

## In-person support groups at Clarendon Recovery College

**Course timetable, April – July 2021**

Support group name	Course description	Day	Date(s)	Time details	Sessions	Where
Women's Group	It is normal to feel anxious and afraid while we deal with the effects of this pandemic. We know this situation is stressful for everyone; people living with mental illness may be finding it especially difficult to cope. This group aims to bring women together virtually and, in the building, to support each other through the pandemic. A space to be acknowledged and listened to, building each other up and cheering each other on.	Mondays	26 April	12pm-1pm	Ongoing	Clarendon Recovery College
Men's talk	This course will explore what it means to be a man and will help you work on: <ul style="list-style-type: none"> <li>• Dealing with change</li> <li>• Communication skills</li> <li>• Relationship development skills</li> <li>• Conflict Resolutions</li> <li>• How to overcome the past</li> <li>• Brotherhood and camaraderie</li> </ul>	Tuesdays	20 April	1.30-3.00pm	Ongoing	Clarendon Recovery College

	<ul style="list-style-type: none"> <li>• How to create and maintain strong groups</li> <li>• How to manage your emotions.</li> </ul> <p>The course will also enable men to talk about their lives and the challenges faced around relationships, work, children, their sense of purpose, direction, and fulfilment.</p>					
BAME	<p>The aim of this group will be exploring identity and self-acceptance. If you are from a Black, Asian, and Minority Ethnic (BAME) background you may face certain issues related to your mental health. Join our BAME Group to connect with like-minded people. The group will give you a space to explore the unique challenges faced by BAME people and promote your well-being.</p>	Wednesday	19 May 26 May 16 June 23 June	1pm-2pm	4 sessions	Clarendon Recovery College
Time to talk	<p>A chance to ask questions and share ideas, resources, and support each other.</p>	Thursdays	29 April	2pm-3pm	Ongoing	Clarendon Recovery College
Hearing voices	<p>This weekly support group takes a deeper look into some of the different routes people take to gain a greater understanding of their voices &amp; visions. using practical exercises, group</p>	Friday	7 May	1pm-2pm	Ongoing	Clarendon Recovery College

	<p>discussion and examples, participants will develop a toolbox of possibilities to support each other in their journey to recovery. Do you hear voices? Do your voices scare you? Do your voices stop you from doing what you want to do? Come and join our group.</p>				
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## Tutored courses – Studio 306 Collective

**April – July 2021**

Course title		Day	Dates	Duration	No of sessions	Venue
Printmaking	<p>This course is suitable for beginners or those who have screen printed before but need to refresh their skills. 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.</p> <p>This course is suitable for beginners or those who have screen printed before but need to refresh their</p>	Mondays	TBC	10.30am-1.30pm	<p>For more information, please contact Pamela at studio 306.</p> <p><b>Email:</b>  <a href="mailto:306projtmanager@btconnect.com">306projtmanager@btconnect.com</a></p> <p><b>Telephone:</b>            02083658477</p>	<a href="#">Studio 306 Collective</a>

	skills. 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.				<b>Opening times:</b> Monday-Thursday, 10am - 5pm	
Ceramics	This course is suitable for beginners or those who have worked with clay before but need to refresh their skills. 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, press moulding as well as throwing on a potter's wheel. Once fired, you will learn how to decorate your work using glazes and under glazes.	Tuesdays	TBC	10.30am-1.30pm	Same as above	<a href="#">Studio 306 Collective</a>
Sewing skills	This course is suitable for beginners or those who have worked with textiles before but need to refresh their 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.	Wednesdays	TBC	10am-1pm	Same as above	<a href="#">Studio 306 Collective</a>
Skills in silver	This course is suitable for beginners or those who have some experience in jewellery before but need to refresh their skills. This hand-on course will	Thursdays	TBC	10am-1pm	Same as above	<a href="#">Studio 306 Collective</a>

jewellery making	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.					
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