

**TOWER HAMLETS RECOVERY COLLEGE**

# **AUTUMN TERM**

**2023**



**FOR MORE INFORMATION**  
**CALL: 0207 426 2332      EMAIL: [ELFT.THRC@NHS.NET](mailto: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](mailto: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](mailto:elft.thrc@nhs.net)





# COURSES

## UNDERSTANDING HEALTH

Tue  
**24**  
&  
**31**  
October

### **Dealing with Depression & Anxiety - (2 Day Course)**

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.

### **Understanding Trauma**

After experiencing or witnessing a traumatic event, people may experience an acute stress reaction for a short time after. Trauma can be experienced in different forms and affect people's lives in different ways. This course will explore what trauma is, how it is distinct from other anxiety experiences, how trauma affects people differently, what treatments are available and where to access them.

### **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.

### **Understanding Anti-Psychotic Medication**

This course will explore how specific medications are prescribed, how dosage protocols are applied and considerations for selection of some medications. It will also explore side effects and how to manage these as well as explore when to address these concerns. Students who would like to know how to make informed choices about their medication should register for the "Making Informed Choices about Your Medication" course.

### **Understanding Climate Change**

The United Nations (UN) reports that the Earth today is the warmest it's been in the last 100,000 years - this is called Climate Change. This course will explore what climate change is, 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 on a broader and personal level. This course may evoke uncomfortable feelings. Student discretion is advised, however we aim to deliver this course through the recovery college framework, embodying hope, control and opportunity.

Thu  
**9**  
November

Thu  
**30**  
November

Thu  
**7**  
December

Wed  
**13**  
December



# COURSES

## DISCOVER YOURSELF

Tue  
**21**  
&  
**28**  
November

### **Tree of Life - (2 Day Course)**

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.

Wed  
**22**  
November

### **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)

Thu  
**23**  
November

### **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  
**15**  
December

### **Spirituality and Mental Health**

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.



# COURSES

## LIFE SKILLS

Tue  
**7**  
November

### **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 unintended results.



Fri  
**10**  
November

### **Making Informed Choices about your Medication**

This course will explore how students can make informed choices about staying with, changing or ceasing their medication treatment plan in a safe and supportive way. The course will explore considerations for staying or changing medications, how to raise concerns with treating teams, what recourse for support is available to people in the community when raising concerns and how to plan for changes to your medication and reduce subsequent side effects.

Thu  
**29**  
November

### **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.

Fri  
**1&8**  
December

### **Cooking for Wellbeing - (2 Day Course)**

What you eat and drink can have a huge impact on your health, as well as your mood and wellbeing. 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.



# COURSES

## YOUNG ADULTS (18 - 30 YRS OLD)

Tue  
**14**  
November

### Transitions - University and Work

Being a Young Adult is a time of change and transition. In this course we will focus on moving from education to a higher education or going into full time employment. This may come with a change of role, routine and responsibility. We will explore the impacts this can have on your mental health, coping mechanisms and support networks in the local community.

**NEW!**

Fri  
**24**  
November

### Food and Self Image

This course will look at the relationship of food and self image, how it is portrayed through media platforms and how this impacts our way of thinking. Young Adults often turn to social media to gather meal inspiration and are influenced by the food trends they see on the various platforms. We will use practical basic cooking skills to help facilitate our learning of this topic.

Tue  
**5**  
December

### Managing Family Dynamics

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

Tue  
**12**  
December

### Dealing with a Crisis

This course will look at helpful approaches and resources to deal with a situation where 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. This course will be held after hours to allow those who work or study to attend. It will also be held in the same venue as the crisis cafe to familiarise people with this service.



# COURSES

NEW!

## FESTIVE WEEK!

Tue  
**19**  
December

### Learning Festive Crafts

In this course we will be having a bit of festive fun trying out some festive crafts and making our own decorations. Some of the festive crafts we will be working on include wreath-making, bauble-decorating and much more festive fun!

Wed  
**20**  
December

### Learning to Make and Decorate Festive Desserts

In this exciting course we will be learning how to make some simple festive desserts and how to decorate to them. This course will explore our creativity in how to decorate desserts to our liking. We might have to chance to work on creating ginger bread scenes, cookie-decorating, creating shapes out of frosting like Christmas trees and festive eton mess. Bring your sweet tooth and creative festive spirit!

Thu  
**21**  
November

### Learning Festive Crochet

In this course we will be learning the fundamentals of crochet. What tools you need for crochet, different types of yarn and their uses. In the session we will be creating our own crochet festive decoration for you to take home after the session. This will be a beginners crochet course so we will be focusing on the basic stitches of crochet.

Fri  
**22**  
November

### Learning Festive Crafts - YOUNG ADULTS ONLY (18 - 30 YRS OLD)


In this course we will be having a bit of festive fun trying out some festive crafts and making our own decorations. Some of the festive crafts we will be working on include wreath-making, bauble-decorating and much more festive fun! This course is only for 18 - 30 yr olds.

Fun festive courses to get those creative juices flowing this festive period!



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

<p>23<sup>rd</sup> October <b>Personal Health Budget (PHB) Workshop</b></p> <p>12pm – 2:30pm @ 86 Old Montague Street, E1 5NN</p>	<p>24<sup>th</sup> October <b>Dealing with Depression &amp; Anxiety (Day 1)</b></p> <p>10am – 4pm @ 86 Old Montague Street, E1 5NN</p>	<p>25<sup>th</sup> October</p>	<p>26<sup>th</sup> October</p>	<p>27<sup>th</sup> October</p>
<p>30<sup>th</sup> October <b>Personal Health Budget (PHB) Workshop</b></p> <p>12pm – 2:30pm @ 86 Old Montague Street, E1 5NN</p>	<p>31<sup>st</sup> October <b>Dealing with Depression &amp; Anxiety (Day 2)</b></p> <p>10am – 4pm @ 86 Old Montague Street, E1 5NN</p>	<p>1<sup>st</sup> November</p>	<p>2<sup>nd</sup> November</p>	<p>3<sup>rd</sup> November</p>
<p>6<sup>th</sup> November</p>	<p>7<sup>th</sup> November <b>Conflict Resolution</b></p> <p>10am – 4pm @ 86 Old Montague Street, E1 5NN</p>	<p>8<sup>th</sup> November</p>	<p>9<sup>th</sup> November <b>Understanding Trauma</b></p> <p>10am – 4pm @ Oxford House, Derbyshire St, E2 6HG</p>	<p>10<sup>th</sup> November <b>Making Informed Choices about Medication</b></p> <p>10am – 4pm @ 86 Old Montague Street, E1 5NN</p>
<p>13<sup>th</sup> November</p>	<p>14<sup>th</sup> November <b>Transitions – University and Work (YA)</b></p> <p>11am – 3pm @ 86 Old Montague Street, E1 5NN</p>	<p>15<sup>th</sup> November</p>	<p>16<sup>th</sup> November</p>	<p>17<sup>th</sup> November</p>
<p>20<sup>th</sup> November</p>	<p>21<sup>st</sup> November <b>Tree of Life (Day 1)</b></p> <p>10am – 4pm @ 86 Old Montague Street, E1 5NN</p>	<p>22<sup>nd</sup> November <b>Islam and Recovery</b></p> <p>10am – 4pm @ Seminar Room, East London Mosque, 82-92 Whitechapel Rd, E1 1JQ</p>	<p>23<sup>rd</sup> November <b>Managing Family Dynamics</b></p> <p>10am – 4pm @ 86 Old Montague Street, E1 5NN</p>	<p>24<sup>th</sup> November <b>Food &amp; Self Image (YA)</b></p> <p>10am – 3:30pm @ Christian Street Community Hub, 30 Challoner Walk, E1 1QN</p>

**Colour Key**Discover Yourself Understanding Health Life Skills Young Adults Festive Week 



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>27<sup>th</sup> November</p>	<p>28<sup>th</sup> November <b>Tree of Life (Day 2)</b></p> <p>10am – 4pm @ <b>86 Old Montague Street, E1 5NN</b></p>	<p>29<sup>th</sup> November <b>Making your Medication Work for You</b></p> <p>10am – 4pm @ <b>86 Old Montague Street, E1 5NN</b></p>	<p>30<sup>th</sup> November <b>Understanding Psychosis</b></p> <p>10am – 4pm @ <b>32 Merchant St, E3 4LX</b></p>	<p>1<sup>st</sup> December <b>Cooking for Wellbeing (Day 1)</b></p> <p>10am – 3:30pm @ <b>Christian Street Community Hub, 30 Challoner Walk, E1 1QN</b></p>
<p>4<sup>th</sup> December</p>	<p>5<sup>th</sup> December <b>Managing Family Dynamics (YA)</b></p> <p>10am – 4pm @ <b>86 Old Montague Street, E1 5NN</b></p>	<p>6<sup>th</sup> December</p>	<p>7<sup>th</sup> December <b>Understanding Anti-Psychotic Medication</b></p> <p>11am – 4pm @ <b>32 Merchant St, E3 4LX</b></p>	<p>8<sup>th</sup> December <b>Cooking for Wellbeing (Day 2)</b></p> <p>10am – 3:30pm @ <b>Christian Street Community Hub, 30 Challoner Walk, E1 1QN</b></p>
<p>11<sup>th</sup> December</p>	<p>12<sup>th</sup> December <b>Dealing with a Crisis (YA)</b></p> <p>5:30pm - 8:30pm @ <b>58 Underwood Rd, E1 5AW</b></p>	<p>13<sup>th</sup> December <b>Understanding Climate Change</b></p> <p>10am – 4pm @ <b>58 Underwood Rd, E1 5AW</b></p>	<p>14<sup>th</sup> December</p>	<p>15<sup>th</sup> December <b>Spirituality &amp; Mental Health</b></p> <p>10am – 1pm @ <b>86 Old Montague Street, E1 5NN</b></p>
<p>18<sup>th</sup> December</p>	<p>19<sup>th</sup> December <b>Learning Festive Crafts</b></p> <p>11am – 4pm @ <b>86 Old Montague Street, E1 5NN</b></p>	<p>20<sup>th</sup> December <b>Learning to Decorate &amp; Make Festive Desserts</b></p> <p>11am – 4pm @ <b>Christian Street Community Hub, 30 Challoner Walk, E1 1QN</b></p>	<p>21<sup>st</sup> December <b>Learning Festive Crochet</b></p> <p>11am – 4pm @ <b>86 Old Montague Street, E1 5NN</b></p>	<p>22<sup>nd</sup> December <b>Learning Festive Crafts (YA)</b></p> <p>11am – 4pm @ <b>86 Old Montague Street, E1 5NN</b></p>

**Colour Key**

Discover Yourself 

Understanding Health 

Life Skills 

Young Adults 

Festive Week 



**WHATS ON AT THRC:**

# **GARDENING FOR WELLBEING**



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.

**Every:**

**Monday from 1:00pm - 4:00pm**

**Wednesday from 11:00am - 2:00pm**

**Located at:**

**Mudchute Farm, Pier Street, E14 3HP**

**Stations: DLR Mudchute, DLR Crossharbour &  
DLR Island Gardens**

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





# WHATS ON AT THRC:

We

# NEED YOU!



## RECRUITING PEER TUTORS

- DO YOU HAVE LIVED EXPERIENCE OF ACCESSING MENTAL HEALTH SERVICES OR CARING FOR SOMEONE WHO DOES?
- WOULD YOU LIKE TO TEACH OTHERS FROM THIS LIVED EXPERIENCE?
- ARE YOU INTERESTED IN DEVELOPING YOUR CAREER?
- CAN YOU SPEAK ANY DIFFERENT LANGUAGES (BENGALI AND SOMALI)?
- CAN YOU SPEAK ABOUT YOUR LIVED EXPERIENCE OF BEING 18 TO 30YRS OLD?
- DO YOU WANT TO BE A PART OF A SUPER COOL TEAM?!
- DO YOU FIT ANY OF THESE REQUIREMENTS?

THEN GO AHEAD AND GET IN CONTACT WITH US! WE WILL BE THRILLED TO HAVE YOU AS PART OF OUR TEAM!

FOR MORE INFORMATION ON HOW TO JOIN OUR TEAM PLEASE CONTACT

CALL : 0207 426 2332 or EMAIL: [elft.thrc@nhs.net](mailto:elft.thrc@nhs.net)



# WHATS ON AT THRC:

**COME ALONG TO 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



# 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!**

**WHEN: EVERY WEDNESDAY (DROP-IN SESSION)**

**TIME: 10:00AM - 11:00AM**

**WHERE: 55 STEWART STREET, LONDON, E14 3JH**



# WHATS ON AT THRC:

COME ALONG TO OUR

# LIBRARY COFFEE MORNINGS

COME IN AND MEET OUR FRIENDLY  
LIBRARIANS AND CHECK OUT OUR LIBRARY  
SPACE! YOU CAN ALSO USE OUR COMPUTERS  
OR KINDLES, ENJOY SOME TEA OR COFFEE  
AND CHECK OUT OUR COLLECTION OF  
BOOKS.

TO ATTEND PLEASE CALL: 020 7426 2332





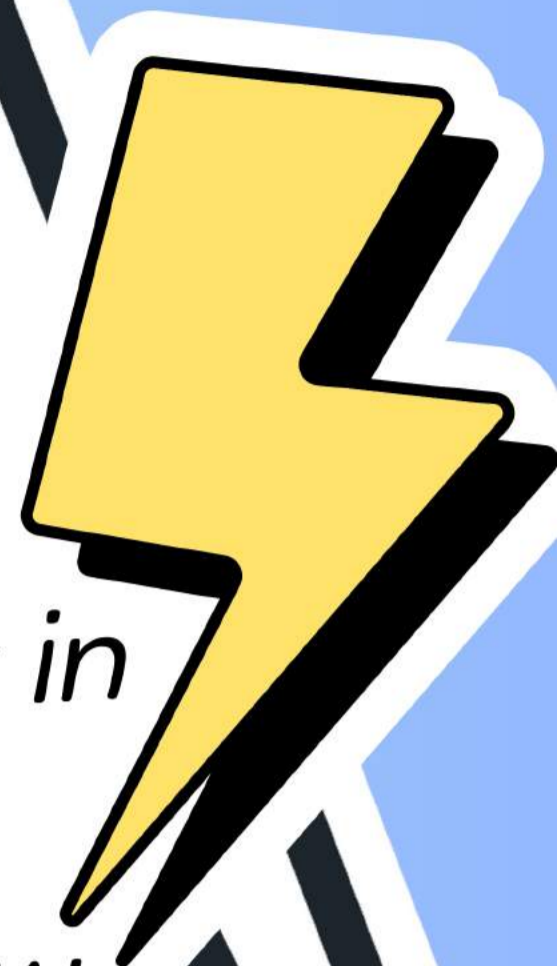
# WHATS ON AT THRC:

## Tower Hamlets Recovery College

### ARE YOU INTERESTED IN CO-PRODUCTION?

*We are looking for people to join us in a focus group to discuss PHB's (personal health budgets) and how they should be implemented into our College.*

*People will be compensated for their time and lunch will be provided.*



#### **Dates:**

*Monday 23rd October &  
Monday 30th October*

**Time:** 12pm - 2:30pm

**Location:** 86 Old Montague  
Street, E1 5NN

**CONTACT US: CALL: 0207 426 2332 OR EMAIL: [ELFT.THRC@NHS.NET](mailto:ELFT.THRC@NHS.NET)**



# WHATS ON AT THRC:

## How to use the THRC app



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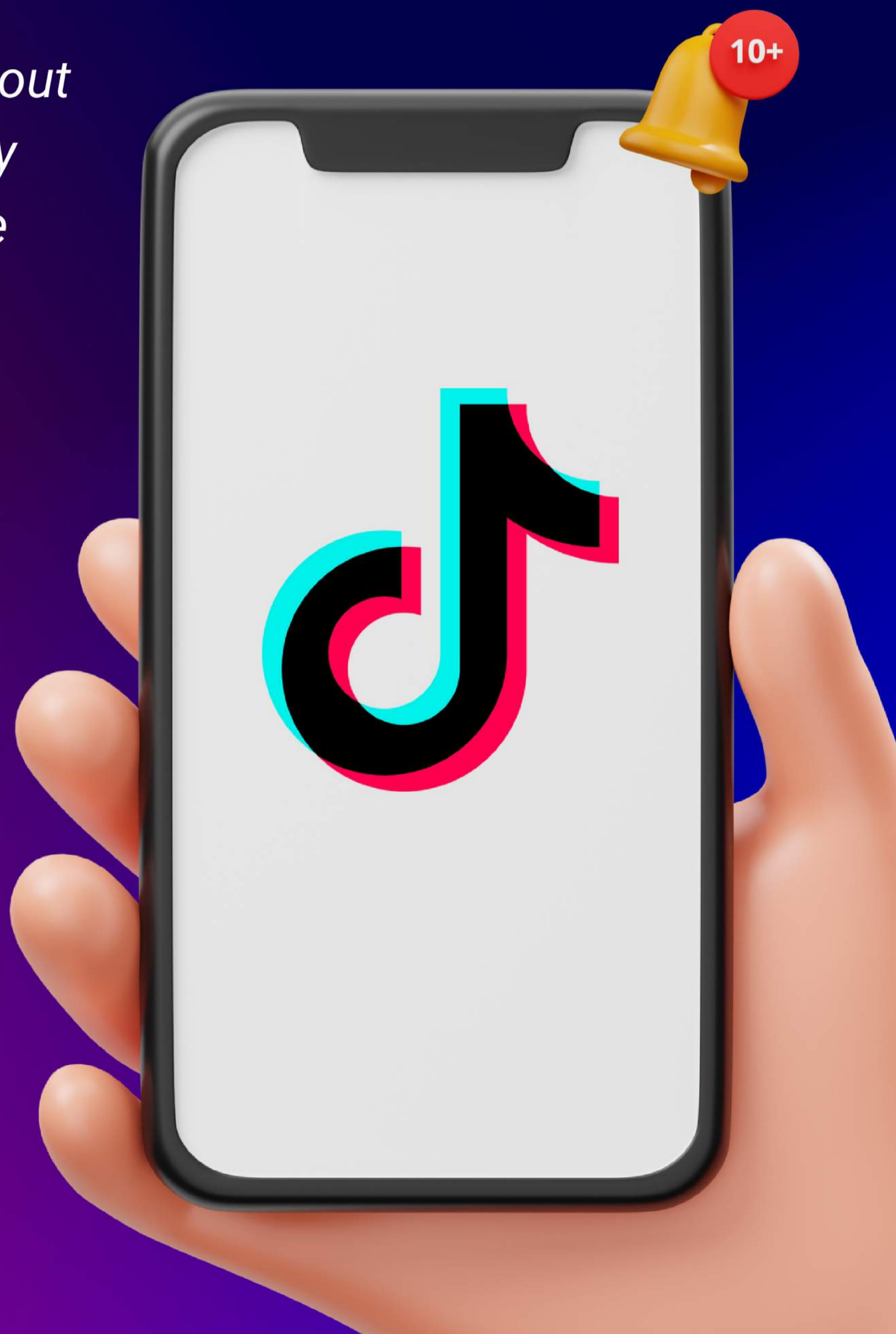
# WHATS ON AT THRC:

# FOLLOW OUR NEW TIKTOK

*Check out our TikTok to find out more about us as well as stay updated on what's new at the Tower Hamlets Recovery College.*

**FOLLOW US**

**@th\_recoverycollege**





# 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**





