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.

📞 0330 122 1354 (Mon-Fri, 10am to 5pm)
✉️ recoverycollege@mungos.org
🌐 www.mungos.org/our-services/recovery-college/

Your feedback

The Digital Recovery College programme is constantly developing!

If you have any comments or suggestions we would love to hear from you.

Cover artwork by a Digital Recovery College student, Spring Term 2021

St Mungo’s Digital Recovery College

Online classes and activities for all locations

Summer Term: 4 May-9 July 2021

For more information contact:
St Mungo’s, Fifth Floor, 3 Thomas More Square, London E1W 1YW
Tel: 020 3856 6000
Fax: 020 3856 6001
www.mungos.org

Registered Charity No 1149085 • Company No 8225808
(England and Wales) • Housing Association No. LH0279
St Mungo’s Digital 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.

Since March 2020, the Recovery College has been delivering a wide range of online classes and activities to students across the country. The move online has meant more students than ever before have been able to access our classes.

Digital Recovery College classes and activities are available to all St Mungo’s clients and can be joined 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
- English and Maths
- Health, Wellbeing, and Personal Development
- Progression Coaching

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

- **Timetable of scheduled group classes:** Sessions at set times led by a tutor and with other students (accessed online or over the phone).
- **One-to-one sessions:** Personalised support with a coach or tutor booked in advance (accessed online or over the phone).

What you will need

Digital 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 many of the 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.

Getting started

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

If you would like to talk through what we have on offer or would like to enrol, please email us on recoverycollege@mungos.org or Call us on 0330 122 1354 (Mon-Fri, 10am-5pm)
Mindfulness and Meditation

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

During the sessions we are led by the tutors to try different meditation practices as a group, and then we discuss their impact together.

**When:** Monday, 5:30-6:30 pm  
**Facilitator:** Radek Skrzypczak, Sinem Askay

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The Happiness and Wellbeing Project

Start exploring pathways to wellbeing and discuss ways to make positive changes in your life with our popular Happiness and Wellbeing Project.

Over the course of the term we will have four learning sessions (where we look at different areas of wellbeing) and four reflective sessions. During the reflective sessions we work in small groups to support each other to put our learnings into practice.

Each week of learning will be followed by a reflection week so there is lots of time to absorb and implement your learning and discussions!

**When:** Thursday, 4-5 pm  
**Facilitator:** Vera Hegarty and MA Positive Psychology Students from University of East London

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Women’s Group

These informal sessions give a chance for women to come together in their own space.

There will be an opportunity to socialise and take time to think about our wellbeing, but also to complete some structured craft activities together.

This is an inclusive space that aims to enable us to empower ourselves.

**When:** Tuesday, 5:30-6:30 pm  
**Facilitator:** Radka Bartuskova

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Life Coaching

*Please note: This is a closed group for students who have completed The Happiness and Wellbeing Project.*

These sessions offer solutions-based life coaching that explores how to take steps forward and help us achieve our dreams and goals.

There will be some time to discuss our experiences, and the focus will be on ways of moving forward to feel aligned and find the path that is right for you.

**When:** Tuesday, 5:30-6:30pm  
**Facilitator:** Radka Bartuskova

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“*When I started this course I realised the good in me and that I am working hard to make a future for myself.*”

_Life Coaching Student, Digital Recovery College_
Arts, Music and Creativity

Art Group
In these relaxed sessions we experiment with different art projects using materials that will be sent at the beginning of term, or that we already have.

Each session uses a theme as a jumping off point for experimentation, play, and exploring our creativity. No skill or experience is needed, just a willingness to have a go!

When: Wednesday, 4-5:30pm
Facilitator: Amy Powell, Brian McClure

Songwriting and Music Production
Our music tutor will guide us through the process of writing song lyrics, melodies, and chords then build a finished song in the session.

Learn how to use the free music software Bandlab, collaborate on music projects with others in the group and share our finished work to Soundcloud.

When: Thursday, 2-3:30pm
Facilitator: Matt Catlow, Michael Billington, Carla Hockl, Josh Flowers

Friday Film Group
Learn how to make a short film and/or documentary using your smartphone camera. We will explore how to turn ideas into a storyboard, how to use different camera shots to create film sequences, and how music can support or totally transform the mood of the film.

As well as individual projects, we will also work on collaborative films which we will develop together during the weekly sessions.

Our finished films can be shared on the film group’s new YouTube playlist.

When: Friday, 4-5pm
Facilitator: Matt Catlow, Laurence Dollander

Artwork by Nat H, Art Student, Digital Recovery College

Photography
In these sessions we will learn how to take professional looking pictures using a smartphone.

Participants will explore photography on a variety of themes (e.g. Portraits, food, nature, sport) and discover free apps that can be used to manipulate images. We will also share our finished work on Instagram.

When: Tuesday, 12:15-1:15pm
Facilitator: Renata Boruch
Active Citizenship – Debate and Discussion
Starting 14th May! In these sessions we will explore and discuss topics chosen by the group to discover what being an active citizen means to us.

**When:** Friday (Fortnightly), 12:15-1:15pm  
**Facilitator:** Atos

Be More Digitally Confident
Offering a step up from *Foundations of Digital Confidence*, in this course we will: learn how to use the free alternative to Microsoft Office, familiarise ourselves with Google’s other features, and enhance our virtual presentation skills.

**When:** Monday, 12:15-1:15pm  
**Facilitator:** Atos

**Wonderful World of Tech**
This new course gives us an insight into what’s happening in the digital technology world!

Each week we’ll be exploring the innovative world of tech. We will take a look at different mobile apps that can improve parts of our everyday lives, the latest gadgets and advancements in the tech industry, as well as simple ways to stay safe online.

**When:** Thursday, 12:15-1:15pm  
**Facilitator:** Rachel Maule

**Build Your Own Website**
7th May- 4th June! Learn how to build your own website for free using WordPress, no programme experience needed.

**When:** Friday, 11am-12:45pm  
**Facilitator:** Debbie Cheung, Monica Wilson & James Carroll

**Introduction to Publication Design (PD)**
Starting 11th June! Learn the professional process of creating your own e-magazine.

In this course you will learn the importance of PD as a digital work skill and analyse existing designs.

You will learn a range of stylistic decision making skills such as colour coordination, setting out a visual composition, cohesive aesthetic selection, preparing text, images and typography.

**When:** Friday, 11am-12:45pm  
**Facilitator:** Debbie Cheung, Monica Wilson & James Carroll

**Power up Your Digital Employability Skills!**
We have teamed up with Three Discovery to offer new modules and topics, with learning divided into bite-size chunks!

- Stop Motion Animation – 5th May
- Cartoon Making – 12th May
- Digital Security – 19th May
- Maximise Phone Storage – 26th May
- Social Media for Business – 2nd June
- TikTok for Business – 9th June
- Video Editing – 16th June
- Create a Website on Your Phone – 23rd June
- Start a Blog – 30th June
- Podcast – 7th July

**When:** Wednesday, 2-3:30pm  
**Facilitator:** Three Discovery

**Video Tutorials for Self-Study**
We have video tutorials made for you by our partner Field Fisher in areas such as MS Office, Data-basing, Programming and Windows. Please contact digitalinclusion@mungsos.org to request the full list.
English and Maths

Book Club
These informal sessions are open to all, from the avid readers to those who haven’t picked up a book in years!

Each week we will read together a small passage of our chosen book and then discuss what it made us think, how it made us feel, and much more. Our aim is to discover together the joys of reading and to learn how reading for fun can positively impact wellbeing.

When: Tuesday, 2-3:30pm
Facilitator: Anne Queree

Express Yourself! Short Story Writing
Whether you’re a budding author or have never picked up a pen before, this course is a chance to be creative and have fun through writing.

Each week we use writing exercises focused on creating short stories to develop writing and communication skills, and to stretch our creative muscles.

When: Thursday, 11am-12pm
Facilitator: Quentin Beroud

Creative Writing
Our popular Creative Writing course offers a space to come together and support our writing and creative expression.

We use writing exercises to explore this and share our own unique perspectives; this is a safe space for us to communicate, share, and inspire!

When: Tuesday, 11am-1:15pm
Facilitator: Emma Lane

Everyday Numbers
This course explores how a better understanding of numbers can help us in everyday life.

We will familiarise ourselves with basic calculations and look at topics such as shopping and budgeting to build up our confidence with numbers, improving wellbeing in our day-to-day lives.

When: Monday, 11am-12pm
Facilitator: Jon Batten

“*It’s been a rich, enlightening experience.*”
Book Club Student, Digital Recovery College Spring Term 2021

Art Student, Digital Recovery College Spring Term 2021

Art Student, Digital Recovery College Spring Term 2021
English and Maths

ESOL

Please note: all ESOL spaces have now been filled for the Summer Term.

For those seeking to learn English as a second language, we offer sessions working in small groups with a tutor for levels Pre-Entry through to Entry Level 3.

In the sessions, participants will work with their tutor to master the foundations of English speaking, listening, reading, and writing. We aim to build up confidence with the English language for everyday life.

When: Monday and Friday, varying times
Facilitators: Graham Marshall, Samantha McManus, Stephen Adamson, David Hann

Feedback Forum

This monthly event is a key opportunity for Digital Recovery College students to have their say in the running of the college.

There will also be the chance to meet other students from across the college and hear relevant updates.

When: 26th May & 30th June, 12:15-1:15pm
Facilitator: Matt Catlow

Mental Health Awareness Week

We will be hosting an afternoon of activities to raise awareness of mental health, including a talk and Q&A, and a session of inspirational beats, songs and messages. The theme this year is ‘nature’.

When: 14th May, 12-4pm
Facilitator: Monica Wilson

Pride

To celebrate Pride, our very own DJ Diva Neko will be playing some brilliant tunes to a backdrop of LGBTQ+ history. The Art Group will be using the work of celebrated LGBTQ+ artists to inspire them.

When: 9th June, 2-5:30pm
Facilitator: Emily Catlow

Recovery College Learners Week

Three events that explore how we can thrive as adult learners!

➔ 14th June: Get to know the Digital Recovery College and find out what’s on
➔ 16th June: Learn tips and tricks for effective online studying
➔ 18th June: Beyond the Recovery College – exciting higher education opportunities!

When: 14-18th June, 12:30-2pm
Facilitator: James Carroll

Improve your English through Student led topics

This course offers a more holistic approach to developing literacy skills, allowing students to choose what is studied.

Previous topics have included climate change, botany, history, poetry, and cooking.

In the sessions we will investigate, discuss, and write about the topics that matter to us whilst improving literacy and communication skills.

When: Wednesday, 12:15-1:15pm
Facilitator: Lisa Magloff

Events and Diversity Activities
Progression Coaching and Employment Support

1-on-1 Progression Coaching Sessions

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

Are you new to the Recovery College? Or an existing student wanting to know more about our support? Our coaches can talk you through Recovery College classes and opportunities available. They can connect you with remote learning activities and help you make the most out of your time with us!

Thinking about future employment options? Our coaches can help with this too! If you want support with applying for jobs, opening a LinkedIn page, or CV writing advice we can support.

If you are thinking 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.

To book a session email progressioncoaching@mungos.org

Or call us on 0330 122 1354

What our students say

“The college has been one of the greatest gifts of my recovery. It’s given me access to education and the opportunity to try new things. It wasn’t something I was going to let slip when Rushworth Street closed and everything moved to online learning.”

Digital Recovery College Student

“The common thread that unites everyone at the Recovery College is the desire to better ourselves. It’s been – and is – brilliant. The best is yet to come.”

David, Digital Recovery College Student

“There’s something for everyone at the College. Art, music, reading, writing, meditation, discussion and developing IT skills. You’ll find something to stimulate, excite and entertain.”

Gennoria, Digital Recovery College Student

“If fear is stopping you signing in, don’t let it win!”

Digital Recovery College Student
## Digital Recovery College College Timetable: Summer Term 2021

### 4 May – 9 July 2021

<table>
<thead>
<tr>
<th>Health, Wellbeing, and Personal Development</th>
<th>Digital Inclusion</th>
<th>English and Maths</th>
<th>Arts, Music, and Creativity</th>
<th>Other Support and Events</th>
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<td>Monday</td>
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<td>Women’s Group</td>
<td>Volunteer Get Together</td>
<td>Art Group</td>
<td>Happiness and Wellbeing</td>
<td>Film Group</td>
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<td>27th May, 8th June, 13th July</td>
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