

Course Dates

Learn.

Share.

Opportunity.

Calderdale Recovery College

Aug – Dec 2019 Page 1 of 18

Email: calderdale.recoverycollege@swyt.nhs.uk

September Open Day

Tuesday 10th September (10:00 am - 12:00pm & 1:00 - 3:00pm)

@ Hope Street Resource Centre – Room 6

This is a great opportunity for prospective new learners to find out more about our college and ask questions, as well as staff and organisations who may wish to signpost people to us.

Find out more about our values of Wellness and Recovery.

Meet some of our amazing volunteers who will share their experiences and journeys from being a learner to volunteering with the college.

We'll also have details about the courses and the taster workshops planned that week which you can book onto.

The day is split into 2 sessions (so you only need to attend one of them)

Light refreshments will be provided as well as a warm friendly welcome!



Course Dates

Learn.

Share.

Opportunity.

Aug – Dec 2019 Page 2 of 18

Calderdale Recovery College

Email: calderdale.recoverycollege@swyt.nhs.uk

Introduction to Recovery College

1 hour

We invite all learners to book onto this course.

If you can't make the Open Day this informal introductory session aims to give you information about the Recovery College and the opportunity to meet some of our wonderful volunteers and staff.

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 book onto courses and answer any queries. We will also do an Individual Learning Plan with all new learners as a 1:1 informal chat as part of the session.

Choose one from:

Monday 7th October - 10:00 - 11:00am

@ Hope Street Resource Centre

Tuesday 5th November - 1:00 – 2:00pm

@ Hope Street Resource Centre

If you cannot attend this Introductory session don't worry. Get in touch and we will arrange to speak to you 20 mins before your first college course.



Course Dates

Aug - Dec 2019

Page 3 of 18



Taster sessions

Mindfulness

1 hour 30 mins

You must attend one taster session to access the follow on 8 week Mindfulness Course .

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

Wednesday 7th August 11.00am – 12.30pm

or

Wednesday 23rd October 11:00am-12:30pm

@ Hope Street Resource Centre



Course Dates

Aug - Dec 2019

Page 4 of 18

Taster sessions

Introduction to Indian Head Massage (Taster)

2 hours

This taster course introduces the Indian Head Massage treatment which has been practiced in India for over 1000 years, learn about the treatment and how to perform some of the basic movements to promote relaxation and well-being.

Wednesday 11th September 1:00 – 3:00pm

@ Hope Street Resource Centre



Yoga for Wellbeing (Taster)

1 hour

Come along to our Yoga taster session and sample the positive benefits this practice can have on your mental and physical wellbeing.

No previous experience in Yoga is required, the class is suitable for complete beginners or those who have tried Yoga before.

Carla will guide you through some simple moves and breathing techniques to help calm the mind and awaken your body.

Monday 9th September 1:00 – 2:00pm

@ Hope Street Resource Centre



Course Dates

Aug - Dec 2019

Page 5 of 18



Taster sessions

Word in Mind (Tasters)

1hour

Using short stories, poems and other forms of the written word we will promote discussion and positive well-being in a relaxed and welcoming environment. There will be the opportunity to get involved and read aloud, but there will be no pressure to do this. It is okay just to listen and take the opportunity to forget about your cares and worries for a while.

Thursday 15th August 1:00 – 2:00pm

or

Thursday 12th September 1:00 – 2:00 pm

@ Hope Street Resource Centre



Money Matters (Taster)

2 hours



During this Taster session we will use fun activities to explore the following themes:

- Introduction to money
- Explore your attitude to Money
- What affects your attitude to money
- Meaning of money to different people

Tuesday 12th November 10:00 – 12:00pm

@ Hope Street Resource Centre



Course Dates

Aug - Dec 2019

Page 6 of 18

Taster sessions

Healthy Eating for Body & Mind (Taster)

2 hours



During this taster session we will make a simple vegetarian meal to suit most dietary requirements; main course and pudding. We will then tuck into the food to taste what we've created.

Monday 11th November 2:00 – 4:00pm

@ Hope Street Resource Centre



Both the Money Matters and Healthy Eating for Body & Mind tasters could be extended into more in-depth 6 week courses if there are enough learners interested. We will need a minimum of 10-14 people to attend in order to fund and run these courses.

Please let us know if you want and will be able to do the full course so we can gauge numbers.

Money: *A course to explore attitudes to money, spending, saving, borrowing and budgeting. We will learn how to budget, identify ways to borrow or save money that suit you best, and help you to gain control over the money you have coming in and going out.*

Healthy Eating: *A course where you learn how to cook affordable meals from scratch, using fresh ingredients. You will learn cooking techniques which you will be able to use at home. During the course we will also identify how to keep yourself and your family healthy by eating healthily, and cover using hygienic practices in the kitchen. You will learn about good nutrition. The last half hour of each cooking session, will be spent eating the food we have prepared.*

Course Dates

Aug – Dec 2019

Page 7 of 18

Exploring Wellbeing

Wellness Tools/Jar

3 hours

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.

Monday 16th September 10:00am – 1:00pm

Tuesday 3rd December 10:00am – 1:00pm

@ Hope Street Resource Centre



Mindfulness course

(Weekly for 8 weeks) 1 hour 30 mins

You must have attended the Taster session prior to this course.

Mindfulness is an increasingly popular technique used to promote well-being and can be a key tool in recovery. This course will introduce practical exercises to develop mindfulness skills. Over 8 sessions you'll be introduced to the key principles of mindfulness and basic practice exercises. There will also be time to think and talk about ways to introduce this practice into your daily routine. Weekly handouts will help develop your understanding and personal mindfulness practice.

Wednesday 14th August – 16th October 11.00am – 12.30pm

(No session on Weds 11th Sept or 2nd Oct)

Wednesday 30th October – 18th December 11:00am – 12:30pm

@ Hope Street Resource Centre

Course Dates

Aug – Dec 2019

Page 8 of 18

Learn. Share. Opportunity.
Calderdale Recovery College

Exploring Wellbeing

Indian Head Massage

Relax & Unwind- An alternative approach to Health & Wellbeing **2 hours**

This course aids relaxation and promotes well-being as you will learn how to perform and experience Indian Head Massage which has been practiced in India for over 1000 years. Learn how to blend essential oils to treat the hair and scalp and how to release tension in the shoulders, back, neck, head and face. The course covers client consultation, contraindications, when not to treat and the full traditional Indian Head Massage treatment. There will be no requirement to remove clothing to perform or experience the massage treatment.

6 week course

Wednesday 18th September – 23rd October

1:00 – 3:00pm @ Hope Street Resource Centre



Course Dates

Aug – Dec 2019

Page 9 of 18

Moving More

Being active is great for your physical health and fitness, and evidence shows it can also improve your mental wellbeing.

- We think that the mind and body are separate. But what you do with your body can have a powerful effect on your mental wellbeing.
- Mental wellbeing means feeling good – both about yourself and about the world around you. It means being able to get on with life in the way you want.
- Evidence shows there's a link between being physically active and good mental wellbeing.
- Being active doesn't mean you need to spend hours in the gym, if that doesn't appeal to you.
- Find physical activities you enjoy and think about how to fit more of them into your daily life.

How exercise helps your mental wellbeing

- Scientists think physical activity helps maintain and improve wellbeing in a number of ways.
- Physical activity can help people with mild depression. Evidence shows it can also help protect people against anxiety.
- Physical activity is thought to cause chemical changes in the brain, which can help to positively change our mood.
- Some scientists think being active can improve wellbeing because it brings about a sense of greater self-esteem, self-control, and the ability to rise to a challenge.

How you can get more active

- If you want to get active, think about physical activity in the broadest sense.
- Find activities you enjoy and make them a part of your life.
- **Check out some activity options here at the Calderdale Recovery College**

Course Dates

Aug – Dec 2019

Page 10 of 18

Moving More

Walks for Wellbeing

1-2 hours

Join us for a tootle, taking in some of the historical sites, green spaces and wonders of Halifax. These walks are an introduction to walking for health and wellbeing, we will go at a steady pace and build our distance gradually over the walk series.

We will be using professionally created maps to guide our routes, these will then be available for you to use in your own time.

For anyone who wants to get more involved there will be the opportunity to train as a walk leader or back marker and help to lead these walks.

Thursday 12th Sept 10:00 – 11:00

Tuesday 24th Sept 10:00 – 11:00

Tuesday 8th October 10:00 – 11:00

Thursday 24th October 10:00 – 11:00

Tuesday 5th November 10:00 – 12:00

Monday 25th November 10:00 – 12:00

Tuesday 10th December 10:00 – 12:00

- **Walk meeting points will be around Central Halifax and will be confirmed to those signed up before each walk.**



Course Dates

Aug – Dec 2019

Page 11 of 18



Moving More

Yoga for Wellbeing

1 hour

You are invited to come and spend an hour exploring how a combination of movement and focus on the breath can help you feel more connected to the moment, connected in the body and connected to yourself.

Yoga has been practiced for thousands of years however, it is increasingly being recognised by the 'modern world' to have positive effects on physical, mental, and emotional health and on how we relate to ourselves and the world around us.

Combining management of the breath with yoga postures (asana) can bring a sense of overall wellbeing to the mind and body. Also, as a bonus it can help improve flexibility and strength.

You do not need to be flexible to take part, there is more to yoga than the shapes you make. This class focuses more on the experience of yoga and how it feels on the inside rather than perfecting what can seem to be unobtainable postures.

Previous experience is not necessary and you will be encouraged to work at your own pace and listen to your own body.

6 week course

Monday 23rd September – 28th October

1:00 – 2:00pm

@ Hope Street Resource Centre



Course Dates

Aug – Dec 2019

Page 12 of 18

Learn.

Share.

Opportunity.

Calderdale Recovery College

Moving More

Parent and baby walks

1-2 hours

The Recovery College is taking over the Shibden Park parent and baby walk, come and join us as we walk around this amazing historical park site.

Babies can be in buggies or slings. Various distance options are available.

Once we've clocked up our steps we'll head to the café for a brew and natter.

Walking, getting out into the fresh air and green space is great for both parents and babies. Other family members are also more than welcome on the walks 😊

Wednesday 21st August

Thursday 5th September

Tuesday 17th September

Thursday 3rd October

Tuesday 22nd October

Thursday 7th November

Tuesday 19th November

Wednesday 11th December



10:00am – 12:00noon

@ Shibden Park. Meet outside the café or inside if it is raining!

Course Dates

Aug - Dec 2019

Page 13 of 18

Moving More

Outback Garden

3 hours

Come and join us to help at the Outback Garden . The Outback is a community kitchen and garden in Park Ward. The garden is packed with edible produce including fruit, veg and herbs. Come help around the garden have fun and develop your green fingers. Gardening gloves are provided.

Meet @ Hope Street to walk up to the Outback together.

You can come to any or all of these sessions:

Thursday 29th August 12.00pm – 3.00pm

Thursday 26th September 12.00pm – 3.00pm

Thursday 31st October 12:00pm – 3:00pm

Thursday 28th November 12:00pm – 3:00pm

Thursday 19th December 12:00pm – 3:00pm



Course Dates

Aug - Dec 2019

Page 14 of 18



Discovering Interests

Colouring to Calm

2 hours

Join us for some creative colouring. Pick from a wide range of pictures and colours. Colouring has been shown to elicit a relaxing mind-set, similar to what you would achieve through meditation. Like meditation, colouring allows us to switch off our brains from other thoughts and focus on the moment.

Monday 4th November

10:00am – 12:00pm

@ Hope Street Resource Centre



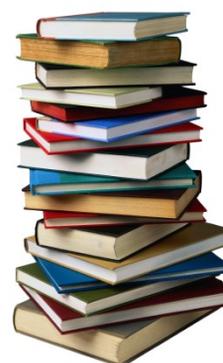
Words in Mind

1 hour

Over 4 weeks we will use short stories, poems and other forms of the written word to promote discussion and positive well-being in a relaxed and welcoming environment. There will be the opportunity to get involved and read aloud as your confidence grows, but there will be no pressure to do this. It is okay just to listen and take the opportunity to forget about your cares and worries for a while.

Thursday 3rd, 10th, 17th & 24th October

1:00 – 2:00pm @ Hope Street



Course Dates

Aug - Dec 2019

Page 15 of 18

Discovering Interests

Creative Writing

4 weeks - 3 hours

Exploring creative writing is a four weeks course, doing just what it says. Each week we will look at developing our own writing skills through reading together, writing together and developing our own voice. We will share our words, old or new it's up to you and look at published and unpublished writers with a view to improving our own work.

The sessions will start with a quick warm up game to get our brains going and then get on with our writing activities. Whether you're a budding Pam Ayres or a William Shakespeare come and give it a try. You never know where it will go.

Each week is a stand alone session so you can join us for just one, or all four sessions.

All abilities are welcome, if you need a little help just let the course facilitator, Carrie know.

4 weeks

Thursday 7th, 14th, 21st, & 28th November

10:00 – 12:00pm

@ Hope Street Resource Centre



Course Dates

Aug - Dec 2019

Page 16 of 18



Discovering Interests

Tree of Life

3 hours

Join us as we create a beautiful Tree of Life to take home using wire and beads. One meaning of the Tree is as a symbol of your growth into a beautiful and unique person. When trees are young, they pretty much all look the same. But, as they grow older, they weather storms and are battered by the forces of wind and water.

Their branches may break and grow back in a different direction, or the very soil beneath them will erode away, causing them to grow even stronger roots to hold on.

Over time, they become very unique and beautiful in their eccentricity and idiosyncrasies. They are just as we all wish to become – shaped into fascinating, intriguing individuals who have weathered hardships and broad experiences in life that have made us into who we are.

Monday 18th November

1:00 – 3:30pm

@ Hope Street Resource Centre



Course Dates

Aug - Dec 2019

Page 17 of 18

Learn. Share. Opportunity.
Calderdale Recovery College

Discovering Interests

Halloween Rocks!

3 hours

During this session you can create your own Halloween rocks to display or give as gifts. This fun session will allow you to get creative and enter the spirit of Halloween. Will you make a petrifying pumpkin or a spooky spectre. The choice is yours, staff will be on hand to help where needed.

Monday 21st October 10.00am – 12:30pm

@ Hope Street Resource Centre



Christmas Crafts

3 hours

Time for some festive fun. We'll have the option of creating different beautiful Christmas tree decorations.

Tuesday 17th December 10.00am – 1:00pm

@ Hope Street Resource Centre



Course Dates

Aug - Dec 2019

Page 18 of 18

WATCH THIS SPACE FOR MORE COURSES COMING IN 2020

Including:

The Calming Power of Horses: An amazing opportunity to experience the relationship between human and horse. A relationship that can be used to calm anxiety and reduce stress. During the taster session and the 3 week course you will learn more about the therapeutic benefits of working with horses, how they interact with and calm human emotions as well as hands on practical skills such as grooming. There will be opportunity for discussion and staff will share their own experiences with mental health and how horses have benefitted their recovery.



Money Matters: A course to explore attitudes to money, spending, saving, borrowing and budgeting. We will learn how to budget, identify ways to borrow or save money that suit you best, and help you to gain control over the money you have coming in and going out.

Health Eating for Body & Mind: A course where you learn how to cook affordable meals from scratch, using fresh ingredients. You will learn cooking techniques which you will be able to use at home. During the course we will also identify how to keep yourself and your family healthy by eating healthily, and cover using hygienic practices in the kitchen. You will learn about good nutrition, The last half hour of each cooking session. will be spent eating the food we have prepared.

Plus more...