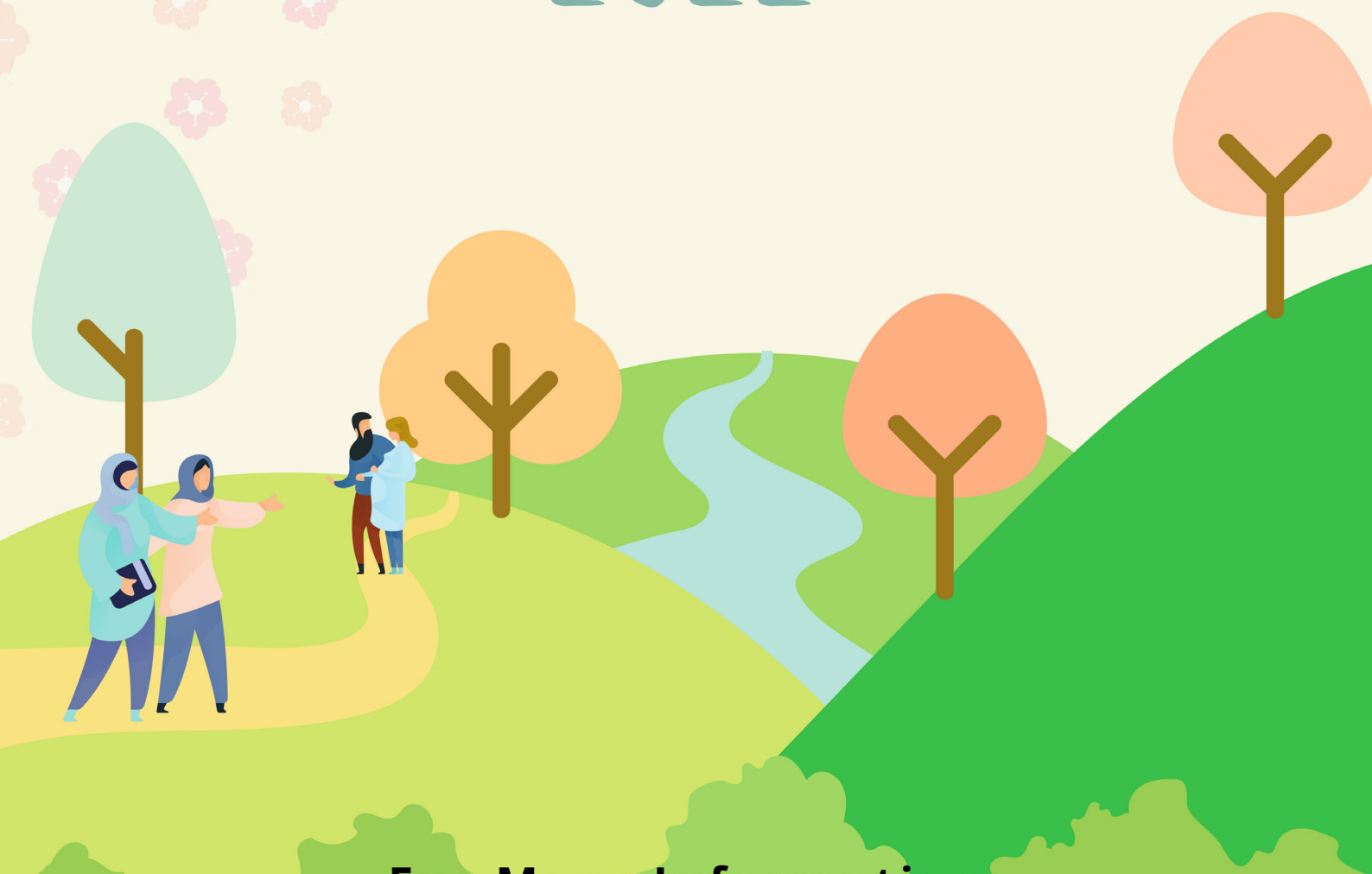




Tower Hamlets  
Recovery College

# Spring Term 2022



**For More Information**

**call: 0207 426 2332 or email: [elft.thrc@nhs.net](mailto:elft.thrc@nhs.net)**

# CONTACT US

For general enquiries

Email: [elft.thrc@nhs.net](mailto:elft.thrc@nhs.net)

Telephone: 0207 426 2332

Text: 07908 459 2389

If you have enrolled on a course you will be contacted beforehand to confirm your attendance. If this is not confirmed, your place may be given to someone else.

If you would like to speak to a specific team member, our contact details are listed below:

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Visit us on :

<https://www.elft.nhs.uk/tower-hamlets-recovery-college>

<https://thrc.studioreception.net/>

Follow us on



[www.facebook.com/TowerHamletsRecoveryCollege](https://www.facebook.com/TowerHamletsRecoveryCollege)



[@CollegeTh](https://twitter.com/CollegeTh)



[th\\_recovery\\_college](https://www.instagram.com/th_recovery_college)



[th\\_recovery\\_college](https://www.tiktok.com/@th_recovery_college)

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# WELCOME TO SPRING TERM 2022



Jessica Prakash Recovery College Manager

I would like to begin again by acknowledging all the students, tutors and recovery college team members for their commitment and care for their Tower Hamlets community during this pandemic and to acknowledge those in our community who were directly or indirectly affected by COVID 19, especially those who are not with us today as a result. It continues to be a testing time for the world and we hope to support our students and each other through this difficult time by staying connected, supporting each other, learning and growing together.

Autumn Term 2021: Another successful and innovative term, Autumn Term 2021 did not disappoint. Our new Community Inclusion Learning Stream team were out in full force, hosting coproduction focus groups in Somali and Sylheti all around the borough! We were humbled to be received so warmly by the community and are excited to launch our service response to these sessions.

The mainstream Recovery College courses returned fully to classroom-based courses held at our Recovery College site which were also received well! Unfortunately, due to the changes in the pandemic and new variant towards November/December 2021, some courses had to be rescheduled. If you were registered for a course that was rescheduled, you should have been contacted for the new dates. We were also excited to relaunch our Words of Wellbeing Book club which resumed in person after over a year off! If you're interested in joining our book club you can find more information on page 8.

This Spring Term 2022, we are excited to resume teaching at some community venues! We have selected a few trusted venues with clear COVID 19 safety protocols in place to ensure our students, tutors and staff are safe. Our standard Recovery College Covid 19 Safety Guidance will remain in place to ensure the ongoing safety of all. If you have any questions about this, please do not hesitate to contact us.

This term we have made the decision to have a separate prospectus for the Young Adult Learning Stream and the Community Inclusion Learning Stream from this prospectus. This is to minimise confusion whilst ensuring those in our community who the streams are there serve get the information in the clearest possible way. If you'd like to find out more about what's going on in those streams head to our website or download our NEW APP!

We are super excited to launch our first ever mobile phone APP! The app will be linked to our student portal <https://thrc.studioreception.net/> and will mean you can manage course bookings, see venue details and find out more about the college with easy access on your phone. The app will be available to download on iOS and Android. See page 4 for more information.

This Spring Term 2022, we are teaching a host of unique new courses including "Understanding Recovery Colleges", "Moving On from Hospital", "Understanding Advocacy" and "Finding Joy". We thank you for your feedback and please enrol onto these courses quickly to get a place!

We hope this term will be just as exciting as last and we look forward to seeing you this term!

**Jess**



# 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. However this term, all classroom-based courses will be held at our college base 86 Old Montague St E1 5NN and all online courses will be hosted via Zoom.

## 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 2332/2416** from 9:30am – 5:00pm Monday to Friday
- 3 Email:** Send your booking enquiries to [elft.thrc@nhs.net](mailto:elft.thrc@nhs.net)
- 4 Mobile App:** Download our NEW app on iOs or Android. **See page 7** for more details!



# WHATS ON AT THRC:

## Classroom-based Courses

We are very excited to announce the re-opening of our classroom-based courses with the following COVID-19 safety measures:

Face coverings must be worn at all times by students and tutors (unless eating or drinking)

Maximum of SIX students per class. All students must register prior to the course.

COVID-19 Safety Assistant will be available to assist students throughout courses

Students and tutors will be sat 2m+ apart

Desks and chairs will be wiped down before and after sessions

Students will receive their own set of learning materials or refreshments throughout the session

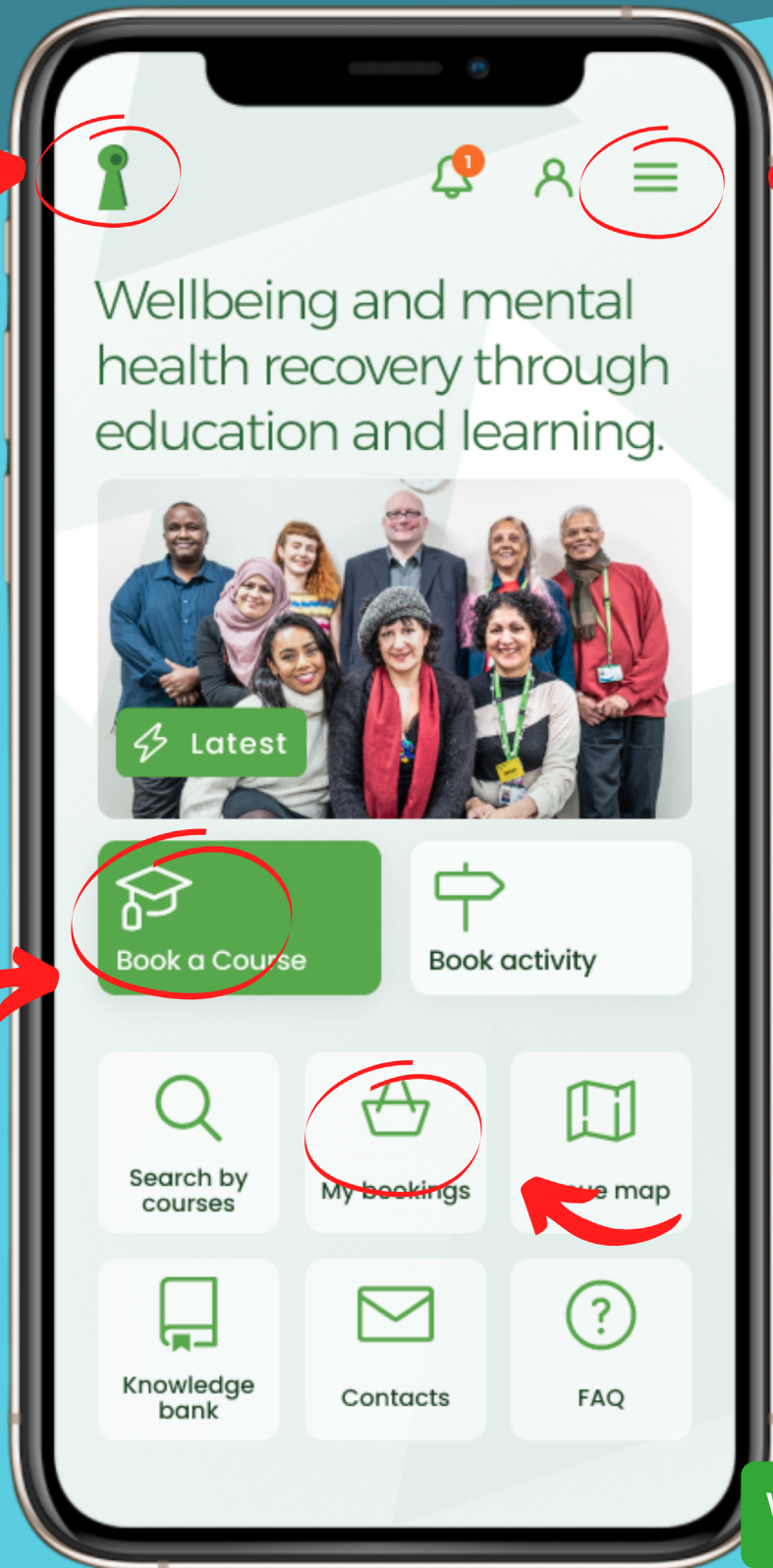
For full details of what you can expect from us and what we expect from you to keep everybody safe in our classroom-based courses see

'COVID- 19 Safety Guidance for Classroom-Based Courses'

# WHATS ON AT THRC:

## How to use the THRC app

**NEW**



BY CLICKING THIS BUTTON YOU CAN GET BACK TO THE HOME PAGE

BY CLICKING THIS BUTTON YOU CAN ACCESS THE DROP DOWN MENU

YOU CAN BOOK COURSES BY GOING TO THIS BUTTON

THROUGH THIS BUTTON YOU CAN VIEW YOUR CURRENT BOOKINGS

# WHATS ON AT THRC:

## TAKE PART IN AN **Individual Learning Plan**

The Individual Learning Plan (ILP) aims to enhance and support each student's recovery and wellbeing through education. The 'ILP Mentor' will sit with you and discuss ways in which we can support you and 'signpost' you to services relevant to your goals.

If you're interested in taking part in an ILP:

Call 0207 426 2332

Email: [elft.thrc@nhs.net](mailto:elft.thrc@nhs.net)



# WHATS ON AT THRC:

INTRODUCING OUR NEW

# YOUNG ADULTS

## LEARNING STREAM

Co-produced, co-facilitated, and co-designed courses on mental and physical health wellbeing for Young Adults aged 18 - 25+.

Come along to our Social Meet Up every Wednesday at 1pm - 3pm for games (incl. Nintendo Switch), food and a laugh.



# WHATS ON AT THRC:

INTRODUCING OUR NEW

# COMMUNITY INCLUSION

## LEARNING STREAM

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A BESPOKE LEARNING STREAM CO-PRODUCED TO MEET THE NEEDS OF THE DIVERSE TOWER HAMLETS COMMUNITY, INCLUDING WORKSHOPS COVERING RACIAL INEQUALITIES AND INJUSTICE. INDIVIDUAL LEARNING PLANS AND OTHER OFFERS WILL BE DELIVERED IN SYLHETI, SOMALI AND ENGLISH.

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# WHATS ON AT THRC:

COME ALONG TO OUR

# BOOK CLUB

WE HOLD A TERMLY BOOKCLUB GROUP,  
WHERE STUDENTS CAN ENJOY  
REFRESHMENTS, DISCUSSIONS, AND A GOOD  
BOOK.

TO ATTEND PLEASE CALL: 020 7426 2332



# WHATS ON AT THRC:

Why not attend our

# Community Conversation Club

If you are currently learning English and you would like to practice speaking in conversation, come along to our Community Conversation Club to make some new friends and have a cup of tea.

Every Thursday 10am – 11:30am

To attend please call: 020 7426 2332



# STUDENT CHARTER

## What is the Student Charter?

This student charter sets out clear guidelines and expectations from staff and students working and studying at Tower Hamlets Recovery College.

We hope these guidelines will allow both staff and students to take joint responsibility and ownership of the courses they attend and the overall learning environment. We hope this will help to ensure that everyone has a positive and enriching experience of working or studying with us.

## When You Study at Tower Hamlets Recovery College

### You can expect us to:

- Manage and process course applications and enrolment politely and efficiently.
- Communicate in a friendly, open and professional manner.
- Provide up to date and timely information on college activities and updates, including the college website.
- Provide all course materials, handouts and certificates of attendance.
- Offer students an Individual Learning Plan, empowering them to reflect on goals and aspirations.
- Make reasonable adjustments to support your learning. Please inform us of any specific needs you have when you ENROL or as part of your Individual Learning Plan. We will try and accommodate them.
- Support equality and diversity, respecting and valuing differences such as culture, religion, sexuality, gender and abilities.
- Maintain the high quality of our courses; ensuring coproduction, recovery and our core values of hope, control and opportunity remain central to what we do.
- Respect people's various faiths, cultural practices and life choices, providing a non-judgemental, stigma free environment.
- Challenge stigma where it arises, and dealing with problems in the classroom in an appropriate manner.
- Encourage open and honest dialogue, so people feel free to speak up without fear of recrimination. Your input and feedback are important to us and helps shape the future direction of the college.
- Support your learning and promote inclusion and accessibility for all, regardless of your skill levels.
- Signpost students to various local and national agencies and organisations that might be of further assistance.
- Work with students to support their attendance at the college, and help them to explore alternative arrangements for themselves.

# STUDENT CHARTER

- Make sure a staff member is available to speak to you one to one outside of the classroom if needed. If you want to speak to one of us privately we will make an appointment to meet with you at a mutually agreed time.
- Make sure wherever possible that venues are suitable and accessible for all students.
- Provide a safe, inclusive and enjoyable learning environment, encouraging open but respectful dialogue. Tutors may ask students to leave the class if they feel this is compromised.

## We expect you to:

- Provide your up to date contact details.
- Book your courses online through the Tower Hamlets Recovery College Website if you are comfortable using email and online services. If you are unsure of how use the technology, we can support you to do this, or alternatively you can call or come in to the office.
- Register with the college and enrol on all courses you wish to attend prior to each course. You can do this via the college website, or by contacting the college directly.
- Ensure that you have received enrolment confirmation from the college for each course, as students cannot be admitted onto courses that they are not enrolled on.
- Notify us as soon as possible if you are unable to attend, so that we can offer your place to another student, as places are limited.
- If students consistently booked themselves onto courses they do not attend, we may refuse them a place on any further courses.
- **Arrive on time to sessions. Any student arriving more than 30 minutes late for a course will not be admitted.**
- Students are welcome to leave the learning environment if needed, tutors must be informed if student will not return.
- Maintain confidentiality whilst being respectful of others opinions and beliefs, and of the learning environment and tutors.
- Be aware of and take responsibility for your own behaviour during sessions, please let the tutors know if you are feeling unwell.
- Everybody is responsible for maintaining a calm and inclusive atmosphere in the classroom, which supports learning for all.
- Be mindful of other students in class, so that everyone that wants to participate has space to do so. This allows for a range of voices and experiences to be heard.
- Respect the individual rights of all members of the college, both students and staff.
- Ask questions freely, and ask us to explain if there is anything you are unsure about.
- Use the library and computers in a responsible manner.



# COVID- 19 SAFETY GUIDANCE

## FOR CLASSROOM-BASED COURSES



- Unless eating or drinking, all tutors must wear fluid-resistant masks and all students must wear a face covering at all times. 2m+ physical distancing must be respected whilst eating and drinking, where possible we ask students and tutors to eat and drink outside of the session
- All students will be sent email and text reminders before each course that they must NOT attend if they have any of the following symptoms:

- New or persistent cough
- High temperature
- Loss or change to sense of taste



- Any student displaying the any of the above symptoms throughout the session will be asked to leave. The classroom assistant will inform the college manager/senior team member to follow up with the student. The class will be paused in this instance in order to thoroughly clean the area. The remaining students will be asked to leave the building for 15 minutes whilst this is happening.
- All students and tutors will have their temperature taken immediately upon arrival using an infrared thermometer. If a reading of 37.5 or higher appears, the student will be asked to leave and will not be permitted to return for at least 14 days (longer if their symptoms persist). The door, doorbell as well as any other surfaces they may have touched will be cleaned before any other persons are allowed to enter the building. We will offer the student support and help them think through next steps.
- All students and tutors must complete our 'Track and Trace' procedure upon arrival and when leaving. We will only keep this information for 21 days. If a person tests positive for COVID 19, we will contact all students who have been in contact with the person within the 72 hours before they tested positive as well as anyone else who was in the building in this time frame.
- Maximum of TWELVE students per session allowed ensuring 2m+ distance in the classroom. Walk-in attendees will not be permitted
- All students must use the toilet in the main reception area only
- Only wooden tables and chairs will be used for ease of cleaning and they will be wiped down with isopropyl wipes before and after sessions
- Ensure students and tutors are sat 2m+ apart in the classroom
- Students will be provided with individual learning materials that will not be shared and isopropyl wipes to wipe down their learning materials should they wish to.
- No-touch bins will stationed in the classroom dispose of gloves, masks and wipes
- All sessions will be scheduled for off-peak travelling time
- Individually wrapped biscuits, teabags & coffee sachets will be left on the desk of each student. They will be distributed with gloves and staff wearing PPE will come around to refresh drinks intermittently through the course

# DISCOVER YOURSELF

Courses that help you to reach a deeper understanding of yourself and your experiences



## Finding Joy

Often the concepts of 'Joy' and 'Happiness' are thought of equal or used interchangeably to describe feelings.

However, 'Joy' and 'Happiness' are completely different and separate states of being. Whilst both can influence the other, they are distinct.

We can experience joy in all moments, great or small in life and the art of recognising and embracing joyful moments is the focus of this course.

This is a practical course where we will use different creative mediums including photography, music, arts, social media etc to explore how we can find joy and share it with others.

This course will involve practical tasks and walking short distances. Please inform us if you have additional support needs to participate in this course.

**This a four-day course.**

Disability Access Available Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Wednesday 9th March 2022 Wednesday 16th March 2022 Wednesday 23rd March 2022 Wednesday 30th March 2022	12:30pm – 3:30pm	Tower Hamlets Recovery College,  Large Meeting Room 86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

## Christianity and Recovery

A large proportion of Tower Hamlets residents are Christian and use their spirituality as a key part of their mental and physical health recovery.

This one-day course seeks to explore Christianity's understandings, ideas and approaches to mental health, including aspects of culture, faith, beliefs and lifestyles.

This course also looks at how these can be used to support mental health recovery and wellbeing. As well as look at resources to support people within this community

Disability Access Available Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Friday 25th March 2022	10:00am – 4:00pm	Tower Hamlets Recovery College,  Large Meeting Room 86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

# DISCOVER YOURSELF

Courses that help you to reach a deeper understanding of yourself and your experiences

## Body Image and Positivity

In a world where photos and images of ourselves and others are easily accessible it can be difficult to avoid comparing the way we look to others.

Sometimes this vulnerability is used to market certain products or used to send a message that may not resonate with us. It is through this that we can develop unhelpful ways of thinking about our body image and thinking about our bodies positively.

A study completed by the Mental Health Foundation in 2019, found body image

significantly impacted mental health. It found that over one third of adults said they had felt anxious or depressed because of their body image among other alarming statistics.

This course will look at body image, how it is portrayed through media platforms and how this impacts our body image. We will also look at how to address body image and positivity concerns and where to find help with this.

 Disability Access Available  Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Tuesday 19th April 2022	10:00am –4:00pm	Tower Hamlets Recovery College,  Large Meeting Room 86 Old Montague St. E1 5NN	Whitechapel or Aldgate East station  Bus: 25, 205, 254, D3

## Art for Recovery

Art as a therapeutic outlet can be a useful tool in supporting mental health recovery. Many famous artists historically have used different creative mediums and art as a form of expression and possibly a way of helping their mental health and wellbeing.

This course will explore how and why art is used to support mental health recovery. This course

includes half-day educational session and half-day practical art session.

This course may be stimulating to the senses. Students should inform the college if this may be difficult for them.

 Disability Access Available  Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Friday 6th May 2022	10:00am –4:00pm	Tower Hamlets Recovery College,  Large Meeting Room 86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

# DISCOVER YOURSELF

Courses that help you to reach a deeper understanding of yourself and your experiences

## Islam and Recovery

A large proportion of Tower Hamlets residents are 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 recovery and wellbeing and resources to support people within this community.

 Disability Access Available  Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Wednesday 11th May 2022	10:00am –4:00pm	Tower Hamlets Recovery College,  Large Meeting Room 86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

# UNDERSTANDING HEALTH

Courses to help you understand mental and physical health, diagnosis and services

## Dealing with Depression and Anxiety

This course looks at how depression and anxiety (both separately and together) can impact people's lives, affecting thoughts, feelings and behaviour.

The course explores the positives 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 will provide information to various other resources that are available in Tower Hamlets.

 Disability Access Available  Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Tuesday 29th March 2022	10:00am –4:00pm	Tower Hamlets Recovery College, Large Meeting Room 86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

## Understanding Bipolar

A diagnosis of Bipolar Affective Disorder (BPD) usually means that you experience extreme highs and lows in your moods and thoughts, though people's experiences can vary.

This course will explore what a bipolar diagnosis means, ways this might impact your life, shared experiences of the condition, and tips to support your recovery journey.

 Disability Access Available  Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Thursday 24th March 2022	10.00am-4.00pm	Osmani Trust, Hall 1, 58 Underwood Road, E1 5AW	Aldgate East or Whitechapel tube  25, 205, 254



# UNDERSTANDING HEALTH

Courses to help you understand mental and physical health, diagnosis and services



## Understanding Advocacy

Feeling like we aren't being heard can be really frustrating and can mean we don't feel like we're part of the decision making process around our own health and care needs. This can make us feel powerless.

Advocacy services exist to empower people by helping them ensure they are being heard

when using services, especially mental health services.

This course will explore what advocacy is, what advocacy services do and don't do, explore what the Independent Mental Health Advocats (IMHA) are and how to access advocacy service

Disability Access Available Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Tuesday 5th April 2022	11:00am -3:00pm	Tower Hamlets Recovery College, Large Meeting Room  86 Old Montague Street, E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

## 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 experience and discussion to look at what psychosis means, its possible effects, and how it might be understood and managed in a way that works for you.

Disability Access Available Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Friday 22nd April 2022	10:00am -4:00pm	Tower Hamlets Recovery College, Large Meeting Room  86 Old Montague Street, E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

# UNDERSTANDING HEALTH

Courses to help you understand mental and physical health, diagnosis and services



## Understanding 'Burnout'

Living in the state of uncertainty during the pandemic as well as increased working from home due to the pandemic has meant work life and private life have become increasingly overlapped.

A study completed by Mental Health UK since the start of the pandemic found nearly 50%

of adults working in the UK feel more prone to extreme levels of stress than ever before.

This course will explore what is burnout, how does it occur, what we can do to manage it and where we can seek help and support if we are concerned about ourselves or others.

Disability Access Available Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Wednesday 4th May 2022	12:30pm –3.30pm	Tower Hamlets Recovery College, Large Meeting Room 86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

## Understanding Diabetes

Diabetes is a serious long term condition which could severely impact a persons health and long-term wellbeing.

Tower Hamlets has the third highest rate of type 2 diabetes in London, with around 17,000 people diagnosed. This is in part due to the large Bangladeshi community who are at increased risk of developing the condition compared to other ethnicities.

Apart from this, There are many reasons for this

that vary amongst individuals, however clarity in understanding what diabetes is, management strategies and outcomes contribute largely.

This course will explore what diabetes is, why it can occur, the prevalence and incidence amongst people with psychosis, management strategies and supports in locally and in the wider community.

Disability Access Available Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Tuesday 10th May 2022	10.00am-4.00pm	Tower Hamlets Recovery College,  Large Meeting Room 86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

# LIFE SKILLS

Courses to help you get the most out of everyday life



## Introduction to Recovery Colleges

The first Recovery College in England was set up in London in 2009 and there are now more than 80 in the UK and colleges in more than 20 countries.

Recovery College's offer courses that help increase awareness and understanding of mental and physical health recovery.

This short introductory workshop is aimed to give you an understanding of what a Recovery College is. We will be looking at what a Recovery College is, who can attend, why they are beneficial and what makes them different from other mental health services.

Disability Access Available Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Tuesday 15th March 2022	11:00am –1:00pm	Tower Hamlets Recovery College, Large Meeting Room  86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

## Understanding Mental Health Act

This workshop will look 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 might affect people, and their carers, supporters and friends.

Disability Access Available Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Friday 18th March 2022	10:00am –4:00pm	Tower Hamlets Recovery College, Large Meeting Room 86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

# LIFE SKILLS

Courses to help you get the most out of everyday life

## Making your Medication Work for You

Medication is a very important aspect of recovery for many people experiencing mental distress, but knowledge and careful management can make all the differences.

This session will look at different types of medication, 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 for you.

 Disability Access Available  Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Wednesday 6th April 2022	10:00am –4:00pm	Tower Hamlets Recovery College, Large Meeting Room 86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

## Conflict Resolution

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 the unintended.

This course explores the skills, knowledge and attributes to navigate and negotiate conflict and enables a peaceful resolution to the problem.

 Disability Access Available  Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Tuesday 12th April 2022	10:00am –4:00pm	Tower Hamlets Recovery College, Large Meeting Room 86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

# LIFE SKILLS

Courses to help you get the most out of everyday life



## Moving On

When mental ill health become difficult to manage at home sometimes we need to reach out for help. At this point, some people are admitted into mental health hospitals to receive care and treatment for their mental health difficulties. For many people, this can be a scary and daunting experience.

However, once someone's mental health improves their care team might be talking about 'discharging' them from hospital. This can be

an equally scary and daunting experience, often occurring when they've started to feel settled and stable in the hospital.

The course will explore what the experience of discharge can feel like for people, what pathways and support are available in the hospital and community to support a smooth discharge and how people can access this.

Disability Access Available Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Wednesday 20th April 2022	11:00am –3:00pm	Tower Hamlets Recovery College, Large Meeting Room  86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

## Managing Stress

We know that being under pressure and feeling a little bit of stress is an everyday part of life and can be helpful to get things done. However when this builds up or is prolonged it can start to have an impact on your ability to do things you enjoy as well as your overall mental health.

This course will explore what is stress and eustress, why do we feel stress physically,

mentally and emotionally, how our body produces stress responses and different ways to manage stress including supports available locally and online.

Disability Access Available Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Tuesday 26th April 2022	10:00am –4:00pm	Tower Hamlets Recovery College, Large Meeting Room 86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3



# LIFE SKILLS

Courses to help you get the most out of everyday life

## Parenting and Recovery

This course will offer a helpful overview of how mental illness can impact on parenting, how parental mental illness can impact on children, and discussion related on helpful approaches and strategies.

This will involve some focus on communication around illness, how to deal with various challenges, information on the relevant professionals and services, and the best ways to access appropriate support.

 Disability Access Available  Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Thursday 28th April 2022	10:00am –4:00pm	Look Ahead Housing, Recovery Centre, 73 Coventry Rd, London E1 5RG	Bethnal Green or Whitechapel Station  D3, D6, 8, 309, 254, 106

## Managing Relationships

Relationships and sense of belonging are universal to the human experience. Relationships can have a significant impact on our sense of self and identity, connection with others and our emotional and mental wellbeing.

can nurture our relationships so that they can be supportive and uplifting, identify relationships that feel safe and manage those that feel less safe.

It is important to understand what a safe relationship means to you, physically, mentally and emotionally. This course will explore how we

We will also look at how relationships might look different during this period and what we can do to maintain our relationships.

 Disability Access Available  Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Friday 29th April 2022	10:00am –4:00pm	Tower Hamlets Recovery College, Large Meeting Room 86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

# LIFE SKILLS

Courses to help you get the most out of everyday life

## Carers Caring for Themselves

Carers can be a crucial part of somebody's recovery, but caring can often be challenging. Carers may often feel isolated and distressed themselves.

This short workshop will look at helpful hints and tips on coping with daily life and strategies that may support more effective caring, for yourself as well as the person you care for.

 Disability Access Available  Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Friday 13th May 2022	11:00am –3:00pm	Tower Hamlets Recovery College, Large Meeting Room  86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

# GETTING INVOLVED

Courses on building work and study skills, giving something back and moving forward

## Getting Back into Employment

This pandemic has affected our lives in many ways including the economy and employment. This course would be useful for those who might not be in the same jobs they were in before this pandemic and those who might feel uncertain

about job security and for those who may be looking for work after a long period of unemployment. This course aims to explore the process of seeking and securing work, skills and knowledge to increase employability, disclosure and equal opportunity in work.

 Disability Access Available  Microwave facilities available

Course mode	Date	Time	Venue	Travel
Classroom-based	Wednesday 13th April 2022	11:00am –4:00pm	Tower Hamlets Recovery College, Large Meeting Room 86 Old Montague St. E1 5NN	Aldgate East or Whitechapel Station  25, 205, 254, D3

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

7 <sup>th</sup> March	8 <sup>th</sup> March	9 <sup>th</sup> March Finding Joy (Day 1) 12:30pm – 3:30pm @ 86 Old Montague St, EI 5NN	10 <sup>th</sup> March	11 <sup>th</sup> March
14 <sup>th</sup> March	15 <sup>th</sup> March Introduction Recovery Colleges 11am – 1pm @ 86 Old Montague St, EI 5NN	16 <sup>th</sup> March Finding Joy (Day 2) 12:30pm – 3:30pm @ 86 Old Montague St, EI 5NN	17 <sup>th</sup> March	18 <sup>th</sup> March Understanding Mental Health Act (MHA) 10am – 4pm @ 86 Old Montague St, EI 5NN
21 <sup>st</sup> March	22 <sup>nd</sup> March	23 <sup>rd</sup> March Finding Joy (Day 3) 12:30pm – 3:30pm @ 86 Old Montague St, EI 5NN	24 <sup>th</sup> March Understanding Bipolar Disorder 10am – 4pm @ 58 Underwood Rd, EI 5AW	25 <sup>th</sup> March Christianity and Recovery 10am – 4pm @ 86 Old Montague St, EI 5NN
28 <sup>th</sup> March	29 <sup>th</sup> March Dealing with Depression and Anxiety 10am – 4pm @ 86 Old Montague St, EI 5NN	30 <sup>th</sup> March Finding Joy (Day 4) 12:30pm – 3:30pm @ 86 Old Montague St, EI 5NN	31 <sup>st</sup> March	1 <sup>st</sup> April
4 <sup>th</sup> April	5 <sup>th</sup> April Understanding Advocacy 11am – 3pm @ 86 Old Montague St, EI 5NN	6 <sup>th</sup> April Making your Medication Work for You 10am – 4pm @ 86 Old Montague St, EI 5NN	7 <sup>th</sup> April	8 <sup>th</sup> April

**Colour Key**

Discover Yourself


Understanding Health

Life Skills


Getting Involved


**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

11 <sup>th</sup> April	12 <sup>th</sup> April Conflict Resolution 10am – 4pm @ 86 Old Montague St, E1 5NN	13 <sup>th</sup> April Getting Back Into Employment 11am – 4pm @ 86 Old Montague St, E1 5NN	14 <sup>th</sup> April	15 <sup>th</sup> April
18 <sup>th</sup> April	19 <sup>th</sup> April Body Image and Positivity 10am – 4pm @ 86 Old Montague St, E1 5NN	20 <sup>th</sup> April Moving On 11am – 3pm @ 86 Old Montague St, E1 5NN	21 <sup>st</sup> April	22 <sup>nd</sup> April Understanding Psychosis 10am – 4pm @ 86 Old Montague St, E1 5NN
25 <sup>th</sup> April	26 <sup>th</sup> April Managing Stress 10am – 4pm @ 86 Old Montague St, E1 5NN	27 <sup>th</sup> April	28 <sup>th</sup> April Parenting and Recovery 10am - 4pm @ 73 Coventry Rd, E1 5RG	29 <sup>th</sup> April Managing Relationships 10am – 4pm @ 86 Old Montague St, E1 5NN
2 <sup>nd</sup> May	3 <sup>rd</sup> May	4 <sup>th</sup> May Understanding 'Burnout' 12:30pm – 3:30pm @ 86 Old Montague St, E1 5NN	5 <sup>th</sup> May	6 <sup>th</sup> May Art for Recovery 10am – 4pm @ 86 Old Montague St, E1 5NN
9 <sup>th</sup> May	10 <sup>th</sup> May Understanding Diabetes 10am – 4pm @ 86 Old Montague St, E1 5NN	11 <sup>th</sup> May Islam and Recovery 10am – 4pm @ 86 Old Montague St, E1 5NN	12 <sup>th</sup> May	13 <sup>th</sup> May Carers Caring for Themselves 11am – 3pm @ 86 Old Montague St, E1 5NN

**Colour Key**
 Discover Yourself

 Understanding Health

 Life Skills

 Getting Involved

To enrol onto a course please

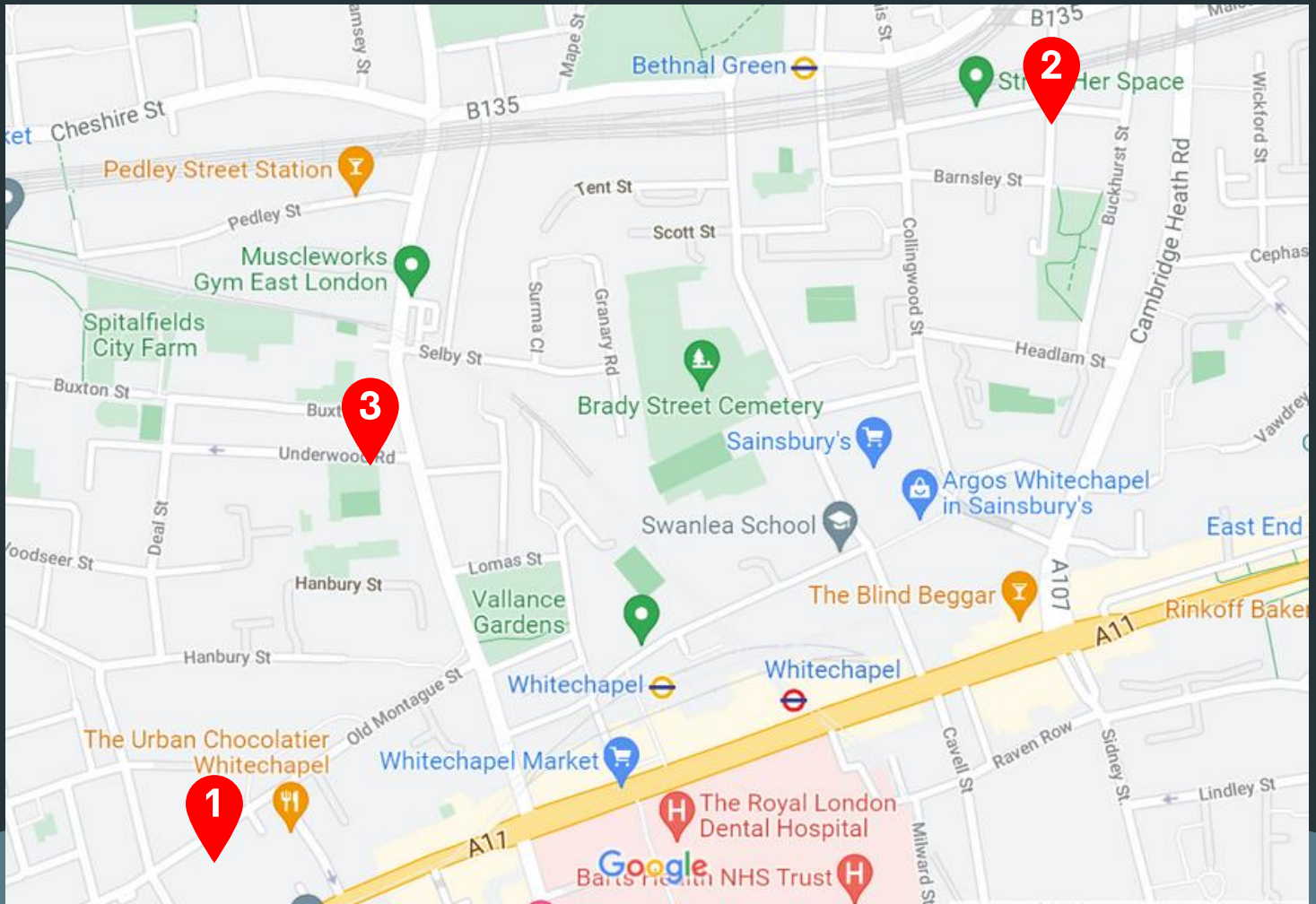
Visit: <https://thrc.studioreception.net/>

Call: 0207 426 2332

Email: [elft.thrc@nhs.net](mailto:elft.thrc@nhs.net)

Text: 07796 262982

# VENUE INFORMATION



1

## TOWER HAMLETS RECOVERY COLLEGE

Large Meeting Room, 86 Old  
Montague Street, E1 5NN

### Transport Information

 Aldgate East or  
Whitechapel Station

 25, 245, 205, D3

2

## LOOK AHEAD HOUSING

Recovery Centre, 73 Coventry  
Road, E1 5RG

### Transport Information

 Bethnal Green or  
Whitechapel Station

 D6, 8, 309, 254, 106

3

## OSMANI TRUST

Hall One, 58 Underwood  
Road, E1 5AW

### Transport Information

 Aldgate East or  
Whitechapel Station

 25, 205, 254



# Tower Hamlets Services Quick Reference Guide:

**Mental Health Crisis Line: 0800 073 0003**

**Working Well Trust: 020 7729 7557**

**MIND in Tower Hamlets: 020 7510 1081**

**Idea Store: [www.ideastore.co.uk](http://www.ideastore.co.uk)**

**Hestia: 020 7378 3100**

**NHS 24 Hour Medical Support: 111**

**COVID-19 Support: [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)**

**Carers Centre: 020 7790 1765**

**WorkPath: 020 7364 3727**

**MIND Advocacy: 020 7510 1081 Option 2**



East London   
NHS Foundation Trust

# Spring Term 2022

*We care*

*We respect*

*We are inclusive*



Designed and printed at Access, which is part of the Working Well Trust a mental health charity based in Tower Hamlets supporting people who have experienced mental illness back into training and employment.

Go to [www.workingwelltrust.org](http://www.workingwelltrust.org) or [www.access-print.co.uk](http://www.access-print.co.uk) to find out more about their work.  
Telephone: 020 7613 0045 Email: [accessprint@wwtrust.co.uk](mailto:accessprint@wwtrust.co.uk). Follow us on Twitter.