

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.



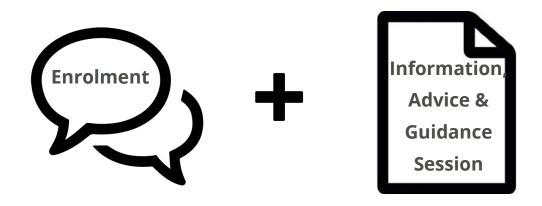
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23 Anglesea Road, Woolwich, SE18 6EG

What happens next?

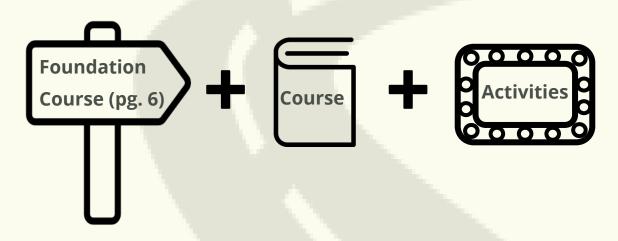
After being enrolled, over-the-phone or by appointment at the Recovery College you will attend an Information, Advice and Guidance session. The aim of this session is to help identify your wellbeing goals, as well as deciding what courses and activities you'd like to take as a student.



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
Morning	Pg. 7 Information, Advice and Guidance	Pg. 10 Healthy Relationships	Pg. 16 Ladies' Circle	Pg. 12 Tutor Development	Pg. 17 Hearing Voices
10:00 AM Until 12:00		Pg. 14 Allotment Project	Pg. 16 Men's Circle	Pg. 8 Foundation Course	Pg. 13 Creative Writing
					Pg. 14 Allotment Project
Midday	Stir Yoga		Pg. 15 Healthy Walk		
PM 2pm-4pm	Pg. 9 Reading for Pleasure	Pg. 8 Foundation Course	Pg. 11 Take Control	Pg. 12 Art	Pg. 17 Writers Circle
	Pg. 9 Meditation	Pg. 10 Advanced Knitting	Pg. 11 World Foods	Pg. 15 Garden Project	

IAG



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 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.

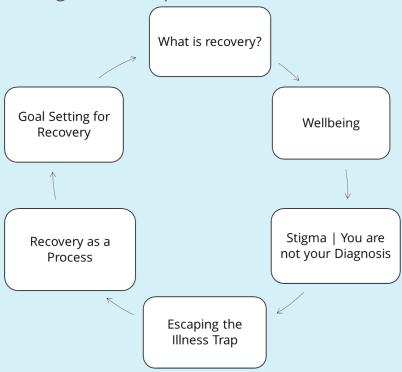
Information, advice and guidance is held every week so you don't have to sit on a waiting list for your turn. Within a week of your initial enrolment you will have completed this session, selected your courses and activities and be ready to start as a new student at the Recovery College.

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.

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 29th April 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 29th April 2pm-4pm (6 weeks)

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 30th April 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 30th April 2pm-4pm (12 weeks)

Take Control

Overview

This course encourages self-management and looks at different ways we can recognise and manage our emotional wellbeing as well as we can. The five subjects we will be covering are:

- Sleep Management
- Stress Management
- Anger Management
- Motivation
- Mindfulness.

Date: Starts Wednesday 8th May 2pm-4pm (5 weeks)

World Foods

Overview

In this 5 week course we will go all around the world learning about different flavours and dishes that some countries use to create some of their best known dishes. This course will give you the confidence to cook something new at home and impress friends or family.

Date: Starts Wednesday 8th May 2pm-4pm (5 weeks)

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 2nd May 10am-12pm (6 weeks)

Art

Overview

In this course we will make something new and creative each week. We will use simple materials and transforms them into something that you can display at home or use everyday. Anyone can apply for this course and your be surprised what master pieces you can create.



Date: Starts Thursday 2th May 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 Friday 3rd May 10am-12pm (6 weeks)

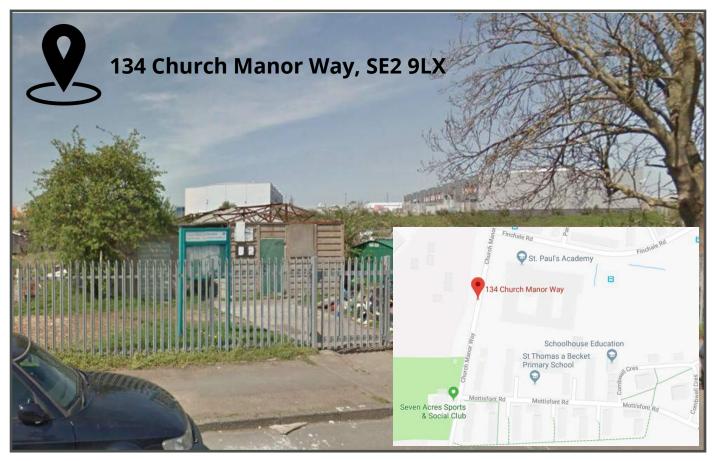
Activities

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 30th April (6 weeks)
Runs Tuesday and Friday, Meet at Stir Café at 9:30am



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 boarders. As we move into the summer months the job of maintaining what we've done and planning a living wall will begin.

Date: Thursday 2th May 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 3rd May 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 3rd May 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 8th May 10am-12pm (5 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 8th May 10am-12pm (5 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

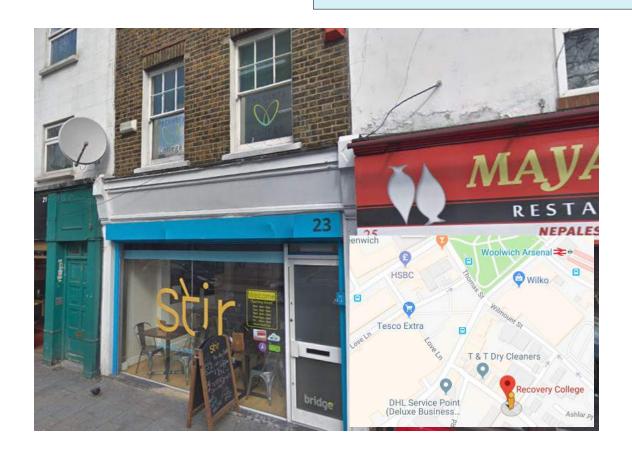
"This course has helped me to open up, learn to listen, and feel part of something"

at Recovery College Greenwich

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

- Student from Reading for pleasure at Recovery College Greenwich

Find Us





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



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