

LONDON
Southwark

St Mungo's
Ending homelessness
Rebuilding lives



Recovery College
Courses
Spring 2018

January to March

Ethos

The Recovery College is a creative, inclusive, and supportive learning environment, that can help boost your skills, self confidence and open up opportunities. The college offers a range of courses that help you learn new skills:

- unleash your creativity
- boost your self confidence
- help make new connections
- nurture your wellbeing

Who can enrol?

The courses are for our clients, our staff and external people who want to register. We want students with an enthusiasm to learn, inspire and be inspired.

How to enrol?

Our enrolment days are Wednesday 17, Thursday 18 and Friday 19 January 11am – 4pm this is an opportunity to meet the tutors and ask any questions.

Students can also enrol during the term time.

Learning support

We try our best to help you make the most of your time at the Recovery College.

If you need any additional learning support (larger print handouts; hearing aids; English language/literacy support; etc.), do get in touch with one of our staff members.

Information, advice and guidance

Our staff are here to help you design a learning pathway and a progression plan, should you wish to do so. We can provide help or signpost you to the right service – internal or external – to help you achieve your goals.

Have a chat with us.

As a St Mungo's client you can access a variety of projects and services, such as vocational training in our multi-skills hubs, business start-up support, job brokerage, volunteering opportunities, etc.

Talk to a member of staff, phone us: 020 7902 7940 or 07739 195 332 between 10am – 4pm on Monday-Friday

Email us on Recovery.College@mungos.org

The Recovery College: a safe, inclusive space

As a student of the Recovery College you will be treated fairly, irrespective of gender (including gender reassignment), age, marital status, disability, religion or belief, sexual orientation, and ethnic origin.

All learners, as well as staff and volunteers, have the responsibility to make sure that equal opportunities are provided and promoted for all.

We expect all learners to abide by the **Learning Agreement and the Recovery College constitution.**

If you are concerned about yourself or somebody else, please talk to a member of staff immediately.

You can also email us at Recovery.College@mungos.org

Please report any accidents or potential hazards to your tutor or to a member of staff so they can make appropriate improvements.

Let us know what you think

We want to hear from you regarding your experience at the Recovery College. We have feedback forms for you to fill in at the end of each sessions or course.

Become a tutor / volunteer with us

Our volunteers are at the core of what we do! Quite simply, without them the Recovery College wouldn't exist! We are hugely grateful for all the hard work, commitment and passion that our volunteers bring to the Recovery College.

If you would like to tutor for us, or volunteer in another capacity, do get in touch with one of our coordinators to find out more.

In exchange we offer ongoing support from our experienced advisors and coordinators; development opportunities; and the opportunity to meet friendly, inspiring, like-minded people!

Complaints

If you're unhappy with the service please let us know.

To raise a complaint you can write, phone or speak to a member of the Recovery College staff directly.

If you wish to raise a formal complaint write to the Recovery College Manager; viola.brisolin@mungos.org

If you don't feel comfortable raising the complaint locally get in touch with the Quality Team;

complaints@mungos.org or

020 3856 6068

Recovery College Constitution

- We are all people first; let's celebrate our differences and focus on our strengths.
- We will not be discriminatory.
- We will avoid racist, sexist, homophobic or ageist attitudes.
- We celebrate our differences.
- No one likes to be hurt or humiliated or abused - let's respect each other.
- In discussion and debate, we can challenge the opinion **NOT THE PERSON** who voices them.
- Let's leave our worries at the door, be friendly, positive and welcoming.
- We will not be under the influence of drugs or alcohol.
- We will **LEARN** together, **GROW** together and **INSPIRE** each other.

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Move On, Client Support and Practical Skills



Course

Move On:
Planning for Change

Location, Date and Time

Rushworth Street
Wednesday 14 February
11am – 1pm

Facilitator

Simon Richardson

Course Overview

This session will show how to plan for the change of move on, decide on priorities and set realistic goals. We will discuss how our past experiences of change can affect how we deal with it now. We will finish by identifying the people in our lives who can help us make the change of move on a success.

You May also Like

Move On: Somewhere to Live
Wednesday 21 February 11am – 1pm

Personal Development courses with Outside-In
Tuesdays 11am – 2pm

Course

Move On:
Somewhere to Live

Location, Date and Time

Rushworth Street
Wednesday 21 February
11am – 1pm

Facilitator

Simon Richardson

Course Overview

You will learn about tenancy agreement basics, your rights and responsibilities as a tenant, and the help available if you have problems with benefits or housing issues. We will recap what you need to do if you are looking to move to another property.

You May also Like

Move-On: Basic Budgeting
Wednesday 7 March 11am – 1pm

Personal Development courses with Outside-In
Tuesdays 11am – 2pm

Course

Location, Date and Time

Move On:
Benefits and Move On

Rushworth Street
Wednesday 28 February
11am – 1pm

Facilitator

Clare Hughes-Cross and Welfare Rights Team

Course Overview

You will learn about the main types of benefits and how Move On can affect your benefit claim. You will find out how to prepare for making a claim for Universal Credit, plus what benefits you can continue to claim if you find work.

You May also Like

Move on: Basic budgeting
Wednesday 28 February 11am – 1pm

Personal Development courses with Outside-In
Tuesdays 11am – 2pm

Course

Move On:
Basic Budgeting

Location, Date and Time

Rushworth Street
Wednesday 7 March
11am – 1pm

Facilitator

Simon Richardson

Course Overview

In this session you will learn how to put together a basic budget plan.

This will help you see what money you have coming in and going out and help you decide on your spending priorities so that you can make the most of the money you have.

You May also Like

Move On: Wellbeing
Wednesday 7 March 11am – 1pm

Personal Development courses with Outside-In
Tuesdays 11am – 2pm

Course

Move On:
Wellbeing

Location, Date and Time

Rushworth Street
Wednesday 14 March
11am – 1pm

Facilitator

Simon Richardson

Course Overview

In this session you will learn how to plan your time when you move on.

We will look at where and how you can find things to do and meet new people.

We will also talk about self-care and how to cope with the everyday stresses of life.

You May also Like

Move On: Benefits and Move On
Wednesday 14 March 11am – 1pm

Personal Development courses with Outside-In
Tuesdays 11am – 2pm

Course

Never Going Back:
Peer Research Course
2018

Location, Date and Time

Rushworth Street
See next page for
days and times

Facilitator

Lucy Holmes – Research Manager

Course Overview

‘Why do some people return to rough sleeping after time off the street?’

Help St Mungo’s answer this important question by training as a peer researcher.

Gain confidence, work in a team, learn new skills, get out and about, meet new people, and have a lot of fun.

You will receive a certificate at the end, and be a named author of the final report. Travel expenses and lunches will be provided. You do not need any particular skills or experience to enrol.

For more information email Lucy research@mungos.org or see the course brochure (available from Recovery College).

Times for
Never Going Back: Peer Research Course 2018

Tues 23 January 10am – 4pm	Fri 23 February 12pm – 4pm
Fri 26 January 10am – 4pm	Fri 2 March 12pm – 4pm
Tues 30 January 10am – 4pm	Fri 9 March 12pm – 4pm
Fri 2 February 10am – 4pm	Fri 16 March 12pm – 4pm
Fri 9 February 12pm – 4pm	Fri 23 March 12pm – 4pm
Fri 16 February 12pm – 4pm	

Course

Student and Volunteer
Feedback Forum

Location, Date and Time

Rushworth Street
Wednesday 21 February
1.30pm – 3.30pm

Facilitator

Emily Catlow and Recovery College team

Course Overview

A time for students to review this term at the college what they like, what they don't like and how we can change things for the better.

We really value our students' views so please come along and have your say!

You May also Like

Course

Location, Date and Time

Food Hygiene and Preparation

Rushworth Street
Wednesdays from
24 January to 21 March
11am – 12pm

Facilitator

Toufic Batal

Course Overview

Learn the basics of food hygiene and preparation whilst preparing a brunch for students at the Recovery College. Afterwards students are invited to eat together and socialise at the drop-in brunch.

You May also Like

Drop in Brunch
Wednesdays 12pm – 1pm

Creative Thursdays Drop-In in Kings Bench
Thursdays 11am – 6:30pm
including lunch 1pm – 2pm

Arts, Culture and Creativity



Course

Get Crafty with Clay

Location, Date and Time

Blackfriars Settlement
Thursdays from
25 January to 22 March
1:30pm – 3:30pm

Facilitator

Claudia Santoro

Course Overview

Experiment with your creativity and imagination using air drying clay.

Everyone is welcome at this friendly and supportive group that is held at Blackfriars Settlement, just down the road from Rushworth Street!

You May also Like

Sewing
Thursday 11am – 1pm

Course

Creative Thursdays
Drop-In

Location, Date and Time

See *overview for locations*
Thursdays from
25 January to 22 March
11am – 6:30pm

Facilitator

Emily Catlow and Volunteers

Course Overview

A creative day full of fantastic art and music activities. The sessions include a Rubbish Orchestra, Sewing, Art, Music Composition, drumming and a cold lunch of bread, dips and salads.

Come along to try something new or simply observe what is happening.

There is more detailed information about each activity in this booklet.

You May also Like

Music Production
Fridays 1pm – 3pm

DJ Skills
Fridays 3:30pm – 4:30pm

Guitar Social Club
Wednesdays 5pm – 6:30pm

Course

Power of Words Poetry
Course

Location, Date and Time

Rushworth Street
Tuesdays from
23 January to 20 March
2:30pm – 4:30pm

Facilitator

Monica Wilson

Course Overview

A creative writing experience course. Students have the opportunity to express and explore different emotions (including anger and happiness) and the world around them during the course. This inspired writing course will rip up the rule book and be free flowing. The dynamic process will help the messages, words and images flow. It will be a vibrant, non-serious and positive learning experience. The sessions are open to everyone.

You May also Like

Basic English and Maths
Tuesdays and Thursdays
10:30am – 12:30pm

Creative Thursdays Drop-In in Kings Bench
Thursdays 11am – 6:30pm
including lunch 1pm – 2pm

Course

Location, Date and Time

Open Mic Night

Rushworth Street
 Fortnightly on Tuesdays:
 See *overview for dates*
 5pm – 6pm

Facilitator

Nathan Rosier and Jill Patterson

Course Overview

This session is a fun and supportive way to build confidence in performing in front of others, whether it's singing, playing an instrument, reciting a poem or telling a short story. You are also welcome to come along just to listen.

Date and Time:

Tuesday 30 January
 Tuesday 13 and 27 February
 Tuesday 13 March

You May also Like

Guitar Social Club
 Wednesdays 5pm – 6:30pm

Drum Kit Playing
 Thursdays 5pm – 6:30pm

DJ Skills
 Fridays 3:30pm – 4:30pm

Course

Location, Date and Time

Krishna's Movie Night

Rushworth Street
Wednesdays from
24 January to 21 March
4pm – 7pm

Facilitator

Krishna Rajbahak and Liam McGregor

Course Overview

Be a part of Krishna's Movie Night by helping to choose the film season, relaxing to watch the film and joining in the group discussions.

Open to anyone with an interest in films and popcorn!

You May also Like

Creative Thursdays Drop-In
in Kings Bench
Thursdays 11am – 6:30pm
including lunch 1pm – 2pm

Course

Sewing

Location, Date and Time

Rushworth Street
Thursdays from
25 January to 22 March
11am – 1pm

Facilitator

Anna Ucherobi

Course Overview

Upcycling clothes and materials to make bags and cushion covers, or learning to make anything you'd like to try your hand at!

A supportive group where you can learn to sew both by hand and by using a machine.

You May also Like

Crafters Art Group
Thursdays 2pm – 5pm

Course

Location, Date and Time

Drum Kit Playing

Kings Bench
Thursdays from
25 January to 22 March
5pm – 6:30pm

Facilitator

Angus Duprey

Course Overview

Learn to play the drum kit and be able to take part in jamming sessions or start a band with your friends.

Discover stick control, pedal technique, drum kit setup, tuning, rhythms and styles.

Play solid beats and have fun!

You May also Like

Music composition and
Harmony
Thursdays 2:30pm – 4:30pm

Guitar social club
Wednesdays 5pm – 6:30pm

Guitar Tuition
Wednesdays 3pm – 4:30pm

Rubbish Orchestra
Thursdays 11am – 1pm

Course

Rubbish Orchestra

Location, Date and Time

See *overview for locations*
 Thursdays from
 25 January to 22 March
 11am – 1pm

Facilitator

Mike Dodd

Course Overview

One person's rubbish is another's musical instrument! This inspiring group makes music from buckets, glasses of water, pipes and just about anything! It's all about having fun and creating sounds together. The results are often surprisingly brilliant! Students are welcome to bring their own musical instruments. No talent is required!

Location:

Kings Bench (22 February Rushworth Street)

You May also Like

Guitar tuition
 Wednesday 3pm – 4:30pm

Drum Kit Playing
 Thursday 5pm – 6:30pm

Guitar Social Club
 Wednesday 5pm – 6:30pm

Course

Crafters Art Group

Location, Date and Time

See *overview for locations*
Thursdays from
25 January to 22 March
2pm – 5pm

Facilitator

Ann-Valancha Brown

Course Overview

Crafters is a mixed media art group where students get a chance to explore different styles in art. There will be friendly, weekly art workshops focusing on having fun in a safe space.

Location:

Kings Bench (22 February Rushworth Street)

You May also Like

Art therapy
Thursday 2pm – 5pm

Sewing
Thursday 11am – 1pm

Rubbish Orchestra
Thursdays 11am – 1pm

Course

Art Therapy

Location, Date and Time

See *overview for locations*
Thursdays from
25 January to 22 March
2pm – 5pm

Facilitator

Simon Richardson

Course Overview

Choose from a range of art materials and work at a pace and in a way that feels right for you. The art therapist can give practical help and talk with you about the work you are doing.

Location:

Kings Bench (22 February Rushworth Street)

You May also Like

Crafter's Art Session
Thursday 2pm – 5pm

Course

Location, Date and Time

Music Production

Rushworth Street
Fridays from
26 January to 23 March
1pm – 3pm

Facilitator

Bentley Moore

Course Overview

Beginners course in Cubase Elements 8.
Learn the basics of this professional, digital, audio workstation and create a track from scratch with the help of DJ and producer Bentley 'Bizibee' Moore.

You May also Like

Music Composition and
Harmony
Thursdays 2:30pm – 4:30pm

Guitar Tuition
Wednesdays 3pm – 4:30pm

Guitar Social Club
Wednesday 5pm – 6:30pm

Rubbish Orchestra
Thursdays 11am – 1pm

Course

Location, Date and Time

DJ Skills

Rushworth Street
 Fridays from
 26 January to 23 March
 3:30pm – 4:30pm

Facilitator

Bentley Moore

Course Overview

Come and learn how to DJ using both vinyl and CDs with the help of DJ and producer Bentley 'Bizibee' Moore.

Learn traditional beat matching skills and creative mixing techniques.

You May also Like

Music Composition and
 Harmony
 Thursdays 2:30pm – 4:30pm

Drum Kit Playing
 Thursdays 5pm – 6:30pm

Music Production
 Fridays 1pm – 3pm

Course

Guitar Tuition

Location, Date and Time

Rushworth Street
Wednesdays from
24 January to 21 March
3pm – 4:30pm

Facilitator

Angus Duprey

Course Overview

Learn to play the guitar and be able to take part in jam sessions or start a band with your friends. Discover plectrum technique, tuning, basic finger picking, fretboard knowledge and scale chords and styles. Become a better guitarist and have fun.

You May also Like

Guitar Social Club
Wednesdays 5pm – 6:30pm

Rubbish Orchestra
Thursdays 11am – 1pm

Music Composition and
Harmony
Thursdays 2:30pm – 4:30pm

Course

Guitar Social Club

Location, Date and Time

Rushworth Street
 Wednesdays from
 24 January to 21 March
 5pm – 6:30pm

Facilitator

Angus Duprey

Course Overview

Come along and participate in a friendly, relaxed atmosphere. Join in and play simple, fun songs with little or no knowledge of the guitar.

Yes, even you can do it! Everyone can! Feel good through group playing. Bring a friend.

You May also Like

Guitar Tuition
 Wednesday 3pm – 4:30pm

Rubbish Orchestra
 Thursdays 11am – 1pm

Music Composition and
 Harmony
 Thursdays 2:30pm – 4:30pm

Creative Thursdays Drop-In
 in Kings Bench
 Thursdays 11am – 6:30pm
 including lunch 1pm – 2pm

Course

Location, Date and Time

Music Composition and
Harmony

Rushworth Street
Thursdays from 25
January to 22 March
2:30pm – 4:30pm

Facilitator

Angus Duprey

Course Overview

This is for musicians, singers, songwriters and composers to learn the techniques of chord progressions, melodic writing and structure and forms.

Discover practical music theory and be able to write or record your ideas.

Even be able to complete graded examinations if you wish!

You May also Like

Rubbish Orchestra
Thursdays 11am – 1pm

Guitar Tuition
Wednesdays 3pm – 4:30pm

Music Production
Fridays 1pm – 3pm

Guitar Social Club
Wednesdays 5pm – 6:30pm

Course

Let It Breathe

Location, Date and Time

Rushworth Street
Wednesdays from
24 January to 21 March
2pm – 4pm

Facilitator

David Milner

Course Overview

Let it Breathe is a weekly play reading group, where we'll read scenes from various plays with a possible view to an end of term rehearsed reading.

No experience necessary.

No rush.

No pressure.

The students will dictate the pace of the group.

You May also Like

Creative Thursdays Drop-In in Kings Bench

Thursdays 11am – 6:30pm

including lunch 1pm – 2pm

Power of Words Poetry Course

Tuesdays 2:30pm – 4:30pm

Course

Making a Short Film

Location, Date and Time

Rushworth Street
Wednesdays from 24
January to 21 March
1:30pm – 3pm

Facilitator

Edward Johnson

Course Overview

This group takes you through the process of making a short film or documentary. Students start by sharing ideas and writing and by the end of the course will produce a short film/documentary. No experience required.

You May also Like

Creative Thursdays Drop-In in Kings Bench
Thursdays 11am – 6:30pm
including lunch 1pm – 2pm

Power of Words Poetry Course
Tuesdays 2:30pm – 4:30pm

IT and Digital Media



Course

Graphic Design

Location, Date and Time

Rushworth Street
Friday 23 February and
Friday 2 March
3pm – 5pm

Facilitator

Barry Wilson

Course Overview

Come and have a go at designing your own poster, logo, flyer or business card using professional design software.

You May also Like

IT Drop In
Fridays 11am – 1pm

Creative Thursdays Drop-In in Kings Bench
Thursdays 11am – 6:30pm
including lunch 1pm – 2pm

Course

IT Basics

Location, Date and Time

Rushworth Street
Fridays from
26 January to 23 March
11am – 1pm

Facilitator

Geoffrey Asante

Course Overview

Conquer your fear of IT by learning the basics in a supportive environment. This is a drop in session for anyone wanting help with basic office applications, setting up an e-mail account and more.

You May also Like

Basic English and Maths
Tuesdays and Thursdays
10:30am – 12:30pm

Health, Wellbeing and Personal Development



Course

Self Esteem: I Can Win!

Location, Date and Time

Rushworth Street
Tuesday 23 January
11am – 2pm

Facilitator

Outside-In

Course Overview

Looking generally at what self-esteem is, how low self esteem can be a problem and what kind of impact it can have on a person's life, we'll explore ways of addressing negative self-beliefs.

We'll learn how to accept and celebrate ourselves, acknowledging our strengths and qualities.

You May also Like

All of the other Personal Development courses

Course

Speaking Up and
Assertiveness: I'm OK,
You're OK!

Location, Date and Time

Rushworth Street
Tuesday 30 January
11am – 2pm

Facilitator

Outside-In

Course Overview

Assertiveness is an essential skill, but it doesn't come naturally to everyone.

This course helps us to understand what assertiveness really means and explores the use of simple techniques to help you become more assertive and confident.

We believe that with a bit of practice, everyone can become more assertive.

The course is simple but effective.

You May also Like

All of the other Personal Development courses.

Course

The Art of Appearing
Confident

Location, Date and Time

Rushworth Street
Tuesday 6 February
11am – 2pm

Facilitator

Outside-In

Course Overview

The course explores simple techniques to build and develop your self confidence. We'll learn how body language and communication contribute to self-confidence. All participants will increase their appreciation of their own strengths, skills and attributes with this as the starting point for the process of developing confidence and self-esteem.

Most importantly, we'll look at how to appear more confident even when we're feeling far from it!

You May also Like

All of the other Personal Development courses.

Course

Thinking About Relationships

Location, Date and Time

Rushworth Street
Tuesday 13 February
11am – 2pm

Facilitator

Outside-In

Course Overview

Relationships are important but they can also be demanding and difficult. This course looks at practical ways in which we can make the relationships in our lives work well and be positive.

You May also Like

All of the other Personal Development courses.

Course

Relationships: Dates,
Disasters and Happiness

Location, Date and Time

Rushworth Street
Tuesday 20 February
11am – 2pm

Facilitator

Outside-In

Course Overview

What are the skills needed to make a relationship work? In this workshop, we will discuss the qualities we look for in a good relationship with a partner.

We will examine managing fear around relationships and look at how we feel differently about trust in a romantic relationship.

We will also examine how manipulation can hinder relationships.

You May also Like

All of the other Personal Development courses.

Course

Location, Date and Time

5 Ways to Wellbeing

Rushworth Street
Tuesday 27 February
11am – 2pm

Facilitator

Outside-In

Course Overview

5 Ways to Wellbeing is a set of evidence based actions which promote people's wellbeing.

These actions are simple things individuals can do in their everyday lives.

This fun and interactive session is ideal for anyone with an interest in wellbeing for themselves or others.

You May also Like

All of the other Personal Development courses.

Course

Making Criticism Positive

Location, Date and Time

Rushworth Street
Tuesday 6 March
11am – 2pm.

Facilitator

Outside-In

Course Overview

Have you ever been in a situation in which you have felt hurt or disappointed by feedback about your behaviour or performance? Yes? Then you're not alone! We all encounter criticism at some point in our lives, and how we handle it can determine our outlook and relationships.

In this course we'll look at what criticism is, how it affects us, and how we can positively respond to it, in order to reach our goals.

You May also Like

All of the other Personal Development courses.

Course

Location, Date and Time

The Escape Plan: Be Your Own Keyworker!

Rushworth Street
Tuesday 13 March
11am – 2pm

Facilitator

Outside-In

Course Overview

The Escape Plan has been created for people who are experiencing homelessness to try and help them move on.

Researchers from Groundswell interviewed people who have all been homeless and found 7 common themes that enabled them to become ‘escapees’ from homelessness.

It includes thoughts, quotes and reflections and asks you questions to help you devise your own ‘Escape Plan.’

You May also Like

All of the other Personal Development courses.

Course

Resilience...Going from
Strength to Strength!

Location, Date and Time

Rushworth Street
Tuesday 20 March
11am – 2pm

Facilitator

Outside-In

Course Overview

If you want an understanding of what resilience is all about...this is the workshop for you! Gain an insight into the characteristics and benefits of resilience and explore the different tools that are already at our disposal to achieve it.

We all have the ability to 'bounce' back from adversity and we hope you leave the group feeling empowered.

You May also Like

All of the other Personal Development courses.

Course

Dance Steps
to
a Better You

Location, Date and Time

*See Posters for dates
and more information
during the term.*

Facilitator

Alissa Christie

Course Overview

In these sessions for beginners, we'll use different styles of dance music and easy to follow steps to help you increase your flexibility and feel energised.

Come and join us! It will be fun and you'll feel great afterwards!

You May also Like

Walking group
Fridays starting at
1pm from Rushworth Street

A Mile in her Shoes
Thursdays 5pm – 6.30pm

Yoga
Fridays 12pm – 1pm

Course

Table Tennis

Location, Date and Time

Rushworth Street
Wednesdays from
24 January to 21 March
1:30pm – 3:30pm

Facilitator

Stuart Morgan and Yousif Farah

Course Overview

Table tennis is a sport that can be enjoyed by individuals of any age or ability.

Playing is a great way of stimulating the brain and promoting quick thinking while improving hand-eye coordination.

Table tennis is a low-injury sport that keeps us fit and flexible.

You May also Like

Walking Group
Fridays starting at 1pm from Rushworth Street

Course

Tutor Support

Location, Date and Time

Rushworth Street
Mondays from
22 January to 19 March
1pm – 3pm

Facilitator

Josephine Okoh

Course Overview

A time for tutors to have a chat with an experienced member of staff about planning and running their sessions, and to discuss any issues that have come up whilst volunteering for the Recovery College. Volunteers can either drop in or speak on the phone.

You May also Like

Tutor Reflective Practice and Support
Tutors will be e-mailed about this session.

Student and Tutor Feedback Forum
Wednesday 21 February 1:30pm – 3:30pm

Course

Tutor Support

Location, Date and Time

Rushworth Street
Wednesdays from
24 January to 21 March
2pm – 3pm

Facilitator

Josephine Okoh

Course Overview

A time for tutors to have a chat with an experienced member of staff about planning and running their sessions, and to discuss any issues that have come up whilst volunteering for the Recovery College. Volunteers can either drop in or speak on the phone.

You May also Like

Tutor Reflective Practice and Support
Tutors will be e-mailed about this session.

Student and Tutor Feedback Forum
Wednesday 21 February 1:30pm – 3:30pm

Course

Location, Date and Time

Walking Group

Rushworth Street
Friday from
26 January to 23 March
1pm

Facilitator

Paula Lawson

Course Overview

Walk and discover different places each week.
Meet new friends and keep fit.
A well-deserved stop in a cafe is included!

You May also Like

A mile in her shoes - Women's Running Group
Thursdays 5pm – 6:30pm

Yoga
Fridays 12pm – 1pm

Course

A Mile In Her Shoes -
Women's Running Group

Location, Date and Time

Rushworth Street
Thursdays from
25 January to 22 March
5pm – 6:30pm

Facilitator

Jennifer Cirone and Volunteers

Course Overview

Play games and get fit at the same time.

This warm and supportive group is for women at any stage of fitness.

We usually play games inside and then if weather permits we head to the local park for jogging, walking and fitness activities.

You May also Like

Walking Group

Fridays starting at 1pm from Rushworth Street

Yoga

Fridays 12pm – 1pm

Course

Location, Date and Time

Drop-in Brunch

Rushworth Street
Wednesdays from
24 January to 21 March
12pm – 1pm

Facilitator

Emily Catlow and Volunteers

Course Overview

This is an ideal opportunity for anyone who is coming to the Recovery College for the first time to drop in and find out about courses. It is also open to regulars who want to come along, have some food, chat, relax and perhaps play table tennis!
The food is prepared by students from the Food Preparation and Hygiene course.

You May also Like

Creative Thursdays Drop-In
in Kings Bench
Thursdays 11am – 6:30pm
including lunch 1pm – 2pm

Food Preparation and
Hygiene
Wednesdays 11am – 12pm

Table Tennis
Wednesdays 1:30pm – 3:30pm

Course

Mindfulness

Location, Date and Time

Rushworth Street
 Mondays from
 22 January to 19 March
 12pm – 2pm

Facilitator

Garvey Harris

Course Overview

This course offers you the opportunity to learn a few simple mindfulness exercises.

Mindfulness can help us to prevent and manage mental health challenges, to notice and respond positively to negative thoughts and feelings, build confidence and take control of our lives.

You May also Like

Yoga
 Fridays 12pm – 1pm

Walking Group
 Fridays starting at 1pm from
 Rushworth Street

Creative Thursdays Drop-In
 in Kings Bench
 Thursdays 11am – 6:30pm
 including lunch 1pm – 2pm

Course

Location, Date and Time

Yoga

Rushworth Street
Fridays from
26 January to 23 March
from 12pm – 1pm

Facilitator

Emily Catlow

Course Overview

Come in, have a stretch, learn how to deepen your breath and relax.
We will also look at ways of improving posture and building strength, allowing you to feel more comfortable in yourself and your body.
Suitable for absolutely anyone - if you can breathe you can do yoga!!

You May also Like

Dance Steps to a
Better You
Thursday 3:30pm – 4:30pm

A Mile in Her Shoes - Women's Running Group
Thursdays 5pm – 6:30pm

Course

Confident Presenting

Location, Date and Time

Rushworth Street
Thursday | February and
Thursday | March
4pm – 6pm

Facilitator

Rob Neale

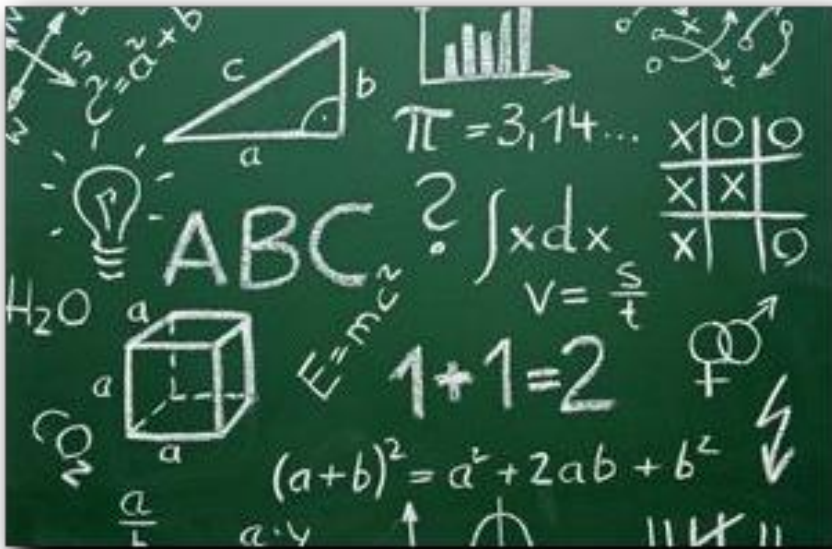
Course Overview

Learn how to gain confidence in all situations, from talking in groups to doing a presentation. This course helps you to look at why you may lack confidence and how to overcome this. Hopefully you will leave feeling able to do things you were previously afraid of!

You May also Like

Personal Development courses run by Outside-In.

English and Maths



Course

Location, Date and Time

English for Speakers of
other Languages (ESOL)
New Beginnings One

Rushworth Street
Tuesdays from
23 January to 20 March
3pm – 4:30pm

Facilitator

Josephine Okoh and Volunteers

Course Overview

This course is designed to meet the needs of non-native speakers of English or learners who have chosen to make a life in the UK.

You will learn how to improve your basic English — speaking, listening, reading and writing skills.

You will learn simple communication skills for everyday life, health and personal finance.

After achieving New beginnings One you can progress to New beginnings Two

You May also Like

Course**Location, Date and Time**

English for Speakers of
other Languages (ESOL)
New Beginnings Two

Rushworth Street
Thursdays from
25 January to 22 March
2pm – 3:30pm

Facilitator

Josephine Okoh and Volunteers

Course Overview

You will build on New beginnings One course.
You will improve spoken English language and IT skills.
You will learn about UK society, health, education and
employment.
You will enhance communication skills with health and
housing professionals.
After achieving New beginnings Two you can progress to
an accredited course.

You May also Like

Course

Location, Date and Time

English and Maths
Step One

Rushworth Street
Tuesdays from
23 January to 20 March
10:30am – 12pm

Facilitator

Josephine Okoh and Volunteers

Course Overview

You will develop basic English grammar, vocabulary and practice pronunciation skills. You will learn basic communication skills.

You will be able to improve your reading, spoken and written English to gain confidence in everyday use.

After achieving Step One you can progress to Step Two.

You May also Like

Power of Words Poetry Course
on Tuesdays 1:30pm – 3:30pm

Course

Location, Date and Time

English and Maths
Step Two

Rushworth Street
Tuesday from
23 January to 20 March
1:30pm – 2:30pm

Facilitator

Josephine Okoh and Volunteers

Course Overview

You will build on Step up One course.

This course is designed to improve your confidence with literacy, numeracy and IT skills.

You will be able to improve your spoken and written English to gain confidence in everyday use and for practical things like volunteering and job interviews.

You will also be able to refresh your maths skills so you are able to carry out basic calculations and feel confident with practical tasks like basic budgeting.

You May also Like

Power of Words Poetry Course
on Tuesdays 1:30pm – 3:30pm

ESOL and Literacy
Assessments

Rushworth Street
Thursdays from
25 January to 22 March
11:30am – 1pm

Josephine Okoh and Volunteers

An opportunity to have your English skills: speaking, listening, reading and writing assessed.

To help you find out your level(s) in English and identify any support required.

You will be provided with information about the assessment and most suitable course..

Prospectus designed by Robert Sprackland:
Volunteer for St Mungo's at
New St Recovery College Bristol



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