

Pop up sessions, workshops and health services: We also have some workshops and health sessions on offer:	
First Aid British Red Cross with Carrie	Tuesday 6 February 2pm - 4pm Thursday 1 March 2pm - 4pm Wednesday 21 March 2pm - 4pm
Acupuncture with Sharon	Wednesdays 11am - 2pm
Move on Training	Wednesdays 3pm - 4pm Please see prospectus for details
Stop Smoking Kick-it.org with Mark	Tuesday 6 February 2pm - 4pm Wednesday 28 February 10:30am - 12:30pm Thursday 29 March 2pm - 4pm who want to give up
Art Therapy one to one service	Please ask for more information or to be referred to this service
Get Involved Wednesdays	Every Wednesday 2pm - 3:30pm All welcome!
Lotions and Potions: making healing remedies with medicinal herbs with Jennie from Chelsea Physic Garden	Tuesday 30 January 2:30pm - 4:30pm Thursday 22 February 2:30pm - 4:30pm (Thursday Women Only)
Performance Fridays	Please look out for Friday performances during term time! Free buffet lunch as well



**Spring Term at Recovery College West London**  
Monday 22 January - Thursday 29 March 2018

We offer a range of courses grouped under these headings:

- Health, Wellbeing and Personal Development
- Move On, Client Support and Practical Skills
- Arts, Culture and Creativity
- IT and Digital Media
- English and Maths

**How to enrol**  
You can enrol anytime during the term, call us and come for a visit. Come along to Get Involved Wednesdays (from 10 January). The address is: 94 Redcliffe Gardens Earl's Court London SW10 9HH. You can also enrol before term starts: Tuesday 16, Wednesday 17 and Thursday 18 January. The address is: 94 Redcliffe Gardens Earl's Court London SW10 9HH.

**Who can attend**  
Anyone who is interested in the Recovery College and would like to take one of our courses. Courses are free and open to all.

**Find out more**  
If you want to know more about our courses, you can view our detailed prospectus at [www.mungos.org/recoverycollege](http://www.mungos.org/recoverycollege) or email [Eileen.egerton@mungos.org](mailto:Eileen.egerton@mungos.org) or call on 07710 087782.

**Our ethos**  
We are all people first; let's celebrate our differences and focus on our strengths. No one likes to be hurt or humiliated so let's respect each other in discussion and debate we can challenge the opinion but not the person. Let's leave our worries at the door, be friendly, positive and welcoming.

**WEST LONDON**  
94 Redcliffe Gardens  
Earl's Court  
London  
SW10 9HH

**St Mungo's**  
Ending homelessness  
Rebuilding lives

**Recovery College**  
**Courses**  
**Spring 2018**  
January to March

# Recovery College West London SPRING TERM 2018

Monday 22 January - Thursday 29 March

94 Redcliffe Gardens, SW10 9HH - email: eileen.egerton@mungos.org Mob: 07710 087782

<b>M o n d a y</b>	10am	11am	12	1pm	2pm	3pm	4pm	5pm
	IT Training Mark & Alice 11am - 4pm OCN Entry Level 3							

<b>T u e s d a y</b>	10am	11am	12	1pm	2pm	3pm	4pm	5pm
	English - ESOL & Literacy Rosaline 10am - 3pm							
			Soup & a Story Eileen 12pm - 2pm			Street Art Matthew 3pm - 4:30pm		

<b>W e d n e s d a y</b>	10am	11am	12	1pm	2pm	3pm	4pm	5pm
	Arts & Crafts Eileen 10:30am - 1pm						MOT Simon 3pm - 4pm	
					Recovery from Problem Gambling 3:30pm - 5pm Patricia (Gamcare)			
					Get Involved Wed 2pm - 3:30pm All welcome!		Chair Yoga Jenny 4:30pm - 5:15pm	

<b>T h u r s d a y</b>	10am	11am	12	1pm	2pm	3pm	4pm	5pm
	Crochet Club Eileen 10:30am - 12pm						Mindfulness & Body Awareness Joe 2pm - 3pm	
				Cooking on a Budget Saschelle 12pm - 2pm				Tai Chi Joe 3pm - 4pm
				Cookery Blog 1pm - 2pm				

<b>F r i</b>	10am	11am	12	1pm	2pm	3pm	4pm	5pm	
	Support Group Amber 10:30am - 12pm				Performance Afternoons - Look out for dates & details (NOT every week)				

Support Group = for people who have had a child taken into care - see prospectus for details