

TOWER HAMLETS
RECOVERY COLLEGE

SPRING TERM

2025



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

SPRING TERM COURSES

Friday
21
February

Exploring Female Reproductive Health and Wellbeing

This course will explore how the unique experience of reproductive health and its impact on physical, mental health and recovery in different social, cultural and systemic contexts and lenses. We will look at these experiences in depth and explore the aspects that support people and their physical and mental health as well as aspects that may not and how these are linked to wider issues of inequalities and power. **This course is open to people who identify as woman.**



Tuesday
4
March

Managing Emotions

In our fast-paced world, navigating difficult emotions can be challenging and can impact 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.

Tuesday
11
March

Introductions 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.

Wednesday
12
March

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.

Thursday
27
March

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.

Due to limited resources we are offering a reduced service this term. We will endeavour to be back to our full term offer in Summer Term 2025.

IT COURSES

IT COURSE SESSIONS

Tuesday
18
March

IT Course: Learning to Email

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. In this course we will be learning how to email, we will cover how to navigate your email portal, how to respond to an email and sending emails.

This course has a limited availability, only 6 places on the course open.

Tuesday
25
March

IT Course: 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. In this course we will be learning how to video call so you can stay connected. We will cover how to start a facetime, how to join a facetime and how to navigate facetime so you can get the most out of your experience.

This course has a limited availability, only 6 places on the course open.

Students will be offered 2 sessions of 1 : 1 support following attendance of an IT course

GROUPS

WEEKLY GROUPS AT THRC

Every
Wednesday

11AM
TO
2PM

Gardening for Wellbeing

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. We meet weekly in our garden to create this mini community, socialise with others over a shared interest and create a sense of investment in this shared garden space. Our gardening space is fully accessible for wheelchairs and people with mobility needs. This is a drop in session so please feel free to join us when you can or stay with us for the whole session, we would love to have you!

Every
other
Thursday

2PM
TO
5PM

Cooking for Wellbeing - **(FULLY BOOKED)**

What you eat and drink can have a huge impact on your health, as well as your mood and wellbeing. This 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. These sessions are focused on practical cooking skills and what you need to get the most out of your kitchen.

Cooking for Wellbeing is fully booked at this time

If you like to register your interest for future sessions please do contact us and we will add you to our waiting list. But please do note that our waiting list is quite long for these sessions and we must go in order of registration of interest. We are sorry for any inconvenience or upset caused by the waiting list for this course.

Every
other
Wednesday

5:30PM
TO
7:30PM

Young Adult Social (aged 18-30 years olds)

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. This is a space to get together with other Young Adults hang out and create connections. We've got Board Games, Video Games, Takeaway and a space to chill out and chat.

Currently the YA Social is running every other week but we will endeavour to get back to our weekly offer of the YA Social. Please check the timetable for dates of the YA Social.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

17 th February	18 th February	19 th February Gardening for Wellbeing (<u>Drop In Session</u>)	20 th February	21 st February Exploring Female Reproductive Health & Wellbeing 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN
24 th February	25 th February	26 th February Gardening for Wellbeing (<u>Drop In Session</u>) 11am – 2pm @ Mudchute Farm, Pier Street, E14 3HP Young Adults Social (18 – 30 Yrs) 5pm – 7pm @ 86 Old Montague Street, E1 5NN	27 th February	28 th February
3 rd March	4 th March Managing Emotions 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	5 th March Gardening for Wellbeing (<u>Drop In Session</u>) 11am – 2pm @ Mudchute Farm, Pier Street, E14 3HP	6 th March	7 th March
10 th March	11 th March Introduction to Recovery Principles 1pm – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN	12 th March Gardening for Wellbeing (<u>Drop In Session</u>) 11am – 2pm @ Mudchute Farm, Pier Street, E14 3HP Understanding Psychosis 10am – 4pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN Young Adults Social (18 – 30 Yrs) 5pm – 7pm @ 86 Old Montague Street, E1 5NN	13 th March Cooking for Wellbeing Course Fully Booked	14 th March 2pm – 5pm @ Attlee Centre, 5 Thrawl Street, E1 6RT

Colour Key

Discover Yourself

Understanding Health

Life Skills

Young Adults

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>17th March</p>	<p>18th March IT Course – Learning to Email</p> <p>10am – 1pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN</p>	<p>19th March Gardening for Wellbeing (Drop In Session)</p> <p>11am – 2pm @ Mudchute Farm, Pier Street, E14 3HP</p>	<p>20th March</p>	<p>21st March</p>
<p>24th March</p>	<p>25th March IT Course – Learning to make Video Calls</p> <p>10am – 1pm @ Large Meeting Room, 86 Old Montague Street, E1 5NN</p>	<p>26th March Gardening for Wellbeing (Drop In Session)</p> <p>11am – 2pm @ Mudchute Farm, Pier Street, E14 3HP</p> <p>Young Adults Social (18 – 30 Yrs) 5pm – 7pm @ 86 Old Montague Street, E1 5NN</p>	<p>27th March Cooking for Wellbeing Course Fully Booked</p> <p>2pm – 5pm @ Attlee Centre, 5 Thrawl Street, E1 6RT</p>	<p>28th March</p>
<p>31st March</p>	<p>1st April</p>	<p>2nd April Gardening for Wellbeing (Drop In Session)</p> <p>11am – 2pm @ Mudchute Farm, Pier Street, E14 3HP</p>	<p>3rd April</p>	<p>4th April</p>
<p>7th April</p>	<p>8th April</p>	<p>9th April Gardening for Wellbeing (Drop In Session)</p> <p>11am – 2pm @ Mudchute Farm, Pier Street, E14 3HP</p> <p>Young Adults Social (18 – 30 Yrs) 5pm – 7pm @ 86 Old Montague Street, E1 5NN</p>	<p>10th April</p>	<p>11th April</p>

Colour Key

Discover Yourself


Understanding Health

Life Skills


Young Adults

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

14 th April	15 th April	16 th April Gardening for Wellbeing (Drop In Session) 11am – 2pm @ Mudchute Farm, Pier Street, E14 3HP	17 th April	18 th April Good Friday
21 st April Bank Holiday	22 nd April	23 rd April Gardening for Wellbeing (Drop In Session) 11am – 2pm @ Mudchute Farm, Pier Street, E14 3HP Young Adults Social (18 – 30 Yrs) 5pm – 7pm @ 86 Old Montague Street, E1 5NN	24 th April Cooking for Wellbeing Course Fully Booked 2pm – 5pm @ Attlee Centre, 5 Thrawl Street, E1 6RT	25 th April

Colour Key:
 Discover Yourself

 Understanding Health

 Life Skills

 Young Adults
(18-30 Yrs)

To enrol onto a course please:

Visit: www.towerhamletsrecoverycollege.nhs.uk

Call: 0207 426 2332

Email: elft.thrc@nhs.net

VENUE INFORMATION

1) Tower Hamlets Recovery College

86 Old Montague Street, E1 5NN

Transport Information

TUBE: Aldgate East or Whitechapel Station

BUS: 25, 245, 205, D3

3) Attlee Community Centre

5 Thrawl St, Brick Ln, London E1 6RT

Transport Information

TUBE: Aldgate East

BUS: - 25, 388, 115

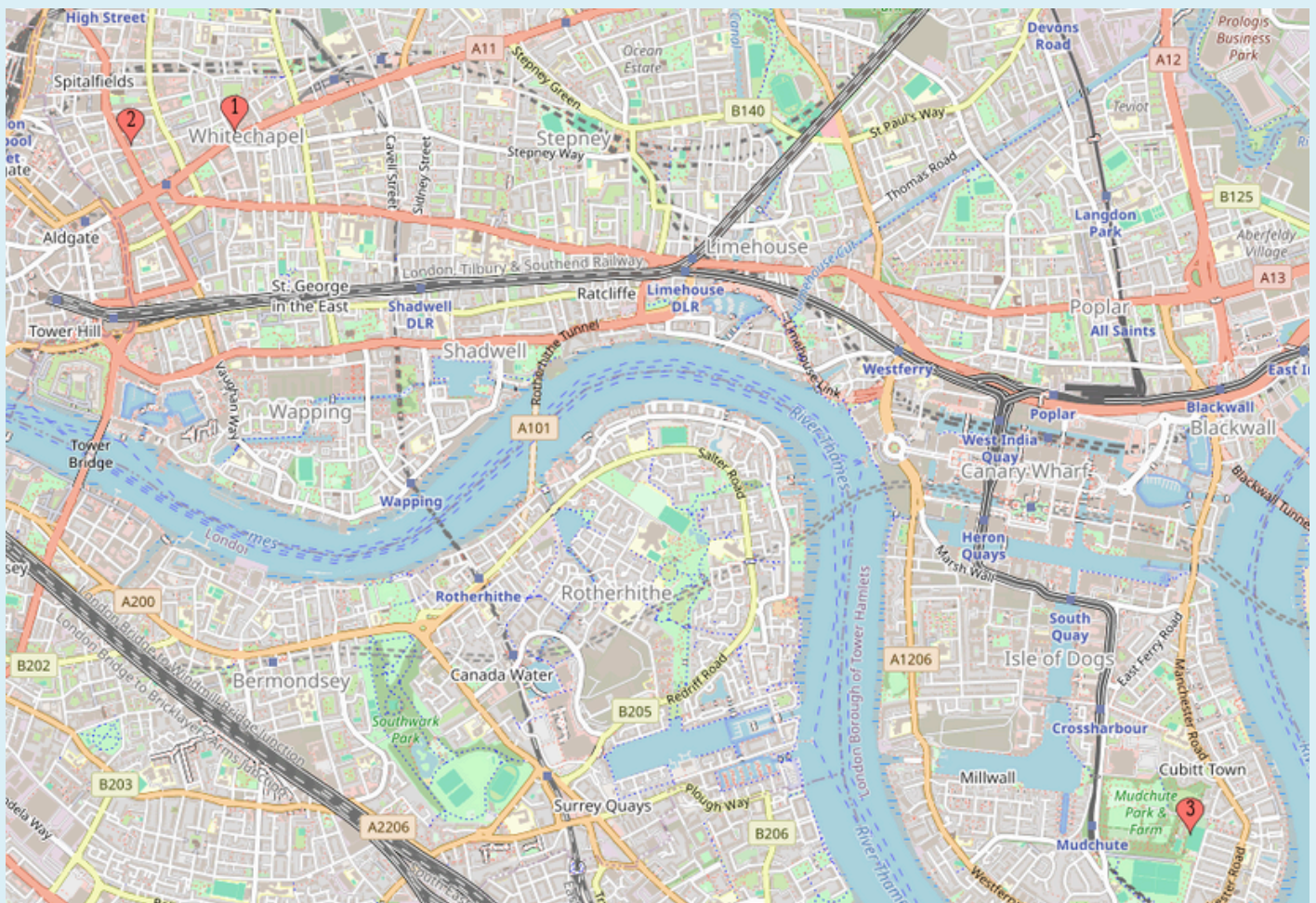
6) Mudchute Farm

Pier Street, London, E14 3HP

Transport Information

TUBE: Langdon Park DLR (12 min walk)

BUS: D8, 309, 108



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



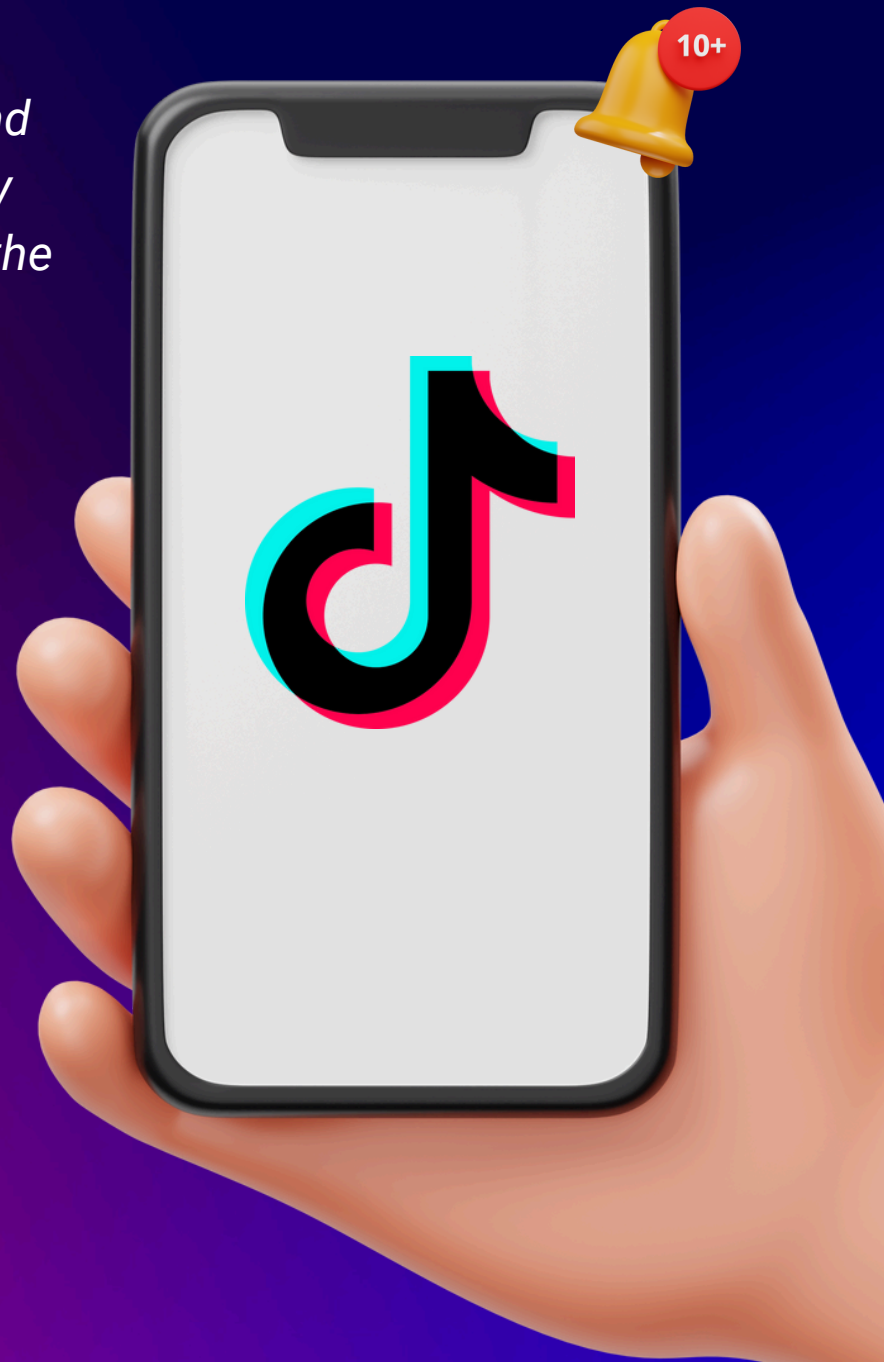
WHAT'S ON AT THRC:

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.

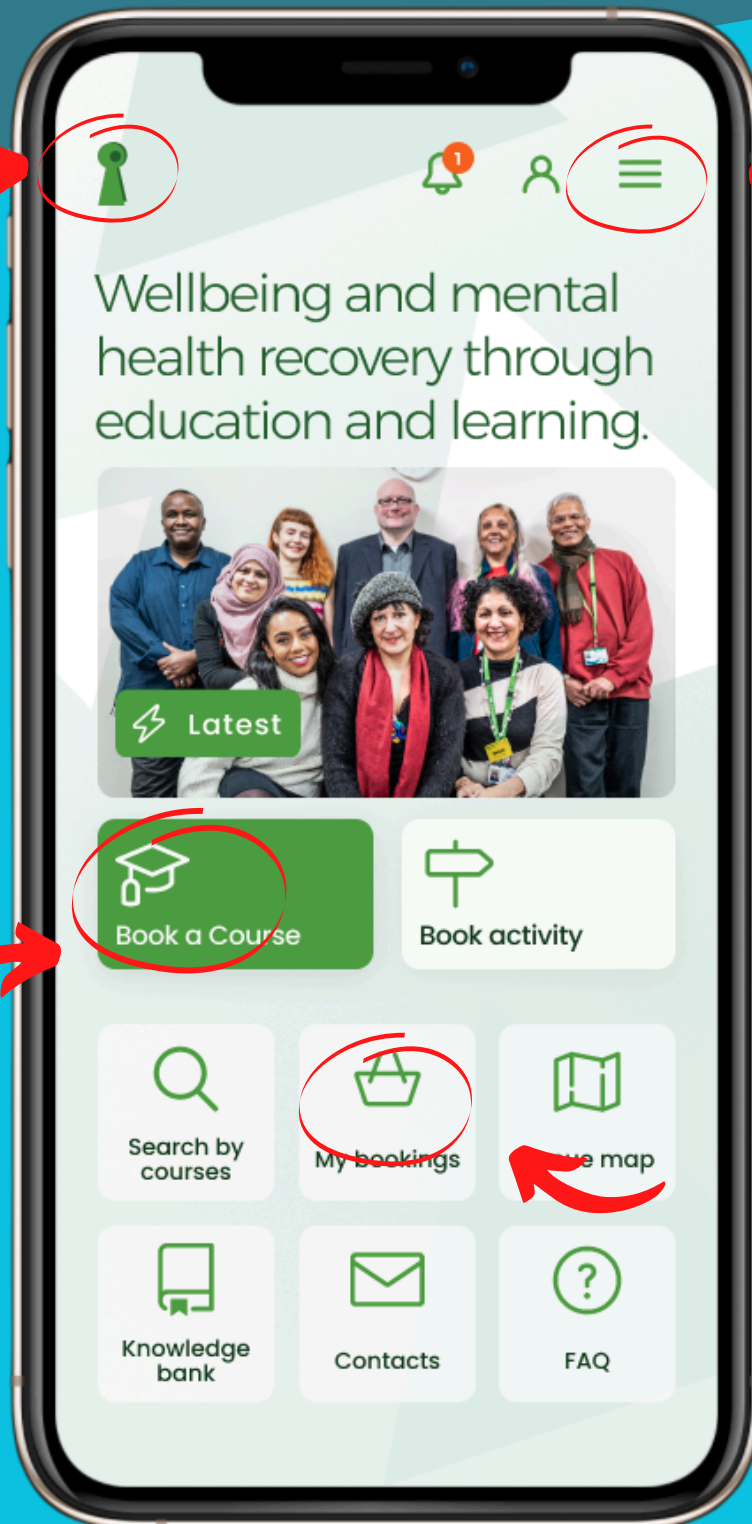
FOLLOW US

@th_recoverycollege



WHAT'S ON AT THRC:

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

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

