

**RECOVERY**

**COLLEGE**

**GREENWICH**

**PROSPECTUS**

**JUNE-JULY 2018**

**ALLOTMENT / CRAFTS /  
EMPLOYABILITY FOR MENTAL  
HEALTH / MEDITATION /  
MINDFULNESS / PEER SUPPORT /  
PHOTOGRAPHY / READING GROUP /  
WELLBEING & RESILIENCE**

**Supporting people recover  
through learning achievement**

**23 ANGLESEA ROAD, WOOLWICH, SE18 6EG  
WWW.RECOVERY COLLEGE GREENWICH.ORG**

Recovery  
  
College

# WELCOME

**We offer a wide range of courses, workshops and activities to support people as they discover and develop their skills and interests on their journey through recovery.**

All our facilitators are dedicated to recovery and wellbeing and have a range of personal and/or professional experience in adult education, mental health recovery and dual diagnosis.

Our courses are available to anyone, regardless of their experience. All are welcome to attend the college and we promote equality & diversity, and support everyone who becomes a student to accomplish their learning and recovery ambitions. We do this by providing a safe, welcoming and non-judgemental learning environment.

We work on the principle of co-production and co-delivery, which means our courses are developed and delivered by tutors and peer trainers with lived experience. They are supported by experienced facilitators with extensive adult vocational training and personal development backgrounds.

## HOW TO ENROL

**Enrolling at the Recovery College is easy.** If you find a course or workshop that interests you, just give us a call on **020 8294 7909** and we will arrange a time for you to come and have a chat.

We can book you on the course(s) or workshop(s) which interest you including our popular Foundation Course that can help you decide on the courses that you feel will support you the most with your goals and aspirations for recovery.

# Student Journey

## New Students



We ask new students to do our flagship Foundation Course. This provides an introduction into how we work and the principles of mental health recovery. On completion of this course, students will be able to complete an Individual Learning Plan to identify their wellbeing goals and how the College can best support them in their journey.

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## Students



**Note:** Activities as listed in the prospectus, operate on a rolling enrolment basis and open to all students.

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# Courses

## Foundation Course

### Overview

This six week course provides the perfect introduction to recovery and the learning opportunities we offer at the College. It enables students to make informed choices about their personal recovery journey, including the courses that will support them the most with their goals and aspirations.

1. The Recovery College - who we are and what we do
2. Wellbeing - Exploring CHIME and the 5 Ways to Wellbeing
3. Overcoming Stigma | You are not your Diagnosis
4. Escaping the Illness Trap
5. The Recovery Process
6. Goal Setting for Recovery | Preparing for an Individual Plan

**This course is recommended for all students who are just beginning their recovery journey or are new to the Recovery College.**

**Dates: Tuesdays 2-4pm or Thursdays 10-12pm**

**This course will be held at The Glyndon Centre.**

**PLEASE NOTE: Half Term Break is the 28th May to the 8th June. There will be no courses, workshops or social groups running this week**

# Courses

## Crafts

### Overview

Each week we will explore a different form of craft which will include a variety of ideas to spark your creativity. All of the crafts will be easy and fun to do and will be completed in one session.



**Date: Starts Wednesday 13th June 9.30am - 12pm (6 weeks)**

## Employability for Mental Health

### Overview

Want to write your CV or learn how to apply for jobs or volunteer positions? Then our Employability for Mental Health Course is for you, as this course will allow you to work on your individual needs and be supported by an experienced Tutor.



**Date: Starts Tuesday 12th June 2-4pm (6 weeks)**

# Courses

## Foreign Language Learning

### Overview

A fun multi-language learning course held in a relaxed atmosphere. Each week we will be learning together how to say key phrases in common use in a widely diverse borough like Greenwich.



**Date: Starts Thursday 14th June 10-12pm (6 weeks)**

## Hearing Voices Support Group

### Overview

Hearing voices is a more common experience than many people realise. This does not make it abnormal. The Hearing Voices Support Group is a place to meet others who hear voices and share experiences and coping strategies.



**Date: Starts Friday 15th June 10-12.30pm**

# Courses

## Meditation - Intermediate Level

### Overview

The Intermediate Meditation course is for those students who have already completed the Beginners course or have meditated in the past. We will explore different practices of meditation and develop strategies to focus the mind and enhance wellbeing.



**Date: Starts Friday 15th June 2-4pm (6 weeks)**

## Men's Circle

### Overview

Come along and share your experiences about being a man, gain support from peers, and have a laugh. Our Men's Circle is a safe space for men to discuss whatever difficulties or hardships they are experiencing in an informal setting.



**Date: Starts Monday 11th June 2-4pm (6 weeks)**

# Courses

## Music Appreciation

### Overview

In this course, we have gathered together materials to allow you to explore the different genres of music. Each week we will listen to a different genre, discuss our preferences, learn about the history and be introduced to some of the artists, some of which have lived experience.



**Date: Starts Thursday 14th June 2-4pm (6 weeks)**

## Photography

### Overview

Our Photography Course will give you techniques to start making the most of your camera, whilst helping you develop a creative approach to photography. This hands-on, practical courses explores the art of great photography, covering a broad range of subjects and providing a dynamic learning experience. You will leave your course with an array of beautiful pictures.



**Date: Starts Tuesday 12th June 10-12pm (6 weeks)**

# Courses

## Reading Group

### Overview

Reading for pleasure is often a solitary affair, but increasing numbers of people are embracing the social aspect of reading groups. This course will create a buzz about reading that will encourage even the most reluctant reader to pick up a book and develop a love for reading.



**Date: Starts Monday 11th June 2-4pm (6 weeks) GC**

## Wellbeing & Resilience

### Overview

Life and wellbeing are more than just about resolving problems and removing obstacles. It is just as important to know how to live well as it is to know how to avoid or reduce the things that distress us. This course explores what wellbeing means to us and places an emphasis towards mental health as a state of development. Discover ways of building positive actions into your daily life.



**Date: Starts Thursday 14th June 10-12pm (6 Weeks) GC**

# Activities

## Allotment

### Overview

This activity takes place in the open air at our allotment! Each week you will be taught how to use gardening tools, how to prepare the ground for planting, growing and harvesting a variety of fruit and vegetables, much of which will be used in the Stir café.



**Date: Every Tuesday, 9:30am. Meeting point Stir Café.**

**(Please note, there will be no Allotment meet on the 29th May. and 5th June)**

## Lunchtime Health Walk

### Overview

Come and join us every Wednesday for up to an hour walk around the local area to improve your health and wellbeing. Learn some interesting historical facts about the area. We will walk various accessible routes.



**Date: Every Wednesday, 12:30pm. Meeting point Stir Café.**

**(Please note, there will be no walk on the 30th May and 6th June.)**

# Activities

## Power Walk

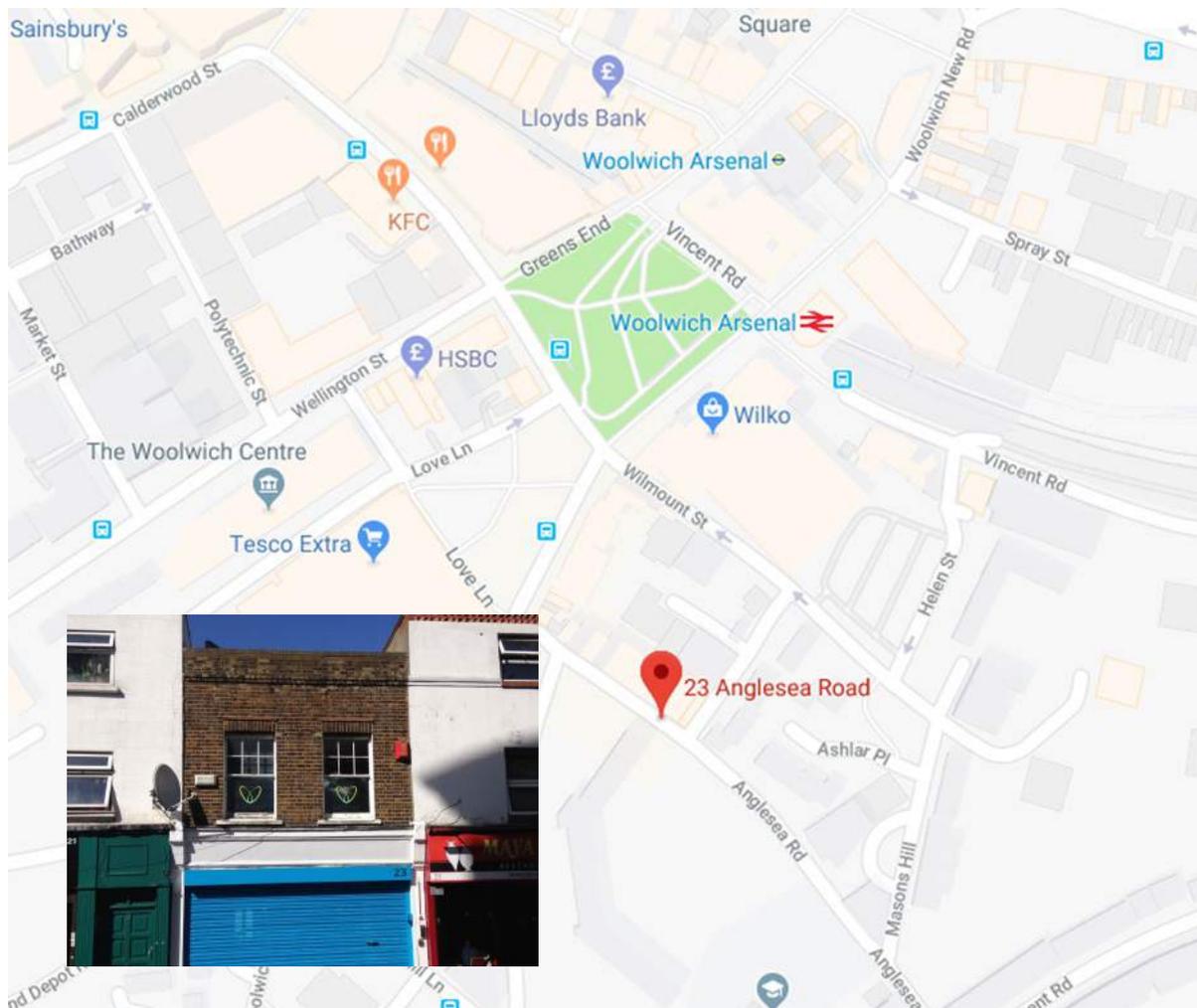
### Overview

Power-walking is keeping a brisk pace at a moderate to high intensity, initially we will be walking for 15 mins. Regular power walking , like most aerobic activities, is good for you because cardio-vascular exercise strengthens the heart and lungs, increasing overall fitness.



**Date: Monday, 12:30pm. Meeting point Stir Café.**

# FIND US



23 Anglesea Road, Woolwich, SE18 6EG



020 8294 7909



[recoverycollegereception@bridgesupport.org](mailto:recoverycollegereception@bridgesupport.org)



[www.recoverycolleggreenwich.org](http://www.recoverycolleggreenwich.org)



@RecoveryCollegeSE186EG

# Glyndon Centre



 75 Raglan Rd, London SE18 7LB

# Allotment



 134 Church Manor Way, SE2 9LX

# Courses

## Peer Training programme

### **Expressions of interest!**

At the Recovery College, we emphasise co-production and co-delivery of all our courses. Our Peer Training programme is designed for students who have already started their recovery journey and wish to explore how they can use their own lived experience to help others who are facing similar challenges .

The eight week course enables students to develop new skills which will enable them to work effectively in the classroom alongside a Tutor.

#### **Eligibility**

In order to join this programme you will need to be enrolled at Recovery College as a student and have attended at least two courses so that you can experience first hand our recovery focused approach to teaching and learning.

If you are interested or want to find out more about the programme please speak to a Recovery Tutor at the College. The next available dates for the programme are subject to sufficient numbers of interests.



RecoveryCollege

The Recovery Place  
23 Anglesea Road  
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020 8294 7909  
[www.recoverycollegegreenwich.org](http://www.recoverycollegegreenwich.org)