



TOWER HAMLETS
RECOVERY COLLEGE

Spring Term 2023

For More Information

call: 0207 426 2332 or email: elft.thrc@nhs.net

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, most classroom-based courses will be held at our college base **86 Old Montague Street, E1 5NN.**

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

4

Mobile App: Download our NEW app on **iOS or Android.**



WHATS ON AT THRC:

GARDENING FOR WELLBEING GROUP



Come along to our FREE gardening group.
Join us in our purpose-built gardening space, enjoy
nature and practice your gardening skills with support
from our trained Gardening professionals.

Located at:

Mudchute Farm, Pier Street, E14 3HP

Every:

Wednesday from 11:00am - 1:00pm



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



WHATS ON AT THRC:



Somali Women's Cooking workshop

We are inviting all Somali Women in Tower Hamlets to join us this term, where we will be doing a series of cooking courses led by a Trained Chef teaching new and traditional recipes!

(Sessions are delivered in both Bengali and English)



To book a place please contact:
asha.abdillahi@nhs.net
0207 426 2332



WHATS ON AT THRC:



BENGALI MEN'S GET FIT GROUP

WE ARE CALLING BENGALI MEN (OF ALL AGES) IN TOWER HAMLETS TO JOIN US IN OUR WEEKLY GET FIT GROUP. THE GROUP IS NON-COMMITMENT AND PARTICIPANTS ARE FREE TO DROP IN AS THEY WISH.

WE WILL BE PROVIDING FREE EXERCISE CLASSES FOR ALL LEVELS OF FITNESS, FACILITATED BY A PROFESSIONAL TRAINER. PLEASE DO DROP BY!

**EVERY TUESDAYS FROM 11AM TO 12PM
HASAN RAJA CENTRE
117 VALLANCE RD
E1 5BW**

TO BOOK: ELFT.THRC@NHS.NET 07584 594 785

WHATS ON AT THRC:

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BENGALI WOMEN'S
SEWING GROUP

We are inviting Bengali Women (of all ages) in Tower Hamlets to join us in our 10 Week Sewing Workshop. Learn to, sew, cut patterns, print fabrics and embroidery.
All for free!

Email:
sazidun.haque@nhs.net
or
Call:
0207 426 2332



COURSES

22
February

Tree of Life (2 Day Course)

Students will use the Tree of Life narrative to think about their lives in ways that make them stronger, drawing their own trees as a way of 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.

08
March

Managing Family Dynamics

Family relationships can have a significant impact on our sense of self and identity. Relationships which are not always easy and can be hard for us to maintain safely. It is important to understand what a safe relationship dynamic means to you, physically, mentally and emotionally.

09
March

Getting into Volunteering

Volunteering can be a great way to get more active, give back to the community and services, have a say in how things are done, and move yourself forward towards your goals. This workshop will look at how to get into volunteering including volunteering in the East London NHS Foundation Trust and service user involvement.

10
March

Transitions: New Endeavours - Young Adults (18-30 Years Old)

Being a Young Adult is a time of change and transition. It is a time of learning and new experiences that requires adaptability. New roles and responsibilities in life can lead to high levels of stress. We will look at the impacts this can have on your mental health as well as strategies for coping, an opportunity to share your experiences and sign posting to services in the local community that can provide support.

15
March

Mental Health and Different Cultures (2 Day Course)

Tower Hamlets is home to a wide range of cultures with a range of different understandings and experiences of mental health. This course aims to explore how culture, religion and spirituality can have an impact on peoples' experiences and recovery. Group activities and personal stories will be used to explore recovery for people of all cultures/backgrounds.

17
March

Men and Mental Health (For Men Only)

This course will explore how the experience of being a man impacts mental health and recovery taking into consideration different social, cultural and systemic contexts, expectations and perspectives. We will also look at how we can better support men to access help and explore different resources in Tower Hamlets and beyond.

21
March

Train the Trainer (4 Day Course)

This four day workshop is an introduction to key teaching and training skills, covering a range of areas including presentation skills, lesson planning, co-production and learning styles. Also includes putting together a short "micro-teach" to try out your teaching skills and build your confidence and experience.

24
March

Challenging Stigma

This course will look at the various ways that stigma can have an impact on our lives, the dilemma of disclosing to employers, colleagues, family and friends and why many people keep their mental health problems a secret.

27
March

Podcasting & Talkaoke - Young Adults (18-30 Years Old)

We are excited to collaborate with People Speak Talkaoke to bring you a new bespoke Young Adults course learning how to 'Podcast' and engage in meaningful discourse with peers! In this **8-day course**, you will learn how to have constructive, fruitful, and insightful discussions where sharing like-minded and opposing views is welcomed within this space. This is a hands-on course and students will be encouraged to participate in using the technical equipment, creating scripts and podcast plans, familiarising themselves with various podcasts, and have a go at live-podcasting.

30
March

Dealing with Depression and Anxiety

This course aims to explore 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 will provide information to various other resources that are available in Tower Hamlets.

11
April

Understanding Advocacy (2 Day Course)

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 Advocates (MHA) are and how to access advocacy services.

19
April

Finding the Right Employment Service for You

As a borough, Tower Hamlets boasts a fantastic range of employment support services. However, sometimes it is difficult to understand how services differ and to therefore identify which services best suits your needs.

20
April

Cultural Stigma & Mental Health - Young Adults (18-30 Years Old)

Tower Hamlets is home to many different people and cultures, each having a different understanding and experience of mental health. This course will look into how culture can impact one's relationship with their mental health and how stigma can play an important role in how people view mental health. This course aims to explore the relationship between culture, stigma and mental health.

21
April

Understanding the 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.

25
April

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.

Domestic Abuse & Mental Health - Young Adults (18-30 Years Old)

27

April

Domestic abuse is all too common with statistics showing that it is on the rise. It is often believed that only women experience domestic abuse but anyone can be a victim of abuse no matter your gender, age, sexuality etc, it does not discriminate. In this course we aim to learn what domestic abuse is, dispel harmful myths and recognise signs of domestic abuse.

Cooking for Wellbeing (2 Day Course)

28

April

This two-part course runs over two weeks. The 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. Cooking and food tasting included.

Dealing with Depression and Anxiety

03



May

This course aims to explore 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 will provide information to various other resources that are available in Tower Hamlets.

Please view timetable on following pages for further details

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

20 th February	21 st February	22 nd February Tree of Life (Day 1) 10am – 4pm @ THRC, 86 Old Montague St, E1 5NN	23 rd February	24 th February
27 th February	28 th February	1 st March Tree of Life (Day 2) 10am – 4pm @ THRC, 86 Old Montague St, E1 5NN	2 nd March	3 rd March
6 th March	7 th March	8 th March Managing Family Dynamics 10am – 4pm @ THRC, 86 Old Montague St, E1 5NN	9 th March Getting Into Volunteering 11am – 3pm @ Meeting Room 6, 9 Alie St, E1 8DE	10 th March Transitions: New Endeavours (YA) 10am – 4pm @ THRC, 86 Old Montague St, E1 5NN
13 th March	14 th March	15 th March Mental Health & Different Cultures (Day 1) 1pm – 4:30pm @ THRC, 86 Old Montague Street, E1 5NN	16 th March	17 th March Men & Mental Health (For Men Only) 10am – 4pm @ Granby Hub, 37 St Matthew's Row, E2 6DT
20 th March	21 st March Train the Trainer (Day 1) 10am – 4pm @ Osmani Centre, 58 Underwood Rd, E1 5AW	22 nd March Mental Health & Different Cultures (Day 2) 1pm – 4:30pm @ THRC, 86 Old Montague Street, E1 5NN	23 rd March	24 th March Challenging Stigma 10am – 4pm @ Bernie Cameron, 32 Merchant Street, E3 4LX

Colour KeyDiscover Yourself Understanding Health Life Skills Young Adults Getting Involved 

<p>27th March Podcasting & Talkaoke (Day 1) (YA)</p> <p>2pm – 4pm @ The Mix, 35-47 Bethnal Green Rd, E1 6LA</p>	<p>28th March Train the Trainer (Day 2)</p> <p>10am – 4pm @ Osmani Centre, 58 Underwood Rd, E1 5AW</p>	<p>29th March</p>	<p>30th March Dealing with Depression and Anxiety</p> <p>10am – 4pm @ Bernie Cameron, 32 Merchant Street, E3 4LX</p>	<p>31st March Podcasting & Talkaoke (Day 2) (YA)</p> <p>5pm – 7pm @ Making Space, 48 Aberfeldy St, E14 0NU</p>
<p>3rd April Podcasting & Talkaoke (Day 3) (YA)</p> <p>2pm – 4pm @ The Mix, 35-47 Bethnal Green Rd, E1 6LA</p>	<p>4th April Train the Trainer (Day 3)</p> <p>10am – 4pm @ Osmani Centre, 58 Underwood Rd, E1 5AW</p>	<p>5th April</p>	<p>6th April</p>	<p>7th April</p>
<p>10th April</p>	<p>11th April Understanding Advocacy (Day 1)</p> <p>10am – 4pm @ Bede Centre, 9 Bede Square, Joseph St, E3 4GY</p>	<p>12th April Train the Trainer (Day 4)</p> <p>10am – 4pm @ Osmani Centre, 58 Underwood Rd, E1 5AW</p>	<p>13th April</p>	<p>14th April Podcasting & Talkaoke (Day 4) (YA)</p> <p>5pm – 7pm @ Poplar Union, 2 Cotall Street, E14 6TL</p>
<p>17th April Podcasting & Talkaoke (Day 5) (YA)</p> <p>2pm – 4pm @ Making Space, 48 Aberfeldy St, E14 0NU</p>	<p>18th April Understanding Advocacy (Day 2)</p> <p>10am – 4pm @ Bede Centre, 9 Bede Square, Joseph St, E3 4GY</p>	<p>19th April Finding the Right Employment Service for You</p> <p>11am – 3pm @ THRC, 86 Old Montague St, E1 5NN</p>	<p>20th April Cultural Stigma & Mental Health (YA)</p> <p>10am – 4pm @ THRC, 86 Old Montague St, E1 5NN</p>	<p>21st April Understanding Mental Health Act</p> <p>5pm – 7pm @ Bernie Cameron, 32 Merchant Street, E3 4LX</p> <p>Podcasting & Talkaoke (Day 6) (YA)</p> <p>5pm – 7pm @ Making Space, 48 Aberfeldy St, E14 0NU</p>

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

<p>24th April Podcasting & Talkaoke (Day 7) (YA)</p> <p>2pm – 4pm @ Poplar Union, 2 Cotall Street, E14 6TL</p>	<p>25th April Understanding Psychosis</p> <p>10am – 4pm @ THRC, 86 Old Montague Street, E1 5NN</p>	<p>26th April</p>	<p>27th April Domestic Abuse & Mental Health (YA)</p> <p>10am – 4pm @ THRC, 86 Old Montague St, E1 5NN</p>	<p>28th April Cooking for Wellbeing (Day 1)</p> <p>10am – 4pm @ The Reach Hub, 11 Oliphant Street, E14 0BG</p> <p>Podcasting & Talkaoke (Day 8) (YA)</p> <p>5pm – 7pm @ Poplar Union, 2 Cotall Street, E14 6TL</p>
<p>1st May</p>	<p>2nd May</p>	<p>3rd May Dealing with Depression and Anxiety</p> <p>10am – 4pm @ THRC, 86 Old Montague Street, E1 5NN</p>	<p>4th May</p>	<p>5th May Cooking for Wellbeing (Day 2)</p> <p>10am – 4pm @ The Reach Hub, 11 Oliphant Street, E14 0BG</p>

To enrol onto a course please






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

Call: 0207 426 2332

Email: elft.thrc@nhs.net

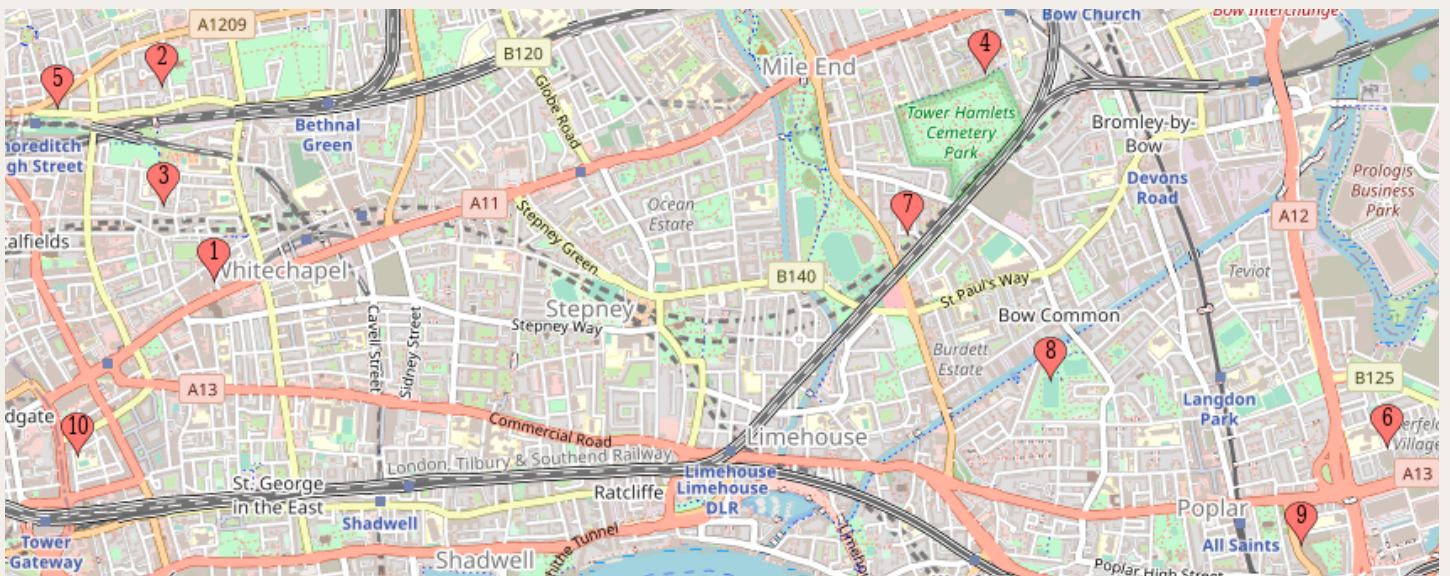
Text: 07796 262982

Colour Key

- Discover Yourself 
- Understanding Health 
- Life Skills 
- Young Adults (YA) 
- Getting Involved 

VENUE INFORMATION

<p>1) Tower Hamlets Recovery College 86 Old Montague Street, London, E1 5NN</p> <p><i>Transport Information</i> TUBE: Aldgate East or Whitechapel tube BUS: 25, 245, 205, D3</p>	<p>2) Granby Community Hub 37 St Matthew's Row, London, E2 6DT</p> <p><i>Transport Information</i> TUBE: Bethnal Green and Cambridge Heath tube BUS: 388, 26, 55</p>	<p>3) Osmani Trust 58 Underwood Road, London E1 5AW</p> <p><i>Transport Information</i> TUBE: Aldgate East or Whitechapel tube BUS: 25, 205, 254</p>
<p>4) Bernie Cameron Centre 32 Merchant Street, Bow, London, E3 4LX</p> <p><i>Transport Information</i> TUBE: Mile End or Bow tube BUS: 25, 205, 425, 339, D7</p>	<p>5) Rich Mix 35-47 Bethnal Green Road, London, E1 6LA</p> <p><i>Transport Information</i> TUBE: Shoreditch High Street Overground BUS: 388, 8, 26, 149</p>	<p>6) Making Space 48 Aberfeldy Street, London, E14 ONU</p> <p><i>Transport Information</i> TUBE: Langdon Park DLR (12 min walk) BUS: D8, 309, 108</p>
<p>7) Bede Community Centre 9 Bede Square, Joseph Street, London, E3 4GY</p> <p><i>Transport Information</i> TUBE: Mile End Station or Limehouse DLR BUS: 25, 205, 15, 115, 135</p>	<p>8) Poplar Union 2 Cotall Street, London, E14 6TL</p> <p><i>Transport Information</i> TUBE: Poplar DLR (14 min walk) BUS: 277, D6, D7, 115, 108, 323</p>	<p>9) The Reach Hub 11 Oliphant Street, London, E14 OGB</p> <p><i>Transport Information</i> TUBE: All Saints DLR Station BUS: 15, 115, 135, 108, D6</p>
<p>10) East London NHS Foundation Trust 9 Alie Street, London, E1 8DE</p> <p><i>Transport Information</i> TUBE: London Fenchurch St, Aldgate, Aldgate East, Tower Hill, Liverpool St, Tower Gateway tube BUS: 15, 115, 135, 25, 205, 254, 40, 42, 67, 78 and 100</p>		





Frostic Walk Hall

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Jka Dadka Guryaha Deggan

ST. E.I.

14 BRICK LANE
Flats 1-19

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