



Learn.

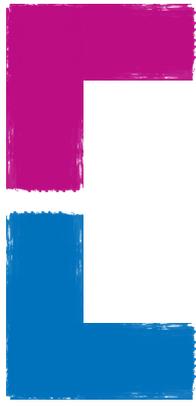
Share.

Discover:

Recovery College Kirklees

September 2019 – March 2020

With **all of us** in mind.



Welcome to our Recovery College



Dear Learner

I am Matt, the principal of your Recovery College. It is my great pleasure to introduce you to our autumn/ winter prospectus 2019-20. 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 that will help you be well and stay well which are co-designed and co-facilitated by people with a lived experience of an illness, disability, caring role or mental health issue.

I learn and am inspired by our 35 volunteers on a daily basis. They give their time, skills and kindness to our college and to you, our learners. Without them we would not have a Recovery College. They bring empathy, understanding and authenticity to our College. You can meet one or two of them at our [Introduction to Recovery College Sessions](#) as well as at our [Enrolment Week](#) (see next page) where you can find out more about College life and our values.

Many of our courses have waiting lists and some courses need more people to attend. This means we have to become more effective and efficient in dealing with attendance issues. It is important to attend all of your course so as not to deny others the magical experience of Recovery College. Partial or non-attendance may jeopardise the financing of a course.

As part of our drive to be more efficient we have invested in a database. This means you **need to enrol every time we bring out a new prospectus**. It is simple and easy to do. Please either go online at:

southwestyorkshire.nhs.uk/recovery-college/Kirklees or fill in the enrolment form in the prospectus and send it back to us or come to one of our enrolment days (see next page).

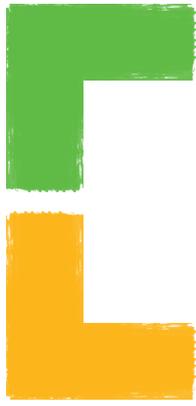
As many of you will know our co-ordinator Rachel has had to take time off work. Thank you all for all your kind messages which I have passed onto her. Helen and I have had to step up and fill her shoes. I now realise how much work she puts in! Thanks to Helen who has been a tremendous pillar of help and support as well as to our volunteers as ever. Thanks also to our partners who have worked with us to increase what we can offer – we love working with all of you!

I look forward to meeting you and continuing to learn and be inspired this coming semester.

Yours sincerely

Matt Ellis

Recovery College Principal



Enrolment week



Find out how to become a learner, volunteer or signpost people to us by attending one of the activities and events below.

Meet volunteers and staff that run the college.

Feel free to bring a friend or support worker with you. Staff from all services are also welcome to come to find out more.

Recovery College Open day

Monday 2 September from 11am - 2pm (Please book in advance)

Craft tasters, Mens mental health , Meditation, Stories of recovery and hope, help with enrolment, free buffet!

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

Stall at Folly Hall Mills

Tuesday & Wednesday 3rd and 4th September 10am – 4pm drop-in

Informal chat, help with enrolment, meet volunteers and staff, ask questions, pick up a prospectus

Venue: Reception area Folly Hall Mills, St Thomas Road, Huddersfield, HD1 3LT

Introduction to Recovery College Courses (please book on by calling or emailing us)

Date and Times: Tuesday 3 September 2019 1.30 - 3pm
Venue: Folly Hall Mills St Thomas Road, Huddersfield, HD1 3LT (meet in reception)

Date and Times: Thursday 5 September 2019 10.30am - 12pm
Thursday 5 September 2019 1.30pm – 3pm
Venue: Recovery College Kirklees, Pathways, Nettleton Road, Mirfield WF14 9AQ

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**

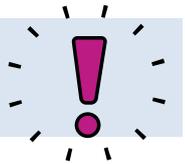
Within each of the themes, sessions range in length from one-off workshops to courses running up to 7 weeks. The majority of our sessions are delivered here at the College in Mirfield, however we appreciate that this is not easily accessible for everyone. Therefore, as we grow we are beginning to deliver 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. 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 42. This will help you booking onto courses and avoid disappointment.



Please note that you must fill out an enrolment form and enrol again for each new prospectus.



You can do this online at:

Kirkleesrecoverycollege.co.uk

Or

Fill in the enrolment towards the back of this prospectus and send back to us



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 gives 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 3 September 2019 at 1.30-3pm

Venue:

Folly Hall Mills, St Thomas Road, Huddersfield, HD1 3LT (Meet in the reception)

Dates & times:

Thursday 5 September 2019 at 10.30am - 12pm

Thursday 5 September 2019 at 1.30pm – 3pm

Monday 16 September 2019 at 10.30am – 12pm

Tuesday 8 October 2019 at 1.30pm – 3pm

Wednesday 8 January 2020 at 1.30pm – 3pm

Venue:

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

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 has become increasingly popular. It is a skill that is useful in everyday life. The various techniques and skills of mindfulness help manage anxieties and worries by focussing attention to the present moment. This introductory session will give you an overview of mindfulness, some of the skills and techniques and how you may apply it to your life. This course is kindly offered by IAPT.

Date & time:

Thursday 12 September 10.30am - 12.30pm

Venue:

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

***Great ideas to take home.
I can practice the techniques
to help me be aware of my
surroundings and actions to be
in "the moment"***

***I have gained a real
understanding of how to
help myself be better***

Introduction to Steps

Delivered by Kirklees Success Centre this will be a chance to find out more about the full 8 week course and decide whether this course is right for you. The Steps course will introduce you to different strategies you can use to help develop self-esteem, motivation and plan for the future using goal setting techniques. This is an inspiring empowering course that is engaging, fun and enlightening.

Please attend this course if you plan to do the full 8 Week Steps Course on 16 October.

Date & time:

Wednesday 2 October 10am - 12pm

Venue:

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

LAB (Learn, Achieve, Believe)

Delivered by Proper Job Theatre Company, this one-off taster session will, through group work and fun activities, help you consider assumptions, perceptions and your own self-esteem. This course is designed to help you build confidence, feel more positive, be more active and think about your next steps. During this introduction you will discover more about the LAB Project and potentially be offered the opportunity to undertake the longer term course.

Please note, due to funding learners need to be aged 19 + and in receipt of benefits.

Date & time:

Thursday 26 September 10.30am -12.30pm

Venue:

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



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

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 (10th March) to learners who have attended this introductory session.

Date & time:

Tuesday 25 February 1pm - 3pm

Venue:

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

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.

Golden Age of Hollywood; The Studios!

Step back in time to learn about the corporate and political intrigue at the major studios from the 1920s - 50s. Discover how names such as Universal, Paramount, MGM, 20th Century-Fox, Warner Brothers, RKO, United Artists and Columbia Pictures were ruled by the ruthless Harry Cohn. Find out about the infamous employment contracts that kept movie stars like James Cagney, Errol Flynn, Spencer Tracy, Marilyn Munroe, Bette Davis and Joan Crawford (though well paid) in servitude to their particular studio.

Come along, learn and contribute with your own knowledge. As always there will be many famous clips from movies plus as much Pop Corn as you can eat!

Carers are welcome alongside the person they care for.

Date & time: Wednesday 9 October 1.30 - 3.30pm

Duration: 4 Weeks

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



Loved everything about the course, I learnt so much just what I loved. I have always been interested in films since childhood!

Arts & Crafts 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.

Plastic Fantastic

"Every minute of every day a truckload of plastic is finding its way into the oceans."

Many of us are taking steps to reduce our use and recycle plastic. Our rivers and oceans are turning into a type of plastic soup, and it's blighting the planet. It's clear that for all our good efforts not all our recycling is actually being recycled!

Following on from our Trash to Treasure course we are devoting a course to plastics. **Plastic Fantastic** invites you to look at plastics in a different way, how you can reuse and repurpose many of the items you would normally dispose of. It promises to be a really fun and creative course.

Date & time:

Thursday 12 September 11am - 1pm

Duration:

3 Weeks

Venue:

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



**Thank you
for giving me a
chance to get my
love of art back
on track**

**I have found
a hobby the
first time in over
20 years!**

Mosaics

During this four week course you will 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:

Thursday 3 October 10.30am - 2.30pm

Thursday 5 March 10.30am - 2.30pm

Duration:

4 Weeks

Venue:

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

Please bring a packed lunch

Printing

Over 4 sessions you will have the opportunity to learn different printing techniques, as well as design and produce your own prints.

Whether you have your own ideas already, or want a little inspiration - printing is a great way to reproduce your art and designs on to virtually anything, from handmade birthday cards, to customised clothing!

Date & time:

Thursday 9 January 10.30am - 2.30pm

Duration:

4 Weeks

Venue:

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

Please bring a packed lunch

Batik and Tie-Dye

This ever increasingly popular creative medium, originally from Indonesia, is the art of decorating cloth using hot wax and dye. Tie -Dye is a type of fabric dyeing, that uses string, rubber bands and stones or coins to make patterns on fabric.

Over 4 weeks, you will learn how to do each stage of the batik and tie-dye process, making at least two items for yourself.

Please bring two white or neutral cotton items you would like to work on to the first session.

During this course, we will use dip dyeing to produce monochrome (blue and white; green and white) patterns rather than painting fabric with dye.

Date & time:

Thursday 7 November 10.30am - 2.30pm

Duration:

4 Weeks

Venue:

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

Please bring a packed lunch

Button Bouquet

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:

Thursday 6 February 11am - 1pm

Duration:

2 Weeks

Venue:

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



***Thoroughly
enjoyed it, met some
lovely people, the
tutor was a joy to
learn from.***

Christmas Craft

Funky Decorations

For the first of our 3 festive craft sessions you learn how to make some pretty funky decorations out of buttons and a variety of recycled materials. You'll be able to produce some lovely personal and unique items to take away to decorate your home with. This session is being lead by our resident recycling squirrel and our friendly and supportive volunteers. We look forward to seeing you!

Date & time:

Thursday 5 December 11am - 1pm

Duration:

1 Week

Venue:

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



Printing

In this one off session, you will create your own greetings cards, wrapping paper and gift tags using simple printing techniques to transform recycled paper into practical festive items.

Date & time:

Thursday 12 December 11am - 1pm

Duration:

1 Week

Venue:

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

Christmas Craft: Wellness Jars

When you are having a difficult time do you find it tough to decide what to do or what action to take? After exploring wellness options as a group you'll create your own wellness jar containing positive ideas/actions to lift your mood. You'll be decorating your jars to make them personal and take them home to become your wellness toolkit.

Date & time:

Thursday 19 December 11am - 1pm

Duration:

1 Week

Venue:

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



*A lovely,
creative
activity. Very
relaxing and
enjoyable. Just
perfect*

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 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 10 October at 1pm – 2pm

Duration:

2 Weeks

Venue:

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

Chess for Beginners

Research suggests that playing chess has a surprising number of mental health benefits including building self-confidence, improved thinking and problem solving skills and even expands our memory! Don't believe us? Well why not give our new beginners chess course a try and see for yourself? Over 3 sessions learn the basics of this 2 player board game from the board set up, to how the pieces move to playing a friendly game against another novice.

Date & time:

Monday 13 January 1.30 - 3pm

Duration:

3 Weeks

Venue:

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

Don't get BOARD this Christmas

Here at the Recovery College we are ditching everything digital this December to recapture the fun-loving spirit of Christmas past. Reviving good old fashioned family entertainment, you will learn how to play, or refresh your memory of some traditional board games. This one-off session will help you enjoy time with friends and family through play, which can help strengthen relationships.

Date & time:

Monday 2 December 10.30 - 12.30

Venue:

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



*Helped boost
my mood and
feel like I've used
my brain!*

*It is something
I have always
wanted to know
how to play!*

Words in Mind

Over six weeks we 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 26 February at 1.30 - 2.30pm

Duration:

6 Weeks

Venue:

Mirfield Library, Easthorpe Lodge,
Huddersfield Road, Mirfield, WF14 8AN

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 24 February at 1pm – 4pm

Venue:

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

Loved everything about the course, I learned so much

Drama

Do you want to be somebody else, if only for a while? That's acting.

Do you want to see the world from a different point of view? That's dramatic.

Do you want to access the fun and creativity natural to children and lost to many of us as adults?

Sessions designed for enjoyment, with transferable skills. Light-hearted drama. And if you just want to sit there and watch, you can always be the audience.

We are excited to offer you a brand new course for 2020 offered by WEA. Shake off those winter blues and step outside of yourself if only for a couple of hours

Date & time:

Wednesday 29 January 1 - 3 pm

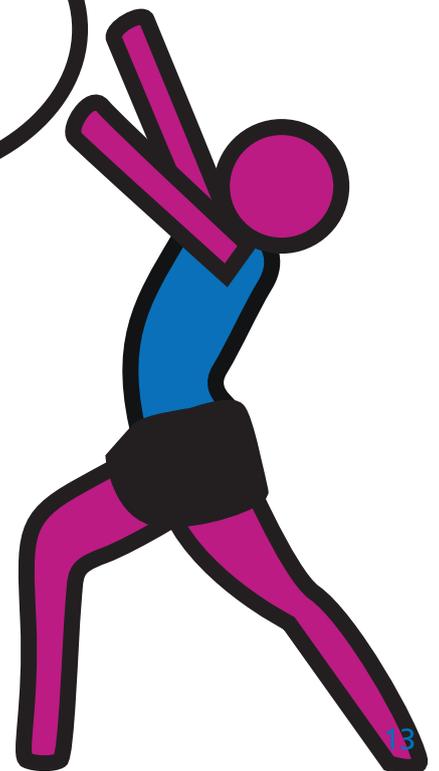
Duration:

7 Weeks

Venue:

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

Relaxing atmosphere, no pressure and fun!



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.

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 and experience comfort and stillness. You will learn how to meditate using a variety of techniques and as a group will discuss "The Power Of Now".

Date & time:

Tuesday 17 September 1.30pm - 3pm

Duration

3 Weeks

Venue:

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

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 7 October 10.30am - 12.30pm

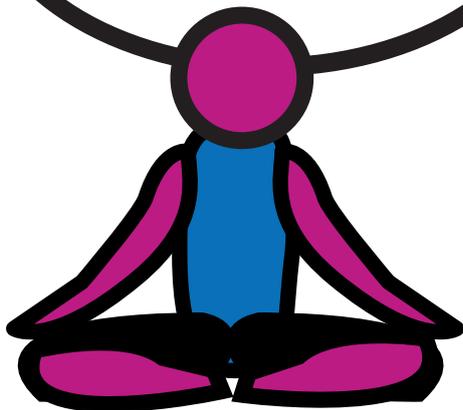
Duration

2 Weeks

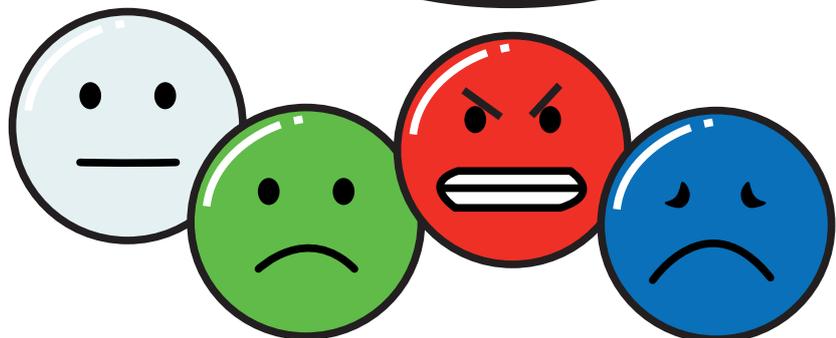
Venue

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

Helped me relax and still the chattering in my mind!



The course was delivered in a kind, clear, friendly way which was easy to understand



STEPS

This inspiring eight week course delivered by Kirklees Success Centre introduces us to different strategies we can use to help develop our self-esteem, motivation and plans for the future. It also looks at ways that we can make changes to our lives, if we so wish, either now or in the weeks, months or years ahead. This course will help build confidence and teach us how to set realistic goals and empower us to take control of our futures in a positive and enlightening way.

Date & time:

Wednesday 16 October 10am - 1pm

Duration:

8 Weeks

Venue:

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

Stress Management

Offered by the Richmond Fellowship this new 3 week workshop will begin by looking at the causes, symptoms and impact of stress. It will help you examine how to recognise and effectively combat stress in your daily life in a supportive and safe environment.

Date & time:

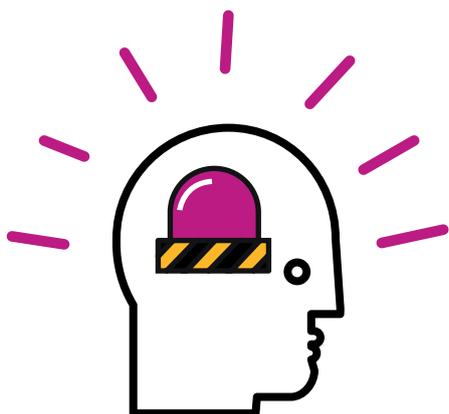
Monday 18 November 1pm - 3pm

Duration:

3 Weeks

Venue:

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



How to Declutter Your Life

Did you realise that the stuff we buy and accumulate over the years can clutter our minds as well as our homes? In this three week course we discuss ways to live more simply with less to improve our lives. We will also look at practical ways to rid ourselves of the chaos of our overfilled drawers and cupboards enabling us to take charge of our possessions rather than them taking charge of us!

Date & time:

Wednesday 13 November 1.30pm - 3.30pm

Duration:

3 Weeks

Venue:

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

A practical approach I can use in my home



How to Survive Christmas

Christmas is an exciting time of year where family and friends meet, exchange gifts; eat, drink and be merry. However it can also be a very difficult season for many. There are a lot of expectations such as the pressure to join social gatherings and the expense of buying presents. Managing those family dynamics and looking after your own wellbeing can be a hard task and may increase feelings of loneliness and isolation. Come and join us as we explore some savvy ways to navigate through the Christmas festivities through a whole range of top tips and ideas that help you have the Christmas and New Year you want.

Date & time:

Monday 25 November 10.30am – 12.30pm

Venue:

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

Eat Well, Be Well

In this four week course we will look at how you can make a long-term change to develop a healthy and sustainable relationship with food. It doesn't have to be about denying yourself but about being more informed so you can make better choices. We will provide some practical advice on nutrition and the marketing ploys used by supermarkets. You will also learn some simple tasty recipes using fresh and healthy ingredients, that don't cost the earth. So scrap the New Year diet and join us to discover the joys of healthy eating to improve both your physical and psychological health.

Date & time:

Thursday 9 January 10.30am – 12.30pm

Duration:

4 Weeks

Venue:

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

The Four Agreements

The Four Agreements, based on a book by Don Miguel Ruiz, provide a simple set of ideas to reflect on how you see your interactions with the world around you.

The Four Agreements are:

- Be Impeccable with your word
- Don't take Anything Personally
- Don't Make Assumptions
- Always Do Your Best

We will explore each agreement in depth, be able to reflect on each agreement and share personal thoughts and practical ways of embedding them into your every day life.

Date & time:

Thursday 27 February 10.30am - 12.30pm

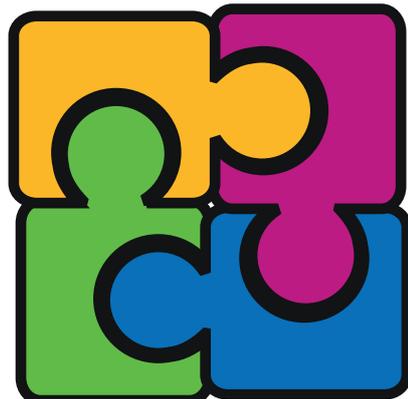
Duration:

2 Weeks

Venue:

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

I have learned so much about my eating habits and how they need to change. I am very much looking forward to implementing these changes



Finding Me

This 3 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 7).

Date & time:

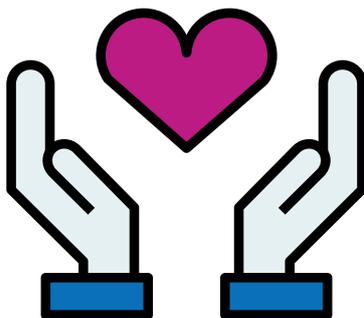
Tuesday 10 March 1pm -3pm

Duration:

3 Weeks

Venue:

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



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 16 March 10.30am - 12.30pm

Duration:

2 Weeks

Venue:

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

Relationships Matter

Relationships can be the cause of both joy and pain but 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.

Date & time:

Monday 3 February 10am - 12.30pm

Duration:

2 Weeks

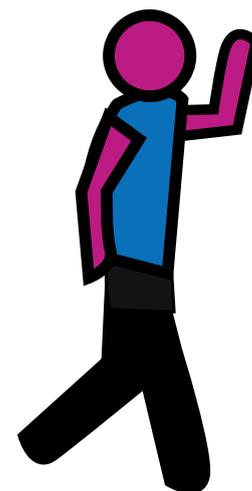
Venue:

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

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 walks to discover for yourself some of the many benefits of striding out into the outdoors, while learning something new along the way? The walks are usually between 2 – 3 miles long with a different theme. So, clear your head and soothe your soul and take notice and learn what is around you!

- Please wear suitable clothing and footwear
- Please note finish times are approximate.
- Please note different meeting points (details will be sent to you)
- 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



Crow Nest Park

Tree Walk

Join the friends of Crow Nest Park for a guided tree walk. Stretch your legs and breathe among the autumnal trees and leaves. Enjoy nature's colour in this gem of a park.

Date & time:

Tuesday 8 October 10am – 12pm

Meet:

Wild Life Lodge Crow Nest Park,
Heckmondwike Road, Dewsbury Moor,
Dewsbury

History Walk

Join the friends of Crow Nest Park for a guided historical walk of this beautiful park. Find out its many secrets and imagine the inhabitants years ago. Let your imagination take you away for a while.

Date & time:

Tuesday 24 March 10am – 12pm

Meet:

Wild Life Lodge Crow Nest Park, Heckmondwike
Road, Dewsbury Moor, Dewsbury

Huddersfield Heritage Walk

Local history plays 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 that might just surprise you, from magnificent old demolished buildings to tragic Mill fires not to mention the many majestic buildings and symbols still there to be seen around the Town.

Date & time:

Tuesday 3 March 10.30am - 12.30pm

Meet:

S2R CREATE SPACE, Brook Street Huddersfield,
HD1 1EB

Please note full instructions of where to meet will be given to all Learners

You will be expected to fill in a short health questionnaire before the start of each course.

Learning Seminars

These seminars provide you with some of the latest and useful information on a particular subject. They are hosted by Health Professionals who want to share their knowledge and understanding.

Dyslexia Awareness

This informal Dyslexia awareness session aims to provide learners with a better understanding of what Dyslexia means, help them recognise the signs and offer support. During this one off session you will:

- Develop an understanding of Dyslexia and its impact on the person
- Engage in a practical activity to demonstrate the difficulties faced by those living with Dyslexia
- Recognise the signs of Dyslexia
- Learn reasonable adjustments and coping strategies
- Experience a Q&A with people living with Dyslexia

Date & time

Tuesday 9 April 2019 at 10.30am – 12.30pm

Venue

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

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:

Friday 11 October 10.30am -12.30pm

Venue:

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

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

Monday 16 March at 1.30pm - 3pm

Venue

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



Helped me understand what my medication does to my brain and body

Learning Seminars with IAPT



Kirklees IAPT (Improving Access to Psychological Therapies) is a service that specialise in helping people with anxiety or low mood.

Our highly trained and friendly staff run a variety of courses that help you stay well and manage your mental health. We are pleased to be facilitating some of our courses with the Recovery College this next semester (see the following pages to see what is on offer).

As well as facilitating courses we offer individualised treatment either on the phone or in person. This can either be guided self-help with a Psychological Wellbeing Practitioner or one to one counselling with a qualified Therapist.

Our talking therapies are based on Cognitive Behaviour Therapy (CBT) or Counselling.

We also help people who have both a mental health problem as well as Long Term Health Conditions such as diabetes, chronic pain, fibromyalgia, chronic fatigue/ME or IBS.

As we are part of the NHS our service is free.

You can find out more about us on our website (see below). There are some helpful self-help guides there too.

If you think that we might be able to help, we'd love to hear from you.

You can refer yourself. Forms are available from your healthcare professional, or you can download a form online or call our friendly administrators

Telephone: 01484 343700

Website: askforiapt.co.uk



Relating to Others

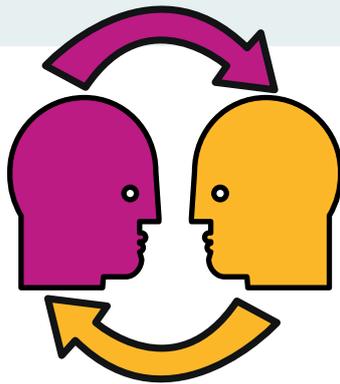
In conjunction with the Improving Access to Psychological Therapies (IAPT) team and Recovery College Volunteers, this one-off workshop looks at how our emotions and experiences shape our interactions with others. Using a model called 'transactional analysis' we will explore the way we communicate and what it reveals about our thoughts, feelings and behaviours. We will reflect on how to be assertive, deal with difficult situations and look at ways to change patterns in our relationships for the better. Interested? Then book on one of the following sessions:

Date & time

Thursday 26 September: 1pm – 3pm

Venue

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



*I have
learned new
skills and different
ways to speak to
people and
situations*

Overcoming Panic and Anxiety

We all experience panic and symptoms of anxiety at times in our lives. For some these feelings can become overwhelming and have significant impact on daily life.

Hosted by a skilled Cognitive Behavioural Therapist, examine the feeling of fear and panic, the anatomy of a panic attack and some of the steps to take more control.

Date & time

Friday 25 October 9am -12pm

Venue

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

Beating Social Anxiety

At times in our life, we can all worry about social situations or a general feeling of shyness or a lack of confidence. For some, however, these social anxieties can become more troubling and difficult to cope with. Everyday tasks which most people take for granted; working, socialising, shopping, speaking on the telephone, even just going out of the house - might be a wearing ordeal marked by persistent feelings of anxiety and self-consciousness. Delivered by an experienced Cognitive Behavioural Therapist we will be looking in depth at this condition.

Date & time

Tuesday 3 December 9 - 12pm

Venue

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

Sleep and how to get some

Many people have difficulty sleeping, whether this be difficulties getting off to sleep, waking too early, waking in the middle of the night or just poor quality sleep. This seminar will teach you evidence-based techniques to improve your sleep, which will in turn help you to have better quality of life.

Date & time

Monday 9 December 10am-1pm

Venue

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



*The course
has helped me
to adjust my
sleeping habits*

Understanding OCD: unwanted thoughts & behaviours

In conjunction with the Improving Access to Psychological Therapies (IAPT) team, explore the reality of Obsessive Compulsive Disorder (OCD), an anxiety disorder characterised by frequent unwanted and intrusive thoughts, impulses, images, urges and doubts – often accompanied by compulsive and ritualistic behaviours.

Date & time

Friday 17 January 9am - 12pm

Venue

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

Worries and 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. This seminar will teach you about CBT-based self-help techniques so that you can learn to manage your worries.

Date & time

Monday 2 March 10am -1pm

Venue

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

How to Combat Low Mood

Often we can be victims to the way we feel, lacking energy and motivation. This seminar will help you understand how to break the cycle of low mood. It will introduce you to some Cognitive Behavioral Techniques that will help you adapt your thinking. Full of practical advice and evidenced based research this seminar will help you lift your mood.

Date & time

Tuesday 31 March 10am - 1pm

Venue

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

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.

Peer Mentoring

Delivered by Kirklees Success Centre, this course is for anyone who wants to develop their skills, knowledge and confidence to support others using mentoring. It is suitable for those who volunteer and work with both other volunteers and service users as well as those who are looking to work in services which require good people skills.

Date & time

Wednesday 11 September 10am -1pm

Duration

7 Weeks

Venue

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



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

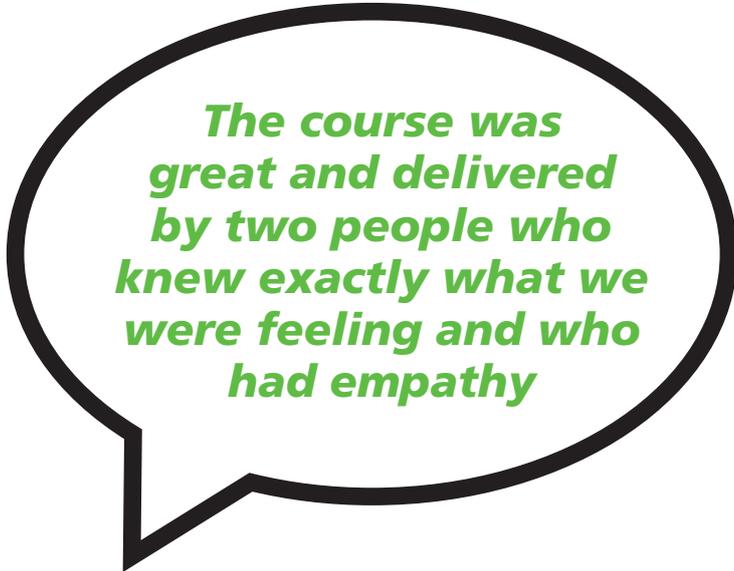
Monday 3 February 1pm – 3pm

Duration

3 Weeks

Venue

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



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

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

Date & time

Tuesday 5 November at 1pm - 3pm

Duration

6 Weeks

Venue

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



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

Confident Communication

This 6 week course explores simple techniques to build and develop your self-confidence.

Each session will use a mixture of interactive activities and discussions to help you focus on and appreciate our own strengths, skills and talents. We'll look at the art of appearing confident and test out some simple techniques that may help give us a boost at times when we're not feeling confident. This course is offered by the WEA and the ever positive Jane.

Date & time

Tuesday 7 January at 10am - 12.30pm

Duration

8 Weeks

Venue

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



Confidence to work

This course gives you all the tools and help you need to get back to work. It considers all aspects of applying to interviewing for a job. It includes: application form tips, CV Writing and interview preparation. The course is offered by Karl, our friendly and well liked tutor from Richmond Fellowship.

Date & time

Monday 7 October at 1pm - 3pm

Duration

6 Weeks

Venue

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

What's On?

This session is designed to provide you 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, 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! This course has been produced in partnership with Community Plus, Creative Minds, Recovery College Volunteers and a selection of other parties.

Date & time

Thursday 2 April at 1pm - 3pm

Venue

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

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

To be arranged. We are taking names of people interested in this course. Please get in touch if you want to do this course.

Duration

7 Weeks

Venue

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



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. 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 and health benefits, barriers to walking, organising and delivering sessions including route planning.

Date & time: Tuesday 3 March 10am - 4.30pm

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

Cost: Free

Moving More Often

Core and Movement and Games in Chairs (MAGIC)

This **full day** workshop provides leaders with the knowledge, theoretical and practical skills to deliver and create, sustainable physical activity opportunities across Kirklees. This **CORE MODULE** covers essential information to deliver safe, inclusive activity for all ages and abilities. It is particularly for people who are less mobile, have disabilities and/or dementia.

This course covers Health & Safety, motivating individuals to become more active, breaking down barriers as well as how to establish and maintain an inclusive group.

The second half of the day trains leaders in the delivery of chair based games and activities using a range of sensory equipment (**MAGIC**). This will give leaders ideas about how to deliver activity in chairs for all ages and abilities, particularly for those less mobile and/or experiencing memory problems.

Date & time: Thursday 6 February 9.30am - 4pm

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

Cost: Free

Courses for Carers

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

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 14 January 1pm - 4pm

Duration: 4 Weeks

Managing Behaviour Master Class

Are you a carer for someone with Dementia? There may be behaviours that you find challenging and difficult which could include: shadowing you, repetitive questioning and night time walking. This master class will give you a better understanding about the nature and reasons for these behaviours as well as some strategies to help you manage them. Delivered by our amazing Admiral nurses.

Date & time: Tuesday 22 October at 9.30am – 12.30pm

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

To book on these courses please contact the Admiral Nurse Service directly on 01484 343126

Time For A Cuppa

Admiral Nurses support carers and families of those with Dementia across Kirklees

Join us at this fun event for tea, cake, and more. All welcome. We look forward to seeing you there.

Date & time: Tuesday 10 March 10am - 12pm

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

**Fundraising
event for
Dementia
UK & Admiral
Nurses**



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 9 March 10am – 2.30pm

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

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 at 14th October 1pm – 3.30pm

Monday at 9th December 1pm - 3.30pm

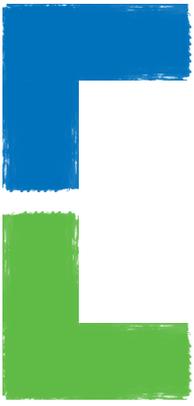
All the above will be held in Room 49 at Folly Hall, St Thomas Road, Huddersfield HD1 3LT

For further information, and future dates please contact:

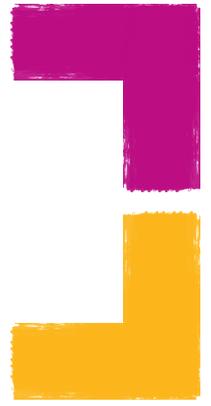
SWYPFT: Helen Wiggins on 01924 481070 or email Helen.wiggins@swyt.nhs.uk

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

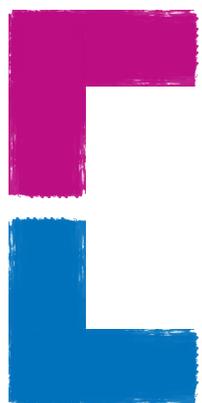
Do you have a problem with your smart phone, tablet or laptop? If so, you need Inspector Gadget! This is a free one-to-one 30 minute session to help you solve those IT problems. You can arrange to meet our Inspector Gadget between

2pm – 4pm on the following dates:

- Monday 7 October 2019
- Monday 4 November 2019
- Monday 2 December 2019
- Monday 6 January 2020
- Monday 3 February 2020
- Monday 2 March 2020
- Monday 1 April 2020



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



Workshops and Course Dates



Skills for Volunteering to be arranged. Please contact us to express an interest

September

Title	Date	Time	Number of sessions	Venue
Introduction to the Recovery College	Tuesday 3 September	1.30pm - 3pm	1	Folly Hall Mills
Introduction to the Recovery College	Thursday 5 September	10.30am-12pm	1	Recovery College
Introduction to the Recovery College	Thursday 5 September	1.30pm - 3pm	1	Recovery College
Peer Mentoring for Health & Wellbeing	Wednesday 11th September	10am -1pm	7	Recovery College
Introduction to Mindfulness	Thursday 12 September	10.30am - 12.30pm	1	Recovery College
Arts & Craft: Plastic Fantastic *	Thursday 12 September	11am -1pm	3	Recovery College
Introduction to the Recovery College	Monday 16 September	10.30am-12pm	1	Recovery College
Quiet the Mind: Meditation	Tuesday 17 September	1.30pm - 3pm	3	Recovery College
LAB* Learn, Achieve, Believe! *	Thursday 26 September	10.30am -12.30pm	1	Recovery College
Relating to Others	Thursday 26 September	1pm - 3pm	1	Recovery College

October

Title	Date	Time	Number of sessions	Venue
Introduction to STEPS	Wednesday 2 October	10am - 12pm	1	Recovery College
Dyslexia Awareness *	Thursday 3 October	1pm - 3pm	1	Recovery College
Arts & Craft: Mosaics	Thursday 3 October	10.30am - 2.30pm	4	Recovery College
Managing Emotions & Making Decisions	Monday 7 October	10.30am - 12.30pm	2	Recovery College
Confidence to Work	Monday 7 October	1pm - 3pm	6	Recovery College
Walks for Wellbeing: Crow Nest Tree *	Tuesday 8 October	10am - 12pm	1	Crow Nest Park
Introduction to the Recovery College	Tuesday 8 October	1.30pm - 3pm	1	Recovery College
Golden Age of Hollywood: The Studios	Wednesday 9 October	1.30pm - 3.30pm	4	Recovery College
Dance Fusion	Thursday 10 October	1pm - 2pm	2	Recovery College
Autism Awareness	Friday 11 October	10.30am - 12.30pm	1	Recovery College
STEPS	Wednesday 16 October	10am - 1pm	8	Recovery College
Managing Behaviour - Carers Dementia	Tuesday 22 October	9.30am - 12.30pm	1	Recovery College
Overcoming Panic and Anxiety	Friday 25 October	9am - 12pm	1	Recovery College

November

Title	Date	Time	Number of sessions	Venue
Mental Health & Moving On	Tuesday 5 November	1pm - 3pm	6	Recovery College
Arts & Craft: Batik and Tie-Dye *	Thursday 7 November	10.30am - 2.30pm	4	Recovery College
How to Declutter Your Life	Wednesday 13 November	1.30pm - 3.30pm	3	Recovery College
Stress Management	Monday 18 November	1pm - 3pm	3	Recovery College
How to Survive Christmas	Monday 25 November	10.30am - 12.30pm	1	Recovery College

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

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

December

Title	Date	Time	Number of sessions	Venue
Don't get BOARD this Christmas	Monday 2 December	10.30am - 12.30pm	1	Recovery College
Beating Social Anxiety	Tuesday 3 December	9am - 12pm	1	Recovery College
Xmas Craft: Funky Decorations *	Thursday 5 December	11am - 1pm	1	Recovery College
Sleep and how to get some	Monday 9 December	10am - 1pm	1	Recovery College
Xmas Craft: Printing *	Thursday 12 December	11am - 1pm	1	Recovery College
Xmas Craft: Wellness Jars *	Thursday 19 December	11am - 1pm	1	Recovery College

January

Title	Date	Time	Number of sessions	Venue
Confident Communication	Tuesday 7 January	10am-12.30pm	8	Recovery College
Introduction to the Recovery College	Wednesday 8 January	1.30pm - 3pm	1	Recovery College
Eat Well, Be Well	Thursday 9 January	10.30am - 12.30pm	4	Recovery College
Arts & Craft: Printing *	Thursday 9 January	10.30am - 2.30pm	4	Recovery College
Beginners Chess	Monday 13 January	1.30pm - 3pm	3	Recovery College
Positive Steps: Carers Dementia	Tuesday 14 January	1pm - 4pm	4	Recovery College
Understandng OCD	Friday 17 January	9am - 12pm	1	Recovery College
Drama *	Weds 29 January	1pm - 3pm	7	Recovery College

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

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

February

Title	Date	Time	Number of sessions	Venue
Relationships Matter	Monday 3 February	10.30am-12.30pm	2	Recovery College
Assertiveness & Communication	Monday 3 February	1pm - 3pm	3	Recovery College
Arts & Craft: Button Bouquet	Thursday 6 February	11am - 1pm	2	Recovery College
Moving More Often - Core and MAGIC	Thursday 6 February	9.30am - 4pm	1	Recovery College
Robotics	Monday 24 February	1pm - 4pm	1	Recovery College
Introduction to Finding Me	Tuesday 25 February	1pm - 3pm	1	Recovery College
Words in Mind	Wednesday 26 February	1.30pm - 2.30pm	6	Mirfield Library
The Four Agreements *	Thursday 27 February	10.30am-12.30pm	2	Recovery College

March

Title	Date	Time	Number of sessions	Venue
Worries and how to deal with them	Monday 2 March	10am -1pm	1	Recovery College
Walk Leader	Tuesday 3 March	10am - 4.30pm	1	Recovery College
Arts & Craft: Mosaics	Thursday 5 March	10.30am - 2.30pm	4	Recovery College
Walks for Wellbeing Hudds Heritage	Tuesday 3 March	10.30am-12.30pm	1	S2R Hudds
Families & Carers Matter	Monday 9 March	10am – 2.30pm	1	Recovery College
Finding Me	Tuesday 10 March	1pm - 3pm	3	Recovery College
Looking After Me	Monday 16 March	10.30am-12.30pm	2	Recovery College
Medication & Me	Monday 16 March	1.30pm - 3pm	1	Recovery College
Walks for Wellbeing: Crow Nest History *	Tuesday 24 March	10am - 12pm	1	Crow Nest Park
How to Combat Low Mood	Tuesday 31 March	10am - 1pm	1	Recovery College
What's On?	Thursday 2 April	1pm - 3pm	1	Recovery College

* = Brand new course



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

Your details:

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

EMERGENCY CONTACT INFORMATION

This is the person we would contact in case of emergency

Name of contact:	Relationship to you:	Their contact telephone no:
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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?

Course title:	Start date :	I would like to:
Course title:	Start date :	I would like to:
Course title:	Start date :	I would like to:

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.

Date of birth:		Age at enrolment:		I prefer not to say	
Race					
White <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:		Mixed/multiple ethnic groups <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:		Asian/Asian British <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:	
		Black/African/ Caribbean/Black British <input type="checkbox"/> African <input type="checkbox"/> Caribbean <input type="checkbox"/> Any other Black/African/Caribbean/Black British background, please specify:		Other ethnic group <input type="checkbox"/> Arab <input type="checkbox"/> Any other ethnic group, please specify: <input type="checkbox"/> I prefer not to say	
Language					
What is your main language? <input type="checkbox"/> English <input type="checkbox"/> Other (including sign languages) please specify:			If English is not your main language, how well can you speak English? <input type="checkbox"/> Very well <input type="checkbox"/> Well <input type="checkbox"/> Not very well <input type="checkbox"/> Not at all		
Country of birth					
<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					
Religion/belief					
<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:	
Disability					
Do you consider yourself to have of the following? (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			
Gender		Sexual orientation		Caring Responsibilities (part 1)	
<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		Do you currently look after a relative, neighbour or friend who is ill, disabled, frail or in need of emotional support? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I prefer not to say	
				Perinatal information Have you had a baby in the last 12 months? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> I prefer not to say	
Employment status			Marriage and Civil Partnership status (Please tick one box)		
<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 carer, 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.

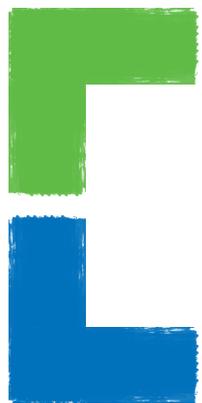
Name.....

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 each time a new prospectus comes out. Please 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 five main sections to make it easier to identify which courses are best for you.

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

- Introductory Workshops & Taster Sessions
- 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 to discuss your requirements.

01924 481060

email recovery.kirklees@swyt.nhs.uk

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. It is expected 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?

Tel: 01924 481060

Email: recovery.kirklees@swyt.nhs.uk

Facebook: Discover Recovery College Kirklees

Twitter: @RecColCalKirk

Website: 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 that people are attending courses they are not booked onto whilst others are not always attending their courses..

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.

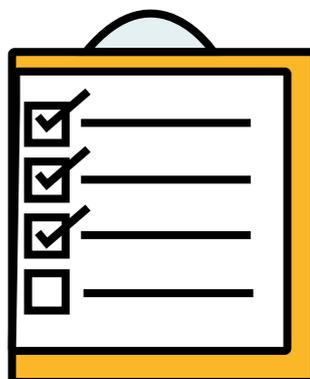
Help us to help you by following these simple rules:

- **Make sure you are enrolled with the College each new prospectus by filling in the enrolment form on-line, in paper format and returning and/or attending an 'Introduction to the Recovery College' session**
- **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, or need more information**

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.

You can book up to 3 courses in advance at any one time. If you have booked onto 3 courses, once you finish a course you can book onto another.



What Our Learners Say

The course feels like it drew my attention back to how important it is to self-care and nourish. Very friendly, relaxed, informal and open – non-judgemental

I found it enabled me to try out new techniques that I have not tried before. Being with people with similar problems and discussing concerns and worries has also been useful.

So grateful for this service, I hope it carries on and grows, Thank you!

I can tell a lot of work and preparation has gone into the course. The facilitators were sensitive to listening to what attendees had to contribute

I loved the presentation and format of the course, perfect balance of information

I really enjoyed the course. It was nice to be able to share with others and to feel safe to do so

It helped me with my depression and got me off the sofa!

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: I was very quiet although I haven't shut up since that initial meeting! I actually feel like I belong somewhere now.

What Our Volunteers Say

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 Rhinos. 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

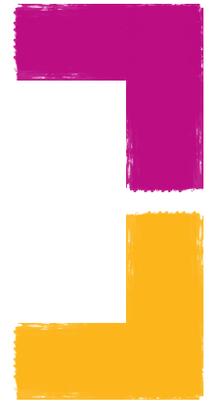
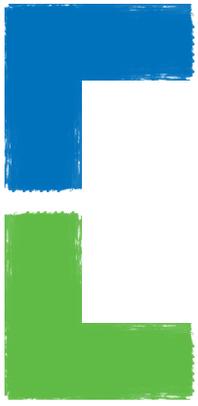
“ I had been looking for somewhere to volunteer for over five years. I have tried quite a few opportunities but didn’t feel like I belonged. I stumbled across the Recovery College on the website. My first day was amazing. I found everyone to be real, authentic and opportunities to volunteer could be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

Ben

“ I have been facilitating courses at the RC for a couple of years now. I have had great support and input from the staff. I feel part of a positive team focusing on the betterment of peoples mental health. Through doing the courses I have found it has improved my own confidence and self esteem. It has also helped me to simplify my own life, and it has helped me to gain a solid structure that I can use to live with and cope with my own mental health issues. Kirklees Recovery College is a vital part of my life and wellbeing. I hope I can support others in their lives through the RC platform. ”

Gary

“ I first came to the Recovery College 4 years ago. I was invited and went to a WRAP course (Wellness Recovery Action Plan) at Barnsley Recovery College. The course was useful in giving me a plan to stay well and be well. The people there were very friendly. I enjoyed the course so much and I could see how it could help others so I did some more training and became a WRAP facilitator. I started to volunteer at the Recovery College in Kirklees, which I still do today. To me the people at the college are my second family not just colleagues. I like being around like minded people it helps me stay well and gives me a focus. I look after the Library and help to facilitate some courses such as Chess for Beginners, Words in Mind and Looking After Me. It is a welcoming place which I would heartily recommend! ”



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



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



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



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



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



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



SR2

Support to Recovery (S2R) is a local Mental Health Charity that has provided a range of services to the people of Kirklees for over twenty years. We have developed a reputation for diverse, inventive responses to the changing outlook of mental health service delivery

01484 539531

contact@s2r.org.uk

www.s2r.org.uk



Recovery College directions and contact info

By Car

From Dewsbury

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

Turn immediately 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. If full please park on the road nearby.

By Bus

203 & 202

Leeds to Hudds/Hudds to Leeds
203 stops directly outside Pathways

202 Nearest stop:

Nab Lane Back Knowl Road

262

Brighouse to Hudds/
Hudds/Brighouse

Nearest stop:

Hudds Road Ings Grove Park

By Train

Trains run direct to Mirfield from both Dewsbury and Huddersfield.

The Recovery College is approximately a 12 minute walk away.

Recovery College Kirklees

Pathways

Nettleton Road

Mirfield

West Yorkshire

WF14 9AQ



01924 481060



recovery.kirklees@swyt.nhs.uk



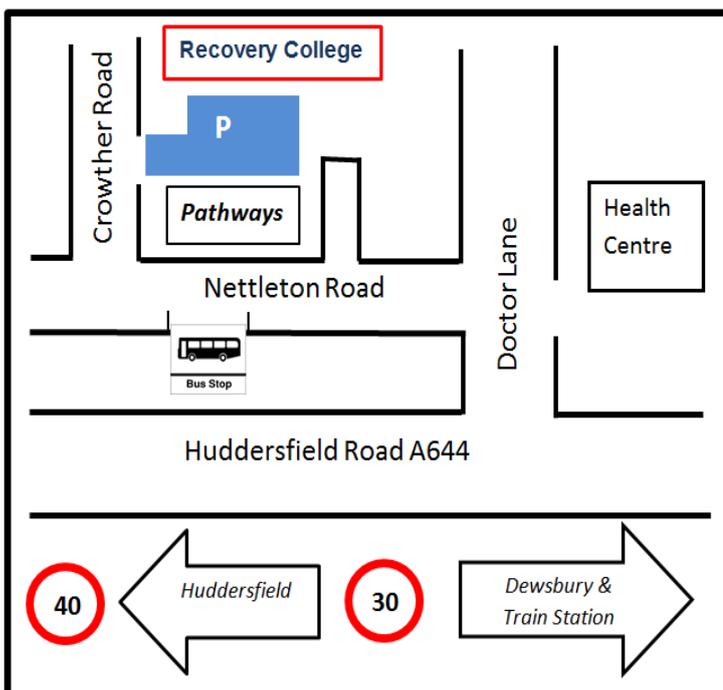
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@RecColCalKirk



kirkleesrecoverycollege.co.uk



With all of us in mind.