

Learn.

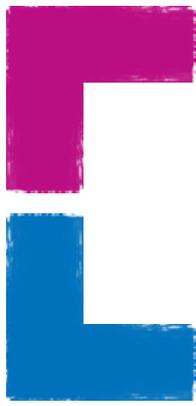
Share.

Discover:

Recovery College Kirklees

April 2020 – August 2020

With **all of us** in mind.



Welcome to our Recovery College



Dear Learner

It is my great pleasure to introduce our Spring/Summer prospectus 2020. The Recovery College is open to anyone 18 years and over who wants to improve their wellbeing. The courses on offer within these pages are designed to help you be well and stay well and become more resilient.

Resilience is something we have had to think about, practice and become this year. Nobody goes through life without a tragedy or a difficulty. Often that can be a lonely place and here at the College is no different. Last year started with Rachel, our co-ordinator, being diagnosed with cancer and having to take long term sick leave. Thankfully she is well, and has found the resilience to bounce back to work and bring this prospectus together. Having our courses co-designed and co-facilitated by people with a lived experience of an illness, disability, caring role or mental health issue means this is a place of understanding and compassion. Life will always throw up storms but we are stronger together. We have some excellent courses to help you, be it learning a craft or skill, learning meditation or taking the time to walk and engage in the environment around you. Look out for courses we have put in the spotlight!

You may notice we are running some courses in different venues in Huddersfield and Dewsbury. If you struggle with directions, maps and going new places you can call us and arrange to meet a volunteer at a local bus stop or place near to the venue. Maps of our new venues are on pages 45 – 47.

Our volunteers offer an invaluable service. We could not offer many of the courses in here without them. If you have not been to the Recovery College before you can meet 1 or 2 of them at our **Introduction to Recovery College Sessions** during Enrolment Week (20 – 24 April). You can also come and find out more at Folly Hall in Huddersfield and the Priestley Unit in Dewsbury where we will have some stalls – see the next page for further details.

Despite the most difficult start to 2019 we have had our best year so far with more people enrolled and attending courses than ever before! Last term, most of our courses were booked to capacity and it is really important that everyone follows our attendance procedure. Please let us know if you cannot attend a course so we can offer that place to someone else.

I must say thanks to our admin support Helen, our co-ordinator Rachel for bouncing back and our **A.M.A.Z.I.N.G** volunteers for all their hard work and commitment. Thanks also to our partners who have helped us so much with venues, new courses and putting up with me for the last 9 months! Lastly I look forward to meeting many of you and would like to thank you for your kind words and continued support.

Yours sincerely

Matt Ellis, Recovery College Principal



Enrolment Week

20 - 24 April 2020



Find out how to become a learner, volunteer or signpost people to us by attending one of the activities or events below. You will have the chance to meet volunteers and staff that run the College. Please feel free to bring a friend or Support Worker with you.

Staff from all services are also welcome to come to find out more.

Meet us at the Stalls!

Pick up a prospectus or just to find out more....

Drop-in @ Priestley Unit

Monday 20 April 2020 at 10am – 4pm

Reception area Dewsbury & District Hospital, Halifax Road, Dewsbury, WF13 4HS

Drop-in @ Folly Hall Mills

Tuesday 21 April at 10am – 4pm

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

Introduction to Recovery College Courses

These informal introductory sessions provide you with 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 discover 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.

Date & time Tuesday 21 April 2020 at 1.30pm – 3.30pm

Venue Folly Hall Mills St Thomas Road, Huddersfield, HD1 3LT (meet in Reception)

Date & time Wednesday 22 April 2020 at 10.30am – 12.30pm

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

Date & time Thursday 23 April 2020 at 1.30pm – 3.30pm

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

Please note these Introduction Courses are not drop-in sessions. Please arrive promptly at the given start time.

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 Mood Boosters and 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 8 weeks. The majority of our courses are free unless otherwise stated in the course information. Most 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. If needed, Recovery College volunteers can offer a 'Meet & Greet' Service at a central location, such as a bus or railway station for learners attending new venues for the first session. **Please let us know at the time of booking if you would be interested in using this new service.**

We invite all new learners to the Recovery College to attend an 'Introduction to the Recovery College' session (see previous page) 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 and you can book up to three courses when you enrol. Once you have completed one of the courses you can then book on another, meaning you always have up to three to look forward to!



Essential Information:

Current learners only need to verify their wish to remain enrolled with the College. Please keep a look out for an email from us to do this or contact us on the usual number to book on any new courses.

New learners will need to enrol and can do so by completing by completing our on-line enrolment form at: Kirkleesrecoverycollege.co.uk or by filling in the paper copy towards the back of this prospectus and returning it to us. We also encourage every learner to read our Attendance Procedure on page 41. This will help you booking onto courses and avoid disappointment.

Please see our Frequently Asked Questions Section on pages 38 - 40 if you wish to know more about the College.

Taster Sessions

Introduction to Healthy Minds

Delivered by Huddersfield Town Foundation, this workshop aims to give you a brief overview of the six week 'Healthy Minds' course. You will have the opportunity to meet with the Facilitators and learn what each session will cover and decide whether this course is suitable for you.

Date & time

Tuesday 28 April 2020 at 1.30pm – 3pm

Venue

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

LAB (Learn, Achieve, Believe)

Delivered by Proper Job Theatre Company, this 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 for this particular session.

Date & time

Wednesday 3 June 2020 at 2pm – 4pm

Venue

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

Craft Taster: Tie Dye

This taster session is designed for learners who have not previously attended our craft courses. This workshop will give you the opportunity to meet some of our wonderful volunteer facilitators and other learners. You can also check out our fabulous Art Room! During this session you will learn about the process of tie-dyeing which usually consists of folding, twisting, pleating or crumpling fabric or a garment and binding it, followed by the application of dye. We really hope you enjoy this one-off session!

Date & time

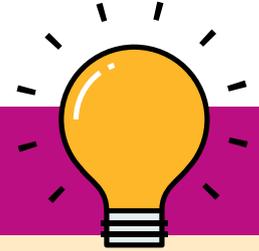
Thursday 4 June 2020 at 11am – 3pm

Venue

Recovery College Kirklees, 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.



Spotlight On...

Bee Happy

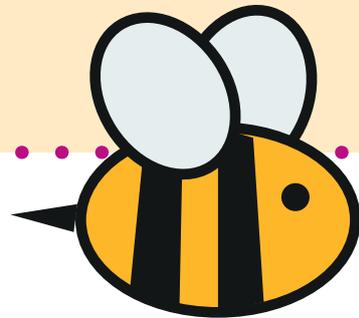
On this fascinating course delivered by S2R's Great Outdoor Project you will learn to see the world through the eyes of a Bee. Find out how they live and how much they contribute to our lives through their work. Learn about the threats to their numbers and what we can do to help them. Over four weeks we will talk about this in the S2R classroom and also get outside to see some hives and plant wild flowers that will help our bees and improve biodiversity. No previous experience necessary but do dress for the outdoors and wear sturdy footwear.

Date & time Friday 15 May 2020 at 1pm – 3pm

Duration 4 Weeks

Venue S2R, 5 – 7 Brook Street, Huddersfield HD1 1EB

Meet & Greet Service Available



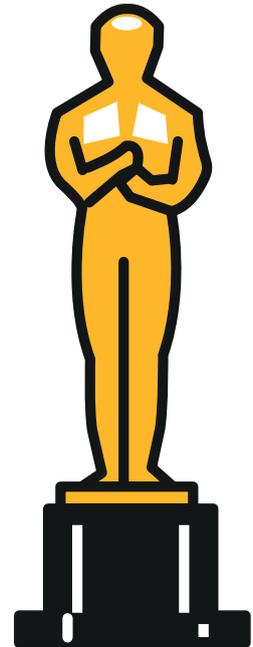
Golden Age of Hollywood: The Oscars!

Step back in time to learn about the most important night in Hollywood; The Oscars! During this four week course you will discover more about the actors that were honoured with an Academy Award for some of the finest dramatic performances of the Golden era. You will also get to know about the spectacular genre films, such as Ben Hur, High Noon and The Bridge over the River Kwai which had audiences flocking to the theatres, despite the changes in the media landscape with the explosion of television. There will be many famous clips from movies of old and popcorn is provided!

Date & time Wednesday 29 April 2020 at 1pm – 3.30pm

Duration 4 Weeks

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



I was unsure how I would find this course – I signed up to it quite late in the day. I have always preferred the class of films from this era but my knowledge is not extensive! I'm so glad I attended - fantastic!"

Fossil Fun

During this fun **one-off session**, delivered by amateur fossil forager, Alex from the Creative Minds team, learners will be introduced to the hobby of fossil collecting and will discover how foraging for these historic items can benefit your wellbeing, as well as being an interesting and diverting pastime. You will learn about the different types of fossils which can be found in the UK as well as how and where to look. You will also find out about some of the Dinosaurs and other prehistoric creatures that used to roam our land! You may expect some references from the Jurassic Park films! Learners will have the chance to browse and handle fossils from Alex's own collection and specimens will be available for people to take home and enjoy – for free.

Date & time Monday 1 June 2020 at 1pm – 3.30pm

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

Growing Together

During this four week course delivered by S2R's Great Outdoor Project, you can learn or share horticultural skills, while helping to grow native plants for Community Groups across Kirklees and for the Volunteer Show Garden in Harrogate. You will discover everything from seed germination and potting, to maintenance and even a spot of Latin if you wish! This course acts as a taster for an ongoing, weekly opportunity for those who want to get involved in the longer term. You will gain new knowledge and make a positive contribution to the community - and the environment. No previous experience is necessary but do dress for the outdoors and wear sturdy footwear.

Date & time Monday 8 June 2020 at 10.30am – 12.30pm

Duration 4 Weeks

Venue Polytunnels, Off Old Fieldhouse Lane, Deighton HD2 1AG

Meet & Greet Service Available



A great environment to share experiences and have a relaxing time

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 Thursday 25 June 2020 at 1.30pm – 3pm

Duration 6 Weeks

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

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.

Lino Printing

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! Over four sessions you will have the opportunity to design and produce your own lino prints, learning different techniques and skills along the way.

Date & time

Thursday 30 April 2020 at 11am – 1pm

Duration

4 weeks

Venue

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

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. Due to the popularity of this course, priority will be given to learners new to this subject.

Date & time

Wednesday 17 June 2020 at 10.30am -
2.30pm

Duration

4 Weeks

Venue

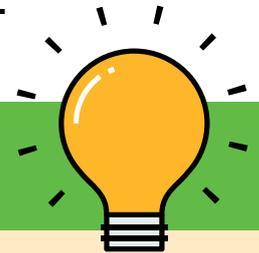
Recovery College Kirklees, Pathways,
Nettleton Road, Mirfield WF14 9AQ

Please bring a packed lunch



Exploring Wellbeing

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



Spotlight On...

Healthy Minds

Delivered by Huddersfield Town Foundation, this six week course demonstrates the beneficial links between physical activity and positive mental health. The sessions will include some group discussion followed by 45 minutes of physical activity. All activities are designed to be fun and inclusive to suit each learners needs and abilities, some have a competitive element and some with a team building twist. Learners will discover the best foods to eat to improve their mental wellbeing as well as tips and information about coping mechanisms. So whether you have been inactive for a long time or currently follow an exercise programme, we are sure everyone will enjoy these fun sessions!

Date & time

Tuesday 5 May 2020 at 1.30pm – 3pm

Duration

6 Weeks

Venue

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

Please wear comfortable clothing and footwear for these sessions



Self Esteem and Resilience

Delivered by The Richmond Fellowship, learners will cover all aspects of improving feelings of self worth. You will also look at practical ways to maintain and increase your resilience against the stressors and strains of life. By the end of this two week course, you will have discovered how to weather the storms that life inevitably brings.

Date & time

Monday 11 May 2020 1pm – 3pm

Duration

2 Weeks

Venue

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

*Helped me
relax and still
the chattering
in my mind!*

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". Please note this course is being delivered at a new venue in Dewsbury, see below.

Date & time

Thursday 4 June 2020 1.30pm - 3pm

Duration

3 Weeks

Venue

The Basement Project, Union House, 29 Union Street, Dewsbury WF13 1AS

Meet & Greet Service Available

Five Ways to Wellbeing

Delivered by The Richmond Fellowship, this course will enable learners to explore practical and realistic steps that they can take in their daily lives to improve and maintain their mental and physical wellbeing. This will incorporate the key messages of: Connecting with Others, Being Active, Taking Notice, Learning and Giving and will promote a sense of positive wellbeing.

Date & time

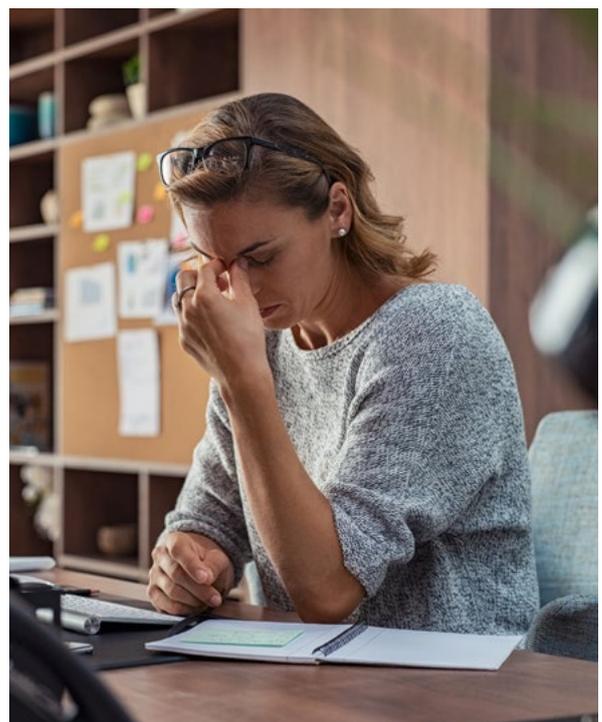
Monday 8 June 2020 at 1pm - 3pm

Duration

2 Weeks

Venue

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



Going Green

Climate change; does worrying about the planet keep you awake at night? Do you feel anxious for our future generations? Are you concerned for our magnificent wildlife? If so, this course will provide the opportunity for you to learn about how we can all make a positive difference, how to change defeatist self-talk and consider how our feelings can generate action. During this **one-off** session we will look at ways to reduce our own carbon footprint, make our homes more efficient and perhaps save some money as well as the planet!



Date & time

Monday 22 June 2020 at 1.30pm – 3.30pm

Venue

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

Managing Emotions & Making Decisions

This two week 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. This course is being delivered at a new venue in Huddersfield, see below.

Date & time

Wednesday 1 July 2020 at 11am – 1pm

Duration

2 Weeks

Venue

The Basement Project, Union Bank, 3a Union Bank Yard, New Street, Huddersfield HD1 2BP

Meet & Greet Service Available



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

Mood Boosters

It may feel daunting but there are many reasons to become more active; it can relieve symptoms of mild depression, improve sleep, memory and cognitive function and it can also reduce anxiety and panic attacks. It also has numerous physical benefits as well as being a great way to have fun with others. So why not book on one of the following courses and take a small step towards a healthier, happier you?

Spotlight On...



Dance Fusion

Regular dancing, simply moving to the best of our ability, can really lift our spirits. Research shows that it also improves brain function, reduces stress, can strengthen friendship bonds as well as have a positive impact on our general health. This fun, two week course delivered by SS Dance & Wellbeing is a combination of Dancercise, Zumba, Aerobics and StreetFIT, which is suitable for all abilities. 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

Tuesday 16 June 2020 at 1pm – 2pm

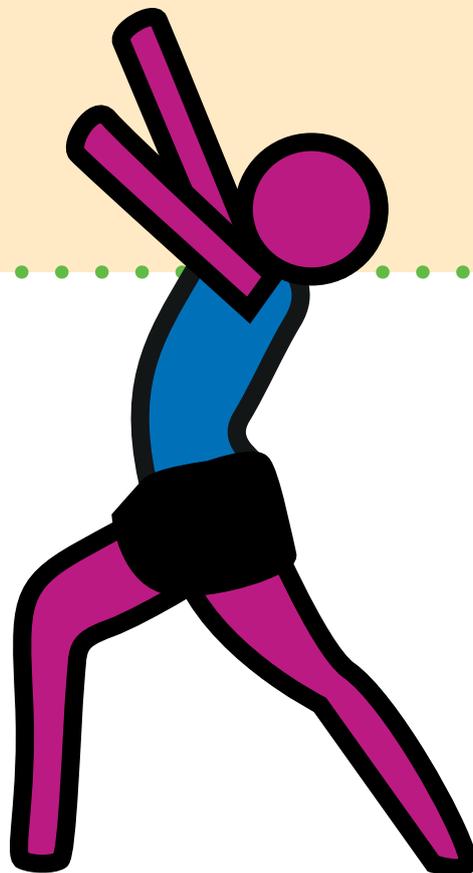
Duration

2 Weeks

Venue

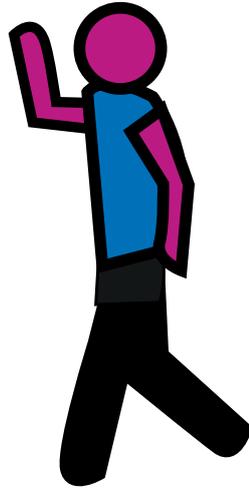
Recovery College Kirklees, Pathways, Nettleton Road,
Mirfield WF14 9AQ

*Good physical
and mental
workout. Dancing
always makes me
feel better*



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, each with a different theme. So if you want to clear your head and soothe your soul come along and join us!



- 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

Wellbeing Walk

Stick on your boots and experience with us, the Great Outdoors! Getting away from built up areas into green (perhaps muddy) spaces can have a real positive impact on both your physical and mental health to create an overall sense of wellbeing. So lets get back to nature and check out some of the lovely views across Kirklees and beyond!

Date & time

Thursday 2 July 2020 at 10.30am – 12.30pm

Meet

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

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

Thursday 16 July 2020 at 10.30am - 12.30pm

Meet

S2R CREATE SPACE, Brook Street Huddersfield, HD1 1EB

Meet & Greet Service Available

Dewsbury Heritage Walk

On this fact-filled tour you will discover some of the wonderful historic buildings of Dewsbury. During this gentle stroll you will find out about the Cloth Hall Mills that produced the famous shoddy and mungo and other places of interest. So come and check out the architectural heritage of the industrial age.

Date & time

Thursday 9 July 2020 at 10.30am – 12.30pm

Meet

Dewsbury Bus Station by the Travel Centre

All round a lovely idea for a course; fresh air, nature, company, learning new things, exercise. Thank you

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.

Spotlight On...



Understanding Addictions

Delivered by CHART, this **accredited** course will offer you the opportunity to become a **Community Champion in Drugs and Alcohol**. Over two weeks you will learn about the different types of drugs, the effects and dangers and gain an understanding of addiction. You will also discover the impact it has on the individual, family, friends and community and the challenges of working with this client group.

By the end of the course you will have the confidence and ability to engage with people affected by drugs and alcohol, including family members and be able to provide brief advice and refer to appropriate agencies.

Date & time

Thursday 7 May 2020 at 10am – 1pm

Duration

2 weeks

Venue

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

Dementia Awareness

Delivered by the Kirklees Dementia Hub, this **one-off** workshop aims to change people's perceptions of dementia and transform the way we think about the condition. You will learn five key messages and discover small ways you can help. At the end of the session, learners will be awarded a 'Dementia Friend' badge and will also be given the opportunity to undertake a longer day course, should they wish to become a Dementia Champion.

Date & time

Monday 18 May 2020 at 10am – 12pm

Venue

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



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

Thursday 21 May 2020 at 1pm – 3pm

Venue

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



Cannabis: The Facts

Whether you know it as Cannabis, marijuana, dope, weed, pot or grass this is the most widely used illegal drug in the UK. During this **one-off** session delivered by CHART learners will discover both the facts and myths about this psychoactive drug and the impact it can have on our mental health. Advice will be offered that will help people reduce their use of Cannabis, whether a user themselves, a carer or a professional.

Date & time

Thursday 18 June 2020 at 1.30pm – 3pm

Venue

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

Learning Seminars with IAPT



Kirklees IAPT (Improving Access to Psychological Therapies) is a service that specialise in supporting people with anxiety and 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, please 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.

We also help people who have a long term health condition such as diabetes, chronic pain, fibromyalgia, chronic fatigue/ME or IBS.

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

As we are part of the NHS our service is free. You can find out more about us on our website kirkleesiapt.co.uk, take a look to access some useful resources and self-help guides 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



Stress Management

During this one-off session you will learn how stress can affect you both physically and psychologically. You will also discover some useful self-help techniques to enable you to take control of your own life stressors.

Date & time:

Monday 27 April 2020 at 10am – 12pm

Venue

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

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 a 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

Thursday 30 April 2020 at 9.30am – 12.30pm

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 extremely difficult with 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 12 May 2020 at 9.30am – 12.30pm

Venue

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

Worries and How To Deal With Them

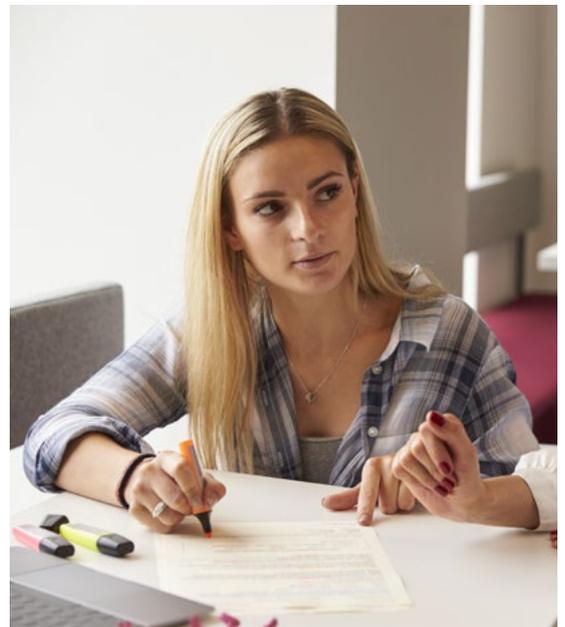
Worrying is a normal part of everyone's life but for some people worry can start to take control of their lives and become extremely distressing. It is very common for people to have difficulty managing worries and if this is the case for you then this would be the ideal course. This seminar will teach you about CBT-based self-help techniques so that you can learn to manage your worries.

Date & time

Monday 1 June 2020 at 10am – 12pm

Venue

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



Exploring OCD: Unwanted thoughts and behaviours

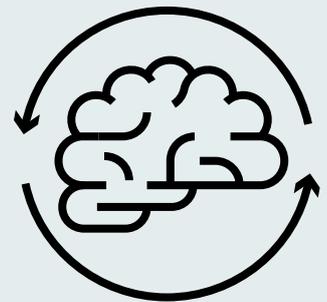
Explore the reality of Obsessive Compulsive disorder (OCD), an anxiety disorder characterised by frequent unwanted and intrusive thoughts, impulses, images, urges and doubts. These can often be accompanied by compulsive and ritualistic behaviours.

Date & time

Friday 5 June 2020 at 9.30am – 12.30pm

Venue

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



Living Well With Pain

For many, living with chronic pain is a daily occurrence. While this short course is unable to take the pain away, it can provide learners with the skills and techniques to help you live more comfortably with the pain and discomfort and enable you to improve your general quality of life.

Date & time

Monday 22 June 2020 at 9am – 11am

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 29 June 2020 at 10am – 12pm

Venue

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



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

What Are You Hungry For?

This **one-off** workshop is designed for learners who may struggle with their relationship with food, to help understand their eating habits. It is aimed at those of us who are aware that our over-eating can be emotionally driven. We will explore the reasons why we find it difficult to control the amount of food that we eat and consider whether you may be an “emotional eater”. If you use food as a way to manage your feelings, this course will show you different, non-food related techniques to use as an alternative coping strategy.

Please note: this workshop does not offer dieting or exercise advice or products

Date & time

Thursday 21 May 2020 at 10am – 12pm

Venue

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

Living Well with Summer Holiday Stress

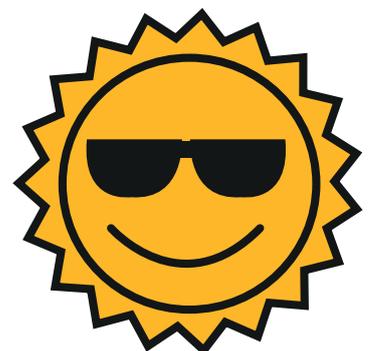
The summer holidays are supposed to be a time of fun, rest and relaxation, but let’s face it – it can be really stressful, especially if you are a parent! This **one-off** course will teach you how to live well with Summer Holiday stress. You will learn evidence-based Cognitive Behaviour Therapy (CBT) techniques to increase your own resilience with practical and emotional strategies to live well at this time of year.

Date & time

Tuesday 7 July 2020 at 9.30am – 11.30am

Venue

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



Relating to Others

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 this affects our confidence and learn tools on how to be assertive, deal with difficult situations and look at ways to change patterns in our relationships for the better.

Date & time

Thursday 23 July 2020 at 10am – 12pm

Venue

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



How To Live Well

Often we think about our health, mentally and physically when things go wrong but what if we began to think about how we live well each day? During this one-off session you will find out how to make some small positive changes in your daily life that will help you feel better about yourself, others and the world around you. Come and join us and discover the skills to live well.

Date & time

Monday 3 August 2020 at 10am – 12pm

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

Peer mentoring usually takes place between a person that has been through a specific experience (Peer Mentor) who guides a person through a relatable situation (Peer Mentee) such as living with mental health issues or recovering from addictions. 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 volunteers and others who want to gain experience and knowledge in coaching techniques and supporting others using their own lived experience.

Date & time

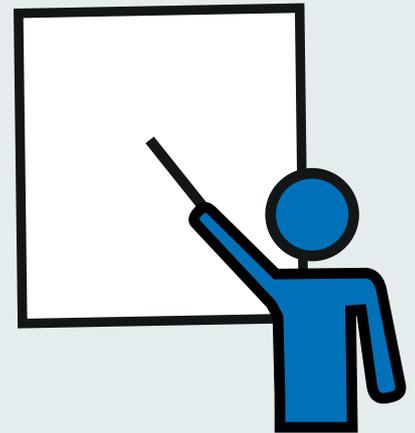
Friday 24 April 2020 at 10am – 12.30pm

Duration

8 Weeks (excluding bank holidays and half term)

Venue

Kirklees Learning Centre, The John Smith Stadium, Stadium Way, Off Leeds Road, Huddersfield HD1 6PG



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 29 April 2020 at 10am – 12.30pm

Duration

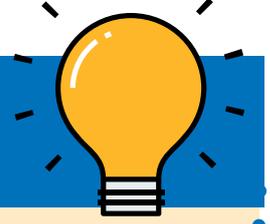
8 Weeks

Venue

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

Please note there is a cost of £70 for this particular course, however it is FREE to learners in receipt of specific benefits or on a low income, please ask if you require more information

Spotlight On...



Confidence to Work

Offered by The Richmond Fellowship this course is designed for individuals who are seeking employment or volunteering opportunities. It provides learners with all the tools and help you need to get back to work. It looks at how to build your confidence, tips for the application process, CV writing, interview preparation and how to disclose a mental health issue or disability. Please note that this course is delivered at the Richmond Fellowship offices in Huddersfield

Date & time:

Tuesday 2 June 2020 at 1pm – 3pm

Duration:

6 Weeks

Venue:

Richmond Fellowship, 21 Old Leeds Road,
Huddersfield HD1 1SG

Meet & Greet Service Available

*Thank
you for such a
comprehensive course.
Handouts were very helpful.
Friendly, empathic
delivery.*

First Aid & CPR: the basics of life support

A useful skill either in or out of the workplace; what action would you take if your friend collapsed in the street? How could you help before the ambulance arrives? **This one-off session** delivered by a Specialist Resuscitation Officer, will teach you the basics of First Aid, CPR and life support. This is a practical, hands-on workshop where you will learn to use community defibrillators, as well as how to put people into the recovery position and to apply bandages. You will also learn how to deal with emergencies such as choking, bleeding, scalds and burns amongst other things. Although this is a serious subject it is delivered in a fun and friendly way.

Date & time

Monday 6 July 2020 at 1pm – 3pm

Venue

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

What's On?

This **drop-in** session offered by Community Plus 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.

So whether you are interested in the arts, physical activity, education, volunteering opportunities or just something to keep your children entertained during the holidays; you can speak to a Co-ordinator who will be able to give you information about specific organisations to suit you - whatever your interests!

Date & time

Wednesday 15 July 2020 at 1pm – 3pm

Venue

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

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 2 June 2020 at 9.30am – 12.30pm

Duration

4 Weeks

Venue

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



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 6 April 2020 at 1pm – 3.30pm

Monday 8 June 2020 at 1pm – 3.30pm

Monday 10 August 2020 at 1pm – 3.30pm

All the above will be held at: The Birch Room at Cathedral House, St Thomas Road, Huddersfield HD1 3LG

For further information, please contact:

John Laville - Carer and Chair of the Forum on: 07768926753

Helen Wiggins - Carers Development Officer, SWYPFT on: 01924 481070

Yakub Rawat - Network & Involvement Worker, Carers Count on: 0300 012 0231

Spotlight On...



IMPACT: For loved ones affected by Substance Use

This **one-off** taster session delivered by CHART introduces you to IMPACT; an eight week programme for those affected by a loved ones' substance use. The programme is underpinned by the five-step method, providing individuals' with an awareness of drug and alcohol use, whilst focusing on improving their own wellbeing. During this course you will gain a basic understanding of addiction, find ways to open effective communication, discover the five ways of wellbeing and learn what peer support is. You will also have the opportunity to book onto the next full programme.

Date & time

Wednesday 8 July 2020 at 1.30pm – 3pm

Venue

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

Dementia Master Class: Managing Behaviour

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, delivered by our amazing Admiral Nurses will give you a better understanding about the nature and reasons for these behaviours as well as some strategies to help you manage them.

Date & time

Tuesday 21 April 2020 at 9.30am – 12.30pm OR

Tuesday 14 July 2020 at 9.30am – 12.30pm

Venue

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



What Our Learners Say

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.

After every session I have felt my mood was lifted, having been distracted by a topic and taken to a place completely away from the present day and general life anxieties – thank you!

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

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

The Course Leader was very knowledgeable and informed us of lots of snippets of interesting facts and stories. I really appreciated his enthusiasm and friendliness of delivery

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

A complete and true distraction from myself and my worries

It is reassuring to hear that the things I do or feel other people have too and it's not that I am crazy or broken

[The Course] made me look inside myself and recognise what I need to do to make the changes that I need.....Going through this process has started me on my path of where I want to go

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

I wasn't sure what to expect and was very pleased. I feel so much more relaxed, calm and in the now.

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

This course has helped me to have belief in my abilities

Helped me dust off lots of negativity and motivated me to work towards my goals

Lisa's Story:

“ After being off work on long term sick leave with severe anxiety I finally felt well enough to join the Recovery College. I managed to unvelcro myself from the sofa and made my way to Mirfield. The first course I did was called “Let's Sing Rock 'n' Pop”, something I had always loved in the past. I remember going with my head down and keeping conversation to a bare minimum. I felt so anxious I wanted to be sick. I sat on a chair nearest to the door, handbag on my knee and coat on just in case I couldn't handle it and I needed to make a quick escape. I began to wonder why I had come. Then the course started!

An hour into singing I realized there wasn't any room for anxiety. I had been too busy enjoying the experience. For the first time in months I actually felt like me again even if it was only for a couple of hours. After months of medical intervention I found some peace doing something I loved. I have since joined other courses and enjoyed each one. I have met some lovely people on my journey both volunteers who run the courses and other learners who attend the courses, all of whom have struggles at some time with mental/physical illness. Very simply, everyone understands. I have laughed, cried and learned but mostly I have looked forward, something I thought I had forgotten how to do.

The Recovery College is such a fantastic resource and is a safe and comfortable place to spend time and learn something new. I have always been treated with respect and understanding and made to feel welcome. I really do believe that the Recovery College has been instrumental in improving my confidence and finally getting me back to work. Yes I still have down days but now I can finally see the light. ”



Daniel's Story:

“ I first joined the Recovery College in January 2019 after it was recommended to me. After years of ill health and being in and out of work I decided to give it a go. I was truly welcomed and embraced with open arms despite me believing that I would be judged and labelled before people got to know me. Within the first few weeks, I truly felt at peace and that I should make the most of this opportunity and accept that the Recovery College was going to play a part in my recovery.

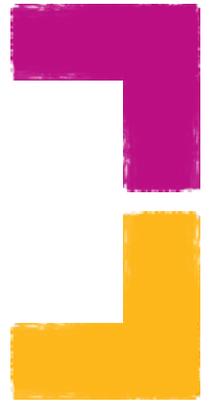
I have completed a few courses so far, namely 'Eat Well, Be Well' and the 'Expert Patient Programme'. Both these courses really helped me to focus on the tools I need to get better, psychologically, mentally and physically. I have learnt new ways to be and stay healthy and also some coping strategies and mechanisms to help manage my enthusiasm and confidence to be able to do things in my life.

The tutors are absolutely wonderful and extremely friendly, they make you feel valued and respected. My confidence and self-esteem has risen considerably since starting my journey here at the Recovery College. I recommend others to come here. A big thank you to all fellow students/learners and tutors for the support given to me.





Something Extra



Inspector-Gadget

Do you have a problem with your smart phone, tablet or laptop or just want to know how to do something in particular with your tech? If so, you need Inspector Gadget! This is a free one-to-one 30 minute session with a Recovery Volunteer to help you solve those IT problems. Please contact us to book a session at the Recovery College between **2pm – 4pm** on the following dates and please let us know which gadget you are bringing along:

Dates:

Monday 4 May, Monday 1 June & Monday 6 July 2020

Discover 2020: Capturing Personal Stories of Mental Health

This is an exciting oral history project that aims to capture the personal stories of people that have mental health issues, their carers, family and friends. Hearing personal experiences is important as it helps us all to reflect, learn and have empathy toward others.

The project will create an archive of experience hosted by the Mental Health Museum at Fieldhead Hospital in Wakefield and will be available for generations to come. Currently stories of personal experience have not been collected or saved and this is an omission we want to correct.

Do you want to make history? Then come along to the Recovery College for one of our four drop-in sessions . You can add your story to the collection, join our team of story collectors, or just find out more about the project.

Dates:

Monday 27 April, Monday 18 May, Monday 29 June & Monday 27 July 2020

Drop-In times:

11am – 1pm or 2pm – 4pm

Library

Did you know that reading is good for you? It can improve your memory, reduce stress, improve your brain function and increase your attention span - amongst other things! The Library is open to all our learners and volunteers. Please feel free to borrow any books from our ever growing library.



Workshops and Course Dates

April Enrolment week

Title	Date	Time	No of sessions	Venue
Stall	Monday 20/04/2020	10am - 4pm	1	Priestley Unit
Stall	Tuesday 21/04/2020	10am - 4pm	1	Folly Hall
Introduction to the Recovery College	Tuesday 21/04/2020	1.30 - 3.30pm	1	Folly Hall
Introduction to the Recovery College	Wednesday 22/04/2020	10.30am - 12.30pm	1	Recovery College
Introduction to the Recovery College	Thursday 23/04/2020	1.30pm - 3.30pm	1	Recovery College

April

Title	Date	Time	No of sessions	Venue
Dementia - Master Class	Tuesday 21/04/2020	9.30am - 12.30pm	1	Recovery College
Peer Mentoring	Friday 24/04/2020	10am - 12.30pm	8	John Smith Stadium, Huddersfield
Stress Management	Monday 27/04/2020	10am - 12pm	1	Recovery College
Introduction to Healthy Minds	Tuesday 28/04/2020	1.30pm - 3pm	1	Recovery College
Skills for Volunteering	Wednesday 29/04/2020	10am - 12.30pm	8	Recovery College
Golden Age of Hollywood: The Oscars	Wednesday 29/04/2020	1pm - 3.30pm	4	Recovery College
Overcoming Panic & Anxiety	Thursday 30/04/2020	9.30am - 12.30pm	1	Recovery College
Craft: Lino Printing	Thursday 30/04/2020	11am - 1pm	4	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](#) 29

May

Title	Date	Time	No of sessions	Venue
Healthy Minds	Tuesday 05/05/2020	1.30pm - 3pm	6	Recovery College
Understanding Addictions	Thursday 07/05/2020	10am - 1pm	2	Recovery College
Self Esteem and Resilience	Monday 11/05/2020	1pm - 3pm	2	Recovery College
Beating Social Anxiety	Tuesday 12/05/2020	9.30am - 12.30pm	1	Recovery College
Bee Happy	Friday 15/05/2020	1pm - 3pm	4	S2R, Huddersfield
Dementia Awareness	Monday 18/05/2020	10am - 12pm	1	Recovery College
What Are You Hungry For?	Thursday 21/05/2020	10am - 12pm	1	Recovery College
Dyslexia Awareness	Thursday 21/05/2020	1pm - 3pm	1	Recovery College

June

Title	Date	Time	No of sessions	Venue
Worries and how to deal with them	Monday 01/06/20	10am - 12pm	1	Recovery College
Fossil Fun	Monday 01/06/20	1pm - 3.30pm	1	Recovery College
Positive Steps - Carers Dementia	Tuesday 02/06/2020	9.30am - 12.30pm	4	Recovery College
Confidence to Work	Tuesday 02/06/2020	1pm - 3pm	6	Richmond Fellowship, Huddersfield
LAB	Wednesday 03/06/2020	2pm - 4pm	1	Recovery College
Craft Taster:Tie Dye	Thursday 04/06/2020	11am - 3pm	1	Recovery College
Quiet the Mind: The Practice of Meditation	Thursday 04/06/2020	1.30pm - 3pm	3	Basement Project, Dewsbury
Exploring OCD	Friday 05/06/2020	9.30am - 12.30pm	1	Recovery College
Growing Together	Monday 08/06/2020	10.30am - 12.30pm	4	S2R Polytunnels, Deighton
5 Ways to Wellbeing	Monday 08/06/2020	1pm - 3pm	2	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](#)

June (cont.)

Dance Fusion	Tuesday 16/06/2020	1pm - 2pm	2	Recovery College
Craft: Mosaics	Wednesday 17/06/2020	10.30am - 2.30pm	4	Recovery College
Cannabis: The Facts	Thursday 18/06/2020	1.30pm - 3pm	1	Recovery College
Living Well With Pain	Monday 22/06/2020	9am - 11am	1	Recovery College
Going Green	Monday 22/06/2020	1.30pm - 3.30pm	1	Recovery College
Words in Mind	Thursday 25/06/2020	1.30pm - 3pm	6	Recovery College
Sleep and How to Get Some (IAPT)	Monday 29/06/2020	10am-12pm	1	Recovery College

July

Title	Date	Time	No of sessions	Venue
Managing Emotions & Decision Making	Wednesday 01/07/2020	11am - 1pm	2	Basement Project, Huddersfield
Wellbeing Walk	Thursday 02/07/2020	10.30am - 12.30pm	1	Recovery College
First Aid & CPR: The basics of life support	Monday 06/07/2020	1pm - 3pm	1	Recovery College
Living Well With Summer Holiday Stress	Tuesday 07/07/2020	9.30am - 11.30am	1	Recovery College
IMPACT: Carers affected by substance use	Wednesday 08/07/2020	1.30pm - 3pm	1	Recovery College
Heritage Walk, Dewsbury	Thursday 09/07/2020	10.30am - 12.30pm	1	Dewsbury Bus Station
Dementia - Master Class	Tuesday 14/07/2020	9.30am-12.30pm	1	Recovery College
What's On?	Wednesday 15/07/2020	1pm - 3pm	1	Recovery College
Heritage Walk, Huddersfield	Thursday 16/07/2020	10.30am - 12.30pm	1	S2R, Huddersfield
Relating to Others	Thursday 23/07/2020	10am - 12pm	1	Recovery College

August

Title	Date	Time	No of sessions	Venue
How to Live Well	Monday 03/08/20	10am - 12pm	1	Recovery College



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.

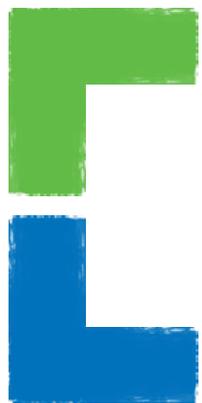
Name.....

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 10 -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 for everyone. However, on occasion due to funding, there may be a charge made to learners who are not in receipt of specific benefits or low income. This will be clearly stated on all course publicity. Please ask us if you would like further details.

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.

01924 481060

email 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. 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.

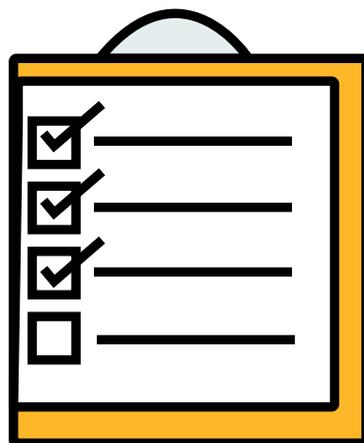
Like any good College we need procedures to help navigate the complexities of being fair and respectful to everyone. Where possible, we want to offer every learner the chance to do the most popular courses and ensure all spaces are filled.

Help us to help you by following these simple rules:

- **Only attend a course if you have had a confirmation of a place by text, email, letter 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.



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”.

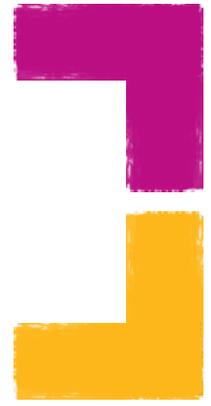
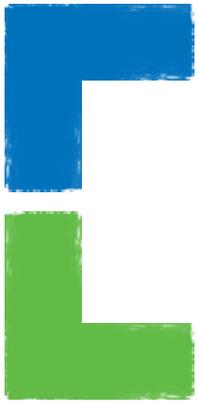
I understand the pain of others because of my own experience and people confide in me which is a great honour. I now enjoy volunteering and being around others in the college. I love what the Recovery College stands for and the hope that it gives. In my opinion if more people came here they would no longer need services; they would not need to tread the same well-worn paths in and out of services like I used to do – the merry go round. I feel that at last I am becoming the real, authentic me. This is something I always wanted and now, at the grand age of 64, I have!

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



Kirklees Dementia Hub

This is a partnership between Community Links and Age UK Calderdale & Kirklees and offers information and advice for people who are living with dementia and their carers, family and friends.

01484 503908



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



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

www.s2r.org.uk



Kirklees Success Centres

They deliver courses for Kirklees Adult and Community Learning. As such, we are responsive to community needs and our service reflects the council values of being confident, flexible and passionate about our work. Based at the John Smith's Stadium (home to Huddersfield Town and Huddersfield Giants) we offer high quality learning opportunities to children and young people, families and adults and we believe that learning should be lifelong, fun and fulfilling for all learners.

01484 234153



Huddersfield Town Foundation

Our mission is to use the power of our Football Club to engage, inspire and have a positive impact on our local community. Our vision is for a resilient, inclusive community with the Club and Foundation at its very heart. We are: ONE CLUB ONE COMMUNITY

01484 503773



CHART Kirklees

Every year we work with hundreds of people who have problems with drugs or alcohol in supporting them to change their behaviour and achieve their recovery goals. We provide help for individuals, families and communities throughout Kirklees who have been affected by substance.

01484 353333



The Basement Recovery Project

This is an award-winning, independent, community-based organisation which operates throughout Kirklees and Calderdale. We offer those in addiction to alcohol or drugs a new way of life, free from the need or desire to use any mood altering substance; we call this RECOVERY.

01484 512363

www.thebasementproject.org.uk



Managing Dyslexia

Managing Dyslexia is a community group run in local Libraries for adults with dyslexia. Learners are helped to develop their English skills, but also to look at coping strategies and peer support to help

deal with their disability in everyday life. The groups meet weekly, deliver dyslexia awareness sessions to the public, fund raise to keep the groups running. They also offers dyslexia screenings and advice to anyone who thinks they may have dyslexia.

07986 108547



Community Plus

Community Plus works with people in our communities. We're all about helping and supporting people and families who might be struggling to lead a better life by connecting them with local resources, groups and individuals.

01484 221000



Proper Job Theatre Company

Proper Job are based in the North of England creating and touring new work, producing large-scale theatre events, whilst supporting and nurturing individuals from the local community across Yorkshire and the North West through our unique LAB Project. We are passionate about continuously developing projects that excite us, fire our curiosity and expand our imagination.

01484 514687



Kirklees Admiral Nurses

They 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 343126

Kirklees IAPT (Improving Access to Psychological Therapies)

Specialising in helping people with anxiety or low mood across Kirklees by using talking therapies

01484 343700

www.askforiapt.co.uk

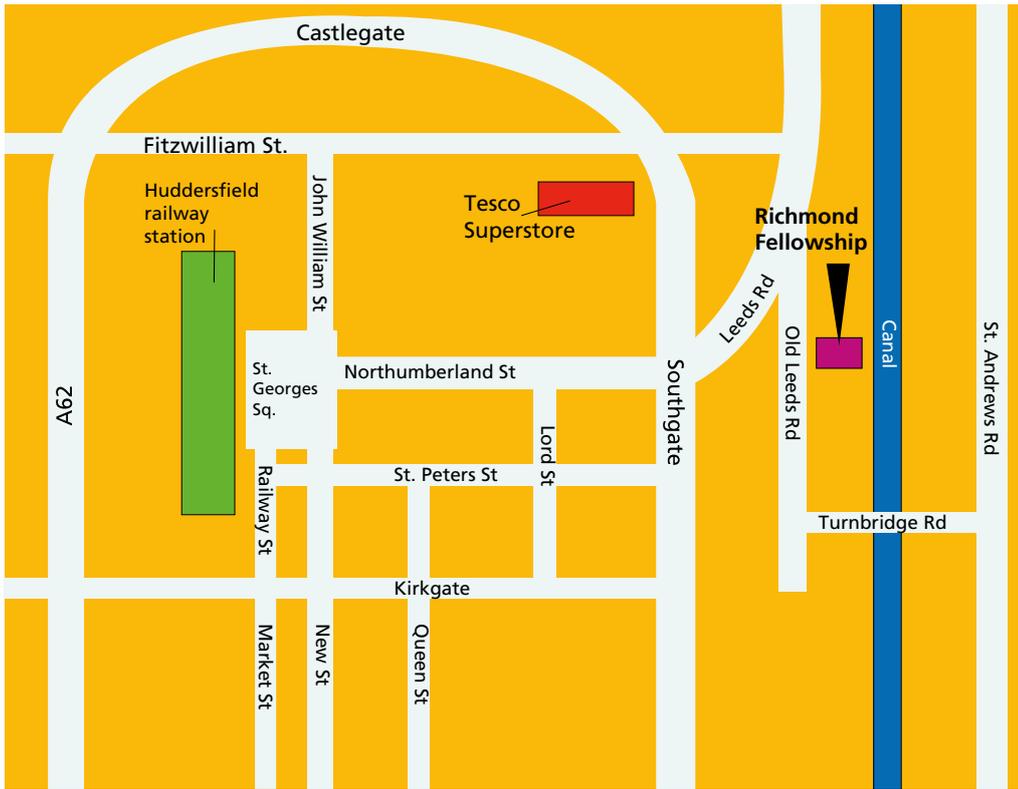


Creative Minds

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

Partnership venues

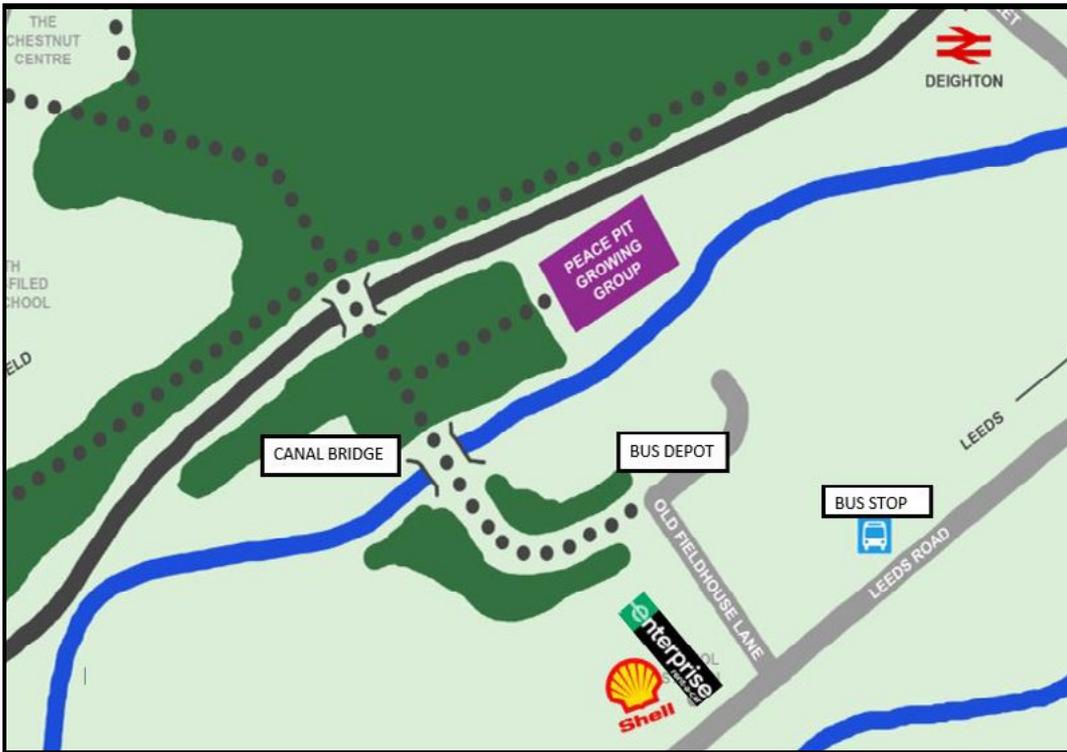


Kirklees Employment Service
 21 Old Leeds Road
 Huddersfield
 HD1 1SG

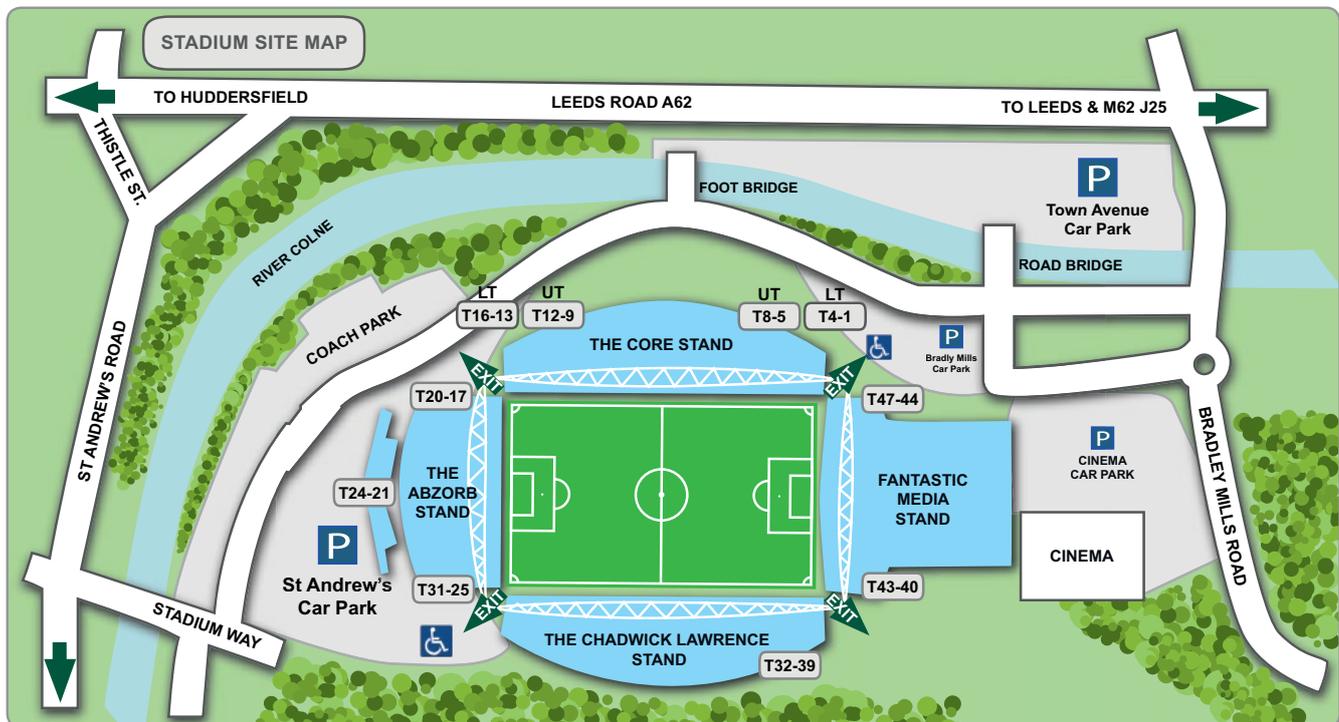


Support to Recovery (S2R)
 5-7 Brook St,
 Huddersfield
 HD1 1EB

Partnership venues (cont.)



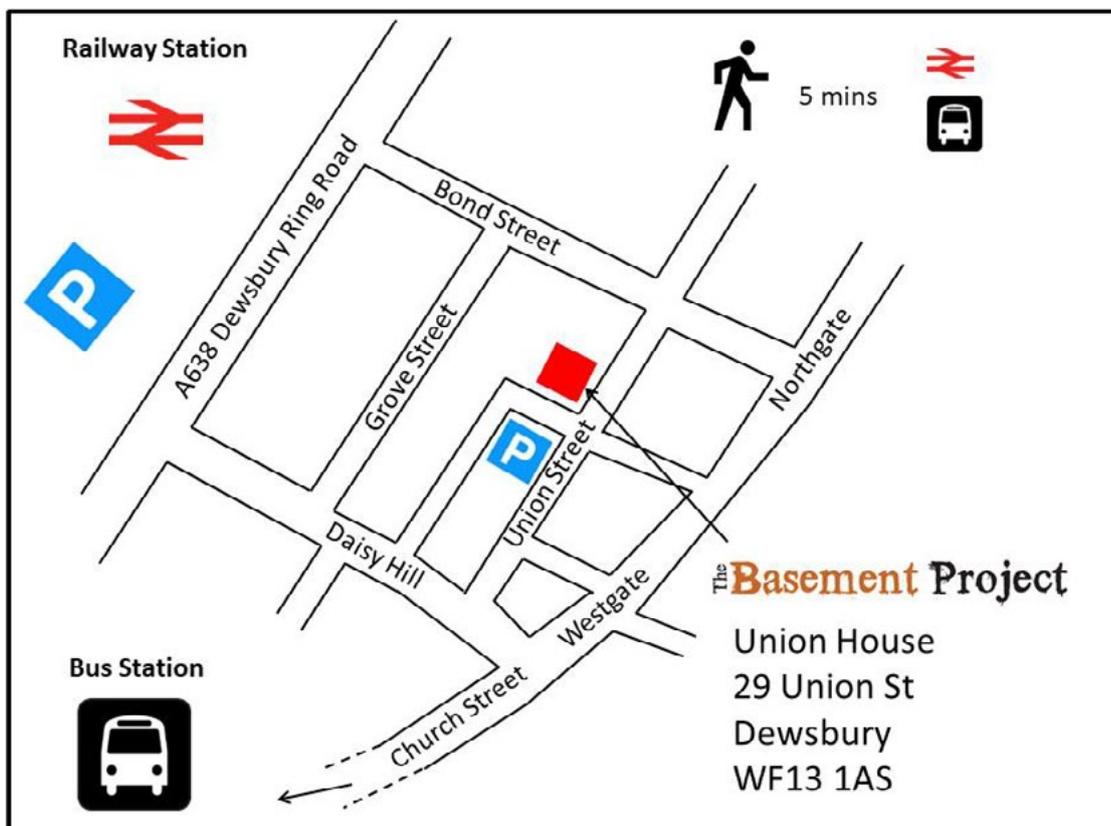
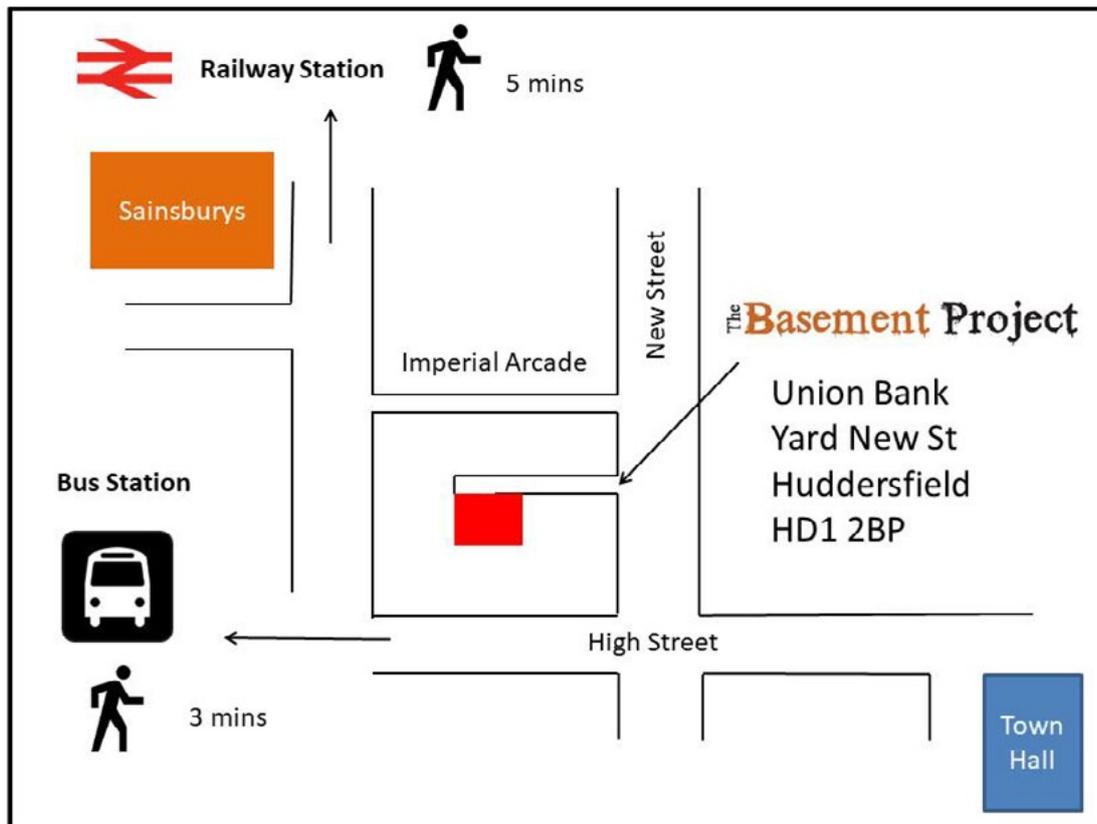
Support to Recovery (S2R)
 Polytunnels,
 Off Old
 Fieldhouse Lane
 Deighton
 HD2 1AG

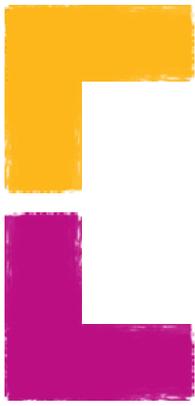


Kirklees Learning Centre

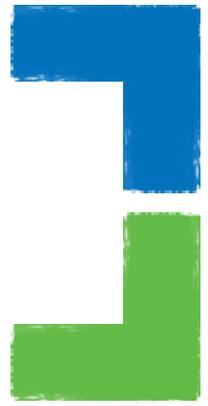
The John Smith Stadium
 Stadium Way
 Off Leeds Road
 Huddersfield
 HD1 6PG

Partnership venues (cont.)





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

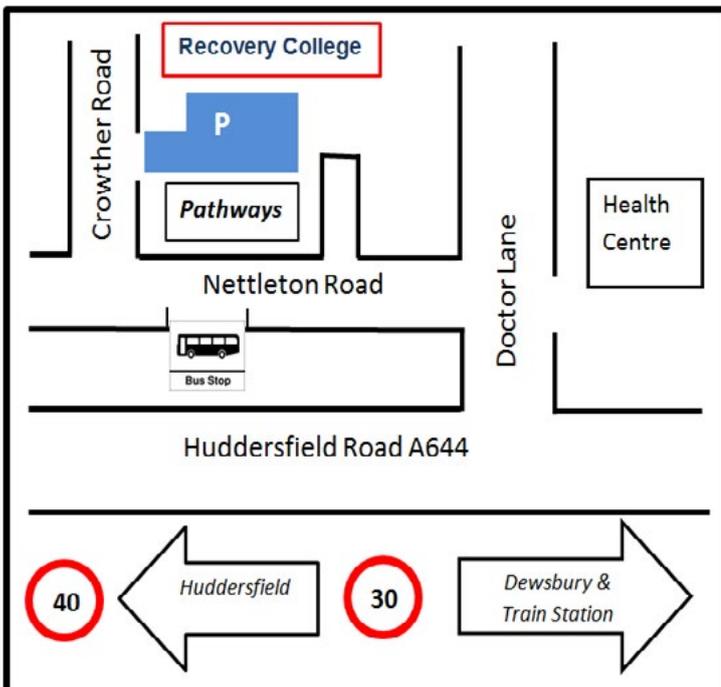
Brighouse to Hudds/
Hudds/Brighouse

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



discover recovery college kirklees



@RecColCalKirk



kirkleesrecoverycollege.co.uk

With **all of us** in mind.