

ENROLMENT WEEK:

Monday 15th -
Friday 19th January
10.00am-4.00pm

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 Spring Term.

Our Spring Term runs from **Monday 22 January until Thursday 28 March.**

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

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

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 already 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** involves making sense of and finding meaning in, what has happened; becoming an expert in your own self-care; building a new sense of self and purpose in life; discovering hope, your own resourcefulness and the greater possibilities this uncovers and using these opportunities, and the resources available to you, to pursue your aspirations and goals.

Ref: 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 public 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 next year. 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	Time	Day
Stress management	22nd Jan 2024	19th Feb 2024	1.30pm-3.00pm	Monday
Loneliness: get better connected	22nd Jan 2024	12th Feb 2024	11.00am-12.30pm	Monday
Knitting	23rd Jan 2024	26th Mar 2024	1.30pm-4.00pm	Tuesday
Paranoia & unusual belief	23rd Jan 2024	19th Mar 2024	12.00pm-1.15pm	Tuesday
Music Technology	23rd Jan 2024	26th Mar 2024	10.30am-12.30pm	Tuesday
Music Technology	23rd Jan 2024	26th Mar 2024	1.00pm-3.00pm	Tuesday
Art	23rd Jan 2024	26th Mar 2024	1.45pm-3.45pm	Tuesday
Understanding psychosis & schizophrenia	24th Jan 2024	24th Jan 2024	1.30pm-3.00pm	Wednesday
Building healthy relationships	24th Jan 2024	14th Feb 2024	11.15pm-12.45pm	Wednesday
Understanding Anxiety	25th Jan 2024	25th Jan 2024	1.30pm-3.00pm	Thursday
Journaling	25th Jan 2024	29th Feb 2024	11.00am-12.30pm	Thursday
Art	25th Jan 2024	TBC	1.45pm-3.45pm	Thursday
Sound of music	26th Jan 2024	22nd Mar 2024	2.00pm-3.30pm	Friday
Relaxation & Meditation	26th Jan 2024	23rd Feb 2024	10.30am-11.30am	Friday
Learning to live with psychosis & schizophrenia	31st Jan 2024	31st Jan 2024	1.30pm-3.00pm	Wednesday

Courses	Course start date	Course end date	Time	Day
Learning to live with Anxiety	1st Feb 2024	1st Feb 2024	1.30pm-3.00pm	Thursday
Cultural Collective	7th Feb 2024	28th Feb 2024	2.00pm-3.15pm	Wednesday
Intro to mindfulness	8th Feb 2024	29th Feb 2024	1.00pm-2.00pm	Thursday
Creative writing	19th Feb 2024	4th Mar 2024	11.00am-12.30pm	Monday
Understanding bi-polar	21st Feb 2024	21st Feb 2024	11.00am-12.30pm	Wednesday
Assertiveness	23rd Feb 2024	22nd Mar 2024	12.00pm-1.30pm	Friday
Vision boarding	26th Feb 2024	25th Mar 2024	1.30pm-3.00pm	Monday
Learning to live with Bi-polar	28th Feb 2024	28th Feb 2024	11.00am-12.30pm	Wednesday
Understanding depression	6th Mar 2024	6th Mar 2024	1.30pm-3.00pm	Wednesday
Mad studies	6th Mar 2024	27th Mar 2024	11.00am-12.30pm	Wednesday
A good night sleep	7th Mar 2024	28th Mar 2024	1.30pm-3.00pm	Thursday
Expressive writing	TBC	TBC	TBC	TBC
Learning to live with Depression	13th Mar 2024	13th Mar 2024	1.30pm-3.00pm	Wednesday
Student participation workshop	18th Mar 2024	18th Mar 2024	10.30am-12.30pm	Monday
Understanding Mental health	25th Mar 2024	25th Mar 2024	10.30am-12.30pm	Monday
Intro to recovery	27th Mar 2024	27th Mar 2024	1.00pm-2.00pm	Wednesday

Understanding mental health issues and their treatment

Course	Date	Time
Understanding Psychosis & Schizophrenia	Weds, 24th Jan 2024	1.30–3pm
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	Mon, 25th Mar 2024	10.30am–12.30pm
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	Weds, 6th Mar 2024	1.30–3pm
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 Bi-polar	Weds, 21st Feb 2024	11.00am–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	Thurs, 25th Jan 2024	1.30–3pm
<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	Weds, 31st Jan 2024	1.30–3pm
<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	Weds, 13th Mar 2024	1.30–3pm
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.		

Course	Date	Time
Learning to live with Bi-polar	Weds, 28th Feb 2024	11.00am–12.30pm
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: <ul style="list-style-type: none"> • Understanding diagnosis • Triggers • Stress and mood monitoring • Treatment options • Relationships and stigma • Staying well 		

Course	Date	Time
Learning to live with Anxiety	Thurs, 1st Feb 2024	1.30–3pm
Course Description: The course will: <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. 		

Creative courses

Course	Date	Time
Art	Tuesdays, 23 Jan - 26 Mar	1.45-3.45pm
Course Description: Focus on drawing and painting at this weekly class.		

Course	Date	Time
Music Technology	Tuesdays, 23 Jan - 26 Mar	Morning session: 10.30am-12.30pm Afternoon session: 1- 3pm
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.		



Tutored courses - Studio 306

Creative: Recovery through creativity

Studio 306 Collective CIC

Collage Artspace 4
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: 306projmanager@
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.

Road to Recovery

Course	Date	Time
Introduction to Recovery	Wednesday, 27 Mar	1-3.30pm
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
Stress management	Mondays, 22 Jan - 19 Feb	1.30-3pm
Course Description: It is possible to manage stress and anxiety? Can things change for the better? Can I help myself? The answer is yes. The course examines the causes of stress and anxiety, gives you practical activities and methods that have a good record of helping alleviate them, helps you look at your own situation and build up a skills tool kit to lessen and manage anxiety and stress in your life.		

Course	Date	Time
Assertiveness	Fridays, 23 Feb - 22 Mar	12-1.30pm
Course Description: This is a course designed to help students develop self-awareness, gain confidence and improve their communication skills and ability to be assertive. Students will learn the following topics: What is assertiveness? Aggressive, passive and assertive behaviour. Being assertive and developing assertiveness skills. Barriers to being assertive and your rights. Owning our feelings. Refusing and requesting. Self-respect. Criticism and conflict. Self-esteem. Power and self-empowerment.		

Course	Date	Time
Journaling	Thursdays, 25 Jan - 29 Feb	11am-12.30pm
Course Description: Journaling can be much more than writing a diary of life events. It can be about self-exploration and development, supporting you in your recovery and day-to-day living.		

Course	Date	Time
Relaxation & Meditation	Fridays, 26 Jan - 23 Feb	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, 23 Jan - 19 Mar	12-1.15pm
Course Description: Listen and talk in a safe and supportive environment. Share experiences and beliefs		

Course	Date	Time
Creative Writing	Mondays, 19 Feb - 4 Mar	11am-12.30pm
Course Description: Improve your creative writing skill. Use your experiences and imagination to develop poems and stories.		

Course	Date	Time
Loneliness: Get better connected	Mondays, 22 Jan - 12 Feb	11am-12.30pm
Course Description: There are a variety of reasons why we could feel isolated. The recent loss of a friend or family member or difficulty leaving your home due to illness. A lack of interest in social activities. This course will focus on how to initiate conversations with new people. We will explore how to meet people in your area who share the same interest. We will go over a few conversational pointers that could come in handy in social situations.		

Course	Date	Time
Vision Boarding	Mondays, 26 Feb - 25 Mar	1.30-3pm
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.		

Course	Date	Time
Introduction to Mindfulness	Thursdays, 8 - 29 Feb	1-2pm
Course Description: Mindfulness is a mind -body approach that involves paying attention to thoughts and feelings that can increase our awareness and compassion. We can learn in a way that help us to manage difficult experiences and make wise choices.		

Course	Date	Time
Mad Studies	Wednesdays, 6 - 27 Mar	11am-12.30pm
Course Description: What is Mad Studies? One definition is "a field of scholarship, theory, and activism about the lived experiences, history, cultures, and politics of people who may identify as Mad, mentally ill...service users, patients, neurodiverse, and disabled."		

Course	Date	Time
Expressive Writing	TBC	TBC

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.

Course	Date	Time
A Good Night's Sleep	Thursdays, 7 - 28 Mar	1.30-3pm

Course Description: For those who have difficulty getting off to sleep at night. Do you wake up early in the morning? Spend the night tossing and turning? The aim of this workshop is to help you improve your understanding of sleep and ways of dealing with sleep problems:

- Myths and realities of sleep
- How much sleep we need?
- Different types of sleep
- Common causes of sleep problems
- Ways of overcoming sleep problems



Course	Date	Time
Cultural Collective	Wednesdays, 7 - 28 Feb	2-3.15pm

Course Description: This course celebrates differences, widens your social network as well as expands cultural horizons. Students will share an aspect of their identity through their heritage. Sharing culture evokes feelings of pride, positive self-image, and connectivity.

Course	Date	Time
Building Healthy Relationships	Wednesdays, 24 Jan - 14 Feb	11.15am-12.45pm

Course Description: Healthy relationships are essential for a happy and stable life. To have a good relationship or to improve an existing one requires us to use tools and skills that enable us to understand communications styles and perspectives. In this course you will learn about these skills and gain insight into why people misunderstand us or respond in the way they do. Explore ways to move forward in the direction that you choose as well as look at ways of keeping safe and how to get the most out of relationships.



Peer Volunteer's Courses

Course	Date	Time
Knitting	Tuesdays, 23 Jan - 26 Mar	1.30-4pm
Course Description: A social group where you learn useful crafting skills while enjoying friendly conversation.		

Course	Date	Time
Sound of Music	Fridays, 26 Jan - 22 Mar	2-3.30pm
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		Time
Student Meeting	Check out College posters for POP UP dates and times	
Topic: Follow up to curriculum and course development meeting from October 2023. We shall focus on courses for Black and Asian students.		

	Date	Time
Student Meeting	Check out College posters for POP UP dates and times	
Topic: Induction; individual learning; progression; follow up to meeting in December 2023		

	Date	Time
Student Meeting	Monday 18 March	10.30am-12.30pm
Topic: The student participation meeting is a follow- up meeting to one we held earlier this term. 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.		

Recovery Colleges Characterisation and Testing 2 (RECOLLECT 2): Study 1

STUDY SUMMARY

RECOLLECT 2 is a five-year programme of work to better understand Recovery Colleges in England. As they are rapidly expanding, we want to explore how Recovery Colleges might benefit those that use them by exploring the impact of Recovery Colleges on student outcomes. This project has been approved by North West - Greater Manchester West Research Ethics Committee [REC Ref 22/NW/0091 / IRAS ID: 303212]

CAN I TAKE PART?

You can take part in RECOLLECT 2 if you:

- have recently enrolled at a Recovery College participating in RECOLLECT 2 (have attended no more than one introductory Recovery College course or workshop)
- are aged 18 or over
- are accessing or accepted by but are waiting to access local secondary or tertiary NHS mental health services (e.g., a community mental health team, assertive outreach team, outpatient clinic)

WHAT DOES TAKING PART INVOLVE?

Taking part involves completing a set of questionnaires at four different time periods over a year; when you first join the Recovery College, then 4, 8 and 12 months afterwards. You can complete the questionnaires either on paper, online, over the phone, via video call or you can be sent a copy by post.

The questionnaire should take about an hour to complete. You don't have to complete them all in one go. A member of the research team can walk you through the questionnaires and will give you options on how to complete them.

We will also ask you if you would like to agree for us to see your medical records. You can say no and still take part in RECOLLECT 2.

HOW IS MY PARTICIPATION RECOGNISED?

We provide £15 for each questionnaire you complete (total £60 for all 4 timepoints).

If you have any questions or would like to be involved, you can complete the expression of interest form <https://kings.onlinesurveys.ac.uk/expression-of-interest-form>. You can also email us at RECOLLECT@kcl.ac.uk or talk to a member of staff at your Recovery College.

**NEW STUDENTS
PLEASE APPLY**

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.

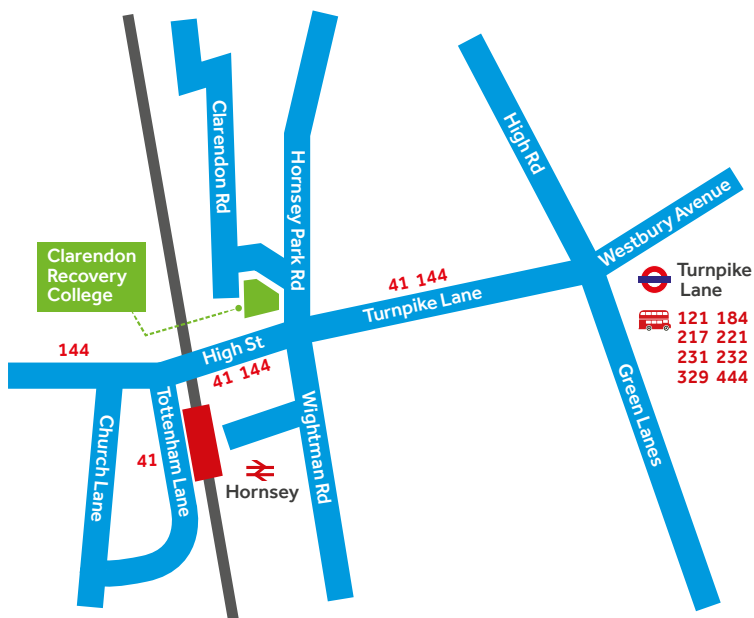
I enjoyed the courses very much and would recommend them to other students.

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 Monday at 11.45am.
Just book your space on our weekly tour by phoning **020 8489 4860**.

Haringey Council
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