



# Recovery College



## Spring Term 2019 at Hazelwood House





Welcome to Spring term at Recovery College

We are offering a range of courses, workshops, and activities to support you as you discover new skills and interests on your journey through recovery.

Most weeks the Recovery College will be on Wednesday afternoon at 2pm. Cookie's health promotion group runs every 2<sup>nd</sup> Tuesday at 4pm.





### **Art Mosaic Murals**

Help make some murals to brighten up the downstairs corridor. We will be making some murals from the pictures that were taken at the visit to Yorkshire Wildlife Park last term. Using bright colours, help bring to life pictures of the some of the animals we saw – Rhino, Wallabies, the polar bear, giraffes and more.

Not just visual but also sensory, using different textiles and textures, and a variety of methods to produce some amazing artwork to make the hospital a brighter place for everyone. People can take ownership and be proud of their displayed work.

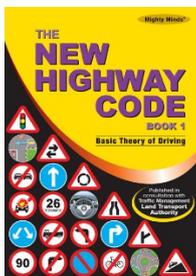


### **Golf driving range**

Practice your swing! By popular demand, we will have a trip to the local driving range in Chesterfield. (80 balls for £4.00).

Golf is good for your physical health, your mental health, and your stress levels. By being in the fresh air, and moving your body, you get a good (not too hard) workout and practicing will help you refine your swing to hit the ball further, and straighter, more consistently.





## Highway code

The highway code is essential and a legal requirement in passing your driving test. The sessions will be to help start people off in their journey to gaining a driving licence. Learn the rules of the road, what road signs mean, speed limits, and laws associated with driving.



## Geocaching

Do you want some adventure, and go on a treasure hunt? Do you know that there are millions of 'geocaches' all over the World and you will have walked right past them without knowing?

Geocaching uses your smartphone (or GPS) to direct you to treasures hidden in the real World. They could be in a tree, under a bench, or under some rocks.

If you like games, being outdoors, fun, and puzzles then you may enjoy this introductory session to Geocaching. Hopefully the weather is nice too.

Visit [geocaching.com](http://geocaching.com) for the app





## **Recycling**

The sessions will be practical, fun, and environmentally friendly. We can all do our bit for the planet. These sessions will help you develop an understanding of why we recycle, what you can recycle, how to recycle, and where to do so.

Participants will be expected to get their hands dirty and sort rubbish into recycling, and visit a recycling centre.

Saving energy and doing something good for the environment are actions that can last not just our lifetimes, but help the planet for generations of the future too.



## **Cat café visit**

If you like cats then you will definitely enjoy visiting the local cat café. Stroking and playing with cats has a therapeutic benefit to people, and they benefit from our attention so it is win-win. Cats help reduce stress, help people be more social by getting them outside into their community, and make people happy.



