



TOWER HAMLETS RECOVERY COLLEGE PROSPECTUS

AUTUMN TERM 2019

CONTACT US

For general enquiries

Email: elft.thrc@nhs.net

Telephone: 0207 426 2332

Text: 07908 459 2389

If you have enrolled on a course you will be contacted beforehand to confirm your attendance. If this is not confirmed, your place may be given to someone else.

If you would like to speak to a specific team member, our contact details are listed below:

Jessica Prakash - Recovery College Manager

Tel: 0207 426 2449 Mobile: 07908 459 239

Email: jessica.prakash@nhs.net

Imtaz Khaliq - Peer Tutor Lead

Tel: 0207 426 2449 Email: imtaz.khaliq1@nhs.net

Tahara Matin - Recovery College Administrator

Tel: 0207 426 2332 Email: tahara.matin@nhs.net

Visit us on :

<https://www.elft.nhs.uk/tower-hamlets-recovery-college>

<https://thrc.studioreception.net/>

Follow us on



www.facebook.com/TowerHamletsRecoveryCollege



[@CollegeTh](https://twitter.com/CollegeTh)

Contents

Welcome	1
Testimonials	2
About the College	3
How to Enrol	4
Student Charter	5 - 6
Team Away Day and Book Club	7
Individual Learning Plan (ILP)	8

Courses:

DISCOVERY YOURSELF

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

Tree of Life	9
Art for Recovery	10
Islam and Mental Health	11
Gender, Masculinities and	
Mental Health	12
Sexuality, Gender and Mental Health	13

UNDERSTANDING HEALTH

Courses to help you understand mental and physical health, diagnosis and services

Understanding Sleep	14
Jinn, Black Magic & Evil Eye	15
Dealing with Depression & Anxiety	16
Understanding Psychosis	17
Dealing with Drugs and Alcohol Use	18
Suicide Awareness	19
Understanding Personality Disorders	20
Food and Mood	21

LIFE SKILLS

Courses to help you get the most out of everyday life

Parenting and Recovery	22
Psychological First Aid	23
Understanding the Mental Health Act	24
Introduction to using Social Media	25
Dealing with a Crisis	26
Money Management	27

GETTING INVOLVED

Courses on building work and study skills, giving something back and moving forward

Getting into Volunteering	28
Train the Trainer	29

Autumn Term 2019 Timetable 30-31

Venue information 32
Courses are delivered in community venues throughout the whole borough

Library Opening Hours:

Monday 2pm – 5pm

Wednesday & Friday 11am – 2pm

2019-2020 Term dates:

Spring Term:

Monday 17th February – Friday 24th April 2020

Summer Term 2020:

Monday 1st June – Friday 7th August 2020

Welcome

Autumn Term 2019

Summer Term 2019 was a great success! Thank you to the students, tutors and college team members for all your support and hard work!

The term started with some exciting news; we were successful in securing the funding for the college for the next 5 years! A huge thank you to everyone who helped write the tender submission. It was a big job and we are beyond grateful for the time and effort that was put into the submission! Thank you!

This exciting news was sadly followed by a farewell to our beloved Fiona Ball, Peer Tutor Lead. Fi's passion and commitment for mental health and ensuring the voice of everyone is equally heard and valued inspired many! We miss her boisterous laughter and jokes around the college- luckily she will continue teaching with us from time to time!

We would also like to specially thank Amanda Kawa, an occupational therapist who was based in our team for the summer term and who brought her expertise to teaching and her positive can-do attitude to the team! Thank you!

Summer Term 2019 also hosted many events and new projects! Our Eid celebration was a great success, enjoyed by students, tutors and community members! A selection of curries and live entertainment set the scene for a fun party!

We also held our first book club in the library! 'Words of Wellbeing', a 6 week book club involved reading excerpts from two books around recovery and well-being followed by a discussion! The feedback was overwhelmingly positive and we hope to continue to offer this at the college!

The College also held its first team building away day which allowed us to reflect on the year gone by, student feedback and plan for the year ahead. The day finished off with a fun team painting activity- check out the photos!



Jessica Prakash Recovery College Manager

Autumn Term 2019 is set to continue the upward momentum!

We would like to warmly welcome our new Peer Tutor Lead, Imtaz Khaliq! Imtaz comes from Camden and Islington Recovery College and she has a wealth of experience both lived and professional to bring to this role! We know that you will all make her feel welcome at the college!

We are also welcoming some new team members and volunteers! Siobhan Finnegan is an occupational therapist that will be based in the college a few days a week. Although she has experience working in mental health, she is passionate and has an expertise in gender, sexuality, masculinity and related topics. Look out for new courses she will be coproducing!

We are also excited to announce that we will have classroom support volunteers starting with us next term. These volunteers will be able to give practical, emotional and learning support to students in our courses. If you would like to know more about what support they can offer please contact us!

We hope this term will be just as exciting and fulfilling as last term! Enjoy!

Jess

Testimonials

Earlier this year I was invited to help present a class on Art for Recovery. I worked with a member of the Recovery College team to plan and provide a workshop on the ways that creativity, in all its forms, can be helpful for both improving and maintaining good mental health and stability. The day was divided in two, with the first part involving discussion about the topic, and the second part gave people a chance to try out different kinds of art-making. This was my first experience of co-producing a class with Recovery, and I found the experience exciting, stimulating and hugely enjoyable.

Recovery College's approach is all about promoting inclusivity, equality and empowerment; people attending classes are encouraged to contribute and take part in a non-hierarchical, supportive space. I felt that I was helping 'guide' rather than 'teach'; the exchange of views, comments and experiences had a creative energy and afterwards I felt like I had had my own learning experience too. Attendees really got involved in the practical art-making, and from the feedback it seemed that people definitely got a lot out of this part in particular. The work produced was diverse, inspiring, sometimes experimental, always genuinely creative.

Recovery Classes are planned as organic, evolving events, and afterwards we were able to look at the feedback people had given, think about what worked best, and start to plan for future classes with these in mind, with the intention of providing something that can continue to grow and develop. I look forward to helping with future co-productions. And finally, maybe the best thing of all is there is no need for those attending to have any particular level of skill, knowledge or ability - classes are open to anyone, all you need is an interest and willingness to try things out!

Simon Noyes
Art Psychotherapist

I joined the Recovery College during the summer term 2019 and I have attended a number of courses.

Coming to the college has been a life saver for me, as it has contributed to lift my depression.

I think the college is a great place for anyone who wants to learn about mental health or has mental health issues.

The peer and professional tutors, volunteers and staff have all been great, very professional, friendly and approachable. They have delivered excellent courses with very useful information and demonstrated excellent knowledge about the topics discussed in the sessions. I have learned a lot.

I really like the recovery college and I enjoy going to the Wednesday coffee mornings, where you can have a friendly chat (with coffee and cake!), I also love the book club, which is a great way of getting to know and reading books that deal with mental health issues and discussing them afterwards in our group and socialising!

Tower Hamlets Recovery College is a haven for a lot of people and is also a place where you can be supported by professionals, where you can also get further information about mental health and be referred to the appropriate services if needed.

The college supports recovery and wellbeing through education and it has been very successful in my opinion.

Nicky Libero
Student

Who is the college for?

You are welcome to enrol as a student in one of our courses if:

- You have experience of using mental health services in Tower Hamlets
- You work in health and wellbeing services in Tower Hamlets
- You know or care for someone with mental health challenges in Tower Hamlets
- You live or work in Tower Hamlets and want to find out more about mental health, recovery and wellbeing

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?

Our courses are delivered in a wide range of community venues across the borough. Each term, we aim to deliver courses in each of the postcodes within the borough to ensure that nobody misses out. We also aim to deliver popular courses in different venues each term to make sure that we are accessible to all people in the borough.

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. They work together from design to delivery, sharing strategic decision making about policies as well as the best way to deliver services.

- National Co-production Advisory Group

All our courses are co-produced, co-designed, co-delivered and co-received.

How do I enrol?

We have a brand new enrolment process! To find out more please see the next page.

To find out more:

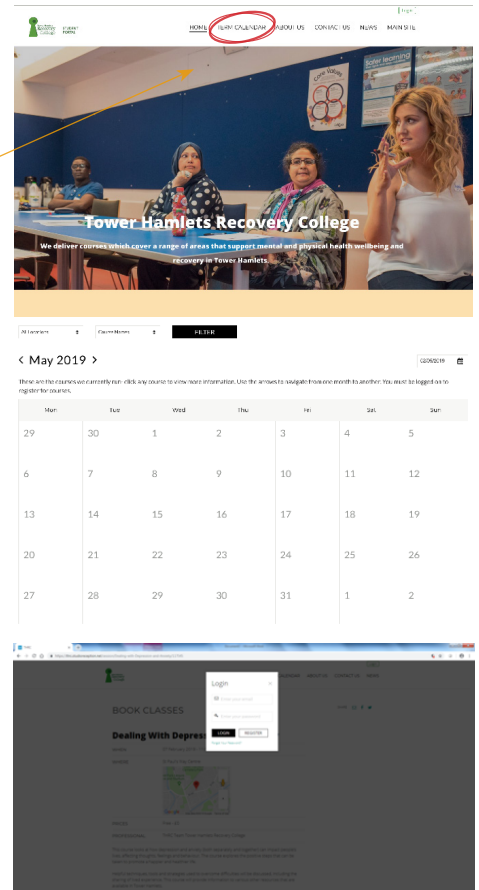
email: elft.thrc@nhs.net

phone: 0207 426 2332 /2416

How to enrol:

If you have an email address:

1. Go to **<https://thrc.studioreception.net>**. This is the THRC Student Portal.
2. Click onto the **TERM CALENDAR** on the top navigation bar or the main page
3. Click through the calendar to find a course you are interested in. The number of free places on the course is indicated as well.
4. Click onto a course you are interested in.
5. Click the 'Enquire' button if you would like to attend this course.
6. You will be taken to the THRC Student Portal login or register page.



If you have not registered on the website before then you must click 'Register' and complete the website registration form. This is different to the College Registration form. Please enter both phone and email details so that we can contact you if anything changes with the course.

Once you have completed the website registration form, an account validation link will be sent to your email. You must click this link in order to activate your account. If you have not received it please check your Spam or Junk mailbox.

7. Once you have clicked the validation link you will be prompted to 'log in' to the website and your enquiry will be sent to the Recovery

College and you will receive an 'Enquiry Pending' email. You will receive a follow up email indicating if your enquiry has been accepted or not.

8. You can log into the THRC Student Portal at any time to check your course enrolment status

If you do not have or wish to use email, enquiries can still be made in person at the college or via telephone.

If you would like to improve your IT skills please come along to our Introduction to Computer Skills course every Tuesday from 2pm – 4pm at RC Library!

What is the Student Charter?

This student charter sets out clear guidelines and expectations from staff and students working and studying at Tower Hamlets Recovery College.

We hope these guidelines will allow both staff and students to take joint responsibility and ownership of the courses they attend and the overall learning environment. We hope this will help to ensure that everyone has a positive and enriching experience of working or studying with us.

When You Study at Tower Hamlets Recovery College

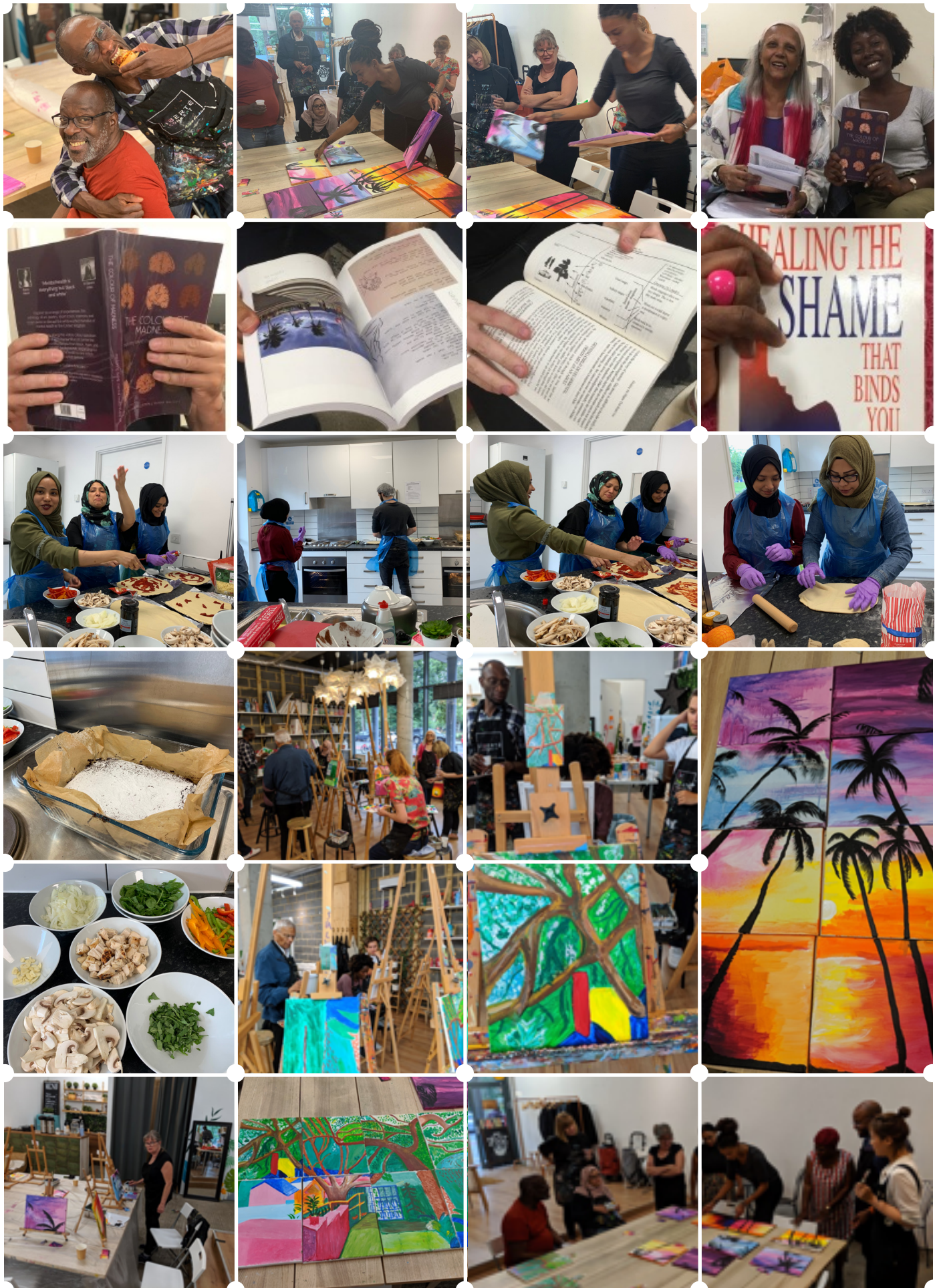
You can expect us to:

- Manage and process course applications and enrolment politely and efficiently.
- Communicate in a friendly, open and professional manner.
- Provide up to date and timely information on college activities and updates, including the college website.
- Provide all course materials, handouts and certificates of attendance.
- Offer students an Individual Learning Plan, empowering them to reflect on goals and aspirations.
- Make reasonable adjustments to support your learning. Please inform us of any specific needs you have when you ENROL or as part of your Individual Learning Plan. We will try and accommodate them.
- Support equality and diversity, respecting and valuing differences such as culture, religion, sexuality, gender and abilities.
- Maintain the high quality of our courses; ensuring coproduction, recovery and our core values of hope, control and opportunity remain central to what we do.
- Respect people's various faiths, cultural practices and life choices, providing a non-judgemental, stigma free environment.
- Challenge stigma where it arises, and dealing with problems in the classroom in an appropriate manner.
- Encourage open and honest dialogue, so people feel free to speak up without fear of recrimination. Your input and feedback are important to us and helps shape the future direction of the college.
- Support your learning and promote inclusion and accessibility for all, regardless of your skill levels.
- Signpost students to various local and national agencies and organisations that might be of further assistance.
- Work with students to support their attendance at the college, and help them to explore alternative arrangements for themselves.

- Make sure a staff member is available to speak to you one to one outside of the classroom if needed. If you want to speak to one of us privately we will make an appointment to meet with you at a mutually agreed time.
- Make sure wherever possible that venues are suitable and accessible for all students.
- Provide a safe, inclusive and enjoyable learning environment, encouraging open but respectful dialogue. Tutors may ask students to leave the class if they feel this is compromised.

We expect you to:

- Provide your up to date contact details.
- Book your courses online through the Tower Hamlets Recovery College Website if you are comfortable using email and online services. If you are unsure of how use the technology, we can support you to do this, or alternatively you can call or come in to the office.
- Register with the college and enrol on all courses you wish to attend prior to each course. You can do this via the college website, or by contacting the college directly.
- Ensure that you have received enrolment confirmation from the college for each course, as students cannot be admitted onto courses that they are not enrolled on.
- Notify us as soon as possible if you are unable to attend, so that we can offer your place to another student, as places are limited.
- If students consistently booked themselves onto courses they do not attend, we may refuse them a place on any further courses.
- **Arrive on time to sessions. Any student arriving more than 30 minutes late for a course will not be admitted.**
- Students are welcome to leave the learning environment if needed, tutors must be informed if student will not return.
- Maintain confidentiality whilst being respectful of others opinions and beliefs, and of the learning environment and tutors.
- Be aware of and take responsibility for your own behaviour during sessions, please let the tutors know if you are feeling unwell.
- Everybody is responsible for maintaining a calm and inclusive atmosphere in the classroom, which supports learning for all.
- Be mindful of other students in class, so that everyone that wants to participate has space to do so. This allows for a range of voices and experiences to be heard.
- Respect the individual rights of all members of the college, both students and staff.
- Ask questions freely, and ask us to explain if there is anything you are unsure about.
- Use the library and computers in a responsible manner.





TOWER HAMLETS RECOVERY COLLEGE

An introduction to The Individual Learning Plan

What is the Individual Learning Plan (ILP)?

The Individual Learning Plan is a working document and process that aims to enhance and support each student's recovery and wellbeing through education.

The student is encouraged to take ownership of their Individual Learning Plan and work closely with a member of the Tower Hamlets Recovery College team to identify and work towards their goals.



Emphasis is placed on the student being at the centre of decision making about their goals and the opportunities they may choose to take with regards to courses and personal development.

How will it help me?

- The ILP aims to bring structure and thinking space to a recovery journey.
 - The 'ILP Mentor' can 'signpost' to services relevant to the identified goals.
 - Should you choose to, the ILP offers a chance to gain more information about the courses you complete.
 - This way, your development does not end when the course ends and allows you to continue your learning.
 - Explore classroom adjustments relating to learning support needs.
-

The ILP Review



At the end of each term, anyone who started an ILP will be invited back to reflect on the term and the courses undertaken.

There will be a non-judgemental review of the goals set. The review also provides an additional opportunity for 'signposting' to relevant services and information.

Who can do an ILP? and How to sign up for an ILP?

The ILP's are available for all students. If you identify as being a service user on your registration form then we will contact you directly to offer an ILP.

If you would like to request an ILP please contact us to arrange a time and date with an ILP mentor.

Tree of Life (2 Day Course)

This is a two day exploratory workshop using the Tree of Life narrative model as its approach.

Students are invited 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.

(2 Day Course – Students are expected to attend both dates)

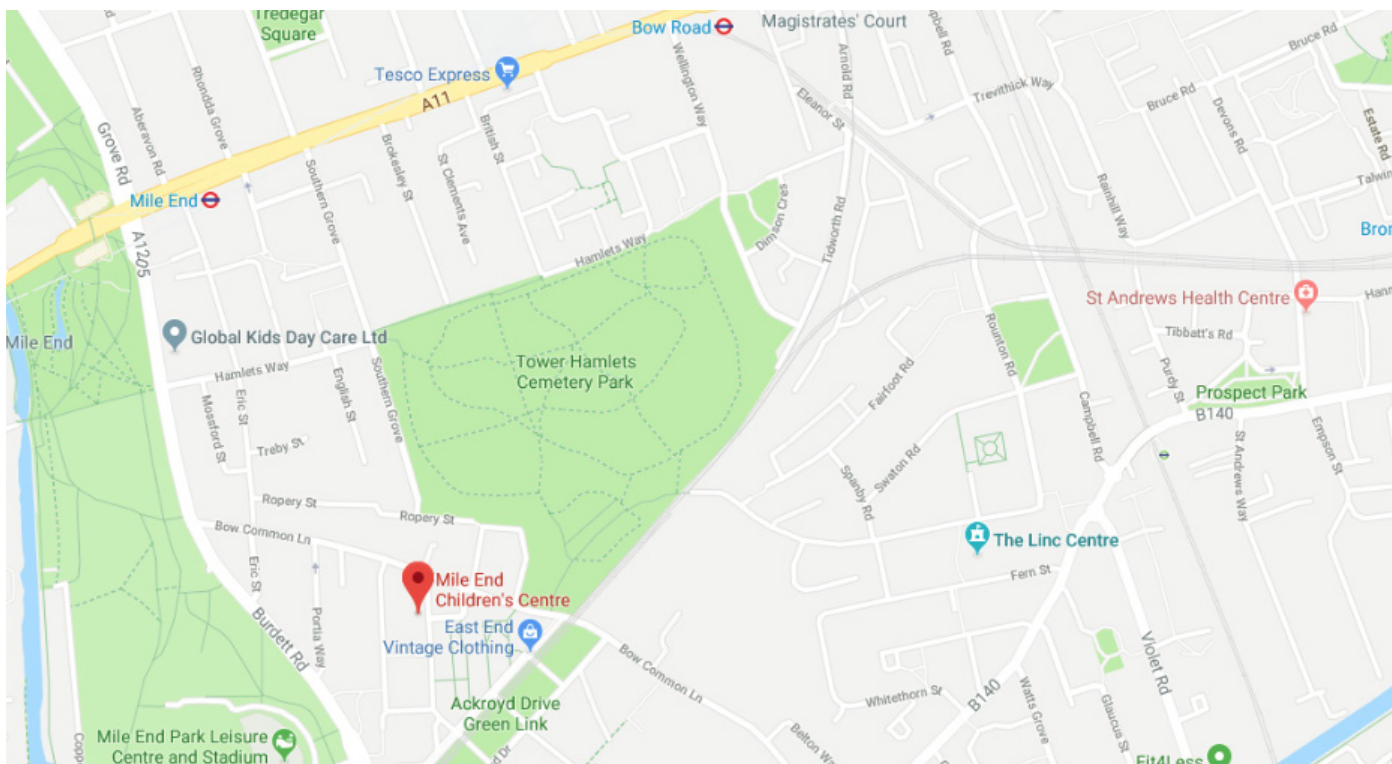
Participating in this course does not qualify students to run 'Tree of Life' groups.

Session Outcomes

- To understand the roots of the Tree of Life methodology
- To complete your own Tree of Life and use it to tell the story of your strengths and abilities, hopes and dreams
- To reconnect with your roots and relationships
- To think about the 'storms of life' from a position of strength
- To celebrate the collective strengths and values of the group

 Disability Access Available

Date	Time	Venue	Travel
Tuesday 17th and Wednesday 18th December 2019	10:00am – 4:00pm	Bede Community Centre, Hall 9 Bede Square, Joseph Street E3 4GY	Mile End Station 25, 205, D6, D7, 309



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 wellbeing.

This course will explore how and why art is used to support mental health recovery. This course includes half-day educational session and half-day practical art session.

This course may be stimulating to the senses. Students should inform the college if this may be difficult for them.

Session Outcomes

- To explore how the creative arts can be used to support mental health recovery
- Explore different approaches in which creative arts can be used to support recovery
- Explore the benefits of creative pursuits for recovery
- Provide an experience using creativity in a potentially beneficial way
- Signpost people to community resources to promote creative art for recovery

 Disability Access Available

 Microwave facilities available

Date	Time	Venue	Travel
Wednesday 6th November 2019	10:00am-4:00pm	Mulberry and Bigland Green Centre, Hall 15 Richard Street (off Bigland Street), E12JP	Shadwell DLR & Overground or Whitechapel Station 15, 135, 115



Islam and Mental Health

A large proportion of Tower Hamlets residents are 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.

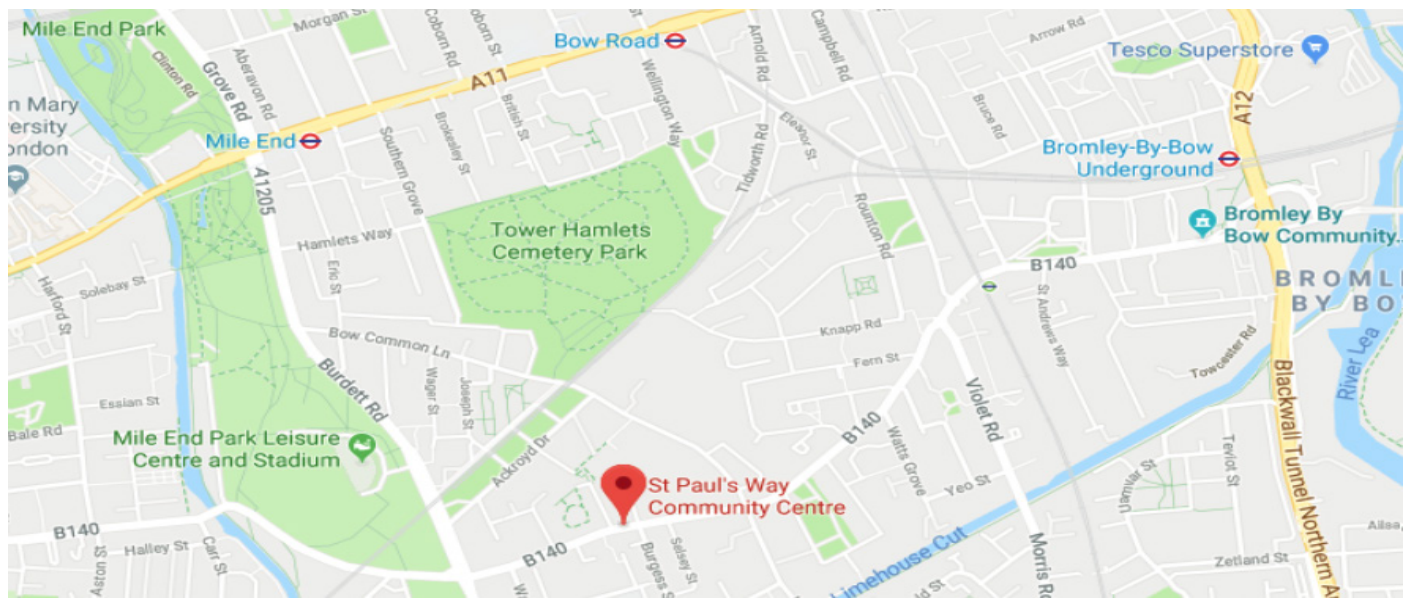
This course looks at how these can be used to support mental health recovery and wellbeing and resources to support people within this community.

Session Outcomes

- To provide a general introduction of Islam and mental health and to create awareness
- To learn more about mental health in the Muslim community
- To consider how Islam could inform attitudes to mental health
- To consider the importance of spirituality
- To explore the role of Islam in supporting the individual's journey to recovery

 Disability Access Available

Date	Time	Venue	Travel
Wednesday 20th November 2019	10:00am-4:00pm	St Paul's Way Centre, Second Floor Meeting Room 83 St Paul's Way, E3 4AJ	Bow Road or Mile End Station 25, 205



Gender, Masculinities and Mental Health

This course provides an introduction into cultural constructs of gender and their impact on our health.

This one day course will explore masculinity and how standards of socially acceptable masculinity inhibit men and masculine presenting people from seeking out therapeutic help.

This course looks at how men are socialised and shamed out of expressing their full range of emotions. Men are most likely to express their distress through anger and drug/alcohol use meaning they are more likely to be diagnosed with disorders linked to anti-social behaviour and addiction.



Session Outcomes

- To consider how masculinity is culturally constructed – we will look at different cultures and different time in history to illustrate this
- To have an understanding of how language, the media and relationships create ideological limiting concepts of masculinity
- We will decode our shared and individual experiences of masculinity in this supportive environment
- To explore ridge notions of masculinity not only affects the health of men but also impact the quality of life for those around them

Disability Access Available Microwave facilities available

Date	Time	Venue	Travel
Thursday 21st November 2019	1:30pm-4:30pm	Tower Hamlets Recovery College, Large Meeting Room 86 Old Montague Street, E1 5NN	Aldgate East or Whitechapel Station 25, 205, 254, D3



Sexuality, Gender and Mental Health

People who identify as lesbian, gay, bisexual, transgender, intersex and queer/questioning (LGBTIQ), non-binary or do not identify with the gender reassigned at birth, have a high risk of developing mental health difficulties.

This is often linked to stigma, discrimination and bullying as well as other factors such as culture, age, location, community, religion and other psycho-social factors. Whilst we cannot change the views of others we can provide education to promote openness and understanding.

This course will explore definitions of sexuality, the experience of exploring and accepting sexual orientation, what is gender and gender identity and how it can impact mental health and what can be done to support people who are struggling with this.

Signposting to local and wider community supports will also be included.

Session Outcomes

- What does 'gender' mean and what language should we use?
- What does 'sexuality' mean and what are the different aspects?
- Defining LGBTIQ
- 'Coming out' and accessing support
- The relationship between sexuality and mental health
- Self-acceptance as LGBTIQ
- Prevalence of mental health difficulties within the LGBTIQ community
- Cultural interpretations of sexuality
- Support available in Tower Hamlets

 Disability Access Available

 Microwave facilities available

Date	Time	Venue	Travel
Tuesday 29th October 2019	10:30am-3:00pm	Christian Street Community Hub, Multipurpose Room 30 Challoner Walk, E11AZ	Aldgate Station or Shadwell DLR D3, 115, 135, 339



Understanding Sleep

There is a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.

Getting a good night's sleep is an important part of a healthy lifestyle and can make a major difference to our mood, outlook, lifestyle and productivity levels.

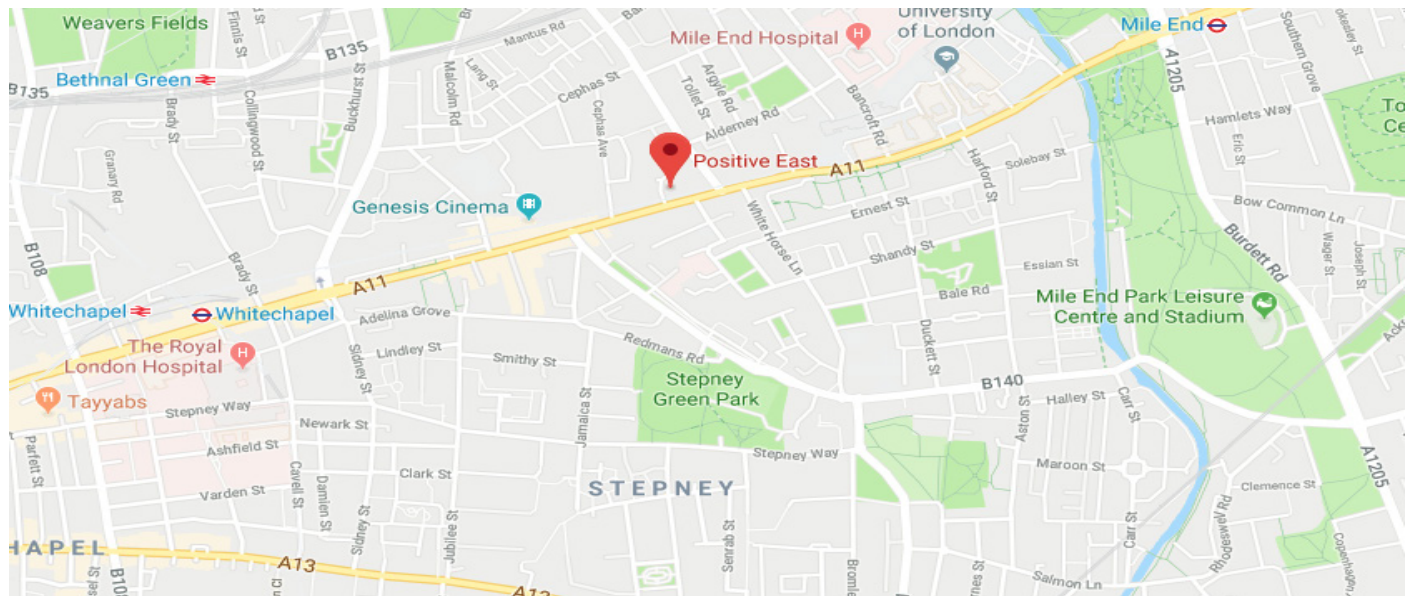
This course will look at the different types of sleep, why they are important, and things that may get in the way of a good night's sleep. It will discuss useful tips and strategies to help support better quality sleeping.

Session Outcomes

- Understand the importance of sleep to our physical, mental health and lifestyle
- Understand that some of the processes that happen whilst we sleep
- Think about things that get in the way of good sleep
- Explore a range of tips and solutions to support a good night's sleep

 Disability Access Available

Date	Time	Venue	Travel
Tuesday 3rd December 2019	10:00am – 12:30pm	Positive East, Tom Halford Room 159 Mile End Road E1 4AQ	Stepney Green Station 25, 205, 339



Jinn, Black Magic & Evil Eye

The possibility of spirits inhabiting human bodies is fairly universal across cultures and religions, and is one of the oldest ways of accounting for mental health difficulties.

In Islam, the belief that Jinns (spirits) can cause mental health illness is widely accepted. This course aims to explain the relationships between Jinns and mental health difficulties, and to explore the religious framework that exists around them.

Belief in Jinns can influence how people understand and think about their symptoms, and the ways in which they seek help.

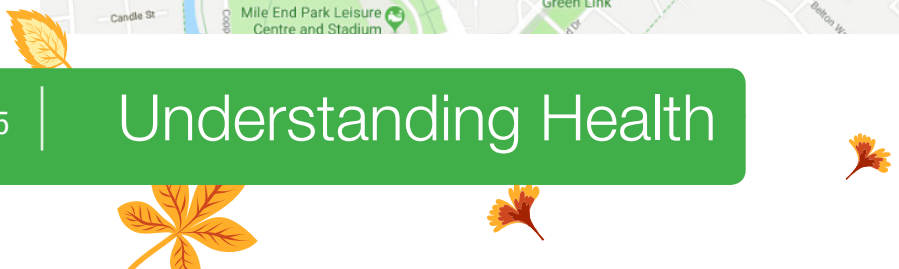
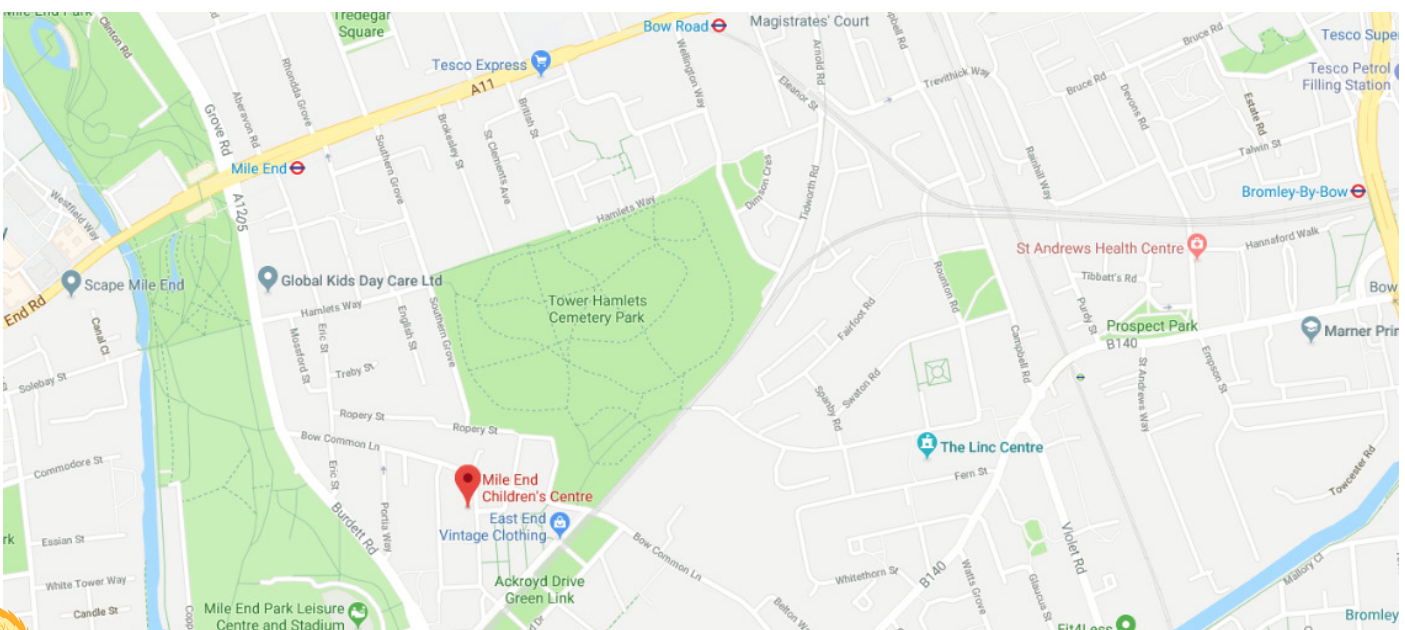
This course will explore these issues through teaching, discussions and shared lived experience.

Session Outcomes

- Basic introductions to the fundamentals of the Islamic belief
- Descriptions of Jinn, Black Magic and Evil Eye and how people may be affected by these things
- The relationship of these things to physical and mental health
- What Muslims might do to treat these issues
- Looking at research and case studies
- Helpful tips when thinking about working with clients with these beliefs

 Disability Access Available

Date	Time	Venue	Travel
Friday 25th October 2019	10:00am – 4:00pm	Bede Community Centre, Hall 9 Bede Square, Joseph Street , E3 4GY	Mile End Station or Limehouse DLR 25, 205, 15, 115, 135



Dealing with Depression & Anxiety

This course looks at how depression and anxiety (both separately and together) can impact people’s lives, affecting thoughts, feelings and behaviour.

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.

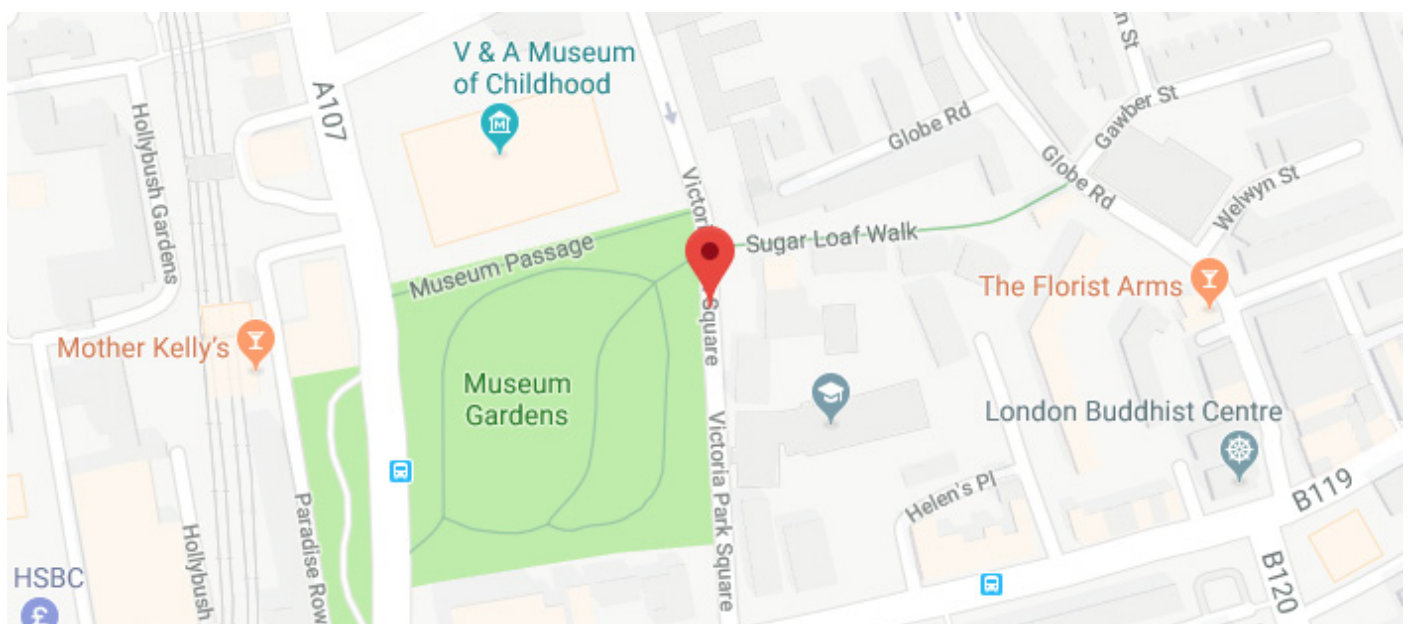
Session Outcomes

- To develop further understanding of depression and anxiety, and finding different ways of coping with them
- Exploring the definitions of depression and anxiety
- Identifying different coping strategies for both
- Explore how to access support, and developing a toolkit for wellness
- Signposting for further help

 Disability Access Available

 Microwave facilities available

Date	Time	Venue	Travel
Wednesday 4th December 2019	11:00am – 3:00pm	The Young Foundation, Michael Young Room 18 Victoria Park Square, E2 9PF	Bethnal Green Station 254, 106, D6, 8, D3



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.

Session Outcomes

- Explore what psychosis is
- Think about its effects, causes and triggers
- Various diagnoses
- Options for care and self-help
- Other useful supports including friends and family
- Thoughts and reflection

 Disability Access Available  Microwave facilities available

Date	Time	Venue	Travel
Friday 29th November 2019	1:30pm – 4:30pm	The Young Foundation, Michael Young Room 18 Victoria Park Square, E2 9PF	Bethnal Green Station 254, 106, D6, 8, D3



Dealing with Drugs and Alcohol Use

This course takes a non-judgemental look at drug and alcohol use, the different types of drugs, both legal and illegal, and people’s reason for using them. It also explores the effect they have on mental health, lifestyle and general wellbeing.

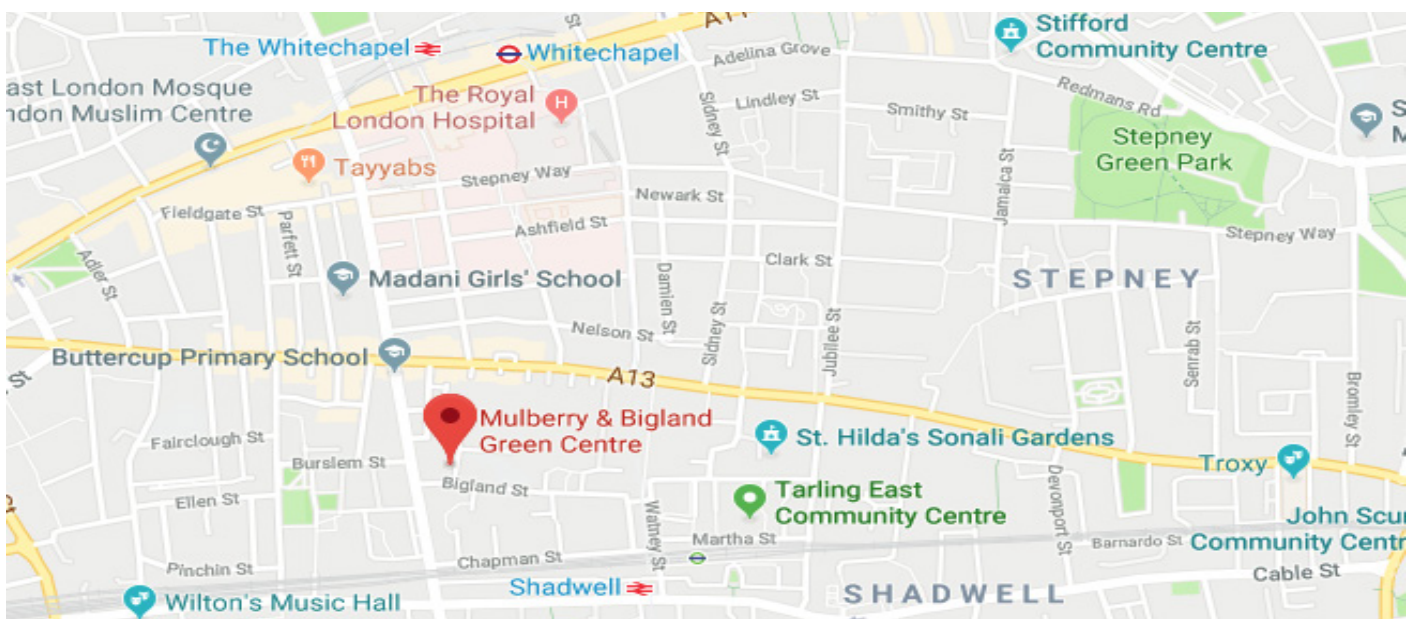
Real life experience will be used to prompt discussions about drug and alcohol use, and ways people might begin the process of working towards recovery from any difficulties they may be having.

- ### Session Outcomes
- Develop an understanding of the positives and negatives of drug and alcohol use, including the problems it can cause
 - Understand what drugs and alcohol do to the brain and body
 - Shared lived experience, tools and strategies
 - Discuss differences between legal and illegal drugs
 - Develop further understanding of addiction and overdose
 - Signpost to local resources

 Disability Access Available

 Microwave facilities available

Date	Time	Venue	Travel
Tuesday 26th November 2019	1:00pm –3:30pm	Mulberry and Bigland Green Centre, Hall 15 Richard Street (off Bigland Street, E1 2JP)	Shadwell DLR & Overground or Whitechapel Station 15, 135, 115



Suicide Awareness

The Office for National Statistics recently reported that the suicide rates in the UK were the highest they have been in nearly 17 years with men representing 3/4 of all reported suicide. The suicide rates amongst young people aged between 10-24 years old is also increasing at an alarming rate.

Whilst there may be several reasons why a person considers or completes suicide there is often a lot of people around them who can help.

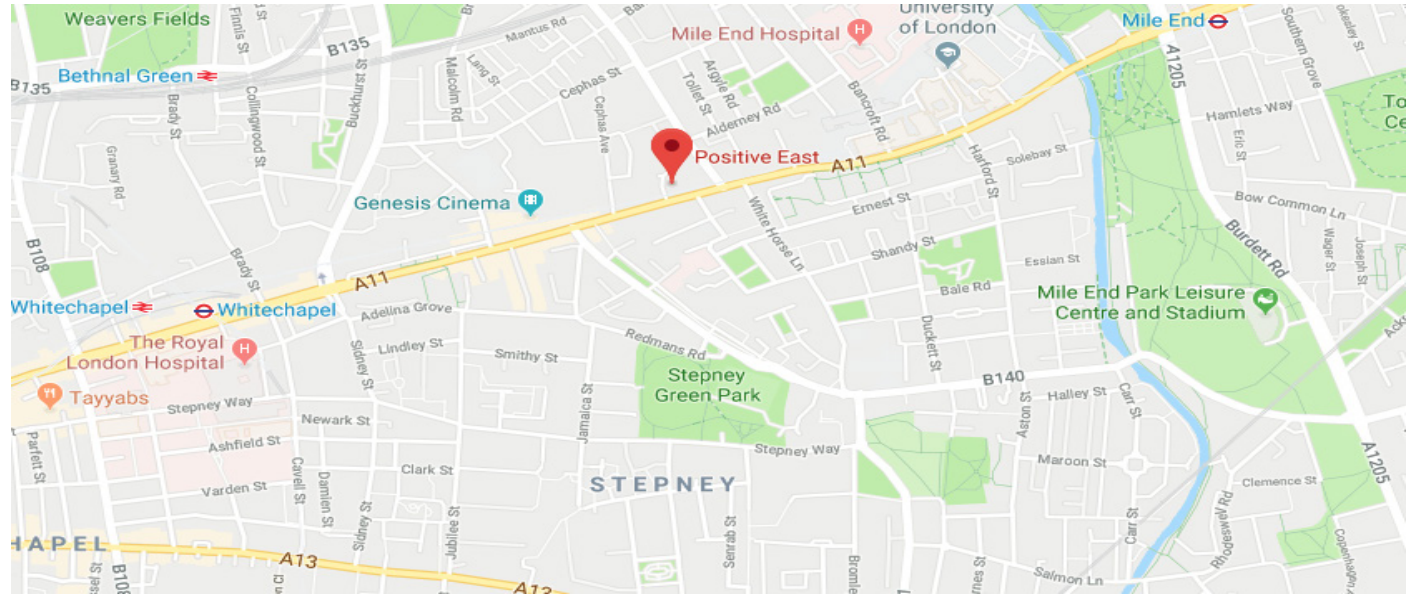
NEW COURSE

Session Outcomes

- Explore what may be signs that someone is suicidal or having suicidal thoughts
- Understand what you can do to help someone who may be suicidal
- Understand what you can do to help yourself if you are suicidal
- Who and where you can go to for help both locally and in the wider community

Disability Access Available Microwave facilities available

Date	Time	Venue	Travel
Friday 1st November 2019	11:00am – 3:30pm	Positive East, Tom Halford Room	Stepney Green Station
		159 Mile End Road E1 4AQ	25, 205, 339



Understanding Personality Disorders

Personality Disorder is a psychiatric term that refers to people with extreme experiences of their mood, ways of thinking, behaving, or interacting with others in relationships.

It is also a term that people can use quite unhelpfully, either as a criticism or to label someone or as such, can have a lot of stigma surrounding it.

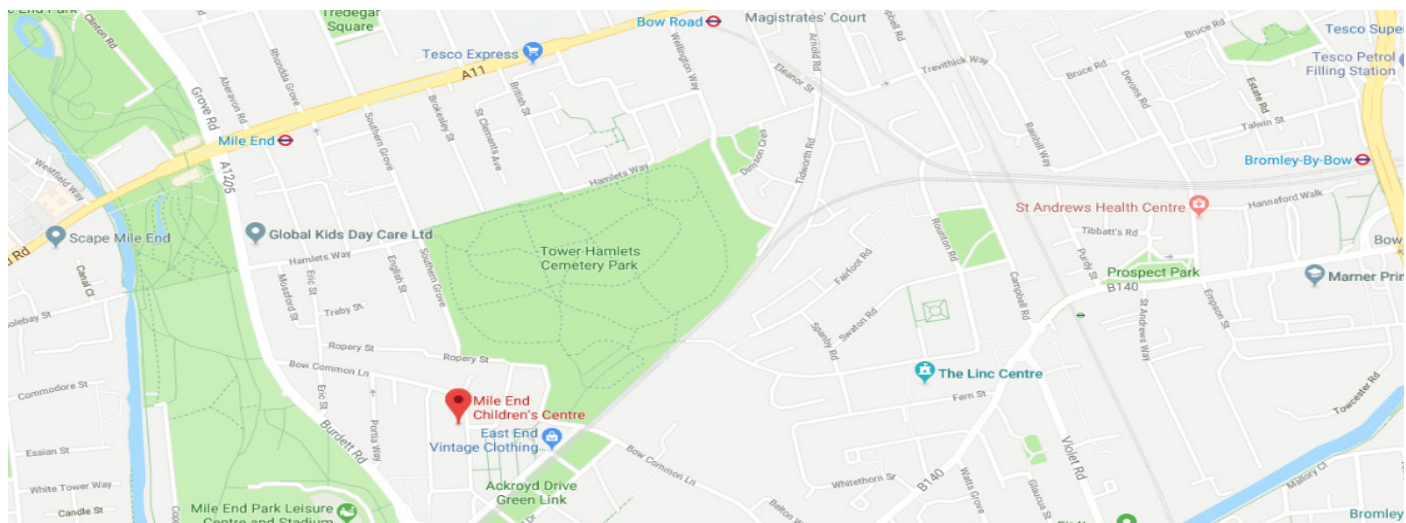
So what does Personality Disorder actually mean?

This course is an introduction to understanding Personality Disorder. We will cover the characteristic patterns of mood, thinking and behaviour that accompany a diagnosis, and the difficulties in managing relationships; the course will also consider some of the factors that could lead to these difficulties.

 Disability Access Available

- ### Session Outcomes
- Promoting a greater understanding of what is meant by the term ‘personality disorders’
 - Understanding how personality disorder affects people on a day-to-day basis
 - Understanding what might contribute to developing personality disorder
 - Giving an overview of different treatment approaches
 - Understanding what people may be able to do to help themselves and what other people in their life may be able to do
 - Discuss accessing services and resources available in Tower Hamlets and the community

Date	Time	Venue	Travel
Tuesday 5th November 2019	11:00am – 3:00pm	Bede Community Centre, Hall 9 Bede Square, Joseph Street , E3 4GY	Mile End Station or Limehouse DLR 25, 205, 15, 115, 135



Food and Mood (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 consecutive 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!

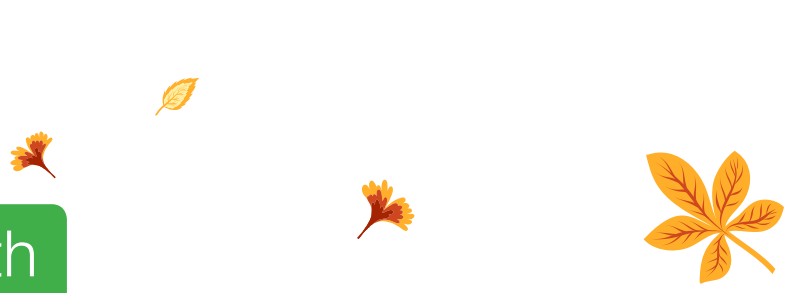
(2 Day Course – Students are expected to attend all two dates)

Session Outcomes

- Learn about food and mood
- Understanding the effects food, drink and daily routines on mood and wellbeing
- Understanding the Eat Well Guide
- Thinking about changes in our diets and activity routines to make us feel better
- Trying some delicious and nutritious snacks

 Disability Access Available  Microwave facilities available

Date	Time	Venue	Travel
Friday 6th and 13th December 2019	10:30am – 4:00pm	The Reach Community Hub, Room 3 11 Oliphant Street, E14 0GB	All Saints DLR Station 15, 115, 135, 108, D6



Parenting and Recovery

This course will offer a helpful overview of how mental illness can impact on parenting, how parental mental illness can impact on children, and discussion related on helpful approaches and strategies.

This will involve some focus on communication around illness, how to deal with various challenges, information on the relevant professionals and services, and the best ways to access appropriate support.

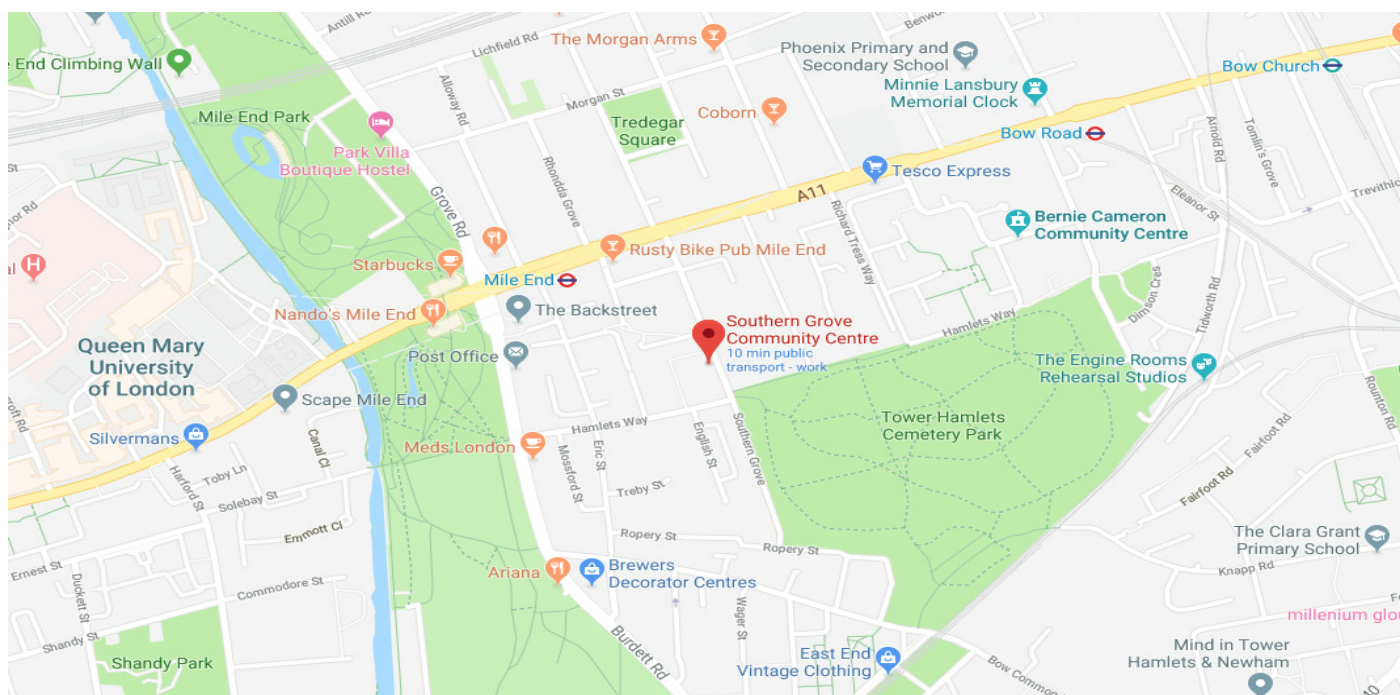
Session Outcomes

- Promoting greater understanding of parents and children living with mental health difficulties
- Discussing issues around children as carers and support children in families with mental health issues
- Accessing services and resources available in Tower Hamlets – CHAMP
- Building resilience within families
- Self-care and managing your condition
- Communication – how we explore our difficulties

 Disability Access Available

 Microwave facilities available

Date	Time	Venue	Travel
Wednesday 30th October 2019	10:00am – 2:30pm	Southern Grove Community Centre, Hall Southern Grove Road, E3 4FX	Mile End Station 25, 205



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 others help themselves during difficult times.

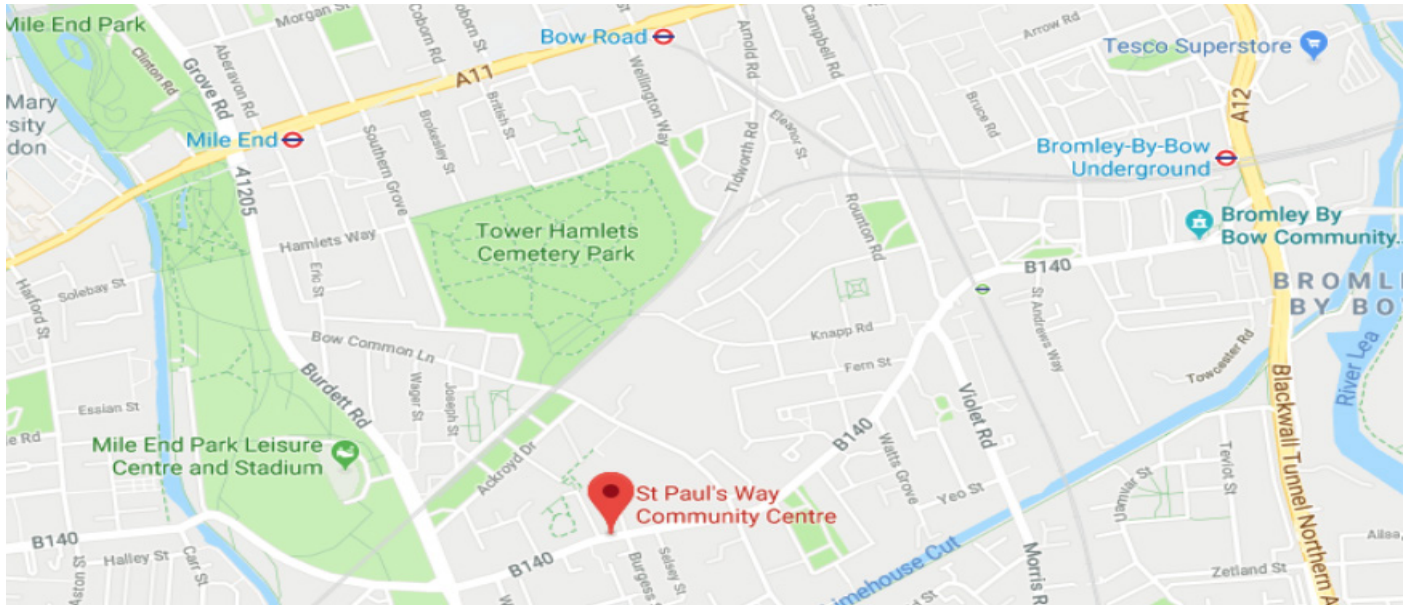
Session Outcomes

- To be able to notice signs of stress in other people and yourself
- To give immediate support to people who may be experiencing stress by using Psychological First Aid (PFA) principles
- To provide some basic skills to help you support people in distress
- To be able to obtain additional support for the person suffering stress and for yourself when needed

 Disability Access Available

 Microwave facilities available

Date	Time	Venue	Travel
Friday 8th November 2019	11:00am – 4:00pm	St Paul's Way Centre, Second Floor Meeting Room	Bow Road or Mile End Station
		83 St Paul's Way, E3 4AJ	25, 205



Understanding the Mental Health Act

This workshop will look at aspects of the Mental Health Act and related laws. These may be relevant to situations involving emergencies, hospital admissions and life in the community.

This course will explore the details of such laws and how they might affect people, and their carers, supporters and friends.

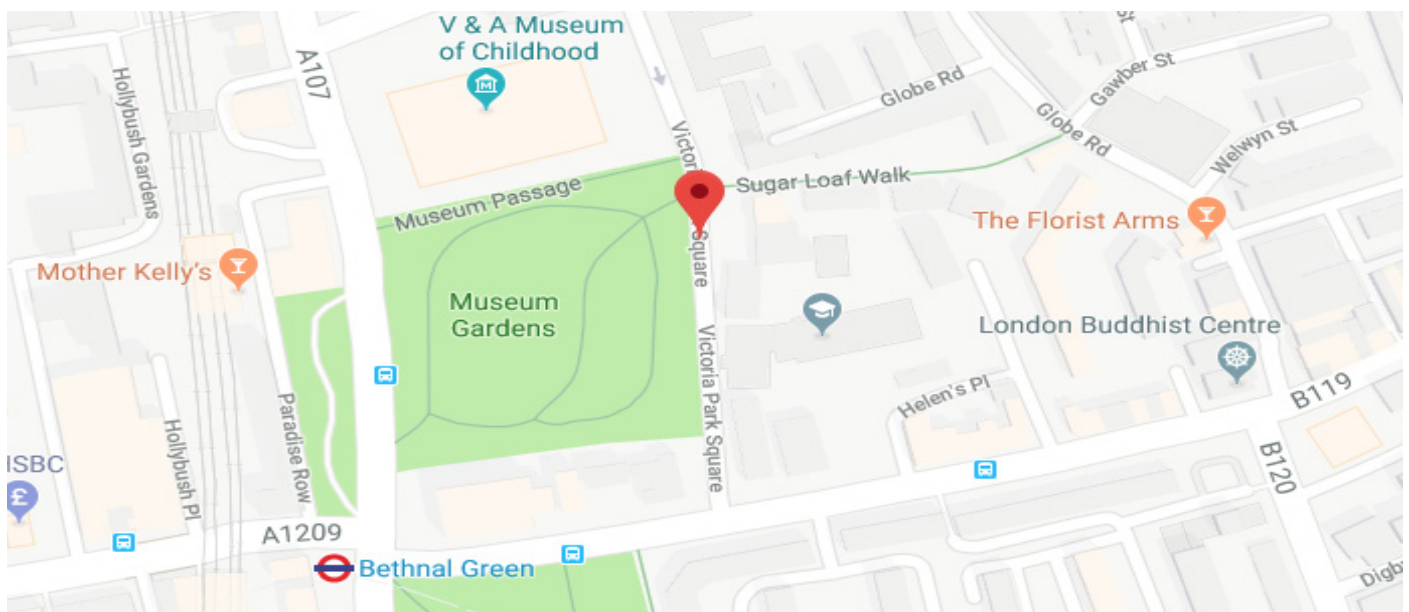
 Disability Access Available

 Microwave facilities available

Session Outcomes

- To understand the basics of the Mental Health Act 1983 and the different situations a person with mental health issues may find themselves
- To think about the direct impact this has on relatives particularly the nearest relative as defined in the Mental Health Act 1983
- To explore and share how detention under the Mental Health Act 1983 affects a person's relationship with carers, supporters, friends and the mental health team
- To become familiar with the different sections of the Mental Health Act 1983 and have a general understanding of what they mean
- To provide a range of resources

Date	Time	Venue	Travel
Friday 22nd November 2019	11:00am – 4:00pm	The Young Foundation, Michael Young Room 18 Victoria Park Square, E2 9PF	Bethnal Green Station 254, 106, D6, 8, D3



Introduction to using Social Media

Our fast-paced digital world has given birth to a new generation of a communication medium; Social Media.

Social Media has the potential to support recovery and connectivity to the wider world. However, as with all things there are aspects of social media that can be a barrier and understanding how to get the most out of social media platforms is important when using it.

Session Outcomes



- Explore different social media platforms and how to access them
- Explore practical ways to use social media in a way that supports your recovery
- Understand how to use social media safely to ensure your privacy
- Explore practical measures you can implement to control how social media interacts with your everyday life
- Signpost to local and online resources to help you get the most out of social media

Disability Access Available Microwave facilities available

Date	Time	Venue	Travel
Thursday 28th November 2019	2:00pm-4:30pm	Tower Hamlets Recovery College, Large Meeting Room 86 Old Montague Street, E1 5NN	Aldgate East or Whitechapel Station 25, 205, 254, D3



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, support networks, and possible alternatives to hospital admissions.

 Disability Access Available

 Microwave facilities available

Session Outcomes

- Explore what a crisis is
- Explore what stress is
- Explore how crises happens and what we can do about them
- Look at ways to reduce the risk of crisis happening for us in the future
- Look at local resources and effective ways to get the most out of them

Date	Time	Venue	Travel
Thursday 12th December 2019	1:30pm – 4:30pm	Tower Hamlets Recovery College, Large Meeting Room 86 Old Montague Street, E1 5NN	Aldgate East or Whitechapel Station 25, 205, 254, D3



Money Management (2 Day Course)

This two-part course will look at the role of money, in your life, exploring the values, attitudes and emotions we attach to it. It will provide practical skills and tools to help with everyday issues like saving, spending and budgeting.

The course also aims to de-mystify the world of credit and debt, so you can make informed decisions.

An interactive, enjoyable course that helps you re-examine the role of money, and make it more manageable.

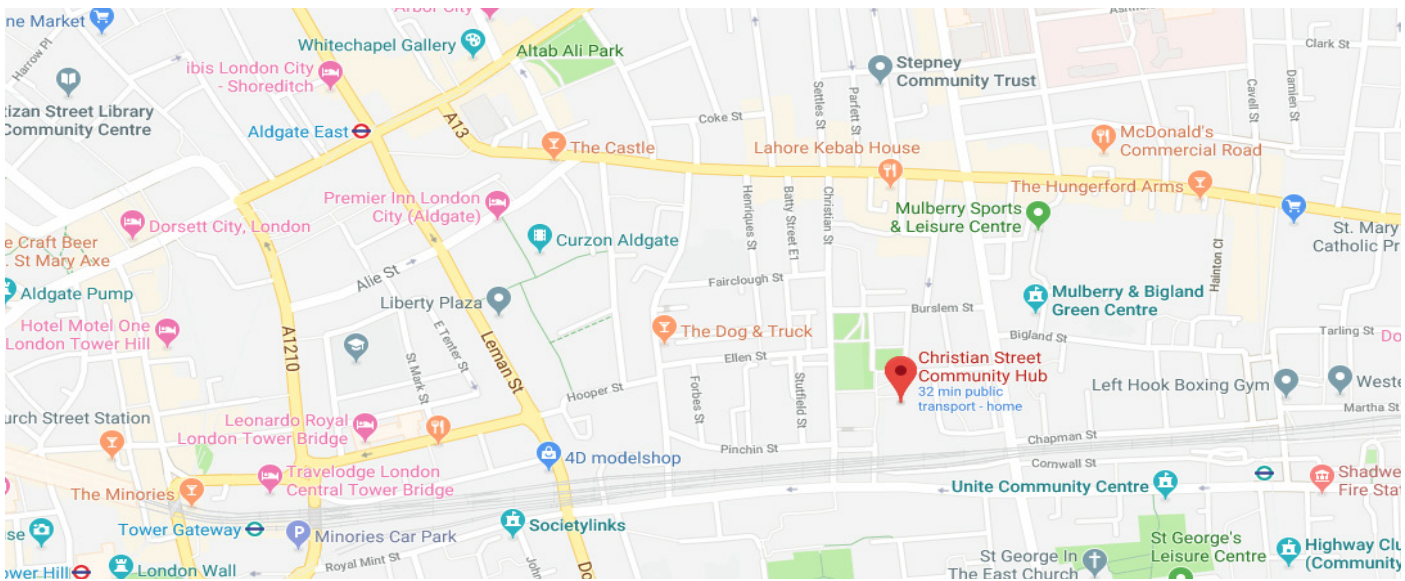
(2 Day Course – Students are expected to attend all dates)

- ### Session Outcomes
- Identify values and attitudes to money and where they come from
 - How to better manage your money
 - Links between mental health and money
 - Energy bills, providers and reducing costs

 Disability Access Available

 Microwave facilities available

Date	Time	Venue	Travel
Thursday 7th and 14th November 2019	1:00pm – 4:00pm	Christian Street Community Hub, Multipurpose Room 30 Challoner Walk, E1 1AZ	Aldgate Station or Shadwell DLR D3, 115, 135, 339



Getting into Volunteering

Volunteering can be a great way to get more active, give back to the community and services, have a say in how things are done, and move yourself forward towards your goals.

This workshop will look at how to get into volunteering including volunteering in ELFT and service user involvement, what you should expect, what will be expected of you, and how to make the most of the opportunities available.

 Disability Access Available

 Microwave facilities available

- ### Session Outcomes
- What is volunteering and what is involved?
 - Why volunteer?
 - What types of volunteering are there
 - Where to access volunteer opportunities
 - Volunteering, working and DWP benefits
 - Roles and responsibilities
 - Boundaries
 - Equality and Diversity
 - Confidentiality
 - Active listening

Date	Time	Venue	Travel
Thursday 31st October 2019	1:30pm – 4:30pm	Tower Hamlets Recovery College, Large Meeting Room 86 Old Montague Street, E1 5NN	Aldgate East or Whitechapel Station 25, 205, 254, D3



Train the Trainer (4 Day Course)

Are you interested in pursuing teaching and training?

Would you like to use your lived experiences of mental distress to teach others?

This four day workshop is an introduction to key teaching and training skills, covering a range of areas including presentation skills, lesson planning, co-production and learning styles. Also includes putting together a short “micro-teach” to try out your teaching skills and build your confidence and experience.

(4 Day Course – Students are expected to attend all dates)

 Disability Access Available  Microwave facilities available

Session Outcomes

- To develop your training skills and knowledge with a focus on course planning
- To develop your skills with a focus on classroom skills and delivery
- To look at concepts and history of recovery and recovery colleges
- To understand co-production
- To understand different learning styles
- To co-produce a course embedding hope, control and opportunity
- Think about what makes a good trainer
- Consider communication skills
- Use recovery focussed language
- Getting the presentation together
- Giving constructive feedback

Date	Time	Venue	Travel
Tuesday 22nd Oct 19	10:00am – 4:00pm	Tower Hamlets Recovery College, Large Meeting Room 86 Old Montague Street, E1 5NN	Aldgate East or Whitechapel Station
Wednesday 13th Nov 19			
Wednesday 27th Nov 19			25, 205, 254, D3
Wednesday 11th Dec 19			

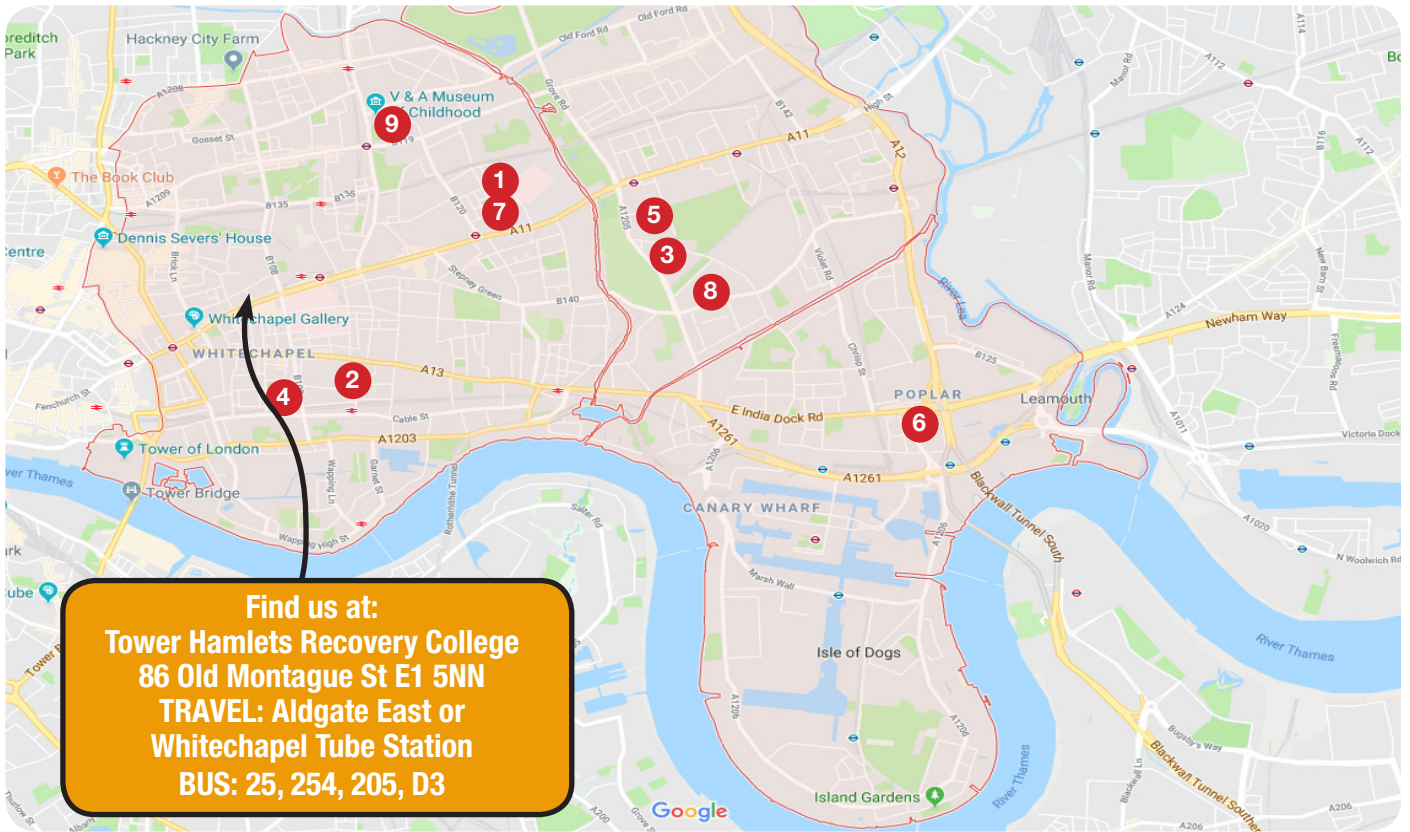


Monday	Tuesday	Wednesday	Thursday	Friday
21 st October	22 nd October Train the Trainer Recovery College, Large Meeting Room 10:00am-4:00pm	23 rd October	24 th October	25 th October Jinn, Black Magic & Evil Eye Bede Community Centre, Hall 10:00am-4:00pm
28 th October	29 th October Sexuality, Gender & Mental Health Christian Street Community Hub, Multipurpose Room 10:30am-3:00pm	30 th October Parenting and Recovery Southern Grove Community Centre, Hall 10:00am-2:30pm	31 st October Getting into Volunteering Recovery College, Large Meeting Room 1:30pm-4:30pm	1st November Suicide Awareness Positive East, Tom Halford Room 11:00am-3:30pm
4 th November	5 th November Understanding Personality Disorders Bede Community Centre, Hall 11:00am-3:00pm	6 th November Art for Recovery Mulberry and Bigland Green Centre, Hall 10:00am-4:00pm	7 th & 14 th November Money Management Christian Street Community Hub, Multipurpose Room 1:00pm-4:00pm	8 th November Psychological First Aid St Paul's Way Centre, Second Floor Meeting Room 11:00am-4:00pm
11 th November	12 th November	13 th November Train the Trainer Recovery College, Large Meeting Room 10:00am-4:00pm	(2 Day Course – Students are expected to attend both dates)	
18 th November	19 th November	20 th November Islam and Mental Health St Paul's Way Centre, Second Floor Meeting Room 10:00am-4:00pm	21 st November Gender, Masculinities and Mental Health Recovery College, Large Meeting Room 1:30pm-4:30pm	22 nd November Understanding the Mental Health Act The Young Foundation, Michael Young Room 11:00am-4:00pm










For more information or to enrol, please visit: <https://thrc.studioreception.net/>

Monday	Tuesday	Wednesday	Thursday	Friday
25 th November	26 th November Dealing with Drugs and Alcohol Use Mulberry and Bigland Green Centre, Hall 1:00pm-3:30pm	27 th November Train the Trainer Recovery College, Large Meeting Room 10:00am-4:00pm	28 th November Introduction to using Social Media Recovery College, Large Meeting Room 2:00pm-4:30pm	29 th November Understanding Psychosis The Young Foundation, Michael Young Room 1:30pm-4:30pm
2nd December	3 rd December Understanding Sleep Positive East, Tom Halford Room 10:00am-12:30pm	4 th December Dealing with Depression and Anxiety The Young Foundation, Michael Young Room 11:00am-3:00pm	5 th December	6 th & 13 th December Food and Mood The Reach Community Hub, Room 3 10:30am-4:00pm (2 Day Course – Students are expected to attend both dates)
9 th December	10 th December	11 th December Train the Trainer Recovery College, Large Meeting Room 10:00am-4:00pm	12 th December Dealing with a Crisis Recovery College, Large Meeting Room 1:30pm-4:30pm	
16 th December	17 th December & 18 th December Tree of Life Bede Community Centre, Hall 10:00am-4:00pm (2 Day Course – Students are expected to attend both dates)		19 th December	20 th December

For more information or to enrol, please visit: <https://thrc.studioreception.net>



Find us at:
Tower Hamlets Recovery College
86 Old Montague St E1 5NN
TRAVEL: Aldgate East or
Whitechapel Tube Station
BUS: 25, 254, 205, D3

<p>1. TOWER HAMLETS CENTRE FOR MENTAL HEALTH Bancroft Road E1 4DG</p> <p><i>Transport Information</i> TRAVEL: Mile End or Stepney Green Station BUS: 25, 205, 254, D3</p> 	<p>2. MULBERRY & BIGLAND GREEN CENTRE 15 Richard St (off Bigland st) E1 2JP</p> <p><i>Transport Information</i> TRAVEL: Shadwell DLR & Overground & Whitechapel Station BUS: 15, 135, 115</p> 	<p>3. BEDE COMMUNITY CENTRE 9 Bede Square, Joseph Street London E3 4GY</p> <p><i>Transport Information</i> TRAVEL: Mile End Station or Limehouse DLR BUS: 25, 205, 15, 115, 135</p> 	<p>4. CHRISTIAN STREET COMMUNITY HUB 30 Challoner Walk E1 1AZ</p> <p><i>Transport Information</i> TRAVEL: Aldgate Station or Shadwell DLR BUS: D3, 115, 135, 3395</p> 
<p>5. SOUTHERN GROVE COMMUNITY CENTRE Southern Grove Road E3 4FX</p> <p><i>Transport Information</i> TRAVEL: Bow Road or Mile End Station BUS: 25, 205</p> 	<p>6. THE REACH COMMUNITY HUB 11 Oliphant St E14 0GB</p> <p><i>Transport Information</i> TRAVEL: All Saints DLR Station BUS: 15, 115, 135, 108, D6</p> 	<p>7. POSITIVE EAST 159 Mile End Rd E1 4AQ</p> <p><i>Transport Information</i> TRAVEL: Stepney Green Station BUS: 25, 205, 339</p> 	<p>8. ST PAUL'S WAY CENTRE 83 St Paul's Way E3 4AJ</p> <p><i>Transport Information</i> TRAVEL: Mile End Station and Devons Rd DLR station BUS: 25, 205, D7, D6, 277, 309</p> 
<p>9. THE YOUNG FOUNDATION 18 Victoria Park Square London E2 9PF</p> <p><i>Transport Information</i> TRAVEL: Bethnal Green Station BUS: 254, 106, D6, 8, D3</p> 			

The Tower Hamlets Mental Health and Recovery Service has 4 distinct areas including:

Tower Hamlets Recovery and Wellbeing Service:

Connecting Communities

- Connecting Communities
- Offers navigation, groups & activities, Advice and Information
- Delivered by Mind in Tower Hamlets and Newham
- www.mithn.org.uk
- 020 7510 1081

Tower Hamlets Recovery and Wellbeing Employment Hub:

- Supports clients to find employment through volunteering, training, pre-employment support and peer coaching, as well as business planning and in work retention support
- Delivered by Working Well Trust
- www.workingwelltrust.org
- 020 7729 7557

Tower Hamlets mental health service

Tower Hamlets Recovery College:

- Delivers free courses on physical and mental health wellbeing and recovery for anyone who lives, works or studies in Tower Hamlets
- Delivered by East London Foundation Trust
- thrc.studioreception.net
- 020 7426 2332

Tower Hamlets Mental Health Floating Support Service:

- Provides 1:1 support in the community, provide practical and emotional support, support to attend appointments, meeting and activities.
- Delivered by Hestia
- Info.THMHS@hestia.org.cjsm.net
- 078 0579 9924

East London 
NHS Foundation Trust

Autumn Term 2019

We care

We respect

We are inclusive



Designed and printed at Access, which is part of the Working Well Trust a mental health charity based in Tower Hamlets supporting people who have experienced mental illness back into training and employment.

Go to www.workingwelltrust.org or www.access-print.co.uk to find out more about their work.
Telephone: 020 7613 0045 Email: accessprint@wwtrust.co.uk Follow us on Twitter.