



TOWER HAMLETS  
RECOVERY COLLEGE

# SUMMER TERM 2024



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.

## 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)



# 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

Thursday

**25**  
July

### **Introduction to Recovery Principles**

Recovery can be as challenging as it is rewarding, with each person's journey being different. In this short course we will explore both the concept and reality of recovery, through activities, videos, personal stories and discussions. The course looks at what recovery means in the context of mental health, and where the ideas originated from. We will also discuss how staff, carers, service users, family and friends might support individuals to live a more hopeful and empowered life.

Tuesday

**18 & 25**  
June

### **Dealing with Depression and 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.

Wednesday

**26**  
June

### **Understanding Sleep**

Sleep and mental health are closely related; a lack of sleep can affect your physical state and mental health. Those with mental health difficulties are more likely to experience sleep disruption, disorders and insomnia. Many adults report trouble getting to sleep and sleeping with higher use of screens and stress levels alongside other factors that could contribute to this.

Friday

**26**  
July

### **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.

# COURSES

## DISCOVER YOURSELF

Friday  
**28**  
June

### **LGBTQ+ and Identity**

Research shown that people who identify with being LGBTQ+ have a greater risk of developing poor mental health in comparison to their heterosexual counterparts. This course will explore some experiences and challenges that LGBTQ+ people may face and how this impacts mental health. We will be using personal experiences to explore the impacts of living in a hetero-normative society can have on queer individuals.

Wednesday  
**10 & 17**  
July

### **Connecting with Nature (2 DAY COURSE)**

Living in a concrete jungle like London can be exciting and fast paced but it's important to slow down and smell the roses, literally! In this course we will learn about how getting in touch with nature can support our mental health and keep us well. Come along to our community garden in Mudchute Park and Farm to spend some time in nature in this relaxing two day course.

Tuesday  
**9**  
July

### **Art for Recovery**

It is well known that using 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 telling their personal stories. This course will explore how and why art is used to support mental health recovery.

Thursday  
**18**  
July

### **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)

Monday  
**17**  
June

### **Introduction to Indoor Farming**

Join us for our very first harvest of our indoor farm in the Recovery College library! Square Mile Farms will be sharing how their indoor farming system works and what we can possibly grow in the farm over the next year! Students will have an opportunity to harvest the fresh basil and oregano, make some pesto and sign up to our joint future harvest which happens monthly!

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

# COURSES

## LIFE SKILLS



Tuesday

16

July

-

6

August

(Multiple dates -  
check calendar)

### Understanding and Managing ADHD - ONLINE

From time to time, all of us can get distracted, forgetful or struggle to concentrate (Inattention). Similarly we can feel bursts of energy, do things on the spur of the moment (Hyperactivity-Impulsivity)!

When these have been a feature in us, all our life (since childhood) no matter where we are and starts having an impact on our ability to do things- which then warrants an assessment for ADHD. While in some ADHD features mellow with time, in many it might continue to have an effect into adulthood.

Medication can be effective; though prescribing needs to be balance the decision based on your overall effect on wellbeing. There are things you can do (e.g. exercise, regular routines, habits to minimise forgetfulness, sleep hygiene, avoiding unprescribed drugs) as well as others can accept your strengths and weakness and schools / universities / employers can make 'reasonable adjustments'.

Friday

19

July

### Creative Writing for Recovery

Creative writing is a supportive and evidence-based approach to explore our mental wellbeing and recovery journeys. There are different approaches to creative writing such journalising, story writing, song writing and many more. In this course we will be doing a creative writing session, where you will read and discuss different creative writing samples and approaches and have a go at your own.

Friday

12

July

### Carers Caring for Themselves

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.

# COURSES

## LIFE SKILLS

Friday

2

OR

9

August

### **Crochet and Recovery (Beginners)**

In this course we will be learning the fundamentals of crochet. What tools you need for crochet, different types of yarn and their uses. We will be creating our own crochet piece for you to take home after the session and continue working. This will be a beginners crochet course so we will be focusing on the basic stitches and information of crochet. This is NOT a two day course, this is a course that we are running twice to accommodate for more students, please pick one day to attend.

**NEW!**

Wednesday

14

&

Thursday

15

August

### **Sewing for Recovery**

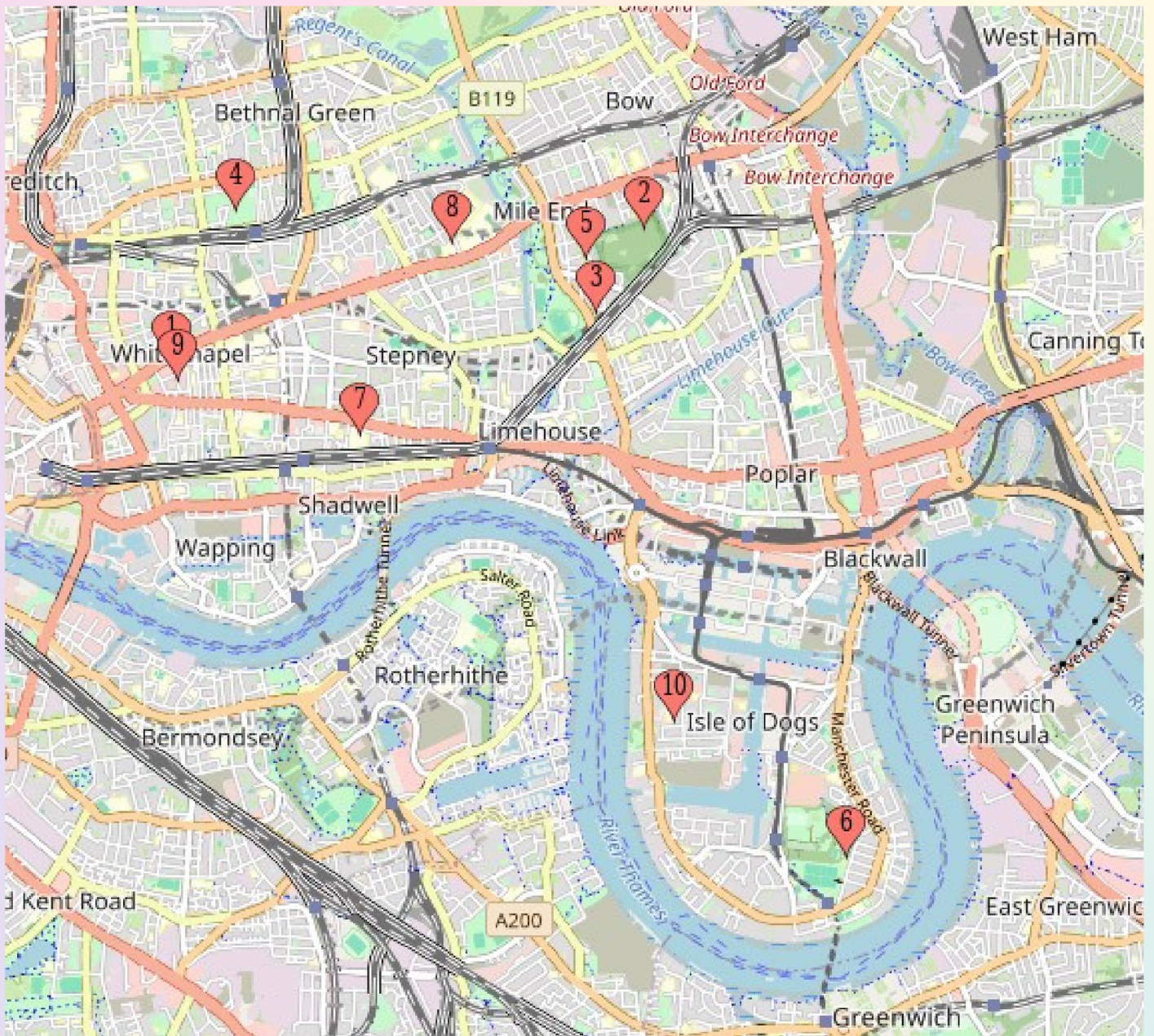
Sewing is increasingly becoming recognised as an effective way to support mental health wellbeing and recovery. As an activity, it can increase skills that can help in many aspects of life, improve concentration, provide a form of stress relief or an opportunity for mindfulness, encourage creativity and most importantly be enjoyable. In this course we will cover simple sewing techniques that can be achieved with affordable and easily accessible materials. This is a practical course and students can expect lots of interactive activities throughout the course.

# VENUE INFORMATION

<p><b>1) Tower Hamlets Recovery College</b> 86 Old Montague Street, E1 5NN</p> <p>Transport Information TUBE: Aldgate East or Whitechapel Station BUS: 25, 245, 205, D3</p>	<p><b>2) Bernie Cameron Community Centre</b> 32 Merchant Street, Bow, E3 4LX</p> <p>Transport Information TUBE: Mile End or Bow Station BUS: 25, 205, 425, 339, D7</p>	<p><b>3) Bede Community Centre</b> 9 Bede Square, Joseph Street, Bow, E3 4GY</p> <p>Transport Information TUBE: Mile End or Bow Station BUS: 25, 205, 425, 339, D7</p>
<p><b>4) Oxford House</b> Derbyshire Street, Bethnal Green, E2 6HG</p> <p>Transport Information TUBE: Bethnal Green BUS: D3, 254</p>	<p><b>5) Southern Grove Community Centre</b> Southern Grove Road, Bow E3 4FX</p> <p>Transport Information TUBE: Bow Road or Mile End Station BUS: 25, 205</p>	<p><b>6) Mudchute Farm</b> Pier Street, London, E14 3HP</p> <p>Transport Information TUBE: Langdon Park DLR (12 min walk) BUS: D8, 309, 108</p>
<p><b>7) The Carers Centre</b> 21 Brayford Square, E1 0SG</p> <p>Transport Information TUBE: Shadwell DLR, Overground Station &amp; Whitechapel Station BUS: 15, 135, 115</p>	<p><b>8) Mile End Hospital</b> Multi-Purpose Room, Tower Hamlets Centre for Mental Health, Bancroft Road, E1 4DG</p> <p>Transport Information TUBE: Stepney Green or Mile End Station BUS: 25, 205, 309, 277, 339</p>	<p><b>9) London Muslim Centre</b> 46 Whitechapel Road, London, E1 1JX</p> <p>Transport Information TUBE: Whitechapel and Aldgate East Station BUS: 25, 205, 254</p>
<p><b>10) St Luke's Millwall</b> Alpha Grove, London, E14 8LH</p> <p>Transport Information TUBE: South Quay DLR Station Bus: 135, 115</p>		



# VENUE INFORMATION



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

17 <sup>th</sup> June Introduction to Indoor Farming	18 <sup>th</sup> June Dealing with Depression & Anxiety (Day 1) 10am – 4pm @ Bernie Cameron Community Centre, 32 Merchant Street, E3 4LX	19 <sup>th</sup> June	20 <sup>th</sup> June	21 <sup>st</sup> June
3pm – 4:30pm @ Library Space, 86 Old Montague St, E1 5NN	25 <sup>th</sup> June Dealing with Depression & Anxiety (Day 2) 10am – 4pm @ Bernie Cameron Community Centre, 32 Merchant Street, E3 4LX	26 <sup>th</sup> June Understanding Sleep 10am – 4pm @ Bede Community Centre, 9 Bede Square, Joseph Street, E3 4GY	27 <sup>th</sup> June	28 <sup>th</sup> June LGBTQ+ and Identity 10am – 4pm @ Scott Room, Oxford House, Derbyshire St, E2 6HG
24 <sup>th</sup> June	2 <sup>nd</sup> July	3 <sup>rd</sup> July	4 <sup>th</sup> July	5 <sup>th</sup> July <b>PRIDE DAY</b> see poster for more details 9:30am – 4pm @ 86 Old Montague St, E1 5NN
1 <sup>st</sup> July	9 <sup>th</sup> July Art for Recovery 10am – 4pm @ Southern Grove Community Centre, Southern Grove, E3 4FX	10 <sup>th</sup> July Connecting with Nature (Day 1) 10am – 4pm @ Wellbeing Garden - Mudchute Farm, @ Pier Street, E14 3HP	11 <sup>th</sup> July	12 <sup>th</sup> July Carers Caring for Themselves 11am – 1:30pm @ Carers Centre Tower Hamlets, 21 Brayford Square, E1 0SC
8 <sup>th</sup> July				

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

**Colour Key**

 Discover Yourself

 Understanding Health

 Life Skills

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
15 <sup>th</sup> July	16 <sup>th</sup> July Understanding & Managing ADHD <a href="#">Online Zoom Course</a> 6:00pm – 8:00pm	17 <sup>th</sup> July Connecting with Nature (Day 2) 10am – 4pm @ Wellbeing Garden - Mudchute Farm, @ Pier Street, E14 3HP	18 <sup>th</sup> July Islam & Recovery 10am – 4pm @ Seminar Room, London Muslim Centre, 46 Whitechapel Road, E1 1JX	19 <sup>th</sup> July Creative Writing for Recovery 10am – 4pm @ Scott Room, Oxford House, Derbyshire St, E2 6HG
22 <sup>nd</sup> July	23 <sup>rd</sup> July Understanding & Managing ADHD <a href="#">Online Zoom Course</a> 6:00pm – 8:00pm	24 <sup>th</sup> July	25 <sup>th</sup> July Introduction to Recovery Principles 11am – 1pm @ Multi-Purpose Room, Mile End Hospital Bancroft Road, E1 4DG	26 <sup>th</sup> July Understanding Psychosis 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN
29 <sup>th</sup> July	30 <sup>th</sup> July Understanding & Managing ADHD <a href="#">Online Zoom Course</a> 6:00pm – 8:00pm	31 <sup>st</sup> July	1 <sup>st</sup> August	2 <sup>nd</sup> August Crochet for Recovery (Beginners) 11am – 4pm @ St Luke's Millwall, Alpha Grove, London, E14 8LH
5 <sup>th</sup> August	6 <sup>th</sup> August Understanding & Managing ADHD <a href="#">Online Zoom Course</a> 6:00pm – 8:00pm	7 <sup>th</sup> August	8 <sup>th</sup> August	9 <sup>th</sup> August Crochet for Recovery (Beginners) 11am – 4pm @ St Luke's Millwall, Alpha Grove, London, E14 8LH
12 <sup>th</sup> August	13 <sup>th</sup> August	14 <sup>th</sup> August Sewing for Recovery (Day 1) 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	15 <sup>th</sup> August Sewing for Recovery (Day 2) 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	16 <sup>th</sup> August

# WHAT'S ON AT THRC:

Tower Hamlets Recovery College

# Pride Day

Friday 5th July 2024 - 9:30am - 4:00pm  
Tower Hamlets Recovery College  
86 Old Montague Street, E1 5NN

Join us for a queer walking tour of London and prominent LGBTQ+ landmarks, lunch at the Recovery College and a discussion based on what we learnt today about Pride and being queer/LGBTQ+.

This will be a walking tour which will involve travelling on bus or tube. Students attending are expected to pay their own transport. If you have mobility needs please contact us.

If you'd like to join but have some concerns about the requirements above please do contact us so we can work something out!

**Limited spaces available - you must book to attend**



For More Information or any questions please contact us  
call: 0207 426 2332  
email: [elft.thrc@nhs.net](mailto:elft.thrc@nhs.net)

# WHAT'S ON AT THRC:

JOIN US FOR OUR  
**Summer  
Fete**

WEDNESDAY 21ST AUGUST  
11AM TO 4PM

FREE  
EVENT

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

BROMLEY BY BOW CENTRE  
ST LEONARD ST, E3 3BT

FOR FURTHER INFORMATION PLEASE CALL: 0207 426 2332

# WHAT'S ON AT THRC:

**MUDCHUTE**  
EAST LONDON COUNTRYSIDE

## GARDENING FOR WELLBEING GROUP

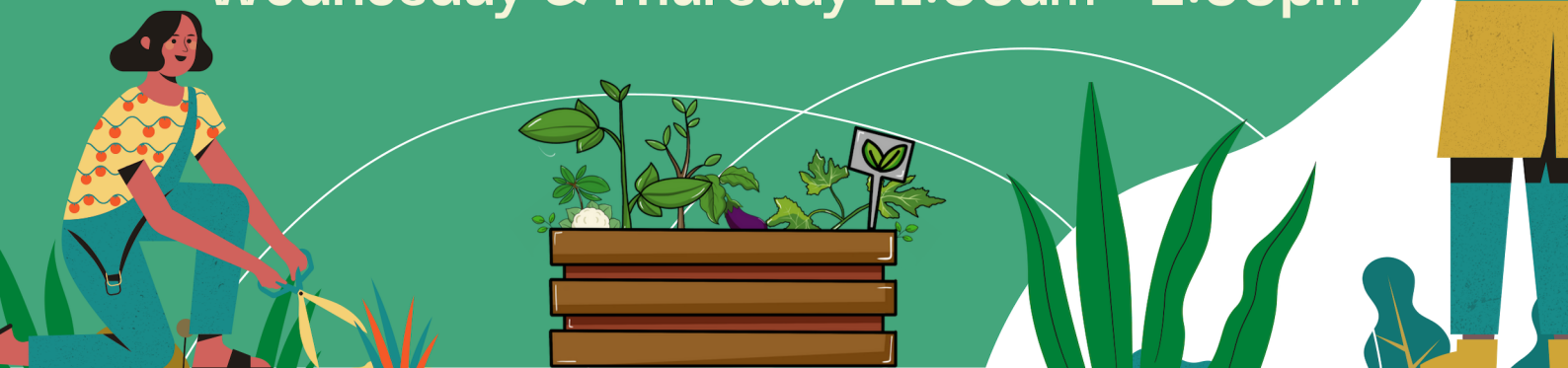
Come along to our **FREE** gardening workshop. Join us in our purpose-built gardening space, enjoy nature and practice your gardening skills with support from our trained Gardening professionals.

Located at:

Mudchute Farm, Pier Street, E14 3HP

Every:

Wednesday & Thursday 11:00am - 2:00pm



# WHAT'S ON AT THRC:

TOWER HAMLETS  
RECOVERY COLLEGE

## YOUNG ADULT SOCIAL



Are you free on Wednesdays from  
5:30 pm – 7:30 pm and aged  
18-30 years old?

Looking to relax and hangout with other young  
adults in the local area?

Come along to our Young Adult Social.  
We've got Board Games, Video Games, Takeaway  
and a space to chill out and chat

Hosted at Tower Hamlets Recovery College  
86 Old Montague St, London E1 5NN

For more info  
Call: 0207 426 2332  
Email: [elft.thrc@nhs.net](mailto:elft.thrc@nhs.net)



# WHAT'S ON AT THRC:

## Crochet Crafternoons

Here at Tower Hamlets we run a weekly crochet group. This is a space for people to come and practice their crochet skills and get support with crochet they are currently working on!

Sessions are held weekly at  
Tower Hamlets Recovery College, 86 Old  
Montague Street, E1 5NN  
on Tuesdays from 1pm - 3pm

Please note that these sessions are for people who already know the basics of crochet. This will NOT be a taught lesson of crochet. We have crochet beginner courses at the college where you can learn the basic skills.

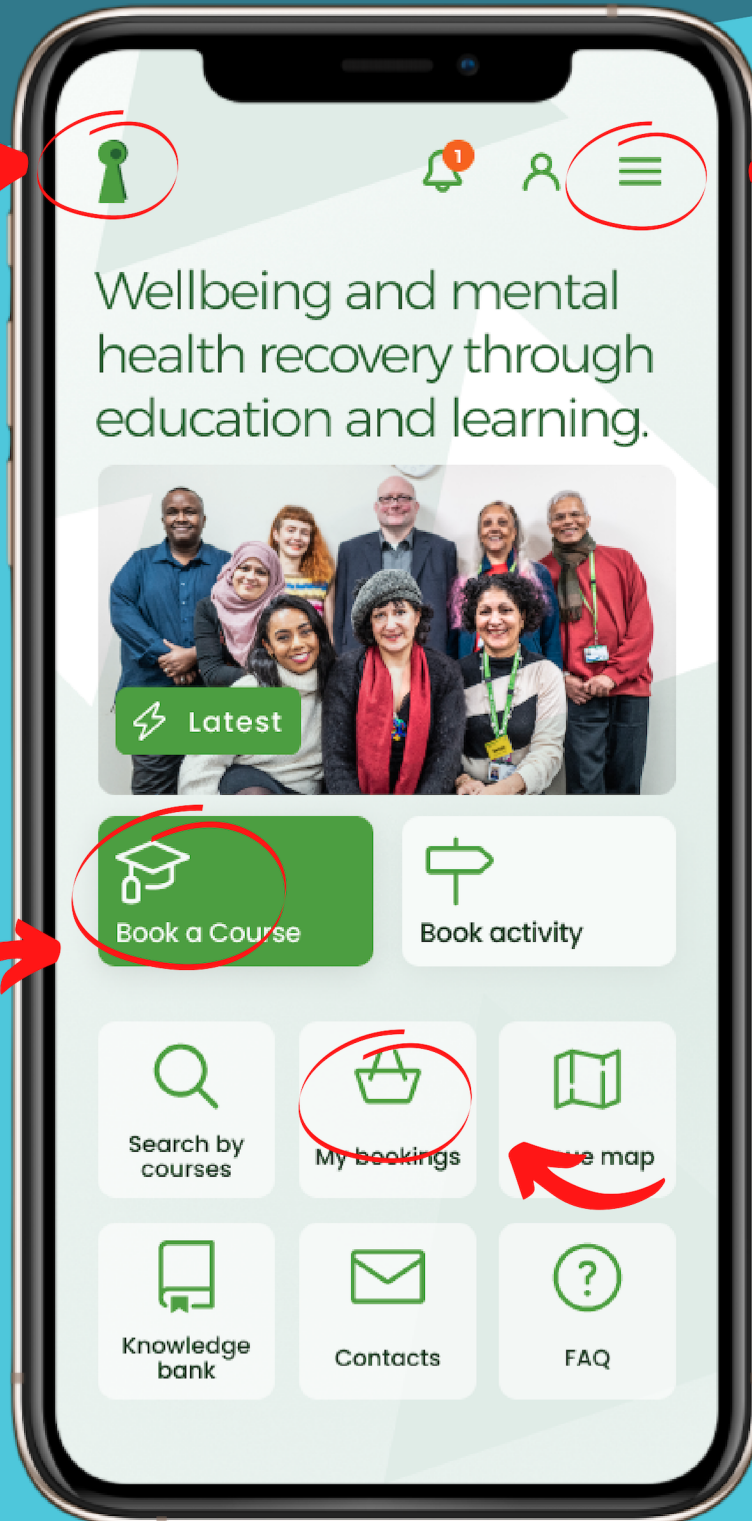
You don't need to book, just turn up but please do call or email us to ask anything more of the group.

We hope to see you there!



# WHAT'S ON AT THRC:

## Launching Soon – THRC app



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

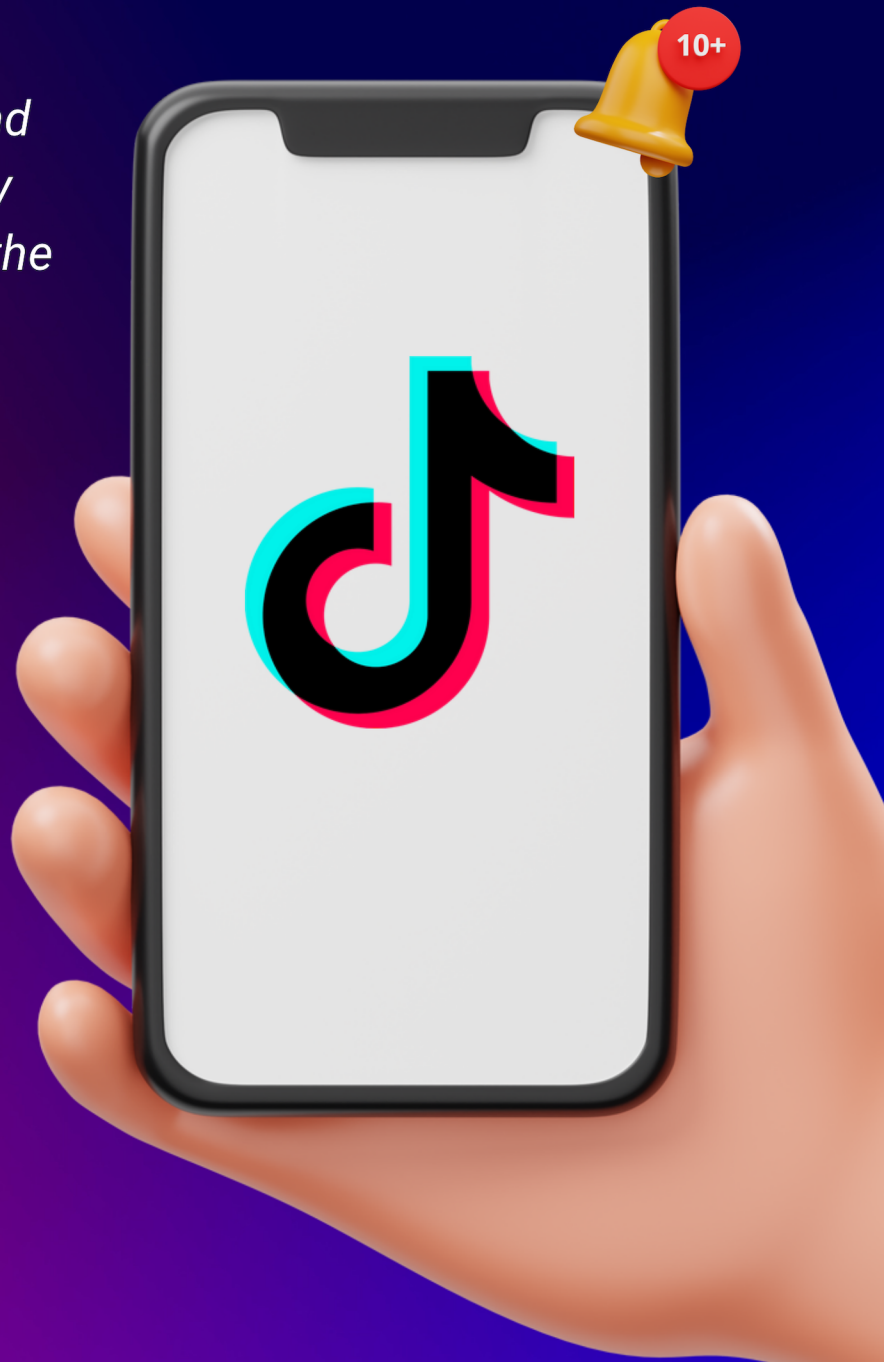
WHAT'S ON AT THRC:

# FOLLOW OUR TIKTOK

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

FOLLOW US

**@th\_recoverycollege**



# Tower Hamlets Services Quick Reference Guide:



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

**Working Well Trust: 020 7729 7557**  
[info@wwtrust.co.uk](mailto:info@wwtrust.co.uk)

**MIND in Tower Hamlets: 020 7510 1081**  
[advocacy@mithn.org.uk](mailto:advocacy@mithn.org.uk)

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

**Hestia: 020 7378 3100**  
[info@hestia.org.cjasm.net](mailto:info@hestia.org.cjasm.net)

**NHS 24 Hour Medical Support: 111**

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

**Carers Centre: 020 7790 1765**  
[enquiries@ccth.org.uk](mailto:enquiries@ccth.org.uk)

**WorkPath: 020 7364 3727**  
0800 3581 2410 (freephone)

**TH Together Café: 0808 196 2103**  
[th.togethercafe@nhs.net](mailto:th.togethercafe@nhs.net)



