Digital Recovery College
Summer Term 2022 (9 May - 15 July)

Cover art by Deon, Digital Recovery College Student
# Table of contents

## Overview

<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>About the Recovery College</td>
<td>Page 2</td>
</tr>
<tr>
<td>How to access our activities</td>
<td>Page 3</td>
</tr>
</tbody>
</table>

## Spring Term 2022 - Online courses

<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Digital skills and IT</td>
<td>Pages 4 - 6</td>
</tr>
<tr>
<td>English, maths and ESOL</td>
<td>Pages 7 - 9</td>
</tr>
<tr>
<td>Health, wellbeing and personal development</td>
<td>Pages 10 - 12</td>
</tr>
<tr>
<td>Music, arts and creativity</td>
<td>Pages 13 - 14</td>
</tr>
</tbody>
</table>

## Other activities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday morning meet-up</td>
<td>Page 16</td>
</tr>
<tr>
<td>Homeless Diamonds magazine</td>
<td>Page 16</td>
</tr>
<tr>
<td>Face to face: Get Connected days</td>
<td>Page 16</td>
</tr>
<tr>
<td>Face to face: Construction training</td>
<td>Page 17</td>
</tr>
<tr>
<td>Face to face: Gardening training</td>
<td>Page 18</td>
</tr>
</tbody>
</table>
About us

St Mungo’s Digital Recovery College provides an inclusive learning service.

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

The Digital Recovery College delivers a wide range of online classes and activities to students across the UK. We have offered an online programme since 2020, which has enabled even more students to join our sessions.

Digital Recovery College activities are available to all St Mungo’s clients and can be joined online or over the phone.

For more information:
Email recoverycollege@mungos.org or call us on 0330 122 1354 (Monday - Friday, 10am-4pm)

What we offer

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

- Digital skills and IT
- English, maths and ESOL
- Health, wellbeing and personal development
- Music, arts and creativity

Each term we release a timetable which shows the current schedule of group classes available, when they are happening and who is delivering them. Group classes will run at set times, led by experienced facilitators and with other students.

For clients without a dedicated St Mungo’s keyworker, we will connect you with our Progression Coach who will support you to enrol and talk through your learning goals.
Accessing our activities

Recovery College activities are free to access. Online activities are available to St Mungo’s clients in any location. We have tried to make these sessions 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.

Face to face activities – These will take place in Bristol, Leicester and/or London. Local Recovery Colleges and services will keep you posted on their individual timetable of face-to-face activities and classes.

In this prospectus, you will see icons next to each course title:

- This course or activity takes place in person.
- This course can be joined via the phone.
- This course can be joined via a laptop or smartphone.
- This is a drop-in activity, sessions are standalone and you can join at anytime during term.
- This course is project-based. To get the most out of it we recommend you attend throughout the term.
Digital skills and IT
Digital skills and IT

This term many of our courses will teach you digital skills through the development of your own comic character. Throughout the summer term, you will bring your comic character to life by developing your own comic book which will be showcased at the Digital Recovery College's Comic Convention event this summer.

Comic Character Creation and Design

Learn how to create your very own comic character ready for this summer’s Recovery College Comic Con event!

You will learn how to use different apps to develop your character at 10am and then be given the chance to join your peers and showcase your creation at 4pm!

10 May: Intro to mind-mapping apps
17 May: Pic-Collage
24 May: MediBang Paint
31 May: Planning for face-to-face session

7 June: Face-to-face Pic-Collage & MediBang Paint *
(Address: Three Discovery, 8-9 Upper St, London, N1 0PQ)

14 June: Canva
21 June: Facebook Page
28 June: Planning for face-to-face session

5 July: Face-to-face session *
(Address: Three Discovery, 8-9 Upper St, London, N1 0PQ)

12 July: Showcasing your character

* For clients outside of London, you will be able to join the face-to-face sessions using a live video link.
Digital skills and IT

Be More Digitally Confident

In this course we will learn entry level creating and editing skills through G-Suite, the free alternative to Microsoft Office. During the sessions we will familiarise ourselves with Google’s other features, and enhance our virtual presentation skills.

All sessions will be focused on using G-Suite to further develop your comic character.

9 June: Google Docs Training – Cartoon character biographies
16 June: Google Slides Training – How to use Google Slides to present your cartoon character
23 June: Google Sheet Training – Budget planning for your cartoon character
30 June: Pitch Club – Presenting your cartoon character to an audience

Video Tutorials

We have video tutorials made for you by our partner Field Fisher and Thibault Quinn. These videos include: Data-basing, MS Office, Online Safety, Programming, Photoshop, and Sketch Up Windows. Please contact digitalinclusion@mungos.org to access these tutorials.

Individual Learning Plans

The Individual Learning Plan will look at your progress, strengths and aspirations and any support needed to help you get the most out of your learning experience. We will work together to help you achieve your digital learning goals. Please email digitalinclusion@mungos.org for more information.
English and maths
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.

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

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

We have group sessions (Entry Levels 1, 2 and 3) for those learning English as a second language. You will work in a group with the tutor to improve your English speaking, writing and reading skills, and help increase your confidence with the language!

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.
St Mungo’s has teamed up with AchieveAbility and Diversity and Ability who specialise in promoting accessible education, training and employment opportunities for people who are Neurodivergent (for example: Autism, ADHD, dyslexia, dyspraxia).

This term the course will focus on support around Literacy and Numeracy. The schedule is as follows:

18 May: Literacy Skills
1 June: Visual Reading
15 June: Structure Writing
29 June: Managing Money

Would you like to feel more confident in writing and reading English? Or improve your maths skills? Do you want to feel more confident in using English in your daily life?

We have a range of interactive online resources available for English and Maths. You can study in your own time and at your own pace. You will need a device and internet access.

Please contact Aleks on aleksandra.trepka@mungos.org for more information.
Health, wellbeing and personal development
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 five learning sessions (where we look at different areas of wellbeing) and five 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!

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 tutor to try different meditation and mindfulness practices as a group, and then we discuss their impact together.

The aim of this course is to prevent patterns of negative thinking and to reduce stress and anxiety. This 10 week mindfulness course introduces practices and skills that aim to help us to see and to respond to things with more clarity. In Jon Kabat-Zinn’s words:

‘If you learn how to open to thoughts and feelings, and not try to shut them off or change them, you can then taste a degree of freedom, where you are not necessarily plagued by obsessive or difficult thoughts because you know they are just bubbles in the stream of thought, and they are not the reality.’
Health, wellbeing and personal development courses

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.
Music, arts and creativity
Music, art and creativity courses

Art Group

In these relaxed sessions we experiment with different art techniques using art materials sent in the post.

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!

Drama

In our Drama workshops we explore various acting techniques using body, voice, emotion and imagination.

We look at characterisation using improvisation, and enhance skills by working supportively and creatively with others.

Photography

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

Participants will explore different types of street photography and discover free apps that can be used to manipulate images. We also share our finished work on Instagram and give feedback and support on your photo assignments.

Filmmaking Group

In these sessions we will collaborate on a filmmaking project. Each week we learn how to capture professional looking footage from our smart phones and edit our clips together using free editing software to create a finished short film and/or documentary.

*NEW*
Other activities

Putting Down Roots 'Quiet Garden' in Notting Hill
Other activities

Monday Morning Meet-Up

This is a space for students to come together for a "meet-up" at the start of every week of term. We will have time to chat, discuss learning plans and goals, and hear about new opportunities and activities coming up at the Recovery College and St Mungo’s.

Get Connected Days - Bristol, Leicester and London

In Summer 2022 we will run our first Get Connected Days. The day will run from 2-5pm and include a range of wellbeing and creative activities. There will also be an 'Outside In' drop in space to meet other clients, find out what ‘Outside In’ have coming up, and play some games.

Hot drinks and biscuits will be provided. All details will be confirmed nearer the time.

Homeless Diamonds Magazine - Call for entries!

Homeless Diamonds is an arts magazine which is distributed three times a year and showcases creative writing, artwork and photography from clients across St Mungos.

Since 2006 Homeless Diamonds has offered a platform for talent and an avenue of communication for present and past residents, staff and volunteers, both within St Mungo’s and with the wider public. See previous issues on the Homeless Diamonds website HERE.

We are always on the lookout for new contributors so if you would like to submit your work to be included in our upcoming issues please email homelessdiamonds@mungos.org
Face to face activities

In addition to our online courses, St Mungo’s also offers regular in-person learning and training activities.

Construction Skills Training - London Only

We currently have two accredited training workshops in London: Endsleigh Gardens in Camden (our Bricks and Mortar team), and the Multiskills Workshop team at Pound Lane in Brent.

You will be trained for around 6-12 weeks in either: a range of key maintenance skills (Painting & Decorating, Basic Carpentry, Plumbing, Tiling), or in the wet trades (Bricklaying, Dry Lining, Plastering, Rendering).

Duration is dependent on needs, speeds and ability and tailored around your learning style. Boots, overalls, all Personal Protective Equipment and lunch provided.

Construction Skills Workshop Graduates: Once graduating from Construction Skills you can choose between two further on-site training courses to prepare for work. This will help you develop the on-site skills you need, as these cannot be replicated in the training hubs.

If you already have lots of experience in these fields, then we can bypass the hubs and get you up to speed on the training sites.

- On-site Maintenance programme – working with a Maintenance training supervisor covering the hostels in Brent.
- On-site Painting and Decorating Programme – working with a Painting and Decorating training supervisor and completing cyclical decorations in one of our housing services.

Watch this video to learn more about the Construction Skills training programme in London.

Get in touch: Please email construction.skills@mungos.org for more information.

Left: Bricks and Mortar Workshop in Endsleigh Gardens, London

Right: Multiskills Workshop in Pound Lane, London
Face to face activities

In addition to our online courses, St Mungo’s also offers regular in-person learning and training activities.

**Putting Down Roots Gardening - Bristol, Leicester and London**

Putting Down Roots is a group activity where you can enjoy being outside in beautiful garden spaces, meeting new people and learning new skills. Clients also have the option of doing a City & Guilds Level 1 qualification in Practical Horticultural Skills.

Gardening is a great way to do some gentle exercise and keep yourself busy. It can also help to relieve stress and relax the mind. We have three garden sites in Bristol, one in Leicester, and four across London. We run weekly sessions at each site between 10 am and 2pm. Lunch is provided and we can also help with travel costs.

Watch [this video](#) to learn more about the Putting Down Roots gardening programme.

If you would like to give it a try, ask your keyworker for more details. Once your keyworker has registered your interest, we will then invite you down to your nearest Putting Down Roots garden for a Taster Day to see if you like it. No previous gardening experience is needed, our team of friendly Gardener Trainers will be happy to show you what to do.

We look forward to seeing you soon.

Left: Making bean supports on the Putting Down Roots allotment in Tottenham, London.
Right: Putting Down Roots 'Quiet Garden' in Notting Hill, London.