

Calderdale & Kirklees  
Recovery and Wellbeing College

# HARVEST YOUR POTENTIAL!

Live  
Life  
Well

<p><b>Print, Play, and Produce: A Creative Taster</b></p> <p>Fancy getting creative in a chilled-out, friendly group? Then join us for this fun course where you'll try gel and lino printing, make your own unique prints, and build confidence with creative tools. It's a great way to relax, de-stress, and enjoy some mindful time for yourself. No experience needed—we'll provide everything!</p>	<p>Wednesday 1 October 2025 at 11am -2pm</p> <p>6 weeks</p>	<p>Project Colt Bridgefield Mills Elland Bridge Elland HX5 0SQ</p>
<p><b>The Five Ways to Wellbeing</b></p> <p>Delivered by our lovely partner, Karl at 'Waythrough' this course, allows us to explore the 'Five Ways to Wellbeing' and discover how these can help us improve and maintain our sense of wellbeing. We will learn practical ways to enhance our mood which can be used on a daily basis to help us feel well.</p>	<p>Tuesday 7 October 2025 at 1pm - 3pm</p> <p>2 weeks</p>	<p>Thrive at Connect Housing 21 Bond Street Dewsbury WF13 1AX</p>
<p><b>The Delights of Decopatch</b></p> <p>Decopatch is a creative activity using mixed media and paper craft techniques. On this fab course, delivered by our lovely volunteers, we'll be introduced to the techniques of this wonderful craft and will have the opportunity to create some fantastic items!</p>	<p>Thursday 9 October 2025 at 1pm - 3.30pm</p> <p>3 weeks</p>	<p>Howlands Centre School Street Dewsbury WF13 1LD</p>

Already a Learner with us? You can book a place on any course through our Learner Portal or by emailing us at: [Ckrecovery.wellbeing@swyt.nhs.uk](mailto:Ckrecovery.wellbeing@swyt.nhs.uk) New to the Recovery College? You can enrol and browse all our courses online at: [www.calderdalekirkleesrc.nhs.uk](http://www.calderdalekirkleesrc.nhs.uk) Prefer to speak to someone? Then give us a call on 07717 867911. We're happy to help!

<p><b>Song Writing!</b> (in collaboration with Creative Minds)</p> <p>Over 6 weeks we will explore the basics of song writing and will have the opportunity to create and play music in a group setting. This course is open to anyone who would like to have a go at writing and performing a song, whether you are a complete beginner, or already have some musical abilities and would like to exercise these.</p>	<p>Thursday 9 October 2025 at 1pm - 3pm</p> <p>6 weeks</p>	<p>Mirfield Community Centre Water Royd Lane Mirfield WF14 9SG</p>
<p><b>A Plan for Living Well—Info Session</b></p> <p>Join us for this information session and discover more about A Plan for Living Well. This potentially life changing course will help us create our own wellness plan and get back into the driving seat of our lives! This info session is an opportunity to meet our wonderful facilitators and get to know more about the full length course, and whether it's right for you at the current time.</p> <p><b>NB: the full 8 week course starts on 4 November</b></p>	<p>Tuesday 21 October 2025 at 1.30pm—3pm</p> <p>1 week only</p>	<p>Project Colt Bridgefield Mills Elland Bridge Elland HX5 0SQ</p>
<p><b>Mindfulness</b></p> <p>Mindfulness is a 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. Together, we will explore the various tools and techniques used, to gain a better understanding of mindfulness and its purpose.</p>	<p>Thursday 23 October 2025 at 11am - 12pm</p> <p>8 weeks</p>	<p>Online</p>
<p><b>The M Word: Menopause Awareness</b></p> <p>This learning seminar will help you develop your knowledge and awareness of the menopause; the symptoms, how it may affect you and, most importantly what you can do to manage it.</p>	<p>Friday 24 October 2025 at 10am - 12pm</p> <p>1 week only</p>	<p>Online</p>

Apologies for the limited offer this month but many of our October courses are already fully booked, but there's still plenty to choose from throughout the term. Check our website to stay up-dated and book early to avoid disappointment.

**SCAN  
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