

Recovery College Greenwich 2025

Support

Autumn Term

8th September – 17th October

wellbeing, recovery, independence



Welcome to:-

The Recovery College Greenwich

Autumn Term Prospectus 2025.

We have a range of activities and courses to continue strengthening your *6Rs of a Sustainable Self Recovery*, personal health, wellbeing and to help you on your recovery journey through learning achievement.

When booking activities and courses, it is important to remember to take note of what date your activity or course is on, the time it starts and to be punctual.

Some classes have a 10-minute late window but if your class doesn't, this will be stated in your confirmation email.

If you are unable to attend an activity or course or wish to cancel after booking on, please do so at the earliest opportunity by phone as the activity or course may be over subscribed and this would give other students the opportunity to benefit from the activity or course if they are on the waiting list.

We look forward to seeing you in the College.



Enrolling with RCG

If you feel that you could benefit from joining any of the classes we run, then consider enrolling at:-

The Recovery College Greenwich.

All you need to do, is fill out your details using [this online form](#), and a member of The Recovery College Greenwich team will be in touch.

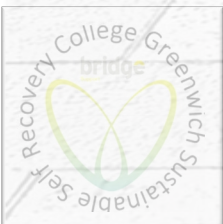
We also have helpful guides if it your first time finding

The Recovery College Greenwich-

[Guide for prospective students](#)

[Guide for mental health professionals](#)

These guides will take no longer than 30 minutes to read and will give you all the essential information you'll need to know moving forward with us.



IAG

Every Monday from 8th September – 13th October - 11am -12pm at
The Recovery College Greenwich.

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES
BEFORE THE START OF THIS CLASS.

Information Advice and Guidance - is the one-off orientation session for all new students at the beginning of their Recovery College journey.

The IAG prepares new students wishing to attend the Sustainable Self Recovery Course – The 6Rs

It also helps students to understand what we offer at the College and how it can support them through their journey.

To reserve your place call RCG on 020 8294 7909

Photo by [Honey Yanibel Minaya Cruz](#) on [Unsplash](#)

The 6Rs course at RCG of a :- Sustainable Self Recovery

Every Tuesday 9th September – 14th October, 10am-12.30pm at
The Recovery College Greenwich.

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES
BEFORE THE START OF THIS CLASS.



The 6Rs Mental Health Framework Course:

Building a Positive, Sustainable Self—One Step at a Time.

The 6Rs of Positive Sustainable Self, is a holistic, strengths-based framework that helps individuals care for their mental health through reflection, self-regulation, and mindful growth.

Each “R” supports Mental Health Awareness, personal sustainability, and recovery without burnout.

The 6Rs Example Overview:

R	Purpose
1. Reflect:-	Pause, notice and think about the good things around you.
2. Reframe:-	Shift perspective, look at life in a positive way.
3. Reset:-	Stop, adjust, focus on the positive actions.
4. Restore:-	Replenish your health and wellbeing.
5. Reconnect:-	Reconnect with plus values, purpose, people, and nature.
6. Reimagine:-	Visualize and move toward new life possibilities and growth.

To reserve your place call RCG on 020 8294 7909





Tuesday Allotment

Tuesday 9th September – 14th October 10am -12pm
Outdoors

**PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES
BEFORE THE START OF THIS CLASS.**

Whether you are an experienced gardener or complete beginner, the allotment is a great place to get outdoors and into nature. Join the group during the autumn term where there will be lots of learning, digging and harvesting. Combine the allotment experience with cookery courses at the Recovery College Greenwich.

Why Allotment Spaces Support Well-being/Mental Health.

An **allotment** is more than a plot of land—it's a **sanctuary**.

It offers structure, purpose, physical activity, and a direct connection to nature.

Research has consistently shown that spending time in green spaces can:

- Reduce stress and anxiety.
- Improve mood and sleep.
- Increase self-esteem and life satisfaction.
- Foster community and social interaction.

Gardening in an allotment setting engages the body and calms the mind. It helps people unplug, reset, and rediscover the healing power of nature.

Final Thoughts: Cultivating Wellness, One Plot at a Time.

Mental health is not a destination—it's a daily practice.

By combining the therapeutic power of **allotment gardening** with the **6Rs of Positive Sustainable Self**, individuals can cultivate not just plants, but peace, resilience, and purpose.

In your allotment, you are not just growing food—you're growing *yourself*.



The location of the allotment will be shared when you sign up.

If the weather prevents the session from going ahead, you will be notified by phone.

To reserve your place call RCG on 020 8294 7909



Shoulder to Shoulder Angling Group

Every Friday from 5th September 10am -1pm

Outdoors

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES
BEFORE THE START OF THIS CLASS.



Angling (Fishing), and the 6Rs of a Positive Sustainable Self

Casting Calm Into Everyday Life

Mental health awareness must include **simple, natural, and meaningful activities** that are both accessible and sustainable.

Angling is one such path—inviting stillness, self-connection, and balance with every cast.

With the **6Rs of Positive Sustainable Self**, fishing becomes more than a break—it becomes a practice of presence, peace, and purpose.

You don't need to catch anything to feel better.

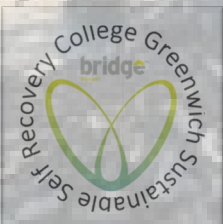
You just need to show up, slow down, and let the water meet you where you are.

- Reflect:-** Use the quiet moments of fishing to check in with your inner world.
- Reframe:-** Use the patience and unpredictability of fishing to shift your mindset.
- Reset:-** Use time by the water as a reset for your nervous system.
- Restore:-** Let angling restore your energy and sense of balance.
- Reconnect:-** Use angling to reconnect with yourself, nature, and others.
- Reimagine:-** Let the clarity found in stillness, guide your next steps.

All information and the location of the fishery will be shared when you sign up.

If the weather prevents the session from going ahead, you will be notified by phone.

To reserve your place call RCG on 020 8294 7909



Oxleas
Improving lives

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Whatever Wednesday

Every Wednesday 10th September – 15th October, 10am -12pm at
The Recovery College Greenwich.

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES
BEFORE THE START OF THIS CLASS.

This course is exactly what is says on the tin.

Whatever Wednesday, you decide what you want to do each week.

You can join Teresa and utilise her Make Do and Mend skills on any fabric item that needs mending.

Learn how to mend a tear, sew on a button or replace a zip.

You can join Kerry and your peers for a chit chat in a safe space about your week gone and the one coming.

We even have a dart board so if you fancy throwing some arrows, you can do that too.

Great direction 🏹 — applying the **6Rs of a Sustainable Self-Recovery** to **group activities**

highlights the importance of community, shared experience, and co-healing.

Group work (whether in therapy, wellness circles, art workshops, or yoga classes) can make the process more sustainable and supportive.

🏹 Why Group Activities Make Recovery Sustainable

- They transform recovery from an **isolated struggle** into a **shared journey**.
- They allow for **mirroring** (seeing yourself in others) and **validation**.
- They generate collective energy, motivation, and hope.

They help people practice **connection, empathy, and belonging**, all crucial for long-term recovery.

If you don't fancy any of these options, why not sign up and know that for 2 hours each week, you have a safe space where you can get a cuppa and simply watch the world go by.

To reserve your place call RCG on 020 8294 7909



Knitting & Crocheting

**Every Wednesday 10th September-15th October 2-4pm at
The Recovery College Greenwich.**

**PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES
BEFORE THE START OF THIS CLASS.**

Join our Peer Tutor Pamela for this relaxed knitting and crocheting course.

Don't panic if you are a newbie, all levels are welcome.


Pamela will use her skills and guide you through the weeks helping you to produce anything from a scarf to a jumper.


Mental Health Awareness, Knitting/Crocheting, and the 6Rs of a Positive Sustainable Self


In the conversation around **mental health awareness**, more people are rediscovering the therapeutic benefits of **hands-on, creative practices** and few are as quietly powerful as **knitting**.


Knitting isn't just about making scarves or sweaters. It's a meditative, mindful act that helps soothe the nervous system, anchor the mind, and create a sense of progress and peace—stitch by stitch.


When paired with the **6Rs of Positive Sustainable Self**, knitting becomes more than a hobby; it becomes a *healing ritual* that supports emotional balance and self-nurturing, builds confidence and social bonds, when combined with a knitting group.


Reflect:-  **Goal:** Use knitting as quiet time to check in with your thoughts and feelings.

Reframe:-  **Goal:** Shift self-critical thoughts into more compassionate, creative perspectives.

Reset:-  **Goal:** Use knitting to reset your mind and regulate your emotions.

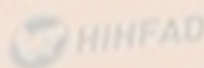
Restore:-  **Goal:** Let knitting be a form of relaxation and sensory restoration.

Reconnect:-  **Goal:** Use knitting to reconnect with yourself, tradition, or others.

Reimagine:-  **Goal:** See yourself as someone capable of building beauty and meaning, even during tough times.

You don't have to knit fast. You don't have to knit perfectly. You just have to keep going—stitch by stitch, breath by breath.

To reserve your place call RCG on 020 8294 7909



Seated Yoga

Every Wednesday 10th September-15th October, 2-3pm
at The Recovery College Greenwich.

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES
BEFORE THE START OF THIS CLASS.

Yoga offers numerous physical, mental and emotional benefits, including improved flexibility, stress relief, improved sleep and enhanced mental health.







Join Kerry for this relaxed seated yoga course and enjoy the many benefits that it offers.

The 6Rs of a Sustainable Self-Recovery with Yoga

Why this Framework Works

- It flows like the **yogic journey**: from awareness → transformation → renewal → connection → vision.
- It blends **inner practices (reflection, reframing, imagination)** with **outer practices (asana, pranayama, rest, connection)**.

It respects recovery as **non-linear, deeply personal, and holistic**.

1. **Reflect:-**  (Svadyaya – Self-study)
2. **Reframe:-**  (Changing Perspective – Pratipaksha Bhavana)
3. **Reset:-**  (Cleansing & Renewal – Shaucha)
4. **Restore:-**  (Rest & Healing – Yoga Nidra & Restorative Yoga)
5. **Reconnect:-**  (Union – Yoga = Connection)
6. **Reimagine:-**  (Vision & Transformation – Sankalpa)

To reserve your place call RCG on 020 8294 7909



Tai Chi

Every Wednesday 10th September – 15th October 3-4pm at
The Recovery College Greenwich.

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES
BEFORE THE START OF THIS CLASS.



Moving Gently Toward Mental Wellbeing

Mental health isn't just in our minds—it lives in our breath, our posture, and our pace.

Tai Chi offers a slow, steady, and kind way to meet ourselves where we are, day by day.

When combined with the 6Rs of a Positive Sustainable Self, Tai Chi becomes a practice of healing, reflection, and ongoing balance.

You don't need force to feel strong.

You don't need speed to make progress.

You only need space to move, breathe, and begin again.



The 6Rs of Positive Sustainable Self Through Tai Chi

The 6Rs are a guide to self-leadership and mental wellbeing.

When practiced through the lens of Tai Chi, each one becomes an embodied experience—not just a mental concept.

- 1 **Reflect:-** Listening to the Body
- 2 **Reframe:-** Changing Inner Dialogue
- 3 **Reset:-** Coming Back to Centre
- 4 **Restore:-** Recharging from Within
- 5 **Reconnect:-** Mind-Body-Spirit Integration
- 6 **Reimagine:-** Flowing Into Possibility

Join Kerry for this Tai Chi course and reap the benefits that it offers.

Each class will have a seated and standing option available.

To reserve your place call RCG on 020 8294 7909



Photo by [Kevin Olson](#) on [Unsplash](#)

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Thursday Allotment

Every Thursday 11th September – 16th October 10am-12pm

Offsite

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES
BEFORE THE START OF THIS CLASS.

Are you a seasoned produce grower or would you like to learn how to grow your own fruits and vegetables?

Do you like working outside in the fresh air, connecting with nature and your peers?

If this sounds like you, why not sign up and join the allotment group and share your expertise or learn new skills.

Mental Health Awareness, Allotment, and the 6Rs of a Positive Sustainable Self

In recent years, mental health has become a central topic in conversations about well-being. As we search for sustainable, natural ways to support emotional and psychological health, one practice continues to stand out for its simplicity and effectiveness: **allotment gardening**. Whether you're planting vegetables, herbs, or flowers, tending to an allotment offers more than just fresh produce. It provides space for reflection, connection, and growth—key elements in nurturing a **positive sustainable self**.

When paired with the **6Rs** framework, allotment gardening becomes a powerful pathway to holistic mental wellness.

- 1 **Reflect:-** An allotment provides a quiet space for thought.
- 2 **Reframe:-** Gardening teaches patience, flexibility, and acceptance.
- 3 **Reset:-** Stepping into your allotment can feel like stepping into another world.
- 4 **Restore:-** Gardening isn't just physically restorative—it soothes the spirit.
- 5 **Reconnect:-** An allotment connects you with more than just nature—it helps you reconnect with your world.
- 6 **Reimagine:-** Every seed planted is a statement of belief in the future.

The location of the allotment will be shared when you sign up.

If the weather prevents the session from going ahead, you will be notified by phone.

To reserve your place call RCG on 020 8294 7909



Photo by [todd kent](#) on [Unsplash](#)

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Games and Social

Every Thursday 11th September – 16th October, 2pm - 4pm at
The Recovery college Greenwich.



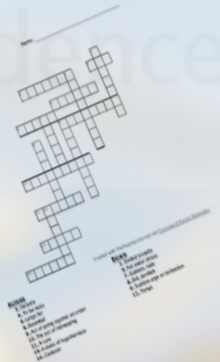
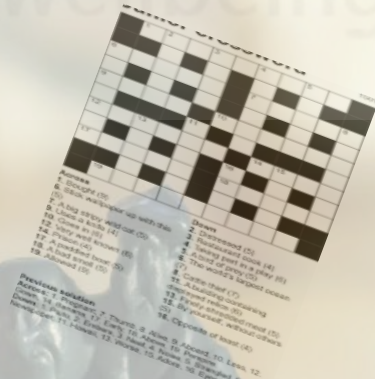
PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES
BEFORE THE START OF THIS CLASS.



Join us for a relaxing afternoon, filled with classic games and trivia.

Learn how to play games from one another such as Rummikub, Dominoes and Scrabble whilst having a catch up of the week gone by.

Test your knowledge and work together to solve crosswords and quiz's.



Perfectly — bringing the **6Rs of a Sustainable Self-Recovery** into the realm of **games and socialising** is a brilliant way to show that healing doesn't always have to be heavy — it can also be playful, creative, and community-driven.

Games naturally build connection, resilience, and perspective, which ties to the 6Rs framework.

Why Games & Socialising Support Sustainable Recovery

- They make recovery **accessible and enjoyable**, not just “serious work.”
- They allow people to **practice resilience** by handling wins, losses, and surprises in a safe setting.
- They encourage **connection and belonging**, which counteract isolation.

They spark **creativity and imagination**, opening up new possibilities for self-expression.

To reserve your place call RCG on 020 8294 7909



Women In History

Every Thursday 11th September – 16th October, 10am-12pm at
The Recovery College Greenwich.

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES
BEFORE THE START OF THIS CLASS.

Join Kerry this term and delve into the struggles and achievements
of women who have left their mark on the pages of history.

A powerful direction 🌿 — grounding the **6Rs of a Sustainable Self-Recovery** in the stories of **British women in history**.

Women's lives in history are full of resilience, reframing, and reimagination, and their examples can inspire recovery journeys today.

Here's a way to frame it:

🧠 The 6Rs of a Sustainable Self-Recovery with British Women in History.

1. Reflect:- 🕒 (*Learning from the Past*) Reflection is about looking inward *and* outward — recognising the struggles and achievements of women before us.

2. Reframe:- 🔄 (*Challenging Perspectives*) Reframing means shifting the narrative of limitation into one of possibility.

3. Reset:- 🔄 (*Starting Anew*) Resetting is about breaking cycles and daring to start fresh.

4. Restore:- 🌿 (*Healing & Renewal*) Restoration is about recovery, care, and rebuilding strength.

5. Reconnect:- 🤝 (*Belonging & Solidarity*) Women in history show how community and solidarity are essential for change and healing.

6. Reimagine:- 🖼️ (*Visioning New Futures*) Reimagining means envisioning a better, freer life and daring to pursue it.

🌱 Why This Matters for Recovery.

- History shows us that recovery — like progress — is **not linear**.
- British women in history model courage, resilience, and creativity, showing us how to reflect, reframe, reset, restore, reconnect, and reimagine.
- Their legacies remind us that personal recovery can ripple outward, creating **social change and collective healing**.

To reserve your place call RCG on 020 8294 7909



Hot Air Balloon Light

Every Friday 12th September – 17th October, 10am-12pm at
The Recovery College Greenwich.

Join Teresa for this course and create your own Hot Air Balloon light.

Following step by step instructions, you will learn to make paper mâché that looks like Japanese paper and create a beautiful light to stand on your bedside table or to use as a centre piece.

Mental Health Awareness, Hobbies, crafts, and the 6Rs of a Positive Sustainable Self

As mental health awareness becomes more integrated into everyday life, there's growing recognition that emotional well-being is supported not just by clinical care—but also by **daily, meaningful engagement** in things that bring joy, purpose, and creativity.

One of the most accessible ways to support mental health is through **hobbies or crafts**.

Whether it's painting, gardening, music, reading, crafting, or baking, hobbies create **space for restoration, self-expression, and play**—things that are often neglected under stress or pressure. Combined with the **6Rs of Positive Sustainable Self**, hobbies become more than pastimes—they become tools for resilience and emotional renewal.

Why Hobbies Matter for Mental Health

Engaging in hobbies is a powerful way to:

- Reduce stress and anxiety through focused activity
- Provide a sense of purpose and accomplishment
- Improve mood by promoting dopamine and flow states
- Enhance self-esteem and creativity
- Offer time for mindfulness and emotional release
- Create connection with others (if shared)

In short, hobbies help shift you from **surviving** to **thriving**—especially when life feels overwhelming or directionless.

To reserve your place call RCG on 020 8294 7909

Art with Libby

Every Friday 12th September – 17th October 2-4pm at
The Recovery College Greenwich.

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES
BEFORE THE START OF THIS CLASS.


Join Libby for this art course where she will introduce you to different
artistic styles and get you creating various pieces of artwork.

The 6Rs of a Sustainable Self-Recovery with Art


The 6Rs of a Sustainable Self-Recovery through the lens of Art

Just like Yoga, Art offers reflection, healing, expression, and transformation.


Here's how each "R" can be embodied through creative practice:


Reflect:-  (Self-Expression & Awareness)

Reframe:-  (Changing Perspective through Creativity)

Reset:-  (Cleansing & Renewal through Process)

Restore:-  (Healing & Soothing through Creative Flow)

Reconnect:-  (Connection with Self & Others through Art)

Reimagine:-  (Vision & Transformation through Creation)

To reserve your place call RCG on 020 8294 7909



Journaling and Diary Keeping

Every Friday 12th September – 17th October 2-4pm at
The Recovery College Greenwich.

PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES
BEFORE THE START OF THIS CLASS.

Join Kerry for this course, learn the secrets of how to Journal and keep a diary.

The skill of planning will help keep a track of appointments, social events and YOU time.

Mental Health Awareness, Journaling, and the 6Rs of a Positive Sustainable Self.

In the evolving conversation around **mental health awareness**, one quiet, personal, and powerful tool continues to stand out: **journaling**.

Whether done daily or occasionally, journaling provides a safe, judgment-free space to explore thoughts, process emotions, and cultivate clarity.

For those navigating anxiety, depression, overwhelm, or emotional burnout, journaling can act as both a mirror and a release—a way to understand what you're feeling, why it matters, and how to move forward.

Paired with the **6Rs of Positive Sustainable Self**, journaling becomes more than a wellness habit; it becomes a meaningful act of self-leadership and emotional renewal.

Reflect Goal: Gain self-awareness by honestly observing your thoughts and emotions.

Reframe Goal: Challenge limiting beliefs and shift your internal dialogue.

Reset Goal: Use journaling to break mental or emotional overwhelm and begin again.

Restore Goal: Replenish emotional energy and inner peace.

Reconnect Goal: Remember who you are and what matters to you.

Reimagine Goal: Envision possibilities beyond your current emotional state.

PLEASE NOTE THAT YOU WILL NEED AN ACADEMIC DIARY FOR THIS COURSE.

To reserve your place call RCG on 020 8294 7909





Donations → <https://www.justgiving.com/campaign/rideforrecovery>

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Ride for Recovery: London to Brighton 2025



bridge Organised by Bridge Support

Whether supporting from the sidelines or with us on the road, you're part of something bigger. Together, we're proving that recovery is possible, that community support makes all the difference, and that every person deserves the chance to live well.

London to Brighton Cycle Ride 2025 · 14 September 2025 · [Set a reminder](#)

Story

Our Story

Paul Thornton knows what it means to rebuild your life. As a student at Bridge Support's Recovery College Greenwich, Paul has experienced first hand how the right support can transform everything. Paul now wants to give back. He's leading our team on the London to Brighton cycle ride: 55 miles of determination, hope, and gratitude.

Why This Matters

Bridge Support doesn't just provide mental health services. We transform lives.

Bridging the crucial gap between hospital care and independent living, we offer everything from 24-hour support to community programmes that help people reclaim their futures.

Recovery College Greenwich, part of Bridge Support, takes a unique educational approach to recovery. Through interactive courses and workshops, people discover their own strength, develop hope, and take back control of their stories.

Because recovery isn't something that happens in isolation. It happens in community - and when we strengthen that community, everyone benefits.

Why We Ride

We're cycling because every mile matters:

- to fund vital mental health services that transform lives in our Greenwich community
- to celebrate every recovery story, including Paul's, and those yet to be written
- to show what's possible when a community comes together
- to prove that hope travels—one pedal stroke at a time.

Your Impact

When you donate, you're investing in transformation:

Training that changes everything - your support funds essential learning resources and staff training that elevates care across all Bridge Support services.

Expertise that spreads hope - Recovery College Greenwich's 20 years of experience reaches more people through enhanced training programs for support workers.

Quality that counts - better training means better support, more meaningful connections, and improved outcomes for everyone in recovery.

Every donation, whatever the amount, helps us build on two decades of proven success at Recovery College Greenwich to reach more people who need hope, support, and a pathway forward.

Together, we ride. Together, we heal.

bridge Ride for Recovery: London to Brighton 2025
Fundraising for Bridge Support

Help Bridge Support

Sharing this cause with your network could help raise up to 5x more in donations. Select a platform to make it happen:



Email

You can also help by sharing this link on:



£1,500

raised by 38 supporters

[Give Now](#)

[Share](#)

Be a fundraiser

Create your own fundraising page and help support this cause.

[Start fundraising](#)

bridge **Bridge Support** RCN 802227
www.bridgesupport.org

Bridging the gap between in-patient mental health services and independent living, Bridge Support provides proven pathways to support people with long-term mental health conditions in the community and to help them navigate their way back to living independently.

[Read charity description](#)

2 fundraisers

- Celia Wilkinson**
£1,355.00
raised by 31 supporters **90%**
- Phil Smith**
£10.00
raised by 1 supporter **2%**

6 donations

[Top donations](#)

- Taylor**
£20.00
1 day ago
- Thuy**
Good luck Team Bridge Cyclists!!!
£20.00
6 days ago
- Dee**
£40.00
7 days ago
- Julie**
Go girl 🍀🍀🍀
£25.00
8 days ago
- Ross Minter**
Good luck to everyone Outies
£20.00
8 days ago

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Donations → <https://www.justgiving.com/campaign/rideforrecovery>

Bebe

Birthday Celebration

Raising funds for:-

Greenwich & Bexley Community Hospice

**Friday 26th September 10 – 12am at
The Recovery College Greenwich.**

On Friday 26th September, we are having a birthday fundraiser in honour of our greatly missed friend and Peer Tutor Bebe.

Losing Bebe has left a massive hole in the college that will be filled by no other.

Bebe had a knack of making everyone feel welcome and the patience of a saint when teaching her knitting classes.

Join us for a cuppa and a slice of cake and share your memories of our Bebe.

A minimum £2.50 donation from each attendee will go to the Greenwich & Bexley Community Hospice who lovingly took care of Bebe in her final days.

To reserve your place call RCG on 020 8294 7909



Recovery College Greenwich

Bridge Support *Magazine*

We've covered a wide variety of topics, including Empowerment, Creative Writing, Finance, Being Active and Eating well, and all with a focus on wellbeing.

To subscribe to receiving our magazine, contact us!

[If you've missed an issue or want to check back to a previous item, you can view our bookshelf of past issues by clicking HERE!](#)

RecoveryCollegeGreenwich

Call/Text us on

RCG Reception Mobile:- **077 12924120**

RCG Reception Landline:- **020 8294 7909**

Email us at:- RecoveryCollegeReception@bridgesupport.org

Join us on Facebook:- [Facebook.com/Recovery CollegeSE186EG](https://Facebook.com/RecoveryCollegeSE186EG)