# Table of contents

## Overview

<table>
<thead>
<tr>
<th>Topic</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>About the Digital Recovery College</td>
<td>2 - 3</td>
</tr>
</tbody>
</table>

## Online activities

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

## Other activities

<table>
<thead>
<tr>
<th>Topic</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Face to face activities and other services</td>
<td></td>
</tr>
<tr>
<td>London in-person activities and hubs</td>
<td>18</td>
</tr>
<tr>
<td>Bristol: Recovery College</td>
<td>19</td>
</tr>
<tr>
<td>Leicester: Recovery College</td>
<td>20</td>
</tr>
<tr>
<td>Construction Training</td>
<td>21</td>
</tr>
<tr>
<td>Gardening Training</td>
<td>22</td>
</tr>
<tr>
<td>Employment Services</td>
<td>23</td>
</tr>
</tbody>
</table>
About the Digital Recovery College

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 offers two main services:

- **Online classes:** We deliver a wide range of online courses throughout the academic year. Our academic year consists of three terms and each term runs for 10 weeks.

  Our term dates for this year are:
  - Autumn Term: 19 September to 25 November 2022
  - Spring Term: 23 January to 31 March 2023
  - Summer Term: 8 May to 14 July 2023

- **In-person classes:** We deliver a range of face-to-face activities in sites around London. Some sessions only run during term time, and some activities take place all year-round.

Digital Recovery College activities are open to all current St Mungo’s clients, or anyone who has accessed a St Mungo’s service within the past six months. Clients must be over the age of 18.

What we offer

At the Digital Recovery College, we have a range of online and face-to-face 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 and where 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.

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

This prospectus outlines the range of learning, training and employment services available at St Mungo’s. All activities are free to access for any St Mungo’s client, and these will take place either online or in-person.

Online classes are run by the Digital Recovery College. These are available to clients in any location. We have tried to make these sessions as accessible as possible.

- If you have internet access – you can join group activities using a smartphone, laptop, or tablet. Before each session, we will send you a video 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 number to call and instructions on how to dial in.

In-person classes are run by different services and are available to clients based in the city where the activity takes place. St Mungo’s offers Recovery College activities in Bristol, Leicester and London. We also have dedicated employment support teams in Brighton, Bristol, Leicester, London, Oxford and Reading.

Each learning service will have their own timetable showing what activities are available.

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 needs to be joined via a laptop, tablet 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

Be More Digitally Confident

Discover the power of G-Suite, Google’s free alternative to Microsoft Office. During the course students will learn about G-Suite’s main features, and develop their virtual presentation skills.

The course will cover:
- Google Documents (creating and editing documents)
- Google Slides (presentation skills)
- Google Sheets (creating spreadsheets)
- Gmail (using email and opening accounts)
- Pitch Club (presenting to an audience)

Build Your Own Website

Find out how to build your own website for free using WordPress! In these sessions, our tutor will provide step-by-step guidance for students to create, edit and maintain their website or blog page.

WordPress is user-friendly and can be accessed from any smart device. No programming experience is needed.

Creating and Designing Online

Get creative with your digital skills! In this course, students will learn how to use a range of free online apps and develop the digital skills needed to create their own designs.

During the course, the group will focus on a specific creative project (for example, publishing a PDF magazine or building a comic book character). Students will benefit from expert advice from our tutors and peer support to develop their project using software, such as:
- Mind mapping apps
- Pic-Collage
- MediBang Paint
- Canva
- Facebook features
- Presentation apps and tips

During the course, there will also be dedicated sessions for students to showcase their designs to the group.
Digital skills and IT

Online Safety

Staying safe online is really important. Join our weekly sessions and find out how to keep yourself secure while using the internet.

The course will cover:
- Understanding your digital identity
- Data breaches
- Reporting concerns
- Understanding the threats
- Software updates and why they matter
- Your web browser
- How to keep your password secure
- Physical steps you can take to stay safe

Introduction to Coding

This short course introduces students to the basics of coding through a user-friendly free app. The sessions will cover the fundamental principles of coding including software and language.

Individual Learning Plans - Digital Skills

The Individual Learning Plan will look at your progress, strengths and aspirations for digital skills, and any support needed to help you get the most out of your digital learning experience.

We will work together to help you achieve your IT learning goals. For more information please email digitalinclusion@mungos.org.

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.
English and maths
English and maths courses

Book Club
Open to everyone – whether you’re an avid reader or haven’t picked up a book in years! Each week we read part of our chosen book together, followed by a group discussion about what’s happening in the story, and what it made us think and feel.

Our book club aims to help everyone experience the joys of reading and the positive impact it can have on their wellbeing.

Creative Writing

Our popular writing course is a space for students to come together and support each other with writing and creative expression.

Using writing exercises to explore our own unique perspectives, this is a safe space for students to communicate, collaborate, and inspire one another!

ESOL Classes

We have a range of group sessions (Entry Levels 1, 2 and 3) for students wanting to learn English as a second language.

Students will work in a group with our ESOL tutor to improve their English speaking, writing and reading skills, and help increase their confidence with the language.

Short Story Writing
Whether you’re a budding writer or have never picked up a pen, this course is a chance to get creative and have fun with writing.

Each session we’ll stretch our creative muscles using different writing exercises to develop short stories, and improve our writing skills at the same time.
English and maths courses

Self-Study: ESOL

Sign up to our self-study platform to practise listening, reading and writing skills and feel more confident using English in daily life.

Our resources range from Entry 1 (beginner level) to Entry 3 (intermediate level). You can study in your own time and at your own pace. You will need a device and internet access.
Health, wellbeing and personal development
Health, wellbeing and personal development courses

Happiness and Wellbeing Programme

This year-long personal development programme has been designed specifically for St Mungo’s clients, and covers a range of topics including habits, sleep, relationships and many more.

We recognise the impact trauma can have and the resilience and strengths it can bring, and our programme focuses on facilitating post-traumatic growth through structured learning. Throughout each term, we will learn about wellbeing and work to re-build self-confidence and develop our strengths, talents and abilities.

The course combines large group sessions where we learn about different topics together, with smaller reflective sessions where we support each other in three to five person groups to put our learnings into practice.

Sessions are designed to be stand-alone so students can join anytime during the year, although we encourage students to attend as many sessions as possible to get the most out of it.

Mindfulness

Mindfulness has been shown to prevent patterns of negative thinking, reduce stress and anxiety, and can be helpful during recovery from addictions. It also promotes self-compassion, acceptance and peace of mind.

In these sessions, our experienced mindfulness practitioner guides us through a range of different practices, followed by a group discussion about their impact.
Health, wellbeing and personal development courses

Life Coaching

Our life coaching programme helps individuals to set realistic goals and be supported step-by-step to achieve these.

This small, closed group is led by a qualified life-coach, and encourages peer-support from group members. Each week students have an allocated time slot for personalised coaching.

To benefit from the course, students need to be ready to commit for the full 10-week term in order to join the programme.
Music, arts and creativity
Music, art and creativity courses

Art Group

In these fun and relaxing sessions, we experiment with different art techniques using various themes to explore our creativity.

Students who attend will receive art materials in the post, including acrylic and watercolour paints, pencils and charcoal, oil pastels and an A4 sketch pad.

Our tutors offer feedback and encouragement to help students develop their artistic skills. There is also the opportunity to post artwork on our Instagram page.

No skill or experience is needed, just a willingness to have a go!

Photography

Learn how to take professional pictures using your smartphone.

Through a series of practical weekly assignments, students will learn about and discover different types of street photography, and be inspired to shoot their own pictures from the pavement.

During the course, we will also explore different free apps we can use to manipulate our images, and create space for peer-feedback and support with our photo assignments.

Students can share their finished photographs on our Instagram.

Songwriting and Music Production

Our music tutors guide students through the process of writing lyrics, melodies and chords, to create a set of finished songs by the end of term.

As a group, we will write the song lyrics and tune together, and then use free software to record music and vocals in a variety of different musical genres.

This course offers students the opportunity to collaborate on song ideas and share their recordings with the world on our Soundcloud page.
Other activities
Other activities

Morning Meet-Up
A space for students and staff to come together for an online "meet-up" at the same time during term time. We will have time to chat, discuss learning aims, and hear more about what’s happening at St Mungo’s and the Recovery College.

It’s also a great way to hear what courses people are enjoying, and for students to give feedback and get involved in the running of the college.

Wonderful World of Neurodiversity
St Mungo’s has partnered with organisations specialising in accessible learning and employment opportunities for people who are Neurodivergent (e.g. Autism, ADHD, dyslexia, dyspraxia).

Throughout the year, we deliver a dedicated programme to celebrate and promote awareness around Neurodiversity, and share some of the useful tools and support available. Our sessions cover a range of topics around wellbeing, English and maths, and digital skills.

If you think you might be neurodivergent, or would like to find out more, we encourage you to join a session! To find out what’s on each term, please refer to the timetable.

Check In and Connect
These sessions run outside of term time and provide an informal, friendly space for students to check in with each other and to connect! Each week we discuss different topics and everyone will be encouraged to share.

Homeless Diamonds Magazine - Call for entries!
Homeless Diamonds is an arts magazine that showcases the creative writing, artwork and photography of St Mungos’ clients. Launched in 2006, it is published three times a year and provides a platform for individuals to showcase their work to St Mungo’s community and the wider public.

We are always looking for new contributors. If you would like to submit your work to be featured in an upcoming issue, please email homelessdiamonds@mungos.org. Everyone who contributes to the magazine receives two copies in the post.
Face to face activities

Putting Down Roots 'Quiet Garden' in Notting Hill
Face to face activities

The Digital Recovery College team run a range of in-person activities at different St Mungo’s sites around London. Please check the current timetable to see what’s available and find out how to join.

### Community Hubs - London Only

Our regular monthly hubs are an opportunity for clients to get together and take part in a range of different drop-in activities with the Recovery College and Outside In (St Mungo’s client involvement group).

The programme will vary each month and include health, wellbeing, and personal development classes, and multi-disciplinary arts and music sessions.

There will also be opportunities to find out more about other client services including Putting Down Roots (gardening) and construction skills training.

### Learning Clubs and Digital Drop Ins - London Only

**Learning Clubs:** Come along to our weekly learning clubs and practise your English, Maths, ESOL and digital skills. Improve your confidence, self-esteem and make friends. All levels are welcome!

**Digital Drop Ins:** Our warm and welcoming tutors are on hand to help you improve your digital skills and learn how to use your laptop, tablet or smartphone. Students can also receive support using our computers for their own work. Please note, our digital tutors are not tech experts so they can’t fix broken devices or provide technical support.

### Reading Group and Creative Writing - London Only

Join our regular reading and creative writing group. In these sessions, students will read specific texts together, share our thoughts about their meaning, and inspire one another with some of our own creative writing! All levels are welcome!

### Music Production and Recording - London Only

Build tracks and record vocals in our professional recording studio in London. Songwriters, singers and rappers have the opportunity to work on their projects over a series of sessions with an experienced music producer.
What we do
The Bristol Recovery College is an inclusive learning, training and employment programme that aims to empower people to learn, thrive and contribute in their community. We do this through four main services:

- **Recovery College classes:** We work in partnership with City of Bristol College and SGS College to provide sessions in English and maths skills, digital skills and wellbeing activities.
- **Progression Coaching:** Our in-house progression coaches provide tailored support to help clients with their personal goals and get assistance to access learning, training and volunteering opportunities.
- **Employment Support:** If you’re looking to start work, our employment specialist can provide intensive, personalised support to help you find a job. After working with clients to find employment, we continue providing support to help them stay in work.
- **Gardening:** Learn gardening skills and de-stress with the Putting Down Roots team. They run sessions across three gardens, you also have the option of working towards City & Guilds Level 1 qualification in Practical Horticultural Skills.

Where we work
Bristol Recovery College is open to current St Mungo’s clients or clients who have engaged with a St Mungo’s service within the past six months. The college is located in St Judes, Bristol.

Get in touch
To find out more about what we do at the Bristol Recovery College or to refer a client, email bristolrecoverycollege@mungos.org
What we do
The Leicester Recovery College is an inclusive learning and employment space offering five Education, Training and Employment services:

- **Employment Support:** Our employment specialists will help you to find a job that meets your needs. Through their industry contacts, and close one-to-one support, they can help you find and keep the job you want.
- **Progression Coaching:** Are you considering starting college or undertaking training? Our Progression Coach can help you work out what you want to do, and start moving towards your goals.
- **Gardening:** Learn gardening skills and de-stress in our Putting Down Roots allotment whilst working towards City & Guilds Level 1 qualification in Practical Horticultural Skills.
- **Construction Skills:** Our construction skills programme will help you gain the skills and qualifications needed to work in the industry.
- **Recovery College classes:** We currently offer classes in English and maths, digital skills, arts and craft, and guitar. All sessions are suitable for beginners.

Where we work
The college is based at the Dawn Centre on Conduit Street and all classes can be accessed here. Our progression coach and employment specialists are happy to meet you anywhere in Leicester, and will provide the support you need to get where you want to be. The college is for anyone in Leicester who is over 18 and currently homeless or at risk of homelessness.

Get in touch
To find out more about what we do at the Leicester Recovery College and get involved contact email recoverycollegeleicester@mungos.org or call Hussain on 07851248562.

Left: Aisha, Employment Specialist at the Leicester Recovery College
Right: Hussein, Leicester Recovery College’s Progression Coach
What we do
Our expert team will help you learn the skills and gain the accreditations you need to get into the construction business. We offer two accredited courses at our workshops;

- Multi-skills which includes key maintenance skills such as painting and decorating, basic carpentry, plumbing and tiling.
- Bricks and Mortar which covers bricklaying, dry lining, plastering and rendering.

London based clients can sign up for our Multi-skills and the Bricks & Mortar course. Clients in Leicester are able to access the Multi-skills course.

The training programmes in both locations are tailored around a client’s individual learning style, and we work with everyone to make the course work for them. To find out more about what we do and how we do it, watch this video filmed at our London sites.

When you graduate there’s the chance to gain work experience with one of our major construction partners. This is a great opportunity to develop real world, on-site skills which can’t be taught at our training hubs.

Clients can also take advantage of one-to-one personalised support to help with their goals, whether that’s in employment, volunteering or education. Talk to our tutors to find out more about what’s available at each site.

Courses run throughout the year and last between six and 12 weeks – depending on experience. All personal protective equipment, including overalls and boots, provided. Lunch is provided too!

Where we work
Our London sites are in Camden and Brent. The Leicester site is at Beaumont Leys Lane.

Get in touch
To find out more about our two London sites email construction.skills@mungos.org. To talk to the team in Leicester email recoverycollegeleicester@mungos.org.
Face to face activities

Putting Down Roots Gardening - Bristol, Leicester and London

What we do
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.

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.

Watch this video to learn more about the Putting Down Roots gardening programme.

Where we work
We have three garden sites in Bristol, one in Leicester, and four across London. We run weekly sessions at each site between 10am and 2pm. Lunch is provided and we can help with travel costs.

Get in touch
If you would like to give gardening a go, 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.

Left: Making bean supports on our allotment in Tottenham, London.
Right: Putting Down Roots 'Quiet Garden' in Notting Hill, London.
**Face to face activities**

**Employment Services**

**What we do**
The Employment Support Team provide specialist support and advice to help St Mungo’s clients find employment.

We work with anyone who is a St Mungo’s client – no matter where they are in their recovery journey - to help find the most suitable employment. Our specialist staff will work 1:1 with clients to help map their skills and experiences, and match these to real, available jobs.

We provide support with managing health issues, disabilities, substance use recovery, and criminal justice involvement in the workplace – none of these need to be barriers for moving into work. We also offer specialist benefits advice to help each client understand how they can be better off at work, even while living in supported accommodation.

In the past year we have helped many St Mungo’s clients gain paid work in a wide range of industries. This has often been a crucial step in move-on and progression, and has helped many clients to live an independent life following a period of homelessness.

**Where we work**
We have teams in Brighton, Reading, Oxford, Bristol, Leicester and a small but growing team in London. If we don’t have an employment specialist in your area, we may be able to signpost you to an organisation that does.

**Get in touch**
The service is open to all St Mungo’s clients who have the right to work in the UK and want to gain employment.

Referrals can be made at any time. Email employmentreferrals@mungos.org to find out more, giving a brief overview of the support needed and we will refer your client to the relevant local team or service.
For more information contact the Digital Recovery College team

Email us: recoverycollege@mungos.org

Call us: 0330 122 1354
(Monday - Friday, 10am-4pm)