

RECOVERY

COLLEGE

GREENWICH

PROSPECTUS

SEPTEMBER—OCTOBER 2018

**ALLOTMENT / EMPLOYABILITY FOR
MENTAL HEALTH / MEDITATION /
MINDFULNESS / PEER SUPPORT /
HEALTHY RELATIONSHIPS/READING
FOR PLEASURE/ KEEP FIT FOR
BEGINNERS/ WELLBEING &
RESILIENCE/HOSPITALITY &
CATERING and much more!**

**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. 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

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.

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

Meditation for Beginners

Overview

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



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

Mindfulness

Overview

Mindfulness is an effective way to reduce stress, increase self-awareness, enhance emotional intelligence and handle painful thoughts and feelings. In this course we will look at the ways we can use Mindfulness in our everyday life to enhance our wellbeing



Date: Starts Thursday 20th September 2pm—4pm (5 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 work on a project which will show the different stitches you have learnt.



Date: Starts Wednesday 12th September 1pm—4pm (6 weeks)

Courses

Motivation

Overview

What is your “why?” Motivation matters as your willingness to engage with anything will only ever be as strong as your motivation. In this short course, we look at different theories of motivation and how to deal with fear, blocks and resistance.



Date: Starts Monday 1st October 2pm—4pm (3 weeks)

Healthy Relationships

Overview

Relationships - as much as exercise, a healthy diet and not smoking - are fundamental to our mental health and wellbeing. What matters is connections. 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.

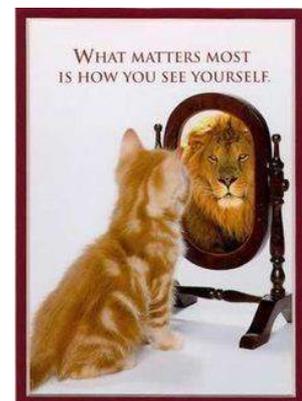


Date: Starts Monday 10th September 2pm—4pm (3 weeks)

Confidence & Self Esteem

Overview

What is confidence? Where does it come from, and more importantly where does it go? The Confidence & Self-Esteem course is about developing self-awareness, acceptance and celebrating your uniqueness. So, make a choice to take a chance if you want your life to change. Step out of your comfort zone.



Date: Starts Thursday 13th September 2pm-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 21st September 10am-12pm (5 weeks)

Keep Fit for Beginners

Overview

If you have difficulty with keeping fit or are just starting out, it needn't mean exercise is out of the question. We all know that being physically active is good for us, but not everyone can take part in activities like walking, cycling or aerobics classes. If that's the case for you, but you want to keep active, then Keep Fit for Beginners could be just what you're looking for.



Date: Starts Thursday 13th September 12.30—1.30pm (5 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 14th September 10am—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. 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 volunteering. Subjects that can be covered include CV writing, job/volunteer applications, interview practice and cover letters.



Dates: Tuesday 11th September 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 design and plan the garden layout, decide on what will be grown and begin the hard landscaping work in preparation for planting to commence.

Date: Starts Thursday 13th September 10am—12pm (6 weeks)



Join Our Peer Training Course!

We emphasize co-production and delivery of our courses and activities through our Peer Training course meaning that we recruit students to work alongside our tutors to deliver courses and activities. Our 6 week peer training course enables students to develop new skills which will enable them to work effectively in the classroom.

In order to join this programme you will need to be enrolled at Recovery College Greenwich 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.

PLEASE NOTE; THERE WILL BE A PRE-COURSE MEETING ON TUESDAY 4TH SEPTEMBER AT 10AM. IT IS IMPORTANT THAT YOU ATTEND THIS.

Date: Starts Tuesday 25th September 10—12pm (6 Weeks)



Hospitality and Catering

Overview

The Hospitality & Catering is for students who would like to become a Volunteer in the Stir Café or are seeking a career in the Hospitality or Catering sector . The training is a combination of theory and practical subjects.

Date: Starts Tuesday 25th September 2pm—4pm (6 weeks)



Home and Life Skills

There is a wide range of skills and knowledge that is helpful for successfully living independently. This suite of workshops help you develop those skills and apply them to your domestic life. You are able to sign up for as many of the workshops as you feel will be beneficial to yourself

Workshop 1: Developing Confidence & Personal Boundaries
Wednesday 12th September 10am—12pm

Workshop 2: Budgeting & household Finances
Wednesday 19th September 10am—12pm

Workshop 3: Correspondence & Communication
Wednesday 26th September 10am—12pm

Workshop 4: Managing Routine in Cleaning, Washing & Ironing
Wednesday 3rd October 10am—12pm

Workshop 5: Maintaining your physical health and fitness
Wednesday 10th October 10am—12pm

Workshop 6: Shopping for and Preparing Affordable Healthy Meals
Wednesday 17th October 9.30am—12.30pm

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 Friday 14th September 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 12th September 2pm-4pm (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

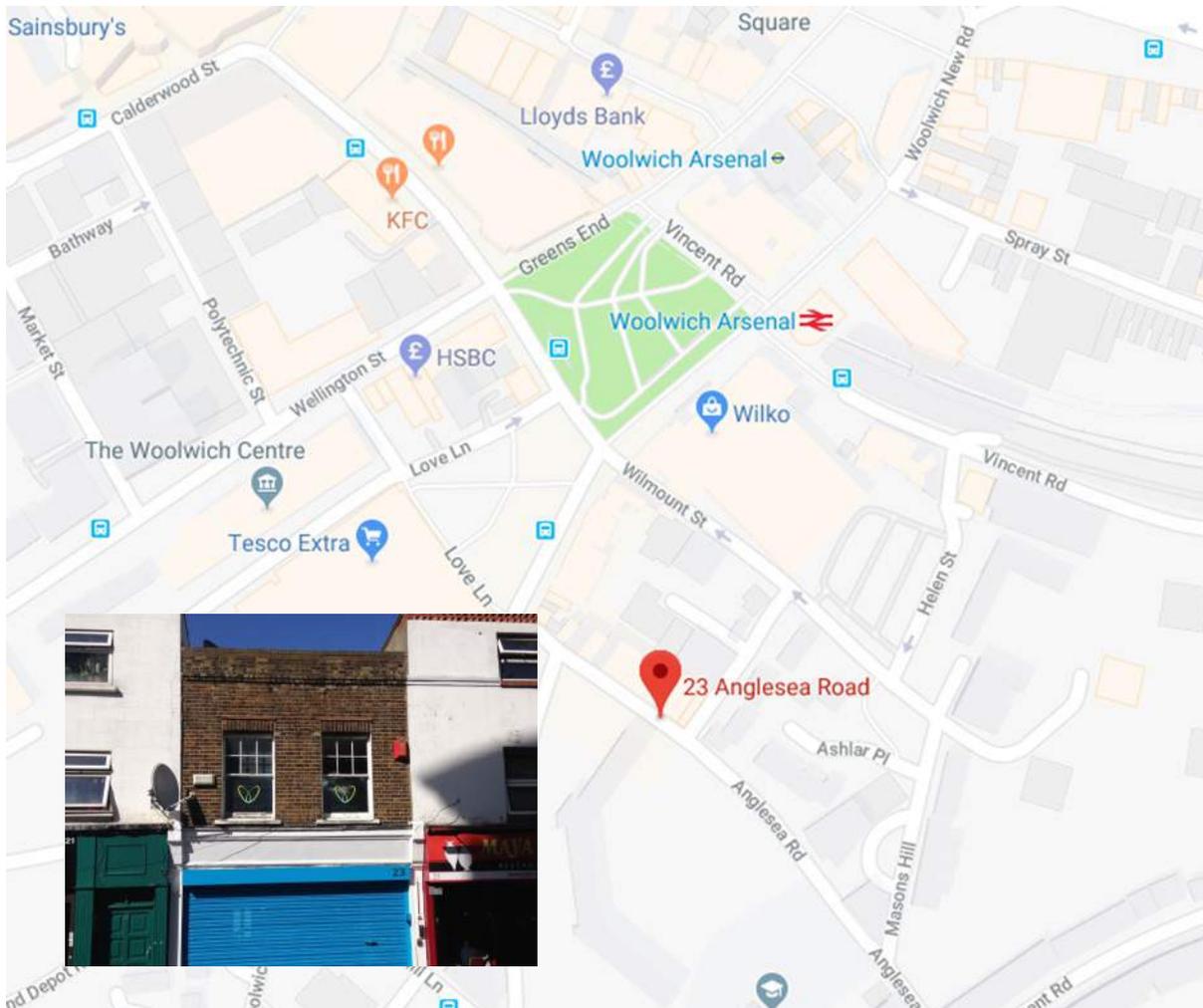
Overview

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



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www.recoverycolleggreenwich.org



@RecoveryCollegeSE186EG

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

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23 Anglesea Road
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020 8294 7909
www.recoverycollegegreenwich.org