

**RECOVERY**

**COLLEGE**

**GREENWICH**

**PROSPECTUS**

**Easter term 2019**

**March 4th to April 12th**

**COOKERY / MEDITATION  
CONFIDENCE / 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.RECOVERY COLLEGE GREENWICH.ORG**

# WELCOME

**We offer a wide range of courses, workshops and activities designed to support recovery through learning achievement while developing new skills and interests.**

All our facilitators are dedicated to recovery and have a range of personal and or professional experience of mental health recovery and dual diagnosis. They all are adult education professionals committed to the principle of co-production and co-delivery, which allows many of our courses to be developed and delivered by lived experience peer trainers.

Our courses are open to everyone, regardless of their experience or background. We support everyone who becomes a student to accomplish their learning and recovery ambitions by providing a safe, welcoming and non-judgemental learning environment.

## HOW TO ENROL

**Enrolling at Recovery College is easy. Just call us or pop in!**



**020 8294 7909**



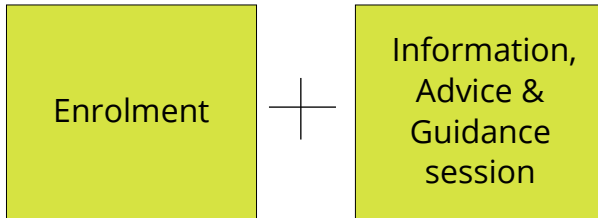
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### **What happens next?**

After being enrolled over-the-phone or face-to-face you will attend an Information, Advice and Guidance session. This session will help identify your recovery ambitions and introduce the courses and activities you might like to take as a student.

# 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 recovery goals and interests. This will help the choice of courses and activities for them to take part in at the College.

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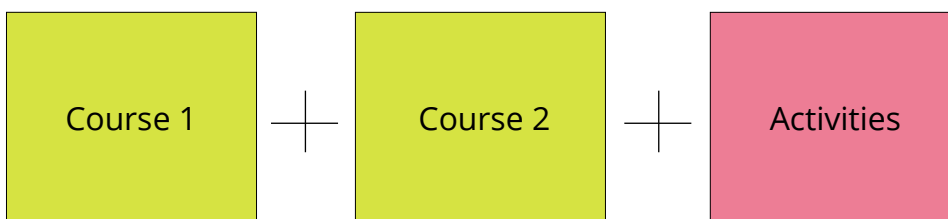
## New Students



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 are open to all students.

# What we offer

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## Information advice & guidance

### Overview

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 aligns 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.

**Date: Every Monday morning 10am-12am**

# 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

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.**

**Dates:**

**Every Tuesdays 2-4pm**

**or**

**Every Thursdays 10-12pm**

# Courses

## Beginners 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 4th March 2pm-4pm (6 weeks)**

## 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 Monday 4th March 2pm-4pm (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 6 week course, we 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 Tuesday 5th March 10am-12pm (6 weeks)**

## Intermediate Knitting

### Overview

The intermediate 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 5th March 1pm-4pm (6 weeks)**

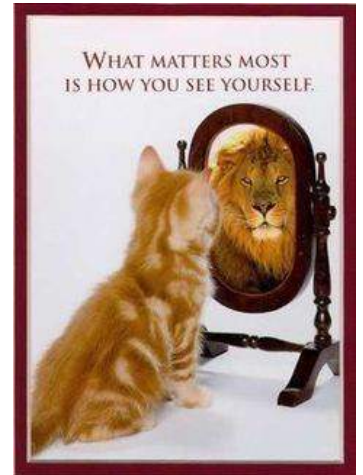


# Courses

## Confidence and Self Esteem

### Overview

What is confidence? Where does it come from, and more importantly where does it go? This 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 Wednesday 6th March 2pm-4pm (6 weeks)**

## Introduction to Peer Training

### Overview

Co-production and co-delivery of our programs is fundamental to the ethos of the recovery college. Learning from and with peers is a very empowering experience so we take preparing new peer trainers seriously. This course introduces some of the key themes and skills for delivering sessions that have real value for the students and to the peer trainer delivering them.



**Date: Starts Thursday 7th March 10am-12am (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 by bringing the story alive with props and artefacts that link to the people and places in the book.



**Date: Starts Friday 8th March 10am- 12am (6 weeks)**

## Beginners 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 21st March 2pm- 4pm (4 weeks)**

# Workshops

## Cookery 1 Breakfast for champions

### Overview

Breakfast is probably the most important meal of the day. Learning what you can prepare quickly, easily, nutritiously and economically and you'll set yourself up to have a good day, every day.



**Date: Wednesday 20th March 2pm- 4pm (1 week only)**

## Cookery 2 Lunch on the go

### Overview

Lunch is so often a rushed affair that it's easy to slip into expensive and unhealthy habits. This workshop will help you prepare a good lunch for yourself or make healthy, cost effective choices when you don't have the time.



**Date: Wednesday 27th March 2pm- 4pm (1 week only)**

# Workshops

## Cookery 3 Dinner for pleasure

### Overview

Dinner can be a time to relax and enjoy healthy , tasty meals that are a pleasure to cook and eat. This workshop will give you some great ideas for meals that are cost effective and creative but you don't need to be a masterchef to pull them off.



**Date: Wednesday 3rd April 2pm- 4pm (1 week only)**

## Cookery 4 Cakes and treats

### Overview

We all need a bit of indulgence every now and then and baking is also a lovely way to relax and unwind. In this session you'll learn some useful baking tips and tricks while discovering how easy it is to make great cakes and other baked treats



**Date: Wednesday 10th April 2pm- 4pm (1 week only)**

**Note that places on Cookery 4 are reserved for students that have attended 2 or more of the previous 3 cookery workshops**

# 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 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.**

# Peer Support Groups

## 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 8th March 10am–12pm**

## 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: Wednesday 6th March 10am—12pm (6 weeks)**



# Peer Support Groups

## Ladie's Circle

### Overview

Our Ladie's 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: Wednesday 6th March 10am—12pm (6 weeks)**

## 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: Friday 8th March 2pm—4pm (6 weeks)**

# Frequently Asked Questions

## **What is a recovery college?**

There has been a shift in mental health services from an emphasis on treatment focused on reducing symptoms, based on a medical model, to a more holistic approach which takes into consideration wellbeing, recovery, social functioning, and quality of life.

At Recovery College Greenwich, we believe people are the experts on their own experience.

We aim to support people recognise and develop their own inner resources in order to take control of their own lives.

## **What does recovery mean?**

*"A loving invitation to be something more."*

*(Patricia Deegan)*

Recovery is that something more. What that more is will depend. It will depend on what someone in recovery thinks it means. It will depend on their definition of 'getting better'.

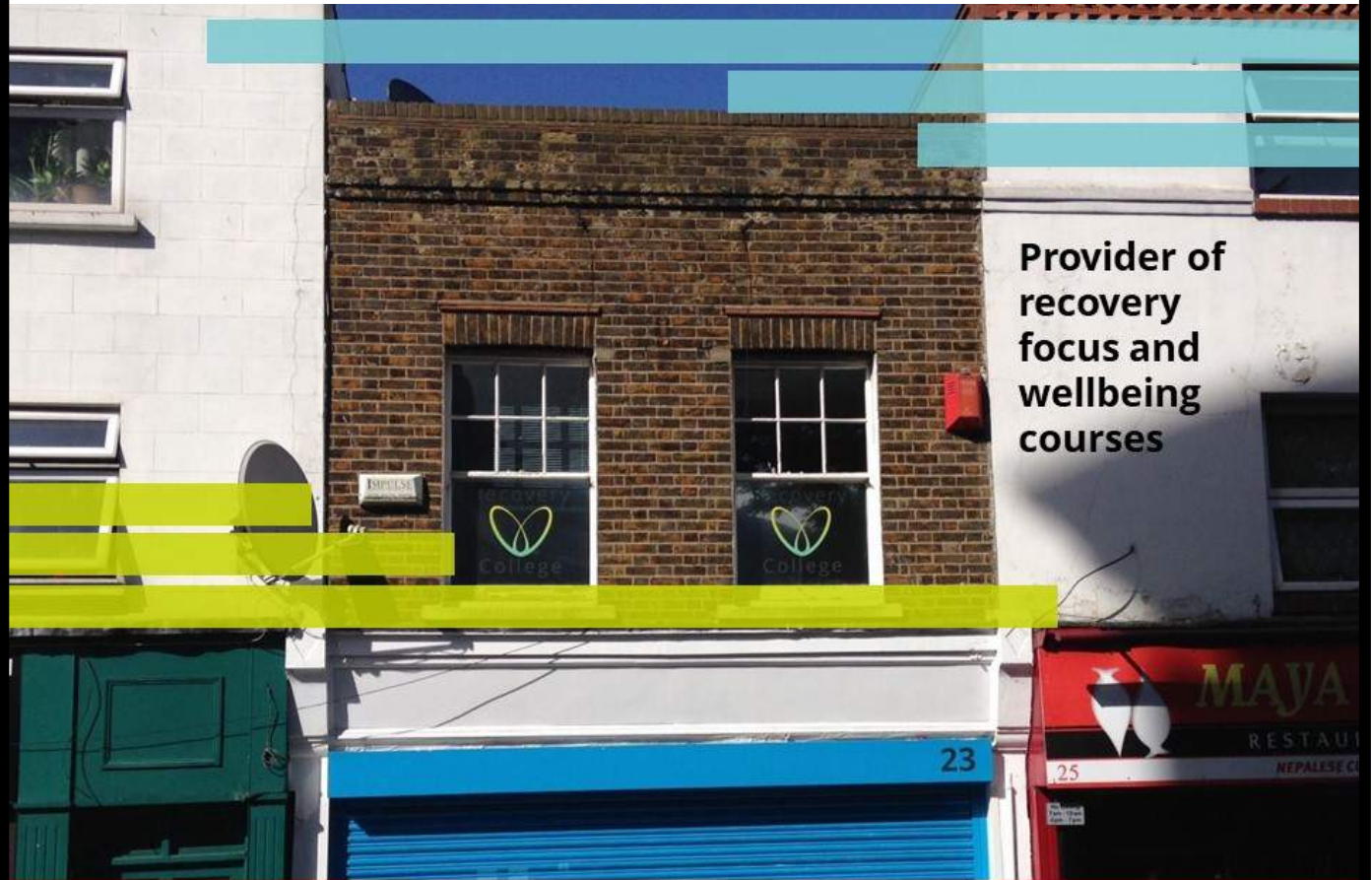
# Frequently Asked Questions

## **Can you be recovered and still have a mental health problem?**

It is possible to lead a full and meaningful life and still have a mental health problem.

We support people develop a positive identity outside of being a person with a mental health problem.

It may be part of you but it is not the whole of you.



Provider of  
recovery  
focus and  
wellbeing  
courses



RecoveryCollege

Supporting people's recovery through  
learning achievement



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via Stir Café.



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**Personal Recovery**

**Through**

**Learning**

**Achievement**



**RecoveryCollege**

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