

Summer Term

2019

24th June—2nd August

Recovery College Greenwich

Improve Social Skills

Develop Hobbies

Live Well

Supporting recovery
through learning
achievement

23 Anglesea Road,
Woolwich, SE18 6EG
0208 294 7909



Welcome

At Recovery College Greenwich 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.

Want to Enrol?

Enrolling at Recovery College is easy. Just call us.



020 8294 7909



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What happens next?

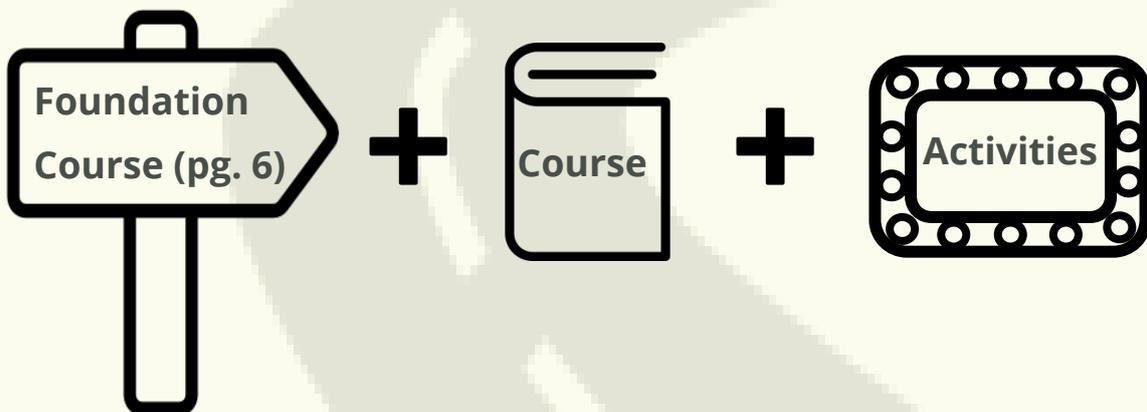
After being enrolled, over-the-phone or by appointment at the Recovery College you will attend an Information, Advice and Guidance session. The aim of this session is to help identify your wellbeing goals, as well as deciding what courses and activities you'd like to take as a student.



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 what the next step in their recovery journey is.



Current Students

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



What we offer

We offer a range of different types of activities to match student's needs and wants.

Foundation

Our Foundation course is the first step for all new students joining the College; it provides an introduction into personal recovery.

Courses

All courses are aimed at promoting wellbeing and recovery to help students to develop their skills and inner resources to deal with life's up and down, and realise their abilities. Typically, courses are six weeks in length, and two hours a week.

Workshops

Workshops are one-off sessions and vary in length from two hours to a full day session, and offer the opportunity to get really stuck into a subject.

Activities

Support mental health through physical activity, and building community links. Activities offer a chance to get outdoors into the fresh air.

Peer Support Groups

Peer Support groups offer a safe space for students to share experiences and feel heard. The groups promote connectedness and a sense of common mutuality.

What we offer

	Monday	Tuesday	Wednesday	Thursday	Friday
AM 10:00 AM Until 12:00	Pg. 7 Information, Advice and Guidance	Pg. 10 Photography	Pg. 17 Ladies' Circle	Pg. 12 Tutor Development	Pg. 16 Hearing Voices
		Pg. 14 Allotment Project	Pg. 17 Men's Circle	Pg. 8 Foundation Course	Pg. 13 Creative Writing
Midday	Stir Yoga		Pg. 15 Healthy Walk		
PM 2pm-4pm	Pg. 9 Reading for Pleasure	Pg. 8 Foundation Course	Pg. 11 Employability for Mental Health	Pg. 12 Get up and go	Pg. 16 Writers Circle
	Pg. 9 Meditation	Pg. 10 Advanced Knitting	Pg. 11 Health & Nutrition	Pg. 15 Garden Project	

IAG

A black-bordered icon of a document with a folded top-right corner, containing the text 'Information, Advice & Guidance Session' in a bold, sans-serif font.

**Information,
Advice &
Guidance
Session**

Date: Every Monday morning 10am-12am

Recovery means different things to different people. The Information, Advice and Guidance session is a time for you to tell us what your recovery aims are and for us to see how they align with what the Recovery College can offer you.

We will explore personal recovery and the courses, workshops and support groups we have developed to support it. We will look at what goes on in each of the courses and by the end of the session you should have a good idea of which individual courses you think will best support your recovery and you'd like to enrol on.

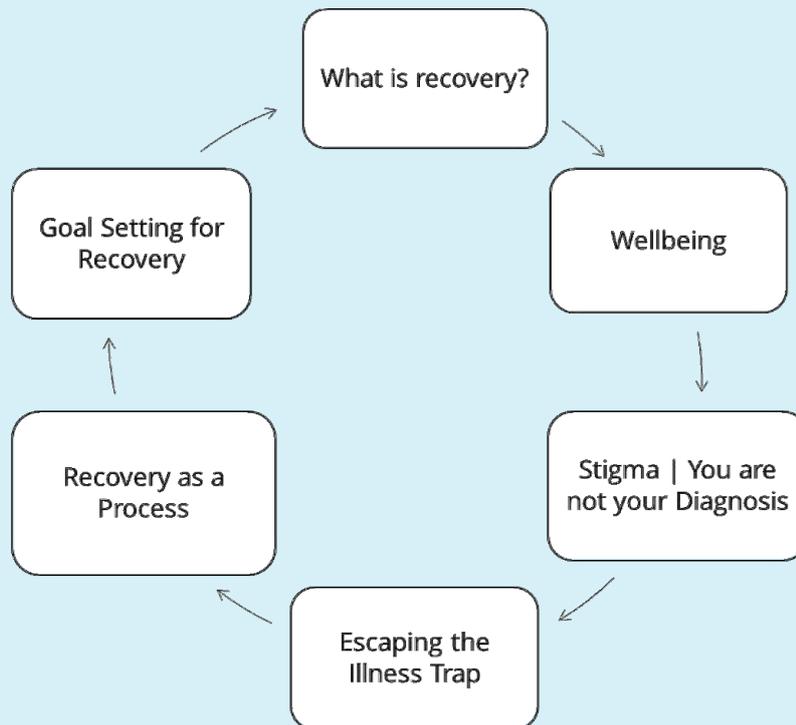
Information, advice and guidance is held every week so you don't have to sit on a waiting list for your turn. Within a week of your initial enrolment you will have completed this session, selected your courses and activities and be ready to start as a new student at the Recovery College.

Foundation



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

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.



The six units can be attended in any order so you never have to wait more than a week to join in.

This course is an essential first step for all students who are just beginning their recovery journey or are new to the Recovery College.

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 by bringing the story alive with props and artefacts that link to the people and places in the book.

Date: Starts Monday 24th June 2pm-4pm (6 weeks)

Meditation

Overview

The beginners meditation course is for those people who have never meditated before and would like to learn the basics. Our experienced facilitator will introduce you to the techniques used to begin meditating and guide you through breathing and relaxation exercises.

Date: Starts Monday 24th June 2pm-4pm (6 weeks)

Courses

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 course 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 25th June 10am-12pm (6 weeks)

Advanced Knitting

Overview

The advanced knitting group is for those who have mastered the basic knitting techniques. On this course you will learn new techniques, how to read patterns and choose yarns to create beautiful knitted items

Date: Starts Tuesday 25th June 1pm-4pm (6 weeks)

Courses

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. The subjects covered will be determined by the needs of the students, and will help take the anxiety out of getting ready to return to work or move into

Date: Starts Wednesday 26th June 2pm-4pm (6 weeks)

Health & Nutrition

Overview

In this 6 week course we will be looking at healthy food life styles, and why having a good balance of food choices can have an impact on your health and well being. We will also learn about different diets, food labelling and what to look for when your shopping.

Date: Starts Wednesday 26th June 2pm-4pm (6 weeks)

Courses

Tutor Development

Overview

This course builds on previous peer tutor courses and follows on from the introduction to peer training course last term. Over the six weeks students will work together to prepare a workshop lesson each on a subject of their choosing.

Date: Starts Thursday 27th June 10am-12pm (6 weeks)

Get up and go

Over this 6 week course we will learn about different forms of easy exercise and how they help our bodies in different ways.

These exercises will be easy, quick and something you can do at home or with friends without spending any money. We will learn about the different muscles and how to prepare our bodies when exercising.

Date: Starts Thursday 27th May 2pm-4pm (6 weeks)

Courses

Creative Writing

Overview

Boost your mood, get creative and develop a more balanced outlook on life. Enjoy guided creative writing exercises with a range of forms designed to help you unleash your creative muse. Learn to use reflective writing as creative tool for finding context and meaning in everyday events and experiences.

Date: Starts Friday 28th June 10am-12pm (6 weeks)

Activities

Allotment Project

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: Starts Tuesday 25th June (6 weeks)

Meet at Stir Café at 9:30am



134 Church Manor Way, SE2 9LX



Activities

Healthy 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.

Garden Project

Overview

Spring is here and we're back out in the Garden at the College. This term we will continue refurbishing the space and begin planting the borders. As we move into the summer months the job of maintaining what we've done and planning a living wall will begin.

Date: Thursday 27th June 2pm-4pm (6 weeks)

Peer Support Groups

Writer's Circle

Overview

If you've completed the creative writing course or you already keep a journal or write stories this is the group for you. A free writing group that meets to encourage and inspire each other by sharing creative ideas and story themes

Date: Starts Friday 28th June 2pm-4pm (6 weeks)

Hearing Voices

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 28th June 10am-12pm (6 weeks)

Peer Support Groups

Ladies' Circle

Overview

Our Ladies' Circle is a safe space for women to share feelings, gain support from peers and discuss their experiences. It's an opportunity to meet inspirational women from the local community and in turn to inspire others with your own story.

Date: Starts Wednesday 26th June 10am-12pm (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 26th June 10am-12pm (6 weeks)

Testimonies

"It has given me confidence, structure and allowed me to meet new people "

- Student from the Ladies Circle at Recovery College Greenwich



"It has helped me to focus on wellbeing through socialising"

- Student from the Knitting class at Recovery College Greenwich



"I am now able to communicate with others much better"

- Student from Reading for pleasure at Recovery College Greenwich



"This course has helped me to open up, learn to listen, and feel part of something"

- Student from the Men's Circle at Recovery College Greenwich



Find Us



23 Anglesea Road, Woolwich, SE18 6EG, accessed via Stir Café.



020 8294 7909



recoverycollegereception@bridgesupport.org



www.recoverycollegegreenwich.org



@RecoveryCollegeSE186EG

Personal recovery

through

learning

achievement