

Course Dates

June to August 2019 Page 1 of 6

Learn.

Share.

Opportunity.

Calderdale Recovery College
Email: calderdale.recoverycollege@swyt.nhs.uk

Open Day

- **Tuesday 11th June (1-3pm) @ Hope Street Resource Centre**

Join us at Calderdale Recovery College for our Open Day and taster session. The event will include refreshments, more information about the college and the courses / workshops we have available.

Some of our super Recovery College volunteers will talk about their experiences as learners and their journey from learner to volunteering with the college. We'll also have taster workshops in Meditation and Introduction to crafts to give you a flavour of sessions from our time-table.

This is a great opportunity for prospective new learners to come and see the centre and meet the team, it's also a way of organisations who may signpost to our provision to come and ask questions.

Hope you can join us ☺

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 enrol as a learner, 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 1 from:

- **Tuesday 28th May 10:00am - 11:30am**
- **Thursday 6th June 10:00am - 11:30am**

**Hope Street
Hope Street**

Course Dates

June to August 2019 Page 2 of 6



Exploring Wellbeing

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 1.00pm – 3.00pm:

2nd, 9th and 16th July

Hope Street



Course Dates

Learn.

Share.

Opportunity.

June to August 2019 Page 3 of 6

Calderdale Recovery College

Walks for Wellbeing

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 along the way!

- **Tuesday 18th June 10.00am – 12.00pm**

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 12th June 10:00am – 12:00pm**

@ Hope Street Resource Centre



Course Dates

June to August 2019 Page 4 of 6

Learn.

Share,

Opportunity.

Calderdale Recovery College

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 3rd 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 10th June 10:00am – 12:00pm**

@ Hope Street Resource Centre



Course Dates

June to August 2019 Page 5 of 6



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 27th June 12.00pm – 3.00pm** **Meet at Hope Street**
- **Thursday 25th July 12.00pm – 3.00pm** **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 4th June 10.00am – 1.00pm**
- OR**
- **Tuesday 25th June 12.00pm – 3.00pm**

@ Hope Street Resource Centre



Course Dates

June to August 2019 Page 6 of 6



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.

- **Thursday 10:00-12:00 noon**

4th, 11th, 18th & 25th July

@ Hope Street Resource Centre



Watch this space for more
courses coming soon including:

- Jewellery making