



THE NEW NORMAL

C&H Recovery College



EDITORIAL....

by Ros Weaver

Welcome to our third edition of the Recovery College newsletter.

We are aiming to make this a vibrant monthly round up of news, views, information and insights from our brilliant community.

In this issue we're hearing from our new manager Amy who's taken on the difficult task of making sure the college is Covid-safe whilst remaining warm and welcoming. And Courtney who is back with her lovely smile making everything run smoothly. We'll explain the changes we've had to make so that we can continue running classes. There's information on these new classes which began on 5 October and on a series of interesting online discussion groups you can join. Carl's sharing some thoughts that came from Do Black Lives Still Matter – a recent online discussion and I will be sharing my story with you.

October 10th was World Mental Health Awareness Day. During this period of uncertainty, which has tested everyone's mental resilience, mental welfare is certainly a key issue. We welcome the attention now being given to its importance, but most of us at the Recovery College don't need a special day. We are aware of mental health every day of the year, and we are all here to support each other on our chosen route to recovery.

Please remember we are always hunting for contributions to this publication. Do get in touch if you have comments or ideas. And send us your stories, artwork, and photography for possible inclusion.

Staff changes...

My name is Amy and I have taken over from Rachael as the Recovery College manager. I live in Hertfordshire but have worked in Hackney for eight years now; I have a dog called Peppa and consider myself to be very creative and handy with DIY (keep an eye out for some creative classes coming next year!)



Before I joined the recovery college I was a mental health nurse in City and Hackney Centre for Mental Health; working on the EQUIP ward.

I feel very privileged to be joining the Hackney recovery college. Recovery is a journey; some roads we take are smooth and some are bumpy. When we are on the bumpy roads it can be easy to lose sight of where we are heading and that's when having a passenger to support you can make the journey more manageable. The College is the passenger, supporting and empowering people on the smooth and the bumpy roads.

Rachael and the team have created a positive and welcoming environment here; it's a place of hope, co-production and kindness and my main goal is to ensure that these core values continue to be upheld.



Hi All

It feels great to be back at the college and I'm looking forward to catching up with you all at some point and meeting the new faces.

I know we are currently living in crazy times but with the college and together we can all get through it.

I know we have new rules around social distancing whilst at the college and the classrooms are not as full compared to what we are used to, but we must stay safe and keep the energy of the college going.

Speak and see you all soon! Courtney x



Covid-19 updates...

*stay
positive*

The college is running very differently at the moment due to the Coronavirus.

Unfortunately we have somewhat lost the social aspect of the college with people being unable to relax and chat in the college sofa area, however; this is for the safety of everyone and hopefully we can be back to normal soon!

Here are the safety measures and precautions we have in place:

- We are running only 1 course per day along with a few virtual classes



- We have a limit of 6 students per class; some classes have a virtual option to join



- On arrival students will have their temperature checked and details recorded before entering



- We have a track and trace QR code for the college which we will be asking students

to scan on arrival if they have the NHS track and trace app



- Students will enter via the Recovery college door. They should arrive at the start time and will be shown straight through to the classroom. Unfortunately it is not possible to wait in the office or on the sofas



- Students and tutors will wear a mask at all times



- In the classroom everyone should maintain safe social distance; the classroom will be laid out to help with this



- Students and peer tutors will exit via the back door, outside and around the side of the building following a one way system



Black history month...

Do black lives still matter?

By Carl Ramsey

The DO BLACK LIVES STILL MATTER? Zoom discussion held on 05th Oct 2020 was amazing for two reasons;

Firstly, because it was a great opportunity to have such an open discussion about such a difficult and painful topic.

Secondly, to hear other perspectives from people who are affected by the energy of the overall movement.

We discussed the Black Lives Matter movement and the differences between its impact in the United States and the marches etc, which were conducted here in the UK. We discussed how racism here is much subtler and more institutional. How the marketing around being black has affected people and their opportunities for work, the assumptive notion of crime and the relationships that we have with each other. We discussed difference generically and the importance of celebrating difference, whether it be cultural, aesthetic, gender identity or other.

We also learned a lot about how similar and connected we are. We shared personal experiences and found a deep connectivity within that.



**Black lives matter.
All lives matter.
That's not a
political statement
for me, it's a
humanitarian one.**

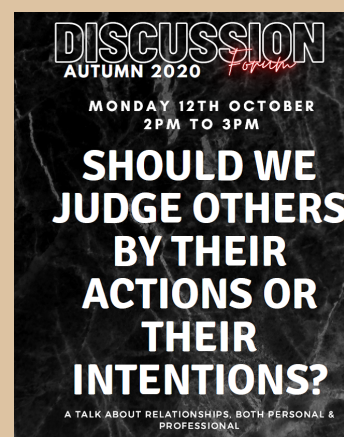


Virtual classes....



Since lockdown we have added a virtual element to the way we reach out to students of the college and due to the reduced number of students in each class, some courses offer a live virtual attendance. Unfortunately due to the nature, sensitivity and confidentiality of some of our courses, we are unable to offer a virtual option to all.

Our online discussion forums have been very well received and will continue to run every Monday from 2pm with a different topic each week



We are planning further videos for **Write my story**, **Create a routine** and **Cross stitch** which we will be able to send out to students along with materials required to partake in these courses.



Material is available on Google Classrooms for photography; feedback is no longer available but students are able to access the material - let us know if you are interested in this.

About our tutors.....

Our tutors are a vital part of the Recovery College team and continue to provide meaningful, empowering and thought provoking courses for our students. We love hearing the stories of our tutors and why they teach their course at the college so we will be publishing a piece from them in our monthly newsletter

***This month we are hearing from
Ros Weaver who co-produces
Write My Story with Alison***



When I was young I was in an abusive relationship. I escaped from it by going to another place in my mind. Eventually I escaped from it in real life, but it has affected the choices and decisions I've made ever since. I've realised this, and a lot of other stuff, by writing about it.

I joined a writing group. They shared their poetry, fiction and essays and I shared stories from my life. It amazed me that the group found my story interesting, and they gave me ideas for improving my writing. Most importantly, their reactions helped me to accept what had happened to me and treat myself with compassion. This is what made me want to begin a Write My Story class for people interested in writing about their own experiences. I'm a freelance writer and journalist who has always loved reading and writing, but Write My Story is not about spelling and grammar. I believe everyone has a fascinating story to share, and the class aims to support you in telling it.



That's all from us this month; stay safe
and remember we are just a phone call
away



RECOVERY COLLEGE

MOVING FORWARD TO A BETTER FUTURE

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