

**RECOVERY**

**COLLEGE**

**GREENWICH**

**PROSPECTUS**

**SUMMER 2018**

ALLOTMENT / ASTRONOMY/I.T/WW2/  
JEWELLERY MAKING/ART/GLOBAL  
MUSIC/WORLD FOOD/RUNNING  
CLUB/WALK & SPORTS

**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.

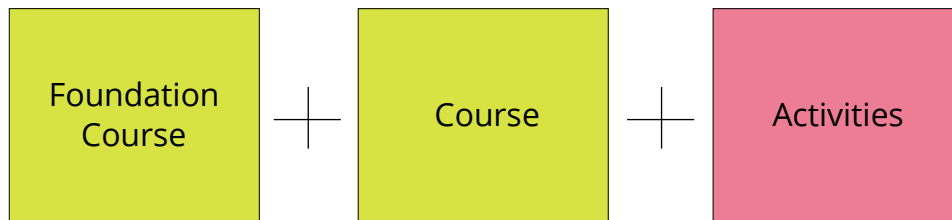
## HOW TO ENROL

**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

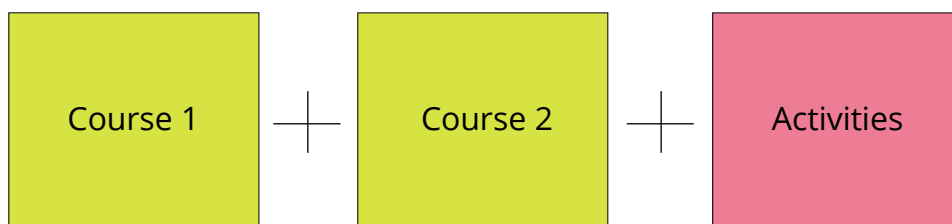
## New Students



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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## 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**

# Workshops

## Life in WW2 & Chislehurst Caves

### Overview

This workshop explores what life was like for London families in WW2 we will look at rationing and how families managed to create meals with the little food they had. There will also be an opportunity to taste food made from WW2 recipes.

We will discover how families stayed safe in the Blitz and what well known places were used for air raid shelters.

After lunch we will take a trip to **Chislehurst Caves** to learn more about life in WW2.

**Date: Thursday 2nd August 10am—4.30pm**



**Please note**, Anyone with mobility problems may have difficulty in negotiating the caves due to the natural uneven floor surfaces which are rather like cobbles. We advise that students considering this trip reads the FAQ's which is available from the Recovery College or <http://www.chislehurst-caves.co.uk/Questions.html>

# Workshops



## I.T WEEK

### DON'T BE AFRAID OF I.T

Monday 6th August 10am—2pm

#### Overview

Using any I.T device for the first time can be a scary experience, this workshop will introduce you to I.T and what your own devices are capable of doing.

### STAYING IN TOUCH USING I.T

Tuesday 7th August 10am—2pm

#### Overview

The internet is a great way to stay in touch, not only with family and friends but also services and local communities. This workshop will introduce you to the various ways of using I.T to stay in touch.

### History of I.T @ Science Museum Wednesday 8th August 10am—4.30pm

#### Overview

We will spend the day at the Science Museum looking at the way I.T has evolved over the years. Entrance to the museum is free and we will be travelling to the museum by public transport. Students will need to arrange payment of their own fares.

### I.T as a Tool for Managing your Life Thursday 9th August 10am—2pm

#### Overview

Shopping, paying utility bills, opening bank accounts, claiming benefits and much more is now commonly done online. This workshop will introduce you to the ways you can do this in a safe and secure way.

### Entertainment with I.T

Friday 10th August 10am—2pm

#### Overview

Music, TV, video's, gaming and competitions are all available online. This workshop will show you how to safely access various entertainment websites on your devices.

**Please Note:** we encourage you to bring in your own devices, phones, laptops, tablets etc so that you can learn to use them. If you do not have a device, we have a small amount of laptops available to use.

# Workshops

## Art @ the Tate Modern

### Overview

We will be spending an enjoyable day at the Tate Modern at Bankside. There we will be looking at a international, modern and contemporary art exhibitions. Students will be given a sketch book and pencils to capture any art that inspires them. We will be travelling by public transport and students will need to arrange payment of their own fares



**Date: Thursday 16th August 9.30am—4.30pm**

## Astronomy Day

### Overview

This workshop explores the planets in our solar system and the moon phases. We will look at our ever expanding universe and some of the famous astronomers in history. The day will end with a trip by public transport to the Greenwich Astronomy Centre



**Date: Wednesday 22nd August 9.30am—4.30pm**



# Workshops

## Jewellery Making

### Overview

In this workshop you will be introduced to the art of jewellery making. You will learn techniques to design and create a piece of unique jewellery for you to take home.



**Date Thursday 23rd August 2pm—4pm**

## Loom Knitting

### Overview

Our beginner's loom knitting workshop will introduce you to the wonderful world of knitting looms, teach you some essential stitches and even get you started on your first pattern



**Date TBC**

## Knitting Trauma Teddies

### Overview

Our chosen appeal to help this summer is for Trauma Teddies for the Emergency Services. Trauma teddies are given as a simple distraction to help take a child's focus away from potentially upsetting circumstances and help police officers, paramedics and firefighters build a relationship and turn the experience into something positive.



**Date Wednesday 25th July 1pm—4pm**

# Workshops

## Global Music & World Food

### Overview

Our Summer timetable is brought to an end in this exciting and diverse celebration of global music and world food.

Students who wish to attend this day are asked to bring an authentic dish and music from their heritage which can be shared with all attending.



**Date Thursday 30th August 10am—2pm**

# 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.**

## Walk & Sports

### Overview

Come and join us every Wednesday for a walk around the local area, ending at an open space where we will enjoy playing some sports to improve health and wellbeing.



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

## Running Group

### Overview

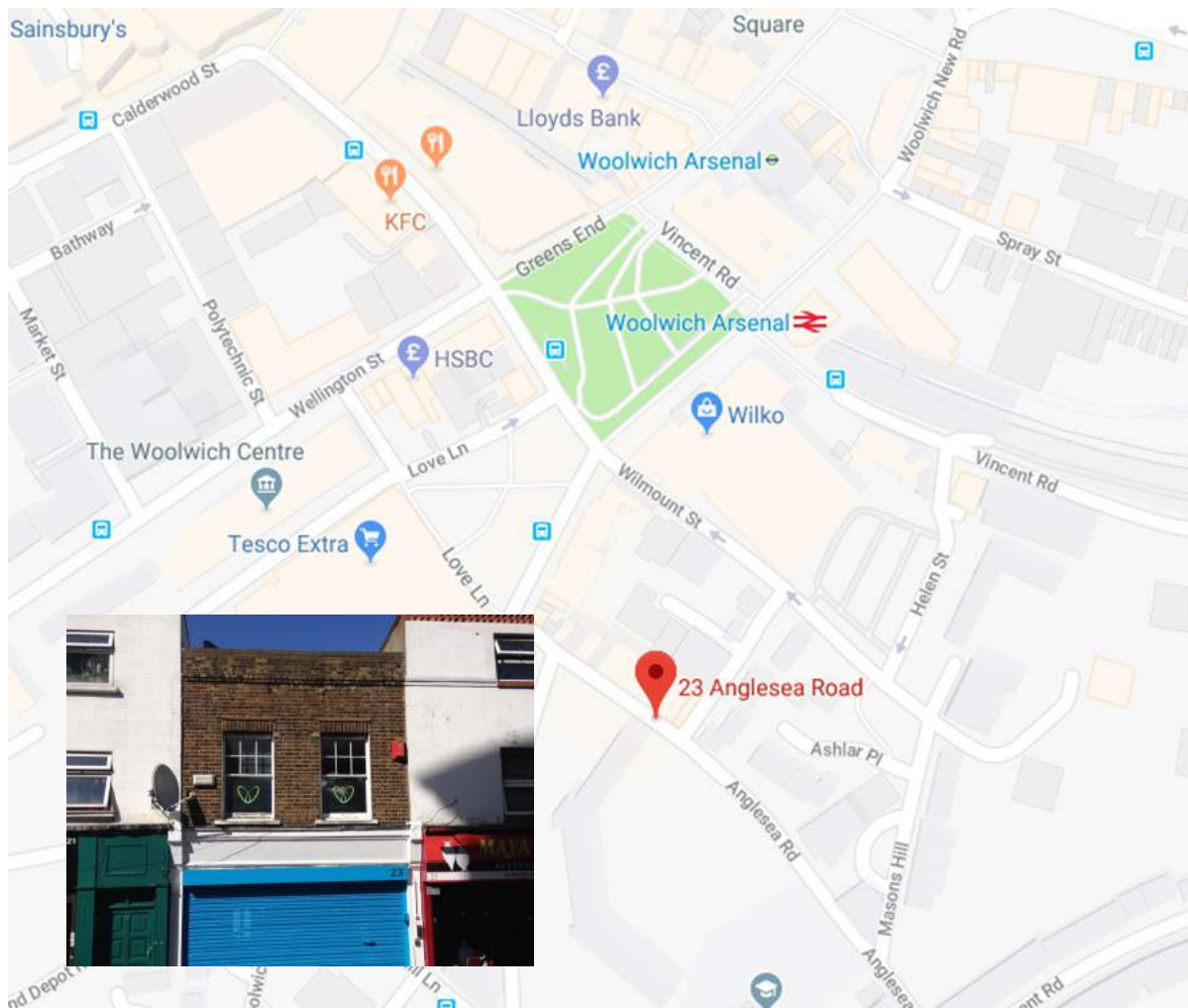
Running is often referred to as the most potent and underutilised antidepressant. Whether you are contemplating your first ever run, or training towards a 5km join our running group and discover the mental health benefits of running.

**RUNNING  
GROUP**



**Date: Every Monday, 3pm—5pm. Meeting point Stir Café.**

# FIND US



23 Anglesea Road, Woolwich, SE18 6EG



020 8294 7909



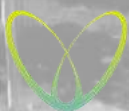
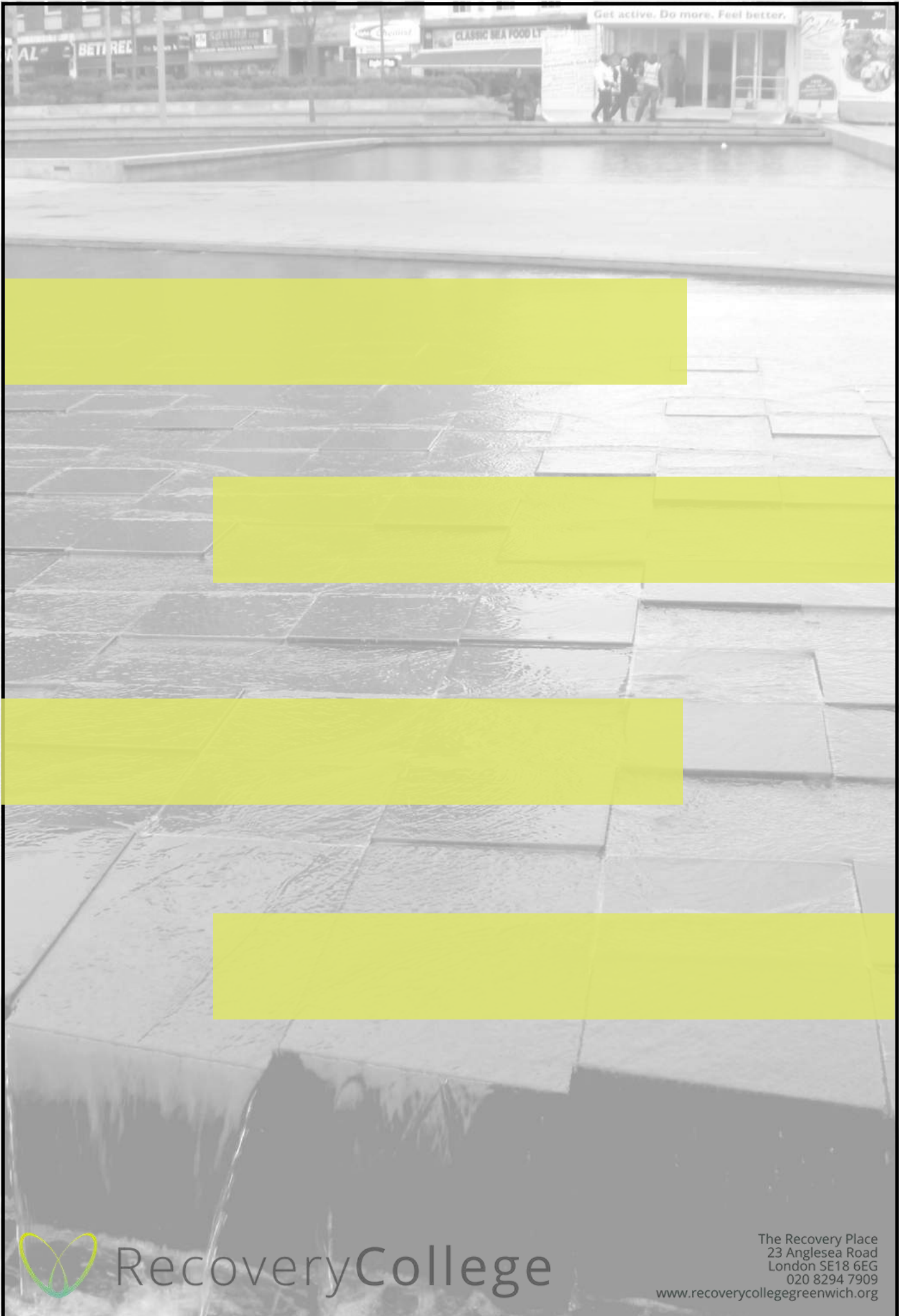
[recoverycollegereception@bridgesupport.org](mailto:recoverycollegereception@bridgesupport.org)



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



@RecoveryCollegeSE186EG



RecoveryCollege

The Recovery Place  
23 Anglesea Road  
London SE18 6EG  
020 8294 7909  
[www.recoverycollegegreenwich.org](http://www.recoverycollegegreenwich.org)