



Tower Hamlets  
Recovery College



# Autumn Term

2025



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.

## 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.

## 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 Book Now 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)



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.





# WHAT'S ON AT THRC:

## OUR FIRST GRADUATION CEREMONY AND CELEBRATION





# COURSES

## UNDERSTANDING HEALTH

Tuesday  
**14**  
October

### Introduction to the Recovery College

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 and how we deliver this through the Recovery College model. 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  
**11**  
November

### 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.

Thursday  
**20**  
November

### 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  
**27**  
November

### Understanding Somatic Therapy

This full-day course explores how the body holds stress, trauma and resilience, and how tuning into our physical experience can support recovery and wellbeing. Through simple movement, breathwork and body awareness practices, you will learn tools to regulate the nervous system, release tension and reconnect with your own inner resources. The day is both informative and practical, offering a space to understand the science of body-mind connection while experiencing it directly.

**Note: This course is not a substitute for therapy.**

**NEW!**

# COURSES

## DISCOVER YOURSELF

Tuesday  
**21**  
October

### **Creativity for Recovery**

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 and offers opportunities to try out different creative modes.

Tuesday  
**28**  
October

### **Reattuning to our felt Sense**

Our body provides a lot of information, but many of us have forgotten how to listen to it. This course invites students to explore this deeper awareness. In this course we will use practical exercises, as a space to tune into the wisdom of the body- the 'felt sense'- and consider how this awareness might support change and wellbeing in everyday life.

*This is an experiential course with minimal written content.*

**NEW!**

Thursday  
**30**  
October  
&  
**4**  
December

### **Getting Back into Employment (2 DAYS)**

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. It will support people to think about what they need to return to work with practical activities and support.

Tuesday  
**18**  
November

### **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 do a creative writing session, where you will read and discuss different creative writing samples and approaches and have a go at your own.

Wednesday  
**10**  
December

### **Stress & Time Management**

This course explores themes around stress and the use of time in everyday life. Co-produced and co-delivered, it offers space for reflection and dialogue from multiple perspectives, helping you to better navigate your day-to-day life.

**NEW!**

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

# COURSES

## LIFE SKILLS

Thursday

6

&

13

November

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

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 minimises unintended results.

Tuesday

9

&

16

December

### **Psychological First Aid (2 DAYS)**

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.*

# COURSES

## LIFE SKILLS: IT COURSES

Wednesday  
**5**  
November

### IT Session: Getting Online Essential Digital Skills

Being connected has become an important part of modern life, yet knowing where to start is not always straightforward. This course offers an introduction to essential online skills, supporting confidence in using everyday digital tools and connecting with the world around us.

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

Wednesday  
**19**  
November

### IT Session: How to Stay Safe Online

In an increasingly connected world, protecting yourself online can feel complex. This course offers space to explore approaches to online safety and practical ways to navigate the digital world with confidence.

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

Wednesday  
**26**  
November

### IT Session: Emails & Video Calls

Technology makes it easier than ever to stay connected, but knowing how to use it can feel overwhelming. This course will teach you key skills for emailing, and video calling. You'll gain the confidence to keep in touch with family and friends and make the most of online services.

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

Wednesday  
**3**  
December

### IT Session: Understanding AI

As technology becomes an ever-present part of daily life, it can be difficult to make sense of new developments. This course provides an opportunity to explore ideas about artificial intelligence (AI) and its impact on everyday life, from the ways we communicate to the tools we use on a daily basis.

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



# COURSES

## FESTIVE COURSES

Friday  
**12**  
December

### **Festive Creativity for Recovery**

Get into the festive spirit with our festive art course. In this course we will be having some festive fun making our own festive crafts and making our own decorations. This will be a practical hands on course where you will get the opportunity to creative festive art to decorate for the season

Wednesday  
**17**  
December

### **Learning to Decorate & Make Festive Desserts**

In this exciting course we will be learning how to make some simple festive recipes and how to decorate to them. This course will explore our creativity in cooking with a focus on festive foods.

We will have to chance to do some cookie-decorating and make festive Eton mess along with other recipes for the holidays. Bring your sweet tooth and creative festive spirit!

**Cooking and food tasting included.**

Fun festive courses to get those creative juices flowing this festive period!



# YOUNG ADULT

## SOCIAL EVENTS (18-30 YR OLDS)

### Halloween Movie Night

Join us for a spooktacular evening of fun, friends, and snacks!

Wednesday

**29**

October

We'll transform the space with Halloween decorations to set the scene, then settle in for a Halloween-themed movie on the big screen. Expect plenty of themed snacks and a chance to relax, chill, and enjoy the Halloween spirit with others. Whether you love Halloween movies or just the snacks, this is the perfect way to spend a Halloween night in Tower Hamlets.

### Christmas Party

Wednesday

**17**

December

Take a break and celebrate the season with an evening full of festive fun, treats, music, and cheer. We'll have twinkling decorations, delicious Christmas food and plenty of seasonal tunes to get everyone in the spirit.

This is a safe, welcoming space to relax, share laughter, and enjoy the joy of Christmas together. Whether you come for the food, the music, or simply the company, it's all about celebrating the season and feeling connected.

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

13 <sup>th</sup> October	14 <sup>th</sup> October <b>Introduction to the Recovery College</b> 11am – 3pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	15 <sup>th</sup> October	16 <sup>th</sup> October	17 <sup>th</sup> Oct
20 <sup>th</sup> October	21 <sup>st</sup> October <b>Creativity for Recovery</b> 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	22 <sup>nd</sup> October	23 <sup>rd</sup> October	24 <sup>th</sup> October
27 <sup>th</sup> October	28 <sup>th</sup> October <b>Reattuning to our felt Sense</b> 10am – 4pm @ Level 2 Boardroom, Oxford House, Derbyshire Street, E2 6HG	29 <sup>th</sup> October	30 <sup>th</sup> October <b>Getting Back into Employment</b> (Day 1 of 2 Sessions) 10am – 4pm @ Level 2 Boardroom, Oxford House, Derbyshire Street, E2 6HG	31 <sup>st</sup> October
3 <sup>rd</sup> November	4 <sup>th</sup> November	5 <sup>th</sup> November <b>IT Session: Getting Online Essential Digital Skills</b> <i>This course has a limited availability, only 6 places on the course open.</i> 10am – 3pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	6 <sup>th</sup> November <b>Assertiveness, Communication &amp; Conflict Resolution</b> (Day 1 of 2 Sessions) 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	7 <sup>th</sup> November
10 <sup>th</sup> November	11 <sup>th</sup> November <b>Understanding Depression &amp; Anxiety</b> 10am – 4pm @ Hall 1, Southern Grove Community Centre, Southern Grove, E3 4FX	12 <sup>th</sup> November	13 <sup>th</sup> November <b>Assertiveness, Communication &amp; Conflict Resolution</b> (Day 2 of 2 Sessions) 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	14 <sup>th</sup> November

Colour Key

Discover Yourself

Understanding Health

Life Skills

Festive Courses



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 <sup>th</sup> November	18 <sup>th</sup> November Creative Writing for Recovery	19 <sup>th</sup> November IT Session: How to Stay Safe Online <i>This course has a limited availability, only 6 places on the course open.</i>	20 <sup>th</sup> November Understanding Psychosis	21 <sup>st</sup> November
	10am – 4pm @ Cabin - Wellbeing Garden, Mudchute Farm, Pier Street, E14 3HP	10am – 3pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	
24 <sup>th</sup> November	25 <sup>th</sup> November	26 <sup>th</sup> November IT Session: Emails & Video Calls <i>This course has a limited availability, only 6 places on the course open.</i>	27 <sup>th</sup> November Understanding Somatic Therapy	28 <sup>th</sup> November
		10am – 3pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	
1 <sup>st</sup> December	2 <sup>nd</sup> December	3 <sup>rd</sup> December IT Session: Understanding AI <i>This course has a limited availability, only 6 places on the course open.</i>	4 <sup>th</sup> December Getting Back into Employment (Day 2 of 2 Sessions)	5 <sup>th</sup> December
		10am – 3pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	10am – 4pm @ Level 2 Boardroom, Oxford House, Derbyshire Street, E2 6HG	
8 <sup>th</sup> December	9 <sup>th</sup> December Psychological First Aid (Day 1 of 2 Sessions)	10 <sup>th</sup> December Stress & Time Management	11 <sup>th</sup> December	12 <sup>th</sup> December Festive Creativity for Recovery
	10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	10am – 4pm @ Hall 2, Bernie Cameron Community Centre, 32 Merchant Street, E3 4LX		10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN
15 <sup>th</sup> December	16 <sup>th</sup> December Psychological First Aid (Day 2 of 2 Sessions)	17 <sup>th</sup> December Learning to Decorate & Make Festive Desserts	18 <sup>th</sup> December	19 <sup>th</sup> December
	10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	11am – 3pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN		



# 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:

## PICTURES FROM OUR YOUNG ADULT SOCIAL



# WHAT'S ON AT THRC:

## GARDENING FOR WELLBEING



**Every Wednesday 11:00 AM to 2:00 PM**

**Mudchute Farm  
Pier St  
Isle of Dogs  
E14 3HP**

Our Gardening for Wellbeing workshops are sessions open to all where we provide a safe space for everyone to focus on their recovery.

Participate and enjoy the garden supported by our peer tutors and gardening professionals in our purpose built space

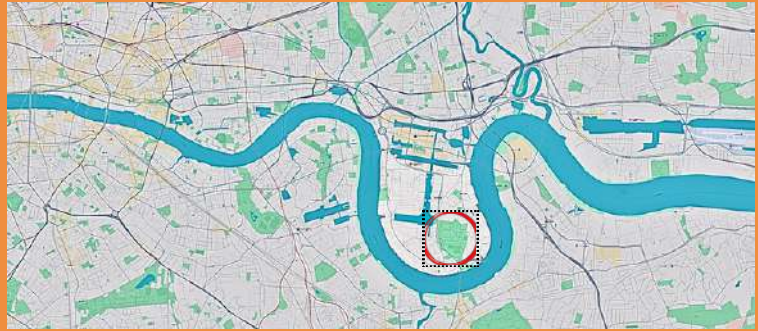
No previous experience or skill level required.

No need to book, just turn up!





## HOW TO FIND US:





# WHAT'S ON AT THRC:

PICTURES OF OUR WELLBEING GARDEN AT MUDCHUTE FARM





# VENUE INFORMATION

## 1) Tower Hamlets Recovery College

86 Old Montague Street, E1 5NN

Transport Information  
TUBE: Aldgate East or Whitechapel Station  
BUS: 25, 245, 205, D3

## 2) Bernie Cameron Community Centre

32 Merchant Street, Bow, E3 4LX

Transport Information  
TUBE: Mile End or Bow Station  
BUS: 25, 205, 425, 339, D7

## 3) Oxford House

Derbyshire Street Bethnal Green London E2 6HG

Transport Information  
TUBE: Bethnal Green Station  
BUS: D3, 254

## 4) Mudchute Farm

Pier Street, London, E14 3HP

Transport Information  
TUBE: Langdon Park DLR (12 min walk)  
BUS: D7, 135

## 5) Southern Grove Community Centre

Southern Grove Road, Bow E3 4FX

Transport Information  
TUBE: Bow Road or Mile End Station  
BUS: 25, 205





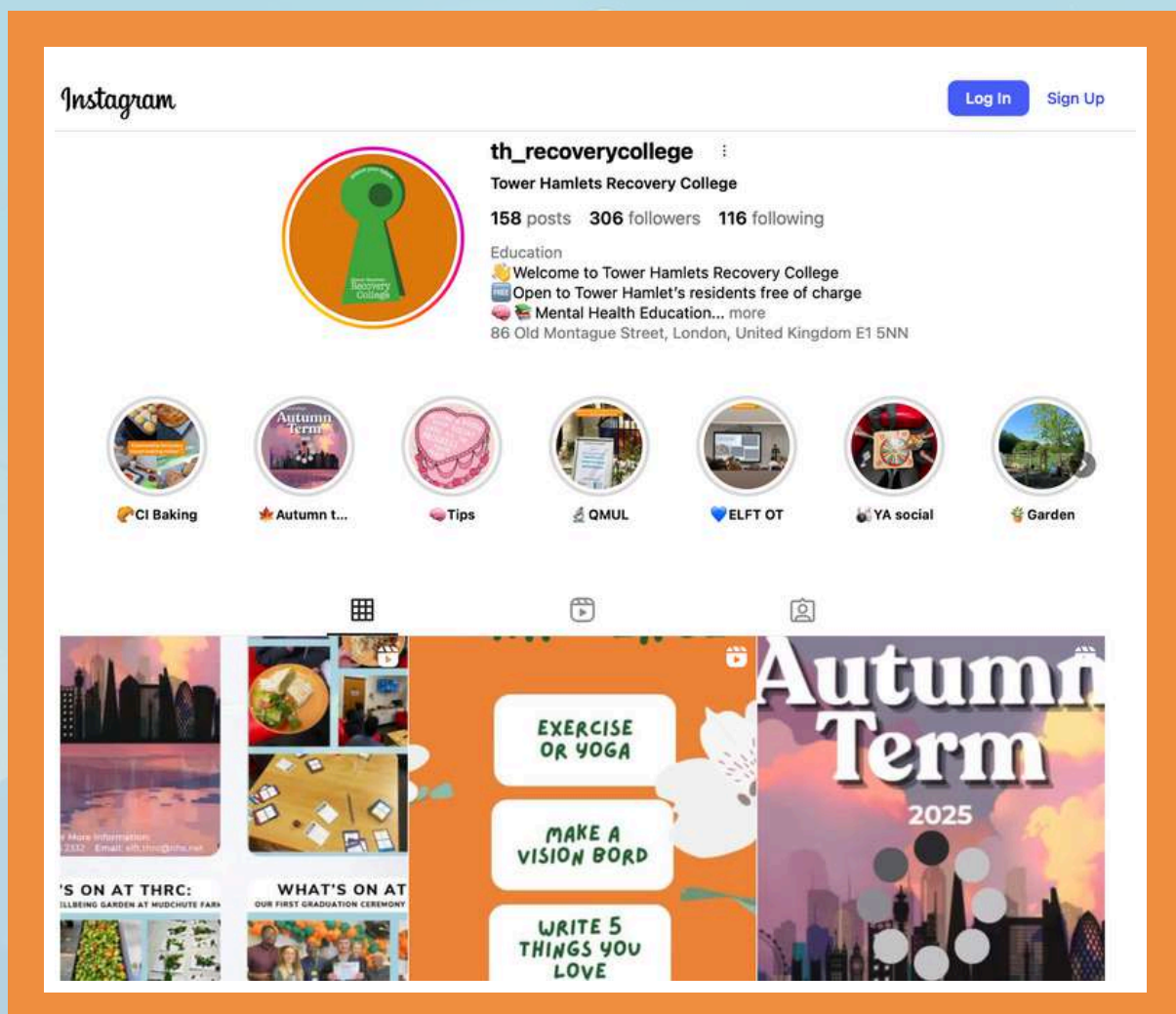
# STAY CONNECTED

Stay connected with life at Tower Hamlets Recovery College! By following our Instagram page, you can:

- Keep up to date with everyday life at THRC
- Get insights into our courses, workshops, and social events
- Take part in Q&As and interactive polls
- Tips on supporting recovery and wellbeing



Scan me



# **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)

