

Welcome to the new Autumn term! We are really excited to welcome learners (new and existing) through our doors whether in a physical or virtual sense. We want to encourage everyone to learn something new this academic year and discover how to **live life well!**

We believe that education and learning is a powerful tool in helping with the trials and tribulations of life. But don't just take our word for it! This is what one of our learners had to say...

"I joined the Recovery & Wellbeing College earlier this year to help manage my Emotionally Unstable Personality Disorder symptoms and to gain more social confidence. I have taken part in a range of courses including kayaking, rock climbing, mindfulness, sun printing and more!

All of these courses helped me develop new skills, not just for my mental health and wellbeing but for my general learning, including social and communication skills, anxiety management, mindfulness etc. All extremely beneficial throughout life's ups and downs.

Initially I was unsure about learning, however I'm more than happy that I joined that first course. It's helped me in more ways than I can say."

Jade, RWC Learner



Lifelong learning

"Learning has been an important part of my own journey and development. I have learned a great deal about myself, my capabilities and how to manage my mental health better.

All this is testament to the amount of effort, time and resources the Recovery & Wellbeing College puts into making a real and transformative difference to the lives of learners and the community as a whole.



Courses which I personally found helpful and taught me essential wellness tools, which have now become priceless in my everyday life were; Introduction to the RWC, Eat Well Be Well, the Expert Patient programme and Mosaics. They pinpointed specific things I could do to improve my own health and wellbeing.

I will continue to utilise the strategies and tools I have acquired on my journey to help me to experience better health and to become the best version of me!"

Daniel, Friend of the RWC

We are delighted that people are grateful to the RWC but we know it is you, our learners that do all the hard work and it is inspiring to see! So keep it up and carry on learning!

Choosing the right course for you!

Did you know that our courses have been categorised to help you find the ones most suitable for you. You can pick and choose any from the following:

My Health and Me: these courses are designed for you to learn more about different diagnoses or how to manage specific conditions

Wellbeing Tools: these courses are designed to help you live the best life you can. They include everything for mind, body and spirit!

Life Skills and Interests: these courses are designed to help you explore and develop skills and interests

My Development: these courses are designed for those who are interested in expanding their knowledge for the benefit of the wider community

Supporting Others: these courses are for those who want to know how they can better support others as well as looking after themselves.

Already enrolled with the College? If so, just send us an email or give us a call if you want to book on a particular course.

Let's Get Physical

Couch to 5K



We have teamed up with Huddersfield University's Human & Health Sciences Department to offer YOU, our lovely learners the chance to get off the sofa and get moving!

"I know from personal experience that getting active can be a scary prospect but for me, starting an exercise programme at the age of 40 was life changing and I've never looked back. I'm not a natural sportsperson - always the last to be chosen for any team at school but I've found activities that I like and can fit easily into my life. I don't even need to be good at them, I just need to enjoy the experience!"

Overcoming my initial worries, sticking to my weekly routine and ploughing on through the workout when I feel I can do no more, makes it wholly rewarding and something to feel proud of. I feel so much better for it too!"

Rachel, RWC Co-ordinator, Kirklees

If you'd like to book on this or any other of our active courses visit: [Courses and enrolment - Calderdale and Kirklees Recovery College \(calderdalekirkleescr.nhs.uk\)](https://www.calderdalekirkleescr.nhs.uk)

The Bottom Line

Whether it's at the supermarket checkout, when paying our energy bills or at the petrol station, we're all feeling the pinch. Worrying about money is awful and it can cause a lot of uncertainty and stress.

In this section we have added some money saving tips from Kirklees Council, and also some links to further support and advice.

- Plan your meals in advance
- Write a shopping list and stick to it
- Buy frozen fruit and vegetables
- Avoid expensive brands
- Cook from scratch

For support with the cost of food please follow the links below:

[Calderdale- Food support | Calderdale Council](#)

[Kirklees- Support with the cost of food | Kirklees Council](#)



| Tip type | Tip | Approximate annual saving |
|---------------------------|---|----------------------------------|
| Efficient heating control | Install a room thermostat, a programmer, and thermostatic radiator valves to efficiently control heating | £70 |
| Efficient heating control | Turn down room heating by just one degree | £55 |
| Efficient hot water usage | If your shower takes hot water straight from your boiler or hot water tank (rather than an electric shower), fit a water efficient shower head | £75 (family of four) |
| Efficient hot water usage | Spend just one minute less in the shower | £47 (family of four) |
| Eliminate drafts | Draught-proof your windows, doors and any cracks in floors and skirting boards | £25 |
| Eliminate drafts | Install a chimney draught excluder | £18 |
| Use only what you need | Only fill the kettle with the amount of water you need | £6 |
| Use only what you need | Turn lights off when you're not using them - if you switch a light off for just a few seconds, you will save more energy than it takes for the light to start up again, regardless of the type of light | £11 |
| Efficient lighting | Replace old bulbs with LED spotlights - they are bright enough to replace halogens, as well as regular energy saving bulbs | £30 |
| Turn off at the plug | Turn appliances off at the plug rather than leaving them in standby mode | £35 |
| Efficient laundry | Cut back one washing machine cycle per week if you can | £8 |
| Efficient laundry | Lower the temperature - wash at 30°C | £13 (average four washes a week) |

For further money saving advice/support please see the links below:

[Benefits Calculator - entitledto - independent | accurate | reliable](#)
[Money Saving Expert: Energy Help, Credit Cards, Shopping and more](#)

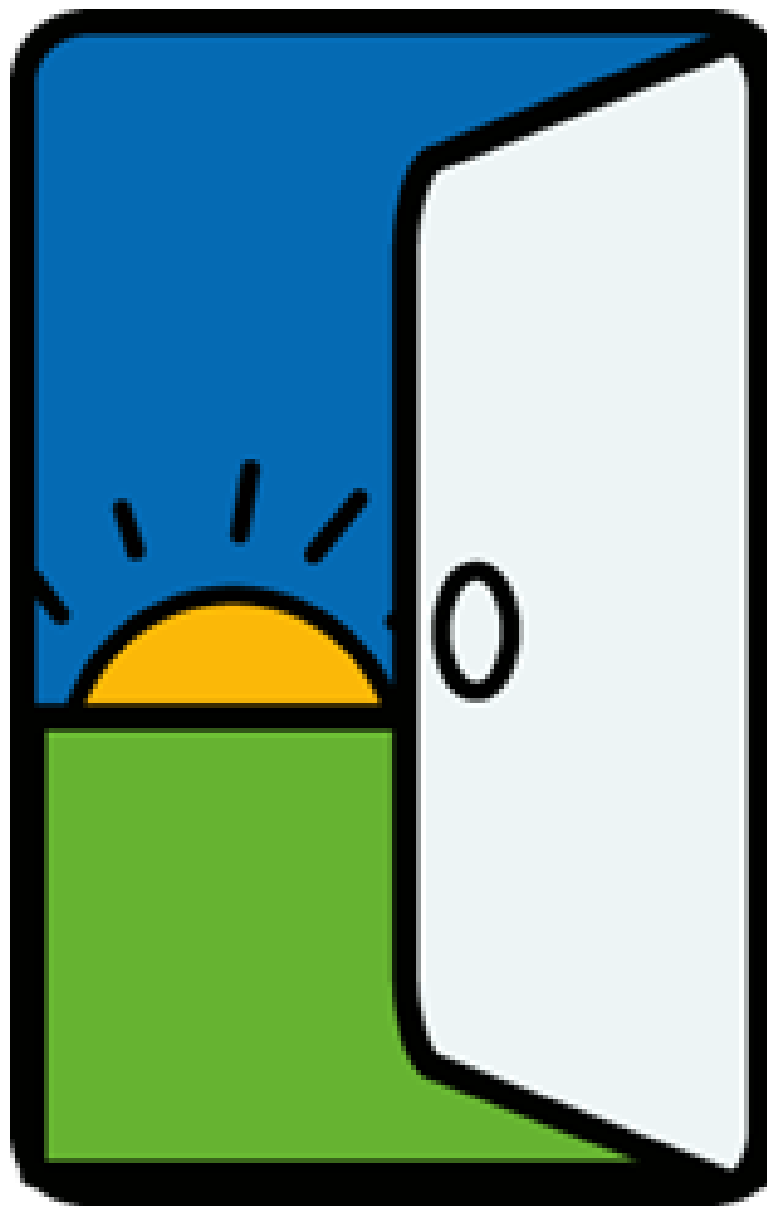
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Welcome Pack

We know that walking through our doors for the first time can be a daunting experience. You may not know what to expect or who you are going to meet. So we have produced a brand new Learner Welcome Pack which will hopefully give you a better understanding of the Recovery & Wellbeing College and help put your mind at rest.

If you'd like to give us your views on this pack then please get in touch!



We would LOVE your contributions in future newsletters. Please get in touch if you have anything you'd like to share - a book review, a favourite recipe or your own personal experience of the College. We we want to celebrate YOU!!

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