

# Recovery College Greenwich 2026

Prospectus

23<sup>rd</sup> February – 27<sup>th</sup> March



Welcome to:

# The Recovery College Greenwich

Support

Feb – March Prospectus 2026.

The staff at the RCG would like to welcome you to a warm safe place where you can meet new people on a journey of learning to live gain.

Drop in for a chat, have a tea or coffee, 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.

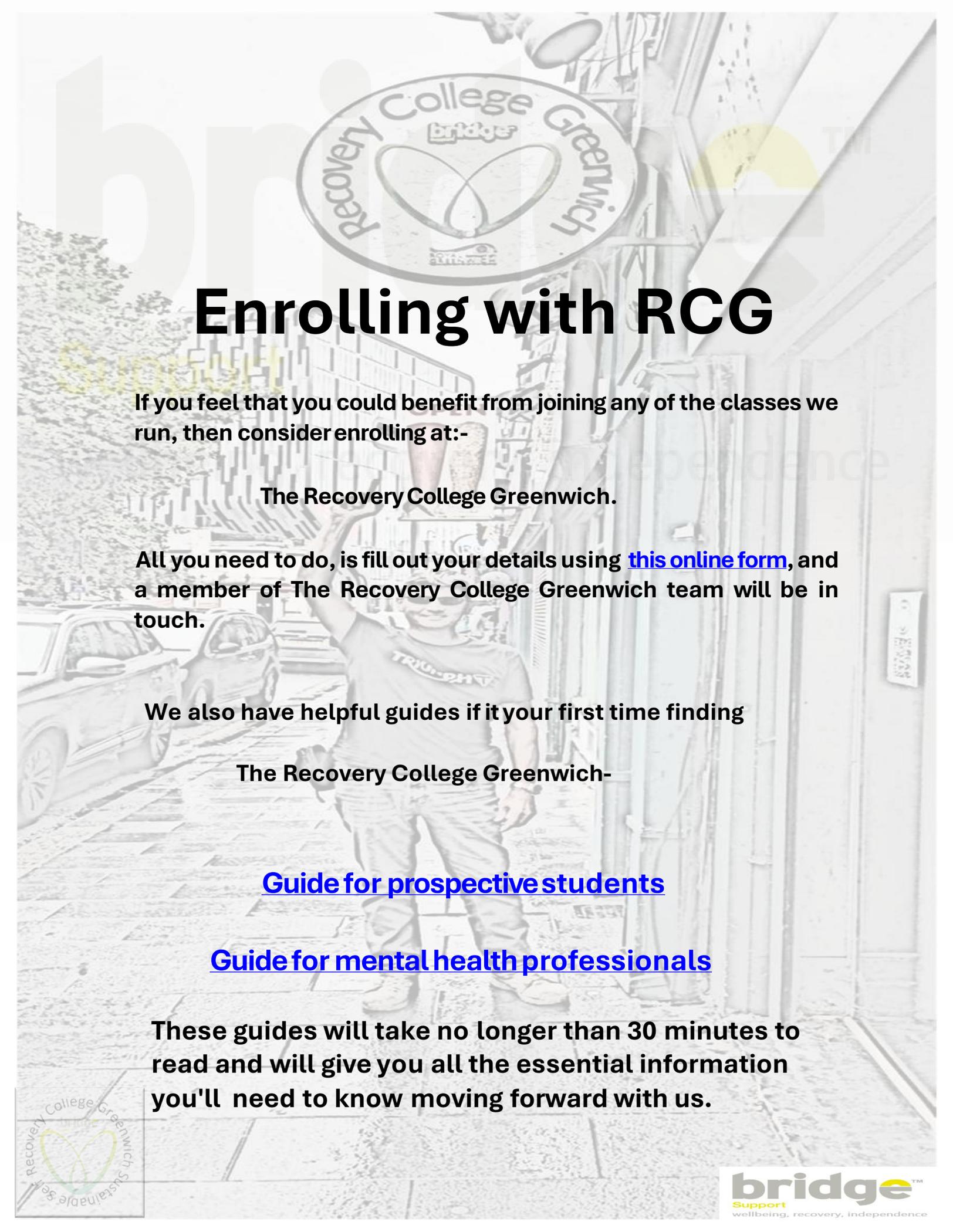
When booking activities and courses, it is important to remember to take note of what date your activity or course is on, the time it starts and to be punctual.

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 23<sup>rd</sup> February– 23<sup>rd</sup> March - 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 Greenwich journey.**

**The IAG prepares new students wishing to attend the  
6Rs Sustainable Self Recovery Course, courses and  
activities provided by the college.**

**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 reception on - 01322 912 467**

**Reception mobile on - 07712 924 120**

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

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

Every Tuesday 24<sup>th</sup> February – 24<sup>th</sup> March,  
Session 1 - 10am-12pm/session 2 - 2pm–4pm 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. <b>Reflect:-</b>   | Pause, notice and think about the good things around you.    |
| 2. <b>Reframe:-</b>   | Shift perspective, look at life in a positive way.           |
| 3. <b>Reset:-</b>     | Stop, adjust, focus on the positive actions.                 |
| 4. <b>Restore:-</b>   | Replenish your health and wellbeing.                         |
| 5. <b>Reconnect:-</b> | Reconnect with plus values, purpose, people, and nature.     |
| 6. <b>Reimagine:-</b> | Visualize and move toward new life possibilities and growth. |

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# Four Pillars of Health

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

Every Monday 23<sup>rd</sup> February – 23<sup>th</sup> March, 10am-12pm at  
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## Four Pillars of Health

Do you feel like your life is out of sync and you have lost your way a little bit?

Are there things that you know you need to do but you lack the motivation to do them?

Is poor sleep an issue that can lead you to feeling stressed or angry?

If you have answered yes to any of these questions, join us for this 5-week course where we will be looking at the 4 Pillars of Health –

**Sleep, Nutrition, Stress and Exercise** – and how keeping a balance in these 4 areas can lead to a more productive and satisfying life.

### 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 a connection with others (if shared)

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

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Photo by [Ryan Stefan](#) on [Unsplash](#)





# Tuesday Allotment

Tuesday 24<sup>th</sup> February – 24<sup>th</sup> March 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 in the February – March term where there will be lots of learning, planning and digging.

Combine the allotment experience with wellbeing and cookery courses at the Recovery College.

## **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 reception on - 01322 912 467**

**Reception mobile on - 07712 924 120**



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

# Whatever Wednesday

Every Wednesday 25<sup>th</sup> February – 25<sup>th</sup> March, 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 but with a New Year spin.

**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 reception on - 01322 912 467**

**Reception mobile on - 07712 924 120**

Photo by [Bruno van der Kraan](#) on [Unsplash](#)



# Knitting & Needle Crafts

Every Wednesday 25<sup>th</sup> February-25<sup>th</sup> March 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 and Needle Crafts, 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.

To reserve your place call RCG reception on - 01322 912 467

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# Thursday Allotment

Every Thursday 26<sup>th</sup> February–26<sup>th</sup> March 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? The start of the growing season is the time to use what you have learnt in the last year, build on the progress made and planning the growing year to come.

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 reception on - 01322 912 467**

**Reception mobile on - 07712 924 120**



# Games and Social

Every Thursday 26<sup>th</sup> February – 26<sup>th</sup> March, 2pm - 4pm at  
The Recovery College Greenwich.



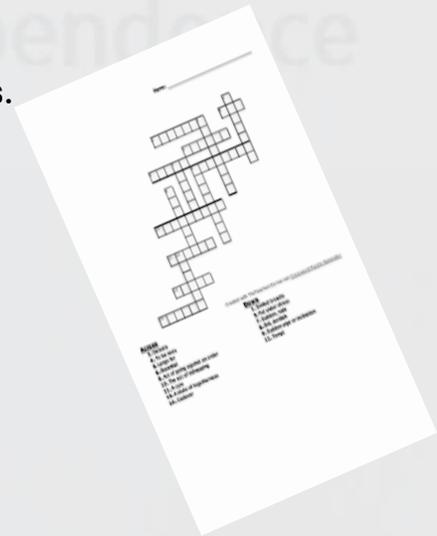
**PLEASE DO NOT ARRIVE MORE THAN 15 MINUTES BEFORE THE START OF THIS CLASS.**



Join us this festive season for a relaxing afternoon, filled with classic games and

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.

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**Reception mobile on - 07712 924120**



# Paper Crafts Flowers in a basket



Every Friday 27<sup>th</sup> February – 27<sup>th</sup> March, 10am-12pm at  
The Recovery College Greenwich.

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

**Join Teresa for this course and create your own Paper Craft Flowers in a basket.**

Mindful Paper Craft Flowers.

Learn how to make pretty paper flowers and fill a basket with them and add in a scented disc and you will have a beautiful long-lasting display of flowers with a scent without the sneezing if you suffer from Hay fever.

This will use mindfulness skills and make you smile.

At the end of the course, you will have a beautiful paper craft ornament that will remind you of the story in the book that you've used.

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

As mental health awareness grows and becomes more integrated into everyday life, there's recognition that emotional well-being is supported 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**.

### **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.



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# Art with Libby

Every Friday 27<sup>th</sup> February – 27<sup>th</sup> March 2-4pm at  
The Recovery College Greenwich.



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



 The 6Rs of a Sustainable Self-Recovery with Art.

**Join Libby for this themed Art class, where she will introduce you to, different artistic styles and get you creating pieces of art.**

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

Art offers reflection, healing, expression, and transformation, especially at this time of year.

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)



**Join Libby for this themed Art class, where she will introduce you to, different artistic styles and get you creating pieces of art.**

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# Shoulder2Shoulder

Angling Group **S2S**

Every other Friday, Time:- **10am to 1pm.**

Starting:- **27<sup>th</sup> March 2026.**

For further details and enrolment contact:-

**Recovery College Greenwich**

**23 Anglesea Road**

**Woolwich**

**SE18 6EG**

**Email:- [recoverycollegereception@bridgesupport.org](mailto:recoverycollegereception@bridgesupport.org)**

**Phone RCG reception:- 01322 912 467**

**Mobile RCG reception:- 07712 924 120**

**Ross Minter Mobile: 07394 572 702**

**Fishery address:-**

**Gallions Lake  
Whinchat Road  
Thamesmead  
Greater London  
SE28 0DZ**



# Recovery College Greenwich Bridge Support Services *Community 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!](#)

**Recovery College Greenwich**

Call/Text us on

RCG Reception Mobile:- **07712 924 120**

RCG Reception Landline:- **01322 912 467**

Email us at:- [RecoveryCollegeReception@bridgesupport.org](mailto:RecoveryCollegeReception@bridgesupport.org)

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