

Christmas Term 2019  
11th November -  
20th December

# Recovery College Greenwich

Live Well

Develop Hobbies

Social Skills

Supporting recovery  
through learning  
achievement

23 Anglesea Road,  
Woolwich, SE18 6EG  
0208 294 7909



# 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 registered, over-the-phone or by prior appointment at the Recovery College, you will be invited to attend an Information, Advice and Guidance session.

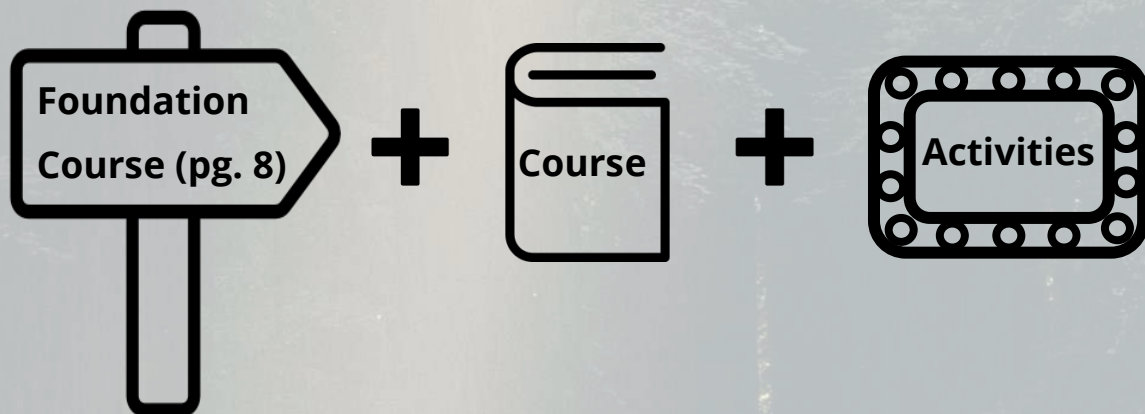
This session is an opportunity to find out more about what we do and in what way we work.



# 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<br>Information,<br>Advice and<br>Guidance | Pg. 10<br>German<br>Language and<br>Culture | Pg. 17<br>Ladies' Circle                    | Pg. 8<br>Foundation            | Pg. 13<br>Maths that<br>Matters |
|           |   | Pg. 10<br>Embroidery                        | Pg. 17<br>Men's Circle                      | Pg. 12<br>Beginners<br>Origami | Pg. 14<br>Christmas<br>Crafts   |
|           |   | Pg. 15<br>Allotment<br>Project              |   |                                |                                 |
| Lunchtime | Stir<br>Yoga<br>(see café<br>staff)             |   | Pg. 16<br>Healthy Walk                      |                                |                                 |
| PM        | Pg. 9<br>Mindfulness                            | Pg. 11<br>Rags to Bags                      | Pg. 11<br>Intermediate<br>Knitting          | Pg. 13<br>Winter<br>Wellbeing  | Pg. 18<br>Writers<br>Circle     |
|           | Pg. 9<br>Reading for<br>Pleasure                | Pg. 8<br>Foundation                         | Pg. 12<br>Confidence<br>and Self-<br>Esteem | Pg. 16<br>Garden<br>Project    |                                 |

## Your attendance matters

Attending regularly and on time helps students to get the best from taking up a place on a Recovery college course. We recognise that it is a commitment to come to every lesson, so starting in January 2020 we will reward high attendance with priority booking for courses in the new term.

# Information, Advice & Guidance

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.

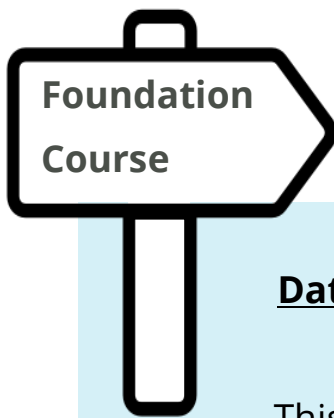
We will explore personal recovery and the courses, workshops, activities and peer support groups we have developed to support it.

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.

Note: 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.

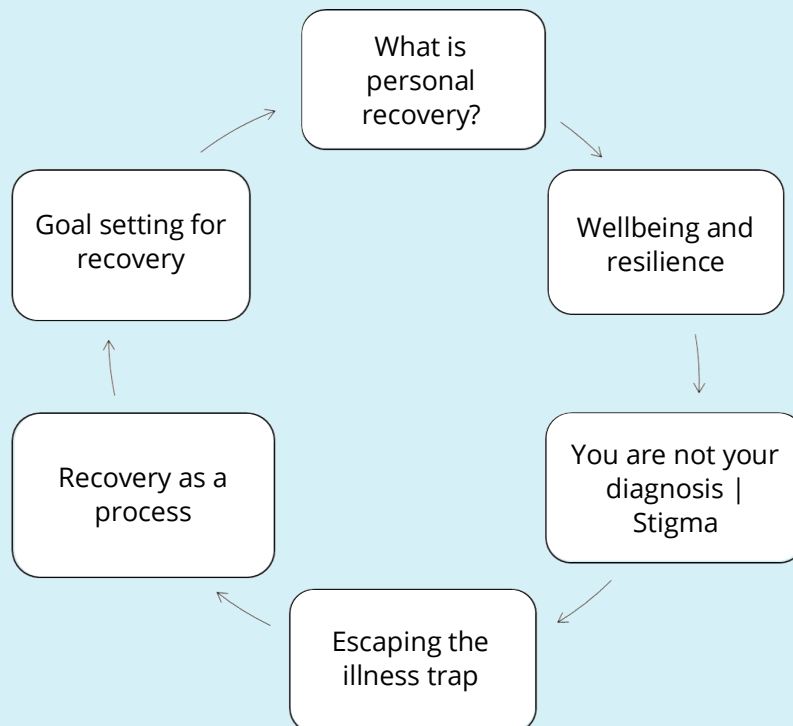
**Date: Every Monday morning 10am-12am**

# Foundation: Introduction to personal recovery



**Dates: Tuesdays 2pm-4pm or Thursdays 10am-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.**



## 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 Monday 11th November 2pm-4pm (6 weeks)**

### Mindfulness

#### Overview

Do you find it difficult to stay focused on what's happening in the present? Paying more attention to the present moment – to your own thoughts and feelings, and to the world around us can improve our mental wellbeing.

In this course, we look at how we can slow down and bring our awareness to our moment by moment experience.

**Date: Starts Monday 11th November 2pm-4pm (6 weeks)**

# Courses

## German Language and Culture

### Overview

Join friends and fellow students in enjoying a 'German Holiday'.

Discover how speaking a new language benefits your mental health whilst learning about Germany, its language and culture, including Christmas in Germany.

**Date: Starts Tuesday 12th November 10am-12pm (6 weeks)**

## Embroidery

### Overview

Come along and learn the basics of embroidery and embellishment in this laid-back 6 week course.

We will be getting into the seasonal spirit by designing and embellishing our own Christmas stockings using embroidery—Great idea for a gift!

**Date: Starts Tuesday 12th November 10am-12pm (6 weeks)**

# Courses

## Rags to Bags

### Overview

Students can choose to make a simple patterned bag in traditional fabric to re-cycled clothing or to make a Christmas patchwork bag.

All fabrics are provided but students are welcome to bring in their own materials or re-cycled clothing.

**Date: Starts Tuesday 12th November 2pm-4pm (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 how to read patterns, choose yarns and create beautiful items of clothing for babies.

**Date: Starts Wednesday 13th November 1pm-4pm (6 weeks)**



# Courses

## Confidence and Self-Esteem

### Overview

You don't become a more confident person by changing who you are. You become a more confident person by being more of who you are.

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 Wednesday 13th November 2pm-4pm (6 weeks)**

## Beginners Origami

### Overview

Building your skills one fold at a time, at the end of this course you will have learned how to fold a wide variety of paper objects. You'll also learn some of the cultural significance of origami, a little about Japan and a surprising amount about paper!

**Date: Starts Thursday 14th November 10am-12pm (6 weeks)**

## Courses

### Winter Wellbeing

#### Overview

During this six week course, we will be exploring wellbeing and the importance of maintaining it during the winter months. Each week we will focus on different areas of wellbeing such as sleep, diet and relationships, and ways in which to cope more positively.

**Date: Starts Thursday 14th November 2pm-4pm (6 weeks)**

### Maths that Matters

#### Overview

People often say they struggled with maths at school because it wasn't relevant to them. In this 6 week course we'll look at maths that matters; measuring and weighing, money and time, income and spending in a way that's fun and interactive. This course makes no assumptions about your current maths ability, so don't be shy!

**Date: Starts Friday 15th November 10am-12pm (6 weeks)**

# Courses

## Christmas Crafts

### Overview

Each week, on the build-up, to Christmas we will do a new creative craft/activity from card making, poetry to baking.

This course will definitely get you in the festive spirit.



**Date: Starts Friday 15th November 10am-12pm (6 weeks)**



# Activities

## Allotment Project

### Overview

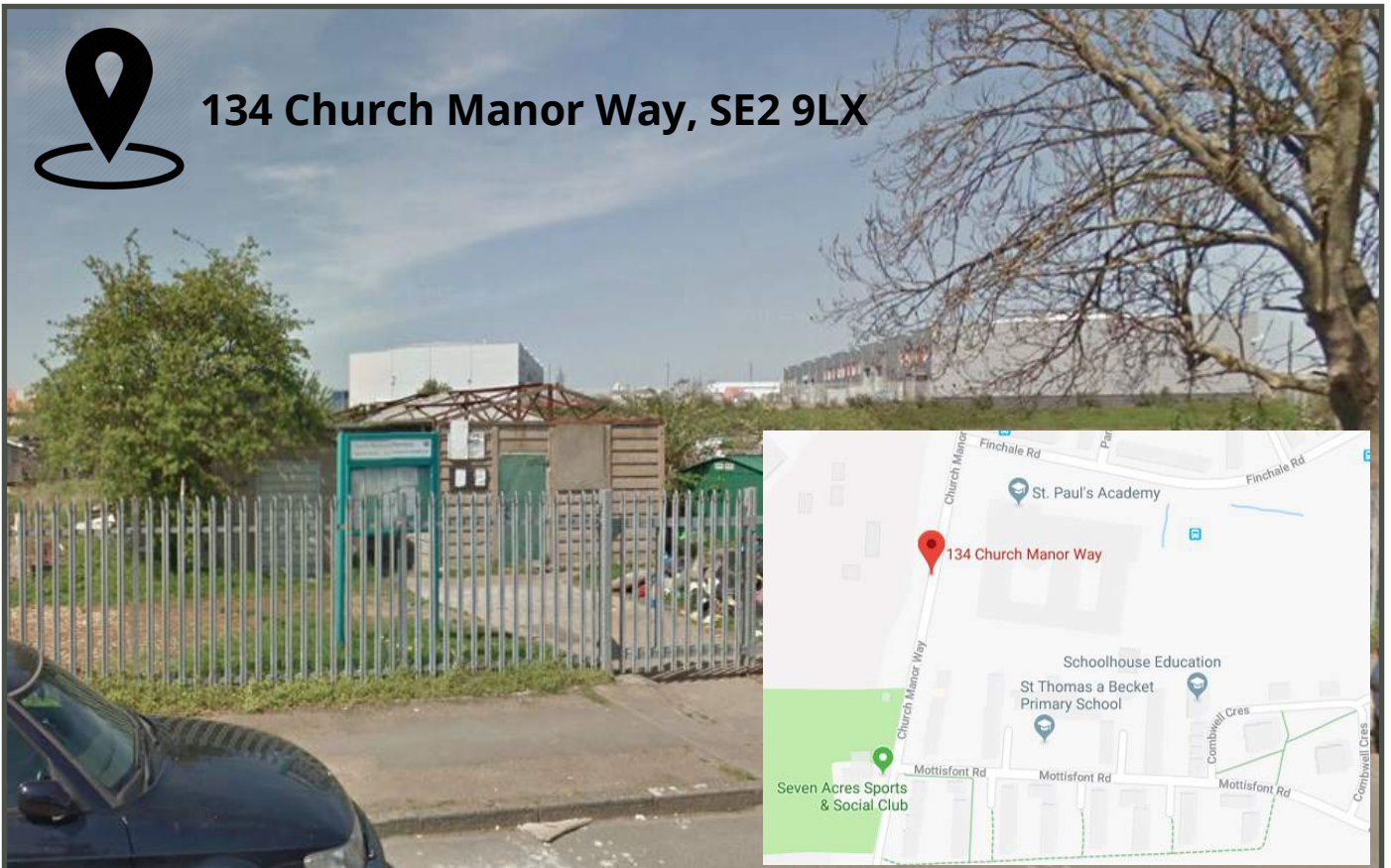
This activity takes place in the open air at our allotment. Each week you will have the opportunity to use gardening tools, prepare the ground for planting, grow and harvest a variety of fruit and vegetables, much of which will be used in the Stir café.

**Date: Starts Tuesday 12th November (6 weeks)**

**Meet at Stir Café at 9:30am**



**134 Church Manor Way, SE2 9LX**



# 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 14th November 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 13th November 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 13th November 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)**



# Find Us



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



020 8294 7909



[recoverycollegereception@bridgesupport.org](mailto:recoverycollegereception@bridgesupport.org)



[www.recoverycollegegreenwich.org](http://www.recoverycollegegreenwich.org)



@RecoveryCollegeSE186EG



Personal recovery

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