

Learn.

Share.

Opportunity.

Hope:

Recovery College Calderdale

Has two highly recommended courses on offer this Autumn

WRAP:

Wellness Recovery Action Planning

WRAP helps you notice when things don't seem to be quite right in your life and aids you to get back to feeling your best.

This is a 12 week course designed to:

Help you stay as well as you can;

Support you to develop a list of activities for everyday well-being;

Help you identify triggers and early warning signs to create action plans;

Improve your resilience and enable you to make meaningful changes.

This course is facilitated by people who use their own WRAP plan and will enable you to create your own in a fun, supportive and non-judgmental group.

Date and time:

Thurs.13th September 2018, 10-1pm

Venue:

Hope Street Resource Centre, Hope Street, Halifax, HX1 5DW

Cost:

Free

Mindfulness

Mindfulness is an increasingly popular technique used to promote well-being and can be a key tool in recovery.

This informally led course will introduce practical exercises to develop new mindfulness skills and build sustainable techniques to aid well-being.

Over 8 sessions we'll introduce you to the key principles and practice basic mindfulness exercises. We'll also give you the time to think about if mindfulness could benefit you in your daily life and talk about the best ways to introduce it.

Date and time:

Weds 12th September 2018, 11-1230pm

Venue:

Hope Street Resource Centre, Hope Street, Halifax, HX1 5DW

Cost:

Free

Please note: you must attend the Mindfulness Taster on 29th August to access the 8 week course. The Mindfulness courses will run again so don't worry if you can't make these dates

**Please turn over to see
how to enrol and for more
information**

Mindfulness Taster

Date and time:

Weds 29th August 2018, 11-1230pm

Venue: as above

Cost:

Free

Our developing Recovery College offers courses with the aim of improving your wellbeing through learning.

Our courses focus on staying well and developing the knowledge and strength to overcome the challenges we may face in life as well as build resilience, confidence and self-esteem.

Courses are co-designed and co-delivered by volunteers who have a lived experience of a mental or physical difficulty, together with health/social care professionals.

You are not referred to the Recovery College, but simply enrol yourself for any of the courses that are of interest to you. Courses are open to all adults who want to improve their wellbeing and we welcome carer's, supporters and professionals too.

To enrol:

Fill out an enrolment form and return it to

Recovery College Calderdale

Hope Street Resource Centre

Hope Street

Halifax

HX1 5DW

You will receive a letter confirming you have a place booked on your chosen course.

You must let us know before the course starts if you cannot attend by calling us on **01422 393339**

You can download an enrolment form at:

www.calderdalerecoverycollege.co.uk

or pick up a copy at:

Hope Street Resource Centre or The Laura Mitchel Centre

Email: calderdale.recoverycollege@swyt.nhs.uk

(please note there will be a limited response on this email over August)