

TOWER HAMLETS RECOVERY COLLEGE



SUMMER 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



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



COURSES

Wed
05
July

Wellbeing for Carers

Carers can be a crucial part of somebody's recovery, but caring can be challenging. Carers can feel isolated and distressed themselves. This short workshop will look at helpful hints and tips on managing daily life and explore strategies that may support more effective caring, for yourself as well as the person you care for.

Tue
11
July

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.

Thu
13
July

Introduction to Recovery Principles

This course looks at what recovery means in the context of mental health, and where the ideas originated from. We also discuss how staff, carers, service users, family and friends might support individuals to live a more hopeful and empowered life.

Wed
19
July

Islam and Recovery

Tower Hamlets is 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)

Thu
20
July

Dealing with Depression and Anxiety

Depression and anxiety are among the most common mental health difficulties experienced by people. 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.

Fri
21
July

Psychological First Aid

This introduction to psychological first aid will help you to understand ways to help others in moments of crisis and major distress, including listening, comforting, assessing needs, and providing practical care and support. This short course could be a way to help you to help others help themselves during difficult times.

Tue
25
July

Art for Recovery

Art can be used as a therapeutic outlet and is a useful tool in supporting mental health recovery. This course will explore how and why art is used to support mental health recovery with a focus on how to create art with every day items around your house! We will be doing creative activities together throughout the sessions.

Thu
27
July

Introduction to Bipolar Disorder

A diagnosis of Bipolar Affective Disorder (BPD) usually means that you experience extreme 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 might impact your life, shared experiences of the condition, and tips to support your recovery journey from lived and healthcare expertise perspectives.

Fri
28
July

LGBTQ+ and Identity: ONLY for 18 - 30 Year Old

Research has shown that LGBTQ+ Young Adults have a significant risk of developing mental health conditions and experiencing suicidality. This course will cover definitions, queer history, coming out, self-acceptance and knowing how to seek help within the community and services. The course will be taught from lived and professional expertise perspectives.

Wed
02
August

Exploring Spirituality

Spirituality is a core part of holistic care and research has shown that mental health care plans that include and utilise spiritual wellbeing in recovery have better outcomes for people than those that don't. This course will explore what spirituality is, how it looks in different peoples lives, research into spirituality and recovery and where/how to seek support to nurture your own spiritual wellbeing.

Thu
03
August

Understanding Climate Change

The United Nations (UN) reports that the Earth today is the warmest it's been in the last 100,000 years - the is called Climate Change. This course will explore what is climate change, how we have arrived at the current state of global warming, the impact for the future including mental and physical health and how/what we can do to change this or a broader and personal level.

Fri
04
August

Understanding Inequalities, Capitalism & Mental Health

Variations in health outcomes for different groups of people have been highlighted in research/media. Sometimes, how these stories are presented, can pathologize individuals or whole groups of people. In this course we aim to put another lens on the matter; considering the impact of environment on health and wellbeing. We will look at governmental economic policies/austerity measures, impacts on communities and marginalised groups in society to explore links between Capitalism, Sexism and Racism.

Tue
08
August

Dealing with a Crisis

The course will look at helpful approaches and resources to deal with a situation when you or someone you know is becoming unwell. It will cover crisis plans, relapse prevention and other helpful tools, personal and professional points of contact, crisis pathways in TH, support networks, and possible alternatives to hospital admissions.

Wed
09
August

Tree of Life (2 Days): ONLY for 18 - 30 Years Old

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 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. (This course does not qualify students to delivery 'Tree of Life')

Fri
11
August

Dealing with a Crisis: ONLY for 18 - 30 Years Old

The course will look at helpful approaches and resources to deal with a situation when you or someone you know is becoming unwell. It will cover crisis plans, relapse prevention and other helpful tools, personal and professional points of contact, crisis pathways in TH, support networks, and possible alternatives to hospital admissions.

Tue
15
August

Tree of Life (2 Days): For ALL ages

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 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. (This course does not qualify students to delivery 'Tree of Life')

Wed
16
August

Managing Family Dynamics

Family relationships can have a significant impact on our sense of self and identity, connection with others and our emotional and mental wellbeing. It is important to understand what a safe relationship dynamic means to you, physically, mentally and emotionally.

Fri
18
August


Cooking for Wellbeing (2 Days): ONLY for 18 - 30 Years Old

This course is beginner friendly. If you would prefer more advanced courses, we can signpost you.

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 as well as practical activities in local grocery stores.

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

3 rd July	4 th July	5 th July Wellbeing for Carers 11am – 2pm @ Canary Wharf Training Room, Osmani Centre, 58 Underwood Rd, E1 5AW	6 th July	7 th July
10 th July	11 th July Making your Medication Work for You 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	12 th July	13 th July Introduction to Recovery Principles 11am – 3pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	14 th July
17 th July	18 th July	19 th July Islam and Recovery 10am – 3:45am @ Room 303, London Muslim Centre, 46 Whitechapel Road, E1 1JX	20 th July Dealing with Depression and Anxiety 10am – 4pm @ Bernie Cameron Community Centre, 32 Merchant Street, E3 4LX	21 st July Psychological First Aid 10am – 4pm @ Bernie Cameron Community Centre, 32 Merchant Street, E3 4LX
24 th July	25 th July Art for Recovery 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	26 th July Eid Event @ Kobi Nazrul Centre 11am – 4pm @ 30 Hanbury Street, E1 6QR	27 th July Introduction to Bipolar Disorder 10am – 1pm @ Multi-purpose Room, Tower Hamlets Centre of Mental Health, Bancroft Road, E1 4DG	28 th July LGBTQ+ and Identity (YA) 10am – 4pm @ Positive East, 159 Mile End Road, E1 4AQ

Colour KeyDiscover Yourself Understanding Health Life Skills Young Adults 

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 st July	1 st August	2 nd August Exploring Spirituality 10am – 4pm @ Bernie Cameron Community Centre, 32 Merchant Street, E3 4LX	3 rd August Understanding Climate Change 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	4 th August Inequalities, Capitalism and Mental Health 10am – 4pm @ Bernie Cameron Community Centre, 32 Merchant Street, E3 4LX
7 th August	8 th August Dealing with a Crisis 10am – 4pm @ Canary Wharf Training Room, Osmani Centre, 58 Underwood Rd, E1 5AW	9 th August Tree of Life (Day 1) - Young Adults 10am – 4pm @ Making Space, 48 Aberfeldy Street, E14 0NU	10 th August Tree of Life (Day 2) - Young Adults 10am – 4pm @ Making Space, 48 Aberfeldy Street, E14 0NU	11 th August Dealing with a Crisis – Young Adults 10am – 4pm @ Canary Wharf Training Room, Osmani Centre, 58 Underwood Rd, E1 5AW
14 th August	15 th August Tree of Life (Day 1) 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	16 th August Managing Family Dynamics 10am – 4pm @ The Shadwell Centre, 455 The Highway, E1W 3HP	17 th August	18 th August Cooking for Wellbeing (Day 1) - Young Adults 10am – 4pm @ Christian Street Community Centre, 30 Challoner Walk, E1 1QN
21 st August	22 nd August Tree of Life (Day 2) 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	23 rd August Summer Fete @ Mudchute Farm 11am – 4pm @ Pier Street, E14 3HP	24 th August	25 th August Cooking for Wellbeing (Day 2) - Young Adults 10am – 4pm @ Christian Street Community Centre, 30 Challoner Walk, E1 1QN

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 

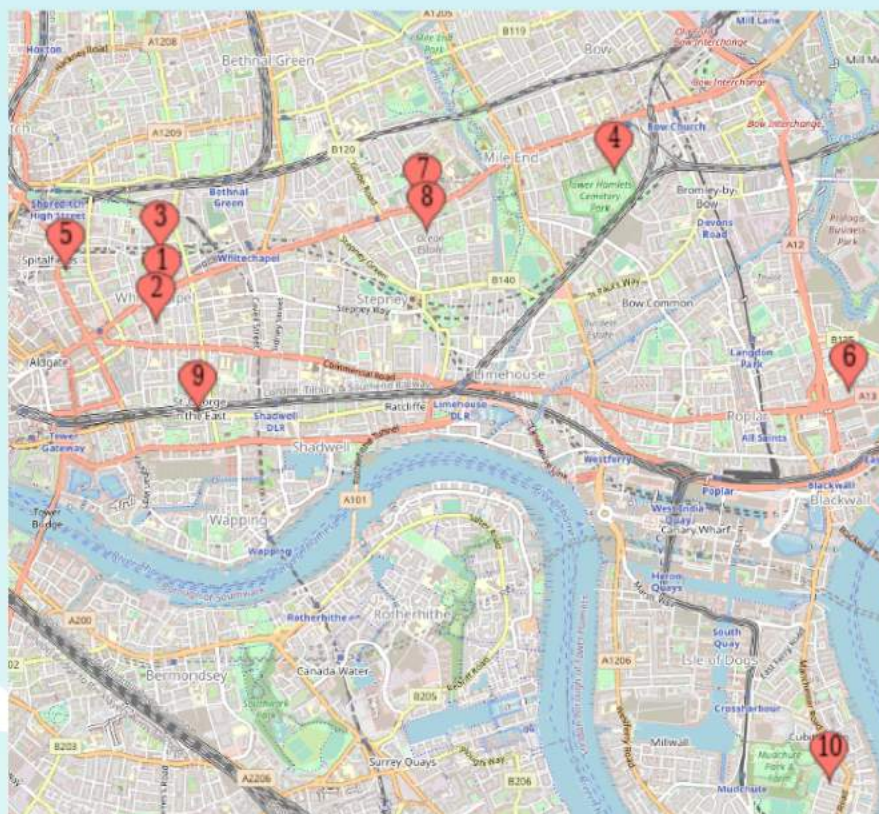
Understanding Health 

Life Skills 

Young Adults (18 – 30 Years Old) 

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 Station BUS: 25, 245, 205, D3</p>	<p>2) London Muslim Centre 46 Whitechapel Road, London, E1 1JX</p> <p><i>Transport Information</i> TUBE: Whitechapel and Aldgate East Station BUS: 25, 205, 254</p>	<p>3) Osmani Trust 58 Underwood Road, London E1 5AW</p> <p><i>Transport Information</i> TUBE: Aldgate East or Whitechapel Station 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 Station BUS: 25, 205, 425, 339, D7</p>	<p>5) Kobi Nazrul Centre 30 Hanbury Street, London, E1 6QR</p> <p><i>Transport Information</i> TUBE: Whitechapel, Shoreditch High Street or Aldgate East Station BUS: 242, D3</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) Mile End Hospital Multi-purpose Room, Tower Hamlets Centre for Mental Health, Bancroft Road, E1 4DG</p> <p><i>Transport Information</i> TUBE: Stepney Green or Mile End Station BUS: 25, 205, 309, 277, 339</p>	<p>8) Positive East 159 Mile End Road, London, E1 4AQ</p> <p><i>Transport Information</i> TUBE: Stepney Green Station BUS: 25, 205</p>	<p>9) Christian Street Community Hub 30 Challoner Walk, London E1 1QN</p> <p><i>Transport Information</i> TUBE: Shadwell DLR BUS: 135, 339, 25, 205</p>
<p>10) Mudchute Farm Pier Street, London, E14 3HP</p> <p><i>Transport Information</i> TUBE: Mudchute DLR, Crossharbour DLR, or Island Gardens DLR Bus: D3, D6 or 135</p>		



WE ARE

RECRUITING

JOIN OUR
TEAM

VOLUNTEER LIBRARIAN POSITION

- Are you interested in books?
- Are you interested in talking about books?
- Are you interested in gaining skills that could support future work opportunities?
- Do you like talking to people?

THIS COULD BE THE ROLE FOR
YOU! (FULL TRAINING
PROVIDED)

If interested, please email:
siobhan.finnegan1@nhs.net








BOOK INTO ONE OF OUR

IT

SUPPORT
SESSIONS

BRING ALONG YOUR COMPUTER, PHONE,
TABLET AND INTERNET QUERIES TO US
AND ONE OF OUR LIBRARIANS WILL BE
HAPPY TO PROVIDE ONE ON ONE
SUPPORT.



TO BOOK PLEASE CALL: 020 7426 2332



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

Stations: DLR Mudchute, DLR Crossharbour &
DLR Island Gardens

Bus: D3, D6 or 135 bus towards Crossharbour and disembark
at the ASDA supermarket





EID AL - ADHA PARTY

Tower Hamlets Recovery College invites you to attend our FREE Eid Event. Come along and enjoy some good food, get your Henna done (Limited tickets available) and make some new friends!

(Students are also welcome to wear their Eid clothes, however, this is not a requirement to attend.)

For further information call: 0207 426 2332

Date: Wednesday 26th July 2023

Time: 11am - 4pm

Location: Kobi Nazrul Centre, 30 Hanbury Street, E1 6QR



JOIN US FOR OUR
**Summer
Fete**

WEDNESDAY 23RD AUGUST
11AM TO 4PM



FREE
ENTRY



Join us for lots of **FREE**
family-friendly fun including
Face Painting • Henna •
Animal Encounters •
Mindfulness • Games •
Prizes • Food & Drink Stalls
and much much more!

MUDCHUTE FARM
PIER STREET, E14 3HP

FOR FURTHER INFORMATION PLEASE CALL: 0207 426 2332