



## Course Calendar

<b>Mindfulness</b>	May intake June intake August intake October intake December intake February 2022 intake	Digital Digital In-person In-person In-person In-person
<b>Coping with Life ; Depression</b>	August intake February 2022 intake	In-person In-person
<b>Coping with Life: Managing Anxiety and Stress</b>	June intake December intake	Digital In-person
<b>Coping with Life; Improving Self-esteem, Confidence, and Assertiveness</b>	May intake October intake	Digital In-person
The above require a minimum of 8 attendees and a maximum of 15.		All courses are subject to being facilitated digitally pending pandemic circumstances

### The Coproduction Panel

We consult with people with lived experience to inform the development and decisions regarding all of our services. We value the feedback from people who attend or have attended our services. Email or speak us to enquire about our monthly panel and how we support representatives.

[www.northkentmind.co.uk](http://www.northkentmind.co.uk)

**LiveWellKentMedway@northkentmind 01322291380**

# Recovery & Community Inclusion Programme

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## Social Skills Open Session

Weekly, Saturdays, 2 hours, 10.30 am - 12.30 pm, Digital

A weekly session hosted digitally on Saturday mornings. Engagement for the isolated, paving the way for individuals to join in-person services. Focusing on peer support, engagement, making connections, developing confidence, task-based activities, and social skills.

## Recovery Based Activities Session

Weekly, Wednesdays, 2 hours, 10.30 am - 12.30 pm, Digital - moving to in-person in key community venues

Activities sessions to promote inclusion and challenge stigma. Scheduled activities include crafts and art, physical activities such as Tai Chi. Social skills enhanced, developing confidence, recovery based activities, integrating with community, and making connections with peers.

## Coping with Life Courses

Various dates and times, Digital - moving to blended; in-person and digital. Spaces limited.

Coping with Life Courses help people to learn and develop coping strategies using cognitive behavioural techniques and psychoeducational methods. 1.5 hours weekly over 7 weeks and includes tasks to complete at home.

**Managing Depression;** participants develop an understanding of how the interrelationship between thoughts, feelings and behaviour help to maintain depression. Enables participants to identify strategies and develop skills that will help to change this cycle

**Managing Anxiety and Stress;** participants develop an understanding of what anxiety is and how it is maintained and identify cause and effects of stress. The course looks at the relationship between thoughts, feelings, and behaviour. Participants learn how confidence-building, problem solving, and relaxation help to reduce anxiety and manage stress more effectively.

**Improving Self-Esteem, Confidence & Assertiveness;** participants understand how thoughts and beliefs maintain low self-esteem and undermine assertiveness. Participants learn and develop skills to change these cycles. This teaches individuals to recognise value, handle criticism, say no and avoid being taken advantage of. It introduces ideas on how to develop self-confidence and provides opportunities to practice strategies and skills with other participants to build and maintain self-confidence and assertiveness

## Mindfulness Courses

Various dates, Thursdays, 10 am –12 pm Digital moving to blended; in-person and digital. Spaces Limited

A 7-week introductory course in Mindfulness instruction, paying more attention to the present moment, to thoughts and feelings, and to the world around us. 1.5 hours weekly over 7 weeks.

## Employment Support (Medway Central only)

Individual Placement Support, search and skills sessions weekly, support with job searching - identifying suitable opportunities, providing tools to move forward in competitive employment. Provision of appropriate benefits advice forms via 'better off' calculations and referrals to supporting agencies as appropriate. Regular group Preparing for Work Modules; for peer engagement and learning soft skills.

## Digital Inclusion Support

We offer a Tablet Loan Scheme for those unable to join any of the above due to a lack of equipment. We also offer support with enabling basic skills to be able to engage with the above services digitally. Limited availability.

## How to join

Please contact us at 01322 291380. or email LiveWellKentMedway@northkentmind.co.uk

The above services are for residents 17+ from; Medway Central,  
Medway Peninsula  
Strood  
Rochester

**Not linked in yet or not resident in the above areas or unsure?** We can help with support information and advice.

April 2021

**Live well**  
Kent and Medway

 **mind** North Kent