

# East London Recovery College



East London  
NHS Foundation Trust

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86 OLD MONTAGUE ST, E1 5NN

May 2026 - Edition 2

## Weekly Drop in Sessions

Our weekly sessions have temporarily been replaced by “Your Say Your Day” workshops, creating an opportunity for people to share their views and help shape future activities. We look forward to resuming our regular weekly sessions in June 2026.

## Staff Training

Staff recently came together for a three-day training programme centred on Recovery College core principles. The training provided a valuable opportunity to reflect on how we can make the college even more inclusive and accessible, while continuing to deliver meaningful, recovery-focused courses within our communities..



**City & Hackney, Newham and Tower Hamlets Recovery Colleges Become One**  
The Recovery Colleges across City & Hackney, Newham and Tower Hamlets have merged to form the East London Recovery College, effective from 1 April 2026. The new central base is at 86 Old Montague Street, Whitechapel, London E1 5NN.

We will continue to offer free, recovery-focused courses across all three boroughs, co-designed and delivered by people with lived experience. While staff will now be based in one central location when not delivering sessions, our strong community focus remains unchanged.

### Have Your Say: “Your Say, Your Day” Events

We’re hosting “Your Say, Your Day” events across the three boroughs, giving local people the opportunity to meet the team, learn more, and help shape future courses.

### No booking is required—just come along.

Dates, times and locations are listed below.

Tuesday 5 <sup>th</sup> May 2026	11am - 1pm	Old Montague Street E1 5NN
Wednesday 6 <sup>th</sup> May	11am - 1pm	Stratford Advice Centre E15 1HP
Thursday 7 <sup>th</sup> May	10 am - 12 pm & 1:30 pm - 3:30 pm	23 Primrose Square E9 7TS
Tuesday 12 <sup>th</sup> May	11am - 1pm	Southern Grove Community Centre E3 4TY
Wednesday 13 <sup>th</sup> May	11am - 1pm	Canning town Library E16 1EH
Thursday 14 <sup>th</sup> May	11am - 1 pm	Joseph Community Centre N16 5AJ
Tuesday 19 <sup>th</sup> May	11am - 1pm	Oxford House E2 6HG
Wednesday 20 <sup>th</sup> May	11am - 1pm	Beckton Community Centre E6 5NG
Thursday 21 <sup>st</sup> May	11am - 1 pm	Haggerston Community Centre E8 4FF
Wednesday 27 <sup>th</sup> May	11am - 1 pm	Newham Center For Mental Health E13 8SP
Thursday 28 <sup>th</sup> May	11am - 1 pm	Homerton Mental Health Centre E9 6SR
Wednesday 3 <sup>rd</sup> June	11am - 1 pm	Mile End Hospital All Wards E1 4DG