

April 2024

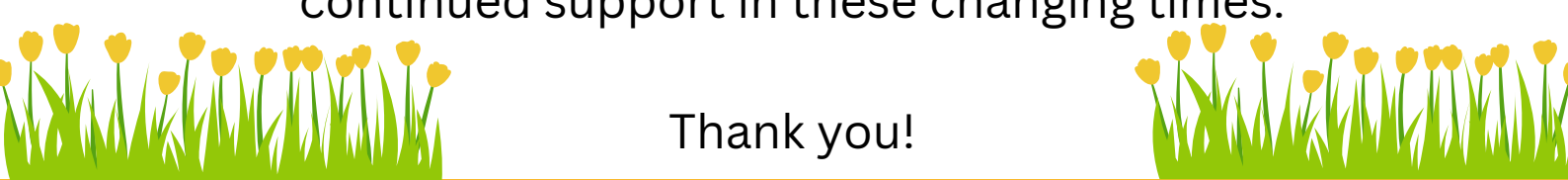
Yours Gratefully

For us at the Recovery & Wellbeing College, Easter signifies, amongst other things, the end of the winter term and the beginning of the Spring one. As you know we are currently undergoing a period of change, and we don't just mean the end of a term or the changing of the season!

Change - in all its forms can be a time when we become more reflective, when we ponder on the past and are curious about the future and what it may hold. That is certainly true for all the staff at the College. While we have experienced a multitude of emotions over the last few weeks, we are excited about our future plans and look forward to sharing these with you at our 'Pastures New' event on the 9 April.

As we reflect on the past it is with an overwhelming sense of pride and gratitude. We would not be here without the support and involvement of our Partners, Volunteers, Friends of the College and colleagues. They have - and continue to play a huge part in making the Recovery College what it is and we are truly grateful for their continued support in these changing times.

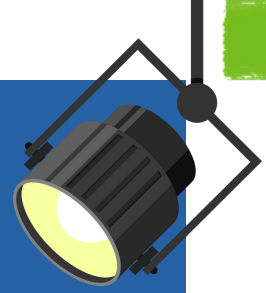
Thank you!

A decorative border at the bottom of the page features a row of yellow tulips with green stems and leaves, set against a light green background.

You can find out more about our plans for the future in Kirklees by attending our 'Pastures New' event at the RWC on 9 April at 1pm. Booking required.



Spotlight On..... Holmfirth Tech



We are delighted to have Calderdale & Kirklees Recovery College hosting courses and workshops at 'Holmfirth Tech', a beautiful Victorian building nestled in the Holme Valley. 'The Tech', as it's known, had its foundation stone laid in 1892 and was originally built as a 'Technical Institute' funded by local mill owners and the Honourable Company of Cloth Workers. It has been a place for personal growth for more than 130 years!

Having passed through various incarnations as a secondary school, and several colleges, Holmfirth Technical Institute was renamed 'The Tech' and became a charitable community benefit society in 2018. The principal aim was and is to protect and promote the architecturally significant building standing tall in the Holme Valley, and now people come together to share stories, feelings and coping strategies to provide hope and resilience to move forward.

A variety of spaces are now being used by the College including a large café area complete with exhibition artwork featuring local artists, a dance studio suitable for yoga, pilates and wellbeing sessions and the Basement Art Room that gives space and opportunity for creativity. Given all that history and use by local people across the decades, it's not surprising the building needs a bit of love to bring it up to modern day standards. The Tech has a wonderful team of volunteers who help raise funds for improvements or roll up their sleeves to give a lick of paint here and there. They are always looking for volunteers, if you

fancy giving them a hand?

For details visit:

www.holmfirthtech.co.uk



Our 'Moving into Mindfulness' and 'Find Inner Peace & Happiness with the Four Agreements' courses both start this term at The Tech!

Someone Like Me

We are super grateful to long-standing learner and 'friend of' the College, Joy (by name and by nature) for telling us how the College has given her a sense of worth and is a place where she truly feels she belongs.

I started going to the Recovery & Wellbeing College in 2018 after a rare and complex health condition forced me to stop working years earlier. From the very beginning I was made to feel welcome, even though I initially found it a bit daunting and I was very quiet – although I haven't shut up since that first day! The College is a place where I feel I belong, a feeling I had previously lost through the trauma of life.

I have been on loads of courses and have learnt so much, although I obviously have my favourites, Mosaics being one. After the course I bought myself a mosaics kit to continue practising my new skills at home and made gifts for my family. Learning new things, repeating the process and the pace of learning at the College is really helpful as normally I find learning difficult due to memory issues. It's a great way to keep my brain ticking over and I'm always buzzing when I've learnt something new.

The Recovery College has given me not only some kind of routine but also a sense of worth. I have met some great people and I have learnt a lot about myself through them. It's a place where you always get a warm welcome, where no-one judges you. It doesn't matter about your past or whether you forget someone's name (like I often do), everyone is understanding.

My advice for anyone thinking about enrolling would be to try and dig yourself out of that dark hole and give it a try. In my experience, sometimes you have to help yourself before other people can help you. Due to attending the College my moods and mental health have improved which helps deviate worries about my physical health, which although hasn't improved I can (sort of) accept it better. Life is a roller coaster and with the help of everyone at the Recovery College, I just got to ride it!
I can't say thank you enough!

Let's Get Physical

We all know that being more physically active can improve our health and wellbeing, but how? This Spring and Summer we have a wide variety of activity based courses that can help reduce stress and social isolation, increase our self-confidence and give our mood a boost. Read on to discover just a few of the other, many benefits to moving more.



Kayaking - can improve our heart health, increase our upper body strength and core stability. Taster sessions available at Sowerby Bridge on Thursdays starting now. A Paddle-boarding taster is also available in July.

Walking - can lower our blood sugar, ease joint pain and even enhance our creativity and focus. Our Creative Wellbeing Walks are happening on Thursdays across Calderdale & Kirklees, starting in April.



Yoga - can improve our flexibility, strength and balance, and may also reduce inflammation. Our next Yoga course is taking place in Halifax on Mondays starting in May.

Dancing - can improve our memory and concentration, as well as our balance, co-ordination and agility. It also helps build muscle tone and bone strength. Our new Dancing for Health course runs on Thursdays in Mirfield starting in June.



Read the blog section of our website to discover how these activities have helped other learners. To book a place on any of these course, please contact the College.

A Warm Welcome

A warm hello from me! I'm Nicky and I joined the College in March 2024 as a Recovery Coach. My role is to contribute to the development of the college curriculum, co-produce and co-facilitate workshops and courses.

My working background has always centred around education and mental wellbeing, mainly in the third sector across Calderdale and Kirklees. I love working alongside people, listening to and learning from others experiences. Joining the team here at the Recovery College I feel as though I have found my work tribe!



To look after my own mental well-being, I love getting creative, especially interior design projects and upcycling furniture. I also enjoy a good rummage round a charity shop and being in the outdoors. I try to visit my birthplace, the Isle of Man for my fix of sea air and countryside when I can.

The Recovery College really aligns with my values, believing that we all have individual experiences and strengths we can offer one another, therefore if you have any ideas about courses and workshops you feel may be of benefit to yourself and others please feel free to get in touch! I am really looking forward to meeting you soon.

For those new to the College, you'll be able to meet Nicky and some of our other staff and volunteers, as well as visit one of our new community venues at our *Introduction to the Recovery College* workshop on Tuesday 23 April in Dewsbury at The Howlands Centre or Connect Housing.

Stay up to date, follow us on our socials



Meet Hannah-May, Peer Project Worker and facilitator of 'Rooting into Place' (and other courses!) We're sure you'll have the pleasure of meeting her in person soon if you haven't done so already.

Hello, my name is Hannah-May. I first heard about the Recovery College a few years ago from a friend. At the time, I was severely struggling with poor mental health and addiction. In 2021 I found 12 step recovery and when I became well enough I approached the College to see if they'd be interested in running a course I'd developed called 'Rooting into Place'.



Arriving at the college and meeting the team was so warming, I wanted to get more involved. One of the things I love about Peer Mentoring at the Recovery College is seeing the transformation in the learners. Watching their transformation is something that truly helps me in my own recovery.

Courses being delivered by Hannah-May this Spring & Summer include:
Letting go of Loneliness on Monday 8 April at the RWC in Mirfield,
Rooting into Place on Monday 3 June and
Deeper Roots on Monday 1 July both at Mirfield Community Centre
You can find full details on our website

Contact us

ckrecovery.wellbeing@swyt.nhs.uk

07717 867911

www.calderdalekirkleescr.nhs.uk

