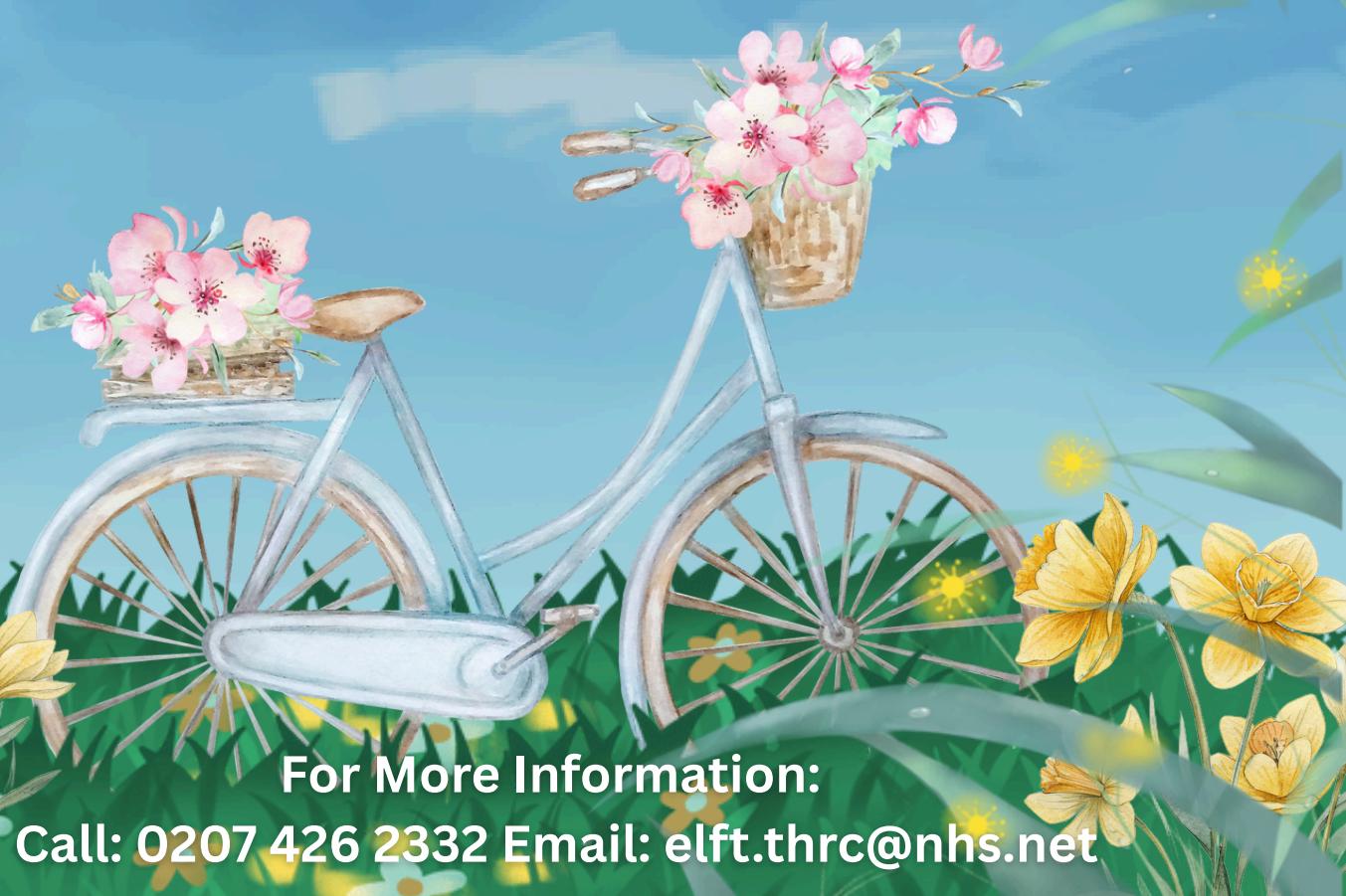


Tower Hamlets  
Recovery College

# SPRING TERM

2026



For More Information:

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

# Recovery College Consultation Update:

To all Tower Hamlets residents and Recovery College students past and present.

Thank you to everyone who contributed their time, thought, and care to the redesign work across the three East London Recovery Colleges. Following careful consideration, a decision has been made to move to a more centralised model. We recognise that this change may feel challenging, and as a Trust we remain committed to supporting continued access to Recovery College courses and workshops.

I would like to take a moment to mark the final term of the Tower Hamlets Recovery College and to honour the contributions it has made to our mental health pathways. The college has been instrumental in rebalancing the power dynamics of care, placing education, choice, and lived experience at the heart of recovery.

This final term is not simply an ending, but an opportunity to acknowledge and celebrate what has been created together. While Tower Hamlets Recovery College will close in its current form, it also marks a transition towards the next chapter with the launch of the East London Recovery College this summer. This new chapter offers an opportunity to co-produce a meaningful local offer across City & Hackney, Newham, and Tower Hamlets.

I hope this term provides space to reflect on the milestones reached, the learning gathered, and the relationships formed along the way. My deepest thanks go to our staff, peer tutors, volunteers, and most importantly, our students, whose commitment and generosity have made the college a source of hope and possibility for so many.

**Marisa Bouman**

Borough Lead Occupational  
Therapist - Tower Hamlets

**Day Njovana**

Tower Hamlets Borough  
Director

# Welcome to Spring Term 2026!



I would like to begin by thanking all of our wonderful students, tutors and team members for your commitment, support and hard work over this past academic year and the nine years since the conception of the Tower Hamlets Recovery College. As mentioned earlier, sadly this will be our last term operating as the Tower Hamlets Recovery College. I have had the great privilege of managing and leading this service since 2018. I inherited this role from my predecessor the late Rob Pritchard, who set up this college in 2016 as the first Recovery College in East London. Rob's commitment to setting strong foundations of the college in the values of Hope, Control and Opportunity enabled me to continue his work and bring his vision to life.

Since its conception the college has grown from strength to strength. We have expanded our service offer to include a robust Individual Learning Plan offer followed by the launch of the Community Inclusion and Young Adult learning streams to better meet the needs of the Tower Hamlets communities.

We have also established an amazing garden and classroom to offer a yearlong weekly gardening offer at Mudchute Park and Farm.

Alongside this work we have continued to offer carefully curated courses which are designed to meet local population health needs, demands and changes happening in our day to day living. Amongst all of this growth and expansion, our peer tutors have remained the beating heart of our service, ensuring that the lived experience voice remains at the centre of all of our work and courses. As this will be our last term we are holding a number of courses that we have run previously but remain in demand or are relevant to the current needs of the local Tower Hamlets population and will be delivered against the high quality standards that we have always held ourselves to.

The new East London Recovery College will be open on the 1st of April 2026, meaning the Tower Hamlets Recovery College will close on 31st of March 2026. In line with the formal procedures, we do not know

who will be employed in this service and our staff team are going through the necessary processes to establish what their next steps will be. Whilst this is a difficult time, we want to convey that we all remain committed to the Tower Hamlets Recovery College and are keen to preserve the amazing journey we have had until our closure. In doing so, we will hold an end of term and closing of the college event which we open to all students, families, carers friends and staff to attend. If you are interested in this please ensure that you contact us and that we have your most up to date contact details.

Before signing off the final Tower Hamlets Recovery College prospectus, I would like to take this opportunity to express a special thanks and expression of sincerest appreciation to Marisa Bouman, Dr. Lucja Kolkiewicz and all the experts by profession who have contributed to the college along the way. These people have supported the college by taking time out of their existing roles to coproduce courses, advocate for the college and many other ways of supporting and representing us. Without these amazing peoples earnest commitment behind the scenes we would not have been able to deliver this service at the standard and quality we have done.

It has been one of my greatest honours in my career to manage this service and lead the amazing team that work tirelessly behind the scenes to ensure that this service is delivered professionally with the needs of the local population as the priority. I am ever inspired by their goodness, courage and work ethic and it is bittersweet to say goodbye but I am comforted and excited to know that they will share this forward beyond Tower Hamlets and into their careers.

But alongside this, what has always given me the greatest joy at work is the privilege and gift of knowing our amazing students. Thank you to all students past and present for trusting us with your journey, for sharing your highs and lows with us and creating the community we are so honoured to be in. Without you we would not be here today, we would not have overcome challenges over the years and we would not be looking at the prospect of the Recovery College expanding over East London. Thank you so much!

With the humblest of thanks and appreciation, for the last time, welcome to the Tower Hamlets Spring Term 2026!

Warmest thanks, Jessica

# 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.



# COURSES

## DISCOVER YOURSELF

Wednesday  
**21**  
January

### **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)

Wednesday  
**4**  
February

### **Understanding Self Compassion**

Experiencing mental health challenges can sometimes raise feelings of shame and self criticism. This can further deteriorate a person's mental health and well being. This course aims to explore how feelings of shame and self criticism an impact our lives and how different experiences can contribute to the onset of these feelings.

Friday  
**6**  
March

### **Creative Writing for Recovery**

Creative writing is a gentle, evidence-based way to support mental wellbeing. Many people find writing can help them slow down, make sense of their thoughts, and express feelings such as grief that are hard to say out loud. In this course, you'll take part in a guided creative writing session designed with mental-health recovery in mind. No previous writing experience is required, just a willingness to explore creativity in a safe, supportive space.

Tuesday  
**10**  
March

### **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.

# COURSES

## UNDERSTANDING HEALTH

Tuesday  
**10**  
February

### **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 differences. 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 medication fit in with your life and work for you.

Friday  
**13**  
February

### **Understanding Substance Misuse**

This course will take a non-judgmental look at substance misuse, addiction and the effect it can have on people's lives. Real life experience will be used to prompt discussion about addiction and substance misuse. We will also cover how people might be able to start making their way to recovery.

Thursday  
**26**  
February

### **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  
**4**  
March

### **Understanding Autism**

Approximately 700,000 people are diagnosed with Autism Spectrum Disorder (ASD) in the UK alone. Despite this, autism is often misunderstood and misrepresented in the community. This can sometimes cause Autistic people and their families or carers to become isolated in society. This can have detrimental impact to their mental health and well being. This course will explore what Autism is and how it can effect someone's experience within their community and wider society.

# COURSES

## LIFE SKILLS

Tuesday  
**27**  
January

### **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.

Wednesday  
**11**  
February

### **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.

Thursday  
**12**  
February

### **Employment & Wellbeing**

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 wish to think about how employment could work for them and support them with their wellbeing. It will support people to think about what they need to return to work with practical activities and support.

Friday  
**13**  
March

### **Understanding the Mental Health Act**

This workshop looks at aspects of the Mental Health Act and related laws. These may be relevant to situations involving emergencies, hospital admissions and life in the community. This course will explore the details of such laws and how they may impact people, carers, supporters and friends.

# COURSES

## LIFE SKILLS: IT COURSES

Wednesday

11

February

### 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

25

February

### 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

4

March

### 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

11

March

### 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.

# YOUNG ADULT

## YOUNG ADULT COURSES (18-30 YR OLDS)

Tuesday

**3**

February

### Managing Life Transitions (YA)

Being a Young Adult is a time of change and transition. It is a time of learning and new experiences that requires adaptability. New roles and responsibilities in life can lead to high levels of stress. We will look at the impact this can have on your mental health as well as strategies for coping, an opportunity to share your experiences and sign posting to services in the local community that can provide support.

Friday

**6**

February

### Overcoming Isolation (YA)

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19 <sup>th</sup> January	20 <sup>th</sup> January	21 <sup>st</sup> January Islam & Recovery	22 <sup>nd</sup> January	23 <sup>rd</sup> January
		10am - 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN		
26 <sup>th</sup> January	27 <sup>th</sup> January Making Your Mental Health Toolkit	28 <sup>th</sup> January	29 <sup>th</sup> January	30 <sup>th</sup> January
	10am - 4pm @ Level 2 Boardroom, Oxford House, Derbyshire Street, E2 6HG			
2 <sup>nd</sup> February	3 <sup>rd</sup> February Managing Life Transitions (Young Adults)	4 <sup>th</sup> February Understanding Self-Compassion	5 <sup>th</sup> February Overcoming Isolation (Young Adults)	6 <sup>th</sup> February Overcoming Isolation (Young Adults)
		10am - 4pm @ Hall 1, Bernie Cameron Community Centre, 32 Merchant Street, E3 4LX		10am - 4pm @ Level 2 Boardroom, Oxford House, Derbyshire Street, E2 6HG
9 <sup>th</sup> February	10 <sup>th</sup> February Making Your Medication Work for You	11 <sup>th</sup> February IT Session: Getting Online Essential Digital Skills <b>Limited Availability</b>	12 <sup>th</sup> February Employment & Wellbeing	13 <sup>th</sup> February Understanding Substance Misuse
			11am - 2pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	
			Stress & Time Management	
			10am - 4pm @ Hall 1, Southern Grove Community Centre, Southern Grove, E3 4FX	10am - 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN
	Discover Yourself	Understanding Health	Life Skills	Young Adults

To enrol onto a course please: Visit: <https://thrc.studioreception.net/> Call: 0207 426 2332 Email: [elit.thrc@nhs.net](mailto:elit.thrc@nhs.net) Text: 07796 262982

Colour Key

Discover Yourself  Understanding Health

Life Skills

Young Adults

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
16 <sup>th</sup> February	17 <sup>th</sup> February	18 <sup>th</sup> February	19 <sup>th</sup> February	20 <sup>th</sup> February
23 <sup>rd</sup> February	24 <sup>th</sup> February	25 <sup>th</sup> February IT Session: How to Stay Safe Online <b>Limited Availability</b>	26 <sup>th</sup> February Understanding Depression & Anxiety	27 <sup>th</sup> February
		11am – 2pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	10am – 4pm @ Hall 1, Osmani Centre, 58 Underwood Road, E1 5AW	
2 <sup>nd</sup> March	3 <sup>rd</sup> March	4 <sup>th</sup> March Understanding Autism	5 <sup>th</sup> March	6 <sup>th</sup> March Creative Writing for Recovery
		10am – 4pm @ Hall 1, Bernie Cameron Community Centre, 32 Merchant Street, E3 4LX		
		IT Session: Emails & Video Calls <b>Limited Availability</b>		
		11am – 2pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN		10am – 4pm @ Hall 1, Southern Grove Community Centre, Southern Grove, E3 4FX
9 <sup>th</sup> March	10 <sup>th</sup> March	11 <sup>th</sup> March IT Session: Understanding AI <b>Limited Availability</b>	12 <sup>th</sup> March	13 <sup>th</sup> March Understanding the Mental Health Act
		11am – 2pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN		10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN

Colour Key

Understanding Health

Life Skills

Young Adults

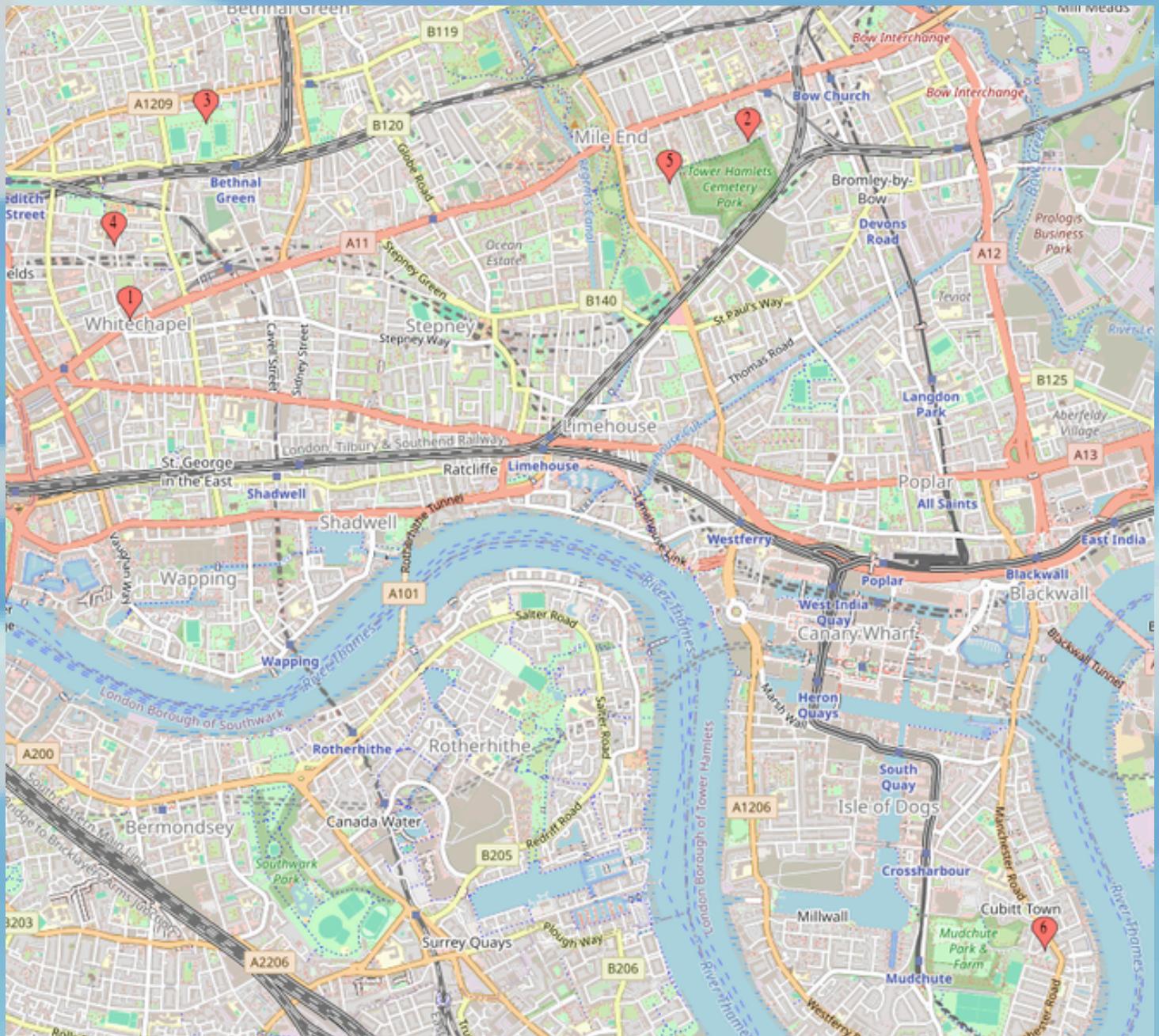
To enrol onto a course please: Visit: <https://thrc.studioreception.net/>

Call: 0207 426 2332 Email: [elft.thrc@nhs.net](mailto:elft.thrc@nhs.net) Text: 07796 262998

# 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>3) 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) Osmani Centre</b> 58 Underwood Rd, London E1 5AW</p> <p>Transport Information TUBE: Aldgate East or Whitechapel Station BUS: 25, 245, 205, D3</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>	<p><b>4) Mudchute Farm</b> Pier Street, London, E14 3HP</p> <p>Transport Information TUBE: Langdon Park DLR (12 min walk) BUS: D7, 135</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:

PICTURES FROM OUR YOUNG ADULT CHRISTMAS 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!

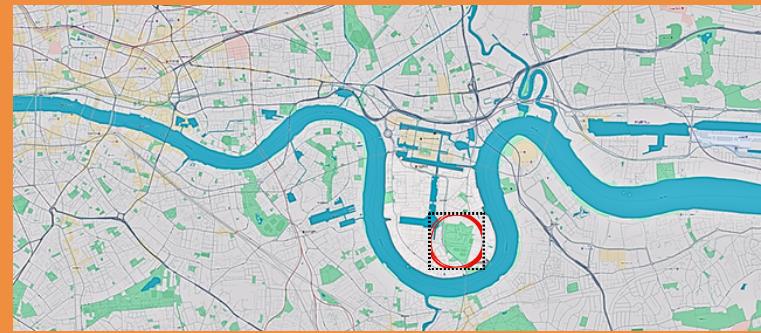


# WHAT'S ON AT THRC: HOW TO FIND US:

**GET DIRECTIONS**



SCAN ME



# WHAT'S ON AT THRC:

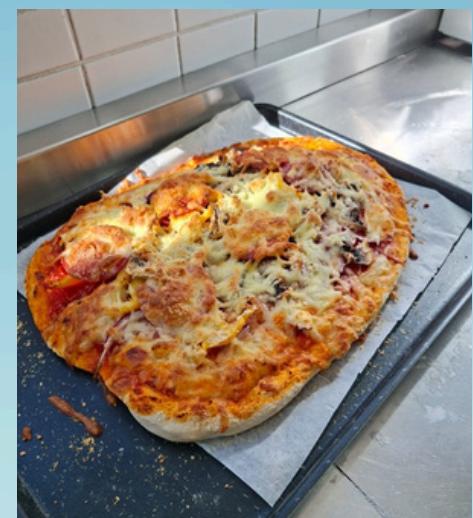
# COMMUNITY INCLUSION STREAM

The Community Inclusion Stream delivers bespoke workshops and courses for marginalised communities within the borough, providing a safe space that is recovery focused for students to learn a new skill, share lived experiences and break the isolation for those with complex needs, exploring and navigating mental, physical health and wellbeing. We have two rolling terms delivering up to 30 weeks within the boroughs school term times. Sessions include, sewing, fitness, cooking and knowledge based courses co-produced and co-delivered with experts by profession and experts by experience.

The stream aims to break the barriers of racial inequities in accessing mental health and wellbeing services by delivering sessions that meets and respects the cultural needs of the students, understanding the nuances that affect how communities access services and combat racial inequalities and injustices when they arise working in partnership with community organisations. Sessions are delivered within the local community in community languages in addition to English.

# WHAT'S ON AT THRC:

PICTURES FROM OUR COMMUNITY INCLUSION STREAM



NHS



SCAN ME

to follow THRC on Instagram!



For More Information:

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