Welcome

A warm welcome to students both old and new here at the Recovery College at Redcliffe Gardens!

I am delighted to say we are back for another term. There are lots of workshops and activities to energise you, get you connected with others and to get you out into the world.

This is a community resource, a place for learning, healing and sharing ideas. It is all about health and wellbeing.

Our Recovery College ethos

The Recovery College is an innovative, inclusive place to learn. At its heart is the belief that learning can be a life-changing experience and make a real difference to people’s recovery and wellbeing. Our approach is based on student participation and active involvement: the courses we offer are designed and delivered by St Mungo’s clients, staff and volunteers who want to share their skills. All the courses are free and open to everyone who wants to learn: come and join us!

Who can attend?

Are you someone interested in learning and meeting new people? Then the Recovery College is for you. No referral necessary. Bring a friend, family member or support worker with you if you want to.

Do you want to know more?

If you have a question or want to know more, please contact Eileen, tel: 07710 087 782 or email: eileen.egerton@mungos.org, or just drop by and say hello!

When can you join us?

Anytime during opening hours, Monday – Thursday.

Thank you

A big thank you to all the volunteers, staff and collaborators for the time, skill and care which go into this project – and a big THANK YOU to all the students, without you there would be no community. You have made it what it is.
# Timetable 16 September – 5 December 2019

See the prospectus at [www.mungos.org/recoverycollege](http://www.mungos.org/recoverycollege)  Tel: 07710 087 782  Email: eileen.egerton@mungos.org

## Health, wellbeing and personal development

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>HISTORY WALKING GROUP</td>
<td>IT DROP IN</td>
<td>ART CLASS &amp; BATIK</td>
<td>COOKING ON A BUDGET</td>
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| 11am – 2pm with Michelle  
16 September – 2 December  
This is more than a walking group – it is also about research, local history, stories, community and developing a voice. Come be part of the tour! | 11am – 1pm with James  
ONGOING | 10:30am – 1pm with Lee  
ONGOING | 11am – 2pm with Eileen & Louise |
| ESOL/ENGLISH & MATHS | ACUPUNCTURE | | |
| Step Up One with Chris  
11am – 1pm  
ONGOING | 11am – 1:30pm with Sharon  
ONGOING | |
| HWG – research time | SOUP AND A STORY | LUNCH CLUB | LUNCH CLUB |
| 2pm – 3pm  
16 September – 2 December  
Research, write and planning time for walks on the computer | 12 – 2pm  
ONGOING | Free sandwiches or bring your own  
1 – 2pm  
ONGOING | (Cooking class plus bring & share)  
1 – 2pm |
| FILM CLUB | MINDFULNESS & BODY AWARENESS | GET INVOLVED WEDNESDAYS | LIFE COACHING |
| First Monday of the month only  
Join us for a trip to the cinema followed by discussion. 1pm onwards | 2:30 – 3:30pm with Joe  
17 September – 3 December | Games, gardening, chat & more  
2 – 5pm  
ONGOING | One to one appointments with a qualified Life Coach  
Clarify your goals and get support with taking action  
Please ask for a referral form to book (minimum 6 sessions) |
| MUSIC GROUP | TAI CHI | | |
| 3pm – 5pm with Adam  
Open session for all abilities  
Jamming, percussion, voice & instruments – bring a song or poem | 3:30 – 4:30pm with Joe  
17 September – 3 December | |
| INTRO TO ENERGY SAVING | HEALTH & WELLBEING | | |
| VARIOUS DATES! Please ask  
HEALTH & WELLBEING | We hold Health Days which includes TB screening & testing for Hep C  
Groundswell will also be delivering health sessions & we have new volunteers offering alternative therapies – details to follow! | |
| One off WORKSHOPS and other services & events | | | |