




TOWER HAMLETS
RECOVERY COLLEGE



Autumn Term

2024



For More Information
call: 0207 426 2332 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.

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://towerhamletsrecoverycollege.nhs.uk>
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



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

UNDERSTANDING HEALTH

Thursday
17
October

Dealing with Depression and Anxiety

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.

Tuesday
29
October

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
5
November

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.

Thursday
12
December

Managing Emotions

In our fast-paced world, navigating difficult emotions can be a challenge that impacts our personal and professional lives. This course is designed to equip students with the skills and strategies to effectively understand, manage, and transform their emotional experiences.

Throughout this course, students will explore the nature of difficult emotions—such as anger, anxiety, sadness, and frustration—while learning practical techniques to cope with and regulate these feelings. We will delve into the psychology behind emotions, mindfulness practices, and behavioural strategies, fostering a deeper awareness of emotional triggers and responses.

NEW!

Friday
20
December

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

Wednesday

6

November

Gardening for Wellbeing

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 course.

Friday

15

November

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 as journalising, story writing, song writing and many more. This course will be a creative writing session where you will read and discuss different creative writing samples and approaches and have a go at your own.

Tuesday

19

&

Wednesday

20

November

Tree of Life

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.

Wednesday

4

December

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).

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

COURSES

LIFE SKILLS

Tuesday

15

October

10

December

(Multiple dates -
check calendar)

Cooking for Wellbeing

What you eat and drink can have a huge impact on your health, as well as your mood and wellbeing. The course looks at delicious and affordable ways to eat more healthily as well as hints and tips on food, drink, diet and daily routine to get you feeling great.

Cooking and food tasting included.

THIS COURSE HAS MULTIPLE SESSIONS, YOU CAN ONLY BOOK ONTO 1 SESSION

Tuesday

29

October

10

December

(Multiple dates -
check calendar)

Understanding and Managing ADHD - 4 DAY COURSE ONLINE

ADHD can significantly impact various aspects of our lives, often without individuals realizing they may have the condition. This course will provide a comprehensive overview of ADHD, examining its effects on personal and professional life, as well as effective coping strategies and adjustments that can be implemented. Additionally, we will highlight the strengths associated with ADHD. This course has been designed to be shorter, and will be delivered online in the evening to make the information more accessible and digestible.

THIS COURSE HAS MULTIPLE SESSIONS, YOU WILL BE BOOKED ONTO ALL 4 SESSIONS WHEN YOU ENROLL.

Wednesday

13

&

27

November

IT Courses - Learning to use Emails & Learning to make Video Calls

In a world constantly developing and changing it is easy to feel disconnected. In this course we will cover basic IT skills so you can make the most out of your devices and stay connected with loved ones and the world around you. We will learn skills such as learning to face time, booking appointments online and general device navigation.

Students are encouraged to bring their own IT equipment but is not a requirement.



Thursday

28

November

&

5

December

Assertiveness, Communication & 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.



Courses to help you get the most out of everyday life

COURSES

FESTIVE COURSES

Friday

6

or

13

December

Festive Crochet

In this course we will be learning the fundamentals of crochet with a festive spin. We will learn 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. Bring your creative festive spirit!

Tuesday

17

December

Festive Cooking and Decorating

In this exciting course we will be learning how to make some simple festive recipes and how to decorate to them. This course will explore our creativity in cooking with a focus on festive foods. The course looks at delicious and affordable ways to eat more healthily during the holidays, and hints and tips on food, drink, diet and daily routine to get you feeling great. We will have to chance to do some cookie-decorating and make festive Eton mess along with other recipes for the holidays. Bring your sweet tooth and creative festive spirit!

Cooking and food tasting included.

Thursday

19

December

Making Festive Art

Get into the festive spirit with our festive art course. In this course we will be having some festive fun making our own festive crafts and making our own decorations. This will be a practical hands on course where you will get the opportunity to creative festive art to decorate for the season.

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

14 th October	15 th October Cooking for Wellbeing 2pm - 5pm @ Kitchen, Attlee Centre, 5 Thrawl St, E1 6RT	16 th October	17 th October Dealing with Depression & Anxiety 10am - 3:30pm @ Scott Room, Oxford House, Derbyshire St, E2 6HG	18 th October
21 st October	22 nd October Cooking for Wellbeing 2pm - 5pm @ Kitchen, Attlee Centre, 5 Thrawl St, E1 6RT	23 rd October	24 th October	25 th October
28 th October	29 th October Introduction to Recovery Principles 1:00pm - 4:00pm @ Multi-Purpose Room, Mile End Hospital, Bancroft Rd, E1 4DG Understanding and Managing ADHD (1 of 4 Online Sessions) 6pm - 8pm	30 th October	31 st October	1 st November
4 th November	5 th November Carers Caring for Themselves 11am - 2pm @ Multi-Purpose Room, Mile End Hospital, Bancroft Rd, E1 4DG	6 th November Gardening for Wellbeing 10am - 4pm @ Wellbeing Garden, Mudchute Farm, Pier St, E14 3HP	7 th November	8 th November

Colour Key

Discover Yourself

Understanding Health

Life Skills

Festive Week

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

11 th November	12 th November Cooking for Wellbeing 2pm – 5pm @ Kitchen, Attlee Centre, 5 Thrawl St, E1 6RT Understanding and Managing ADHD (2 of 4 <u>Online Sessions</u>) 6pm – 8pm	13 th November IT Course – Learning to use Email 2:30pm – 4:30pm @ Large Meeting Room, 86 Old Montague St, E1 5NN	14 th November	15 th November Creative Writing for Recovery 10am – 4pm @ Large Meeting Room, 86 Old Montague St, E1 5NN
18 th November	19 th November Tree of Life (Day 1) 10am – 4pm @ Large Room, Attlee Centre, 5 Thrawl St, E1 6RT	20 th November Tree of Life (Day 2) 10am – 4pm @ Large Room, Attlee Centre, 5 Thrawl St, E1 6RT	21 st November	22 nd November
25 th November	26 th November Cooking for Wellbeing 2pm – 5pm @ Kitchen, Attlee Centre, 5 Thrawl St, E1 6RT Understanding and Managing ADHD (3 of 4 <u>Online Sessions</u>) 6pm – 8pm	27 th November IT Course – Learning to make Video Calls 2:30pm – 4:30pm @ Large Meeting Room, 86 Old Montague St, E1 5NN	28 th November Assertiveness, Communication & Conflict Resolution – Online (Day 1) (1 of 2 <u>Online Sessions</u>) 10am – 4pm	29 th November
2 nd December	3 rd December	4 th December Islam & Recovery 10am – 4pm @ Seminar Room, London Muslim Centre, 46 Whitechapel Rd, E1 1JX	5 th December Assertiveness, Communication & Conflict Resolution – Online (Day 2) (1 of 2 <u>Online Sessions</u>) 10am – 4pm	6 th December Festive Crochet 11am – 4pm @ Large Meeting Room, 86 Old Montague St, E1 5NN

Colour Key

Discover Yourself



Understanding Health



Life Skills



Festive Week



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

9 th December	10 th December Cooking for Wellbeing 2pm – 5pm @ Kitchen, Attlee Centre, 5 Thrawl St, E1 6RT	11 th December	12 th December Managing Emotions 10am – 4pm @ Scott Room, Oxford House, Derbyshire St, E2 6HG	13 th December Festive Crochet 11am – 4pm @ Large Meeting Room, 86 Old Montague St, E1 5NN
16 th December	17 th December Festive Cooking & Decorating 2pm – 5pm @ Kitchen, Attlee Centre, 5 Thrawl St, E1 6RT	18 th December	19 th December Making Festive Art 10am – 4pm @ Scott Room, Oxford House, Derbyshire St, E2 6HG	20 th December Understanding Psychosis 10am – 4pm @ Large Meeting Room, 86 Old Montague St, E1 5NN

To enrol onto a course please


Visit: <https://towerhamletsrecoverycollege.nhs.uk/>


Email: elft.thrc@nhs.net


Call: 0207 426 2332


Text: 07796 262982

Colour Key

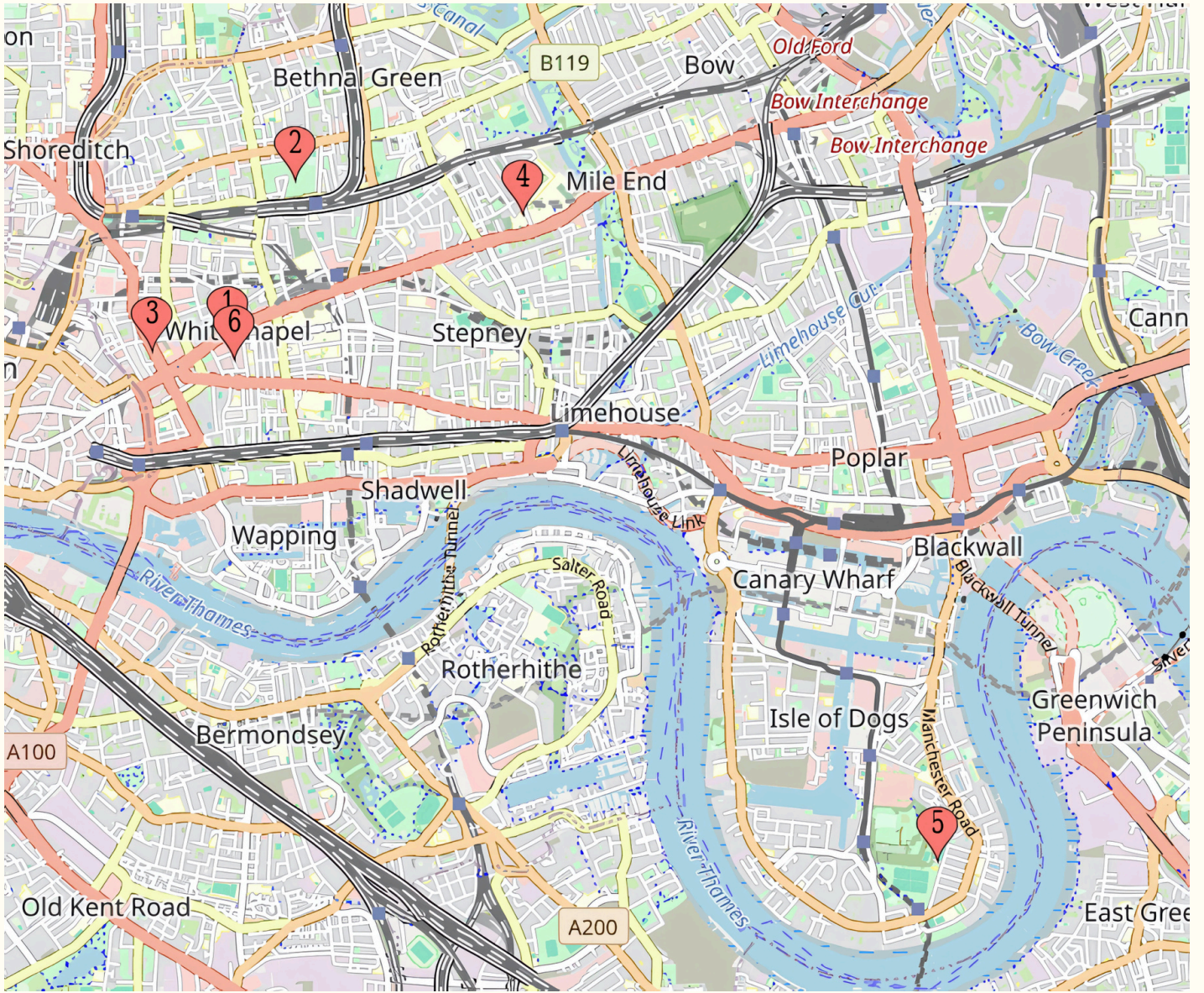
 Discover Yourself

 Understanding Health

 Life Skills

 Festive Week

VENUE INFORMATION

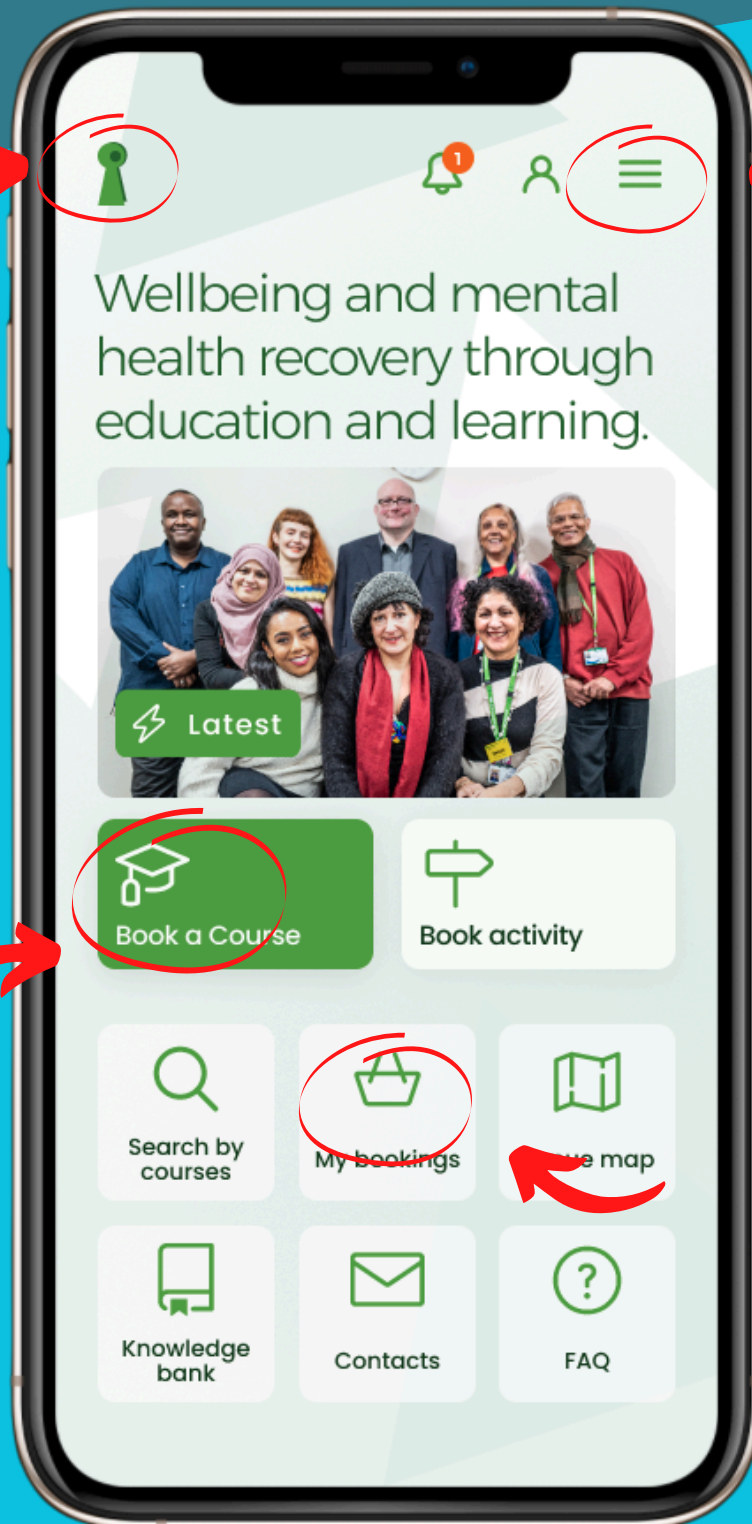


VENUE INFORMATION

<p>1) Tower Hamlets Recovery College 86 Old Montague Street, E1 5NN</p> <p>Transport Information TUBE: Aldgate East or Whitechapel Station BUS: 25, 245, 205, D3</p>	<p>2) Oxford House Derbyshire Street Bethnal Green London E2 6HG</p> <p>Transport Information TUBE: Bethnal Green Station BUS: D3, 254</p>	<p>3) Attlee Community Centre 5 Thrawl St, Brick Ln, London E1 6RT</p> <p>Transport Information TUBE: Aldgate East BUS: - 25, 388, 115</p>
<p>4) Mile End Hospital 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>5) Mudchute Farm Pier Street, London, E14 3HP</p> <p>Transport Information TUBE: Langdon Park DLR (12 min walk) BUS: D8, 309, 108</p>	<p>6) London Muslim Centre 46 Whitechapel Road, London, E1 1JX</p> <p>Transport Information TUBE: Whitechapel and Aldgate East Station BUS: 25, 205, 254</p>

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

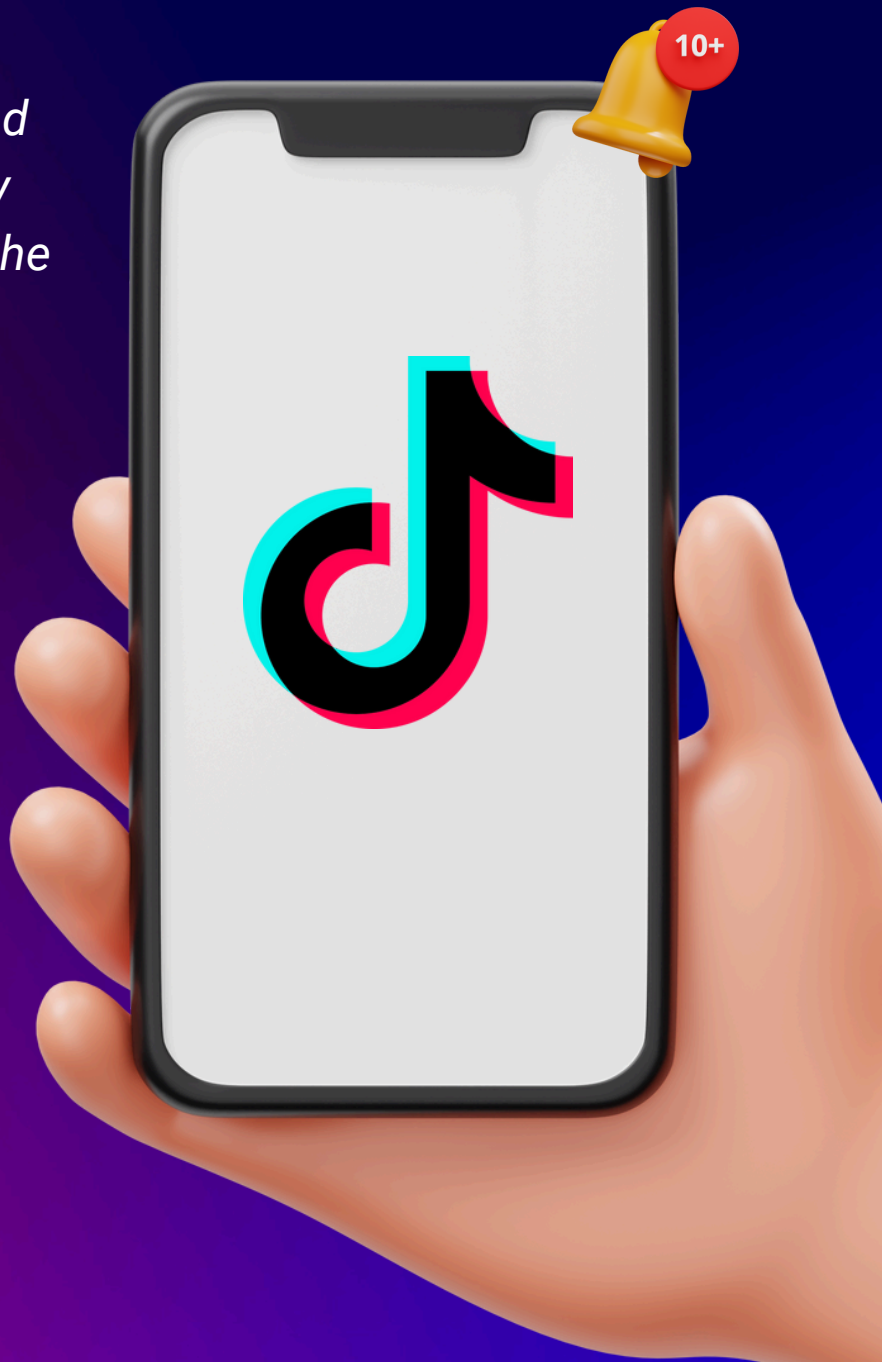
WHAT'S ON AT THRC:

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



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



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 11:00am - 2:00pm



WHAT'S 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 Monday (Term Time)

Time: 11am - 12pm

Where: The Large Meeting Room

Tower Hamlets Recovery College

86 Old Montague Street

E1 5NN



WHAT'S ON AT THRC:

Somali & Bengali

Women's Sewing workshop

We offer women only sewing workshops, a group activity developed using recovery principles. A safe space to meet and share your lived experiences whilst gaining practical sewing skills.

Open to those from the Somali & Bengali community, sessions are facilitated by tutors who speak a community language.

If you are interested and would like to know more, please contact us at:

020 7426 2332

Email: elft.thrc@nhs.net



Tower Hamlets Services Quick Reference Guide:

TH Mental Health Crisis Line: 0800 073 0003

Working Well Trust: 020 7729 7557
info@wwtrust.co.uk

MIND in Tower Hamlets: 020 7510 1081
advocacy@mithn.org.uk

Idea Store: www.ideastore.co.uk

Hestia: 020 7378 3100
info@hestia.org.cjasm.net

NHS 24 Hour Medical Support: 111

COVID-19 Support: www.gov.uk/coronavirus

Carers Centre: 020 7790 1765
enquiries@ccth.org.uk

WorkPath: 020 7364 3727
0800 3581 2410 (freephone)

TH Together Café: 0808 196 2103
th.togethercafe@nhs.net



For More Information
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