



@ Recovery
College
Greenwich

Student Connection

Autumn 2016 Issue 1

'When you want something, all the universe conspires in helping you to achieve it.'

Paulo Coelho.

Welcome to our new termly newsletter—created by students for students!

In This Issue:

- Student Spotlight – Focus on a student and their views on the college
- Student News – exciting updates from the College Students
- New Activities this term – keep up-to-date with all the activities you can join in with!
- Upcoming Events
- Recipes you can make at home
- Puzzles

Student Spotlight:

Every term we will shed the spotlight on a different student and ask what they've got out of attending Recovery College Greenwich. This term, the spotlight falls on Tracey Humpreys who told fellow student Annie Griffin her views:

- 'Hi Tracey, where did you hear about the college?' Tracey replied: 'I heard about the college from Lifeline Basis.'
- 'What courses have you attended?' Tracey said: 'I've attended lots of courses over the last year, including gardening, confidence building, Food for Thought which I particularly enjoyed, Knitting and Quick Reads.'
- 'How has attending the college benefited you?' Tracey replied: 'It's made me more confident, it gives me a reason to leave the house and it gives me purpose. I don't know what I'd do if I didn't have Recovery College Greenwich.'
- 'Thank you for your time Tracey!'

'There is only one thing that makes a dream impossible to achieve: the fear of failure.'

Paulo Coelho.

News:

'Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.' Albert Einstein.

Students celebrate end of term success



In July, students came to collect their award for achievement success over the last year of attending the College. Students were delighted to receive their award from Bridge Mental Health CEO Raymond Sheehy who enjoyed chatting to and congratulating the students.

Student Abdullah said: "Manager Paula and Tutor Wendy thanked the students as well as the peer trainers for all their hard work and I'm a peer trainer so that was nice to hear. It was great to see the students recognised for their achievements."

Student's Recovery Café celebrates one year anniversary



Student Jacqui Collins, set up a recovery café, Safety Net, in Thamesmead, as part of her great steps in recovery. The café has just celebrated its one year anniversary, which is a great achievement. Jacqui secured funding herself from Trust Thamesmead as well as donations from local retailers to open the café.

Jacqui said: "Regulars say the café has a really friendly, warm atmosphere and we often have a good laugh. We're always there for a chat over a cup of tea, talking about things can do wonders for our mental health." Safety Net runs every Thursday 11am-2pm from Birchmere Community Hub in Birchmere Park, Thamesmead SE28 8AP. Access from Disraeli Close or Byron Road.

Student Runs 10K!

One of our students at the college, Nigel Haley, has completed running a 10K marathon to raise vital funds for a local charity.



Nigel has chosen to support Greenwich & Bexley Community Hospice which has a local shop on Plumstead Common Road. Nigel said: "As part of my recovery, I'm trying to plan constructive things to do, and I thought a 10K run would be a good idea! I wanted to run for a charity that was local and chose

Greenwich & Bexley Community Hospice to show my support for such a worthwhile cause."

Exciting New Activities coming up this term:

‘Your illness does not define you, your strength and courage does.’ Anonymous.

Please see our website to view our latest Prospectus, packed full of new courses and workshops for you:
<http://www.recoverycollegegreenwich.org/prospectus-updates>

Film Club

Our new film club, ‘Club Transform,’ is delivered in conjunction with Into Film, a company that ‘put film at the heart of the educational and personal.’ We will be screening Hollywood blockbusters such as Batman vs Superman: Dawn of Justice, Zootropolis and lots of independent films.

Membership costs £1 and you will receive a complementary box of popcorn and a soft drink at every screening.

From 9th September onwards.

Annie’s Book Club

A book club is a reading group usually consisting of a number of readers who read and talk about books based on a topic or an agreed-upon reading list. Our book club will meet **every Wednesday at 130-3pm from 14th September in the library.**

A Knit and a Natter

Come and join us for a knit and a natter at our Monday afternoon group. Here you can learn the basic skills needed to knit an item and contribute to designing knitted soft furnishings that will be used throughout the College.

Course starts from Monday 12th September 1.30pm-3.30pm.

Chess Club

A weekly drop-in Chess Club for anyone that either wants to learn to play chess or plays chess as a recreational activity.

Every Tuesday morning from 13th September.

Cultural Events (Monthly)

We will celebrate world cultural events every month at the Recovery College.

Please check the noticeboard in the reception for information about the next event.

Upcoming Events:

Family Fun Day

This year, Oxleas' Annual Members' Meeting (AMM) will run alongside a free family health festival.

The event, on **Saturday 17 September** at Townley Grammar School in Bexleyheath, will focus on family health – eating well, exercise and child development, with lots of information on offer from specialist clinicians to help you.

Annual Members' Meeting: 9.30am – 10.30am

Family Health Festival: 10am – 1pm.

For more information visit <http://oxleas.nhs.uk/amm2016>

World Mental Health Day

On 8th October, 10am-2pm in General Gordon Square and the Recovery College, the Greenwich Mental Health and Wellbeing partnership, a partnership of mental health and wellbeing organisations across Greenwich, are coming together to celebrate World Mental Health Day. The theme this year is Mental Health First Aid and there will be displays and workshops on this theme.

On the day, there will be stalls with information, performances, singing and dancing in the square as well as Thai Chi. At the College there will be also stalls, workshops, wellbeing services and more. Do come and join in the celebrations to learn more and to raise awareness of mental health! Ask at the College for further details.

Join the Jewellery making course!



Our Jewellery making course has been a great success. Students have been making beautiful jewellery with our experienced tutor. Sign up for this term's course and if you are more experienced you can take part in our new Intermediate level. Ask the College for more details.

Recipe to make at home



Tutor Wendy Gurr has shared this delicious mug cake recipe taken from her popular Food for Thought course. This is a quick and easy lovely recipe for you to make at home.

SERVES 1

INGREDIENTS

1 slice of butter 1cm thick (30g)
6 squares of milk chocolate (30g)
1 egg
2 tbsp caster sugar
1 1/2 tbsp vanilla sugar or 1/2 tsp vanilla extract
4 1/2 tbsp plain flour
1/2 tbsp baking powder

METHOD: In a mug: melt the butter with the chocolate in the microwave for 30 to 40 seconds (800 watts). Beat the mixture until smooth, then allow it to cool slightly. One by one, whisk in the egg, sugar, vanilla sugar, flour and baking powder. Cook in the microwave for one minute 20 seconds (800 watts).

Allow to cool for one minute before eating.

Sudoku Puzzle

Here's a Sudoku Puzzle to keep your brain busy!

	7		2	3	8			
			7	4		8		9
	6	8	1		9			2
	3	5	4					8
6		7	8		2	5		1
8					5	7	6	
2			6		3	1	9	
7		9		2	1			
			9	7	4		8	

We do hope you enjoyed our first Student Connection student newsletter. If you would like to get involved in the editorial process for the newsletter please contact the College. Have a great term and our next newsletter will be out at the beginning of next term!

To find out more about the Recovery College Greenwich and to download our latest prospectus visit: www.recoverycollegegreenwich.org