

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 across both Calderdale and Kirklees. The majority of the courses are **FREE** and can be accessed via various video conferencing platforms (e.g Zoom, MS Teams) using a laptop, tablet or smartphone. For more details contact us on 07717 867911 or email CKRecoveryWellbeing@swyt.nhs.uk



Mindfulness

Starts: Tuesday 8 September at 11am

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 8 week online course using MS Teams, 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.

To register your interest in the course please email: Ckrecovery.wellbeing@swyt.nhs.uk



Healthy Family Cooking on a Budget

Starts: Wednesday 30 September 2020 at 11.45am

We are delighted to offer this fantastic new course to our learners in both Kirklees and Calderdale, offered by the WEA.

During this 4 week course, learners will create a delicious meal each session. The meals will be simple as well as budget and family friendly. Cathy, the tutor will guide you through the recipes step by step using the video conferencing platform, Zoom. The recipes, shopping and equipment lists documents will all be provided.

Please email us at: ckrecovery.wellbeing@swyt.nhs.uk to register your interest as places are limited.



Please note this course is FREE to learners on means-tested benefits such as Income Support, Housing Benefit or Working Tax Credit. Those earning less than £16000 pa, also do not have to pay.

Medication & Me (Q&A session) Friday 28 August 2020 at 11am – 12.30pm

This informal and friendly free online workshop offered by Wakefield Recovery College 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 - and is **available to all learners in Wakefield, Calderdale and Kirklees**. 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. To book a place please contact Wakefield RC on 01924 316946 or email:

wakefieldrecoverycollege@swyt.nhs.uk

Assertiveness & Communication Skills

Starts: Monday 7 September at 1pm

Delivered by The Richmond Fellowship this 3 week course looks at how assertiveness and communication can affect our everyday lives. If you ever feel that people take advantage of your kind nature or you wish you could communicate in a different way, then this course is for you.

This free course, available to residents in Kirklees will help you develop and maintain assertiveness skills and will provide practical techniques for improved communication.

To book a place please email:

Karl.Jackson-Lander@richmondfellowship.org.uk



Skills for Volunteering

Starts: Wednesday 9 September at 9am OR Thursday 10 September at 2pm

Whether you are thinking of volunteering in the future or are already an existing volunteer this motivating 8 week course delivered by Jane Walton at the WEA will help adults to develop their skills to become confident and effective volunteers. This course explores the role of the volunteer, how to develop good communication and interpersonal skills as well as understanding issues of equality and diversity.

Reference: C3678064 (Wednesdays Session)

Reference: C3678299 (Thursdays Session)

New Directions

Starts: Thursday 10 September at 9am

This course delivered by Jane Walton at the WEA will provide learners with the skills, knowledge and confidence to progress. It will cover goal setting, communication, skills assets, time management, assertiveness, employment and self-employment. It will be interactive and involve both individual and group work.

Reference: C3678066

Everyday IT

Starts: Wednesday 9 September at 11.45am

This 6 week course offered by the WEA is for learners who wish to improve their IT and employability skills. During these sessions you will learn how to use the internet, search engines, basic Microsoft Office applications and email appropriately.

Reference: 3678300

All the above courses delivered by the WEA are FREE to learners in Kirklees and Calderdale if they are on specific benefits or earning less than £16,000 per annum. For more details or to book a place visit: www.wea.org.uk