

Upcoming Online Courses & Events!

With the help and support of our partners we are now able to offer the following **ONLINE** courses and events to our learners. All the courses below are **FREE** and can be accessed via various video conferencing platforms (e.g Zoom, Facebook Live) using a laptop, tablet or smartphone. For more details contact us on **07717 867911** or email **CKRecoveryWellbeing@swyt.nhs.uk**



Our sister Recovery College in Wakefield have a few online course coming up soon. Take a look at the details and how to get involved below:

ONLINE - Understanding hearing voices

Wednesday 19 August 2020 – 2.00-3.30pm

This introductory workshop could be for you if you are interested in developing an awareness of what the experience of hearing voices may mean to you or someone you care about. We will be talking about:-

- How common hearing voices is
- Different ways of understanding hearing voices
- Some useful ways that people have found to help with hearing voices

ONLINE - Medication & Me (Q&A session)

Friday 28 August 20 – 11.00am – 12.30pm

This informal and friendly online workshop will provide you with the opportunity to find out more about medication. Have you or someone you care for just started a course of medication or are due to start one soon? Have you been taking medication for a while and don't know what it does or how it works? Find out about the main types of medication prescribed in mental health, how they work, their impact on the body, benefits and potential side effects. This will be a question and answer session - please let us know any specific questions you would like to ask our Chief Pharmacist and the team at least two days prior to the session beginning. There will also be a brief time for additional questions at the end of the session.

ONLINE - Money Confident

Starts Tuesday 11 August 2020 – (13, 18, 20 August) 4 sessions over 2 weeks – 11.00am – 11.45am

Get money-confident with 4 bite-sized sessions, looking at: - Life, money and choices - Creating a cash forecast - Creating a budget - Tackling debt For each short sessions (4 sessions over 2 weeks), you'll need a computer, laptop, tablet or smartphone, Microsoft Office, access to the internet/mobile data, and the ability to input information, click, drag and drop.

To enrol: visit our website

www.wakefieldrecoverycollege.co.uk

Microsoft Teams joining instructions will be forwarded to students following enrolment.



The Everybody School of Art

Artworks have developed some workbooks (with Sarah and Sara Who are also NHS Trust Creative Practitioners) that use drawing and writing activities to support mental health, this one is designed for adults and they have one for young people coming soon.

These workbooks are free and they have 200 available. If you would like one please let CK Recovery & Wellbeing College know and we can get one sent out.

CKRecoveryWellbeing@sywt.nhs.uk

Thinking Forward to September:

Artworks will have 're energise' sessions on Monday mornings and 'reflect and relax' on Fridays. The sessions will take place in the gallery (loads of space to social distance), mainly with Sarah delivering. Although people will have to book in advance for Covid they can come session by session and there will be free / pay as you feel options.

We are awaiting booking details so watch this space for more information coming soon...

Words in Mind

As it will be a while before Words in Mind resumes face to face sessions we are trialing a public zoom session which we are opening to anyone who would like to join – staff or clients. We have been delivering sessions to many organisations but as these are closed sessions we thought it would be nice to invite some of the members of the groups to a session whom we haven't been able to work with yet.

This session we are inviting people to bring along a poem to share, or just come along and listen to others read theirs.

Topic: Share a poem

Time: Aug 12, 2020 02:00 PM London

Join Zoom Meeting

<https://us02web.zoom.us/j/83800281427?pwd=bS91TUkzU0xoZUdSVjJidGt6UFAzUT09>

Meeting ID: 838 0028 1427

Passcode: 137381