

# Mental health and wellbeing course prospectus

Bromley,  
Lewisham &  
Greenwich



Autumn Term 2019

September - December

## Bromley Recovery College



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# Introduction

Welcome to the Bromley Recovery College. The College first opened its door to students in April 2017 with the aim of bringing to the residents of the London Borough of Bromley a broad range of courses and workshops, which extend beyond the remit of conventional Adult Education with the broad aim of supporting people in their bid to develop improved mental health.

At the heart of the Bromley Recovery College is a co-production team, made up of people with their own lived experience of mental health issues. Working together with colleagues from services throughout the borough, they set out to produce a termly prospectus of new and exciting courses, which they hope will appeal to people across the community.

To date over 700 students from across the borough have attended in excess of 200 courses. Subjects range from exploring various aspects of psychology, practical workshops on specific issues such as anger management and the impact of stress, to courses geared towards developing social contact and a broader range of interests.

Our hope is that you will find our courses both informative and enjoyable. Do get in touch with us if you would like to get involved with the college in any way.

## How can I sign up for a course?

Our courses are FREE and open to anyone aged 18 or over, who either lives, works, volunteers or has a GP within the Borough of Bromley.

Once you have made your selection, simply phone or email one of the College team details below:

**Charlie Carpenter**  
Recovery College Principal  
01689 603577 / 07745 182738  
charlie.carpenter@blgmind.org.uk

**Lorraine Gordon**  
Recovery College Assistant Principal  
07718 445559  
lorraine.gordon@blgmind.org.uk

Our aim is to get back to you within 3 working days.

Courses are available on a first come basis - you should know at the time of calling whether you are likely to be offered a place or if you are on a reserve list. We will let you know as soon as we can if you have been successful in securing a place. Please do call us at anytime if you want to have an update. Around one week before the course is due to commence we will contact you to confirm your attendance and joining details.

Many of our courses become very heavily oversubscribed. An early application is strongly recommended. A commitment that you are able

# Introduction (continued)

to attend all scheduled classes is required.

## How much do the courses cost?

Whilst courses are free to attend there are some for which we ask for a small contribution towards cost of materials or admission charges, where this is the case it will be indicated in the course description.

## Course credits

When you enrol for the first of your courses you will be awarded 10 college credits to be 'spent' on courses. Each course is rated from one to three credits. We will allocate additional credits to students who have satisfactorily completed their courses. The system allows you to optimise your choice of courses and reflects your commitment towards attendance.

## What can I expect from my chosen course?

All courses are delivered by tutors who have a high degree of knowledge and experience in their field together with a co-tutor who has expertise from their lived experience. Our courses and workshops are conducted in an informal and relaxed manner within a comfortable setting at venues across the borough. All we ask is that you bring with you a genuine desire to explore, learn and share.

## One final note

For some returning to study can feel like a daunting challenge. By way of an introduction to the college we strongly recommend that all new students complete the 'What is Recovery' workshop, those who have done so have found this to be very helpful and informative in making decisions on how they get the most from the Recovery College.

We will do our utmost to make your time with the college a valuable and worthwhile experience. If you would like to discuss any of the courses in more detail or a general point concerning the Recovery College, please feel free to contact either Charlie or Lorraine directly. They will be more than happy to help.

When selecting courses please consider whether or not you are likely to be able to attend the majority of the sessions. To ensure that students are fully ready to engage with the college we will only accept applications directly from students, we cannot accept applications made on behalf of others. Please note that we comply with GDPR (General Data Protection Regulation) and therefore will not forward any details of learners to a third party.

# Student Charter

## What you can expect from the college

1. To be treated like a student. This may seem obvious but you will be in control of making course bookings and for your pathway through the college.
2. For tutors to be knowledgeable and to have fully prepared for each session.
3. For the course to faithfully reflect what is presented in the prospectus.
4. To acquire genuine knowledge, new skills and a deeper understanding of the subject.
5. That you make progress and that the experience of taking a course with the Recovery College is a positive experience.
6. That you will receive feedback as well as have opportunity to give feedback on your experience of the college.
7. That course venues are comfortable and fit for purpose.

## What we ask of you

1. That you attend each session informing the college of any unavoidable absence.
2. That you are punctual, as late arrivals disrupt the session for others.
3. That you comply with agreed course ground rules such as silencing mobile phones.
4. To respect other students and regard what is said during the session as confidential. Only reveal about yourself what you feel comfortable disclosing, respecting the sensitivity of others.
5. To participate as fully as you are able to, your experience and your ideas and views are just as valid as any other students. These are your courses, we really hope that you enjoy them and find them useful.
6. That you help us by completing the end of course/workshop evaluation feedback forms.

# Foundation Course

## What is Recovery?

2 x 1 day workshops

Course tutors: Charlie Carpenter

Venue: Conference Room, Anchor House, 5 Station Road, Orpington, BR6 0RZ

Dates: Monday 23rd September or Monday 11th November 2019

Time: 10am – 3pm

1 credit

We are all on a pathway through life. This is a unique journey which brings with it many challenges, both in terms of our physical and mental health. 'What is Recovery?' is very much a practical workshop which should enable you to make a renewed start. The workshop will explore what is really meant by the term 'recovery', how this can be applied to us as individuals, reaching out to embrace a more positive approach to life, through accepting the possibility of change and allowing ourselves to focus on a more fulfilled future.

Students have the opportunity to use a variety of tools, which should enable them to identify their personal needs and make effective use of college courses. All students are offered a chance to have a one-to-one meeting with an experienced adviser to explore issues raised in more detail.

There are no entry requirements, all that is asked for is that you approach the day with an open mind and a desire to seek out a more positive and rewarding life.

Students wishing to undertake any programme of study with the Recovery College should attend this workshop (please contact us if you are unable to make either of these dates).

## Back to Basics – A Fresh Look at Learning

### 2 x 3 hour workshops

**Course tutors:** Charlie Carpenter and Lorraine Gordon

**Venue:** Conference Room, Anchor House, 5 Station Road, Orpington, BR6 0RZ

**Dates:** Tuesday 3rd and 10th September 2019

**Time:** 10am - 1pm

**1 Credit**

People often have very rigid views when it comes to learning derived from experiences gained during school or college days and yet, learning is something that we do all the time. At an informal level, learning is a part of everyday life. It brings interest and vitality and can be fun but far too often the experience is marred by negativity and a reluctance to explore new directions.

The workshops set out to explore some of the big issues which confront people who would like to start a fresh but are uncertain about what, where and how to set about making that first step. We are all unique, we have our own particular interests, distinct styles of learning and, most of all, our own hopes and aspirations.

The workshops will allow you the chance to discover more about yourself and what suits you best. Learning is a lifelong adventure. No prior qualifications required just a genuine desire to explore something new.





## New Ways to Wellbeing

4 x 1.5 hour sessions

Course tutor: Leonie Lawson

Venue: Stepping Stones, 38 Mason's Hill, Bromley, BR2 9JG

Date: Every Thursday, begins 5th September, ends 26th September 2019

Time: 10.30am – 12pm

1 Credit

This is an exciting approach to finding your own personal recovery pathway. We are all unique. We face issues, which are special to us. This workshop, led by an experienced practitioner, will offer a practical approach to working towards harnessing your full potential. This is about bringing your hope and dreams into reality.

The sessions will include looking at ways of improving your physical health alongside your mental health. Alongside practical look at overcoming the many barriers which appear to block are path, the course will also look at the importance of role model in shaping our development and an effective approach to networking.

# Understanding Mental Health Conditions

## Mental Health Awareness

1 x 3 hour session

Course tutors: Charlie Carpenter

Venue: Training Room, Anerley Town Hall, Anerley Road, London SE20 8BD

Date: Wednesday 16th October 2019

Time: 10am – 1pm

1 Credit

The workshop gives participants a wider understanding of the issues surrounding mental health. It consists of a series of structured presentations allowing ample time for discussion. Students will be given time to consider what is meant by the term 'mental health' and will explore a broad range of mental health conditions commonly encountered in the community. The session will also include a practical look at what help is available and how to access it.

This workshop will be of particular interest to people who want to care for their own mental health needs or those who offer caring support to either friends or neighbours.

## Fight or Flight - Understanding the Stress Response

1 day workshop

Course tutors: Roxana Graves and Georgina Loucaidou

Venue: Beckenham Centre, 20b Hayne Road, Beckenham, BR3 4HY

Date: Thursday 19th September 2019

Time: 10.30am – 2.30pm

2 Credits

Learn how our perception of a situation as threatening in some way can trigger the stress response. Whilst this hormonal reaction is cleverly designed to keep us safe by preparing us to fight or flee, it can also have the unintended effect of leaving us with the unpleasant physical symptoms such as shortness of breath, palpitations and nausea amongst others.

If you have ever wondered how stress and anxiety can cause these unpleasant and sometimes distressing physical symptoms, join us to find out what's actually going on in our bodies.

## How We Encounter and Cope with Change

3 x 2 hour sessions

Course tutors: Fiona Couper

Venue: Yellow Room, Beckenham Centre, 20b Hayne Road, Beckenham, BR3 4HY

Date: Every Wednesday, begins 6th November, ends 20th November 2019

Time: 12pm - 2pm

2 Credits

Dealing with both anticipated and unexpected change can be challenging. The way in which we react to change is not always helpful or constructive. This course will offer an opportunity to work together in a group setting to explore the impact of change and how we can be confident and creative when faced with changes in our lives.

Session one focuses on creating a safe space to work together and personal responses to change

Session two focuses on factors in our self, in others and in the environment that influence our responses and reaction to change

Session three focuses on our positive responses to change, identifying helpful and creative strategies in preparation for or in response to change.



## Understanding Anger

3 x 2 hour sessions

**Course tutors:** Roxana Graves and Georgina Loucaidou

**Venue:** Beckenham Centre, 20b Hayne Road, Beckenham, BR3 4HY

**Dates:** Every Thursday, begins 31st October, ends 14th November 2019

**Time:** 10am – 12pm

**2 Credits**

Anger is a normal and healthy emotion but it is important to deal with it in a positive and constructive way. How we behave as a result of anger can take a toll on both our mental health and relationships. If you feel ready to understand and examine your own behaviour, then this course may help you to find alternative ways of expressing yourself and managing frustrating situations.

## Emotional Intelligence

4 x 2 hour sessions

**Course tutors:** Enda Burca and Charlie Carpenter

**Venue:** Conference Room, Anchor House, 5 Station Road, Orpington, BR6 0RZ

**Dates:** Every Thursday, begins 17th October, ends 7th November 2019

**Time:** 10am-12pm

**3 Credits**

It used to be so easy, intelligence was a single commodity which could be measured using straightforward tests. Today, we know that that it is far more complex. There are many forms of intelligence, forms which often defy attempts at measurement and comparison. In spite of this, most of us persist in referring to intelligence as if it was one single feature of our mind, an element fixed at birth and incapable of change. This really is not true.

This series of informal workshops sets out to challenge this by exploring one facet of our current understanding, emotional intelligence. Emotional intelligence is all about understanding the emotions both of ourselves and those around us. It is equally about learning strategies which enable us to control these emotions, choose what we say and do, and influence the events in our daily lives.

# Returning to Employment

## Returning to Work with Mindfulness

4 x 2 hour sessions

**Course tutors:** Sue Mall and Jenny Wade

**Venue:** Conference Room, Anchor House, 5 Station Road, Orpington, BR6 0RZ

**Date:** Every Thursday, begins 12th September, ends 3rd October 2019

**Time:** 11am - 1pm

**2 Credits**

Returning to work with Mindfulness course is designed to learn ways to cope with the stresses and anxiety when preparing to return back to work. This course will include: breathing techniques, identifying your skills, qualities and strengths, coping strategies to help you present yourself positively, and practical Mindfulness sessions to increase your energy, motivation and focus towards returning to work.

## Understanding Stress at Work

1 Day Workshop

**Course tutors:** Roxana Graves and Georgina Loucaidou

**Venue:** Beckenham Centre, 20b Hayne Road, Beckenham, BR3 4HY

**Date:** Thursday 17th October 2019

**Time:** 10.30am – 2.30pm

**1 Credit**

Work is one of the most common cause of stress and, given the fact that we spend nearly a third of our lives at work, it's really important to recognise what stress is and how we can best maintain our health and well-being at work. If you would like to understand more about the impact of stress and how we can help ourselves, please join us for this interactive workshop.

# Moving On, Becoming a Volunteer

## Introduction to Recovery College Course Facilitation

2 x 3 hour sessions

**Course tutors:** Enda Burca and Lorraine Gordon

**Venue:** Anerley Town Hall Anerley Road, Anerley, SE20 8BD

**Date:** Monday 25th November and Monday 2nd December 2019

**Time:** 10am - 1pm

1 Credit

Becoming a course tutor can be an immensely rewarding experience. At the heart of the Recovery College lies the principle of co-production. All our courses are led by people who have a lived experience of mental health problems or are mental health professionals. This one-day workshop provides an introduction to the basic skills required to successfully lead a course and is essential for anyone contemplating becoming a course tutor.



# Personal Wellbeing and Health

## Eat Yourself Happy

6 x 2 hour sessions

Course tutor: Natasha Bloomfield

Venue: Orpington Baptist Church, Station Road, Orpington, BR6 0RZ

Date: Every Monday, begins 9th September, ends 14th October 2019

Time: 10am – 12pm

1 Credit

Do you ever feel confused about healthy eating? Every day, science is discovering new links between mental health and our diet. Come along to our six-week course designed to give you confidence in cooking foods that improve your mood. Suitable for beginners and delivered in a fun and practical way. Learn how to make your favourite dishes healthier, on a budget.



## How to Stay Calm – Introduction to Meditation

4 x 2 hour sessions

Course tutors: Corinne Nolan and David Powell

Venue: Red Room, Beckenham Centre, 20b Hayne Road, Beckenham, BR3 4HY

Date: Every Friday, begins 6th September, ends 27th September 2019

Time: 12pm – 2pm

2 Credits

This four-week course provides a powerful toolkit to help strengthen both your mental and physical health. We will examine the benefits of meditation and students will learn how to fit meditation into daily life. We will also learn how to use two practical guided meditation sessions - which can be accessed via the internet.

## Next Step to Meditation Practice

4 x 2 hour sessions

Course tutor: David Powell

Venue: Community House, Room G31, South Street, Bromley, BR1

Date: Every Friday, begins 4th October, ends 25th October 2019

Time: 11am – 1pm

3 Credits

Following on from the How to Stay Calm - Introduction to Meditation course, this new course provides learners with the opportunity to develop and continue their meditation practice.

Attending this course is a great way to effectively meditate in your everyday life.

Over the four weeks learners will deepen their meditation skills, as well as discover specific meditation and breathing techniques. Each session will include practical guided meditation and the opportunity to share your experience and particular meditation challenges in a safe, stress-free, relaxing and supportive environment.

## Coping with Change - A Meditative Approach

4 x 2 hour sessions

Course tutor: David Powell

Venue: Conference Room, Anchor House, 5 Station Road, Orpington, BR6 0RZ

Date: Every Friday, begins 15th November, ends 6th December 2019

Time: 12pm – 2pm

3 Credits



Coping with change is an essential aspect of coping with daily life. For each of us it presents an ever-changing challenge. Many people have found meditation hugely helpful in maintaining a positive approach. The four sessions will explore various aspects of using meditation to enable us to cope with an ever changing world.

## History, Art and Science of Mental Health

### 3 Sessions / Various Locations

**Course tutors:** Roxana Graves and Georgina Loucaidou

**Venue:** Various Locations

**Date:** Every Thursday, begins 26th September, ends 10th October 2019

**Time:** 11am – 3pm

**1 Credit**

Join us on this fascinating journey combining history, art and science. Find out about the past and future of mental health treatments. We will also explore the links between creativity and wellbeing and there will be opportunity for discussion.

We will be visiting the Bethlehem Museum of the Mind, the Anxiety Exhibition at the Science Gallery and, lastly, we will have a guided tour around the Royal Pharmaceutical Society Museum.

## Live Long and Prosper

### 1 day workshop

**Course tutor:** Charlie Carpenter and Enda Burca

**Venue:** Community House, Room G31, South Street, Bromley, BR1

**Date:** Wednesday 11th September 2019

**Time:** 10am – 3pm

**1 Credit**

Far too often older, age is regarded as a time of decline and withdrawal, bringing with it increasing dependency on medical and social care. Evidence drawn from different cultures around the world suggests that much of this is avoidable or at least can be slowed. Even the very concept of retirement is questionable.

The workshops will explore a variety of different approaches to achieving a happy and fulfilled life in a relaxed and inclusive manner. This is not just for those who have already reached an advanced age, the younger we begin the journey the better.

# Get Set to Go

The Get Set to Go programme is run in association with our partner organisations, national Mind, Sport England, the Big Lottery and Millwall FC. As a nation we are becoming increasingly inactive. This is having a negative impact both on our mental and physical health. The programme will enable people from across the community as whole to increase their activity levels, through enjoyable and relaxed sessions. As with all our courses, no charge is made for any of the sessions.



## Football with Millwall Football Club

12 sessions

Course contact/tutor: Lorraine Gordon

Venue: The Lions Centre, London, SE16 3LN

Date: Every Wednesday, begins 11th September, ends 27th November 2019

Time: 3.30pm-5pm

This is an exciting opportunity to be trained by Millwall FC coaches, be part of a team and potentially join a football league.

Come along and develop overall health and fitness, help keep an active lifestyle and meet new friends. The course is open to men and women of all ages and players of all levels of competence and experience to develop their coordination, confidence and dexterity.



## Dance

8 x 1 hour sessions

Course tutor: Sarah Golightly

Venue: Beckenham Place Mansion, Beckenham Place Park, Beckenham, BR3 1SY

Date: Every Tuesday, begins 24th September, ends 12th November 2019

Time: 12pm – 1pm

Come and explore the principles of contemporary dance in a warm and relaxed environment. No previous dance experience is necessary and the class can be taken in a chair/wheelchair. The music will be eclectic spanning many decades and genres and any comfortable clothing that you can move in can be worn.



## Gentle Walks

4 x 3 hour sessions

Course tutor: Angela Smith and Ray Lovell

Venue: Various locations

Date: Every Monday, beginning 2nd September 2019

Time: 10am – 1pm

For many, regular walking has proved to be of tremendous help in developing their mental wellbeing. It is by far the cheapest and most accessible form of exercise. But be warned, it can be addictive and great fun! These sessions are for those who want to take their walking to the next level. The walks will be at a moderate pace. It is hoped to include some more rural parts of the borough. No specialist equipment is required although, depending on the weather, some of the routes may include sections which are a little muddy, so it is important to be prepared.

The distance covered and the pace set will be determined by the group. The aim is to enjoy rather than to train. Participants will be encouraged to work within their personal capabilities whilst at the same time exploring just what can be achieved.



## Walking for the More Experienced

4 x 3 hour sessions

Course tutor: Charlie Carpenter

Venue: Various locations

Date: Every Monday, beginning 21st October 2019

Time: 10am – 1pm

Walking is, in many ways, the most natural form of exercise that humans can undertake. It is free, requires little in terms of expensive equipment and, unless taken to an advanced level, does not require specialist training. Regular walking has been shown to have a hugely beneficial impact on both our mental and physical health.

The sessions will involve walks taken at a moderate pace around various attractive locations taken across the borough as a whole. The distances covered will be determined by the group themselves. All locations selected will be carefully chosen in terms of accessibility. This is a great way to become more physically active in a relaxed and sympathetic manner. Our aim is that students will find the walks thoroughly enjoyable and will go on to include regular walks as a part of their daily lives.

The venues will include some of the larger parks and open spaces found throughout Bromley and will be readily accessible by means of public transport.

## Table Tennis

### 6 x 2 hour sessions

**Course tutor:** Sally Baxter and Emily Randall

**Venue:** Walnuts Leisure Centre, Lych Gate Rd, Orpington, BR6 0TJ

**Date:** Every Thursday, begins 31st October, ends 5th December 2019

**Time:** 12pm – 2pm

Increased physical activity has long been linked to improved mental health. For many of us, getting started along this path represents a daunting challenge. This informal and relaxed group, led by an experienced table tennis player, should prove to be both fun and helpful in terms of increased fitness. The course is designed to enable players of all levels of competence and experience to develop their coordination, confidence and dexterity. Absolute beginners are thoroughly welcome as are those who are more experienced. Come and enjoy a pleasant and friendly group.



## Badminton

### 6 x 1 hour sessions

**Course Tutor:** Ryan Charnock and Sally Baxter

**Venue:** Crystal Palace National Sports Centre

**Date:** tbc

**Time:** tbc

Playing badminton is a great way to focus on improving your physical activity. It will improve your mental and physical wellbeing, making you feel good inside and out. You can pace yourself and do as much or as little as you feel confident in doing. All levels of ability are welcome.

# Creativity and Self Expression

## Acting for Life

6 x 3 hour sessions

**Course tutors:** Roxana Graves and Georgina Loucaidou

**Venue:** Beckenham Centre, 20b Hayne Road, Beckenham, BR3 4HY

**Date:** Every Thursday, begins 24th October, ends 21st November 2019

**Time:** 1.30pm – 3.30pm

**2 Credits**

Take this opportunity to express yourself creatively through the medium of drama. We will be using improvisation, role play, mime, movement, speech and script work to explore ourselves and our relationships with others and the world around us in a safe and supportive environment. This course provides a great way to improve communication skills and build confidence.

## Art Connect

6 x 3 hour sessions

**Course tutor:** Enda Burca and Nadia Halliday

**Venue:** Conference Room, Anchor House, 5 Station Road, Orpington, BR6 0RZ

**Date:** Every Tuesday, begins 5th November, ends 10th December 2019

**Time:** 10am - 1pm

**2 Credits**

Engaging in creative activity can increase your sense of wellbeing, help put you in touch with and express blocked feelings and enable you to access a state of 'creative' flow which calms the mind and allows you to look at the world in a fresh perspective.

This six-week course includes a series of explorative workshops, experimenting with different art techniques (drawing, collage, painting, automatic writing, mixed media).



## Storytellers

6 x 2 hour sessions

**Course tutors:** Karly Taylor and Megan McGery

**Venue:** Stepping Stones, 38 Mason's Hill, Bromley, BR2 9JG

**Dates:** Every Tuesday, begins 10th September, ends 15th October 2019

**Time:** 2pm – 4pm

**2 Credits**

This course is for people new to creative writing. There are no right or wrong approaches, you will be encouraged to develop your own unique style. Experienced tutors are available to support you through this exciting challenge. This could involve poetry, the short story or even a full-blown novel. It could embrace the romantic, sci-fi, mystery, crime, fantasy or even horror, you decide on the genre which most appeals to you. All that the course asks of you is commitment and a genuine desire to try out new ideas. At the very least, aspirant writers should find time spent on the course both fun and rewarding.





## Writer's Circle

6 x 2 hour sessions

**Course tutors:** Karly Taylor and Megan McGery

**Venue:** Beckenham Centre, 20b Hayne Road, Beckenham, BR3 4HY

**Dates:** Every Friday, begins 13th September, ends 18th October 2019

**Time:** 2pm – 4pm

**3 Credits**

This is for the more experienced, for those who have begun to explore the rich world of the creative writer and who are looking to develop their style further or simply exchange ideas. The course will include an opportunity to investigate a variety of different fields. This is a chance to explore fresh ideas within the context of a friendly and relaxed group who share a passion for writing.

## Woodwork I

8 x 3 hour sessions

Course tutors: Andrew Stallard

Venue: Stepping Stones, 38 Mason's Hill, Bromley, BR2 9JG

Date: Every Monday, begins 2nd September 2019, ends 21 October 2019

Time: 10am – 12pm

2 Credits

Working with wood can be an enormously creative and rewarding experience. This is an eight-session course to help people get started. It will include practical skills training with an opportunity to construct simple pieces. No previous experience is required but equally more experienced woodworkers are welcome.



## Woodwork II

8 x 3 hour sessions

Course tutors: Andrew Stallard

Venue: Stepping Stones, 38 Mason's Hill, Bromley, BR2 9JG

Date: Every Friday, begins 6th September 2019, ends 25th October 2019

Time: 1.30pm – 4.30pm

3 Credits

Working with wood can be an enormously creative and rewarding experience. This is an eight-session course to help people get started. It will include practical skills training with an opportunity to construct simple pieces. No previous experience is required but equally more experienced woodworkers are welcome.

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# Transport and Car Parking

We ask that Recovery College students make use of public transport to attend Recovery College courses. Parking is very limited at all sites.

Bromley Lewisham & Greenwich Mind parking is as follows:

## Beckenham (20b Hayne Road)

Car parking at Bromley, Lewisham and Greenwich Mind, Beckenham may be particularly limited at the times of Recovery College courses held at Hayne Road. Please notify the Beckenham Centre reception at Hayne Road if you are parking onsite.

The Beckenham Centre is served by the 194, 227, 354 and 358 bus routes.

Beckenham Junction railway station and tram stop is 10 - 15 minutes walk away from the venue.

## Stepping Stones, Bromley (38 Mason's Hill)

Unfortunately the on-site parking provision is extremely limited and is not available for students with the exception of Blue Badge holders for whom provision is available.

Students with mobility issues and who are concerned about parking arrangements are advised to contact the Recovery College on 01689 603577 (Charlie Carpenter) or 07718 445559 (Lorraine Gordon).

The site is served by the 61, 261, 208, 336, 358 and 320 bus routes.

## Anchor House, Orpington (5 Station Road)

There is no on-site parking provision at Anchor House. Parking is available in Orpington town centre or in the nearby Tesco store car park.

Orpington railway station is a 15 minute walk away from the venue.



Recovery Works is funded by



Recovery College is part of Recovery Works and is delivered by

Bromley,  
Lewisham &  
Greenwich



in partnership with



[www.blgmind.org.uk](http://www.blgmind.org.uk)

Registered Charity No. 1082972

Registered Company No. 4071152

Registered Office: 5 Station Road, Orpington, BR6 0RZ