

# Bloomin' Well

## September Courses

### Introduction to the Recovery & Wellbeing College

This informal introductory session provides you with information about the Recovery & Wellbeing College and the opportunity to meet some of our wonderful volunteers. You will have the chance to ask questions about attending the College and discover the importance of learning together in a safe and supportive environment.

Tues 6 September at  
1.30pm - 3pm

OR

Weds 14 September  
at 10.30am - 12pm

Mirfield RWC

OR

Folly Hall,  
Huddersfield

### A Plan for Living Well

This potentially life-changing course puts you into the driving seat of your life, where you can explore alongside others how to stay well. This course is co-facilitated by people with a lived experience of mental health whose lives have been transformed by developing their own wellness plan. Please attend the introductory session to make sure the full length 10 week course is right for you.

Introductory Sessions  
on Mon 19 September  
at 1.30pm - 3pm

OR

Monday 26 September  
at 1.30pm - 3pm

The full course starts  
on Mon 10 October

CLEAR,  
Huddersfield

### Weight off your Mind

This one-off workshop will help you to understand why we may sometimes turn to binge or comfort eating when facing challenging emotions. You will learn tools to help you gain control over this type of eating and build motivation for positive change. This course is not suitable for those experiencing Anorexia or Bulimia.

Tuesday 6 September  
at 10.30am - 12.30pm

Mirfield RWC,  
Kirklees

To book or for more info call 07717 867911 or email:  
[ckrecovery.wellbeing@swyt.nhs.uk](mailto:ckrecovery.wellbeing@swyt.nhs.uk) or visit our website:  
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## September courses (page 2)

### Golden Age of Hollywood: The Studios II

This ever popular 5 week course will take you back in time to the early 20th Century where you will learn about the Golden Age of Hollywood! You will see many famous movie clips containing some of the biggest stars of the screen and in the final week we'll watch a full length movie from this era together. Popcorn provided!

Starts: Thursday 8  
September at  
1pm - 3.30pm

Mirfield RWC,  
Kirklees

### Go Fish! (Intermediate)

This brand new 8-week course is for those who have previously experienced the fun, social and inclusive activity that is fishing! Whether a beginner or are more experienced you will have the opportunity to expand your knowledge of angling. You may also get the chance to try potentially new techniques such as fly, predator and sea fishing. This course is suitable for those who have attended the previous Go Fish Beginners course or those who have some knowledge of angling but would like to gain more confidence and experience. All equipment provided.

Starts: Friday 9  
September  
Time tbc

Hillhouse  
Angling Club,  
Honley,  
Huddersfield

### Improving your Sleep

This one-off workshop will help you gain a better understanding of sleep, the impact it has and, most importantly what you can do to sleep better.

Tuesday 6 September  
at 12.30pm - 2.30pm

Online

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## September courses (page 3)

### Medication and Me

Join us for this one-off workshop as we explore the world of mental health medication, and learn about the different ways these drugs can affect us, both in helpful ways, and their potential side effects.

Monday 12 September  
at 1pm - 3pm

Mirfield RWC,  
Kirklees

### Couch to 5K

This course is designed for learners who may do little or no exercise. Over the course of nine weeks we will take you from couch potato to completing a five kilometre parkrun event. The qualified leaders will provide plenty of support and encouragement to help you along the way and no-one is ever left behind! Please wear comfortable footwear and clothing and if you have any health concerns which may impact on your ability to undertake this course please check with your GP before booking

Starts: Tuesday 13  
September  
at 10.30am - 12pm

Greenhead Park,  
Huddersfield

### Kayaking Taster Sessions

On these one-off taster sessions you will be introduced to kayaking and will learn some basic paddling skills from a fully qualified instructor. These are a great opportunity to try something new, see some interesting sights and have some fun! Suitable for all fitness levels and abilities and all equipment is provided.

Various dates available  
- usually on Thursdays  
from  
10.45am - 1.30pm

Calder & Hebble  
Navigation,  
Sowerby Bridge

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## September courses (page 4)

### Confidence to Work

This 6 week course is designed for individuals who are either currently seeking employment or volunteering opportunities or are thinking about taking the next step towards the world of work. It provides learners with all the tools and help you need to get back to work. It looks at how to build your confidence, tips for the application process, CV writing, interview preparation and how to disclose a mental health issue or disability.

Please note this course is only open to Kirklees residents.

Starts: Tuesday 20  
September at  
1pm - 3pm

Mirfield RWC,  
Kirklees

### Wellbeing Toolkit

This 5 week course is designed to help you recognise the importance of practicing self-care, finding balance in your life and discovering your own personal wellness tools to help you live life well.

Starts: Tuesday 20  
September  
at 10am - 12pm

Hope Street  
Resource Centre,  
Halifax

### Steps to Success

This ever popular inspiring 8 week course introduces us to different strategies we can use to help develop our self-esteem, motivation and plans for the future. This course will help build confidence and teach us how to set realistic goals and empower us to take control of our futures in a positive and enlightening way.

Starts: Wednesday 21  
September at  
1pm - 3.30pm

Mirfield RWC,  
Kirklees

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