



**Clarendon
Recovery
College**

COURSE GUIDE

APR - JUL 2024

**ENROLMENT
WEEK:**

Monday 15th -
Friday 19th April

Haringey
LONDON

Mission

The Clarendon Recovery College is for anyone who is 18 and over and is a Haringey resident. We offer an educational route to a better life for people experiencing mental health issues. We promote hope, resilience and recovery. We will provide high-quality educational courses and workshops.

This guide shows you the Courses we are offering for our Summer Term.

Our Summer Term runs from **Monday 22 April until Friday 26 July.**

Our Enrolment week runs from **Monday 15 April until Friday 19 April.**

To enrol at other times, or find out more, email us at **enrolcrc@haringey.gov.uk**

We are open Monday, Wednesday, Thursday and Friday 9:30am to 4:30pm

We are open Tuesday 11:30am to 4:30pm

We run three terms per year.

Our terms run:

- April to July
- September to December
- January to March

We are closed for the Monday bank holidays on 6th and 27th May.

Clarendon Recovery College

**Clarendon Road
Hornsey
London N8 0DJ**

Email: **Enrolcrc@haringey.gov.uk**

Website: **www.haringey.gov.uk/clarendon**

Telephone: **0208 4894860**

Welcome to the Clarendon

Recovery College

The Clarendon Recovery College runs courses about understanding and living with mental health issues. We also run courses for the discovery of skills and talents and for personal growth and wellbeing.

Our courses are free for all Haringey residents.

You may get support for your mental health. You may know someone who does. You may simply want to know more about mental health.

Our courses range in length from half day workshops to courses that run for an hour a week over a few weeks. With our courses we want to interest and inspire you. If you want us to put on a course about a subject you're interested in let us know. If you want to run a course based on your experience, we can work with you to make that happen.

Our courses are co-produced.

This means that our course designers and tutors are experts through lived experience of mental illness and/or are experts by profession.

You can take any course.

You can discuss with staff which courses complement each other when you enrol. You can improve our courses.

Please read this whole document.

Read about co-production. Read about our new integrated service when we move to our new home at the Roger Sylvester Centre at Canning Crescent.

Enrol on our courses, complete the courses then feedback on what works and what we could improve.

Or simply come and have a cup of coffee at our café. Get to know us better. You are most welcome.

Finally for all new students please check out the information on 18 about participation in the Recollect2 study into Recovery Colleges.

To enrol, or find out more, email us at enrolcrc@haringey.gov.uk

Recovery and Co-Production

What do we mean by Recovery?

“ **RECOVERY** means making sense of what has happened to you. It means becoming an expert in your own care. It means building a new sense of self and a new purpose in life, discovering hope and your own resourcefulness and the possibilities this uncovers. Then using this clarity to pursue your aspirations and goals.

Adapted from “Recovery Colleges,” Centre for Mental Health



Co-production

Co-production is fundamental to the Clarendon Recovery College. We work and learn together. We bring our wisdom and different life experiences to the classroom. Co-trainers use their lived experience to inspire students in their recovery. As a core practice co-production is embedded in all aspects of the College and not just the course environment. We want everyone included in decision making at all levels. We are working hard to achieve this.

Volunteers

We have opportunities for volunteers in different areas of our service. Our peer volunteers run our popular Knitting and Music Appreciation sessions.

Wellbeing

The Clarendon Recovery College has a lovely space that includes a garden and a café. Come along for a coffee and use our free broadband. Arrange to meet people here. You may want to volunteer or see a friendly face. You may want to start your own kind of group. We have the space, and we can offer you training in how to set this up.

Integrated Service

Clarendon Recovery College will move to a new site. The courses in this guide will run at our current base in Hornsey, N8.

The Recovery College will run alongside **The Crisis Prevention House** and the **Safe Haven**.

SAFE HAVEN Helpline

Are you experiencing a crisis?

Feeling sad, low and really struggling to keep going and would like to support to get through this?

Also available face to face. Please call for more information.



0800 953 0223

7 Days a week 5-8pm



Safehaven@mih.org.uk

Crisis Prevention House

BEH Crisis Prevention Houses provide the following:

A welcoming, homely, therapeutic, recovery-focused and person-centred environment - with individual

bedrooms (with ensuite facilities), a communal kitchen and lounge, and a small garden.

Support to people experiencing mental health challenges – who can live in a safe environment and engage in a wide range of activities (including building life skills, learning about mental health conditions, wellbeing support, therapy and creative activities).

An alternative form of mental health service provision to A&E and inpatient wards.

NB: During a guest's stay the person maintains their independence by continuing to attend to their own activities of daily living e.g. shopping, cooking, laundry etc.

For further information



020 8213 7520 (24/7)

Dedicated self-referral telephone:



020 8213 7777

(8am-8pm Mon to Sun)

Calendar

Courses	Course start date	Course end date	Start	Finish	Day
Intro to Recovery	22nd April	22nd April	1.00pm	3.30pm	Monday
Relaxation & Meditation	22nd April	10th June	10.30am	11.30am	Monday
Knitting	23rd April	23rd July	1.30pm	4.00pm	Tuesday
Art Group	23rd April	23rd July	1.45pm	3.45pm	Tuesday
Paranoia & Unusual Beliefs	23rd April	11th June	12.00pm	1.15pm	Tuesday
Understanding Mental Health	24th April	24th April	10.30am	1.00pm	Wednesday
Vision Boarding	24th April	29th May	1.30pm	3.00pm	Wednesday
Gaining Confidence Through Effective Communication	25th April	23rd May	10.45am	12.15pm	Thursday
Art Group	25th April	25th July	1.45pm	3.45pm	Thursday
Sound of Music	26th April	26th July	2.00pm	3.30pm	Friday
Mindful Colouring	26th April	26th July	10.30am	11.30am	Friday
Men's Talk	1st May	19th June	11.00am	12.30pm	Wednesday
Developing Self-Compassion	3rd May	7th June	11.00am	12.30pm	Friday
Basic IT	7th May	23rd July	12.00pm	2.30pm	Tuesday
Basic IT	8th May	24th July	10.45am	1.15pm	Wednesday
Step into Employment	8th May	11th July	10.00am	2.00pm	Wednesday
Creative Writing	9th May	13th June	1.00pm	2.30pm	Thursday
Understanding Voices	13th May	13th May	1.00pm	3.30pm	Monday
Learning to Live With Voices	20th May	20th May	1.00pm	3.30pm	Monday
Wellness Recovery Action Plan (WRAP)	30th May	27th June	10.45am	12.15pm	Thursday

Courses	Course start date	Course end date	Start	Finish	Day
Resourceful Women	3rd June	1st July	1.00pm	2.30pm	Monday
Overcoming Setbacks	5th June	5th June	1.30pm	3.00pm	Wednesday
Caterpillar and Ladder	12th June	12th June	1.30pm	3.00pm	Wednesday
Intro to Recovery	17th June	17th June	10.45am	1.15pm	Monday
Understanding Anxiety	19th June	19th June	1.00pm	3.30pm	Wednesday
Writing for Self Expression	20th June	11th July	1.00pm	2.30pm	Thursday
Understanding Bipolar	24th June	24th June	10.00am	12.30pm	Monday
Learning to Live With Anxiety	26th June	26th June	1.00pm	3.30pm	Wednesday
Understanding Complex Emotional Needs	26th June	26th June	10.00am	12.30pm	Wednesday
Learning to Live With Bipolar	1st July	1st July	10.00am	12.30pm	Monday
To Keep or Not to Keep? Declutter Your Life	8th July	22nd July	11.00am	1.30pm	Monday
Understanding Psychosis & Schizophrenia	10th July	10th July	1.00pm	3.30pm	Wednesday
Understanding Emotions	18th July	25th July	11.00am	1.30pm	Thursday
Understanding Depression	17th July	17th July	10.00am	12.30pm	Wednesday
Learning to Live With Psychosis & Schizophrenia	17th July	17th July	1.00pm	3.30pm	Wednesday
Learning to Live With Depression	24th July	24th July	10.30am	12.30pm	Wednesday
Learning to Live With Complex Emotional Needs	3rd July	3rd July	10.00am	12.30pm	Wednesday

Understanding mental health issues and their treatment

Course	Date	Time
Understanding Psychosis & Schizophrenia	Wednesday 10th July	1.30pm–3pm
Course Description: This co-produced course could be for you if you are interested in gaining an awareness of what the experience of psychosis and schizophrenia may mean to you or someone you care about. We will explore issues relating to the process of diagnosis possible treatment options and what has been reported as effective. We will also explore personal experiences of psychosis and some of the useful ways people have found to manage their own experiences.		

Course	Date	Time
Understanding Mental Health	Wednesday 24th April	10.30am–1pm
Course Description: This course will introduce and explore mental health at both an educational level and from an experienced perspective. The course aims to educate students, carers, family and friends about the symptoms, causes and treatment options associated with mental health. Reflection and self-awareness are key aspects taught on this course.		

Course	Date	Time
Understanding Depression	Wednesday 17th July	10am–12.30pm
Course Description: This is an introductory co-produced course for students, carers and staff who would like to know more about depression. By the end of the course, we aim for you to leave with a good understanding of depression. Explore how periods of low mood can be maintained and the links between our thoughts, feelings, and behaviours. Meet people who have similar difficulties and learn how they might have overcome them. An opportunity to discuss personal experiences and receive support and encouragement.		

Course	Date	Time
Understanding Voices	Monday 13th May	1pm–3.30pm
Course Description: Hearing voices is a common place experience. It is not necessarily a sign of mental ill health. Share your different experiences.		

Course	Date	Time
Learning to Live with Voices	Monday 20th May	1pm–3.30pm
Course Description: Take this opportunity to exchange information and learn from each other. This follows up "Understanding Voices."		

Course	Date	Time
Understanding Bipolar	Monday 24th June	10am–12.30pm
<p>Course Description: This introductory awareness course aims to educate students, carers, family and friends about the symptoms, causes and treatment options associated with bipolar disorder. We will explore:</p> <ul style="list-style-type: none"> • The common features of bipolar • What can trigger a bipolar episode • Treatments and medication • How bipolar disorder can be self-managed 		

Course	Date	Time
Understanding Anxiety	Wednesday 19th June	1pm–3.30pm
<p>Course Description: Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful, or nervous. This introductory course will provide you with a safe environment to discuss your concerns, whilst you find out about support, treatments, and self-help groups available in your community to help you or somebody you know.</p>		

Course	Date	Time
Learning to Live With Psychosis & Schizophrenia	Wednesday 17th July	1.30pm–3pm
<p>Course Description: Psychosis and schizophrenia need not to be a barrier to having a fulfilling and meaningful life. This one and a half hour course follows on from the themes of recovery, self-management and wellbeing introduced in the understanding psychosis and schizophrenia course.</p>		

Course	Date	Time
Learning to Live With Depression	Wednesday 24th July	10.30am–12.30pm
<p>Course Description: When you are depressed, or your mood is low it can affect every part of life. It may be tough to get yourself going – even things you used to take in your stride can seem difficult. And perhaps you get little pleasure from the things you used to enjoy. Treatment may be important, and many people have discovered lots of things they can do for themselves to feel better. This course will provide you with effective tools for managing your own day to day mood and experience and for rediscovering who you are beyond the diagnosis.</p>		

Course	Date	Time
Learning to Live With Bi-polar	Wednesday 1st July	10am–12.30pm
<p>Course Description: This course is a follow-up from the understanding bipolar course aimed at people who wish to learn more about the condition and improve their coping strategies. Family and friends of people affected by bipolar are also welcome. This is a short course that deals with the principle issues of bipolar. We will explore topics such as:</p> <ul style="list-style-type: none"> • Understanding diagnosis • Stress and mood monitoring • Relationships and stigma • Triggers • Treatment options • Staying well 		

Course	Date	Time
Learning to Live With Anxiety	Wednesday 26th June	1pm–3.30pm
<p>Course Description: The course will:</p> <ul style="list-style-type: none"> • Discuss anxiety using a Cognitive Behavioural Therapy (CBT) approach. • Explore recovery strategies that can help you deal with worry and help you manage setbacks. • Reflect on the learning from the course. 		

Course	Date	Time
Understanding Complex Emotional Needs	Wednesday 26th June	10am–12.30pm
<p>Course Description: This class will provide an overview of what is meant by complex emotional needs, sometimes diagnosed as borderline personality disorder (BPD) or Emotionally Unstable Personality Disorder (EUPD). We will discuss the theory and history behind the changing terminology to promote understanding and insight into often misunderstood conditions.</p>		

Course	Date	Time
Learning to Live With Complex Emotional Needs	Wednesday 3rd July	10am–12.30pm
<p>Course Description: In this follow-up class we will examine how to live with Complex Emotional Needs, often associated with borderline personality disorder (BPD) or Emotionally Unstable Personality Disorder (EUPD). We will look at ways to manage and thrive through these conditions, including modern therapeutic approaches such as Dialectical behaviour therapy (DBT) and Mentalisation-based therapy (MBT).</p>		

Creative courses

Course	Date	Time
Art	Tuesday 23rd April to 23rd July	1.45pm-3.45pm
	Thursday 25th April to 25th July	1.45pm-3.45pm
Course Description: Focus on drawing and painting at this weekly class.		

Course	Date and time
Music Technology	To be confirmed
Course Description: Learn to make music using Logic Pro X (industry standard software). See how simple it is to make music on any computer and create your own beats.	

shaw trust

Course devised and delivered by Thrive into Work

Course	Date	Time
Step into Employment	Thursday 9th May; 13th June; 11th July	10am-2pm
Course Description: This course is for those looking to find employment, return to work, or change careers, who are 18 years and over. The 4-hour course is designed to be fun and interactive, focusing on a range of activities to support some of the key topics relating to preparing for employment including CV's, Interview Skills, Confidence Building, Teamwork and Job searching. This course will highlight the benefits of employment in improving mental health and wellbeing supporting you with the practical skills you need to Step into Employment.		

Tutored courses - Studio 306

Creative: Recovery through creativity

Studio 306 Collective CIC

Entrance Red Building by Parkland Road
Former Wood Green Post Office
191 High Road
Wood Green
London
N22 6DZ

Book your place directly
with Studio 306 either by
email or telephone.

Email: 306projtmanager@
btconnect.com
Telephone: 020 8365 8477

Ceramics

This hands-on course will introduce you to working with clay and the techniques used to shape it into vessels. Studio 306 Creative offers facilities for hand building, slip casting and press moulding. Once fired, you will learn how to decorate your work using glazes and under glazes..

Skills in printmaking

This hands-on course will introduce you to the equipment and techniques of screen printing. You will have the opportunity to print on paper and fabric creating your design on a T-shirt. You will begin using paper and hand painted stencils and move on to photographic stencils. You will work with your fellow students on a project to illustrate the technical skills involved in screen printing.

Skills in jewellery making

This hands-on course will introduce you to the basic techniques of making silver jewellery. You will learn to saw, file, shape, texture and solder. Projects include making a simple silver ring and progressing to more complicated pieces including your own designs.

Sewing skills

This hands-on course will introduce you to working with textiles. You will learn how to thread and use a sewing machine, use a variety of sewing techniques, and follow templates and patterns. You will have the opportunity to make items such as lavender bags, cushion covers, lined tote bags, moving onto patchwork, appliqué and embroidery.

IT & Digital Skills

Course	Date	Time
Basic IT	Tuesdays, 7th May – 23rd July	12.00pm–2.30pm
	Wednesdays, 8th May – 24th July	10.45am–1.15pm

Course Description: In today's society digital devices are essential. These include computers, tablets and smartphones. You probably own one or more but do you know how to use them or get the best from them. This class will teach you some of the basics, from turning your device On and Off to going online safely.



Road to Recovery

Course	Date	Time
Introduction to Recovery	Monday, 22nd June	10.45am–1.15pm

Course Description: Recovery is possible for everyone. This is an introductory half day co-produced course for students, carers and staff who want to take a fresh look at recovery.

Course	Date	Time
Relaxation & Meditation	Mondays, 22nd April – 10th June	10.30–11.30am

Course Description: Learn a range of relaxation & meditation methods. Manage and reduce your stress.

Course	Date	Time
Paranoia & Unusual Beliefs	Tuesdays, 23rd April – 11th June	12pm–1.15pm

Course Description: Listen and talk in a safe and supportive environment. Share experiences and beliefs

Course	Date	Time
Creative Writing	Thursdays, 9th May – 13th June	1pm–2.30pm

Course Description: Improve your creative writing skill. Use your experiences and imagination to develop poems and stories.

Course	Date	Time
Gaining Confidence Through Effective Communication	Thursdays, 25th April – 23rd May	10.45am–12.15pm

Course Description: Communicating effectively is a difficult skill particularly if you are not well. It is a necessary skill for everyone. whether talking with family or friends or getting the support and services you need and for getting the most out of your life.

Course	Date	Time
Vision Boarding	Wednesdays, 24th April – 29th May	1.30pm–3pm
<p>Course Description: The vision boarding course typically guides students in creating visual representations of your goals and aspirations. It involves selecting images, words and symbols that resonate with your vision for the future and arranging them on a board.</p>		

Course	Date	Time
Writing for Self Expression	Thursdays, 20th June – 11th July	1pm–2.30pm
<p>Course Description: This course is facilitated by a co-trainer and a writer. The writer and the course is funded by the Royal Literary Fund. Expressive writing is about self-expression. It is freestyle, personal, and emotional writing that is not constrained by concerns about the 'end result', or writing conventions such as structure, spelling or grammar. It is not creative writing. We hope that these workshops will help participants to think about their life and put their thoughts and feelings into words, that the sessions will foster personal awareness, resilience, and wellbeing.</p>		

Course	Date	Time
Wellness Recovery Action Plan	Thursdays, 30th May – 27th June	10.45am–12.15pm
<p>Course Description: Students will identify what helps manage their ups and down. Student's will identify difficulties that interfere with their life. "I have more control over my illness than I ever realised. Knowing that gives me hope. I know that the next time I start to get ill I can turn it around. I don't have to let illness run my life." At completion a student will have a Wellness, Recovery Action Plan – a WRAP - in place.</p>		

Course	Date	Time
Resourceful Women	Mondays, 3rd June – 1st July	1pm–2.30pm

Course Description: This course will offer information, advice, and guidance. The course will enhance wellbeing through health promotion, group exercises and recreational activities. You will meet with peers. You will share experiences and increase your knowledge of coping strategies.

Course	Date	Time
Overcoming Setbacks	Wednesday 5th June	1.30pm–3pm

Course Description: The purpose of the course is to raise awareness about the importance of well-being. The course will encourage students to overcome challenges in a positive way. We will discuss topics such as resilience and achievements.

Course	Date	Time
Caterpillar and Ladder	Wednesday 12th June	1.30pm–3pm

Course Description: This course is to encourage students to take part exploring real-life challenges. The course will encourage sharing experiences in a light-hearted and fun way.

Course	Date	Time
To Keep or Not to Keep? De-Clutter Your Life	Mondays, 8th July – 22nd July	11am–1.30pm

Course Description: In these three sessions we will look at our thoughts and feelings around letting go. We will identify healthy ways to release our attachments to objects that may hold meaning for us. We will explore the stigma of hoarding, learn practical decluttering techniques and improve our decision-making skills. Through this challenging process we may find we free up both physical and emotional space.

Course	Date	Time
Mindful Colouring	Wednesdays, 26th April - 26th July	10.30am-11.30am

Course Description: Improve your focus and concentrate on the moment.. Reduce anxiety and stress and take an art break.

Peer Volunteer's Courses

Course	Date	Time
Knitting	Tuesdays, 23rd April – 23rd July	1.30pm–4pm
Course Description: A social group where you learn useful crafting skills while enjoying friendly conversation.		

Course	Date	Time
Sound of Music	Fridays, 26th April – 26th July	2pm–3.30pm
Course Description: Students come together to share their favourite music, discover new genres, and engage in thoughtful conversations about musical elements, artists, and cultural influences.		



Student Meetings

Date and time	
Student Meeting	Check out College posters for POP UP dates and times
Topic: We shall focus on courses for Black and Asian students.	

Date and time	
Student Meeting	Check out College posters for POP UP dates and times
Topic: Induction; individual learning; progression.	

Date and time	
Student Meeting	Check out College posters for POP UP dates and times
Topic: We want students working with us to design a course that will focus on health and well-being, The topic of health and wellness is extensive. Let us work together in creating a course that is focused and specific.	

What do our students say?

Needless to say I believe their support enabled me to perform confidently at my interview for my new role. I return to full time work next week.

Not only am I making progress towards recovery, I am secure in the belief that they can provide a service to me and the wider community of Haringey.

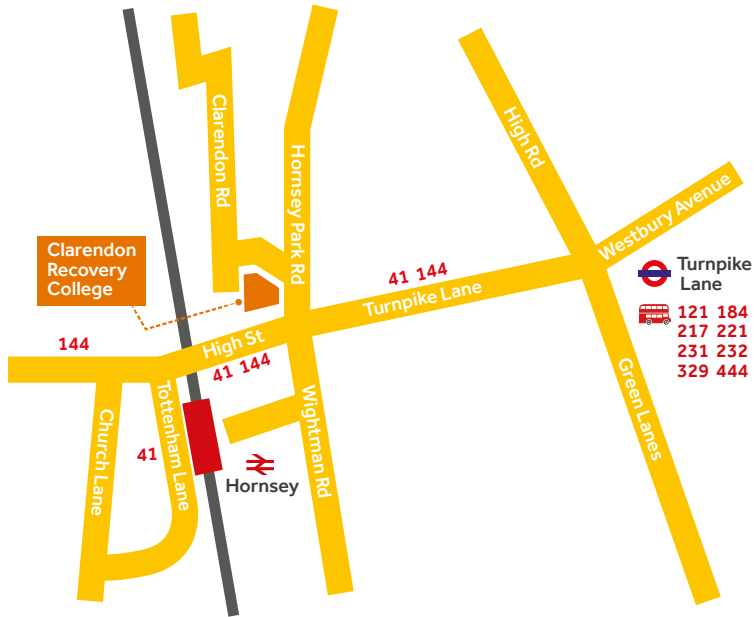
I enjoyed the courses very much and would recommend them to other students.

The session was very interesting, and I learnt a lot. Will definitely help me when I set up my own self-help book support group.

Being challenged almost my entire life. Knowing now that success might be in my own hands is progress. My thanks go to all staff of the college.

The course was exactly what I hoped it would be and more. It's informative, thought provoking, friendly and I feel it's a safe friendly environment.

I found the courses very informative. The tutors were very knowledgeable of the subject. The co-trainers with lived experience inspired me with hope for the future.



Undecided about enrolling at the college?

Come for a tour of our service, an informal visit, held every Tuesday at 12.45pm.
Just book your space on our weekly tour by phoning **020 8489 4860**.

Haringey Council
Clarendon Recovery College
Clarendon Road
Hornsey N8 0DJ

Telephone: 020 8489 4860

Email: enrolCRC@haringey.gov.uk

Website www.haringey.gov.uk/clarendon

<https://what3words.com/tribune.shades.really>



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