

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 co-occurring mental health and substance misuse.

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.



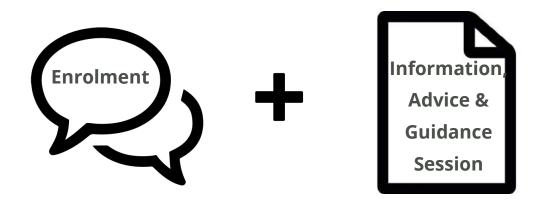
020 8294 7909



23 Anglesea Road, Woolwich, SE18 6EG

What happens next?

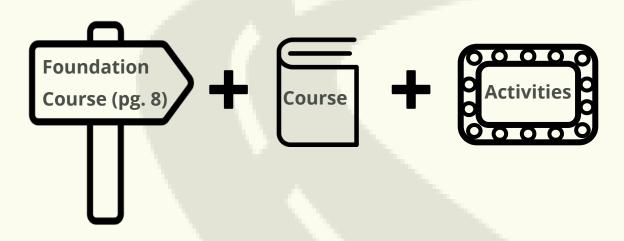
After being enrolled, over-the-phone or by appointment at the Recovery College you will attend an Information, Advice and Guidance session. The aim of this session is to help identify your wellbeing goals, as well as deciding what courses and activities you'd like to take as a student.



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 personal 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	Pg. 7 Information, Advice and Guidance	Pg. 8 Foundation	Pg. 16 Ladies' Circle	Pg. 12 Tutor Development	Pg. 13 Creative Writing
		Pg. 14 Allotment Project	Pg. 16 Men's Circle	Pg. 12 Hospitality and Catering	Pg. 17 Writers' Circle
Lunchtime	Stir Yoga (see café staff)		Pg. 15 Healthy Walk		
PM	Pg. 9 Meditation	Pg. 10 Employability for Mental Health	Pg. 11 Beginners Knitting	Pg. 8 Foundation	Pg. 13 Art
	Pg. 9 Reading for Pleasure	Pg. 10 Cooking for Beginners	Pg. 11 Healthy Relationships	Pg. 15 Garden Project	

IAG

Date: Every Monday morning 10am-12am

Information Advice & Guidance Session

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, activities and peer 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 10am-12pm or Thursdays 2pm-4pm

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 16th September 2pm-4pm (6 weeks)

Meditation

Overview

The intermediate meditation course is for those people who have some experience of meditating but would like to improve their ability. Our experienced facilitator will guide you through a variety of techniques, help you master your breathing and find the visualisation, affirmation or mantra that works best for you.

Date: Starts Monday 16th September 2pm-4pm (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! 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 Tuesday 17th September 2pm-4pm (6 weeks)

Cooking for Beginners

Overview

In this 6 week course we will go back to the basics of cooking, learning how to make simple dishes, focusing on a key ingredient each week.

Learn handy tips and tricks to make cooking that much quicker, simpler– and delicious!

Please note: this is a class for students with little/no cooking skills.

Date: Starts Tuesday 17th September 2pm-4pm (6 weeks)

Beginners Knitting

Overview

Our beginners knitting group is for those who would love to learn knitting.

Complete beginners will be taught how to cast on, knit the basic stitches and cast -off techniques.

We will be practising knitting squares and learning knitting abbreviations.

Date: Starts Wednesday 18th September 1pm-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 course we will explore the features of a healthy relationship, as well as learn and practise skills such as active listening, assertiveness and boundary setting.

Date: Starts Wednesday 18th September 2pm-4pm (6 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 course that they can deliver in the Christmas term on a subject of their choosing.

Date: Starts Thursday 19th September 10am-12pm (6 weeks)

Hospitality and Catering

In this course we will be guiding you on multiple aspects of hospitality and catering, including preparing tables, customer service, taking and fulfilling orders, as well as giving you knowledge of the industry and job opportunities within it.

This course will include an E-Learning module.

Date: Starts Thursday 19th September 10am-12pm (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 20th September 10am-12pm (6 weeks)

Art

Overview

In this course we will be experimenting with new and traditional art techniques, to create something each week.

Anyone can apply for this course and you'll be surprised what master pieces you can create.



Date: Starts Friday 20th September 2pm-4pm (6 weeks)

Activities

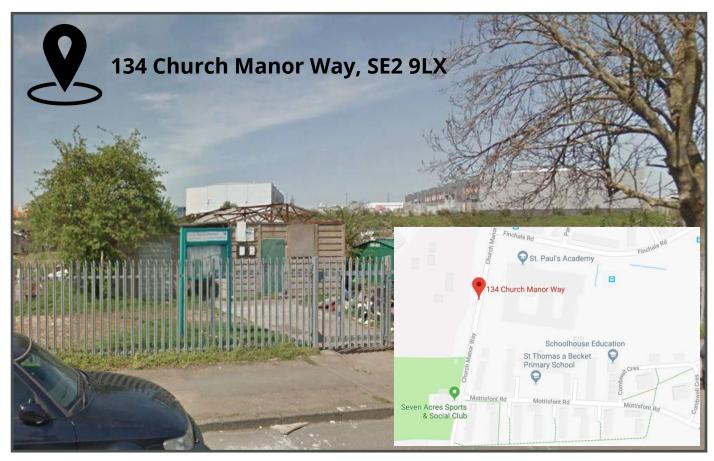
Allotment Project

Overview

This activity takes place in the open air at our allotment. Each week you will have the opportunity to use gardening tools, prepare the ground for planting, grow and harvest a variety of fruit and vegetables, much of which will be used in the Stir café.

Date: Starts Tuesday 17th September (6 weeks)

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

As summer comes to a close we're back out in the Garden at the College.

This term we will start working on the Zen garden and begin planning the installation of our living wall.

Date: Thursday 19th September 2pm-4pm (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 18th September 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 18th September 10am-12pm (6 weeks)

Peer Support Groups

Writers' 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 20th September 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

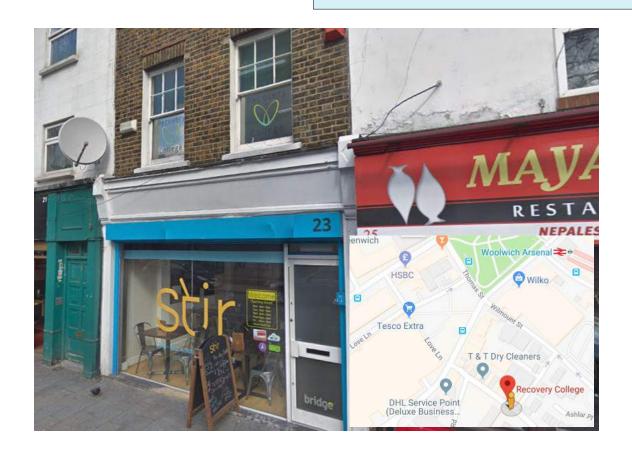
"This course has helped me to open up, learn to listen, and feel part of something"

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.



020 8294 7909



recoverycollegereception@bridgesupport.org



www.recoverycollegegreenwich.org



@RecoveryCollegeSE186EG

