



Guide for
Referring
Partners

Recovery College Greenwich

Who are we?

What can we offer your clients?

How can clients enrol with us?

Supporting recovery
through learning
achievement

23 Anglesea Road,
Woolwich, SE18 6EG
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Welcome

Thank you for picking up this guide. We hope it will provide you with all the information you need to set the right expectation and give the correct details to any of your clients or patients that you are encouraging to join the Recovery College.

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 co-occurring disorders.

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.

Who are we

Recovery College Greenwich is run by Bridge Support, the largest provider of mental health and wellbeing community services to residents with severe and enduring mental illness in the Royal Borough of Greenwich. For over 30 years Bridge Support has provided a clear, proven pathway for people with long term mental health problems, to progress towards living a more fulfilling role within the community. Our aim is simple; we help our clients along a path that leads to them enjoying the same freedom, opportunities and everyday pleasures that most take for granted.

Recovery College Greenwich is one of a very small number of recovery colleges in Britain that are outside of the NHS. Rather than clinicians, it is lead and staffed by adult learning professionals who all have lived or professional experience of mental illness and who have worked with disadvantaged and difficult to reach communities.

Personal recovery focused

At Recovery College Greenwich we focus on personal recovery, targeting our efforts on the five recovery processes or domains identified by Leamy et al (2011) in the CHIME conceptual framework for personal recovery in mental health.

Establishing and maintaining these domains helps the individual become more resilient and better able to manage the ebb and flow of their illness. CHIME is a model that can inform strategies to support recovery for a wide variety of circumstances that result in loss or depletion in any of the five domains.

The CHIME model

| | |
|-----------------|---|
| Connectedness | Having good relationships and being connected to other people in positive ways. Characterised by: peer support and support groups; support from others; community. |
| Hope & Optimism | Having hope and optimism that recovery is possible and relationships that support this. Characterised by: motivation to change; positive thinking and valuing success; having dreams and aspirations. |
| Identity | Regaining a positive sense of self and identity and overcoming stigma. |
| Meaning | Living a meaningful and purposeful life, as defined by the person (not others). Characterised by: meaning in mental 'illness experience'; spirituality; meaningful life and social goals. |
| Empowerment | Having control over life, focusing on strengths, and taking personal responsibility. |

Learning led support for personal recovery

The team at Recovery College Greenwich are adult education professionals who do not have a clinical training but are experienced in working with vulnerable adults who have multiple barriers to learning. All the team have a mix of personal, familial & professional experience of poor mental health. By blending andragogic learning practice with the CHIME conceptual framework we deliver lessons that support personal recovery through learning achievement. Attending Recovery College Greenwich is complimentary to, rather than a substitute for clinical services and therapies.



When the right teaching and learning techniques are applied, acquiring new skills or knowledge can create an emotional connection that helps it to become imbedded. That emotional response can also be channelled to support recovery and when the subject of the learning also adds real value to the student's everyday life, an environment to support meaningful personal recovery has been created.

By blending current adult learning practice with personal recovery theory, we have crafted a series of lessons that not only provide meaningful skills and knowledge but also help our students:

- Connect with each other, themselves and their community
- Develop and maintain a sense of hope and optimism
- Rediscover or reinforce their identity beyond their diagnosis
- Reveal and value the meaning that exists in their lives
- Feel empowered and in control

The overt purpose or subject of the lessons, valuable as they are in their own right are also a vehicle for the often less obvious recovery purpose, where connectedness, hope, identity, meaning and empowerment are delivered more subtly.

New Student Journey

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



After attending the Information, Advice and Guidance session...

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.



What we offer

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

Information, Advice & Guidance

Recovery means different things to different people. The Information, Advice and Guidance session is a time for new students to tell us what their 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 they should have a good idea of which individual courses they think will best support their recovery and they'd like to enrol on.

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

Foundation

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

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 new students never have to wait more than a week to join in.

What we offer

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.

Examples of Courses we have run include Reading for Pleasure, Meditation, Knitting, Art, Cooking and Healthy Relationships.

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.

Examples of Workshops we have run include Card Making, Goal Setting, Biscuit Making and a seasonal Quiz.

Activities

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

Examples of Activities we have run include Gardening Project, Heathy Walk, Allotment project, Couch to 5k and Keep Fit.

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.

Examples of Peer Support Groups we have run include Men's Circle, Ladies' Circle, Writers Circle and Hearing Voices.

Stir Cafe

The Recovery College shares a building with our social enterprise café, 'Stir'.

As well as providing excellent good mood food and expertly made coffee it is the social hub of the college.

Stir is open to the general public and any profit generated is used to support the work of the Recovery College.

Among our vocational courses we offer Hospitality and Catering when there is demand, which provides a gateway to working as a volunteer in the café alongside the professional full time staff.

The logo for Stir features the word "Stir" in a large, yellow, sans-serif font. The letter 'i' has a dot above it. Below the word "Stir" is a thin horizontal line.

CAFE • RESTAURANT • WORKSPACE

How to find us

The Recovery College is at 23 Anglesea Road, Woolwich. The entrance to the Recovery College is inside Stir café with whom we share the building. As you come in the intercom for the college is on the wall directly in front of you.

The nearest landmark is the Tesco Extra in central Woolwich. If you walk up Woolwich New Road towards Tesco from the bus stops in General Gordon Square, Anglesea Road will be on your left with a Vape shop on one side and the Anglesea Arms pub on the other.

Make your way along Anglesea Road and you will find Stir between the Al-

Find us



23 Anglesea Road, Woolwich, SE18 6EG



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