

## Coming soon!

Tower Hamlets Recovery College will soon have a library, lounge and study area where people can come and look at a range of books on mental health and helpful approaches to recovery, as well as using computers, receiving IT tuition and looking at helpful information on local projects, resources and services.



## Feedback from Spring term 2017

“Really appreciated the humane and respectful approach of service users and providers together.”

“It really was one of the best afternoons I’ve had doing “teaching”, though I learnt an awful lot myself from the audience”

“Very, very useful tool. Really encouraged me to think more positively about myself and some intense difficulties I have had in my life.”

“Encouraging - Change is happening!”

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**East London**  
NHS Foundation Trust

*We care*

*We respect*

*We are inclusive*

## Tower Hamlets Recovery College

### Unlock your future!



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# Co-production is key!

Tower Hamlets Recovery College runs educational workshops and courses. These are designed and delivered by people who have lived experience of mental health challenges, together with people who work in mental health services. We call this co-production.

Co-production is at the heart of everything we do. All of our course planning and delivery is done together with people with lived experience of mental health recovery, ensuring that courses are recovery-focussed, based on real experiences, and support students to look for their own answers.

Students can be anyone in Tower Hamlets with an interest in mental health, recovery and wellbeing. Service users, their carers, family and friends, as well as staff working in the borough are welcome to attend. We believe that everyone has something to offer and something to learn.

## A range of different courses

Courses cover a range of areas that might support recovery;

### Discover Yourself

Tools and approaches to gain a deeper understanding of yourself and your experiences.

### Understanding Health

Education about mental and physical health, such as diagnosis, medication, nutrition, and the benefits of exercise.

### Life Skills

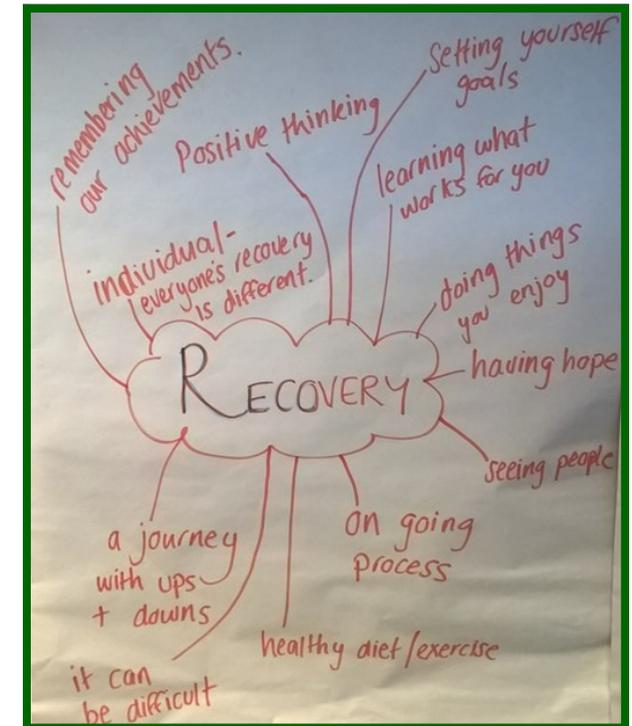
Helpful tips on practical life skills, including confidence and communication skills, dealing with a crisis and understanding the mental health act

### Getting involved

Courses on how to get more involved in educational and vocational opportunities including volunteering, training and co-production

### Where do courses take place?

Our office is based in Old Montague Street in Aldgate East but our courses are delivered at a range of venues, including Idea Stores, Bromley By Bow Centre Osmani Centre and the Prince's Trust on St Paul's Way.



“Once you choose hope, anything’s possible” Christopher Reeve