



East London
NHS Foundation Trust

East London Recovery College

Autumn Prospectus 2026

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.

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 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 Calendar 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



 **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



EAST LONDON
RECOVERY COLLEGE

YOUNG ADULT SOCIAL

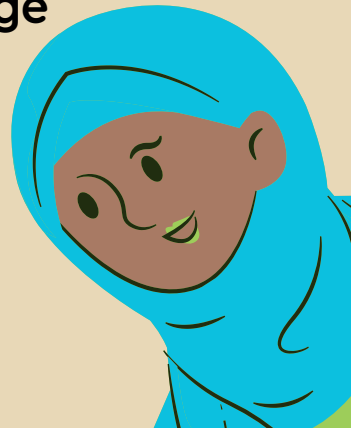


Are you free on Wednesdays
from
5:30 pm – 7:30 pm and aged
18-30 years old?

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: 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



Managing Emotions and Stress (2 Days)

Tuesday
13
October
&
Tuesday
20
November

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. This course is open to everyone. (PLEASE NOTE: THIS IS A TWO-DAY COURSE – PLEASE BOOK ONTO BOTH SESSIONS)

Beginning your Recovery Journey with Recovery College (2 Days)

Thursday
15
October
or
Thursday
26
October

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 IN TWO ALTERNATIVE SESSIONS. PLEASE BOOK ONTO ONE SESSION ONLY.)

Understanding Trauma and Nervous System Regulation

Friday
16
October

Understanding trauma is a possible starting point for recovery to find greater safety, choice, connection, meaning and participation in everyday life. This one-day course will start this journey. 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.



Making Sense of Anxiety and Depression

Wednesday

21

October

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.

Making Your Medication Work For You

Friday

23

October

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. This course is open to everyone.

Tree of Life (2 Days)

Tuesday

27

October
&

Wednesday

28

October

This is an experiential course where students will use the Tree of Life narrative to think about their lives in ways that make them stronger, drawing their own trees as well as exploring their life experiences, strengths, hopes and dreams. Students also take part in the 'forest of life' exercise, discussing some of the 'storms' that may affect them along the way, and how they might respond to these storms, in order to protect themselves and each other. (PLEASE NOTE: THIS IS A TWO-DAY COURSE – PLEASE BOOK ONTO BOTH SESSIONS)

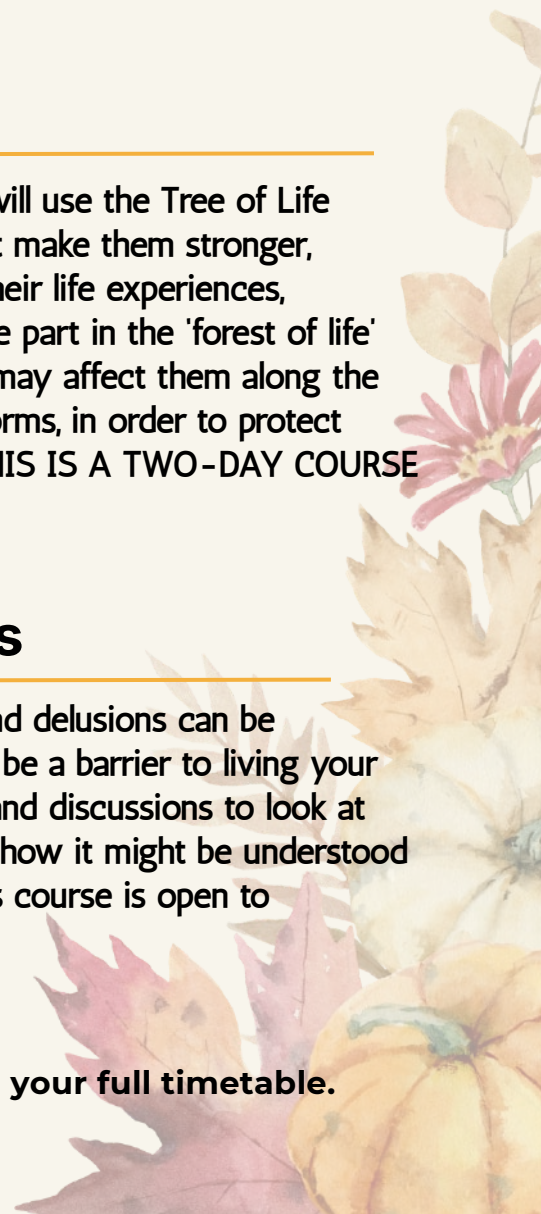
Understanding Psychosis

Tuesday

3

November

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.



 Flip to the back for course times, locations and your full timetable.

Wednesday
4
November

Dealing with a Crisis

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. This course is open to everyone.

Tuesday
10
November
&
Tuesday
17
November

Food and Mood (2 Days)

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. This course is open to everyone. (PLEASE NOTE: THIS IS A TWO-DAY COURSE – PLEASE BOOK ONTO BOTH SESSIONS)

Wednesday
12
November

Workplace Wellbeing: Starting and Staying in Work

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. This course is open to everyone.

Friday
13
November
&
Friday
20
November

Assertiveness, Communication and 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. This course is open to everyone. (PLEASE NOTE: THIS IS A TWO-DAY COURSE – PLEASE BOOK ONTO BOTH SESSIONS)

Wednesday

18

November

Understanding Mental Health Act (MHA)

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. This course is open to everyone.

Tuesday

24

November

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.

Wednesday

25

November
&
Wednesday

2

December

Self-Esteem and Confidence Building (2 Days)

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. This course is open to everyone. (PLEASE NOTE: THIS IS A TWO-DAY COURSE – PLEASE BOOK ONTO BOTH SESSIONS)

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. This course is open to everyone.

Friday

27

November

📖 Flip to the back for course times, locations and your full timetable.

Tuesday

1

December

Staying 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 is open to everyone.

Thursday

3

December

Improving Physical Health

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. This course is open to everyone.

Tuesday

8

December

&

Tuesday

15

December

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. This course is open to everyone. (PLEASE NOTE: THIS IS A TWO-DAY COURSE – PLEASE BOOK ONTO BOTH SESSIONS)

Wednesday

9

December

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. This course is open to everyone.

📖 Flip to the back for course times, locations and your full timetable.



Capturing the Joy Around You (2 Days)

Thursday

10

December
&
Thursday

17

December

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. This course is open to everyone. (PLEASE NOTE: THIS IS A TWO-DAY COURSE – PLEASE BOOK ONTO BOTH SESSIONS)

ADHD and Medication

Friday

11

December

This short course will explain what ADHD is and the common medications used in the treatment of ADHD. It will explain the potential benefits, limitations and effective management of any side effects. This session will also provide a Q & A session from a Senior Pharmacist from the East London NHS Foundation Trust. This course is open to everyone.

Understanding Bipolar

Wednesday

16

December

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. This course is open to everyone.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12 th October	13 th October Managing Emotions and Stress (Day 1) 10:30am – 3pm @ Art Room, Hoxton Hall, 130 Hoxton St, N1 6SH	14 th October	15 th October Beginning your Recovery Journey with Recovery College 10:30am – 12:30pm @ Room 35, Mary Ward Centre, 275 – 285 High St, E15 2TF	16 th October Understanding Trauma and Nervous System Regulation 10:30am – 3:30pm @ Small Hall, Beckton Community Centre, 14 East Ham Manor Way, E6 5NG
19 th October	20 th October Managing Emotions and Stress (Day 2) 10:30am – 3pm @ Art Room, Hoxton Hall, 130 Hoxton St, N1 6SH	21 st October Making Sense of Anxiety and Depression 10:30am – 2:30pm @ Room 1, Beckton Community Centre, 14 East Ham Manor Way, E6 5NG	22 nd October	23 rd October Making your Medication Work for You 11am – 3pm @ Room 35, Mary Ward Centre, 275 – 285 High St, E15 2TF
26 th October	27 th October Tree of Life (Day 1) 10:30am – 4pm @ 86 Old Montague Street, E1 5NN	28 th October Tree of Life (Day 2) 10:30am – 4pm @ 86 Old Montague Street, E1 5NN	29 th October	30 th October
2 nd November	3 rd November Understanding Psychosis 10:30am – 4pm @ Room 35, Mary Ward Centre, 275 – 285 High St, E15 2TF	4 th November Dealing with a Crisis 10:30am – 4pm @ Elizabeth Fry Room, Canning Town Library, 18 Rathbone Market, E16 1EH	5 th November	6 th November

*Please note that course venue may be subject to change, please refer to reminder email/text for finalised details which will be sent approximately 24-48hrs before course date.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 th November	10 th November Food and Mood (Day 1) 10:30am – 3pm @ Main Hall, Gascoyne 2 Community Hall, 2 Wick Rd, E9 5AY	11 th November	12 th November Workplace Wellbeing: Starting and Staying in Work 10:30am – 4pm @ Volunteer Centre Hackney, Unit 13, Springfield House, 5 Tyssen St, E8 2LY	13 th November Assertiveness, Communication and Conflict Resolution (Day 1) 10:30am – 4pm @ 86 Old Montague Street, E1 5NN
16 th November	17 th November Food and Mood (Day 2) 10:30am – 3pm @ Main Hall, Gascoyne 2 Community Hall, 2 Wick Rd, E9 5AY	18 th November Understanding Mental Health Act (MHA) 11am – 4pm @ 86 Old Montague Street, E1 5NN	19 th November	20 th November Assertiveness, Communication and Conflict Resolution (Day 2) 10:30am – 4pm @ 86 Old Montague Street, E1 5NN
23 rd November	24 th November Exploring your Neurodiverse Strengths 12pm – 4pm @ 86 Old Montague Street, E1 5NN	25 th November Self Esteem and Confidence Building (Day 1) 11am – 4pm @ Event Space, Feldy Centre, 18 Aberfeldy St, Aberfeldy Village, E14 0XA	26 th November Beginning your Recovery Journey with Recovery College 10:30am – 12:30pm @ Room 35, Mary Ward Centre, 275 – 285 High St, E15 2TF	27 th November Reframing our Experiences Through Storytelling 10:30am – 4pm @ 86 Old Montague Street, E1 5NN

***Please note that course venue may be subject to change, please refer to reminder email/text for finalised details which will be sent approximately 24-48hrs before course date.**

To enrol onto a course please

Visit: <https://elrc.studioreception.net/>

Call: 0207 426 2332

Email: elrc@nhs.net

Colour Key

Discover Yourself 
Understanding Health 
Life Skills 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 th November	1st December Staying Safe Online 11am – 3pm @ 86 Old Montague Street, E1 5NN	2nd December Self Esteem and Confidence Building (Day 2) 11am – 4pm @ Event Space, Feldy Centre, 18 Aberfeldy St, Aberfeldy Village, E14 0XA	3rd December Improving Physical Health 10:30am – 3pm @ Elizabeth Fry Room, Canning Town Library, 18 Rathbone Market, E16 1EH	4 th December
7 th December	8th December Managing Life: Budgeting, Managing Time, and Wellbeing Planning (Day 1) 12pm – 4pm @ Main Hall, Gascoyne 2 Community Hall, 2 Wick Rd, E9 5AY	9th December Islam and Recovery 10:30am – 4pm @ Seminar Room, London Muslim Centre, 46 Whitechapel Rd, E1 1JX	10th December Capturing the Joy Around you (Day 1) 11am – 4pm @ Scott Room, Oxford House, Derbyshire St, Bethnal Green, London E2 6HG	11th December ADHD and Medication 11am – 4pm @ Small Hall, Beckton Community Centre, 14 East Ham Manor Way, E6 5NG
14 th December	15th December Managing Life: Budgeting, Managing Time, and Wellbeing Planning (Day 2) 12pm – 4pm @ Main Hall, Gascoyne 2 Community Hall, 2 Wick Rd, E9 5AY	16th December Understanding Bipolar 10:30am – 4pm @ Room 35, Mary Ward Centre, 275 – 285 High St, E15 2TF	17th December Capturing the Joy Around you (Day 2) 11am – 4pm @ Scott Room, Oxford House, Derbyshire St, Bethnal Green, London E2 6HG	18 th December

***Please note that course venue may be subject to change, please refer to reminder email/text for finalised details which will be sent approximately 24-48hrs before course date.**

To enrol onto a course please

Visit: <https://elrc.studioreception.net/>

Call: 0207 426 2332

Email: elrc@nhs.net

Colour Key

Discover Yourself 
Understanding Health 
Life Skills 



1) East London 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 to Shadwell then Overground to Whitechapel.

Bus: 25, 254, 205, D3.



2) Mary Ward Centre

275-285 High St, E15 2TF

Transport Information

From N: Elizabeth line to Stratford.

From H: Mildmay line to Stratford.

From TH: DLR to Stratford OR Elizabeth line from Whitechapel to Stratford.

Bus: 25, 254, 205, D3.



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, 106, 254, 388.



5) Canning Town Library

18 Rathbone Market,
Barking Road, E16 1EH

Transport Information

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

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

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

Bus: 5, 69, 115, 241, 276, 300, 309, 330



6) Feldy - Event Space

18 Aberfeldy St,
Aberfeldy Village,
E14 0XA

Transport information

From N: Jubilee line to Canning Town OR DLR to All Saints.

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

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

Bus: 108, 115, 309



4) London Muslim Centre

46 Whitechapel Rd,
E1 1JX

Transport Information

From N: Elizabeth line to Whitechapel.

From H: Mildmay line to Canonbury, change to Windrush line to Whitechapel.

From TH: Windrush line to Whitechapel.

Bus: 25, 205, 254, N25





7) Gascoyne 2 Community Hall

2 Wick Road, E9 5AY

Transport Information

From N: Elizabeth line to Stratford, change to the Mildmay line for Homerton.

From H: Mildmay line to Homerton.

From TH: Mildmay line to Homerton OR Central line to Stratford, change to the Mildmay line for Homerton.

Bus: 26, 277, 388, 425

➡ Hackney



8) Hoxton Hall

130 Hoxton Street,
London
N1 6SH

Transport Information

From N: Elizabeth line to Liverpool Street, change to the Windrush line for Hoxton.

From H: Mildmay line to Highbury & Islington, change to the Windrush line for Hoxton.

From TH: Windrush line direct to Hoxton.

Bus: 67, 149, 242, 243, 394

➡ Hackney



9) Beckton Community Centre

14 East Ham Manor Way,
E6 5NG

Transport Information

From N: DLR direct to Beckton.

From H: Mildmay line to Stratford, change to DLR for Beckton.

From TH: DLR direct to Beckton OR Jubilee line to Canning Town, change to DLR for Beckton.

Bus: 104, 129, 262, 300, 376, 474

Newham London



10) Hackney Volunteer Centre

Unit 13, Springfield
House, 5 Tyssen Street,
E8 2LY

Transport Information

From N: Elizabeth line to Liverpool Street, change to the Weaver line for Haggerston.

From H: Mildmay line to Dalston Junction, then walk to Hackney Volunteer Centre.

From TH: Windrush line to Haggerston.

Bus: 67, 149, 242, 243, 394

➡ Hackney

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

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 you 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

