

East London

Recovery College

Summer Prospectus 2026



ABOUT THE COLLEGE

Who is the college for?

We are open to adults who live, work, study or support someone in the boroughs of Hackney, Newham, Tower Hamlets and The City of London. All of our courses are free to attend.

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 Hackney, Newham, Tower Hamlets and The City of London.

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 can I enrol?

1

Online: Head to our Student Portal at:
<https://elrc.studioreception.net>

Log in or create a new account 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** and one of our staff can assist you with enrolment .

3

Email: Send your course and booking enquiries to elft.elrc@nhs.net



Our Office Base

86 Old Montague St, London E1 5NN



THIS IS OUR **MISSION STATEMENT**

East London Recovery College offers educational courses and workshops to support wellbeing and recovery. Our courses empower people experiencing emotional, physical and mental health challenges, alongside the people who support them, to discover their skills, manage difficulties and find ways to move forward in life.

Coproduction is at the heart of everything we do. We believe that everyone has something to learn and something to contribute. Our courses and workshops are facilitated by tutors who bring expertise, both professional and personal, and are enriched by the expertise of students and our local communities.

We are committed to advancing equity, providing early support and decreasing health inequalities. We are open to adults who live, work, study or support someone in the boroughs of Hackney, Newham, Tower Hamlets and The City of London.

Take Part in an Individual Learning Plan



What is it?

The Individual Learning Plan (ILP) supports each student's recovery and wellbeing. Students take ownership of their ILP, working with the Recovery College team to set and achieve personal goals, with a focus on their chosen courses and development.

How can it help me?

The ILP provides structure and space to support recovery. An ILP Mentor can signpost relevant services to help achieve goals.

It also helps you learn more about completed courses and explore any classroom adjustments for your support needs.

Who can do an ILP?

ILPs are available to all students. If you identify as a service user, we will contact you to offer one.



How to sign up?

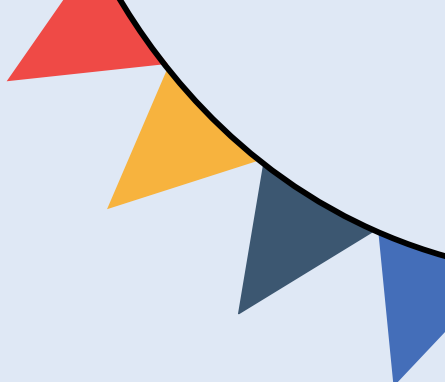
EMAIL:

ELFT.ELRC@NHS.NET

TELEPHONE:

0207 426 2332

Open Day



East London Recovery College

**11am -
2pm**

Tues 14th July

**East London Recovery
College**

86 Old Montague St,
London E1 5NN

Thurs 16th July

Stratford Advice Arcade

107-109 The Grove,
London E15 1HP

Fri 17th July

Primrose Square

28 Primrose Square,
E9 7TS

**Come join us
and learn about
the exciting
new things we
have to offer as
East London
Recovery
College!**

**All are welcome,
and light
refreshments
will be available!**

020 7426 2332

elft.elrc@nhs.net



EAST LONDON
RECOVERY COLLEGE

YOUNG ADULT SOCIAL

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

Come along to our Young Adult Social.
We've got Board Games, Video Games, Food
Prep and a space to chill out and chat with
other young adults in the local area!

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

For more info
Call: 0207 426 2332
Email: elft.elrc@nhs.net



The Equity and Inclusion team focus on ensuring that the RC courses remain open, inclusive, and responsive to the diverse needs of the communities we serve.

We work closely with community services to identify opportunities to bridge gaps between individuals and the support available to them, helping people access services that can improve their wellbeing and opportunities. This includes supporting people with complex needs, disabilities, and neurodivergent experiences.

Our work sits at the intersection of mental health, education, and social justice, with a strong emphasis on ensuring that our provision is genuinely inclusive, accessible, and person-centred, rather than taking a one-size-fits-all approach.

For further information please contact: elft.elrc@nhs.net

COMMUNITY



**INSPIRE
OTHERS**



COURSES

Tuesday
21
July
or
Wednesday
12
August

Beginning your Recovery Journey with Recovery College

Making changes and improving your situation can be difficult and recovery can feel difficult to navigate. Come along to this course to discuss and consider what recovery might mean to you and how recovery colleges can support you. This course is open to everyone.

(PLEASE NOTE: THIS COURSE IS OFFERED ON TWO ALTERNATIVE SESSIONS PLEASE BOOK ONTO ONE SESSION ONLY.)

Wednesday
22
July

Exploring your Neurodiverse Strengths

Did you know that LinkedIn now have an option to list one of your skills as 'dyslexic thinking'? In this session, we will focus on the strengths that neurodivergence may bring to your life. We will also discuss some simple techniques to overcome some of the challenges and empower you to find your unique abilities and identity. This course is open to everyone.

Thursday
23
July

Making sense of Anxiety and Depression

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. This course is open to everyone.

Friday
24
July

Food and Mood

What you eat and drink can have a huge impact on your health, as well as your mood and wellbeing. This one day course looks at delicious and affordable ways to eat more healthily, and hints and tips on food, drink, diet and daily routine to get you feeling great.

Managing Emotions and Stress (2 Days)

Tuesday
28
July
&
Tuesday
4
August

In our fast-paced world, navigating difficult emotions can be challenging and can impact our personal and professional lives. This course is designed to equip students with the skills and strategies to effectively understand, manage, and transform their emotional experiences. Throughout this course, students will explore the nature of difficult emotions- such as anger, anxiety, sadness, and frustration- while learning practical techniques to cope with and regulate these feelings. (PLEASE NOTE: THIS IS A TWO-DAY COURSE – PLEASE BOOK ONTO BOTH SESSIONS)

Understanding and Thriving with Autism

Wednesday
29
July

A supportive one-day course exploring what autism is, how it shapes daily life, and the strengths that come with neurodiversity. Learners gain practical strategies for self-advocacy, wellbeing, and thriving in different environments. These sessions promote understanding, confidence, and a positive sense of identity for autistic people. This course is open to everyone.

Understanding Bipolar

Thursday
30
July

A diagnosis of Bipolar Affective Disorder usually means that you experience highs and lows in your moods and thoughts. Although people's experiences can vary. This course will explore what a Bipolar diagnosis means, ways this may impact your life, shared experiences of the condition and tips to support your recovery journey, from a lived experience and healthcare expertise perspective. This course is open to everyone.

Self-Esteem and Confidence Building

Friday
31
July

Explore how to develop confidence and strengthen self-esteem in a supportive, recovery-focused space. This one-day course helps learners understand personal strengths, challenge unhelpful thoughts, and develop practical tools for self-belief. Through discussion and guided activities, we will create opportunities to feel empowered, motivated, and/ or better equipped to navigate everyday challenges with confidence.

Wednesday

5

August

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 experiences and discussions to look at what Psychosis means, its possible effects, and how it might be understood and managed in a way that works for you. This course is open to everyone.

Thursday

6

August

&
Thursday

13

August

Managing Life: Budgeting, Time and Medication Management (2 Days)

This two-half day course supports learners to manage everyday life with confidence. Explore practical budgeting skills, simple time management techniques and ways to stay on top of medication. Participants leave with strategies to feel more organised, capable, and in control of their daily routines.

Friday

7

August

Re-framing our Experiences Through Storytelling

A creative one-day course exploring how mythology, storytelling, and expressive writing can help us reframe personal experiences. Students will use symbolic narratives, archetypes, and imaginative techniques to view their journeys from new perspectives, uncover meaning, and build resilience. A supportive space for reflection, creativity, and personal transformation.

Tuesday

11

August

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 care and support in moments of crisis. All while ensuring you take care of yourself after supporting someone in need.

Dealing with a Crisis

Friday
14
August

This workshop explores the importance of self-care and well being, alongside practical approaches to understanding and managing crisis situations. Students will begin to recognise when they or someone else may be struggling, explore strategies for coping during difficult times, and discover helpful resources.

Workplace Wellbeing: Starting and Staying in Work

Thursday
20
August

East London 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.

Understanding Trauma and Nervous System Regulation

Friday
21
August

A gentle one-day introduction to how trauma affects the brain and nervous system. Students will explore survival responses, triggers, and patterns shaped by past experiences, alongside simple grounding and regulation techniques. The session builds understanding, reduces shame, and supports a calmer, more compassionate relationship with the body and mind. This course is open to everyone.

Improving Physical Health

Tuesday
25
August

Take a day to think about how you can make positive changes to improve your physical health. The aim will be to focus on simple, achievable ways to improve physical health. Students will explore movement, sleep, hydration, nutrition, and everyday habits that boost energy and wellbeing. The session encourages small, sustainable changes and helps participants build confidence in caring for their bodies in realistic, manageable ways.

Wednesday

26

August

Understanding Sleep

Sleep and mental health are closely related; a lack of sleep can affect your physical state and mental health. Those with mental health difficulties are more likely to experience sleep disruption, disorders, and insomnia. Students what can contribute to poor sleep, strategies to improve sleep hygiene and signpost to other resources.

Thursday

27

August

Capturing the Joy Around You (Photography)

The world is full of beauty and moments of joy, but during difficult times it can be hard to notice or remember them. This one-day workshop will help participants use a device to capture meaningful moments, creating a personal collection of joyful memories to reflect on when they need encouragement, comfort, or inspiration. Through photography, participants will learn to focus on joyful aspects of everyday life and develop a creative way to support their wellbeing. This course will be out in the community and will involve walking, please let us know if you have any support needs.

Friday

28

August

Making Sense of Medication

This is a short course which will look at common mental health medications, 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. These sessions will also provide a Q&A session from a Senior Pharmacist from the East London NHS Foundation Trust.

Venue Information

1) Tower Hamlets Recovery College

86 Old Montague Street, E1 5NN

Transport Information

From N: Elizabeth line to Whitechapel or Central line change at Stratford for Elizabeth line to Whitechapel

From H: Windrush line to Whitechapel

From TH: Windrush line to Whitechapel OR DLR change at Shadwell for Whitechapel

BUS: 25, 254, 205, D3



2) Southern Grove Community Centre

Southern Grove, E3 4TY

Transport Information

From N: Central line/Hammersmith & District line to Mile End OR DLR to Bow Road

From H: Windrush line change at Whitechapel for District & Hammersmith line to Mile End

From TH: DLR to Bow Church OR District / Hammersmith & City line to Bow Road

BUS: 205, 25, 425



3) Oxford House

Derbyshire St, E2 6HG

Transport Information

From N: Central line to Bethnal Green

From H: Weaver line to Bethnal Green OR Mildmay line change at Hackney Downs for Weaver line to Bethnal Green

From TH: Weaver line to Bethnal Green

BUS: 8, 388



4) Idea Store Chrisp Street

1 Vesey Path, East India Dock Rd, E14 6BT

Transport Information

From N: Jubilee line change at Canning Town for DLR to All Saints

From H: Mildmay line change at Stratford for DLR to All Saints OR Weaver line change at Whitechapel for DLR to All Saints

From TH: DLR to All Saints OR Jubilee line to Canning Town change for DLR to All Saints

BUS: 108, 15, 115, D6, D8



5) Canning Town Library

18 Rathbone Market, Barking Road, E16 1EH

Transport Information

From H: Mildmay line change at Stratford for Jubilee line to Canning Town

From N: Jubilee line direct to Canning Town OR District/Hammersmith line change at West Ham for Jubilee line to Canning Town

From TH: DLR direct to Canning Town OR Jubilee line direct to Canning Town

BUS: 5, 69, 115, 276, 300



6) Stratford Advice Arcade

107-109 The Grove, E15 1HP

Transport Information

From H: Mildmay line to Stratford OR Central line direct to Stratford

From N: Jubilee line direct to Stratford OR Central line direct to Stratford

From TH: Windrush line change at Whitechapel for Elizabeth line to Stratford OR DLR direct to Stratford

BUS: 69, 308, 678, 257



7) Gascoyne Community Centre

23 Gascoyne 2 Community Hall, Heathcote Point, 2 Wick Road, E9 5AY

Transport Information

From H: Homerton (London Overground) – approximately 5–6 minutes' walk from the venue.

From N: District or Hammersmith & City Line to West Ham, then DLR towards Beckton.

Alternatively, Jubilee Line to Canning Town, then DLR towards Beckton.

From TH: Windrush Line to Shadwell, then DLR towards Beckton.

BUS: 366, 474



8) Primrose Square

23 Primrose Square, E9 7TS

Transport Information

From H: Windrush line change at Shadwell for DLR to Beckton OR Mildmay line change at Stratford for DLR to Beckton

From N: District & Hammersmith Line change at West Ham for DLR to Beckton OR Jubilee Line change at Canning Town for DLR to Beckton

From TH: Windrush line change at Shadwell for DLR to Beckton

BUS: 388, 26, 277



9) Haggerston Community Centre

8 Lovelace Street, E8 4FF

Transport Information

From H: Windrush line change at Shadwell for DLR to Beckton OR Mildmay line change at Stratford for DLR to Beckton

From N: District & Hammersmith Line change at West Ham for DLR to Beckton OR Jubilee Line change at Canning Town for DLR to Beckton

From TH: Windrush line change at Shadwell for DLR to Beckton

BUS: 236



10) Jack Dunnings Community Hall

Homerton Row, London, E9 6ED

Transport Information

From N: Central line change at Stratford for Mildmay line to Homerton

From H: Mildmay line direct to Homerton OR Weaver line change at Hackney Downs for Mildmay line to Homerton

From TH: Central line to Stratford change for Mildmay line to Homerton

BUS: 236, 276, 394, 425, 488



11) Vivienne Cohen House

2 Crozier Terrace, Homerton London E9 6AT

Transport Information

From N: Central line change at Stratford for Mildmay line to Homerton

From H: Mildmay line direct to Homerton OR Weaver line change at Hackney Downs for Mildmay line to Homerton

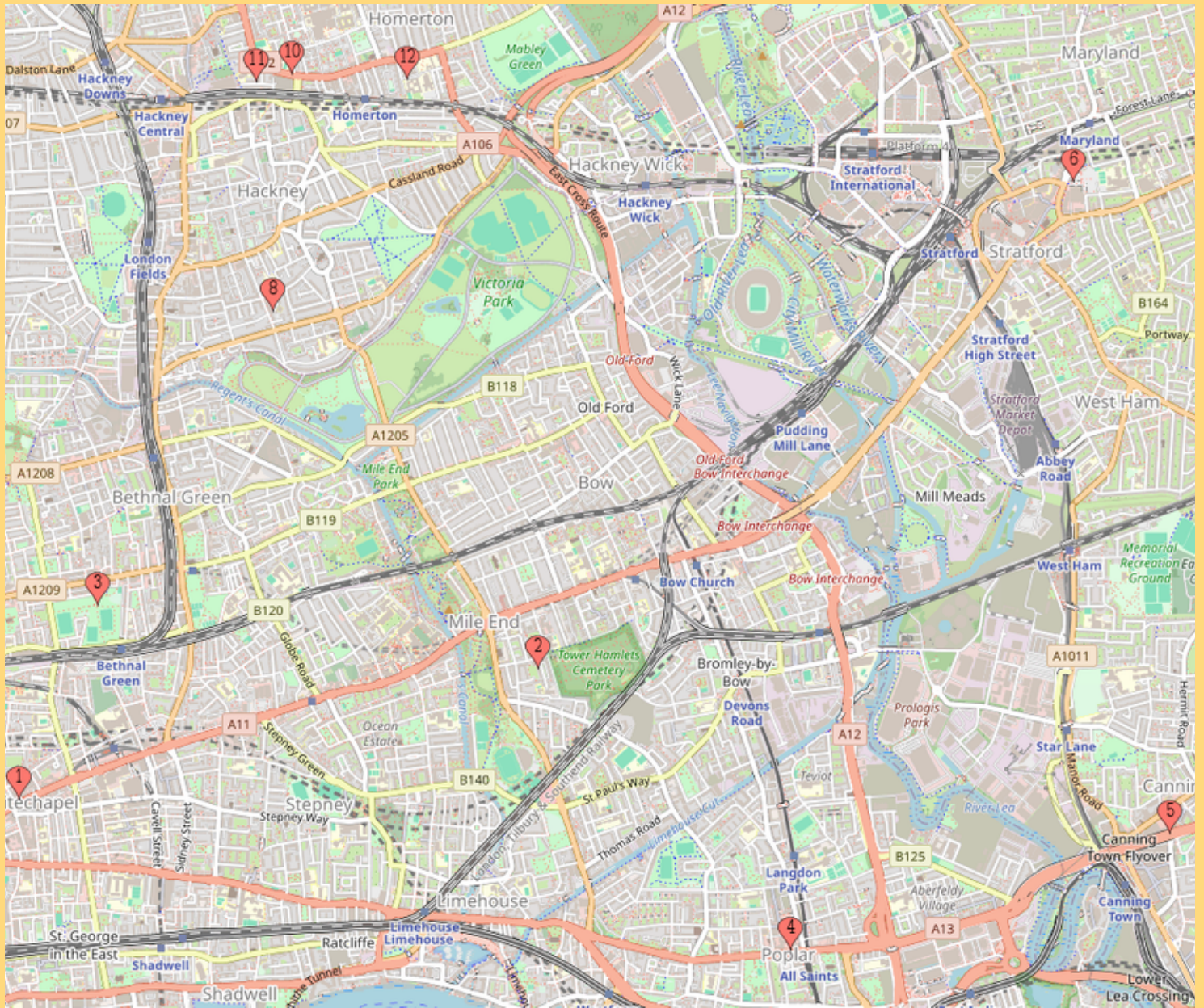
From TH: Central line to Stratford change for Mildmay line to Homerton

BUS: 236, 276, 308, 488



**If you need further
information and
guidance on how to
find a venue please
give us a call on:
0207 426 2332**

Venue Map



These numbered map pins align to the Venue Information page.

Please refer to this page for more details

Frequently Asked Questions

Where are we?

The East London Recovery College office is located in near the Whitechapel/Aldgate East station. However, we teach courses all around East London including the boroughs of Newham, Tower Hamlets, Hackney and The City of London.

Will I get an accredited qualification?

The East London Recovery College does not offer any accredited qualifications at this time. However, we do provide certificate of achievement at the end of each course.

Do you offer one-to-one support?

We offer Individual Learning Plans (ILPs) which support goal setting and provide accessibility support throughout your time at the college.

What makes us different from other colleges?

The East London Recovery College is an educational, community-based service that offers free courses and workshops to help people better understand and manage their mental and physical health. It is different from a traditional college where you obtain a vocational or academic qualification.

How can we work together?

We welcome opportunities to work with East London local community partners. Please get in touch via our email elft.elrc@nhs.net

How long can I be enrolled at the college for?

There is no end date to your enrollment. Your journey with the Recovery College is your own, you are welcome to continue with us as long as it supports your recovery or learning.

Do I need to be referred?

Students are encouraged to enrol themselves. If any support is required students can contact us or have a trusted professional support their enrolment with their consent.

How do I feedback?

We value any feedback and contribution to improving the Recovery College. We will be asking for feedback after every course or workshop but if you wanted to contact us please do so on elft.elrc@nhs.net

Will attending the recovery college affect my benefits?

As these are short courses/workshops designed to manage your wellbeing they should not impact your benefits. However, if you are unsure please contact your local benefits advice for further clarification.

What can students expect from us?

East London Recovery College will treat all students with respect and dignity. Our purpose is to provide you with enjoyable and meaningful learning experiences. Please see our Student Charter for more information.

Why do we gather student data?

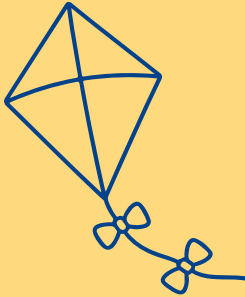
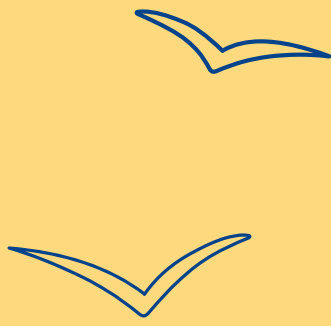
East London Recovery College gathers data in order to make our courses more relevant to you as our goal is to help all across East London. Gaps in the data collected will be used to make changes to meet the needs where possible. No personally identifying data will be shared except in the case of an emergency or safeguarding.

What do we expect from students?

To treat each other with dignity, respect and maintain confidentiality while valuing **all** opinions and cultures. Due to high demand for our courses, we ask that you consider whether you can commit to attending your chosen course on time and if you need further support with this please request for an ILP. Please see our Student Charter for full details.

I have accessibility needs, how will accommodate/support this?

We have a number of strategies and resources to support students access the college, if you require this please call us on 0207 426 2332 and a member of staff will help accommodate your needs.



East London
NHS Foundation Trust

