

Course Dates

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Learn.

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Opportunity.

Calderdale Recovery College

Email: calderdale.recoverycollege@swyt.nhs.uk

Introduction to Recovery College

1 hour 30 mins

We invite all learners to book onto this course.

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 you, to enrol as a learner and 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 this session.

Choose 1 from:

- **Thursday 2 May 1 – 2.30pm** Hope Street
- **Monday 13 May 1 – 2.30pm** Hope Street
- **Tuesday 28 May 10 – 11.30am** Hope Street
- **Thursday 6 June 10 – 11.30am** Hope Street

Taster Sessions

Mindfulness

1 hour 30 mins

You must attend this session to attend the 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 17 April 11am – 12.30pm

Hope Street

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Exploring Wellbeing

Mindfulness course

1 hour 30 mins

You must attend the taster session on 17 April to access 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.

Weekly on a Wednesday for 8 weeks

Wednesdays 1 May – 19 June 11am – 12.30pm Hope Street

Quiet the Mind: Meditation

2 hours

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

Tuesday 1 – 3pm:

2, 9 and 16 July

Hope Street

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Health/History Walks

Peoples Park

1 hour 30 mins

Whilst enjoying the landscaped surroundings of Peoples Park in Halifax we'll complete a photo trail gathering information about the history of this central green space.

- **Tuesday 7 May 10 – 11.30am**

Hope Street

Round Town

2 hours

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

- **Tuesday 18 June 10am – 12pm**

Laura Mitchel

Wellness Tools/Jar

2 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.

- **Wednesday 15 May 10am – 12pm**

Hope Street

OR

- **Wednesday 12 June 10am – 12pm**

Hope Street

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Medication and Me

2 hours

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

Wednesday 3 July 2.30pm – 4.30pm

Hope Street

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 13 May 10am – 12pm** **Hope Street**
- OR
- **Monday 10 June 10am – 12pm** **Hope Street**

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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.

You can come to any or all of these sessions:

- **Thursday 23 May 12 – 3pm** **Meet at Hope Street**
- **Thursday 27 June 12 – 3pm** **Meet at Hope Street**
- **Thursday 25 July 12 – 3pm** **Meet at Hope Street**

Mandala Stones

3 hours

You will learn how to produce a beautiful 'Mandala Stone' either for decoration or meditation purposes as well as learning a little about the history of Mandala patterns and their cultural background.

- **Tuesday 4 June 10am – 1pm** **Hope Street**
- OR
- **Tuesday 25 June 12 – 3pm** **Hope Street**



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Watch this space for more
courses coming soon...