Do It, Creating Connections and Health Walks.

01484 234141

[spadt@kirklees.gov.uk](mailto:spadt@kirklees.gov.uk)



## The Kirklees Dementia Hub

The Kirklees Dementia Hub offers information and advice for people with dementia and their carers. This includes an information and advice line, sessions in the community and raising awareness about dementia. We work with people who may suspect they have dementia and those who have received a diagnosis of dementia.

01484 411 074

[www.commlinks.co.uk/services/kirklees/kirklees-dementia-hub](http://www.commlinks.co.uk/services/kirklees/kirklees-dementia-hub)



## BatleySmile

BatleySmile are a social enterprise that works with others to develop a variety of community, arts and cultural initiatives supporting the wellbeing of local residents and organisations.

[www.batleysmile.co.uk](http://www.batleysmile.co.uk)

Twitter: @BatleySmile

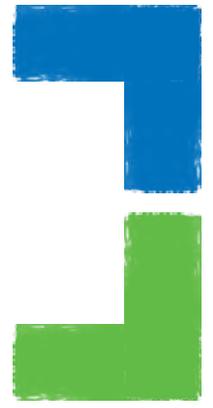
email: [info@batleysmile.co.uk](mailto:info@batleysmile.co.uk)

Contact: Mark Griffin on 07736 416668





# Directions to the Recovery College



## By Bus

203 & 202 Leeds to Huddersfield /Huddersfield to Leeds (both stop directly outside Pathways)

217 & 219 Leeds to Huddersfield / Huddersfield to Leeds (both stop at Doctor Lane).

## By Train

Trains run direct to Mirfield from both Dewsbury and Huddersfield. The Recovery College is approximately a 12 minute walk away from Mirfield Railway Station.

## From Dewsbury

A644 Ravensthorpe into Mirfield. Turn right after Speights Lighting into Doctor Lane.

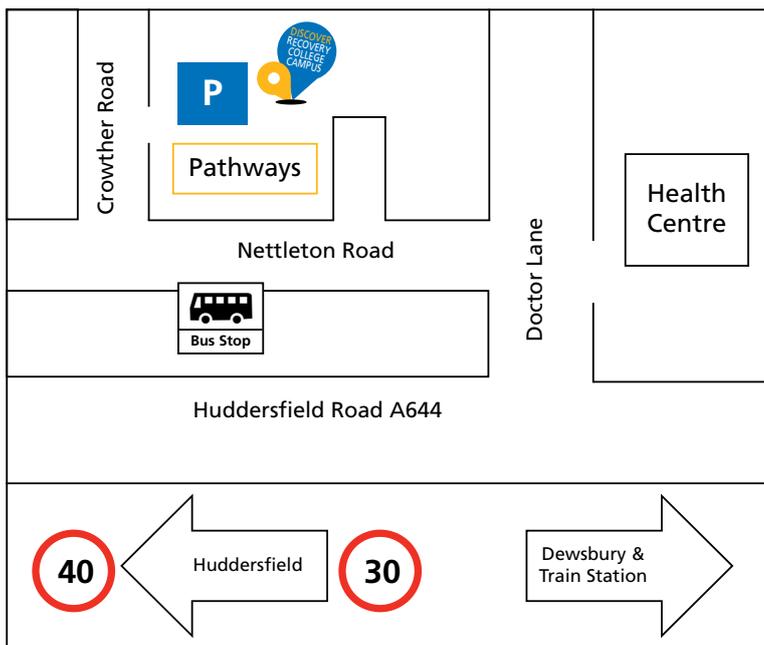
Turn first left into Nettleton Road and Pathways is 300yds on the right.

## From Huddersfield

At Cooper Bridge roundabout follow A644 to Dewsbury. After approximately 1 mile turn left after the 30mph sign into Doctor Lane, turn first left into Nettleton Road.

Pathways is 300yds on the right.

**Free Parking is available at rear of the main pathways building.**



Recovery College Kirklees  
Pathways  
Nettleton Road  
Mirfield  
West Yorkshire  
WF14 9AQ



[recovery.kirklees@swyt.nhs.uk](mailto:recovery.kirklees@swyt.nhs.uk)



[discover recovery college kirklees](#)



[kirkleesrecoverycollege.co.uk](http://kirkleesrecoverycollege.co.uk)

With **all of us** in mind.