

# Tower Hamlets Recovery College Spring Term

2024



For More Information

call: 0207 426 2332

email: [elft.thrc@nhs.net](mailto:elft.thrc@nhs.net)

# ABOUT THE COLLEGE

## Who is the college for?

- Anyone who lives, works, studies or cares for someone in Tower Hamlets and wants to find out more about mental and physical health recovery and wellbeing
- Anyone who has experience of using mental or physical health services in Tower Hamlets

## What are the courses about?

Courses cover a range of areas that might support recovery; including tools and strategies to gain a deeper understanding of yourself and your experiences, education about mental and physical health, helpful tips on practical life skills and how to get involved in study and work opportunities.

## Where do the courses take place?

We usually deliver our courses in different community venues throughout Tower Hamlets. However, this term, most classroom-based courses will be held at our college base **86 Old Montague Street, E1 5NN.**

## Who are the courses taught by?

What is special about us is that all of our courses are designed and delivered by people who have lived experience of mental health challenges, working together with people who work in mental health services.

We call this co-production. Co-production is an equal relationship between people who use services and the people responsible for services. All our courses are co-produced; co-designed, co-delivered, co-received and co-assessed.

## How do I enrol?

### There are three ways to enrol:

**1 Online:** Head to our Student Portal at <https://thrc.studioreception.net>. Log in or create a new account on the student portal then head to the Calendar tab to see our term timetable

**2 Phone:** Call **0207 426 2332** from 9:30am – 5:00pm Monday to Friday

**3 Email:** Send your course and booking enquiries to [elft.thrc@nhs.net](mailto:elft.thrc@nhs.net)



# TAKE PART IN AN Individual Learning Plan

The Individual Learning Plan (ILP) aims to enhance and support each student's recovery and wellbeing through education. The 'ILP Mentor' will sit with you and discuss ways in which we can support you and 'signpost' you to services relevant to your goals.

If you're interested in taking part in an ILP:

Call 0207 426 2332

Email: [elft.thrc@nhs.net](mailto:elft.thrc@nhs.net)





# COURSES

## UNDERSTANDING HEALTH

Tuesday  
**6 & 13**  
February

### **Dealing with Depression and Anxiety (2 DAY COURSE)**

Depression and anxiety are among the most common mental health difficulties experienced by people. This course explores the positives steps that can be taken to promote a happier and healthier life. Helpful techniques, tools and strategies used to overcome difficulties will be discussed, including the sharing of lived experience.

Friday  
**15**  
March

### **Understanding Psychosis**

Psychotic experiences such as hallucinations and delusions can be distressing and difficult, but they don't have to be a barrier to living your life. This course will use personal experience and discussion to look at what psychosis means, its possible effects, and how it might be understood and managed in a way that works for you.

Wednesday  
**27**  
March

### **Making your Medication Work for You**

Medication is a very important aspect of recovery for many people experiencing mental distress, but knowledge and careful management can make all the difference. This session will look at different types of medication, their potential benefits and effective management of any side effects. It will also include tips and resources to help medications fit in with your life and work for you.

Thursday  
**4**  
April

### **Understanding Sleep**

Sleep and mental health are closely related; a lack of sleep can affect your physical state and mental health. Those with mental health difficulties are more likely to experience sleep disruption, disorders and insomnia. Many young adults report trouble getting to sleep and sleeping with higher use of screens and stress levels alongside other factors that could contribute to this.

Thursday  
**11**  
April

### **Understanding Trauma**

After experiencing or witnessing a traumatic event, people may experience an acute stress reaction for a short time after. Trauma can be experienced in different forms and affect people's lives in different ways. This course will explore what trauma is, how it is distinct from other anxiety experiences, how trauma affects people differently, available treatments and where to access them.



# COURSES

## DISCOVER YOURSELF

Friday  
**9**  
February

### Introduction to Recovery Principles

Recovery can be as challenging as it is rewarding, with each person's journey being different. In this short course we will explore both the concept and reality of recovery, through activities, videos, personal stories and discussions. The course looks at what recovery means in the context of mental health, and where the ideas originated from. We will also discuss how staff, carers, service users, family and friends might support individuals to live a more hopeful and empowered life.

Tuesday  
**5**  
March

### Islam and Recovery

Tower Hamlets is a borough rich in diversity and many identify as Muslim and practice Islam. This one day course seeks to explore Islam's understandings, ideas and approaches to mental health, including aspects of culture, faith, beliefs and lifestyles. This course looks at how these can be used to support mental health. (This course is open to everyone irrespective of faith backgrounds)

Tuesday  
**12 & 19**  
March

### Tree of Life (2 DAY COURSE)

This is an experiential course where students will use the Tree of Life narrative to think about their lives in ways that make them stronger, drawing their own trees as well as exploring their life experiences, strengths, hopes and dreams. Students also take part in the 'forest of life' exercise, discussing some of the 'storms' that may affect them along the way, and how they might respond to these storms, in order to protect themselves and each other.

Tuesday  
**2**  
April

### Art for Recovery

It is well known that using art as a therapeutic outlet can be a useful tool in supporting mental health recovery. Many famous artists historically have used different creative mediums and art as a form of expression and possibly a way of helping their mental health and telling their personal stories. This course will explore how and why art is used to support mental health recovery.

Friday  
**5 & 12**  
April

### Connecting with Nature (2 DAY COURSE)

Living in a concrete jungle like London can be exciting and fast paced but it's important to slow down and smell the roses, literally! In this course we will learn about how getting in touch with nature can support our mental health and keep us well. Come along to our community garden in Mudchute Park and Farm to spend some time in nature in this relaxing two day course.

**NEW!**

Courses to help you reach a deeper understanding of yourself and your experiences

# COURSES

## LIFE SKILLS

Thursday

22

OR

29

February

### **Crochet and Recovery (Beginners)**

In this course we will be learning the fundamentals of crochet. What tools you need for crochet, different types of yarn and their uses. We will be creating our own crochet piece for you to take home after the session and continue working. This will be a beginners crochet course so we will be focusing on the basic stitches and information of crochet. This is NOT a two day course, this is a course that we are running twice to accommodate for more students, please pick one day to attend.

NEW!

### **Getting Back into Exercise (5 DAY COURSE)**

Studies show that physical activity can improve one's mental and physical wellbeing. With busy lives and unpredictable schedules it can be difficult to factor in exercise and time for ourselves. Exercise doesn't have to be complicated, there are many ways to insert it into our lives to ensure we are looking after ourselves while still having time for everything else! This course will explore the benefits of physical activity, movements that feel good to you, how to increase your activity levels and activity centres in the local community.

Monday

19 - 8

February April

(Multiple dates - check calendar)

### **Learning to Video Call (2 DAY COURSE)**

In a time of heightened technology, connecting with loved ones from afar has never been easier. But technology can be difficult to access and complicated to learn on your own. In this course we will be learning the basics of video calling on different devices so that you are confident in using your skills outside of the classroom.

NEW!

Thursday

7 & 14

March

### **Conflict Resolution**

Experiencing conflict between yourself and others is almost impossible to avoid in life. Sometimes, these conflicts are easily resolved between parties and sometimes we may find ourselves struggling to see a way forward. Whether it is personal, financial, social, familial, employment based or other, general conflict resolution skills can be used to maintain respect in disputes and enable an outcome that minimizes unintended results.

Thursday

21

March

### **Challenging Stigma**

Whilst society's attitude to mental health is slowly improving, stigma around the issue still exists. People with mental health difficulties sometimes report that the stigma attached to mental ill health is linked to the discrimination they experience. This course will look at various ways that stigma can have an impact on our lives, and the ways that we can challenge stigma both locally and in wider society.

Tuesday

26

March

Courses to help you get the most out of everyday life

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

5 <sup>th</sup> February	6 <sup>th</sup> February Dealing with Depression and Anxiety (Day 1) 10am – 4pm @ Osmani Centre, 58 Underwood Road, E1 5AW	7 <sup>th</sup> February	8 <sup>th</sup> February	9 <sup>th</sup> February Introduction to Recovery Principles 11am – 1pm @ 86 Old Montague St, E1 5NN
12 <sup>th</sup> February	13 <sup>th</sup> February Dealing with Depression and Anxiety (Day 2) 10am – 4pm @ Osmani Centre, 58 Underwood Road, E1 5AW	14 <sup>th</sup> February	15 <sup>th</sup> February	16 <sup>th</sup> February
19 <sup>th</sup> February Getting Back into Exercise (Day 1) 1pm – 3pm @ 86 Old Montague St, E1 5NN	20 <sup>th</sup> February	21 <sup>st</sup> February	22 <sup>nd</sup> February Crochet and Recovery (Group A) 11am – 4pm @ 86 Old Montague St, E1 5NN	23 <sup>rd</sup> February
26 <sup>th</sup> February Getting Back into Exercise (Day 2) 1pm – 3pm @ 86 Old Montague St, E1 5NN	27 <sup>th</sup> February	28 <sup>th</sup> February	29 <sup>th</sup> February Crochet & Recovery (Group B) 11am – 4pm @ 86 Old Montague St, E1 5NN	1 <sup>st</sup> March
4 <sup>th</sup> March	5 <sup>th</sup> March Islam and Recovery 10am – 4pm @ 86 Old Montague St, E1 5NN	6 <sup>th</sup> March	7 <sup>th</sup> March Learning to Video Call (Day 1) 11am – 1pm @ 86 Old Montague St, E1 5NN	8 <sup>th</sup> March

**Colour Key**

Discover Yourself

Understanding Health

Life Skills



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11 <sup>th</sup> March	12 <sup>th</sup> March Tree of Life (Day 1) 10am – 4pm @ 86 Old Montague St, E1 5NN	13 <sup>th</sup> March	14 <sup>th</sup> March Learning to Video Call (Day 2) 11am – 1pm @ 86 Old Montague St, E1 5NN	15 <sup>th</sup> March Understanding Psychosis 10am – 4pm @ 86 Old Montague St, E1 5NN
18 <sup>th</sup> March Getting Back into Exercise (Day 3) 1pm – 3pm @ 86 Old Montague St, E1 5NN	19 <sup>th</sup> March Tree of Life (Day 2) 10am – 4pm @ 86 Old Montague St, E1 5NN	20 <sup>th</sup> March	21 <sup>st</sup> March Conflict Resolution 10am – 4pm @ 86 Old Montague St, E1 5NN	22 <sup>nd</sup> March
25 <sup>th</sup> March Getting Back into Exercise (Day 4) 1pm – 3pm @ 86 Old Montague St, E1 5NN	26 <sup>th</sup> March Challenging Stigma 10am – 4pm @ 86 Old Montague St, E1 5NN	27 <sup>th</sup> March Making your Medication Work for You 10am – 4pm @ 86 Old Montague St, E1 5NN	28 <sup>th</sup> March	29 <sup>th</sup> March
1 <sup>st</sup> April	2 <sup>nd</sup> April Art for Recovery 10am – 4pm @ 86 Old Montague St, E1 5NN	3 <sup>rd</sup> April	4 <sup>th</sup> April Understanding Sleep 10am – 4pm @ 86 Old Montague St, E1 5NN	5 <sup>th</sup> April Connecting with Nature (Day 1) 10:30am – 4pm @ Mudchute Farm, Pier St, E14 3HP
8 <sup>th</sup> April Getting Back into Exercise (Day 5) 1pm – 3pm @ 86 Old Montague St, E1 5NN	9 <sup>th</sup> April	10 <sup>th</sup> April	11 <sup>th</sup> April Understanding Trauma 10am – 4pm @ 86 Old Montague St, E1 5NN	12 <sup>th</sup> April Connecting with Nature (Day 2) 10:30am – 4pm @ Mudchute Farm, Pier St, E14 3HP

To enrol onto a course please

Visit: <https://thrc.studioreception.net/>

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#### Colour Key

Discover Yourself

Understanding Health

Life Skills

**WHAT'S ON AT THRC:**

# **GARDENING FOR WELLBEING**



Come along to our **FREE** gardening group.  
Join us in our purpose-built gardening space, enjoy  
nature and practice your gardening skills with support  
from our trained Gardening professionals.

**Every:**

**Wednesday from 11:00am - 2:00pm**  
**(Additional day to be offered in the Summer)**

**Located at:**

**Mudchute Farm, Pier Street, E14 3HP**

**Stations: DLR Mudchute, DLR Crossharbour &  
DLR Island Gardens**

**Bus: D7 or 135 bus towards Crossharbour/ Mile End  
and disembark at Pier St Stop and  
walk to entrance top of street.**



# WHAT'S ON AT THRC:



## **YOUNG ADULTS SOCIAL HUB**



Are you free on Wednesdays from  
5:30 pm – 7:30 pm and aged  
18-30 years old?

Would you like to unwind in a safe space?

Would you like to interact with like-minded  
individuals?

Come along to our Young Adults Social Hub. You can  
participate in Icebreakers, Team Building  
Exercises/Activities, Discussions, Games, or just  
hangout.

All starting from January 10th 2024

Hosted at Tower Hamlets Recovery College -  
86 Old Montague St, London E1 5NN

Call 0207 426 2332  
Email: [elft.thrc@nhs.net](mailto:elft.thrc@nhs.net)





# WHAT'S ON AT THRC:



## **BENGALI MEN'S GET FIT GROUP**

**WE ARE CALLING BENGALI MEN (OF ALL AGES) IN TOWER HAMLETS TO JOIN US IN OUR WEEKLY GET FIT GROUP. THE GROUP IS NON-COMMITMENT AND PARTICIPANTS ARE FREE TO DROP IN AS THEY WISH.**

**WE WILL BE PROVIDING FREE EXERCISE CLASSES FOR ALL LEVELS OF FITNESS, FACILITATED BY A PROFESSIONAL TRAINER. PLEASE DO DROP BY!**

**WHEN: EVERY WEDNESDAY (DROP-IN SESSION)**

**TIME: 10:00AM - 11:00AM**

**WHERE: 55 STEWART STREET, LONDON, E14 3JH**

# WHAT'S ON AT THRC:

COME ALONG TO OUR

# LIBRARY COFFEE MORNINGS

COME IN AND CHECK OUT OUR LIBRARY SPACE! AT THIS DROP-IN SESSION YOU CAN ALSO USE OUR COMPUTERS OR KINDLES, ENJOY SOME TEA OR COFFEE AND CHECK OUT OUR COLLECTION OF BOOKS.

EVERY WEDNESDAY  
1.00PM - 3.30PM

FOR MORE INFORMATION  
PLEASE CALL: 020 7426 2332



# WHAT'S ON AT THRC:

**COME ALONG TO OUR**



## IT Support Sessions

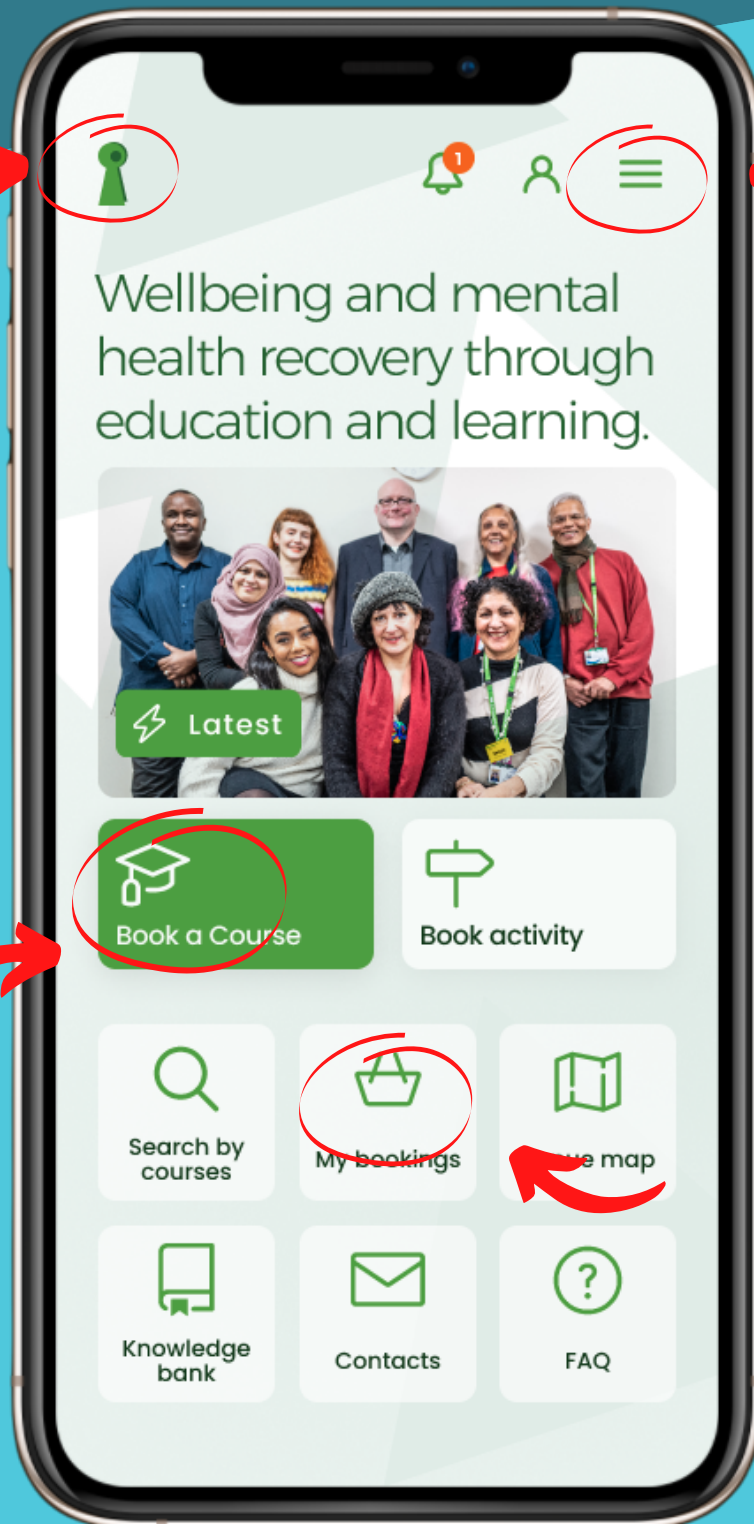
**Bring along your computer, phone, tablet,  
and internet queries to us and one of our  
librarians will be happy to provide one-  
on-one support.**

To book please call: 020 7426 2332



# WHAT'S ON AT THRC:

## Launching Soon – THRC app



BY CLICKING  
THIS BUTTON  
YOU CAN GET  
BACK TO THE  
HOME PAGE

BY CLICKING  
THIS BUTTON  
YOU CAN  
ACCESS THE  
DROP DOWN  
MENU

YOU CAN BOOK  
COURSES BY  
GOING TO THIS  
BUTTON

THROUGH THIS  
BUTTON YOU  
CAN VIEW  
YOUR  
CURRENT  
BOOKINGS

WHAT'S ON AT THRC:

# FOLLOW OUR NEW TIKTOK

*Check out our TikTok to find out more about us and stay updated on what's new at the Tower Hamlets Recovery College.*

FOLLOW US

**@th\_recoverycollege**



# **Tower Hamlets Services Quick Reference Guide:**



**Mental Health Crisis Line: 0800 073 0003**

**Working Well Trust: 020 7729 7557**

**MIND in Tower Hamlets: 020 7510 1081**

**Idea Store: [www.ideastore.co.uk](http://www.ideastore.co.uk)**

**Hestia: 020 7378 3100**

**NHS 24 Hour Medical Support: 111**

**COVID-19 Support: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)**

**Carers Centre: 020 7790 1765**

**WorkPath: 020 7364 3727**

**MIND Advocacy: 020 7510 1081 Option 2**

