

Smell can have an amazing impact on our mood and yet we often ignore it ...when it is, well, right under our noses!



Smell your Mood

Enjoy time appreciating your sense of smell but also how it affects your mood. Learn how to put that knowledge into practice by using scents to enhance your wellbeing.

Wednesday, December 15th 2021
10am – 12pm

At Ashford Vineyard, Brunswick Road, Cobbswood Industrial Estate,
Ashford Works, Brunswick Rd, Ashford TN23 1EH

**(Please note this course venue is up two flights of stairs with no lift access.
We will be running this activity at other venues in the future.)**

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

Led by fragrance mood experts, Givaudan, this session will introduce you to an array of different and exciting odours – boosting mood and enhancing your day.

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

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