



RecoveryCollege



Winter Workshops

December 2017

Timetable of Events



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Welcome

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 mental health, dual diagnosis, recovery and adult education.

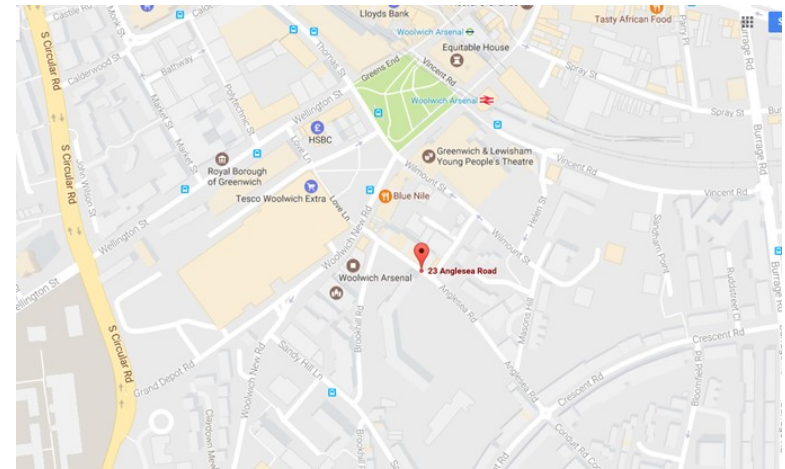
Our courses are available to anyone, regardless of their experience. We work on the principle of co-production, which means our courses are developed and delivered by tutors and peer trainers with lived experience of mental health and/or dual diagnosis. They are supported by experienced facilitators with extensive adult vocational training and personal development backgrounds.

All are welcome to attend the college and we promote equality and diversity to encourage everyone who comes to the college to accomplish their learning and recovery ambitions in a safe and welcoming environment.

How to Enrol

Enrolling at the Recovery College is easy. If you find a course or workshop that interests you, just give us a call on 020 8294 7909 and we will arrange a time for you to come and have a chat. We'll explore your goals and aspirations and see what the college has to offer that fits. We can book you on the course(s) or workshop(s) which you feel you will enjoy the most and that support your recovery.

Contact Information



0208 294 7909



www.recoverycollegegreenwich.org



23 Anglesea Road, Woolwich SE9 6EG



<http://fb.me/RecoveryCollegeSE186EG>

Christmas Cake Decorating Competition

Tuesday 12th December 1.30pm—4pm

We are looking for 4 Teams of 4 people to take part in the Recovery College's Christmas Cake Competition being held in the Stir Café. We will provide you with the cake, icing and equipment so all your team needs to do is turn up, come up with a Christmas themed design and decorate your cake.

How to enter

1. Get a team together and come up with a name
2. Inform the College staff of your team name and members by the 2nd December
3. Turn up on the day and have fun!



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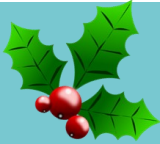
Winter Workshops and Events

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These festive workshops and events will be running alongside our timetabled courses which can be found in the prospectus. Places are limited, so if you would like to sign up for any of these events, please contact the College Team

Woolwich Winter Warmer



Saturday 2nd December 12pm—6pm

Meet at the Stir Café at 11.30am

Come and join us for the annual Christmas themed community event in General Gordon Square. There will be an array of festive events including reindeer displays, ice sculpting, puppet shows inside a double decker bus along with puppet making craft sessions, face painting and a live music stage in General Gordon Square. There will also be roving entertainers in the area.

You can also enjoy free craft taster sessions from Artfix.

The event culminates with the Christmas tree lighting, soon after 4.40pm, in General Gordon Square followed by a fireworks display at 5.30pm in Artillery Square.

The ice skating rink, which runs from Saturday 2 to Thursday 14 December, will be free on the day. The usual price is £5 for adults and £3 for children.



Please note: Entry to Woolwich Winter Warmer is free, but some attractions will have a charge.

Lunchtime Languages Christmas Edition



Monday 27th November 11.30pm—12.30pm

Monday 4th December 11.30pm—12.30pm

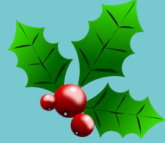
Monday 11th December 11.30pm—12.30pm

This Winter see's the return of our popular Lunchtime Languages Course

This short fun multi language learning course is held at lunchtimes in a relaxed atmosphere. Each week we will be learning together how to say key phrases in common use in a widely diverse borough like Greenwich as well as finding out more about the countries, the people and their traditions.



Annual Winter Walk



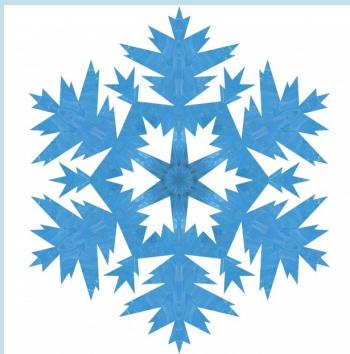
Wednesday 13th December 1pm—4pm

Come and join us for our
ANNUAL WINTER WALK

On the 13th December

This year we will be taking a winter walk around Oxleas Wood, passing the Severndroog castle and finishing at Oxleas Wood Café for Hot Chocolate and Mince Pies!

Meet outside the Memorial Hospital at the entrance gate at 1pm



Ecology Park Christmas Celebration



Sunday 3rd December 11pm—6pm

Meet at the Stir Café at 10am

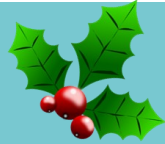
Greenwich Peninsula Ecology Park is made up of four acres of freshwater habitat and is home to a fascinating array of wildlife.

Join Ben and Wendy on a wonderfully wild winter celebration at Greenwich Peninsula Ecology Park. Weave a winter wreath using willow cut from the park, then add a range of decorative natural materials and gathered greenery. Have a go at wintry quiz trails and enjoy winter warmer refreshments. Books and stocking fillers will be available to buy from the Friends of the Park's popular gift stall.

Please note: We will be using public transport to get to and from the Ecology Park, so please ensure that you have sufficient funds on your Oyster card.



Winter Soup Workshop



Wednesday 6th December 2pm—4.30pm

In this workshop we will learn how to prepare, cook and store a hearty winter vegetable soup. Learn the techniques to safely peel and chop a variety of vegetables to use in the soup. If you wish to take your soup home with you, don't forget to bring a suitable container. Alternatively, you may want to eat it before you leave!



Create a Calendar Workshop

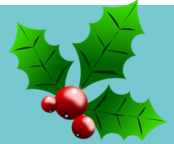
Monday 11th December 2pm—4pm

Create your own personalised self-care 2018 calendar

Are you planning to make self-care a priority in 2018? If so, come along to this workshop and create your own personalised 2018 calendar. Set your intention from 1st January, and remind yourself to practice daily acts of self-kindness.



Music Appreciation Christmas Special



Thursday 14th December 2pm—4pm

Overview:

This workshop is for those students who are considering enrolling on to the Music appreciation course which is being run in January. In this fun workshop, we have gathered together materials to allow you to explore the different genres of Christmas music in a fun and interesting way. We will also be listening to some of the iconic Christmas songs from throughout the years and maybe have a sing along ourselves!

