For more information
If you would like to see a copy of our timetable, talk to the team about specific activities and how to access them, or if you have any other enquiries, please get in touch.

0203 239 5918 (Mon-Fri, 10am to 5pm)
recoverycollege@mungos.org
www.mungos.org/our-services/recovery-college/

Your feedback
The Recovery College programme is constantly developing – if you have any comments or suggestions we would love to hear from you.

Please also let us know if you would like to be involved in developing or running any of the courses.

St Mungo’s
Recovery College
Remote classes and activities for all locations
Spring/Summer 2020

Artwork by Thellouma
Thermisticleou – Recovery College Student
St Mungo’s Recovery College

Remote courses and activities during COVID-19

About the Recovery College

St Mungo’s Recovery College provides an inclusive learning, training and employment service.

We believe that learning can be a life-changing experience and make a real difference to people’s recovery and wellbeing.

During COVID-19

Following government guidance on social distancing, the Recovery College has suspended face-to-face activities until further notice.

To ensure all St Mungo’s clients have as much support as possible during this time, we are offering a range of remote classes and activities for clients to join either online or over the phone.

What is on offer

We have a range of opportunities available, covering the following topics:

- Health, Wellbeing, and Personal Development
- Arts, Music and Creativity
- Digital Skills and IT
- English and Maths
- Progression Coaching and Employment Support

We have three different ways for you to access these activities:

- **One-to-one sessions:** Personalised support with a coach or tutor booked in advance (accessed online or over the phone)
- **Timetable of scheduled group classes:** Sessions at set times led by a tutor and with other students (accessed online or over the phone).
- **Remote activities and resources:** Activities you can do at your own pace (accessed online or by email).

What you will need

Recovery College activities are free to access and available to St Mungo’s clients in any location. We have tried to make our activities as accessible as possible so everyone can join.

**If you have internet access** – you can join group activities using a smartphone, laptop or tablet. Before each session, we will send you a Google Hangouts link and instructions to join. We can also help you set up an email account!

**If you don't have internet access** – you can join group activities using a mobile phone or landline. Before each session, we will send you a UK number to call and instructions on how to dial in.

Our message to you

To our many new and existing clients, we want to say: We will continue to be here for you throughout this difficult period. We are here to support, uplift and inspire each other, embodying the Recovery College ethos through everything we do.

The Recovery College activities are ready and waiting for you to join anytime. We can’t wait to have you with us!

**Ready to get started?**
We have phone-based support available to help you.

Call us on **0203 239 5918** (Mon-Fri, 10am-5pm)
Online Resources for Wellbeing

An email sharing online resources and activities to support your overall wellbeing.

The list of resources will cover physical exercise you can do where you live, and meditation, nutrition, and general health and wellbeing advice.

**When:** Upon your request  
**What:** Email  
**How to join:** Internet access and an email address required

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Meditation

Would you like to learn how to relax, release stress, and find balance and clarity of mind?

Meditation simply means “familiarisation”, it trains your mind and teaches us how to be mindful in the present, and how to connect with positive emotions and mental states.

Join Radek in our weekly meditation for mindfulness sessions every Monday!

**When:** Monday, 3:30-4:30pm  
**What:** Group session  
**How to join:** Online or by phone

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Wellbeing Sessions

Our popular “**Happiness and Wellbeing Project**” is now going online and open for all to attend!

Join Vera, Rob, and Radka every Thursday to start exploring pathways to wellbeing and discuss ways to make positive changes in your life.

**When:** Thursday, 5:30-6:30pm  
**What:** Group session  
**How to join:** Online or by phone

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Outside In Peer-Led Discussion Group

Outside In are holding an online peer-led discussion and support group every Tuesday!

Open to all. We would love to see you there!

**When:** Tuesday, 1:00-2:30pm  
**What:** Group session  
**How to join:** Online or by phone

For more information email: outsidein@mungos.org  
Or call Amy Rosa on 07739 934799
Online Resources for Art and Creativity

A weekly Friday email sharing online resources and platforms for anyone interested in art.

The list of resources will include artistic and creative ideas you can explore where you live. We will also share links to renowned theatre and dance shows you can watch online, and virtual tours of art galleries and museums around the world.

**When:** Upon your request  
**What:** Email  
**How to join:** Internet access and an email address required

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Introduction to Songwriting

Songwriting group is open to everyone!

The tutor will guide you through all stages in the songwriting process, from lyrics composition to creating musical accompaniment, to recording singing/rapping on your phone.

**When:** Upon your request  
**What:** One-to-one session  
**How to join:** Online or by phone

---

Guitar Sessions

For students with their own guitars!

These one-to-one sessions for beginners will guide you through all the steps and basics to play your own guitar!

**When:** Upon your request  
**What:** One-to-one session  
**How to join:** Online (and a guitar required!)

---

Online Resources for Music

An email sharing online resources and platforms for anyone interested in music.

**When:** Upon your request  
**What:** Email  
**How to join:** Internet access and an email address required

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Endell Street Music Projects

**Calling all Endell Street clients with ongoing music projects!** Would you like to continue with your existing music projects?

We are here to help you continue working on your Songs and Tracks Development, and Mixing and Production Development projects.

To get started contact Matt on Matt.Catlow@mungos.org  
Or call 07763 869 467
Arts, Music and Creativity

Music Production for Beginners
For all tech-advanced clients with a passion for music production!
You will be provided with step by step instructions to download and install free music production software (free for 90 days) along with a set of links to YouTube tutorials for complete beginners.

When: Upon your request
What: Self-directed study
How to join: Internet access, an email account and a laptop required

Intermediate/Advanced Music and Mixing Consultancy
For clients who have experience and working knowledge of any music production software (DAW) on the market.
You can send tracks you are currently working on to the tutor for mentoring and feedback. The tutor will provide one to one support to help you improve the production value of each track.

When: Upon your request
What: One-to-one session
How to join: Internet access and a laptop required

English and Maths

Online Resources for Self-Directed Study
A personalised email sharing online resources for English, Maths and ESOL (English for Speakers of Other Languages) support.
We will provide you with informal resources from websites such as BBC Skillswise and eBooks. These will feature a range of interactive resources, including games, worksheets, and videos.

When: Upon your request
What: Email for self-directed study
How to join: Internet access and an email address required

Weekly Assignment with a Tutor
Email support with a tutor providing one-to-one guidance for you to work at your own pace.
You can receive support with Maths, English or ESOL (English for Speakers of Other Languages) and will be personalised to cover any area you would like help with, for example sentence structure or budgeting. Activities will include resources and written discussion points to support your learning.

When: Upon your request
What: Email for self-directed study
How to join: Internet access and an email address required
English and Maths

Book Club

A relaxed place to read and discuss books, or to listen to podcasts.

Join our weekly Book club with Natalie! We will generally use Quick Reads, a series of short books by bestselling authors and celebrities. With no more than 128 pages, Quick Reads are designed to encourage adults who do not read often, or find reading difficult, to discover the joy of books.

Each week we will read a chapter of our chosen book and then join the group ready to have a chat and explore what we’ve read together.

When: Monday, 2pm-4pm
What: Group session
How to join: Online or by phone

Creative Writing

Emma’s Writing Group is going online!

During this time of isolation we need each other more than ever, so let’s continue to come together and support our writing and creative expression. This is a safe space for us to communicate, share, and inspire!

Emma’s session is open to all and she looks forward to seeing you!

When: Every Tuesday and Friday, 11am-1pm
What: Group session
How to join: Online or by phone

Homework Club

A group class supporting students with English, Maths, and ESOL (English for Speakers of Other Languages).

You will be provided with a range of materials and resources to support your learning in topics and areas identified by the group. Activities will include games, word puzzles, grammar and comprehension exercises, problem solving and basic maths.

When: Wednesday, Thursday and Friday, see timetable for details
What: Group session
How to join: Online or by phone

Fun with Maths

A group session providing fun maths support, including basic calculations, money, measurements and many more topics! Activities will include games, worksheets, and discussions.

When: Monday, 11am-1pm
What: Group session
How to join: Online or by phone
Digital Skills and IT

Online Resources for Digital Skills

A personalised email sharing online resources for self-directed study!

We have six main areas of free online resources to help you improve your digital skills:

- Fundamental and Intermediate Digital Development
- Graphic and Online art programmes
- Create your own Website
- Blogging
- Digital Marketing and Entrepreneurship
- Documentaries, Debates and Webinars

When: Upon your request
What: Email for self-directed study
How to join: Internet access and email required

Digital Art with Thibault

SketchUp (23 and 30 May)
No downloading required for this one! SketchUp is one of the simplest ways to create 3D modelling on the web! And it’s free!

Photoshop (7 and 14 May)
Edit and touch up your pictures with this free version of Photoshop! We will help you download your free version of adobe Photoshop before the session.

When: Thursday, 3-4pm
What: Group Session
How to join: Internet access and a laptop or tablet required

Debate and Discussion Group

Looking for some stimulating documentary and debates? Join Joe and James for debate group starting from May 4th!

Before each session we will send you a link to the free video to watch before we discuss it!

When: Tuesday, 3-4pm
What: Group session
How to join: Online or by phone

1-on-1 Digital Support Tutorials

Starting from scratch or wanting to refresh your IT skills?

From setting up a Skype, Zoom or email account, connecting with family and friends on social media, or using Microsoft Office - our Digital mentors can support you throughout the week with developing fundamental and intermediate digital skills!

When: Upon your request
What: One-to-one sessions
How to join: Internet access and a smart phone, laptop, or tablet required

To get started contact James: James.Carroll@mungos.org
Or call 07568 429 191

Digital Support Tutorials
Starting from scratch or wanting to refresh your IT skills?

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How to join: Internet access and a smart phone, laptop, or tablet required

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Or call 07568 429 191
Digital Skills and IT

Create a YouTube Channel

Having fun creating videos and content online during the lockdown?

Discover how to create and manage your very own YouTube Channel with Hannah! As a channel owner, you can add videos, links and information about yourself or your channel for visitors to explore.

If you are new to YouTube then Hannah’s step-by-step class will show you how to set up your YouTube channel and upload your first YouTube video!

When: Friday, 3-4pm
What: Group Session
How to join: Internet access and email required

Robotics and Artificial Intelligence Self-Directed Study

A personalised email sharing online resources for self-directed study!

The UiPath Academy is an e-learning platform where Robotic Process Automation enthusiasts of any level can learn through e-courses, videos, and libraries filled with tons of useful information about Robotic Process Automation and UiPath.

When: Upon your request
What: Email for self-directed study
How to join: Internet access and an email account required

Progression Coaching and Employment Support

1-on-1 Progression Coaching and Employment Support Sessions

Progression Coaches provide high quality, personalised coaching to help you meet your personal learning, training and employment goals.

Our coaches can talk you through Recovery College classes and opportunities, and help connect you with remote learning activities.

Progression coaches can also provide support and signposting to help you access external learning and training opportunities, and help you find and thrive in employment. This can include support with applying for jobs, CV writing and interview practice.

If you are using this time to think about your future, a telephone appointment with a progression coach could help you plan your next steps!

Coaching sessions are open to all St Mungo’s Clients in all locations and services!

When: Upon your request
What: One-to-one session
How to join: Online or by phone

To book a session email recoverycollegelondon@mungos.org
Or call 0203 239 5918
Recovery College – Remote Sessions Timetable

We have phone-based support available to help you get started either online or via your phone!

Support Line: 0203 239 5918   Email: recoverycollege@mungos.org

<table>
<thead>
<tr>
<th>Health, Wellbeing and Personal Development</th>
<th>Art, Music and Creativity</th>
<th>Digital Skills and IT</th>
<th>English and Maths</th>
<th>Move On, Client Support and Practical Skills</th>
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<tbody>
<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
<td>FRIDAY</td>
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<td><strong>MORNING SESSIONS</strong></td>
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Ready to get started? We have phone-based support available to help you. Call us on **0203 239 5918** (Mon-Fri, 10am-5pm)