

CITY & HACKNEY

EST.



2017

RECOVERY COLLEGE

MOVING FORWARD TO A BETTER FUTURE

**City & Hackney
Recovery College
Autumn Term 2020
Prospectus**

Contents

	Page
Introduction to City & Hackney Recovery College	2
Meet the team	3
The pandemic & how this will affect the way you attend the recovery college.	4
How to Enrol & Individual Learning Plans	5
Become a Peer Tutor or Volunteer with us	6
Student Charter	7
Frequently Asked Questions	8
The last Year in Pictures	9
Autumn courses at a glance	11
Courses	
Understanding Health	13
Life Skills	15
Discover Yourself	17
Getting Involved	19
City & Hackney Recovery College Announcements	20
	22
Contact Us	

Introduction to City & Hackney College

Our Philosophy

The Recovery College in City & Hackney has been designed to develop courses that empower people to become experts in their own well-being.

All our courses are based on the "five to thrive" and CHIME principles. We are open for all and anyone can enrol. We are proud to support and work with those who have been diagnosed with a severe mental illness (SMI). We do this by aiming to promote social inclusion and to break down the stigma and discrimination of mental illness. Sometimes people just need to be reminded that they are more than an illness—and that's what we aim to do!

***Please note you will never be asked for your diagnosis—unless you wish to disclose this to us. We will only ask if you are under a secondary mental health team on the form. If you do not wish to disclose this it will not affect your enrolment.**

1 Connect with others – build stronger and closer relationships.

2 Be physically active – find an activity you enjoy and make it part of your life

3 Continue to learn – develop your knowledge and skills.

4 Give to those around you – take part in social and community activities.

5 Be mindful – enjoy the moment and the environment around you.

*CHIME (Leamy et al 2011)

Connectedness: Peer support and support groups and being part of the community.

Hope and Optimism: Belief in the possibility of recovery and having dreams and aspirations.

Identity: Rebuilding/redefining a positive sense of identity and overcoming stigma.

Meaning and purpose: Quality of life, meaningful life and social roles/goals.

Empowerment: Personal responsibility, control over life and focusing on strengths.

Our courses are based on the 5 to thrive and CHIME principles* (Connectedness, Hope, Identity, Meaning/purpose and Empowerment) of recovery, the college will also be focusing on those with a severe/enduring mental illness. The college also aims to promote social inclusion and break down the stigma and discrimination of mental illness.

The courses are always designed by people with lived experience and those who are a professional in that area. The courses are designed to provide the tools that students may need to learn new skills and develop knowledge and confidence in that area. The college is for everyone and we want family, friends, carers, NHS staff and the community within City and Hackney to get involved to support each other on their journey.

Our Principles and who we are

Our main aim is to deliver education; giving people space to learn and develop as a person.

Building partnerships trust and hope.
Prioritising co production in everything we do.

Offering a supportive environment that's free from stigma and discrimination.

Supporting people to become activists of social justice in their community and creating a platform for people to be heard.

Being positive, friendly and professional.
Respecting everyone's views and opinions.

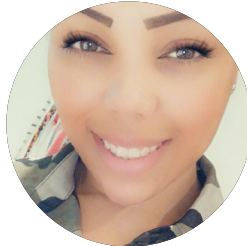
Meet the team



Rachael Levett
Recovery College Manager

My name is Rachael Levett, I manage the City & Hackney RC. The most important element of my role is to ensure we are upholding the core values and principles of co-production, kindness and hope. Recovery to me is like an adventure; we all have good and bad days, ups and downs, fears and anxieties but to continue to fight each day regardless is strength and that, to me, is recovery. Every single person is more than a diagnosis, more than a service user or a staff member and my job is to remind people of what strengths and abilities people hold but sometimes forget they have.

As most of you know, I am taking a year out from the Recovery college. There will be someone to replace me soon!



Courtney Hart
Project Support Lead

My name is Courtney Hart; I work at the City and Hackney Recovery College as the project lead providing physical and emotional support to our students, tutors and staff. Recovery to me means a limitless journey that we embark on when managing our own well-being. Patience, consistency and strength are the key requirements to start your recovery journey.

To be apart of a Recovery College requires you to be different because your difference adds to the bigger picture of being part of something phenomenal..



Mani Martins
Administrator Assistant

My name is Mani Martins; I assist with administration services at the City & Hackney RC. My role involves supporting the college leads to develop and expand and organise and sustain the college program. I maintain contact with tutors to overview the running of courses and I am available to support students with course queries and enrolments. This year I will be delivering an IT induction course in support of the tutor role at the college.

For me, Recovery is a personal and individual journey many of us will experience in our lifetime and I feel it can be a powerful opportunity to grow and learn more about ourselves, and to forge supportive and meaningful connections with others and the communities with live in.

Mindful that Recovery towards wellness will look different for everybody and that in learning through navigating the ups and downs present in our daily experiences we can discover and cultivate ways to manage and build on our strengths.



Alison Ogunduyile
Peer Tutor Lead

My name is Alison Ogunduyile; I am the Peer Tutor Lead at the Recovery College. I support new and current peer tutors in their roles including training/ guidance/ working relations and I also teach various courses through lived experience where I also support our students in their learning experience. I believe Recovery is a life journey that has twists and turns facing our own challenges and finding our way through a vast forest with a ever-flowing river where we can live and grow ourselves.

Our Peer Tutors are from professional and lived experience and I work towards empowering them in co-production and co-facilitation.



Carl Ramsey
Recovery College Lead

One of my roles at the Recovery College is to connect the students with the courses which are right for them, and assist them in completing these courses, which will help in their recovery and well-being. I also plan to make an impact by facilitating new and innovative courses myself and working with peer tutors to ensure that the student experience is outstanding, promoting a sense of togetherness and community for all.

Recovery to me is understanding and appreciating exactly where you are, in your mind and doing what is best for you at that moment. It's being able to take responsibility and working with others to achieve greater goals, whilst realising that we all struggle with the same things at times, but the journey is our own.

The pandemic & how this will affect the way you attend the recovery college.

A message from the recovery college:

We want to welcome you back to the City and Hackney recovery College. We know the past few months have been difficult and challenging for many. We hope you and your loved ones are healthy, safe and resuming some sense of normality. Please remember if you feel unwell or have any symptoms of COVID (Temp >37.7, persistent cough, loss of taste and smell) then please stay at home.

The way we are working has had to change as a result of the pandemic due to COVID19. As you will be aware masks are now compulsory in most public indoor spaces. You will need to wear a mask at all times unless you have a medical exemption. If you don't wear a mask, you will not be able to access your class. You will also be expected to wash your hands with alcohol gel or soap and water when you arrive. This will be provided at the entrance to the college.

There will be some changes to your classroom too, to help keep people at a safe distance from each other. As a result there will only be a maximum of 6 students per classroom.

From October 2020 you will only be able to attend the college if you:

- Are wearing a mask-we can provide one for you.
- Are enrolled on a course for Autumn term 2020.

Please note you can only attend the college at the times you are booked onto a course.

- Have an appointment with the staff for an Individual Learning Plan, enrolment queries, volunteering options etc.

The college will not have its usual reception area available so please try not to arrive too early as you may be asked to wait outside until your class starts. You will then be shown straight to your classroom.

One way system at the college:

There will now be a one way system in operation at the recovery college.

Entrance:

Right side door and follow instructions from staff.

Exit-side door at the back of the college:

Tutors will show the class to the exit once the class is over or if you need to go outside as part of your class.

Toilets:

There will be toilets available that you will be able to use once you are in your class. You will need to make sure it is clean (as you found it) and there will be alcohol wipes provided for you to use.

Sessions at other venues:

Due to capacity, your class may be held at a different venue, if this is the case you will be advised of this and given directions.

Zoom sessions:

All sessions will now be available via zoom unless stated otherwise. This is due to the reduced number of face to face sessions we will be providing. There will be 10 additional zoom spaces per session. Carl or Courtney will be moderating these spaces and be able to provide the information you need to join via zoom. You will need a computer or mobile device and internet access.

How to enrol & Individual Learning Plans (ILP)

To become a student at the City and Hackney Recovery College you will need to complete an enrolment form (one has been enclosed for you). Please complete the form and send it back to us via the below methods.

Post: City and Hackney Recovery College, 23 Primrose Square, Hackney E9 7TS

Email: elft.cityandhackneyrc@nhs.net

Phone: 0208 525 4480

If you require help completing the form please book an appointment with a member of staff from the Recovery College or attend our virtual coffee and cake mornings

(Thursdays from 10:30am – 12pm)

Phone: 0208 525 4480/ 4474

Text: 07901628326

Alternatively you can collect an enrolment form from the Recovery College Open Day: attend one of our open days which takes place at the beginning of each term.

Eligibility

The City and Hackney Recovery College is open to anyone over the age of 18 with a lived experience, people on ECPA (current or past), careers, family members, friends of anyone affected by mental illness and staff. The only requirement is that you need to live, work or have a connection to City or Hackney.

What happens after you enrol?

1. You will receive a letter confirming your enrolment which will include your course date and times that you have selected.

- Your ILP appointment (if requested one) – remove sentence about buddy.

- You will receive your letter via post or email depending on your preference of communication.

2.. A day before the course you will receive a text message, email or phone call to confirm your attendance. If possible, let us know if you wish to cancel so your place can be offered to someone else.

Learning Support

The city and hackney recovery college will do its best to meet the needs of students with physical, mental or sensory challenges which may be a barrier to learning. We offer support and individual learning plans (ILP) for those who may need more support for their learning.

Individual Learning Plan (ILP)

An ILP is a 30 minute 1:1 session with the manager of the Recovery College where you will be able to discuss and develop a plan for the future in terms of your education and what you would like to do now and over the upcoming months. This plan will be reviewed after you have attended sessions to see what you would like to do next. There will be opportunities for you to get involved in a number of activities from teaching with us at the college, speaking at conferences and sharing your experiences to inspire others.

These appointment may be via telephone or zoom at your request.

Free Wi-Fi is available at the Recovery College

Become a peer tutor or volunteer

Would you like to be a tutor or volunteer at the City and Hackney Recovery College?

To become a tutor with us at the City and Hackney Recovery College we require you to follow the below steps.

- 1.** Tell us why you would like to be a tutor and why you would be a good tutor. This will need to be in writing or emailed in to us.
- 2.** Once we have received your application we will review it and if successful, invite you to attend our Train the Trainer Course. This runs once weekly for 4 weeks and you must attend all 4 sessions. The course takes places once per term.
- 3.** Once you have successfully completed the training, you will be invited for interview. If successful you will then be a peer tutor. This will allow you to teach with us and other recovery colleges within **EAST LONDON NHS FOUNDATION TRUST.**

Volunteering

If you would like to volunteer with us as a tutor the steps above are the same. We also offer other volunteering roles, to find out what these roles are please contact us on the below:

Email: elft.cityandhackneyrc@nhs.net

Phone: 0208 525 4480

Alternatively, you can contact Marie Michelle who is the volunteer coordinator for the Trust on:

Email: m.mousse@nhs.net

Phone: 020 7655 4019 / 077417 04049

Payment

The peer tutor role is paid and you will need a bank account (please ask us for specific information about pay.)

You will undergo recruitment checks alongside a Disclosure and Barring service check (DBS.)

Help with this process is provided if needed.

For further information about the tutor role or volunteering please contact us on the below.

Email: elft.cityandhackneyrc@nhs.net

Phone: 0208 525 4480

Student Charter

Before you become a student at the City & Hackney recovery college...

You can expect us to:

1. Do everything we can to assist you in accessing our courses including making reasonable adjustments where possible.
2. Deal with your enquiries in an efficient, professional and friendly manner.
3. Provide information, guidance and advice on courses.
4. Provide additional support if required through individual learning plans.

We expect you to:

1. Use the enrolment form to tell us about any difficulty which may make it harder for you to access our courses. This will give us the opportunity to make adjustments and explore whether you need any additional learning support.

You can expect us to:

1. Make every attempt to make sure the learning environment is accessible to you.
2. Where possible we will meet your specific access needs with respect to your mental health, learning difference or physical disability, please tell us about these when you enrol!

3. Provide a warm welcome and non-judgemental environment where you feel safe and free to be yourself. Courses are designed to promote hope, equity and control.

4. Support you to review your progress and discuss your next steps. Provide a safe and healthy study environment.

5. Provide an environment free from discrimination.

6. Respect your personal beliefs, life choices, religious and cultural practices and traditions.

7. Give you the opportunity to express your views of the college and its services without fear of recrimination.

Once you've enrolled at the college

We expect you to:

1. Attend courses punctually, if you are running late or unable to attend please let us know via phone, text or email. If you have difficulty being on time please don't worry, just let us know.

2. Be considerate of all students, college staff and others working at the college to make the most of your student experience and your course.

3. Follow the colleges policies and procedures.

4. Respect the individual rights of all members of the college.

5. Ask us for any clarification if you are not sure about anything. Please ask questions!

Frequently Asked Questions

How much do courses cost?

All courses at the recovery college are **Free!**

How do I enrol on a course?

You will need to complete our enrolment form (included in this prospectus) and then return it to the college by hand, post, or email. You need to make sure you clearly state what classes you'd like to attend.

Can I join a class if it has already started?

There are some classes that you will need to start from the beginning. This will be down to the tutor's discretion as to whether you can attend if it has already started.

Please try to be on time and let us know if you will be late!

How do I find out about what courses are available?

You can access course information online via our website:

www.elft.nhs.uk/service/396/City-and-Hackney-Recovery-College

Book an appointment to come and visit the college or drop in on a Thursday morning for our Cake & Coffee morning.

Call us: 0208 525 4480

Check out our social media

Instagram: @cityhackneyrecoverycollege

Facebook: @cityandhackney

Twitter: @CityhackneyRC

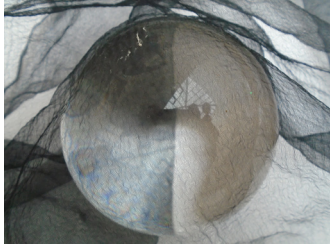
What do I do if I require further information about a course?

Our open days are a great way to have the opportunity to talk to tutors and ask as many questions as you wish! Our open days are once at the beginning of each term, which we will advertise across our social media sites and we send out invites in the post.

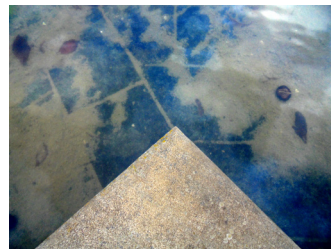
This year we are having an outdoor open day on 18/09/2020. Please contact us for more information.



Photography by Abdul



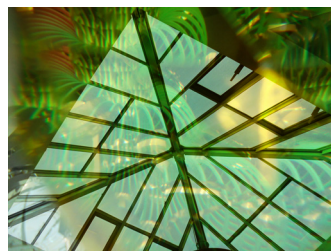
Photography by Anthony



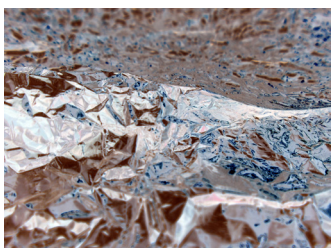
Photography by Elyse



Photography by Faiza



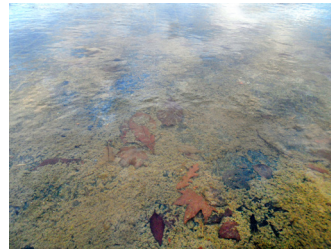
Photography by Geoffrey



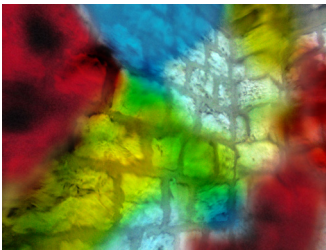
Photography by Israel



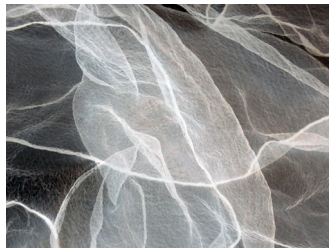
Photography by Kevin



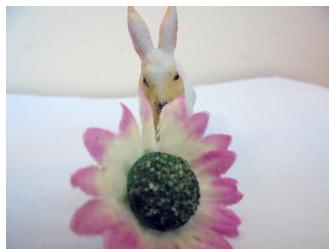
Photography by Lathika



Photography by Sasha



Photography by Seleha



Photography by Saydul

11 | City & Hackney Recovery College Prospectus

Monday 5th October CREATIVE FASHION 10am - 12pm	Tuesday 6th October PHOTOGRAPHY 1.30pm - 4.30pm	Wednesday 7th October MEN'S GROUP 2pm - 4pm	Thursday 8th October WRITE MY STORY 1pm - 3pm	Friday 9th October RECOVERY & CO-PRODUCTION TRAINING 11am - 2pm
Monday 12th October CREATIVE FASHION 10am - 12pm	Tuesday 13th October PHOTOGRAPHY 1.30pm - 4.30pm	Wednesday 14th October MEN'S GROUP 2pm - 4pm	Thursday 15th October WRITE MY STORY 1pm - 3pm	Friday 16th October RECOVERY & CO-PRODUCTION TRAINING 11am - 2pm
Monday 19th October CREATIVE FASHION 10am - 12pm	Tuesday 20th October PHOTOGRAPHY 1.30pm - 4.30pm	Wednesday 21st October MEN'S GROUP 2pm - 4pm	Thursday 22nd October WRITE MY STORY 1pm - 3pm	Friday 23rd October RECOVERY & CO-PRODUCTION TRAINING 11am - 2pm
Monday 26th October CREATIVE FASHION 10am - 12pm	Tuesday 27th October PHOTOGRAPHY 1.30pm - 4.30pm	Wednesday 28th October MEN'S GROUP 2pm - 4pm	Thursday 29th October WRITE MY STORY 1pm - 3pm	Friday 30th October RECOVERY & CO-PRODUCTION TRAINING 11am - 2pm
Monday 2nd November CREATIVE FASHION 10am - 12pm	Tuesday 3rd November PHOTOGRAPHY 1.30pm - 4.30pm	Wednesday 4th November CREATING A ROUTINE 11am - 1pm MEN'S GROUP 2pm - 4pm	Thursday 5th November WRITE MY STORY 1pm - 3pm	Friday 6th November UNDERSTANDING RECOVERY 11am - 1pm CROSS-STITCH 2pm - 4pm
Monday 9th November CREATIVE FASHION 10am - 12pm	Tuesday 10th November PHOTOGRAPHY 1.30pm - 4.30pm	Wednesday 11th November CREATING A ROUTINE 11am - 1pm MEN'S GROUP 2pm - 4pm	Thursday 12th November LIVING with PD 1pm - 3pm	Friday 13th November UNDERSTANDING RECOVERY 11am - 1pm CROSS-STITCH 2pm - 4pm
Monday 16th November CREATIVE FASHION 10am - 12pm	Tuesday 17th November PHOTOGRAPHY 1.30pm - 4.30pm	Wednesday 18th November CREATING A ROUTINE 11am - 1pm MEN'S GROUP 2pm - 4pm	Thursday 19th November LIVING with PD 1pm - 3pm	Friday 20th November UNDERSTANDING RECOVERY 11am - 1pm CROSS-STITCH 2pm - 4pm

Spring courses at a glance

Monday 23rd November CREATIVE FASHION 10am - 12pm	Tuesday 24th November PHOTOGRAPHY 1.30pm - 4.30pm	Wednesday 25th November HEALTHY RELATIONSHIPS 10am - 12pm MEN'S GROUP 2pm - 4pm	Thursday 26th November LIVING with PD 1pm - 3pm	Friday 27th November UNDERSTANDING RECOVERY 11am - 1pm CROSS-STITCH 2pm - 4pm
Monday 30th November CREATIVE FASHION 10am - 12pm	Tuesday 1st December PHOTOGRAPHY 1.30pm - 4.30pm	Wednesday 2nd December HEALTHY RELATIONSHIPS 10am - 12pm MEN'S GROUP 2pm - 4pm	Thursday 3rd December LIVING with PD 1pm - 3pm	Friday 4th December UNDERSTANDING RECOVERY 11am - 1pm CROSS-STITCH 2pm - 4pm
Monday 7th December CREATIVE FASHION 10am - 12pm	Monday 8th December PHOTOGRAPHY 1.30pm - 4.30pm	Wednesday 9th December HEALTHY RELATIONSHIPS 10am - 12pm MEN'S GROUP 2pm - 4pm	Thursday 10th December LIVING with PD 1pm - 3pm	Friday 11th December UNDERSTANDING RECOVERY 11am - 1pm CROSS-STITCH 2pm - 4pm
Monday 14th December CREATIVE FASHION 10am - 12pm	Monday 15th December PHOTOGRAPHY 1.30pm - 4.30pm	Wednesday 16th December HEALTHY RELATIONSHIPS 10am - 12pm MEN'S GROUP 2pm - 4pm	Thursday 17th December	Friday 18th December

Recovery and Co Production training.

These sessions are for those students who are ready to start teaching at the recovery college. It is also ideal for those who are interested in learning more about what co-production is and how it can be implemented. This course will also look at why the recovery journey is so important to support others.

Learn various teaching methods and use the college's CHIME model to develop ideas for a course.

Week 1: Introductions to the group, an outline and expectations of the sessions including what recovery and co production mean to you and the college.

Week 2: Exploring training techniques and writing lesson plans. How to create discussion, power point and practical demonstrations of the above!

Week 3: Managing as a peer tutor including; managing your time, dealing with difficult situations, supervisions, what's a buddy? Getting paid or volunteering. Current peer tutors will talk about their experiences.

Week 4: How to get feedback from students and teaching a session.

Tutors:

Jane Kelly & Alison Ogunduyile

Date & Time:

First Session: Friday 9th October 2020

Last Session: Friday 30th October 2020

All sessions start at: 11:00am - 2:00pm with a 30minute lunch break.

Location: City and Hackney Recovery College, 23 Primrose Square, E9 7TS

This is a 4 week course – Students must attend all sessions.

Understanding Recovery

Understanding recovery is a 5 week course which will give you the opportunity to reflect on your own experiences and hear from others about theirs. It is advisable to attend all sessions.

Week 1: What is recovery?

Week 2: Express yourself & get creative.

Week 3: Your journey part 1

Week 4: Your journey part 2

Week 5: Stigma and discrimination & how to become a mental health activist.

Tutors:

Jane Kelly & Jennifer Webb

Date & Time:

First Session: Friday 6th November 2020

Last Session: Friday 11th December 2020

All sessions start at: 11:00am – 1:00pm

Location: City and Hackney Recovery College, 23 Primrose Square, E9 7TS

This is a 5 week course – Students must attend all sessions.

Living with PD: valuing ourselves and experiences

A non-therapeutic look at personality disorders

Looking at how our experiences and emotions change and affect our way of living. Exploring our views and experiences to positively move forward and share with others. Through discussion, activities, worksheets and information to build a supportive group.

Resources and material will be provided to allow for those using zoom to engage with this course.

Tutors:

Sarah Johnson & Alison Ogunduyile

Date & Time:

First Session: Thursday 12th November 2020

Last Session: Thursday 10th December 2020

All sessions start at: 1:00pm – 3:00pm

Location: City and Hackney Recovery College,
23 Primrose Square, E9 7TS

This is a 5 week course – Students must attend all sessions.

Healthy relationships

This class will be looking at how we relate to each other on both personal and intimate levels. We will be covering everything from simple conversations to more complex productive/ progressive conversations. There will also be a space to have mature & informative discussions about sex and sexual health.

Tutors:

Carl Ramsey & Anna Formela

Date & Time:

First Session: Wednesday 25th November 2020

Last Session: Wednesday 16th December 2020

All sessions start at: 10:00am – 12:00pm

Location: City and Hackney Recovery College,
23 Primrose Square, E9 7TS

This is a 4 week course. Students must attend all four sessions.

Creating a routine

These sessions are to look at your current routine and how students can adapt this to get more out of the day! These informal classes will allow people to think, reflect and plan how to have more fun in each day!

Learning Objectives:

1. Looking at value of creating daily routines as something that can help towards a satisfying life.
2. To look at how developing healthy habits can help create a routine that lasts
3. For participants to explore things they would like to do more or change as part of their routine.
4. To people to have some ideas of simple things they can start doing as part of a morning or evening routine.
5. To look at resources that help creating and maintaining routines (journals / day planners / phone apps).
6. To also discuss how developing routines/goals can lead to more fun.

Tutors:

Marianne Bolton & Ismael Rachid Ibrahim

Date & Time:

First Session: Wednesday 4th November 2020

Last Session: Wednesday 18th November 2020

All sessions start at: 11:00am – 1:00pm

Location: City and Hackney Recovery College, 23 Primrose Square, E9 7TS

This is a 3 week course. Students must attend all sessions.

Photography

These sessions are for students at any level of photography, from beginners to pros! Students will explore different types of photography and how to apply this practically. Students are welcome to bring their own camera but the college will provide one if you need done.

Learning Objectives:

1. This course aims to give students the confidence to use photography as a tool for creative self expression.
2. To provide an opportunity for individuals to freely explore their creativity and develop new skills.
3. Students will have the chance to connect with others and discover their creative voice in a supportive and relaxed environment.

There will be 10 classes, weekly on a Tuesday, with one week break halfway through

Tutors:

Katharine Lazenby & Alexis Matilla

Date & Time:

Term 1

First Session: Tuesday 6th October 2020

Last Session: Tuesday 10th November 2020

Term 2

First Session: Tuesday 17th November 2020

Last Session: Tuesday 15th December 2020

All sessions start at: 1:30pm – 4:30pm

Location: City and Hackney Recovery College, 23 Primrose Square, E9 7TS

This is a 5 week course. Students must attend all sessions.

IT skills and ZOOM

This course is for beginners who already have some basic computer experience to use the mouse, keyboard and navigate areas of the desktop file system. Sessions are made up of demonstrations and useful tips as well as practical activities aimed at refreshing and developing working knowledge of accessing and using: The Internet- Browsing and Basic E-Safety, Using Email and Zoom, Using Office Word and Power Point.

Tutors:

Mani Martins & Alexis Matilla

Date & Time:

TBC - we are awaiting confirmation from the IT suite that it is safe to use. Please ask college staff for details.

All sessions start at:

Location: City and Hackney Recovery College,
23 Primrose Square, E9 7TS

This is a 6 week course – students must attend all six sessions.

Creative Fashion

Each student learns to design their own t-shirt/jumper, using an industrial heat press and fabric vinyl in various textures and colours.

The designs are created in a collaborative effort, through consultation workshops, with seasoned fashion practitioner, Carl Ramsey.

These are recovery focused sessions where we aim to re-enforce positive self-image through creative expression.

Recovery varies for every individual, so we aim to meet the student where they are, as opposed to where we would like them to be, in their understanding of what is being delivered.

This is evidenced in the designs, from week to week with absolutely no pressure each week to produce anything definitive, rather, developing a new understanding of what fashion can be.

This course of development is about empowering the individual from their point of expressiveness, whilst promoting self-esteem through personal achievement.

By the end the course, the service user will have a greater understanding of this particular fashion process and will have their own mini collection of pieces.

Tutors:

Carl Ramsey & Jemal Mohammed

Date & Time:

First Session: Monday 5th October 2020

Last Session: Monday 14th December 2020

All sessions start at: 10:00am – 12:00pm

Location: City and Hackney Recovery College, 23 Primrose Square, E9 7TS

This is a 11 week course. Students must attend all sessions.

Write my story

Write fascinating stories from your own experience with exercises set by professional writer and journalist Ros Weaver & peer tutor lead Alison Ogunduyile.

Get feedback on your work and support for your personal life-writing journey. Improve your creative writing skills and gain new perspectives on your life and experiences.

Tutors:

Ros Weaver & Alison Ogunduyile

Date & Time:

First Session: Thursday 8th October 2020

Last Session: Thursday 5th November 2020

All sessions start at: 1:00pm – 3:00pm

Location: City and Hackney Recovery College, 23 Primrose Square, E9 7TS

This is a 5 week course – Students must attend all sessions.

Discussion group

These are informal Zoom discussions which will be facilitated by Recovery College peer tutors and the core, so that we can share our opinions (no matter how different or diverse) on a range of different subjects which affect us ALL! We can be different, we can disagree, but what we CANNOT be is disrespectful or dismissive!!

Past & current conversations are:

DO BLACK LIVES STILL MATTER?

POSITIVE THINGS WE GOT FROM THE LOCKDOWN

SHOULD WE JUDGE OTHERS BY THEIR ACTIONS OR THEIR INTENTIONS?

Tutors:

Carl Ramsey & special guest.

Date & Time:

First Session: Monday 5th October 2020

Last Session: Monday 14th December 2020

All sessions start at: 2:00pm - 3:00pm

Men's Group

This will be a safe and exploratory session for men to come together to discuss their feelings, share their experiences and build productive and progressive relationships. Looking at each element of manhood and how that has developed over the last decade or so.

We will not only be doing circle time, we will be hosting mini-events and activities such as group outings for a more enriched, shared experience.

The group's main facilitator will be CARL RAMSEY, although it will be co-produced with various individuals.

Tutors:

Carl Ramsey & special guest.

Date & Time:

First Session: Wednesday 7th October 2020

Last Session: Wednesday 16th December 2020

All sessions start at: 2:00pm - 4:00pm

Cross stitch with Alison

A blend of levels from beginners to advance. Looking at small projects and materials to make something to cherish from our time together. Create something original or follow a pattern. Pin cushion, putting initials or pictures on fabrics (bag/coat/t-shirt).

Resources and sample material will be provided, allowing those engaging through zoom or attending to receive equal opportunities.

Tutors:

Alison Ogunduyile

Date & Time:

First Session: Friday 6th November 2020

Last Session: Friday 11th December 2020

All sessions start at: 2-4pm

Location: City and Hackney Recovery College, 23 Primrose Square, E9 7TS

or

Zoom meetings

Online tutorials available via youtube or google classroom

Cross stitching

Height of the season

Collage

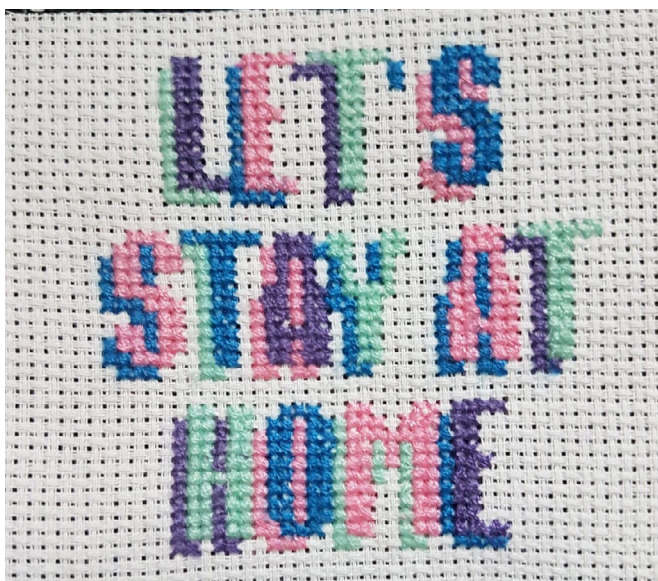
Writing my story

Create a routine

Photography via google classroom.

If you have access to the internet and a mobile device or laptop and want to attend these tutorials please add this to your enrolment form!

We will send you the links





CITY AND HACKNEY RECOVERY
COLLEGE PRESENTS...

A VIRTUAL COFFEE MORNING!



**PLEASE CALL 07551675864 OR EMAIL
ELFT.CITYANDHACKNEYRC@NHS.NET**

**JOIN OUR ZOOM SESSIONS TO SAY HELLO &
HAVE A CHAT, ASK ABOUT NEW COURSES
OR ASK ANY QUESTIONS!**

Core Arts is a recognised partner and resource for ELFT patients and funded by Hackney and City CCG to deliver and Arts in Health Recovery Alliance.

The Recovery College is a **Core Arts** recognised partnership.

Core Arts aims to improve Psychological Wellbeing through Creative Education & Practice.

WE OFFER:

- ★ 1-2 days access for 6 month
- ★ A choice access to **80+ taught creative classes a week** under five departments
- ★ **Arts, Music, Multimedia, Horticulture and Sports**
- ★ Please look at our timetable to view the selection of workshops available.
- ★ In addition we offer **spaces for clients to work on their own projects:** open studios and resources are available to work on self directed projects with 4 bookable music studios, 4 exhibition spaces, 2 art studios & an ICT Suite with mac computers
- ★ **Effective individual guidance and support** in personalised progression and skills development to help you achieve your creative goals.
- ★ **Individual assessment of referral** and Creative Work Plan goal-setting with achievable objectives to promote successes and personal development
- ★ Core Arts offers our members access and opportunities to participate in our **Creative & Social Events Program** with over 70 Events a year open to the whole community

Download our prospectus and Timetable from our website to view a full range of the workshops we run and to refer a client at:
www.corearts.co.uk



★ TOURS EVERY FRIDAY AT 12PM

For membership enquiries ring the membership team on 020 8533 3500 or email referrals@corearts.co.uk or complete online at www.corearts.co.uk

Core Arts,
1 St Barnabas Terrace,
London E9 6DJ

☎ 020 8533 3500,
✉ mail@corearts.co.uk
✉ referrals@corearts.co.uk

📘 facebook.com/coreartshackney
🐦 twitter.com/coreartshackney
www.corearts.co.uk



Contact Us

Location

We are based in a small estate in South Hackney, a 5 minute walk from Well street and Victoria park. There isn't great signage to direct you to us, so look the address up before you leave! We are also opposite St John of Jerusalem primary school, just past the Kingsmead community centre.

Contact Us

Address: The City & Hackney Recovery College, 23 Primrose Square, E9 7TS.

Website: <https://www.elft.nhs.uk/service/396/City-and-Hackney-Recovery-College>

Email: elft.cityandhackneyrc@nhs.net

Phone: 0208 525 4480 **or** 07901628326 **or** 07551675864

Opening hours: 9:00am – 5:00pm Monday–Friday. Unless specified by the college team.

Every Thursday morning 10.30–12pm is Virtual Cake and Coffee.

Keep up to date with social media

Facebook: City & Hackney Recovery College

Instagram: @cityhackneyrecoverycollege

Twitter: @cityhackneyrc

Get involved

There are plenty of ways for you to get involved with the recovery college. We have volunteering opportunities, events you can support us with, coffee mornings, open days and other things happening throughout the year. Another way to get involved is to give us some feedback about your experience at the college this is the best way we can adapt the college to be a better place for you to learn.

Download prospectus at

<https://www.elft.nhs.uk/service/396/City-and-Hackney-Recovery-College>



RECOVERY COLLEGE

MOVING FORWARD TO A BETTER FUTURE



Designed By

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