



RecoveryCollege

Prospectus

Winter/Spring 2018

January— March



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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 to develop an Individual Learning Path (ILP) based on your goals and aspirations, as well as explore what the college has to offer. We can book you on the course(s) or workshop(s) which you feel may support you the most with your recovery.

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PLEASE NOTE: Half Term Break is the 12th February to the 16th February. There will be no Courses, Workshops or Social groups running this week

Social Groups and Workshops

Ladies Circle

Overview

Our Ladies Circle is a safe space for women to discuss whatever difficulties or hardships they are experiencing in an informal setting. Come along, gain support and have a laugh too!

Date: Starts Monday 8th January 11am—1pm



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 whatever difficulties or hardships they are experiencing in an informal setting.

Date: Starts Tuesday 2nd January 2—4pm



Lunchtime Health Walk

Overview

Come and join us every Wednesday for up to an hour easy 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: Starts Wednesday 3rd January 12.30pm Check your text message for the meeting place each week! (Please note, there will be no walk on the 14th February)

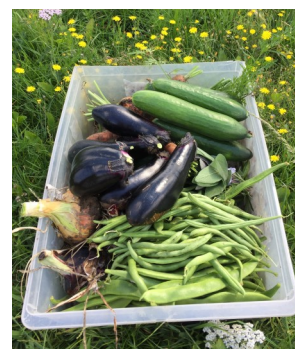


Allotment

Overview

This course takes place in the open air at our allotment! Each week you will be taught how to use gardening tools, how to prepare the ground for planting, growing and harvesting a variety of fruit and vegetables, much of which will be used in the Stir café. The Allotment Group meet every Tuesday

Date: Starts Tuesday 2nd January 9.30-12pm @ Offsite Location. (Please note, there will be no Allotment meet on the 13th February)



Courses

Hearing Voices Support Group

Overview

Hearing voices is a more common experience than many people realise. This does not make it abnormal.

The Hearing Voices Support Group is a place to meet others who hear voices and share experiences and coping strategies.



Date: Starts Friday 5th January 10-12pm (Please note, there will be no Hearing Voices Group on the 16th February)

Wellbeing—Simple Steps to Living Well

Overview

Life and wellbeing are more than just about resolving problems and removing obstacles. It is just as important to know how to live well as it is to know how to avoid or reduce the things that distress us. This course explores what wellbeing means to us and places an emphasis towards mental health as a state of development. Discover ways of building positive actions into your daily life.



Date: Starts Thursday 22nd February 10—12pm (6 Weeks)

Confidence & Self Esteem

Overview

Low confidence and low self esteem can have a negative effect on physical and mental health and can affect our ability to form new relationships, socialise with friends and participate in new activities. This course will help you identify the issues that affect your confidence and self esteem and teach you strategies to manage those times when your mood gets in the way of you enjoying your life.



Date: Starts Thursday 4th January 10—12pm (6 weeks)

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Courses

Preparing for Recovery

Overview

This six week course provides an introduction to recovery and the learning opportunities we offer at the Recovery College. It prepares students to make informed choices about their personal recovery journey including the courses they select when it is time to prepare their Recovery College Individual Learning Plan. Subjects we cover include;

- Preparing for recovery
- Personal development planning
- You are not the problem
- The illness trap
- The recovery process
- Preparing an Individual Learning Plan

This course is recommended for all students who are just beginning their recovery journey or are new to the Recovery College.

Date: Starts Monday 8th January 2—4pm

This course will be held at The Glyndon Centre



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Courses

Knitting for Wellbeing

Overview

People of all ages—more than 50 million—know how to knit, because its great for your well-being, fun, relaxing and you can make great things! The knitting group comes together once a week to knit together and work on projects.

Beginners Knitting

Our beginners knitting group is for those who would love to learn the art of knitting. Complete beginners will be taught how to cast on, knit the basic stitches and cast off techniques. As a group you will create a beautiful patch-work blanket which will show the different stitches you have learnt.



Date: Starts Monday 19th February 1-4pm for 6 weeks

Intermediate Knitting

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 Various dates throughout the year. Your tutor will inform you of these.

Advanced Knitting

The advanced knitting group meet on various dates throughout the year to work on projects. The latest project is in partnership with Queen Elizabeth's Hospital Maternity Dept. to create 'traffic light' beanies for new-born babies. These little red, amber and green hats will be used as a visual guide for everyone entering the ward, and will show at what stage the babies are in their preparation to go home.

Date: Monday 8th January 1-4pm for 5 weeks



Courses

Reading Group

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 that will encourage even the most reluctant reader to pick up a book and develop a love for reading.

Beginners Reading Group

The Beginners Reading Group is for those who have a desire to get back into reading for pleasure. We start with reading Quick Reads books and each week look at different aspects of the book and complete activities to help with remembering storylines and characters.



Date: Starts Wednesday 3rd January 2-4pm for 6 weeks

Intermediate Reading Group

The Intermediate Reading Group is for those that have mastered the reading of quick reads and are progressing on to reading novels. The group will read the same book and discuss and complete short activities around the storyline and characters.



Date: Starts Thursday 22nd February 2-4pm for 6 weeks

Advanced Reading Group

The Advanced Reading Group is run very much the same as a Book Club. It is a very relaxed atmosphere where they all choose and read the same book and meet once a week to discuss the book.



Date: Various dates throughout the year. Your tutor will inform you of the next available date.

Courses

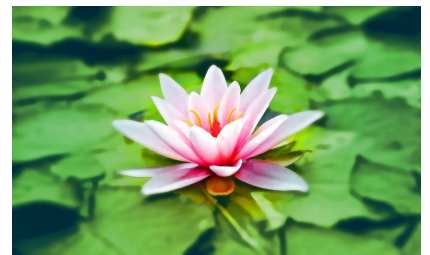
Meditation

Overview

Meditation practices are techniques that encourage and develop concentration, clarity, emotional positivity and calm. By engaging with a particular meditation practice you learn the patterns and habits of your mind, and the practice offers a means to cultivate new, more positive ways of being

Beginners Meditation

The Beginners meditation Course is for those people who have never meditated before and would like to learn the basics. Our experienced Tutor will introduce you to the techniques used to begin meditating and guide you through breathing and relaxation exercises.



Date: Starts Friday 12th January 2-4pm (5 Weeks)

Intermediate Meditation

The Intermediate Meditation course is for those students who have already completed the Beginners course or have meditated in the past. We will explore different practices of meditation and develop strategies to focus the mind and enhance wellbeing.



Date: Starts Friday 23rd February 2-4pm (5 weeks)

Advanced Meditation

Advanced Meditation is for those students who can and do meditate regularly. Each week we offer a quiet, calm environment for you to come along and meditate with others. Our tutor will facilitate the group and also occasionally offer a guided meditation .



Date: Starts Wednesday 10th January 4—6pm

Courses

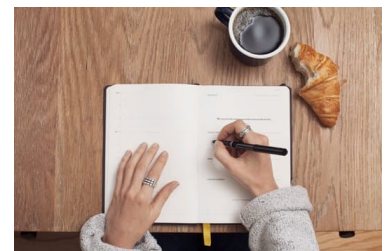
Writing For Wellbeing

Overview

Whether looking to unleash your creative side or seeking a new outlook on difficult issues, research has shown that writing is good for you! Previous writing experience is not needed, only a willingness to learn in a caring and non-judgemental environment

Beginners Writing For Wellbeing

The Beginners Writing for Wellbeing course is designed to give you an introduction to writing journals and discover how beneficial writing is on your wellbeing. You will learn techniques for getting what is on your mind on to paper.



Date: Starts Tuesday 6th march 2-4pm (4 Weeks)

Please note: This course will be held at The Glyndon Centre

Intermediate Writing for Wellbeing

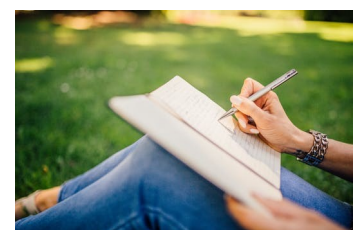
The Intermediate Writing for Wellbeing course is for those who have completed the Beginners course and would like to develop their writing skills further. In this course you will explore different styles of writing beneficial to wellbeing and be introduced to blogging.



Date: Various dates throughout the year. Your tutor will inform you of these.

Advanced Writing for Wellbeing

The Advanced Writing for Wellbeing course is for those who have completed the Intermediate course and would like to work independently on their writing and blogging. The sessions will be facilitated by a Tutor who can advise and support you with your writing.



Date: Starts Various dates throughout the year. Your tutor will inform you of these.

Courses

Employability for Mental Health

Overview

Want to write your CV or learn how to apply for jobs or volunteer positions? Then our Employability for Mental Health Course is for you, as this course will allow you to work on your individual needs and be supported by an experienced tutor. The subjects covered will be determined by the needs of the students, and will help take the anxiety out of getting ready to return to work or move into volunteering. Subjects that can be covered are CV writing, job/voluntary applications, Interview practice and cover letters. These are just a few of the subjects that can be covered in this course.

Date: Starts Tuesday 2nd January 10-12pm



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Join Our Peer Training Course!

We emphasize co-production and delivery of our courses and activities through our Peer Training course meaning that we recruit students to work alongside our tutors to deliver courses and activities. Our 8-week peer training course enables students to develop new skills which will enable them to work effectively in the classroom.

In order to join this programme you will need to be enrolled at Recovery College Greenwich as a student and have attended at least two courses so that you can experience first hand our recovery focused approach to teaching and learning.

Date: Starts Thursday 11th January 10—12pm (8 Weeks)

Please note: This course will be held at The Glyndon Centre



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Courses

Skills for Independent Living

There is a wide range of skills and knowledge that is helpful for successfully living independently. This suite of courses help you develop those skills and apply them to your domestic life. During these courses, you will gain the knowledge to;

- Budget your income
- Organise your household finances
- Develop a daily, weekly and monthly routine
- Shop for affordable healthy foods
- Prepare nutritious meals
- Organise letters and other correspondence
- Use technology for banking and shopping and other forms of communication
- Manage your cleaning, washing and ironing needs
- Maintain your physical health and fitness
- Develop confidence and self-reliance
- Personal boundaries and control.

Date: Starts Thursday 4th January 2—4pm

Please note: This course will be held at The Glyndon Centre

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Courses

The Garden Project

Overview

The garden project is a student group that meet once a week to plan and develop the garden at the college. Throughout the winter months they will design and plan the garden layout, decide on what will be grown and gather gardening knowledge in preparation for the manual work and planting to commence in the spring.

Date: Starts Wednesday 3rd January 10—12pm

(Please note, there will be no class on the 14th February)



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Courses

Art and Photography Courses

Over recent years, there has been a growing understanding of the impact that taking part in arts can have on wellbeing. Our Art and Photography courses cover a range of different arts and crafts all of which are beneficial to wellbeing.

Art

Overview

The Art course is for those who would like to start exploring different forms of arts and crafts, learn and practice techniques to create your own works in a relaxed environment.



Date: Starts Thursday 1st March 10am -12pm

PLEASE NOTE. This course will be held at The Glyndon Centre

Photography

Overview

Our Photography Course will give you techniques to start making the most of your camera, whilst helping you develop a creative approach to photography. This hands-on, practical courses explores the art of great photography, covering a broad range of subjects and providing a dynamic learning experience. You will leave your course with an array of beautiful pictures



Date: Starts To Be Confirmed

Courses

Mindfulness

Mindfulness is an effective way to reduce stress, increase self-awareness, enhance emotional intelligence and handle painful thoughts and feelings. In these courses we will look at the ways we can use Mindfulness in our everyday life to enhance our wellbeing

Beginners Mindfulness

Overview

The beginners Mindfulness course is for those who have never practiced Mindfulness and would like to develop an understanding of it. It is for those who would like to practice Mindfulness and develop a Mindful approach in their lives.



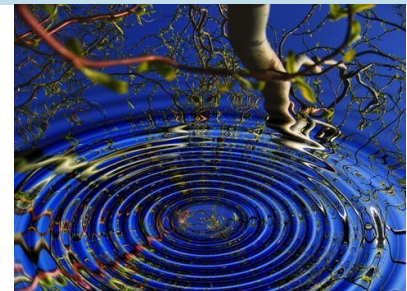
Date: Starts Tuesday 9th January 2—4pm (5 weeks)

Please note: This course will be held at The Glyndon Centre

Intermediate Mindfulness

Overview

The intermediate Mindfulness course is for those who have completed the beginners course and would like to further develop their understanding and learn techniques to enhance their practice.



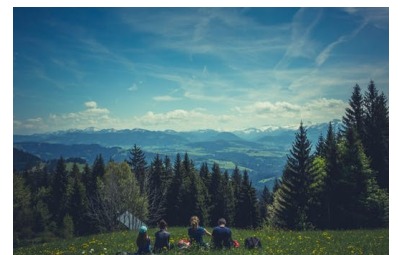
Date: Starts Tuesday 20th February 2—4pm (6 weeks)

Please note: This course will be held at The Glyndon Centre

Advanced Mindfulness

Overview

The advanced mindfulness course is designed for those who practice mindfulness and would like to participate in group mindful activities both inside and out of the college



Date: Various dates throughout the year. Your Tutor will inform you of these.

Courses

Music Appreciation

Overview:

In this course, we have gathered together materials to allow you to explore the different genres of music. Each week we will listen to a different genre, discuss our preferences, learn about the history and be introduced to some of the artists, some of which have a mental health diagnosis.



Date: Starts Thursday 4th January 2—4pm (6 weeks)

Qi Gong

Overview

Qi Gong is a holistic system of coordinated body posture and movement, breathing, and meditation used for health and wellbeing. Our experienced tutor will guide you safely through the Qi Gong activities and exercises whilst educating you on the benefits to your wellbeing.



Date: Starts Thursday 4th January 4—6pm

PLEASE NOTE: Half Term Break is the 12th February to the 16th February . There will be no Courses, Workshops or Social groups running this week.

Courses

Hospitality and Catering

Overview

The Hospitality & Catering is for students who would like to become a Volunteer in the Stir Café or are seeking a career in the Hospitality or Catering sector . The training is a combination of theory and practical subjects.

Date: Starts Tuesday 2nd January 10-12pm (8 weeks)

Please note: This course will be held at The Glyndon Centre



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Contact Information



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RecoveryCollege

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