

## 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](mailto:recoverycollege@mungos.org)

 [www.mungos.org/our-services/recovery-college/](http://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*

*For more information contact:*

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Ending homelessness  
Rebuilding lives

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# St Mungo's Recovery College

## Remote courses and activities during COVID-19

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### 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:

- Arts, Music and Creativity
- Digital Skills and IT
- Health, Wellbeing, and Personal Development
- 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.

**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)

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