



Calderdale & Kirklees
Recovery and Wellbeing College

Live

Life

Well

An Introduction to the Recovery & Wellbeing 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 2 November 2026 10.30am-12.30pm 1 week	Online
Handmade Doodle Crafts This course has been inspired by our popular and well received Mindful Doodles course. You will have the opportunity to create a collection of simple handmade books, filled with colourful patterns. No previous drawing experience is required and as always will be delivered in a gentle, friendly environment.	Monday 2 November 2026 10.00am-12.00pm 6 weeks	Project Colt Elland HX5 0SQ
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!		

A Plan for Living Well Come and join us for this potentially life changing course and develop your own wellness plan and get back into the driving seat of your life! Together we will explore what wellness tools are, what we need to do each day to improve and maintain our wellbeing, how to recognise when we might start to become unwell, how to cope in a crisis and much more. <i>Please attend the information session on 20 October to confirm a place and to make sure that this course is right for you.</i>	Tuesday 3 November 2026 10.00am-1.00pm 6 weeks	Mirfield Community Centre Water Royd Lane Mirfield WF14 9SG
Moving into Mindfulness Outdoors Join Laura and Erika as we learn to live in the present moment and to let go of stress and find peace and relaxation. We will discover different ways of practicing mindfulness and explore the principles as set out by Jon Kabat Zinn (founder of the Mindful Based Stress Reduction Program). We will also consider the science of this practice and the positive impact it can have on our brain and how it can help alleviate symptoms of stress, anxiety and depression.	Tuesday 3 November 2026 1.00pm-3.30pm 5 weeks	Greenhead Park Huddersfield HD1 4HS
Mindful Mandalas Join us for this friendly six-week Mindful Mandala Drawing course with Creative Practitioner Sara. Discover how creating beautiful mandala patterns can support wellbeing, encourage mindfulness, and help you relax. Learn simple drawing techniques, explore the history of mandalas, and enjoy a welcoming, supportive group. Suitable for all abilities, with all materials provided.	Tuesday 3 November 2026 10.00am-12.00pm 6 weeks	Online

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Song Writing (In Collaboration with Creative Minds) Over 6 weeks 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 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.	Tuesday 3 November 2026 10.00am-12.00pm 6 weeks	Project Colt Elland HX5 0SQ
Yarn for Calm Join Peer Project Worker Ali for a calming 3-week wool crafts course. You'll make pom-poms, tassels, mandalas, and fun festive creations in a relaxed, supportive space. No knitting or experience needed—just come along, enjoy mindful making, and take home your handmade pieces and wellbeing ideas using wool.	Wednesday 4 November 2026 10.30am-12.30pm 3 weeks	Project Colt Elland HX5 0SQ
Breathe Deeper Join recovery coach Laura and peer worker Karen for a calming 4-week breathwork course building on our Breathe Deep workshop. Explore simple techniques like belly breathing to feel calmer, more energised, and balanced. In a supportive group, you'll learn practical tools to ease stress and boost everyday wellbeing—perfect for beginners or those deepening their practice.	Wednesday 4 November 2026 1.00pm-3.00pm 4 weeks	Brian Jackson House New North Parade Huddersfield HD1 5JP
RISE and Redefine Ready to understand yourself better, overcome challenges, and unlock your potential? This transformative course helps you break free from old patterns, build confidence, and create the life you want. Together we'll redefine limiting beliefs and transform your mindset.	Wednesday 4 November 2026 1.30pm-3.30pm 6 weeks	Folly Hall Mills St Thomas Road Huddersfield HD1 3LT

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Lino Printing Join James and Jana for this enjoyable six-week lino printing course. Learn how to design, carve, and layer printing blocks to create colourful, unique prints while exploring a range of techniques in a relaxed and supportive setting. Ideal for those looking to develop their creative skills, with all experience levels welcome.	Thursday 5 November 2026 10.00am-12.00pm 6 weeks	Project Colt Elland HX5 0SQ
Understanding Hearing Voices Did you know hearing voices is more common than you might think? Join our welcoming online workshop to explore what this experience can mean for you or someone you care about. Co-facilitated by lived and professional experience, we'll discuss understanding voices and practical ways people have found to cope.	Thursday 5 November 2026 1.00pm-3.00pm 1 week only	Online
Sparkle and Shine: An introduction to Jewellery Making Join our warm, welcoming jewellery making intro with Nicky and Jana! Explore colourful beads and create your own bracelet, necklace and earrings—perfect to keep or gift. You'll learn simple tools and design basics while enjoying the wellbeing benefits of crafting. All materials provided, and no experience needed—everyone's welcome!	Thursday 5 November 2026 1.00pm-3.30pm 3 weeks	Howlands Centre School Street Dewsbury WF13 1LD
Living Well with ADHD Do you have a diagnosis of ADHD yet feel you don't fully understand the condition? Do you want to meet others with ADHD and share your experiences? Do you want to live your best life, making your brain work better for you? If so, join us, as together we explore how our ADHD brains work and learn to build strategies for a better life.	Thursday 5 November 2026 1.00pm-3.30pm 6 weeks	Brian Jackson House New North Parade Huddersfield HD1 5JP

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Understanding Self-Harm Join us for this supportive 2-hour workshop exploring self-harm in an open and understanding way. Through discussion and interactive activities, you'll learn about common myths, reasons behind self-harming behaviours, ways to support others, and helpful coping strategies. Co-produced with someone with lived experience, this workshop offers a safe, welcoming space to learn.	Tuesday 10 November 2026 10.00am-12.00pm 1 week only	Online
Improving Your Sleep This one-off learning seminar delivered in partnership with Talking Therapies will help you gain a better understanding of sleep, the impact it has and, most importantly what you can do to sleep better. The session will introduce self-help techniques, such as relaxation, sleep tips and sleep retraining. <i>Last booking date is 27 October</i>	Tuesday 10 November 2026 12.30am-2.30pm 1 week only	Online
Gel Printing: Comforting Christmas Cushions Join James and Wendy for this creative 3-week Gel Printing course. Learn a variety of gel printing techniques to create your own unique fabric designs, which will then be transformed into small, scented cushions. Add texture, colour, and fragrant botanicals to make a comforting keepsake or thoughtful gift. Suitable for all abilities, with all materials provided.	Wednesday 11 November 2026 1.00pm-3.30pm 3 weeks	Howlands Centre School Street Dewsbury WF13 1LD
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 12 November 2026 10.00am-12.00pm 1 week only	Mirfield Community Centre Water Royd Lane Mirfield WF14 9SG

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How to Build Confidence and Communicate Effectively Struggling to say no or express your needs? This course, led by Peer Worker Karen, focuses on communication, confidence, and assertiveness. You'll reflect on personal experiences, practice assertiveness skills, and learn to set boundaries, improving relationships in a supportive environment.	Thursday 12 November 2026 1.00pm-3.00pm 5 weeks	Project Colt Elland HX5 0SQ
Writing for Self-Expression These friendly sessions delivered by our partners at the Royal Literary Fund will be facilitated by a professional writer and our fab, Peer Worker, Laura. Each week we'll consider a short piece of published poetry and talk together about the impact the words have on us. Writing prompts and exercises will be offered, encouraging us to write about our own experiences, thoughts and feelings.	Thursday 19 November 2026 10.30am-12.00pm 4 weeks	Online
Joyful Journaling Journaling can be a helpful tool which can be used to enhance our sense of wellbeing; enabling us to express our thoughts and emotions in creative ways. Whether you are new to journaling or already use this self-care practice, join us as we create our very own, uniquely decorated journal which can be later filled with drawings, poetry, writing, affirmations, photos....an extension of our wonderful selves!	Monday 23 November 2026 10.00am-12.00pm 2 weeks	Online
My Music Journey Join us for this fun and interactive 3-week course exploring the positive impact music can have on wellbeing. Share favourite songs, discover new artists, and learn how music can help manage emotions, boost mood, and strengthen connections with others. Together, we'll create personal playlists and explore the memories, feelings, and wellbeing benefits that music can inspire.	Wednesday 25 November 2026 10.00am-12.00pm 3 weeks	Howlands Centre School Street Dewsbury WF13 1LD

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Christmas Clay Creations Join fab facilitator Ali for a friendly and relaxing festive craft session using air-dry clay. Perfect for beginners and experienced crafters alike, you'll learn simple techniques, explore creative designs and textures, and make a personalised Christmas decoration to take home. Enjoy mindful crafting, build confidence, boost wellbeing, and connect with others in a welcoming environment.	Wednesday 2 December 2026 10.00am-1.00pm 1 week only	Project Colt Elland HX5 0SQ
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 3 December 2026 10.00am-12.00pm 1 week only	Mirfield Community Centre Water Royd Lane Mirfield WF14 9SG
Managing Depression This learning seminar delivered in partnership with Talking Therapies aims to help you understand depression, how it affects you and how you can start to feel better. It will provide tips and techniques for lifting your mood and breaking the vicious cycle of depression. <i>Last booking date is 24 November 2026</i>	Tuesday 8 December 2026 12.30pm-2.30pm 1 week only	Online
Merry Designs & Mince Pies: Christmas Card Printing Join us for a cosy festive printing workshop and create your own handmade cards, wrapping paper, gift bags and more using gel and block printing techniques. With guidance from James and Laura, you'll experiment with layers, patterns and festive designs. All materials and refreshments are included – plus festive stamps, pre-cut blocks and plenty of mince pies!	Tuesday 8 December 2026 12.30pm-3.30pm 1 week only	Howlands Centre School Street Dewsbury WF13 1LD

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Christmas Decopatch Decopatch is a creative activity using mixed media and paper craft techniques. On this seasonal themed workshop, we'll be introduced to the techniques of this wonderful craft and we'll have the opportunity to create some fantastic festive items!	Wednesday 9 December 2026 10.00am-12.30pm 1 week only	Project Colt Elland HX5 0SQ
Golden Age of Hollywood: Christmas Special Come and enjoy some old-school Hollywood glamour, with a Christmas twist! This one-off festive session will take you back in time with a fun and informative talk from our resident expert, Russel, followed by a full-length film—voted for by you!	Wednesday 9 December 2026 1.00pm-3.30pm 1 week only	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.	Tuesday 15 December 2026 10.00am-12.30pm 1 week only	Ravensleigh Resource Unit 28 Oxford Road Dewsbury WF13 4LL

For a full list of all our current courses:



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