



Tower Hamlets  
Recovery College

# SUMMER TERM

2025



# 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.

## 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

Wednesday

11

June

### Understanding Depression & Anxiety

Depression and anxiety are among the most common mental health difficulties experienced by people. This course explores the positive 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.

Wednesday

18

June

### 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.

Thursday

26

June

&  
10

July

### Moving on from Hospital

This 1hr workshop will equip you with resources & fresh perspectives in preparation for your 'recovery journey' after hospital. What is meant by 'recovery'? What is the 'Creative Wellbeing Group'? Discover the 'goldmine' of opportunities in Tower Hamlets. Attending will also give you a good introduction to the Recovery College course style .

**This course has has a limited availability, only 6 places on the course open.**

Thursday

17

July

### Suicide Awareness

Suicide is a highly sensitive subject and lots of people are unsure of how to approach someone in a mental health crisis. It is safe to say that suicide is a big cause for concern and needs to be addressed. In this course we will discuss what suicide is, why it happens and what the impact of it can be. This course aims to equip people with the confidence and the skills to contribute towards suicide prevention.

Tuesday

22

July

### 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

Every  
Thursday  
in July

### Men's Shed

This a multiple session space for men of all ages to gather and discuss the goings on in their lives and share experiences with other men. This will be a safe space for men to come, chat and receive guidance from other like minded individuals. The course is more of a relaxed style open discussion safe space over the course of multiple sessions.

NEW!

Friday  
**27**  
June  
&  
**18**  
July

### Getting back into Employment

As a borough, Tower Hamlets boasts a fantastic range of employment support services. However, sometimes it is difficult to understand how services differ and therefore identify what kind of employer you wish to work for. This course is perfect for people who have been out of work and are worried about job security but not sure where to start.

Wednesday  
**2**  
July

### Breaking Isolation

Life can be unpredictable and stressful at times and this can cause us to withdraw socially and emotionally from others which can leave us feeling isolated. This course will explore how to break out of isolation and the feelings that can come with this. Come and break your isolation with us here at the Tower Hamlets Recovery College.

NEW!

Friday  
**4**  
July

### Creativity for Recovery

It is well known that using creativity 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 creativity is used to support mental health recovery.

Friday  
**25**  
July

### Creative Writing for Recovery

Creative writing is a supportive and evidence-based approach to explore our mental wellbeing and recovery journeys. There are different approaches to creative writing such as journalising, story writing, song writing and many more. In this course we will be doing a creative writing session, where you will read and discuss different creative writing samples and approaches and have a go at your own.

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

# COURSES

## LIFE SKILLS

Thursday  
**12**  
June

### **Making Sense of Mental Health Services**

Mental Health services can sometimes feel like a maze and can sometimes leave you feeling worse. In this course we will look into how mental health services are organised and how to navigate them. Mental Health services can be complicated but the support that you need is out there and this course is here to help you find it.

Thursday  
**19**  
June

### **Making your Mental Health Toolkit**

If you find yourself struggling with feelings of anxiety and panic, creating a Mental Health Toolkit is a great way to manage those feelings. In this course we will look at what is a Mental Health Toolkit and how can it assist with mental health recovery. We will identify positive coping strategies and explore how we can access support. Come along to this course to make your own Mental Health Toolkit.

**NEW!**

Tuesday  
**8**  
July

### **IT Session: Learning to use Emails**

In a world constantly developing and changing it is easy to feel disconnected. In this course we will cover basic IT skills so you can make the most out of your devices and stay connected with loved ones and the world around you. We will cover how to navigate your email portal, how to respond to an email and sending emails.

*This course has a limited availability, only 6 places on the course open.*

Tuesday  
**15**  
July

### **IT Session: Learning to make Video calls**

In this course we will cover basic IT skills so you can make the most out of your devices and stay connected with loved ones and the world around you. We will cover how to start a facetime, joining a facetime and how to navigate facetime.

*This course has a limited availability, only 6 places on the course open.*

Wednesday  
**16**  
&  
**23**  
July

### **Assertiveness, Communication & Conflict Resolution (2 DAY)**

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.

Wednesday  
**30**  
July

### **Learning how to use Psychological First Aid**

This course will explore the Psychological First Aid principles as set out by the World Health Organisation (WHO), that are aimed to help you understand ways to help others in moments of crisis and major distress. This includes how to listen, comfort, assess needs, provide practical care and support in moments of crisis and ensure you take care of yourself after supporting someone in need.

*This course includes role play of people in distress that could be upsetting.*

# MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

26 <sup>th</sup> May	27 <sup>th</sup> May	28 <sup>th</sup> May	29 <sup>th</sup> May	30 <sup>th</sup> May
2 <sup>nd</sup> June	3 <sup>rd</sup> June	4 <sup>th</sup> June	5 <sup>th</sup> June	6 <sup>th</sup> June
9 <sup>th</sup> June	10 <sup>th</sup> June	11 <sup>th</sup> June <b>Understanding Depression &amp; Anxiety</b> 10am – 4pm @ Scott Room, Oxford House, Derbyshire Street, E2 6HG	12 <sup>th</sup> June <b>Making Sense of Mental Health Services</b> 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	13 <sup>th</sup> June
16 <sup>th</sup> June	17 <sup>th</sup> June	18 <sup>th</sup> June <b>Understanding Psychosis</b> 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	19 <sup>th</sup> June <b>Making your Mental Health Toolkit</b> 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	20 <sup>th</sup> June
23 <sup>rd</sup> June	24 <sup>th</sup> June		26 <sup>th</sup> June <b>Moving on from Hospital</b> 1:30pm – 2:30pm @ Art Room, OT Department, THCMH, Mile End Hospital, Bancroft Road, E1 4DG	27 <sup>th</sup> June <b>Getting Back into Employment</b> 10am – 1pm @ Hall 1, Bernie Cameron Community Centre, 32 Merchant Street, E3 4LX

Colour Key

Discover Yourself

Understanding Health

Life Skills



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

30th June	1st July	2nd July <b>Breaking Isolation</b> 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	3rd July <b>Men's Shed</b> 11am – 1pm @ Wellbeing Garden, Mudchute Farm, Pier Street, E14 3HP	4th July <b>Creativity for Recovery</b> 10am – 4pm @ Hall 1, Southern Grove Community Centre, Southern Grove, E3 4FX
7th July	8th July <b>IT Session: Learning to use Emails</b>  <b>This course has a limited availability, only 6 places on the course open.</b>  11am – 2pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	9th July	10th July <b>Moving on from Hospital</b> 1:30pm – 2:30pm @ Art Room, OT Department, THCMH, Mile End Hospital, Bancroft Road, E1 4DG  <b>Men's Shed</b> 11am – 1pm @ Wellbeing Garden, Mudchute Farm, Pier Street, E14 3HP	11th July
14th July	15th July <b>IT Session: Learning to make Video Calls</b>  <b>This course has a limited availability, only 6 places on the course open.</b>  11am – 2pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	16th July <b>Assertiveness, Communication &amp; Conflict Resolution</b> (Day 1 of 2 Sessions)  10am – 4pm @ Scott Room, Oxford House, Derbyshire Street, E2 6HG	17th July <b>Suicide Awareness</b> 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN  <b>Men's Shed</b> 11am – 1pm @ Wellbeing Garden, Mudchute Farm, Pier Street, E14 3HP	18th July <b>Getting Back into Employment</b>  11am – 3pm @ Hall 1, Bernie Cameron Community Centre, 32 Merchant Street, E3 4LX

**Colour Key**

Discover Yourself



Understanding Health



Life Skills



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 <sup>st</sup> July	22 <sup>nd</sup> July Understanding Trauma  10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	23 <sup>rd</sup> July Assertiveness, Communication & Conflict Resolution (Day 2 of 2 Sessions)  10am – 4pm @ Scott Room, Oxford House, Derbyshire Street, E2 6HG	24 <sup>th</sup> July Men's Shed  11am – 1pm @ Wellbeing Garden, Mudchute Farm, Pier Street, E14 3HP	25 <sup>th</sup> July Creative Writing for Recovery  10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN
28 <sup>th</sup> July	29 <sup>th</sup> July	30 <sup>th</sup> July Learning how to use Psychological First Aid  10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	31 <sup>st</sup> July Men's Shed  11am – 1pm @ Wellbeing Garden, Mudchute Farm, Pier Street, E14 3HP	1 <sup>st</sup> August

To enrol onto a course please


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

Call: 0207 426 2332


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

Text: 07796 262982

**Colour Key**

 Discover Yourself

 Understanding Health

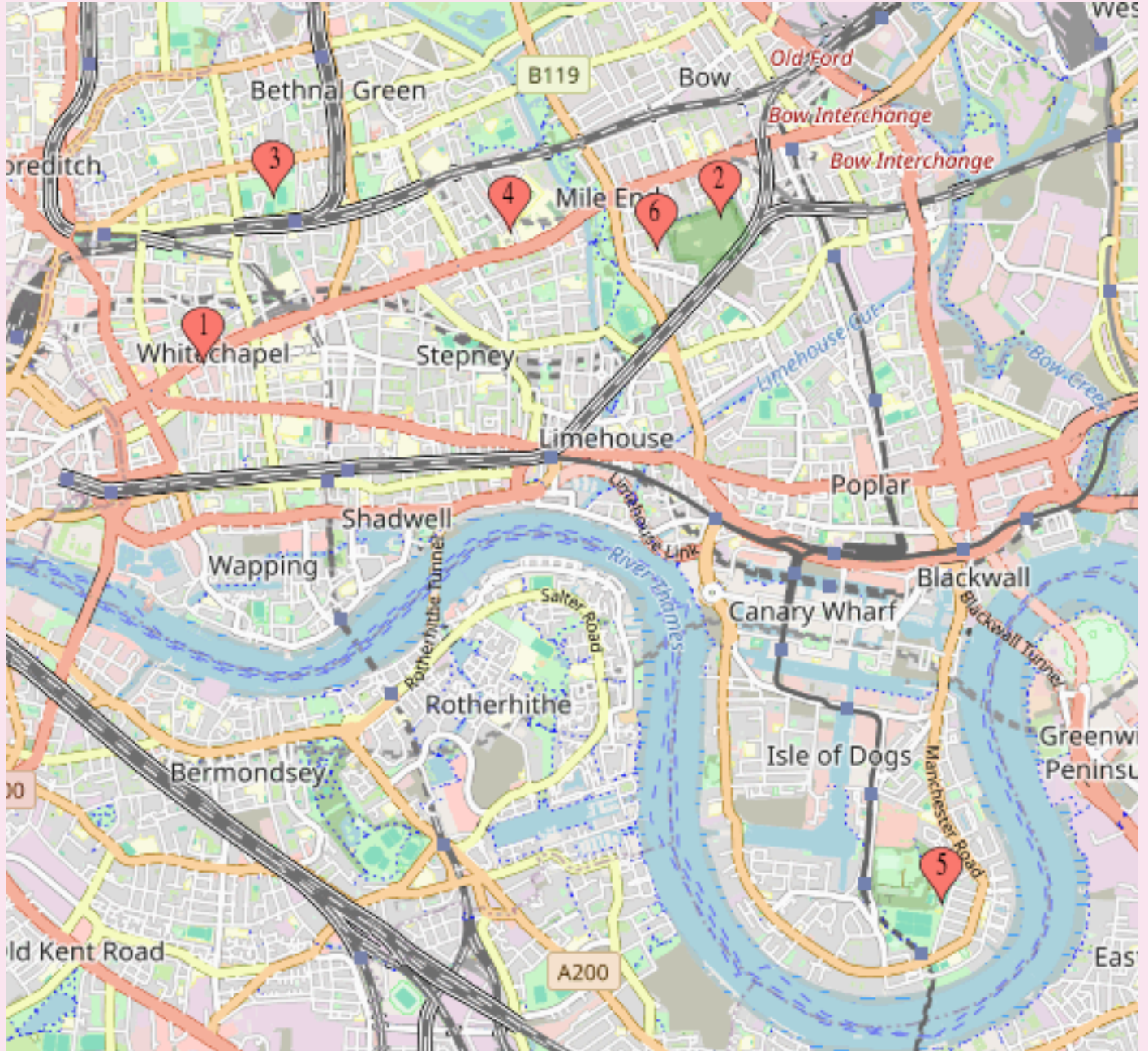
 Life Skills

# VENUE INFORMATION

<p><b>1) Tower Hamlets Recovery College</b> 86 Old Montague Street, E1 5NN</p> <p>Transport Information TUBE: Aldgate East or Whitechapel Station BUS: 25, 245, 205, D3</p>	<p><b>2) Bernie Cameron Community Centre</b> 32 Merchant Street, Bow, E3 4LX</p> <p>Transport Information TUBE: Mile End or Bow Station BUS: 25, 205, 425, 339, D7</p>	<p><b>2) Oxford House</b> Derbyshire Street Bethnal Green London E2 6HG</p> <p>Transport Information TUBE: Bethnal Green Station BUS: D3, 254</p>
<p><b>4) Mile End Hospital</b> Art Room, OT Department Tower Hamlets Centre for Mental Health, Bancroft Road, E1 4DG</p> <p>Transport Information TUBE: Stepney Green or Mile End Station BUS: 25, 205, 309, 277, 339</p>	<p><b>5) Mudchute Farm</b> Pier Street, London, E14 3HP</p> <p>Transport Information TUBE: Langdon Park DLR (12 min walk) BUS: D7, 135</p>	<p><b>5) Southern Grove Community Centre</b> Southern Grove Road, Bow E3 4FX</p> <p>Transport Information TUBE: Bow Road or Mile End Station BUS: 25, 205</p>



# VENUE INFORMATION



# WHAT'S ON AT THRC:

TOWER HAMLETS  
RECOVERY COLLEGE

## YOUNG ADULT SOCIAL



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

Looking to relax and hangout with other young  
adults in the local area?

Come along to our Young Adult Social.  
We've got Board Games, Video Games, Food Prep  
and a space to chill out and chat

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

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



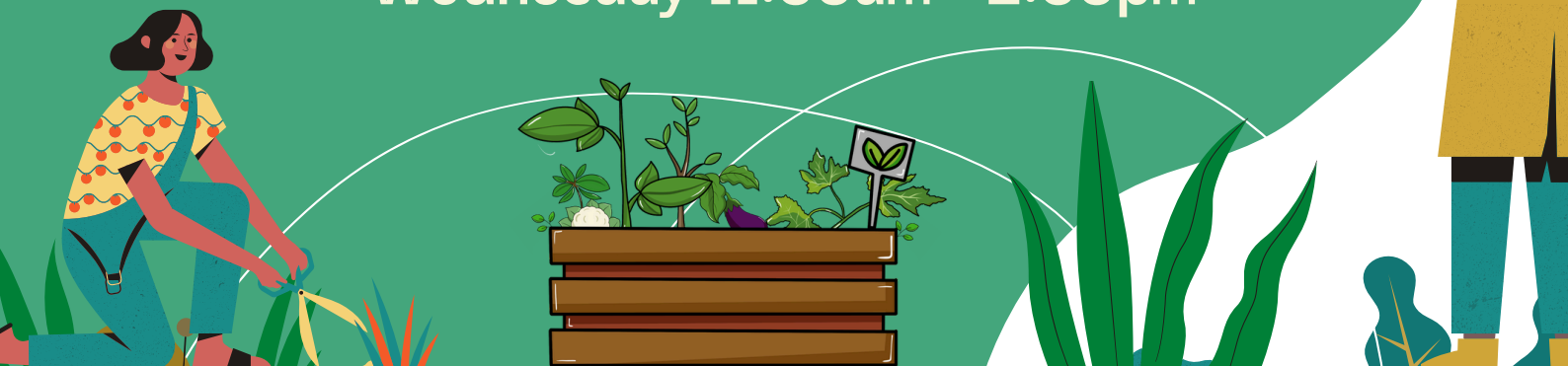
# WHAT'S ON AT THRC:

**MUDCHUTE**  
EAST LONDON COUNTRYSIDE

## GARDENING FOR WELLBEING GROUP

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

Located at:  
Mudchute Farm, Pier Street, E14 3HP  
Every:  
Wednesday 11:00am - 2:00pm





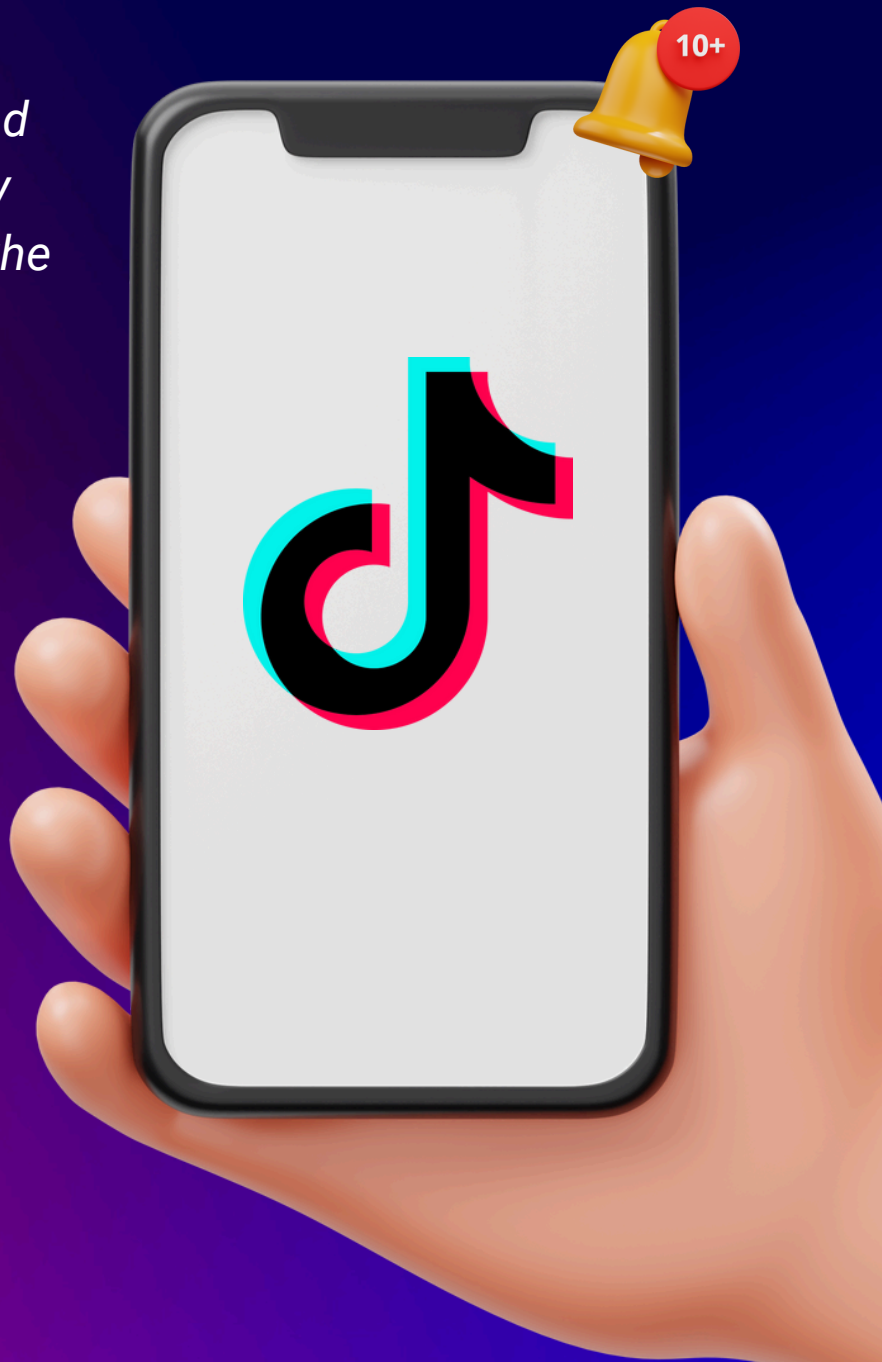
WHAT'S ON AT THRC:

# FOLLOW OUR 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:**

**TH Mental Health Crisis Line:** 111 press option 2

**Working Well Trust:** 020 7729 7557

[info@wwtrust.co.uk](mailto:info@wwtrust.co.uk)

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

[advocacy@mithn.org.uk](mailto:advocacy@mithn.org.uk)

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

**Hestia:** 020 7378 3100

[info@hestia.org.cjsm.net](mailto:info@hestia.org.cjsm.net)

**NHS 24 Hour Medical Support:** 111

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

**Carers Centre:** 020 7790 1765

[enquiries@ccth.org.uk](mailto:enquiries@ccth.org.uk)

**WorkPath:** 020 7364 3727

0800 3581 2410 (freephone)

**TH Together Café:** 07826 780554

[th.togethercafe@nhs.net](mailto:th.togethercafe@nhs.net)

