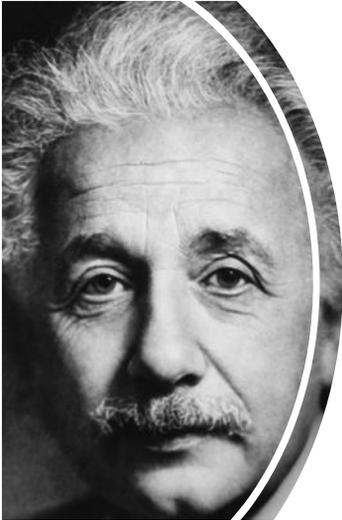


The Recovery & Wellbeing College has arrived in Ashford... and attendance is free!



# Finding Your Genius

**Monday, December 6<sup>th</sup>  
2021**

*(for 3 consecutive weeks)*

**10am – 12pm**

At PeoplePlus, The Panorama, Park Street, Ashford TN24 8DF

The Recovery & Wellbeing College provides health related educational courses, free of charge

Einstein highlighted that we are all Genius. “Finding your Genius” provides those first stepping stones to recognising your Genius...by exploring and recognising what sets you apart as an individual.

Students will work in a friendly and fun environment with a unique and creative approach.

To book your place, contact Lee Robinson on **07825 859412** or [lee.robinson22@nhs.net](mailto:lee.robinson22@nhs.net)

# The Kent & Medway Recovery & Wellbeing College

## **What do we do?**

The Recovery & Wellbeing College provides health related educational courses, free of charge, in supportive and accessible learning environments. Through education, people can make sense of their own experiences and learn how to take care of themselves and others. By recognising our own resourcefulness, talents and skills we become experts in our own health, make informed choices and achieve the things we want in life.

We bring people together to realise and inspire individual and collective potential, recognising and sharing experiences, strengths, hope and successes. People can take back control and become experts in their own wellbeing and recovery and live the life that they wish to live.

## **How do we do it?**

We are committed to promoting hope, opportunity and control for all students. We ensure an empowering, strengths based and innovative learning approach to health and wellbeing. All our courses are co-designed and co-facilitated by people with lived and learned expertise of health challenges.

## **Who is it for?**

The Recovery & Wellbeing College is provided for any Kent resident (18+) who may benefit from attending. This may include people who use services, their family and friends, carers and staff of associated services.

## **What are our values?**

- ❖ 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.

**Interested in registering? Contact Lee Robinson on 07825 859412, or email [lee.robinson22@nhs.net](mailto:lee.robinson22@nhs.net)**