

East London Recovery College



East London
NHS Foundation Trust

0207 426 2332

ELFT.ELRC@NHS.NET

86 OLD MONTAGUE ST, E1 5NN

Why not attend our

Weekly Drop in Sessions

Open to anyone in Tower Hamlets, City & Hackney & Newham who is interested in finding out more about the East London Recovery College

Tower Hamlets

@ 86 Old Montague Street, Whitechapel, E1 5NN

Every Tuesday from 11am - 1pm

Also every Wednesday from 5.30pm - 7.30pm
(Please note this session is for Young Adults ONLY)

Newham

@ Stratford Advice Arcade, 107-109 The Grove, Stratford, E15 1HP

Every Wednesday from 11am - 1pm

City & Hackney

@ 23 Primrose Square, Hackney, E9 7TS

Every Thursday from 1.30pm - 3.30pm

Upcoming Workshops

Your Say, your Day Workshops
We are in the process of planning several

"Your Say, Your Day" sessions" across East London in May, so please if you can, come along to those sessions and to help us co-design the new East London Recovery College. These workshops will substitute the drop in's.

A New Beginning

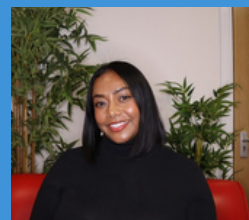
April 2025 ~ Issue #1

We're pleased to welcome you to the very first edition of the newly formed East London Recovery College newsletter.

Earlier this year, the Recovery Colleges across Hackney, Tower Hamlets and Newham took part in a consultation process. Following this, it was decided to bring all three colleges together into one centralised service, making the Recovery College accessible to residents across all three boroughs.

We are excited to reintroduce ourselves as The East London Recovery College. Each month, this newsletter will keep you up to date with everything happening across the college. This will include information on courses, upcoming events, focus groups, and other opportunities to get involved.

As this is our first edition, we'd like to take a moment to introduce the new management of the team and help put names to faces for those who may not know them yet.



Jessica Prakash
Operational Manager

Hi everyone, I'm honoured to be joining as Operational Lead and excited to support the development of Recovery Colleges within this centralised model. I previously managed Tower Hamlets Recovery College for eight years, which has been the most rewarding role of my career.

Building on this experience, and alongside the expertise across our teams, my aim is to create a service rooted in community need and shaped through coproduction—bringing together lived and professional experience.

My priorities are to promote equity across East London, ensure consistent quality across our offer, support staff to work effectively, and demonstrate the impact of our work on individuals and the wider system. I look forward to working together to build an inclusive and impactful service.



Kirstin Mulholland
Deputy Manager

Hi, I am Kirstin, and I am very proud to have taken up the role as ELRC's deputy manager. This is my third recovery college I have worked for over the years. I started working for the college many years ago because I love the concept of co-production and coming to a place to support your recovery based on where you are, and it being set up to support you to direct and take control of your own recovery journey with spaces like individual learning plans to reflect and implement the smaller steps to get where you want to be.

On a side note, and to me a bit better outside of work, I love rugby and hate exercise (but have to do it). I love trying new things and learning about people, their experiences, and their worlds. I look forward to meeting you along the way, and please say hi if you see me.