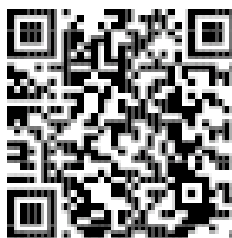


Wakefield Recovery College

16+



NHS
South West Yorkshire
Partnership Teaching
NHS Foundation Trust

**Understanding trauma
responses and skill
practice workshop**
Monday 27 July 2026
10am-12pm
Space Station

**From A-Zines: DIY mini
magazines for beginners**
Monday 24 August 2026
10am-12pm
Space Station

**Understanding eating
difficulties**
Tuesday 1 September
2026
1pm-3.30pm
Online only

Caring for carers
Friday 26 February 2027
12.30pm-3pm
Online only

Galaxy Painting (16+)
Thursday 3 September
2026
1pm-3pm
Space Station

**Creative crafting for
beginners (16+)**
Monday 7 September
2026
10am-12pm
Space Station

**What the heck are
archives? (16+)**
Tuesday 8 September
2026
10am-11:45am
Knottingly Hub

**Building resilience:
Embracing a new normal
(16+)**
Thursday 10 September
2026
10am-12pm
Online only

Pastel drawing (16+)
Monday 21 September
2026
1pm-3pm
Space Station

**Reimagined Materials:
Creative Crafting**
Wednesday 23
September 2026
10am-12pm
Online only

Accepting change (16+)
Monday 28 September
2026
10am-12 noon
Online only

**Improving your mindset
(16+)**
Monday 28 September
2026
10am-12pm
Space Station

Dyslexia awareness (16+)
Tuesday 29 September
2026
10am-12pm
Online only

Beginners Pottery (16+)
Wednesday 30
September 2026
1pm-3pm
Baghill House

**Take a stroll or a roll with
us (16+)**
Wednesday 30
September 2026
10am-11am
Thornes Park

**Your journey through
relaxation**
Wednesday 30
September 2026
1pm-3.30pm
Online only

Contact the college to enrol
www.wakefieldrecoverycollege.nhs.uk
wakefieldrecoverycollege@swyt.nhs.uk
01924 316946

**Wakefield
Recovery and Wellbeing College**
Home of the Discovery College

With **all of us** in mind.