

Calderdale & Kirklees  
Recovery and Wellbeing College

**HARVEST  
YOUR  
POTENTIAL!**

Live

Life

Well

<p><b>Kayaking Winter Paddle</b></p> <p>These one-off sessions are available to any learner who has previously undertaken one of our kayaking taster sessions. You will be able to further develop your paddling skills and build confidence.</p>	<p>Thursday 12 January 2023 at 10.45am—1.30pm</p> <p>1 week only</p>	<p>Calder &amp; Hebble Navigation, Canalside, The Wharf, Sowerby Bridge Calderdale</p>
<p><b>Mood &amp; Food</b></p> <p>Join us to discover the links between what we eat and our mental and physical wellbeing. We'll discuss the foods that can have a positive or negative impact on our mental health, practical ways to start and maintain a balanced eating plan and what to look out for and avoid when reading ingredients.</p>	<p>Tuesday 10 January 2023 at 1pm—3pm</p> <p>2 Weeks</p>	<p>Recovery &amp; Wellbeing College at Pathways, Mirfield</p>
<p><b>Managing Depression</b></p> <p>This learning seminar aims to help you understand depression, how it affects you and how you can start to feel better. The workshop provides tips and techniques for lifting your mood and breaking the vicious cycle of depression.</p>	<p>Tuesday 10 January 2023 at 12.30pm—2.30pm</p> <p>1 week only</p>	<p>Online</p>

*Already enrolled with the College? If so just give us a call on 07717 867911 or email us at: [CKrecovery.wellbeing@swyt.nhs.uk](mailto:CKrecovery.wellbeing@swyt.nhs.uk)*

*New to the College? You can enrol and see our full list of courses on our website:*

[www.calderdalekirkleesrc.nhs.uk](http://www.calderdalekirkleesrc.nhs.uk)

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**Song Writing**

In this 6-week course we will explore the basics of song writing and you will have the opportunity to create and play music in a group setting. This course is open to anyone whether you are a complete beginner or already have some musical abilities. You will also have the opportunity to record and keep a copy of your group song at the end of the course.

Thursday 12 January  
2023 times tbc

6 weeks

Recovery & Wellbeing  
College at Hope Street  
Resource Centre,  
Halifax

**Peer Mentoring**

In this engaging 7-week face to face course, we'll be exploring what mentoring is and building the skills to become a successful mentor, and to support others. It will provide you with the essential skills, knowledge and confidence to be an effective mentor. We'll also look at how to set helpful goals and objectives.

Friday 13 January 2023  
at 10am—1pm

7 weeks

Recovery & Wellbeing  
College at Pathways,  
Mirfield

**Write Time for Wellbeing**

During this course you will be encouraged to use writing as a type of mindfulness having space and time to reflect on your thoughts and feelings in the here and now. This will help boost your mood and create feelings of calm and contentment.

Monday 16 January  
2023 at 10am—12.30pm

CLEAR  
Lion Chambers  
John William Street  
Huddersfield

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<p><b>Couch to 5K</b> This course is designed for learners who may do little or no exercise. Over the course of twelve 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!</p>	<p>Tuesday 17 January 2023 at 10.30am—12pm</p> <p>9 weeks</p>	<p>Greenhead Park, Huddersfield</p>
<p><b>What the heck are archives?</b> Have you ever wondered if you were descended from a knight? Or if your family name bears a coat of arms? Archive research can help you find out more about your own family and local history so join us to discover more about this fascinating subject!</p>	<p>Wednesday 18 January at 10.30am—12pm</p> <p>1 week only</p>	<p>Recovery &amp; Wellbeing College at Pathways, Mirfield</p>
<p><b>An Introduction to Self-Soothe &amp; Self Care</b> In this one-off workshop we will explore self-care and self-soothe skills that can help with feelings of distress and help to find calm during difficult times.</p>	<p>Monday 23 January 2023 at 10am—12.30pm</p> <p>1 week only</p>	<p>Recovery &amp; Wellbeing College at Pathways, Mirfield</p>
<p><b>Yoga: Breathe, Move, Relax</b> In this brand-new course, we will explore the techniques of Yoga including breathing practices, gentle flowing movement, meditation and relaxation.</p>	<p>Thursday 26 January 2023 at 10.30—11.30am</p> <p>10 weeks</p>	<p>Recovery &amp; Wellbeing College at Pathways, Mirfield</p>

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<p><b>Steps to Success</b></p> <p>This inspiring course introduces us to different strategies we can use to help develop our self-esteem, motivation and plans for the future. It also looks at ways that we can make changes to our lives. This course aims to 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.</p>	<p>Wednesday 1 February 2023 at 1pm—3.30pm</p> <p>8 weeks</p>	<p>Recovery &amp; Wellbeing College at Pathways, Mirfield</p>
<p><b>Assertiveness &amp; Communication</b></p> <p>This course looks at how we communicate. You will discover the tools and techniques to become more assertive, so that you are better able to communicate your needs and wants with others effectively in a more confident manner.</p>	<p>Tuesday 7 February 2023 at 1pm—3pm</p> <p>2 weeks</p>	<p>Recovery &amp; Wellbeing College at Pathways, Mirfield</p>
<p><b>Managing OCD</b></p> <p>This learning seminar will help you develop your knowledge and awareness of OCD, how it affects you and most importantly what you can do to manage it.</p>	<p>Tuesday 14 February 2023 at 12.30—2.30pm</p> <p>1 week only</p>	<p>Online</p>

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