



# RECOVERY

# COLLEGE

# GREENWICH

## PROSPECTUS

### January—February 2019

ALLOTMENT/ BUILDING CONFIDENCE  
THROUGH DRAMA / CREATIVE  
WRITING / HEALTHY RELATIONSHIPS /  
KNITTING / PEER SUPPORT / READING  
FOR PLEASURE/ and much more!

**Supporting  
people's recovery through  
learning achievement**

Recovery



College

23 ANGLESEA ROAD, WOOLWICH, SE18 6EG

[WWW.RECOVERYCOLLEGEGREENWICH.ORG](http://WWW.RECOVERYCOLLEGEGREENWICH.ORG)

# 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. We 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.

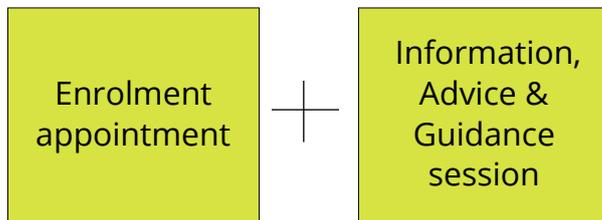
## HOW TO ENROL

**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

## Prospective Students



Enrolment is a process through which individuals formally agree to become students. Thereafter students are invited to attend an IAG session to help identify their wellbeing goals, and what courses and activities, at the College, might best support them in their recovery

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## 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 what the next step in their recovery journey is.

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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**

# Courses

## Creative Writing

### Overview

Boost your mood, get creative and develop a more balanced outlook on life. Enjoy guided and creative activities using a range of formats designed to help you unleash your creative muse.



**Date: Starts Monday 7th January 2pm—4pm (6 weeks)**

## Building Confidence through Drama

### Overview

Learning through drama can help build social confidence when it comes to public speaking, performing and interpersonal relationships.

Practise in a supportive environment where you can be fully free to be yourself.



**Date: Starts Tuesday 8th January 10am—12pm (6 weeks)**

# Courses

## Healthy Relationships

### Overview

Relationships - as much as exercise, a healthy diet and not smoking - are fundamental to our mental health and wellbeing. In this short course, we will explore how to form and maintain relationships and set personal boundaries about what we will and won't tolerate. What matters is connections.



**Date: Starts Monday 7th January 2pm-4pm (6 weeks)**

## Knitting for Beginners

### Overview

Our beginners knitting group is for those who would love to learn the art of knitting. Complete beginners will be taught how to cast on, knit the basic stitches and cast off techniques. As a group you will create beautiful items which will show the different stitches you have learnt.



**Date: Starts Tuesday 8th January 1pm-4pm (6 weeks)**

# Courses

## Reading for Pleasure

### 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 Friday 11th January 2pm- 4pm (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 11th January 10am-12pm (6 weeks)**

# Courses

## The Garden Project

### Overview

The garden project is a student group that meet once a week to plan and develop the garden at the college. Throughout this half term they will continue the hard work of preparing the space for planting.

**Date: Starts Thursday 10th January 10am—12pm (6 weeks)**



# Nought to 50 - Couch to 5k



Getting a bit fitter and losing a little weight straight after Christmas is a good idea for all of us. Depending on where you are starting from however, it will mean different things to different people. We've designed three plans, loosely based on the NHS 'couch to 5k' program to support the widest possible range of people.

## **People who currently take no exercise at all**

Nought to fifty is designed specifically for you. The aim, is to build you up in small amounts over a nine week program to a point where you can manage 50 minutes walking at a gentle pace.

## **People who can already walk a short distance**

This program will help to build you up over a nine week period to walk five kilometres at a moderate pace. Some people may achieve power walking speeds by the end of the program.

## **People who are ready to try running**

Following the NHS couch to 5k program we will help you over a nine week period to be able to run a distance of five kilometres. At the end of the program those that want to will be supported to join 'park run' the free to enter fun run in local parks each Saturday morning.

**Date: Starts Thursday 10th January 2pm-4pm**

# Wednesday Workshops

<h2>New Year, New You!</h2> <p><b>Date: 9th January 2019</b> 10am—4pm</p>	<p><b>Overview:</b> It's a New Year and time for a New You! The prospect of a new year can be daunting, but in this workshop we will explore the pro's and con's of new year resolutions and how to approach the new year with a new perspective!</p>
<h2>Jam Making</h2> <p><b>Date: 16th January 2019</b> 10am—4pm</p>	<p><b>Overview:</b> Using fruit grown at the College allotment project we will be making a batch of Strawberry jam and a batch of Chilli jam. The jams will be supplied to our community café Stir to be used in their recipes and sold to the public.</p>
<h2>Art</h2> <p><b>Date: 23rd January 2019</b> 10am—4pm</p>	<p><b>Overview:</b></p> <p>In this workshop we will use different types of materials to create a range of art pieces. We will look at how we can express feelings and boost our wellbeing.</p>
<h2>Build a shed</h2> <p><b>Date: 6th February 2019</b> 10am—4pm</p>	<p><b>Overview:</b> Using cut timber we will build a made-to-measure storage shed in the recovery college garden. You need to be confident with hand and power wood-work tools to participate in this workshop.</p>
<h2>Introduction to Quilting</h2> <p><b>Date: 13th February 2019</b> 10am—4pm</p>	<p><b>Overview:</b></p> <p>Quilting is the process of sewing two or more layers of fabric together to make a thicker padded material. This workshop explores the craft of quilting. You will learn techniques to create a beautiful sampler.</p>

# Peer Support Groups

## Ladies Circle

### Overview

Our Ladies Circle is a safe space for women to share feelings, gain support from peers and discuss difficulties and hardships they may be facing. They also explore famous women through time, what they have achieved in their lives and what we can learn from them to feel empowered.



**Date: Starts Wednesday 9th January 2pm—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 in an informal setting the issues men face in the modern world.



**Date: Starts Wednesday 9th January 10am—12pm (6 weeks)**

# 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.**

## Lunchtime Health Walk

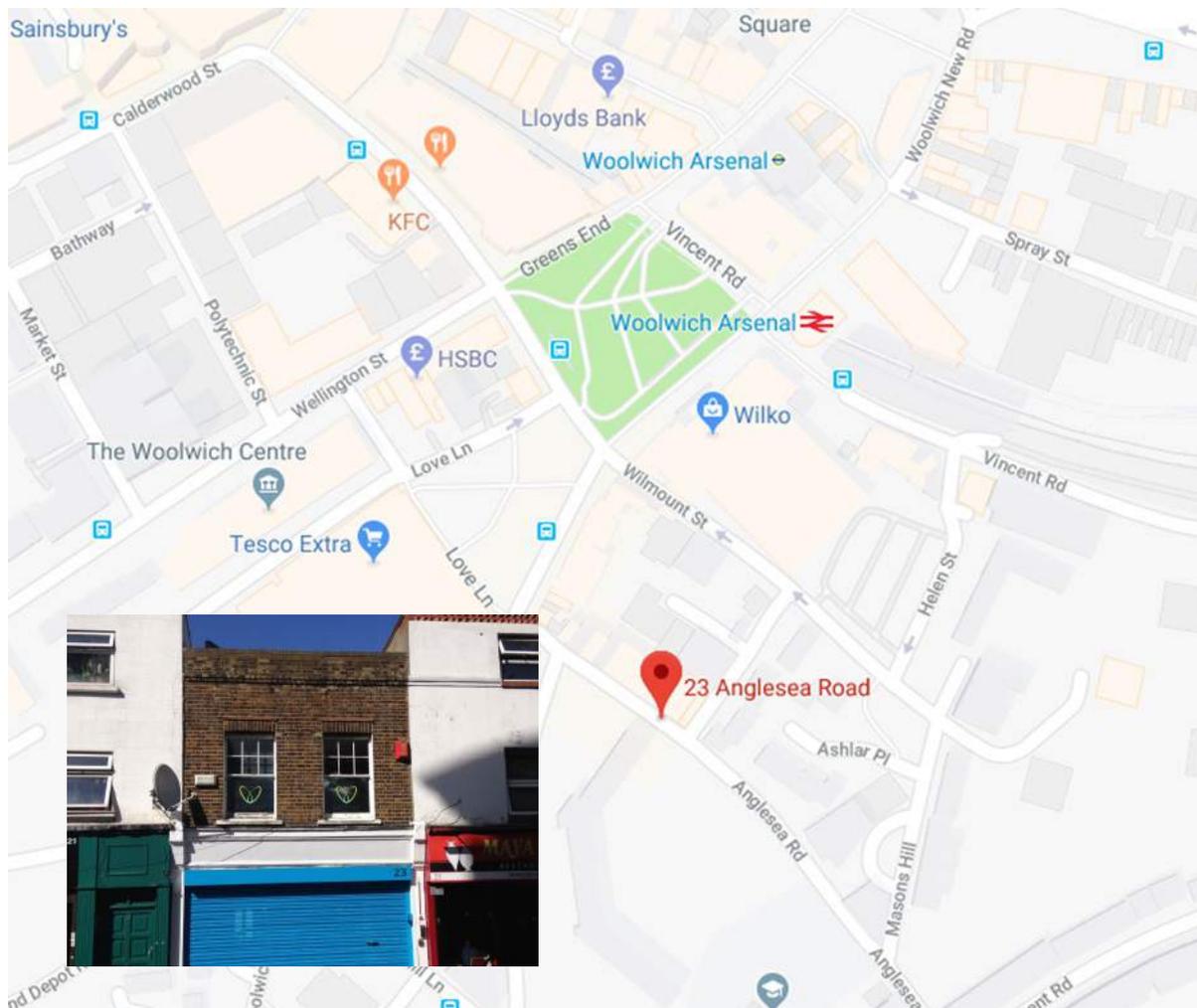
### Overview

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.**

# 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)

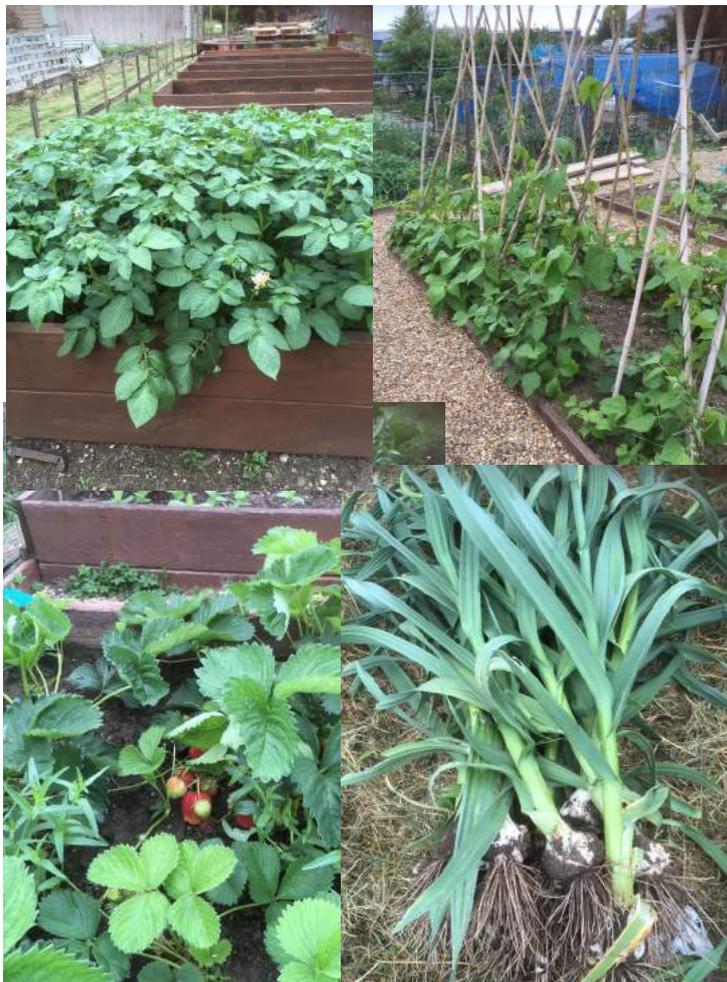


@RecoveryCollegeSE186EG

# Allotment



**134 Church Manor Way, SE2 9LX**



# Courses

## Peer Training programme

### **Expressions of interest!**

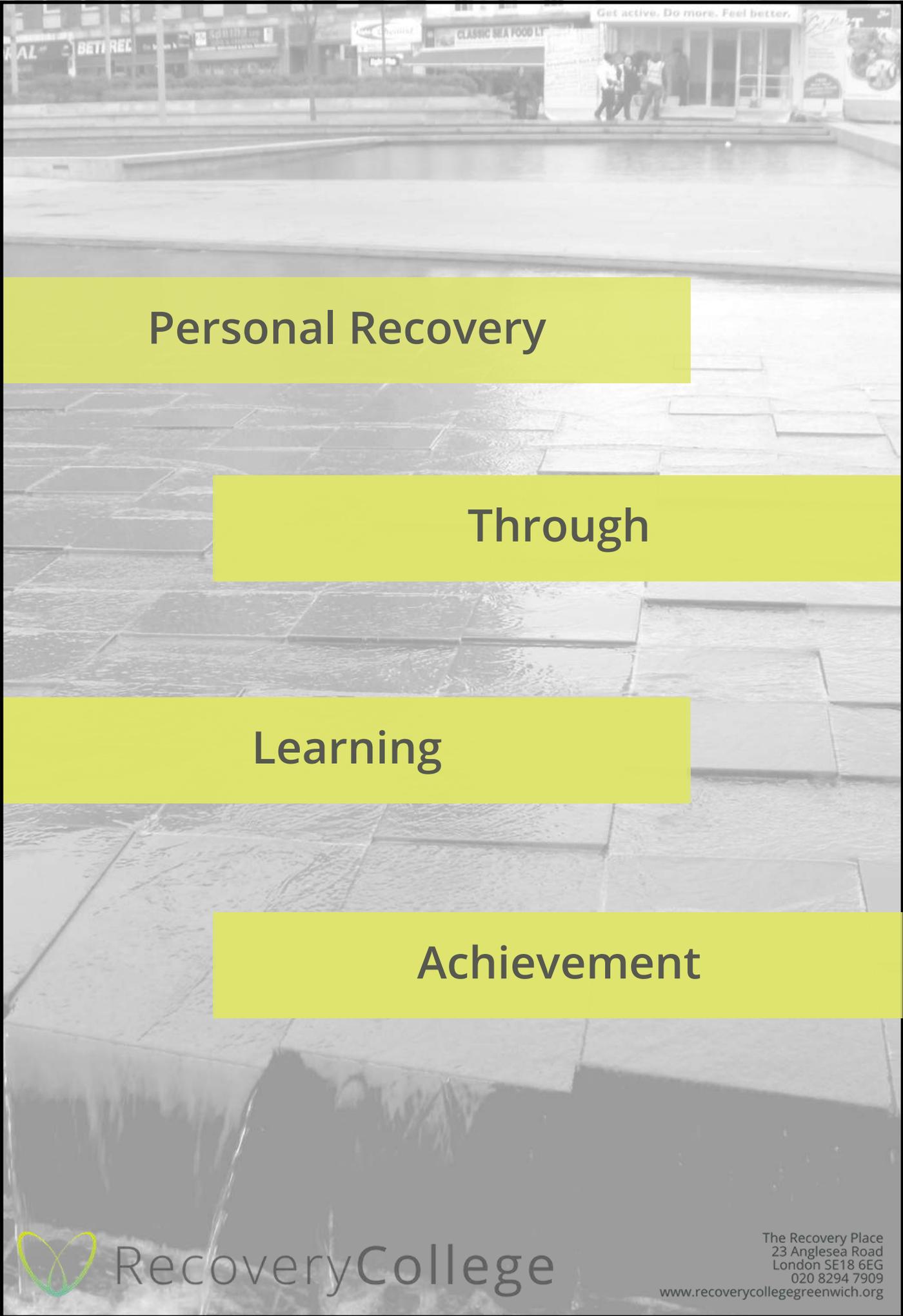
At the Recovery College, we emphasise co-production and co-delivery of all our courses. Our Peer Training programme is designed for students who have already started their recovery journey and wish to explore how they can use their own lived experience to help others who are facing similar challenges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

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.



**Personal Recovery**

**Through**

**Learning**

**Achievement**



**RecoveryCollege**

The Recovery Place  
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London SE18 6EG  
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