



Autumn 2014 Programme



With all of us in mind

This prospectus has been co-produced with the help of service users, carers and partners:



With all of us in mind

Welcome to the Recovery College Kirklees

Welcome to the first programme of the Recovery College Kirklees.

All of the courses available will help you explore and learn new ways of understanding your own recovery and wellbeing or support someone else with their journey. They will also help you develop different skills to support personal development.

There are courses and events at the college that will empower you to find and maintain **HOPE** and embrace **OPPORTUNITY**. By learning new skills you can gain **CONTROL** and move **FORWARD** with your life.

Courses at the Recovery College Kirklees are designed and delivered by people who have experience of health problems or by our partners. Working together and sharing expertise will ensure the diversity and uniqueness of the College.

If you'd like to know more about how you can get involved then please give us a call on 01924 326540 or alternatively email us on Recovery.Kirklees@swyt.nhs.uk



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Our values and beliefs

- We believe everyone has a wealth of knowledge and valuable expertise that are assets to the college
- Everyone should be given the opportunity to reach their potential
- The college will aim to be fully accessible for people with disabilities
- We believe in working together in the design and provision of the courses available
- Everyone has the equal right to enjoy all the opportunities that life can provide
- The principle that hope, mental health and wellbeing are essential to every person

These values and beliefs will be incorporated into what we do.

What do we expect from you?

- Respect the rights, choices, beliefs and opinions of others
- Commit to attending courses you have enrolled on. We ask that you contact the course coordinator if you cannot attend a session
- Refrain from the use of alcohol or un-prescribed medication
- Not to use violent or offensive behaviour or language



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What can the college offer you?



Courses are subject to place availability. If you are not able to join a course this term please enquire for the next. Courses are free of charge unless otherwise stated



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The great outdoors

Courses with nature

Plants and growing

Course overview

This is a six week course at Birkby allotment. Learning is linked to Bradley Nurseries.

Learn about our wellbeing, the importance of our connection to nature and how planning can help us to achieve good things. Learn about plants and growing in a supported environment. Gets hands on experience of planting, potting, managing plots and beds for cultivation, growing flowers, vegetables and more. Based on Royal Horticultural society courses. Learning from consultant horticulturalists supported by Support to Recovery session workers.

Dates / times

- Monday 29th Sept 1pm-3pm
- Monday 6th October 1pm – 3pm
- Monday 13th October 1pm - 3pm
- Monday 20th October 1pm – 3pm
- Monday 27th October 1pm– 3pm
- Monday 3rd November 1pm – 3pm

“I’ve learnt how to treat plants. They are all different, a bit like people”

How to enrol:

Contact the college directly on 01924 326540 or email

Recovery.Kirklees@swyt.nhs.uk.

You can also reserve a place or find out more information about the ‘The Great Outdoors’ on: (01484) 539531 or email at togo@s2r.org.uk

Venue: Bradley Central Nursery, Bradley Junction Industrial Estate, Leeds Road Huddersfield, HD2 1UR



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‘Bee happy’ – Bee keeping

Course overview

This is a six week course (Please note, bees themselves are not active in autumn and winter months)

Learn about our wellbeing, the importance of our connection to nature and how planning can help us to achieve good things. Learn how to build an apiary, how to keep bees, about the importance of bees and their role in providing a healthy environment, to give people practical skills associated with bee keeping including the marketing and selling of related products (honey, beeswax etc), event organising, project documentary and management. This course aims to address social isolation and develop a mutually supportive group and to work in partnership with key stakeholders such as bee keeper’s assoc, Community First, Kirklees College and potential buyers for any honey made including Lush, (handmade cosmetics company). This course will link with social enterprise courses offered by Recovery College for those wishing to make honey to sell. Learning from experienced bee keepers supported by Support to Recovery session workers.

Dates / times

- Monday 29th Sept 1pm-3pm
- Monday 6th October 1pm – 3pm
- Monday 13th October 1pm - 3pm
- Monday 20th October 1pm – 3pm
- Monday 27th October 1pm– 3pm
- Monday 3rd November 1pm – 3pm

*“I absolutely love bees and they are in big trouble.
It’s great to think I can be helping them”*

How to enrol:

Contact the college directly on 01924 326540 or email

Recovery.Kirklees@swyt.nhs.uk.

You can also reserve a place or find out more information about the ‘The Great Outdoors’ on: (01484) 539531 or email at togo@s2r.org.uk

Venue: Revenue Chambers, 1st Floor, St Peter’s Street, Huddersfield, HD1 1DL



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British woodlands and forest bathing

Course overview

This is a six week course.

Learn about our wellbeing, the importance of our connection to nature and how planning can help us to achieve good things. Learn about British Woodlands, and the woodland management techniques of surveying, surveying techniques and the importance of this work.

Indulge in forest bathing trips. This involves visiting a forest for relaxation and recreation while breathing in wood essential oils, derived from trees. Incorporating forest bathing trips into a good lifestyle was first proposed in 1982 by the Forest Agency of Japan. It has now become a recognized relaxation and/or stress management activity in Japan. People in Japan are among the longest lived in the world.

The Venue is outdoors with sessions run in some of Kirklees loveliest woodlands. Question and answer sessions with trained woodland management staff, supported by Support to Recovery session workers.

Dates / times

- Wednesday 24th September - 12 – 3pm
- Wednesday 1st October - 12 –3pm
- Wednesday 8th October - 12 – 3pm
- Wednesday 15th October - 12 –3pm
- Wednesday 22nd October - 12 –3pm
- Wednesday 29th October - 12 –3pm

“The more time I spend in the woodlands the calmer I feel”

How to enrol:

Contact the college directly on 01924 326540 or email

Recovery.Kirklees@swyt.nhs.uk.

You can also reserve a place or find out more information about the ‘The Great Outdoors’ on: (01484) 539531 or email at togo@s2r.org.uk

Venue: Revenue Chambers, 1st Floor, St Peter’s Street, Huddersfield, HD1 1DL



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Waterways and your wellbeing

Course overview

This is a six week course

Learn about our wellbeing, the importance of our connection to nature and how planning can help us to achieve good things. Learning in tranquil settings, how to get the most out of spending time near water using mindfulness techniques and some science behind how spending time near water is beneficial to our physical and emotional wellbeing. Learn about being safe around water, what work goes on to protect and manage our waterways and what wildlife they support.

Learning with Support to Recovery session workers.

Dates / times

- Wednesday 24th September - 12 – 3pm
- Wednesday 1st October - 12 – 3pm
- Wednesday 8th October - 12 - 3pm
- Wednesday 15th October - 12 - 3pm
- Wednesday 22nd October - 12 – 3pm
- Wednesday 29th October - 12 – 3pm

“I always want to get in the water, it looks so tranquil”

How to enrol:

Contact the college directly on 01924 326540 or email

Recovery.Kirklees@swyt.nhs.uk.

You can also reserve a place or find out more information about the ‘The Great Outdoors’ on: (01484) 539531 or email at togo@s2r.org.uk

Venue: Revenue Chambers, 1st Floor, St Peter’s Street, Huddersfield, HD1 1DL



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Enhance your skills

Courses to enhance your skills

Therapeutic writing for carers

Course overview

Writing is recognised as being good for your health; it helps you to think about problems in a new way

Dates / times

- Thursday 9th October - 1-3:30pm
- Thursday 16th October - 1-3:30pm
- Thursday 23rd October - 1-3:30pm
- Thursday 30th October - 1-3:30pm
- Thursday 6th November - 1-3:30pm

“Writing can provide an outlet for grief, pain & sadness ... emotions can be brought from the inside out into the daylight saying, this has happened, your pain is real.”

How to enrol:

Contact the college directly on 01924 326540 or email

Recovery.Kirklees@swyt.nhs.uk.

Venue: Room 52, Folly Hall Mill, St Thomas Road, Huddersfield HD1 3LT



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Bookchat

Course overview

Bookchat is part of Kirklees Libraries bibliotherapy scheme. Bibliotherapy uses reading as a means of providing therapeutic support. Bookchat groups use mainly fiction and poetry as a means of encouraging and enhancing the wellbeing of its participants. It is particularly beneficial to people experiencing symptoms of depression and anxiety as well as combatting feelings of isolation.

People who are carers can also attend Bookchat groups for emotional support.

The group is open to all, and a wide variety of reading material (and formats) is used to cater for all needs. There are locations in Huddersfield, Batley, Dewsbury, Mirfield and Holmfirth.

How to enrol:

Contact the college directly on 01924 326540 or email Recovery.Kirklees@swyt.nhs.uk.

You can also reserve a place or find out more information by contacting Julie Walker on 07973152986 or juliei.walker@kirklees.gov.uk or Jennifer Strickland on 07531081306 or jennifer.strickland@kirklees.gov.uk



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Business enterprise

Course overview

Got a great idea for a business?
Want to think about working for yourself?

Come and tell us about it, we want to listen and give you support to test your ideas. With support from a mentor and a supportive environment this course will give you the skills to design your own action plan and make your idea a success. There's no pressure to have to do it but there's a lot of help if you do.

This course includes business planning, finding start-up money, selling and ideas testing

Dates / times

- Wednesday 24th September - 6-8pm
- Wednesday 1st October - 6-8pm
- Wednesday 8th October - 6-8pm
- Wednesday 15th October - 6-8pm
- Wednesday 22nd October - 6-8pm
- Wednesday 29th October - 6-8pm
- Wednesday 5th November - 6-8pm
- Wednesday 12th November - 6-8pm
- Wednesday 19th November - 6-8pm
- Wednesday 26th November - 6-8pm
- Wednesday 3rd December - 6-8pm
- Wednesday 10th December - 6-8pm

"It's not the idea that matters. It's what you do with it."

How to enrol:

Contact the college directly on 01924 326540 or email

Recovery.Kirklees@swyt.nhs.uk.

You can also reserve a place or find out more information by contacting Hoot on 01484 516224 or visit www.hootcreativearts.co.uk

Venue: Bates Mill, Milford Street, Huddersfield HD1 3DX



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Co-production training

Course overview

This thought provoking workshop is an opportunity for participants with various experiences, skills and assets to explore ways of working in partnership. It aims to promote an understanding and exploration of co-production as a way of working together - now and in the future.

Dates / times

21st November 9am-1pm 2014

How to enrol:

Contact the college directly on 01924 326540 or email Recovery.Kirklees@swyt.nhs.uk.

Venue: Pathways, Nettleton Road, Mirfield, WF14 9AQ

Enhance your style - skills for working with groups

Course overview

Public speaking can be a very daunting experience whether delivering a short presentation or facilitating a group or training session. This course will help you to plan and deliver your presentations regardless of who your audience may be and also help you to overcome any difficulties you might have along the way.

“Fantastic course! Well presented, very informative and gave me lots of ideas”

Dates / times

- Friday 5th December- 10am – 3pm

How to enrol:

Please attend the launch day on 15th September at Pathways or contact the college directly on 01924 326540 or email Recovery.Kirklees@swyt.nhs.uk.

Venue: Pathways, Nettleton Road, Mirfield, WF14 9AQ



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Find out more about your Recovery College

Course overview

Would you like to know more about the recovery college, how to enrol or how you can get involved as a volunteer? Then please come to one of our drop in sessions below to talk with a friendly member of the team.

Dates / times

Dates to be confirmed

How to enrol:

Contact the college directly on 01924 326540 or email

Recovery.Kirklees@swyt.nhs.uk.

Venues:

Pathways, Nettleton Road, Mirfield, WF14 9AQ

Folly Hall, St Thomas Road, Huddersfield HD1 3LT



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Your health and wellbeing

Courses to support your health and wellbeing

BODYBALANCE

Course overview

BODYBALANCE is a combination of Yoga, Tai Chi and Pilates that builds flexibility and strength, yet also leaves you feeling centred and calm. It involves controlled breathing, concentration and a structured set of stretches, moves and poses set to music which brings the body into a state of harmony and balance.

You don't even need any fancy kit to take part- trainers/flat shoes and loose fitting clothing will be fine for most activities. Bring a bottle of water too- you will get thirsty! Please note there may also be a small charge for some activities.

“These activities provide a great opportunity to have fun and meet new people!”

Dates / times

- Wednesday 24th September - 1-2pm
- Wednesday 1st October - 1-2pm
- Wednesday 8th October - 1-2pm
- Wednesday 15th October - 1-2pm
- Wednesday 22nd October - 1-2pm
- Wednesday 29th October - 1-2pm

How to enrol:

Contact the college directly on 01924 326540 or email

Recovery.Kirklees@swyt.nhs.uk.

You can also reserve a place or find out more information by contacting Active for Life on 01484 234097

Venue: Dewsbury Sports Centre, Longcauseway, Dewsbury, WF12 8EN



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AthleFIT

Course overview

AthleFIT is a brand new fitness programme which combines athletics with a fun and exciting programme of getting and keeping fit. It is a fun, flexible and accessible activity, challenging for the individual whatever their level of experience or fitness.

AthleFIT combines the fundamental athletic skills of running, jumping and throwing into an inclusive activity suitable for a wide range of abilities. You don't even need any fancy kit to take part- trainers/flat shoes and loose fitting clothing will be fine for most activities. Bring a bottle of water too- you will get thirsty! Please note there may also be a small charge for some activities.

“Being active on a regular basis can reduce feelings of anxiety, stress, and depression and generally improve how you feel about yourself”

Dates / times

- Wednesday 12th November - 1-2pm
- Wednesday 19th November - 1-2pm
- Wednesday 26th November - 1-2pm
- Wednesday 3rd December - 1-2pm
- Wednesday 10th December - 1-2pm
- Wednesday 17th December - 1-2pm

How to enrol:

Contact the college directly on 01924 326540 or email

Recovery.Kirklees@swyt.nhs.uk.

You can also reserve a place or find out more information by contacting Active for Life on 01484 234097

Venue: Dewsbury Sports Centre, Longcauseway, Dewsbury WF12 8EN



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Behaviour change

Course overview

This course will help understand the influence of psychological and behavioural factors on health and lifestyle whilst also developing skills to ensure that you or the person you care for are better equipped to change health related attitudes and behaviour.

Dates / times

Dates to be confirmed

How to enrol:

Contact the college directly on 01924 326540 or email Recovery.Kirklees@swyt.nhs.uk.

Venue: Pathways, Nettleton Road, Mirfield, WF14 9AQ

Food & mood

Course overview

More and more evidence is emerging about how eating a balanced, healthy diet can help to prevent and protect you from a range of short-term and long-term mental health issues (Mood swings, depression, anxiety, insomnia, concentration and memory difficulties). This course aims to explore the link between food and mood and how a healthy balanced eating plan can help support individuals and combat some of the possible side effects linked to common mental health conditions.

Dates / times

- Thursday 13th November- 10am-3pm

How to enrol:

Contact the college directly on 01924 326540 or email Recovery.Kirklees@swyt.nhs.uk.

Venue: Pathways, Nettleton Road, Mirfield, WF14 9AQ



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5 Ways to Wellbeing

Course overview

Mental health and wellbeing are central to our quality of life. Positive mental wellbeing is beneficial not only for our health but also has good outcomes in education, training and employment, criminal activity, substance use, sexual health and a whole range of other social areas.

Five Ways to Wellbeing is aimed at improving the mental health of the whole population. The focus is not just on the absence of poor mental health but on the presence of flourishing emotional wellbeing.

This course looks at strategies for increasing positive mental wellbeing amongst the clients we work with but also for ourselves, our workplaces and our colleagues regardless of our area of work.

“A really nice and refreshing approach which I will use both at work and at home”

Dates / times

- Thursday 23rd October - 10am-3pm

How to enrol:

Contact the college directly on 01924 326540 or email Recovery.Kirklees@swyt.nhs.uk.

Venue:

Pathways, Nettleton Road, Mirfield, WF14 9AQ



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THE DISCOVERY ZONE

The Pathway: Dementia – Discovery – Recovery

The Recovery College has a ‘**Discovery Zone**’ with opportunities for people living with dementia, carers and those supporting or interested in helping people to live well with dementia. The Discovery Zone has three categories; education, living well and stepping out. This is a whole person approach to recovery with all the opportunities providing: Welcome, Hope, Opportunity, Love and Empowerment.

Dementia Champions and Dementia Friends

In addition to the above three categories, we are establishing a foundation of knowledge i.e. a list of Dementia Champions who are fully trained to deliver Dementia Friends awareness and information sessions.

This is part of a national campaign to create a million Dementia Friends – people who will promote and encourage the creation of dementia friendly local communities.

The Discovery Zone supports this by encouraging teams, groups of people or communities to become dementia friendly by taking part in the awareness and information sessions. Details about these sessions are available in the following pages.



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Education

This category includes formal programmes and modules that are open to people who have been diagnosed with dementia by memory services. Some will also be accessible to carers and members of the public who want to know more about improving the lives of people with dementia in our communities.

Positive Steps Programme

Course overview

This is a carers educational and support programme that will give an insight into dementia, medication, caring for someone with dementia and how to deal with stress. It also focusses on life story work, assistive technology and planning for the future.

Dates / times

- Monday 15th September 9.30-12.30
- Monday 22nd September 9.30-12.30
- Monday 29th September 9.30-12.30
- Monday 6th October 9.30-12.30
- Monday 13th October 9.30-12.30
- Monday 20th October 9.30-12.30

How to enrol:

Contact the college directly on 01924 326540 or email

Recovery.Kirklees@swyt.nhs.uk.

You can also reserve a place or find out more information by contacting Judith

Cockburn on Judith.cockburn@swyt.nhs.uk

Venue: Pathways, Nettleton Rd, Mirfield, West Yorkshire WF14 9AQ



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Understanding the Importance of Physical Health and Dementia (Delirium)

Course Overview

This educational session is aimed at people with dementia, carers, professionals and others with an interest in dementia.. This one hour session will be delivered by an Expert Health Professional (Dementia Matron) and an expert carer who has experience of supporting a person with delirium and a diagnosis of dementia.

The session will outline of the importance of physical health, good nutrition and fluids/hydration for a person living with dementia. It will also describe the risk factors of poor physical health, nutrition, hydration in terms of the risk of infection and in particular, delirium. The signs and symptoms of delirium will be outlined as well as prevention, risk factors and recovery from delirium.

Dates/ time: Thursday 16th October 2014, 5–6pm

How to enrol:

Contact the college directly on 01924 326540 or email Recovery.Kirklees@swyt.nhs.uk.

No booking necessary

Venue: Lecture Theatre, Calderdale Royal Hospital, Salterhebble, Halifax, HX3 0PW



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The Social Care Institute for Excellence (SCIE) elearning programme

Course overview

The 7 module Open Dementia e-learning programme is aimed at anyone who comes into contact with someone with dementia and provides a general introduction and discusses the experience of living with dementia.

This programme is designed to be accessible to a wide audience and covers the following:

- What dementia is and what it isn't
- Living with dementia
- The causes of dementia
- How dementia is diagnosed and who can help
- Common difficulties and how to help
- The emotional impact of dementia
- Positive communication

Dates / times: The e-learning programme can be completed at any time

How to enrol: To complete the programme, visit www.scie.org.uk/publications/elearning/dementia/ and register for free on the right hand side of the page.



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Living well

This category includes courses for people living with dementia, their carers and people in local communities. The workshops or groups will support people to identify strengths and skills, build confidence and adapt positively to the experience of having a diagnosis and/or being a carer for someone with a diagnosis.

‘Dementia Friends’ - awareness and information session

Course overview

A one hour information and awareness session for anyone wanting to become more dementia aware and to support people to live well with dementia!

Date / time: Monday 10th November, 4.30–5.30pm

How to enrol: To book places or find out more information please register online at www.dementiafriends.org.uk

Venue: Large Meeting Room, Folly Hall Mills, Huddersfield



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Stepping out

The courses in this category will support people to access groups, services and support from our partners and local communities. These activities aim to empower people with dementia and their carers and will support them with interests or to take on new roles and activities in a range of areas.

The Side by Side Memory Project

Course overview

This weekly group provides a positive, caring and supportive atmosphere for people with memory problems. Lunch provided.

Date / time: Every Friday 10.30 am – 3.00 pm

How to enrol: Contact the college directly on 01924 326540 or email Recovery.Kirklees@swyt.nhs.uk.

You can also book a place and find out more information by contacting jeanfry@outlook.com

Venue: Kirkheaton Parish Centre, Church Lane, Kirkheaton, Huddersfield HD5 0BH

The Denby Dale Centre

Course overview

This weekly group supports people with memory problems and provides an opportunity to socialise and meet others. Lunch provided.

Date / time: Every Monday 10.30 am – 3.00 pm

How to enrol: To book places or find out more information please contact the Denby Dale Centre on denbydalecentre@denbydalecentre.org or on 01484 860077

Venue: The Hub, Riley Lane, Kirkburton, Huddersfield, West Yorkshire HD8 0RZ
01484 607189



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Let's get creative!

Creative Minds in Kirklees

Creative Minds is an innovative initiative developed by the Trust to enable people who use our services to access creative approaches. We have used creativity in its broadest sense and include art, music, drama, and also includes recreation, sports and leisure activities such as gardening, football, walking and climbing. We deliver many of these projects in partnership with community organisations and the contact details for these are listed below.

You can get more details from www.creativemindsuk.com for details of all live projects and how to access them. You can also call 01924 328656.

The Art Shop – Packhorse Gallery

The Packhorse Gallery is an innovative creative arts project run by Support to Recovery, a Kirklees mental health charity. Our enlarged gallery allows us more space to hang local artwork and enables us to provide a range of events, workshops and community exhibitions. We work in partnership with other agencies and stage events in conjunction with larger activities such as The Festival of Light and Huddersfield Contemporary Music Festival.

As with all good things the word has spread and we continue to attract new visitors to the Gallery. Our membership has also grown and the work we exhibit is increasingly diverse. There is something for everyone at the Packhorse Gallery.

We continue to promote positive mental health through the arts and creativity, and aim to reduce the stigma surrounding mental health through open conversations.

We run a variety of art, craft and creative workshops that people can attend. We'll ask you to come to one as a 'starter' art group and then together we can find the right group for you.

How to enrol:

Contact the college directly on 01924 326540 or email

Recovery.Kirklees@swyt.nhs.uk.

You can also reserve a place or find out more information by contacting the Packhorse gallery on 07905 565 545 or on packhorse.gallery@gmail.com

Venue: Packhorse Shopping Centre, Packhorse Walk, Huddersfield, HD1 2RT



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Green for Go Kirklees

Course overview

For anyone who may enjoy being outdoors and doing practical activities. Activities include caring for allotments, food growing, making planters & bird boxes and other conservation tasks. The activities are designed to help you learn new skills, gain confidence, boost your self-esteem and be active while socialising with others in your local community. There will also be community days where the group travel to other sites to help tidy and enhance local environments.

Where does it take place?

It runs every Monday at the Paddock Village Trust community allotments in Huddersfield and every Thursday at Crow Nest Park in Dewsbury, from 10.00am-3.00pm.

Venue: Paddock Village Hall, West View, Paddock, Huddersfield, HD1 4TX

Venue: Crow Nest Park, Heckmondwike Road, Dewsbury, WF13 2SG

“The group looks for ways to recycle and reuse objects for planting and using natural materials to create things for others to enjoy”

How to enrol:

Contact the college directly on 01924 326540 or email

Recovery.Kirklees@swyt.nhs.uk.

You can also reserve a place or find out more information about Green for Go

Kirklees by contacting: Becky Houlding on: 0113 238 0601 or at

rebecca.houlding@groundwork.org.uk



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Hoot Creative

Hoot is an arts and health organisation offering a range of opportunities for people to get involved in music, dance and other creative activities as a way of improving physical and emotional wellbeing. As specialists working with adults with mental health needs alongside a committed team of experienced community artists, we offer a full programme of quality creative activities with proven benefits for mental health and wellbeing. Creative Minds projects include Breathing Space and Creative Social Enterprise. Digisphere is a Creative Minds project, offering digital training opportunities

Digisphere

- **Music Tech** – Mondays, 2.00-4.00pm
Untangle your art in Hoot's new studio-based group. We'll show you how to digitally record and edit music and video using the latest equipment and software. And when we've connected up those cables, we'll show you how you can connect to other musicians, filmmakers & artists from around the world to create online collaborative works of art.
- **Design** – Thursdays, 2.00-4.00pm
Learn how to creatively manipulate pictures, designs, scenery, portraits, photographs and more. Editing software is now as much an artistic tool as a pencil or paintbrush and in these workshops you will use computers, digital cameras, scanners and electronic tablets as well as discovering their many possible applications in art, advertising, publishing and film; bringing art forms into the 21st century.
- **Film Club** – Thursdays, 10.00-12 noon
Have guided help on making your idea come to life or helping others create their own film. Learning how to write scripts, compile storyboards & direct films. Tutorials giving you the skills to operate a video camera, use editing software & lighting, create costume & set designs. Anyone is welcome from total beginners to the more experienced digital artists; we believe everyone has something to offer.
- **Art Portal** - Fridays, 2.00-4.00pm
Get involved in a new initiative to distribute participant art through NHS facilities. We will give you the skills to capture, collate and reproduce high quality prints and art work, and provide support to grow an exciting new enterprise

How to enrol:

Contact the college directly on 01924 326540 or email Recovery.Kirklees@swyt.nhs.uk. You can also reserve a place contacting Hoot on 01484 516224 or visit www.hootcreativearts.co.uk.

Venue: Hoot, Bates Mill, Milford Street, Huddersfield HD1 3DX



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Resolve

Resolve is an activity project which aims to improve skills, offer practical support in time of need and build resilience for the future. A broad range of activities are available including art and crafts, creative writing, IT and benefit support sessions, cook and share groups. You can access Resolve activities by calling into the Mission.

How to enrol:

Contact the college directly on 01924 326540 or email Recovery.Kirklees@swyt.nhs.uk.

You can also reserve a place or find out more information by contacting Resolve on 01484 421461 or visit www.huddersfieldmission.org.uk

Venue: Huddersfield Mission, 3-13 Lord Street, Huddersfield HD1 1QA



With all of us in mind

How do I become a volunteer at the Recovery College?

Volunteering opportunities will be available in all aspects of the Recovery College, from administration to developing and running courses.

The volunteer's training programme provides a number of courses aimed at building skills and confidence, ensuring each volunteer feels supported and equipped to fulfil their role.

Each volunteer will also be allocated a 'mentor' as a point of contact, and to provide a sense direction in terms of personal learning and development.

“Volunteering is a great way of giving something back to the community as well as gaining new skills and experience”.

Training for volunteers

The training sessions below are compulsory for all volunteers unless indicated by (*).

Dates / times to be confirmed

- Drop in sessions for DBS checks and applications
- Volunteer's welcome afternoon – Wednesday 22nd October, 1-3pm
- Involvement and an introduction to the Trust – 10am-3pm
- Introduction to volunteering part 1 (2 hours)
- Introduction to volunteering part 2 (2 hours)
- Co-production (3 hours)
- Enhancing your group work skills – Friday 5th December, 10am – 3pm
- Basic first aid

Venue (Unless otherwise stated): Pathways, Nettleton Road, Mirfield WF14 9AQ

How to enrol:

Contact the college directly on 01924 326540 or email Recovery.Kirklees@swyt.nhs.uk.



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Frequently asked questions

By now, you may have lots of questions about the college. Below are some of the most common questions that we have already been asked and hopefully these may be of use to you

Q: *Can I be a volunteer & attend courses?*

A: Yes of course you are free to do both.

Q: *Will it affect my benefits?*

A: No. Your benefits are only affected if you study over 16 hours per week or apply for a student loan.

Q: *Will I definitely get a place on the course I want?*

A: We can never guarantee you a course place it depends on the level of demand

Q: *What if I can't attend one week?"*

A: Please contact your course provider

Q: *I can't read or write; can I still attend?*

A: We will try our very best to meet your needs in the most appropriate way. Please give us a call if you require more information.

Q: *Can I get help with child care?*

A: No, sorry, we aren't able to provide this; you would have to make your own child care arrangements if you wish to attend the college.

If you have any more questions that are not covered here, then please don't hesitate to contact one of the team on 01924 326540 or alternatively email us on

Recovery.Kirklees@swyt.nhs.uk



With all of us in mind

Feedback from other recovery colleges...

Great course, thanks for the chance to do something different!

All good stuff, people are feeling at ease whether they are joining in or not which I think is very important.

I enjoyed sharing my experiences and the group interacted very well, we shared a lot.

Very enjoyable - such nice positive people at The Exchange. I always feel like things are improving.

I have really enjoyed the gardening course, and have done well weeding the garden

I've really enjoyed the computer course and I've learned loads of new things. I'm amazed how well I have done!

Even though it was confusing at the beginning I'm now able to differentiate between paranoia, irrational beliefs and suspiciousness. Definitely made me think!

Very interesting and thought provoking. Rethinking and further time for reflection was extremely useful.

I've picked up lots of tips for sleeping well!

Brilliant! Can't wait for next week.



Contact Details:

Recovery College Kirklees

Pathways

Nettleton Road

Mirfield

WF14 9AQ

Tel: 01924 326540

Fax: 01924 326548

Email: Recovery.Kirklees@swyt.nhs.uk

Recovery College lead Kirklees: **Matt Ellis**

Directions to the Recovery College Hub (Pathways)

From Dewsbury:

- A644 Ravensthorpe into Mirfield
- Turn right after Speights lighting into Doctor Lane
- Turn left into Nettleton road
- We are 300 yards on the right

From Huddersfield:

- At Cooper Bridge round-about follow A644 to Dewsbury
- 1 mile on turn left after 30 mph sign into Doctor Lane
- Turn first left in to Nettleton road
- We are 300 yards on the right

Parking is at the back of the building

By bus:

- 203 Leeds – Huddersfield
- 203 Huddersfield – Leeds

Stops outside Pathways

- 217/219 Leeds – Huddersfield
- 217 – 219 Huddersfield – Leeds

Stops at Doctor Lane



With all of us in mind

Student Enrolment Form

Forenames:

Surname:

Date of Birth: Address:

.....

Postcode: Telephone:

Email:

How would prefer to be contacted? (please circle relevant)

Phone Email Text Post Other?

Is there anything that may affect your attendance or learning?

.....

Emergency contact number or GP details (can include any Trust or Local Authority staff who are supporting you)

.....

How did you hear about us?

Which courses might you be interested in?

.....

.....



.....
.....

What, if any, is your connection to the Trust?

.....

Is there anything else you would like us to aware of?

.....

Student's signature:

Date:



With all of us in mind

South West Yorkshire Partnerships NHS Foundation Trust intends to embed equality and diversity values into every day practice, policies and procedures so that equality becomes the norm.

In order to ensure that we provide the best service for **all** of our communities, and to ensure that we do 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.

Kirklees Recovery College student enrolment form	
Date of birth:	<input type="checkbox"/> I prefer not to say
Race (taken from the Census categories 2011)	
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, write in:	
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, write in:	
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, write in:	



Black/African/Caribbean/Black British	
<input type="checkbox"/> African <input type="checkbox"/> Caribbean <input type="checkbox"/> Any other Black/African/Caribbean/Black British background, write in:	
Other ethnic group	
<input type="checkbox"/> Arab <input type="checkbox"/> Any other ethnic group, write in: <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) write in:	
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	
Religion/belief	<input type="checkbox"/> I prefer not to say
<input type="checkbox"/> No religion <input type="checkbox"/> Christian (including Church of England, Catholic, Protestant and all other Christian denominations) <input type="checkbox"/> Buddhist <input type="checkbox"/> Jewish	<input type="checkbox"/> Agnostic <input type="checkbox"/> Sikh <input type="checkbox"/> Muslim <input type="checkbox"/> Hindu <input type="checkbox"/> Any other religion/belief, write in:
Disability	<input type="checkbox"/> I prefer not to say
Do you consider yourself to have of the following? (Please tick all that apply) <input type="checkbox"/> Mental health condition <input type="checkbox"/> Speech impairment <input type="checkbox"/> Physical impairment	<input type="checkbox"/> Cognitive impairment <input type="checkbox"/> Learning disability <input type="checkbox"/> Long standing illness <input type="checkbox"/> I do not have a disability <input type="checkbox"/> Other, please state:
Sexual orientation <input type="checkbox"/> I prefer not to say	
<input type="checkbox"/> Heterosexual <input type="checkbox"/> Gay <input type="checkbox"/> Lesbian <input type="checkbox"/> Bisexual	



With all of us in mind

Sex		<input type="checkbox"/> I prefer not to say
<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Please tick if you live and work permanently in a gender other than that assigned at birth.		
Caring responsibilities		
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		
Employment status		<input type="checkbox"/> I prefer not to say
<input type="checkbox"/> Employed <input type="checkbox"/> Unemployed and seeking work <input type="checkbox"/> Student in education or training <input type="checkbox"/> Long term sick or disabled		<input type="checkbox"/> Homemaker looking after family or home <input type="checkbox"/> Volunteer <input type="checkbox"/> Retired
Have you had a baby in the last 12 months?		
<input type="checkbox"/> Yes <input type="checkbox"/> No		
Marriage and Civil Partnership (Please tick one box)		<input type="checkbox"/> Co-habiting
<input type="checkbox"/> Single <input type="checkbox"/> Married <input type="checkbox"/> In a same sex civil partnership		<input type="checkbox"/> Widowed <input type="checkbox"/> Divorced <input type="checkbox"/> Separated



With all of us in mind