



Wilder Wellbeing

Come and join us on a FREE 6-week programme to enjoy the great outdoors whilst enhancing your wellbeing and the environment around you.

Monday, January 17th 2022

(10am – 12pm)

for 6 weeks at Hothfield Heathland

The programme will follow a nature theme depending on what you would like to gain from the experience. Learn how to read a map (& be able to take it away with you!).

Explore our great, local outdoors and wild spaces with the support of the Kent Wildlife Trust

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

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.