

HARVEST YOUR POTENTIAL!

Live
Life
Well

Plot to Plate Join us for a hands-on cooking session where we turn fresh, locally grown produce from our beautiful community garden into delicious, nourishing meals. More than just a cooking class, it's a chance to connect with others, unwind, and support your wellbeing through food, community, and creativity. No previous cooking experience is required.	Tuesday 18 August 2026 1 September 2026 15 September 2026 or 29 September 2026 1.30pm-3.00pm 1 week (or multiple)	Outback Community Kitchen & Garden Lightowler Road Halifax HX1 5NB
Mindful Doodles Taking some time out to focus on a mindful and creative activity can help enhance our sense of wellbeing. So come and join us for this six-week online course. We will learn simple, mindful drawing techniques including neurographica, mark making and repetitive patterns. No previous drawing experience is required for this relaxing course, which will be facilitated by our Creative Practitioner, Sara Rose.	Thursday 3 September 2026 10.00am - 12.00pm 6 weeks	Online

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

New to the Recovery College?

You can enrol and browse all our courses online at: www.calderdalekirkleesrc.nhs.uk

Prefer to speak to someone?

Then give us a call on 07717 867911 - We're happy to help!

Introduction to the Recovery College Come and learn about the Recovery & Wellbeing College and our free courses designed to support your health and wellbeing. Meet our friendly facilitators, ask questions, and learn how to make the most of what the College has to offer. Courses are open to anyone aged 18+, with no experience needed.	Monday 7 September 2026 10.30am-12.30pm 1 week only	Mirfield Community Centre Water Royd Lane Mirfield WF14 9SG
Autumn Doodle Books Led by Creative Practitioner Sarah O'Boyle, this six-week course explores gentle doodling and simple bookmaking. Create autumn-themed mini booklets while enjoying mindful, step-by-step guidance. Open to all abilities, it's a supportive space to relax, learn new skills, connect with others, and enjoy a weekly boost of creativity and wellbeing.	Monday 7 September 2026 10.00am-12.00pm 6 weeks	Project Colt Elland Halifax HX5 0SQ
Doodling Taster Curious about doodling but not sure where to start? This friendly taster session introduces simple, mindful drawing techniques like patterns and mark making to help you relax. No experience needed—just give it a go. Led by Sara Rose, it's a great way to try something new before committing.	Tuesday 8 September 2026 10.00am-12.00pm 1 week only	Online
Managing Stress This learning seminar will help you develop your knowledge and awareness of stress, how it affects you and most importantly what you can do to manage it. The session will introduce self-help techniques such as relaxation, problem solving and challenging negative thoughts, helping you to learn skills to manage your own symptoms and become your own therapist. <i>Last Booking date is 25 August</i>	Tuesday 8 September 2026 12.30pm-2.30pm 1 week only	Online

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Breathe Deep (taster) Let's harness the power of the breath to support us through difficult times. Conscious deep breathing can be used as a mindful tool to regulate our emotions, reduce stress, lower blood pressure and enhance our physical wellbeing. In this session we will learn the techniques to breathe into our diaphragm, consider the science of how this can support us and explore ways to build a daily breathing practice.	Tuesday 8 September 2026 6.00pm-8.00pm 1 week only	Online
Contrast Carving: Modern Patterned Wall Art Enjoy a calming, creative introduction to wood carving. Design bold patterns, carve them into wood, and use a simple paint technique to create striking contrast. Guided by our friendly Peer Support Worker James, you'll build confidence, learn new skills, and connect with others—no experience needed, just come along and have fun.	Wednesday 9 September 2026 10.30am-12.30pm 6 weeks	Project Colt Elland Halifax HX5 0SQ
Emotional Balance: An Introduction If you're curious about how you react in certain situations and would you like to understand more about your emotions and explore a range of strategies to help manage them more positively, then join us for this introductory session.	Wednesday 9 September 2026 1.00pm-3.30pm 1 week only	Online
Threads of Renewal: Creative Stitching Join Ali for this welcoming six-week creative wellbeing course and learn mindful hand stitching in a relaxed, supportive environment. Explore simple embroidery techniques using recycled fabrics, experiment with colour and texture, and create pieces inspired by your own experiences. Contribute to the Kirklees Calico Dress project if you wish. All materials provided; beginners and experienced stitchers welcome.	Wednesday 9 September 2026 2.00pm-4.00pm 6 weeks	Mirfield Community Centre Water Royd Lane Mirfield WF14 9SG

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Modroc Masterpieces: 3D sculptures Try something different in this fun, hands-on sculpture course with James and Jana. Build your own 3D piece using wire, plaster, and paint, adding texture as you go. It's messy, creative, and rewarding! No experience needed—just bring your ideas (or curiosity) and enjoy making something uniquely yours.	Thursday 10 September 2026 1.30pm-4.00pm 4 weeks	Mirfield Community Centre Water Royd Lane Mirfield WF14 9SG
Yoga: Moving into Happiness Join us for a gentle, accessible yoga course exploring wellbeing through movement, breath and reflection. Guided by Recovery Coach Laura and inspired by <i>The 10 Keys to Happier Living</i>, you'll discover simple yoga practices, meditation and journaling to support everyday wellbeing. Chair-based options available, suitable for all abilities.	Friday 11 September 2026 10.00am – 11.30am 5 weeks	Online
Gel Printing Taster Join us for this fantastic one-off workshop and discover the basic techniques of gel printing. Alongside, our friendly Peer Worker, James, we will experiment with layered and mono printing methods to create our own unique prints. No previous experience is necessary and all materials are provided.	Monday 14 September 2026 1.00pm-3.30pm 1 week only	Howlands Centre School Street Dewsbury WF13 1LD
Living Well with Anxiety Join our friendly and supportive facilitators as together we explore the causes and symptoms of anxiety in a warm and welcoming atmosphere. We will learn practical steps and techniques to support us, or those we care for in day-to-day life.	Tuesday 15 September 2026 10.00am-12.30pm 5 weeks	Brian Jackson House New North Parade Huddersfield HD1 5JP

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A Gift to Yourself Over four relaxing and creative weeks, you'll be guided through making a variety of handmade items that are perfect for self-care or thoughtful gifts for loved ones. Whether you're treating yourself or someone special, you'll enjoy crafting beautiful and useful pieces like tea light holders, lavender bags, wooden coasters, and bath bombs.	Tuesday 15 September 2026 10.00am-12.00pm 4 weeks	Project Colt Elland Halifax HX5 0SQ
Weaving Your World Join our creative weaving course to explore personal journeys and self-growth with facilitator Sara. Use various materials to create a unique woven piece, expressing complex ideas through visual language. Discover how different threads represent aspects of our lives and connections to the world. No experience needed—just bring your curiosity! Connect with others in a warm, supportive space.	Tuesday 15 September 2026 1.00pm-3.00pm 3 weeks	Project Colt Elland Halifax HX5 0SQ
Emotional Balance: Music and Mood Join us for this enlightening workshop where we delve into the transformative power of music. This session is designed to help us understand how music can be a magical tool used to enhance our sense of wellbeing.	Tuesday 15 September 2026 1.00pm-3.30pm 1 week only	Online
Layers & Impressions: Exploring Printmaking Discover the joy of printmaking in a relaxed, supportive space. Over six weeks, we'll explore lino and gel printing, experiment with textures and layers, and create a small collection of unique prints. With James's guidance, you'll build confidence, enjoy mindful creativity, and connect with others. No experience needed—all materials provided.	Tuesday 15 September 2026 1.00pm-3.00pm 6 weeks	Howlands Centre School Street Dewsbury WF13 1LD

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Living Well with Depression Simple tasks like getting out of bed or making decisions can feel overwhelming with depression, turning everyday life exhausting. This course, led by staff with lived experience, shares practical tips and fresh perspectives. Explore helpful strategies such as mindfulness, breathing, bodywork, and creativity to better understand and manage symptoms.	Wednesday 16 September 2026 1.00pm-3.00pm 6 weeks	Mirfield Community Centre Water Royd Lane Mirfield WF14 9SG
Making Sense of Relationships Relationships shape how we see ourselves and connect with others — but they can also be confusing or challenging. This supportive course explores what makes relationships healthy, respectful, and balanced. We'll learn about common patterns and roles, healthy vs. unhealthy dynamics, tuning into your needs and values and setting boundaries and self-respect. No prior knowledge needed, just a willingness to reflect and learn in a safe, welcoming space.	Thursday 17 September 2026 1.00pm-3.00pm 3 weeks	Project Colt Elland Halifax HX5 0SQ
Click Happy: Creative Photography Journey (Huddersfield) Join Jess and Russel for a relaxed, supportive photography session in Greenhead Park. Enjoy gentle outdoor exploration, tune into your surroundings, and try simple photography using your phone or camera. No pressure—just creativity and curiosity. Optional follow-up session covers photo editing, and more. No experience needed.	Thursday 17 September 2026 2.30pm-4.00pm 1 week only	Greenhead Park Huddersfield HD1 4HS
Writing with Confidence This workshop is about increasing our confidence to write. We'll learn tips, tricks and shortcuts to help tackle any writing task, from a personal statement for work, volunteering or education, to writing for pleasure – you name it and these tips will help you create writing to be proud of!	Monday 21 September 2026 10.00am-12.30pm 1 week only	Online

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Creative Mandalas, Exploring Stencilling Explore the expressive art of mandala-making in this fab course, designed to nurture your creativity and support your wellbeing. We'll experiment with stencils, collage, clay work, and mark-making to create intricate, layered mandalas that reflect your own unique style.	Monday 21 September 2026 1.00pm-3.00pm 3 weeks	Project Colt Elland Halifax HX5 0SQ
Golden Age of Hollywood: Stars of the Silver Screen Join us as we head back in time to the early 20th Century and learn about the Golden Age of Hollywood! On this popular course we will learn about the famous names and faces of the silver screen and find out about the evolution of stardom from one- and two-reel silent movies to the Technicolor, stereophonic and widescreen epics of the 1950s.	Wednesday 23 September 2026 1.30pm-3.00pm 4 weeks	Mirfield Community Centre Water Royd Lane Mirfield WF14 9SG
Click Happy: Creative Photography Journey (Dewsbury) Join Jess and Russel for a relaxed, supportive photography session in Dewsbury. Enjoy gentle outdoor exploration, tune into your surroundings, and try simple photography using your phone or camera. No pressure—just creativity and curiosity. Optional follow-up session covers photo editing, and more. No experience needed.	Thursday 24 September 2026 1.30pm-3.00pm 1 week only	Ravensleigh Resource Unit 28 Oxford Road Dewsbury WF13 4LL
Emotional Balance: Understanding Procrastination Struggling with procrastination? If so, join us for a friendly workshop to explore why we procrastinate and learn effective, compassionate strategies to overcome it. Enjoy engaging activities like group discussions, creative exercises, and mindfulness practices. Leave feeling empowered, motivated, and ready to tackle your tasks with confidence!	Tuesday 29 September 2026 1.00pm-3.30pm 1 week only	Online

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Introduction to Autism This workshop looks at the life and experiences of someone living with a diagnosis on the autistic spectrum and the fascinating insight of others looking outside in. Throughout the session we will explore the characteristics of autism and the various ways that it may affect an individual.	Tuesday 29 September 2026 1.30pm-3.00pm 1 week only	Mirfield Community Centre Water Royd Lane Mirfield WF14 9SG
Mosaics Create your own beautiful mosaic in this popular four-week course. Learn design, cutting, preparation, and grouting with friendly guidance from Jade and Jana. Step by step, you'll build confidence and craft a unique piece to proudly display at home or in your garden—no experience needed.	Thursday 1 October 2026 10.00am-12.30pm 4 weeks	Mirfield Community Centre Water Royd Lane Mirfield WF14 9SG
ADHD Awareness This workshop is delivered by those with lived experience and looks at the life and experiences of someone living with ADHD. Throughout the session we will explore the characteristics of ADHD and the various ways that it may affect an individual. We will discuss some of the myths surrounding this diagnosis and what to do if you suspect ADHD in yourself or someone else.	Thursday 1 October 2026 1.00pm-3.00pm 1 week only	Folly Hall Mills St Thomas Road Huddersfield HD1 3LT
Click Happy: Creative Photography Journey (Mirfield) Join Jess and Russel for a relaxed, supportive photography session in Mirfield. Enjoy gentle outdoor exploration, tune into your surroundings, and try simple photography using your phone or camera. No pressure—just creativity and curiosity. Optional follow-up session covers photo editing, and more. No experience needed.	Thursday 1 October 2026 1.30pm-3.00pm 1 week only	Mirfield Community Centre Water Royd Lane Mirfield WF14 9SG

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Creating Connections: Understanding Loneliness Feeling disconnected is common, but it doesn't have to last. This warm, supportive course explores what loneliness really means, how it differs from isolation, and practical ways to build meaningful relationships, strengthen belonging, and feel comfortable in your own company. You'll also create a personalised plan to stay socially engaged through community, creativity, or self-reflection.	Monday 5 October 2026 12.30pm-3.00pm 3 weeks	Folly Hall Mills St Thomas Road Huddersfield HD1 3LT
Emotional Balance: Understanding Guilt and Shame Feeling weighed down by guilt and shame? Join Karen and Nicky for a warm, welcoming session to explore these emotions, understand their impact, and build a "toolbox" to manage them through group discussions, creative activities, and mindfulness techniques.	Tuesday 6 October 2026 1.00pm-3.30pm 1 week only	Online
My Meds, My Life Medication can be a lifeline, but it often raises questions and concerns. This course offers a safe space to explore how medication works, its benefits, and possible side effects. We'll discover common mental health medications and how they work, discuss stigma and social aspects of medication, look at how to build support networks and where to find help and how to include medication in your wellness plan. Together we'll reflect on our experiences, join discussions, and gain knowledge to feel more confident and in control of your wellbeing.	Wednesday 7 October 2026 1.30pm-3.30pm 2 weeks	Project Colt Elland Halifax HX5 0SQ
Gift Bags Engaging in arts and crafts can be a great way to improve our sense of wellbeing and, with the busy festive season ahead, this one-off winter workshop is a great opportunity to focus on a simple activity and forget about our worries for a while. Using everyday items, we will learn how to make gift bags which are great for unusual shaped gifts and add a personal touch, while also saving money.	Thursday 8 October 2026 1.00pm-3.00pm 1 week only	Project Colt Elland Halifax HX5 0SQ

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Finding Calm in a Digital World Explore how technology affects your wellbeing in this friendly 3-week course. Through discussions, activities, and practical tools, you'll learn to build healthier digital habits and find more balance and calm. Sessions are supportive and empowering, helping you use technology in ways that support your wellbeing and recovery.	Thursday 8 October 2026 1.00pm-3.30pm 3 weeks	Mirfield Community Centre Water Royd Lane Mirfield WF14 9SG
Click Happy: Creative Photo Editing Join us for a relaxed and supportive photo editing session with Jess and Russel, a follow-on to our Click Happy Photography Journeys. This workshop offers a chance to explore simple, accessible ways to edit and enhance your photos using your phone or camera. There's no pressure to achieve perfect results—just an opportunity to learn, experiment, and build confidence at your own pace.	Thursday 8 October 2026 1.30pm-3.30pm 1 week only	Mirfield Community Centre Water Royd Lane Mirfield WF14 9SG
Understanding Anxiety Join us for a friendly seminar all about understanding anxiety and how to manage it. Led by two wellbeing practitioners and Peer Worker Gary, who has lived experience, you'll learn practical tips to challenge anxious thoughts and reduce worry. It's relaxed, informative, and designed to help you feel more in control. <i>Last Booking date is 29 September</i>	Tuesday 13 October 2026 1.00pm-3.00pm 1 week only	Folly Hall Mills St Thomas Road Huddersfield HD1 3LT
Emotional Balance: Understanding Rumination Join our one-off workshop to break free from negative thought cycles and promote healthier thinking. With Erika and James, we'll explore rumination, its impact on mental health, and strategies to overcome it. Gain a deeper understanding of your thoughts and cultivate a positive mindset.	Wednesday 14 October 2026 1.00pm-3.30pm 1 week only	Online

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Lino Printing Taster Join us for this one-off session as together, we take a look at printing. You will learn about different techniques and colour mixing before having a go at printing yourself. You will be able to use a variety of tools and materials to create a variety of textures and patterns.	Thursday 15 October 2026 10.00am-12.00pm 2 weeks	Project Colt Elland Halifax HX5 0SQ
A Plan for Living Well: Information session Join us for this information session and discover more about A Plan for Living Well - a potentially life changing course, which involves creating our own unique wellness plan and getting back into the driving seat of our lives! This info session is an opportunity to find out whether the in-depth course is right for you at the present time.	Tuesday 20 October 2026 10.30am-12.00pm 1 week only	Mirfield Community Centre Water Royd Lane Mirfield WF14 9SG
Emotional Balance: Food and Mood Eating healthily isn't just good for your body; it can boost your mood too! Join our fun, new workshop to learn about the link between nutrition and mental wellbeing. With friendly facilitators Erika and Laura, we'll discover tasty, nutrient-rich foods and simple ways to add them to our diets.	Tuesday 20 October 2026 1.00pm-3.30pm 1 week only	Online
Snowflakes Workshop Join our festive winter workshop to make beautiful handmade snowflake decorations, cards, or gifts using just paper, pencil, and scissors. It's a relaxing, creative way to take a break from seasonal stress. No experience needed—everyone's welcome!	Thursday 22 October 2026 1.00pm-3.00pm 1 week only	Project Colt Elland Halifax HX5 0SQ



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