NHS
Kent and Medway
Mental Health
NHS Trust

Kent & Medway recovery & wellbeing College

Autumn Prospectus

September to December 2026

FREE health and wellbeing courses for adults in Kent and Medway.

Knowledge, skills, strength and supporting each other.

A place for everyone.

Kent & Medway recovery & wellbeing College

Autumn term dates

Sessions available: 21 September to 23 October
Half term: 26 to 30 October
Staff development week: 2 to 6 November

Sessions available: 9 November to 11 December
Seasonal holiday: 14 December to 8 January 2027
Staff development week: 11 to 15 January

Spring term starts from 18 January 2027

This is an interactive document. You can hover over with your cursor to click on any hyperlink (underlined), the cursor will change to an arrow or hand. Click to take you to that section of the document.
The links in the prospectus only work if you have a Microsoft account.

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Our partners 20

Welcome to our autumn prospectus!

In our prospectus, you will find our locality timetables so you can easily find what you're looking for. You can attend any of our courses across any locality or virtually.

Take a look at the courses available and book your place by communicating with your locality coordinator.
You can express your interest in a course on our Student Portal once enrolled.
Students who attend the majority of a course will receive a certificate on completion.

You can find our course description document on our website to help you decide.
www.kentmedwaymentalhealth.nhs.uk/about-us/recovery-and-wellbeing-college/

We look forward to seeing you in person or virtually!

The Kent and Medway Recovery and Wellbeing College provides health-related educational courses for adults living in Kent and Medway, **free of charge**, in supportive and accessible learning spaces. Through education, people can make sense of their experiences and learn how to take care of themselves and others.

We believe that by recognising resourcefulness, talents and skills, people become experts in their own health and wellbeing and can make informed choices to achieve what they want in life.

Our values and ethos

- We value people as experts in their own lives.
- We value that everyone has strengths and skills.
- We value that people can make their own life choices.
- We value that people can share their expertise for the benefit of others.
- We value connectedness, collaboration and co-production.

Your Student Portal

Our Student Portal allows you to track your learning journey, view the courses you have booked onto, access course material, see your certificates, register your interest in attending courses, keep in touch with our team and more.

Don't worry, our locality coordinators are here to help if you need it.
Find their contact details on page 7.

How to enrol

New students must self-enrol using the Student Portal and one of our locality coordinators will then contact you to complete your registration.

https://kmpt-nhs.heiapply.com/eoi-form/embed/3785

New students are encouraged to sign up to a maximum of three courses.

Find our course step guide in our course description document.
This can be found on our website:
www.kentmedwaymentalhealth.nhs.uk/about-us/recovery-and-wellbeing-college/

How to book onto a course

Once you have completed your student registration,
you can use the Student Portal to register your interest on a course.
Alternatively call, text or email your locality coordinator to book a place.

Your locality coordinator will contact you to confirm your place
and you will receive reminders before the course date.

Please ask us about data sharing if you would like this information. Sometimes information is shared for partnership working. Click here to see our policy on data storage:
www.kentmedwaymentalhealth.nhs.uk/about-us/confidentiality-and-gdpr/

Find out more

We love meeting and welcoming new people. These sessions are an opportunity for you to meet us, find out more about the Recovery and Wellbeing College (RWC), and ask any questions before you enrol on courses.

Look at the timetables below to find your nearest drop-in, no booking required!

Introduction and enrolment sessions

Date	Time	Venue
Tues, 22 Sept	10.30am to 12.30pm	Edenbridge Memorial Health Centre
Wed, 23 Sept	10.30am to 12.30pm	Angel Centre, Tonbridge
Wed, 23 Sept	10.30am to 1.30pm	Moat Housing Hub, Warrior Avenue, Gravesend
Thurs, 1 Oct	1 to 3pm	Sheppey Matters, Eastchurch Village Hall, Sheerness
Wed, 11 Nov	1 to 3pm	Moat Housing Hub, Warrior Avenue, Gravesend

Promotional and enrolment events

Date	Time	Venue
Mon, 7 Sept	10am to 12.30pm	We Click, The Mall, Maidstone
Tues, 22 Sept	10.30am to 12.30pm	Magpie Café, Chatham
Tues, 22 Sept	10.30am to 12.30pm	BeChange, Aylesham
Tues, 29 Sept	10.30am to 12.30pm	Spring Lane Neighbourhood Centre, Canterbury
Mon, 5 Oct	10am to 12.30pm	We Click, The Mall, Maidstone
Mon, 2 Nov	10am to 12.30pm	We Click, The Mall, Maidstone
Mon, 7 Dec	10am to 12.30pm	We Click, The Mall, Maidstone

Meet our locality coordinators

Ashford
Tracey Kennedy
07889 495424
kmmh.ashfordrc@nhs.net

Canterbury
Chantel Parsons
07435 778961
kmmh.canterburyrc@nhs.net

Canterbury
Marsha Sutcliffe
07825 023573
kmmh.canterburyrc@nhs.net

Dartford, Gravesham & Swanley (DGS)
Denise Burgess
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kmmh.dartfordrc@nhs.net

Maidstone
Sadie Smallman
07407 826920
kmmh.maidstonerc@nhs.net

Medway & Swale
Kelly-Marie Lee
07707 152428
kmmh.medwayrc@nhs.net

South Kent Coast (Dover & Folkestone)
Becky Norris
07721 609018
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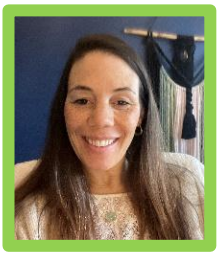

Sevenoaks
Louisa Kiernander
07711 919610
kmmh.sevenoaksrc@nhs.net

Tunbridge Wells
Sharon Ventin
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kmmh.tunbridgewellsrc@nhs.net

Thanet
James Dexter
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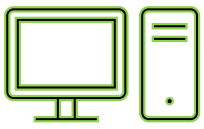

Virtual
Locality Co-ordination
07789 944230
kmmh.virtualrc@nhs.net

Useful information

Virtual

You can access our virtual sessions on your PC, laptop, tablet or smart phone. We use the MS Teams app, which you can download from Google Play store (for android devices) or Apple store (for Apple devices).

The Recovery and Wellbeing College team do not record sessions or take screenshot images. However, because the MS Teams software is used across the internet, we cannot personally guarantee the absolute security of the system. Therefore, please think about whether you wish to take part before booking onto our virtual workshops and courses.

An MS Teams guide is available to support you, please contact your locality coordinator for more information.

DIGITAL KENT offers hardware and Connectivity Access Scheme (referral service only and eligibility criteria applies) and free support and skills sessions led by digital champions in hubs across Kent and Medway. Please talk to your locality coordinator for more information. You can also find more information here: https://www.digitalkent.uk/

Helping you to attend courses:

We know that some people may struggle to travel and get to places they want to go. Here are some ideas that may support you:

- See if you are eligible for free bus pass/apply: https://www.kent.gov.uk/roads-and-travel/travelling-around-kent/bus-travel/bus-passes-and-tickets/bus-passes-for-older-or-disabled-people
- Transport advice for older adults (50 or over, or care for an elderly person): https://www.ageuk.org.uk/services/in-your-area/transport/
- Kent County Council provides a flexible dial-a-ride service. For a small fee they can collect you from your home and take you to a location. Membership requirements for the Kent Karrier service apply. Find out more https://www.kent.gov.uk/roads-and-travel/travelling-around-kent/bus-travel/community-transport/kent-karrier

Kent&Medway recovery & wellbeing College

NHS Kent and Medway Mental Health NHS Trust

Ashford

Courses	No. of sessions	Day & time	2026	Venue
Wilder Wellbeing	6	Tues, 2 to 4pm	22, 29 Sept & 6, 13, 20, 27 Oct	Victoria Park
Caring for Carers	2	Wed, 12 midday to 2pm	30 Sept & 7 Oct	The Limes Community Garden
Top Tips for Applications and Interviews	2	Wed, 1 to 3pm	14 & 21 Oct	Moat Foundation Community Suite
Understanding How I Learn	1	Wed, 1 to 3pm	11 Nov	Moat Foundation Community Suite
Winter Wellbeing	1	Wed, 1 to 3pm	18 Nov	Moat Foundation Community Suite
Digital Wellbeing	1	Wed, 1 to 3pm	25 Nov	Moat Foundation Community Suite
Living Well on a Budget	1	Wed, 1 to 3pm	2 Dec	Moat Foundation Community Suite
Creativity for Wellbeing - Starlights	1	Wed, 1 to 3pm	9 Dec	Moat Foundation Community Suite

Contact: kmmh.ashfordrc@nhs.net

Use the QR code to register
Or call: 07889 495424

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Canterbury

Courses	No. of sessions	Day & time	2026	Venue
Wilder Wellbeing – SEND	6	Wed, 10.30am to 12.30pm	30 Sept & 7, 14, 21 Oct & 11, 18 Nov	West Blean & Thornden Woods
Wilder Wellbeing	6	Wed, 1.30 to 3.30pm	30 Sept & 7, 14, 21 Oct & 11, 18 Nov	West Blean & Thornden Woods
Goodbye to Clutter	2	Tues, 10.30am to 12.30pm	6, 13 Oct	Be Change, Aylesham
Nurture in Nature	1	Tues, 2 to 4pm	20 Oct	Canterbury Adult Education
Caring for Carers	2	Thurs, 12 midday to 2pm	19, 26 Nov	Spring Lane Neighbourhood Centre
Winter Wellbeing	1	Wed, 12.30 to 2.30pm	2 Dec	Abbey Physics Garden, Faversham
Create a Better Christmas	1	Thurs, 10.30am to 12.30pm	3 Dec	Spring Lane Neighbourhood Centre

Contact: kmmh.canterburyrc@nhs.net

Use the QR code to register
Or call: 07435 778961 / 07825 023573

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Dartford, Gravesham and Swanley (DGS)

Courses	No. of sessions	Day & time	2026	Venue
Haiku for Wellbeing	1	Tues, 1.30 to 3.30pm	29 Sept	Temple Hill Community Centre, Dartford
Caring for Carers	2	Wed, 1 to 3pm	7 & 14 Oct	The Grand Healthy Living Centre, Gravesend
Action for Happiness – guest speaker	1	Mon, 1 to 3pm	12 Oct	Moat Housing Hub, Gravesend
Reading for Wellbeing	1	Tues, 1.30 to 3.30pm	20 Oct	Temple Hill Community Centre, Dartford
Understanding How I Learn	1	Wed, 1 to 3pm	11 Nov	Moat Housing Hub, Gravesend
Creativity for Wellbeing – Book hedgehogs	1	Tues, 1.30 to 3.30pm	17 Nov	Tree Estate Community Centre, Dartford
Create a Better Christmas	1	Wed, 1 to 3pm	2 Dec	Moat Housing Hub, Gravesend

Contact: kmmh.dartfordrc@nhs.net

Use the QR code to register
Or call: 07707 152712

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Maidstone

Courses	No. of sessions	Day & time	2026	Venue
Autumn Wellbeing	1	Tues, 10am to 12 midday	22 Sept	Lenham House, Glebe Gardens
Relax & Breathe	1	Wed, 10am to 12 midday	30 Sept	Greensand Health Centre, Headcorn
Creativity for Wellbeing – Book hedgehogs	1	Tues, 10am to 12 midday	6 Oct	Fusion Healthy Living Centre, Parkwood
Men's Sheds – guest speaker	1	Mon, 10am to 12 midday	12 Oct	Greensand Health Centre, Headcorn
Nurture in Nature	1	Tues, 10am to 12 midday	13 Oct	Mote Park Learning Space
Mindful Living	3	Mon, 1 to 3pm	9, 16, 23 Nov	Maidstone Community Support Centre
Discovering Your Inner Strength and Potential	2	Wed, 10am to 12 midday	18, 25 Nov	Greensand Health Centre, Coxheath
Create a Better Christmas	1	Wed, 10am to 12 midday	2 Dec	Greensand Health Centre, Coxheath
Student Connect	1	Mon, 1 to 3pm	7 Dec	Maidstone Community Support Centre

Contact: kmmh.maidstonerc@nhs.net

Use the QR code to register
Or call: 07407 826920

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Medway & Swale

Courses	No. of sessions	Day & time	2026	Venue
Wilder Wellbeing	6	Tues, 10am to 12 midday	22, 29 Sept & 6, 13, 20, 27 Oct	Milton Creek, Sittingbourne
Introduction to Recovery College	1	Tues, 10.30am to 12.30pm	22 Sept	Magpie Café, Chatham
Mental Health Toolkit	1	Tues, 1 to 3pm	29 Sept	Heather House, Sittingbourne
Introduction to Recovery College	1	Thurs, 1 to 3pm	1 Oct	Sheppey Matters Eastchurch Community Hub, Sheppey
How to Say No	2	Tues, 1 to 3pm	6, 13 Oct	To be confirmed
Winter Wellbeing	1	Thurs, 2 to 4pm	12 Nov	Hope Street Church Centre, Sheerness
Create a Better Christmas	1	Tues, 1 to 3pm	17 Nov	Heather House, Sittingbourne
Nurture in Nature	1	Thurs, 1 to 3pm	26 Nov	Rushenden Wellbeing Hub, Manor Road
Caring for Carers	2	Tues, 1 to 3pm	1, 8 Dec	To be confirmed

Contact: kmmh.medwayrc@nhs.net

Use the QR code to register
Or call: 07707 152428

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Sevenoaks

Courses	No. of sessions	Day & time	2026	Venue
Introduction to Recovery College	1	Tues, 10.30am to 12.30pm	22 Sept	Edenbridge Memorial Health Centre
Haiku for Wellbeing	1	Tues, 12.30 to 2.30pm	29 Sept	Sevenoaks Leisure Centre
Relax and Breathe	1	Tues, 10.30am to 12.30pm	6 Oct	Edenbridge Memorial Health Centre
Goodbye to Clutter	2	Wed, 10.30am to 12.30pm	14, 21 Oct	Sevenoaks Leisure Centre
Winter Wellbeing	1	Tues, 10.30am to 12.30pm	10 Nov	Edenbridge Memorial Health Centre
Menopause, Mindfulness and Me	3	Wed, 1 to 3pm	11, 18, 25 Nov	The Luggage Room, Bat & Ball Station
How to Sleep Well	1	Wed, 1 to 3pm	2 Dec	The Luggage Room, Bat & Ball Station
Create a Better Christmas	1	Tues, 12.30 to 2.30pm	8 Dec	Sevenoaks Leisure Centre

Contact: kmmh.sevenoaksrc@nhs.net

Use the QR code to register
Or call: 07711 919610

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South Kent Coast (SKC)

Courses	No. of sessions	Day & time	2026	Venue
Wilder Wellbeing – Grief & loss	6	Thurs, 2 to 4pm	24 Sept & 1, 8, 15, 22, 29 Oct	RSPB Centre, Dungeness
Action for Happiness – guest speaker	1	Fri, 1 to 3pm	25 Sept	Age Concern, Sandwich
Nurture in Nature	2	Mon, 1 to 3pm	9 & 16 Nov	Kearsney Abbey, Dover
Men's Sheds – guest speaker	1	Mon, 1.30 to 3.30pm	23 Nov	Rainbow Centre, Folkestone
Create a Better Christmas	1	Mon, 1.30 to 3.30pm	7 Dec	Rainbow Centre, Folkestone

Contact: kmmh.southkentcoastrc@nhs.net

Use the QR code to register
Or call: 07721 609018

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Thanet

Courses	No. of sessions	Day & time	2026	Venue
Haiku for Wellbeing	1	Wed, 12.30 to 2.30pm	23 Sept	SpeakUp CIC, Margate
Nurture in Nature	3	Tues, 1.30 to 3.30pm	29 Sept, 6 & 13 Oct	Windmill Gardens, Margate
Autumn Wellbeing	1	Tues, 1.30 to 3.30pm	20 Oct	Windmill Gardens, Margate
Exploring Psychosis	4	Wed, 1.30 to 3.30pm	11, 18, 25 Nov & 2 Dec	Gap Project, Broadstairs
Create a Better Christmas	1	Tues, 10.30am to 12.30pm	8 Dec	Arts in Ramsgate

Contact: kmmh.thanetrc@nhs.net

Use the QR code to register
Or call 07519 922561

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Tunbridge Wells

Courses	No. of sessions	Day & time	2026	Venue
Introduction to Recovery College	1	Wed, 10.30am to 12.30pm	23 Sept	Angel Centre, Tonbridge
Autumn Wellbeing	1	Tues, 10.30am to 12.30pm	29 Sept	Grosvenor & Hilbert Park Hub
Discovering Your Inner Strength & Potential	2	Wed, 10.30am to 12.30pm	7, 14 Oct	Angel Centre, Tonbridge
Digital Wellbeing	1	Tues, 10.30am to 12.30pm	13 Oct	Angel Centre, Tonbridge
Creativity for Wellbeing – Book hedgehogs	1	Tues, 10.30am to 12.30pm	20 Oct	Tunbridge Wells Safe Haven
Nurture in Nature	4	Tues, 10.30am to 12.30pm	10, 17, 24 Nov & 1 Dec	Grosvenor and Hilbert Park Hub
Introduction to Peer Support	1	Wed, 10.30am to 12.30pm	18 Nov	Angel Centre, Tonbridge
Student Connect	1	Wed, 10.30am to 12.30pm	9 Dec	Tunbridge Wells Safe Haven

Contact: kmmh.tunbridgewellsrc@nhs.net

Use the QR code to register
Or call: 07720 152576

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Virtual

Courses	No. of sessions	Day & time	2026	Venue
Nurture in Nature	1	Thurs, 11am to 1pm	24 Sept	MS Teams
Introduction to Exploring Psychosis	1	Wed, 1 to 2pm	30 Sept	MS Teams
Royal Literary Fund - Writing for Self-expression	4	Wed, 11am to 12.30pm	30 Sept & 7, 14, 21 Oct	MS Teams
Mental Health Toolkit	1	Thurs, 11am to 1pm	1 Oct	MS Teams
Goodbye to Clutter	2	Thurs, 11am to 1pm	15, 22 Oct	MS Teams
Discovering Your Inner Strength and Potential	2	Thurs, 11am to 1pm	12, 19 Nov	MS Teams
Create a Better Christmas	1	Wed, 11am to 1pm	18 Nov	MS Teams
Understanding How I Learn	1	Thurs, 11am to 1pm	26 Nov	MS Teams
Creativity for Wellbeing – Starlights	1	Thurs, 11am to 1pm	3 Dec	MS Teams
Winter Wellbeing	1	Thurs, 11am to 1pm	10 Dec	MS Teams

Contact: kmmh.virtualrc@nhs.net

Use the QR code to register
Or call: 07789 944230

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Thank you to all our partners

RSPB

KENT NEURO Therapy Centre

THE BEANEY HOUSE OF ART & KNOWLEDGE

Kent County Council kent.gov.uk

GREENSAND Health Centre

VETERANS ASSOCIATION

the grand.

Moat foundation

UK MEN'S SHEDS ASSOCIATION

ROMNEY MARSH COMMUNITY HUB
supporting · caring · connecting · protecting

HEALTHY LIVING CENTRE DARTFORD

Sevenoaks Town Council

AiR ARTS IN RAMSGATE

AGE Concern SANDWICH

MAIDSTONE COMMUNITY SUPPORT CENTRE

sunlight development trust

everyone ACTIVE

tmactive ANGEL CENTRE

Rainbow Centre
Supporting our community for 40 years

St Peter & St Paul Swanscombe

kae kent adult education

Kent wildlife Trust

WINDMILL COMMUNITY GARDENS MARGATE

DOVER museum

canterbury city council

Tunbridge Wells Borough Council

mhm mentalhealthmatters

The Hope Street Centre

HEATHER HOUSE COMMUNITY CAFE

FUSION healthy living centre

The Gap Project
A Thanet Community Project

The LIMES community garden

active Kent & Medway

BECHANGE supporting positive futures

Medway Adult Education

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