Recovery College

Learn
Grow
Inspire

Summer 2014

St Mungo’s Broadway
Rebuilding lives, day by day
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Original prospectus design and layout:
Felipe Ladewig
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Becoming a Recovery College Tutor 1 & 2

Lead tutors
Andy Williams/Outside In

Date/Time
Tuesdays
29 July
5 August
11am - 2pm

Location
Rushworth St

Course overview
The course will look at getting the most from participating in groups and also thinking about setting up and running groups.

Teaching and learning approaches
Group activities and discussion. Continued support will be provided after completion for those students who wish to run their own workshops.

Assessment
There is no formal assessment but we welcome your feedback on the course.
### 10x Better and The Escape Plan

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<th>Andy Williams/Outside In</th>
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<tr>
<td><strong>Course overview</strong></td>
<td>Based on the ideas of an ex-client, 10x Better will enable you to establish and participate in your own group. A 10x Better group helps you set goals, get motivated and achieve more than you expect. Using Groundswell’s innovative Escape Plan notebook, personal experience and group discussions you’ll be supported to explore what has worked for other people to help them move on from their homelessness experience and begin to relate those themes to your own lives. This session is ideal for anyone interested in peer support or their own recovery and personal development and is open to everyone, whether you have experienced homelessness or not.</td>
</tr>
<tr>
<td><strong>Teaching and learning approaches</strong></td>
<td>The course will use an interactive approach including structured presentations as a basis for group discussions and practical activities. There will be ongoing support from Outside In after the session.</td>
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<tr>
<td><strong>Assessment</strong></td>
<td>There is no formal assessment but we welcome your feedback on the course.</td>
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<tr>
<td><strong>Date/Time</strong></td>
<td>Tuesday 1 July 11am - 2pm</td>
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### Assertiveness: I’m OK, You’re OK

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<td><strong>Course overview</strong></td>
<td>Assertiveness is an essential life skill but it does not come naturally to everyone. This course helps us to understand what assertiveness really means and explores the use of simple techniques to help you become more assertive and confident. We believe that after the course and with a bit of practice everyone can become more assertive. This course is simple, but effective.</td>
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<tr>
<td><strong>Date/Time</strong></td>
<td>Tuesday 20 May 11am - 2pm</td>
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<tr>
<td><strong>Teaching and learning approaches</strong></td>
<td>The course will use an interactive approach including structured presentations as a basis for group discussions and practical activities.</td>
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<tr>
<td><strong>Assessment</strong></td>
<td>There is no formal assessment but we welcome your feedback on the course.</td>
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## Speaking Up

### Lead tutors
Andy Williams/Outside In

### Date/Time
Tuesday 27 May 11am - 2pm

### Location
Rushworth St

### Course overview
This session explores self-advocacy and uses simple techniques to enable you to say what you want confidently and assertively. We'll look at some practical tips, case studies and principles that will better equip you to get your voice heard in even the most difficult situations. The course will be fun and interactive. It's ideal for everyone and follows on nicely from Outside In's Self-Esteem and Assertiveness sessions.

### Teaching and learning approaches
The course will use an interactive approach including structured presentations as a basis for group discussions and practical activities. There will be ongoing support from Outside In after the session.

### Assessment
There is no formal assessment but we welcome your feedback on the course.

## Angielski Dla Polakow

### Nauczyciel
Martyna Dari

### Data/Godzina
Wtorki od 13 Maja do 5 Sierpnia 10:30am - 12:30pm

### Miejsce
Rushworth St

### Opis kursu
Aby wziąć udział w kursie nie musisz znac żadnych podstaw języka. Na kursie skupimy się na zapoznaniu zarówno podstawowych zasad gramatyki, jak i słownictwa angielskiego. W ramach kursu nauczycie się:
- przedstawic siebie
- opowiedziec cos o sobie
- napisac list / podanie
- jak stoworzyc swoje CV
- prostej komunikacji (pytania o droge, godzine, jedzenie etc.)

### Metodys nauczania i uczenia się
Na każdym spotkaniu skupimy się na nowym zagadnieniu. Ponieważ każdy z nas ma swój, uniwersalny sposób przyswajania wiedzy, na pierwszym spotkaniu wspólnie ustalimy jaki sposób jest dla Ciebie najlepszy do osiągnięcia założonych przez Ciebie wyników.

### Ocena
Nie ma oceny, ale bede wdzieczna za Twoja opinie na temat tego kursu.
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<td><strong>Presentation Skills</strong></td>
<td>Vince Stevenson from the College of Public Speaking</td>
<td>Monday 23 June 2 - 5pm</td>
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<td><strong>Course overview</strong></td>
<td>This course will be aimed at those new to public speaking, or those with some experience who would like to learn more. The course gives an introduction to public speaking, including practical techniques for delivering a message to a group and keeping the audience’s attention, as well as considering approaches to controlling nerves and building confidence in speaking.</td>
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<tr>
<td><strong>Teaching and learning approaches</strong></td>
<td>Group discussion and workshops.</td>
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<tr>
<td><strong>Assessment</strong></td>
<td>There is no formal assessment but we welcome your feedback on the course. For those who are interested, there will be opportunities to deliver presentations with the fundraising team to a variety of audiences over the next year, including schools, churches and Rotary clubs.</td>
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<td><strong>Understanding Mental Health</strong></td>
<td>Ahmed Patel</td>
<td>Monday 2 June 11am - 2pm</td>
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<td><strong>Course overview</strong></td>
<td>Students will gain an understanding of a range of issues related to mental health and wellbeing including: myths and facts about mental illness, how to recognise if someone may be experiencing mental health difficulty, practical skills and actions if a crisis situation arises involving suicidal behaviour, panic attacks and stress reaction to trauma or overdose.</td>
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<td><strong>Teaching and learning approaches</strong></td>
<td>The course will use an interactive approach including a DVD and structured presentations as a basis for a quiz, group discussions and practical activities.</td>
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<tr>
<td><strong>Assessment</strong></td>
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<tr>
<td>Lead tutors</td>
<td>Course overview</td>
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| Mauva Hunte Bowlby MOT volunteer | This two-day course explores some key issues around, and support towards, successful move-on into your own accommodation. Topics covered include:  
- Growing with change  
- Managing your finances  
- Wellbeing  
- Rights and responsibilities |

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| Tuesday & Wednesday  
20 & 21 May  
24 & 25 June  
29 & 30 July  
11am - 4pm | Group discussions and workshops, interactive activities and fun. |

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<td>Andy Williams/ Outside In</td>
<td>Looking generally at what low self-esteem is, how it can be a problem, and what kind of impact it can have on a person’s life, we’ll explore ways of addressing negative self-beliefs and learn how to accept and celebrate ourselves, acknowledging our strengths and qualities.</td>
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<th>Teaching and learning approaches</th>
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| Tuesday  
13 May  
11am - 2pm | The course will use an interactive approach including structured presentations as a basis for group discussions and practical activities. There will be ongoing support from Outside In after the session. |

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## English and Maths for Speakers of Other Languages

**Lead tutors**  
Talat Mahmood and volunteers

**Course overview**  
This course is aimed at students whose first language is not English and who want to improve their communication and numeracy skills. They are informal drop-in sessions focusing on practical English and maths. Come along, meet a tutor and establish some aims, then join the group.

**Teaching and learning approaches**  
Individual study and support from a tutor. Practical activities, written exercises and computer-based study. You can choose to work on your own or with others.

**Assessment**  
There is no formal assessment but we welcome your feedback on the course.

**Date/Time**  
Tuesdays & Thursdays from 13 May to 7 August 2:30 - 4:30pm

**Location**  
Rushworth St

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## Becoming a St Mungo’s Broadway Apprentice

**Lead tutors**  
Kate Thomson & Eileen Egerton

**Course overview**  
This course provides those who are aiming to apply for St. Mungo’s Broadway Apprenticeship scheme with the knowledge and skills to support them to be successful. By the end of the session students will be able to:

- Identify what makes a good support worker
- Develop understanding of the criteria being assessed
- Identify examples of positive achievement to use when completing a supporting statement
- Identify potential barriers to success in the recruitment process and ways to work around them

**Date/Time**  
Wednesday 11 June 11:30am - 3:30pm

**Location**  
Rushworth St

**Teaching and learning approaches**  
The course will use a practical and interactive approach including group discussions and role plays.

**Assessment**  
There is no formal assessment but we welcome your feedback on the course.
### English and Maths Support

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**Course overview**

If your English and maths skills are holding you back, try this session. It’s an informal drop-in focusing on practical uses of literacy and numeracy skills. Come along, meet a tutor and establish some aims and set your learning objectives, then join the group.

**Teaching and learning approaches**

Individual study and support from a tutor. Practical activities, written exercises and computer-based study. You can choose to work on your own or with others.

**Assessment**

There is no formal assessment but we welcome your feedback on the course.

### The Art of Appearing Confident

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**Course overview**

This course explores simple techniques to build and develop your self-confidence. We’ll learn how body language and communication are central to growing more confident. All participants will increase their appreciation of their own strengths, skills and attributes. Most importantly, we’ll look at how to appear confident - even when we’re feeling far from it! - and how this is the starting point of the process of developing longer term genuine confidence.

**Teaching and learning approaches**

The course will use an interactive approach including structured presentations as a basis for group discussions and practical activities.

**Assessment**

There is no formal assessment but we welcome your feedback on the course.
**Health and Wellbeing**

**Yoga for Relaxation**

**Lead tutor**
Mary Callaghan

**Date/Time**
Tuesdays from 13 May to 5 August 3:30 - 4:30pm

**Location**
Rushworth St

**Course overview**
The course is about finding some quiet time for yourself. It is open to all, but would be particularly suitable for people who have little or no previous experience of yoga and who would like to try this beautiful discipline as a path of self discovery, using movement, breathing practices and some relaxation techniques.

**Teaching and learning approaches**
We will approach our class gently and progressively so everyone can take part and benefit regardless of physical ability. We work on chairs or on mats (mats will be supplied). Students should wear loose, comfortable clothes.

**Assessment**
There will be time during the class to reflect on your progress and experience. Yoga is not competitive. Each person is unique and so is their experience. It is a continuous journey of self-discovery, rather than arrival at an end point.
Angling at Walthamstow

**Lead tutor**
Dave Thomas

**Date/Time**
Fridays, every two weeks, from 16 May to 8 August, 12 - 3pm

**Location**
Thames Water Walthamstow Reservoirs

**Course overview**
Have you ever looked at those people sitting at the side of a pond or river and wondered what the fascination is? This course provides an opportunity to sample the angling experience and also to take some time to unwind. Have a day out with mates, a laugh, get close to nature and maybe catch a few fish!

**Teaching and learning approaches**
Practical demonstration and giving it a go.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.

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The Philosophy of Gender

**Lead tutors**
Esther Sample

**Date/Time**
Wednesdays 23 July, 30 July, 1:30 - 4:30pm

**Location**
Rushworth St

**Course overview**
Have you ever wondered where ideas of gender come from or how many genders there are? What does your gender mean to you? How do concepts of masculinity and femininity affect us? These and other questions will be explored in this two-part course about gender and gender equality, and how they affect our lives.

**Teaching and learning approaches**
The course will use an interactive approach including structured presentations as a basis for group discussions and practical activities.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.
**Five Ways to Wellbeing**

**Lead tutors**
Andy Williams/Outside In

**Date/Time**
Tuesday 24 June 11am - 2pm

**Location**
Rushworth St

**Course overview**
This fun and interactive session is ideal for anyone with an interest in wellbeing for themselves or others. Five Ways to Wellbeing is a set of evidence-based actions which promote people’s wellbeing. These activities are simple things individuals can do in their everyday lives. The Five Ways have been used by health organisations, schools and community projects across the UK and around the world to help people take action to improve their wellbeing. They’ve been used in lots of different ways, for example to get people to start thinking about wellbeing, to develop organisational strategy, to measure impact, to assess need, for staff development and to help people incorporate more activities which promote wellbeing into their lives.

**Teaching and learning approaches**
The course will use an interactive approach including structured presentations as a basis for group discussions and practical activities.

**Assessment**
There is no formal assessment but we welcome feedback on the course.

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**Meditation**

**Lead tutor**
Mary Callaghan

**Date/Time**
Tuesdays from 13 May to 5 August 4:30 - 5:30pm

**Location**
Rushworth St

**Course overview**
These meditation sessions focus on a range of mental activities designed to increase beneficial thoughts or reduce undesirable thoughts. Students will learn practical techniques which relax the body and place the mind in a state of readiness in preparation for deeper meditation.

**Teaching and learning approaches**
Group activities and discussion.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.
First Aid Awareness

Lead tutors
Ian Waddington/
Freddie Still

Date/Time
Wednesdays
28 May
16 July
1 - 3pm

Location
Rushworth St

Course overview
This is a flexible way to learn basic first aid skills – simple to learn and easy to remember. The course is taught by trained Red Cross first aid educators.

Teaching and learning approaches
Using everyday scenarios and items, these sessions cover the first aid skills that are most relevant to you.

Assessment
There is no formal assessment but we welcome your feedback on the course.

Overcoming Anger

Lead tutor
John McConnel

Date/Time
Wednesday
18 June
2 - 4pm

Location
Rushworth St

Course overview
A series of workshops led by facilitators from the Brahma Kumaris that will point you in the right direction to peace and happiness.

The session is open to anyone who would like to understand their anger and learn to let go and overcome it and so live a happier and more peaceful life.

Teaching and learning approaches
Group activities and discussion.

Assessment
There is no formal assessment but we welcome your feedback on the course.
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<td>Secrets of Self-Esteem</td>
<td>Margaret Barron</td>
<td>Friday, 4 July, 2 - 4pm</td>
<td>Rushworth St</td>
<td>A series of workshops led by the facilitators from the Brahma Kumaris that will point you in the right direction to peace and happiness. Discover the secret power of self-esteem and uncover a natural way of maintaining a happy and balanced life.</td>
<td>Group activities and discussion.</td>
<td>There is no formal assessment but we welcome your feedback on the course.</td>
</tr>
<tr>
<td>Positive Thinking</td>
<td>Mike Hudson</td>
<td>Thursdays from 3 July to 24 July, 2 - 4pm</td>
<td>Rushworth St</td>
<td>A series of workshops led by the facilitators from the Brahma Kumaris that will point you in the right direction to peace and happiness. Explore the power and influence of thought and the impact of positive attitudes in this four-week course.</td>
<td>Group activities and discussion.</td>
<td>There is no formal assessment but we welcome your feedback on the course.</td>
</tr>
</tbody>
</table>
Thinking About Relationships

**Lead tutors**
Andy Williams/Outside In

**Date/Time**
Tuesday 10 June 11am - 2pm

**Location**
Rushworth St

**Course overview**
Relationships are important but can also be demanding and difficult. This course looks at practical ways in which we can make the relationships in our lives stay positive and work well.

**Teaching and learning approaches**
The course will use an interactive approach including structured presentations as a basis for group discussions and practical activities. There will be ongoing support from Outside In after the session.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.

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Relationship Skills: Dates, Disasters and Happiness!

**Lead tutor**
Andy Williams/Outside In

**Date/Time**
Tuesday 17 June 11am - 2pm

**Location**
Rushworth St

**Course overview**
What are the skills needed to make a relationship work? This course will use forum theatre - by guest actors - to create debate and discussion about how to best approach new and long-term relationships. Forum theatre allows the audience to act as the director and instruct the actors on what to say and do. Through this approach the group will learn together, reflect on their own situations and create a set of principles to follow for successful relationships.

**Teaching and learning approaches**
Group activities and discussion based around forum theatre.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.
Women’s Running Group (women only)

**Lead tutor**
Nicola Miller from A Mile in Her Shoes

**Date/Time**
Mondays from 12 May to 4 August
5:30 - 6:45pm

**Location**
Rushworth St

**Course overview**
Want to improve your fitness? Then this is the course for you. Running has many physical and mental health benefits and that’s why we are teaming up with A Mile in Her shoes to bring you this weekly running group. Absolute beginners are welcome and each session is suitable for all fitness levels and led by qualified female volunteers. The group walks or jogs together to a nearby park and plays some active games, before heading back for stretching and snacks to refuel afterwards.

If you don’t have appropriate shoes or clothing these can be provided for you to keep. Some of it may be slightly second hand but it is all in very good condition and the sports bras and socks are always brand new.

**Teaching and learning approaches**
Group activities designed for all fitness levels.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.

If you wish to work towards a particular target, the run leader can work with you to help you achieve this but it is up to you. The important thing is to enjoy the sessions.
An Introduction to Coaching Skills

<table>
<thead>
<tr>
<th>Lead tutor</th>
<th>Claire Tuffin</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Date/Time</strong></td>
<td>Monday 7 July 2 - 5pm</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>Rushworth St</td>
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</table>

**Course overview**
This course is for anybody who wants to learn about a key skill for work and life coaching. It is particularly suited to people who support others in some way such as peer mentors. You will learn:
- What coaching is
- The benefits of coaching
- The key skills and the right mindset needed to coach others
- A brief overview of a simple coaching technique - GROW
Students will have the opportunity to give it a go in a safe and supportive environment.

**Teaching and learning approaches**
Interactive, lots of opportunity to practice.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.

What the Papers Say

<table>
<thead>
<tr>
<th>Lead tutor</th>
<th>Judith Higgin</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Date/Time</strong></td>
<td>Wednesdays, every two weeks, from 21 May to 30 July 5 - 6pm</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>Rushworth St</td>
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</table>

**Course overview**
What’s happening in the media at the moment? Are newspapers, TV and radio having to change because of how we get news through Twitter and Facebook? Where do you get your news and what’s behind those headlines? Come and discuss the UK media and find out more about how it works.

**Teaching and learning approaches**
Group discussion and analysis of news stories.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.
### CSCS Training Taster Sessions

**Lead tutor**
Steve McGrory

**Date/Time**
Mondays
19 May
16 June
14 July
2 - 4pm

**Location**
Rushworth St

#### Course overview
An introductory session for people considering working in construction. Students who wish to pursue training to obtain a CSCS card must register with the employment team.

#### Teaching and learning approaches
Information on CSCS training and the test will be provided and there will be a question and answer session.

#### Assessment
There is no formal assessment but we welcome your feedback on the course.

Students who show a commitment to working in construction and who are either clients of St Mungo's Broadway or on a contract, will have the option to progress to CSCS training with the Skills and Employment team.

### IT Drop-In Sessions

**Lead tutor**
Maurice Parkes

**Date/Time**
Wednesdays from
14 May to
6 August
3 - 5pm

**Location**
Rushworth St

#### Course overview
This is an informal drop in session for people with all levels of IT knowledge, including those who’ve never used a computer before. You’ll be able to set up an e-mail account, learn to use the internet and a variety of other programmes. For those with more knowledge it will be an opportunity to further develop their skills.

#### Teaching and learning approaches
Tutor demonstration and practical application.

#### Assessment
There is no formal assessment but we welcome your feedback on the course.
Representing St Mungo’s Broadway in The Community

**Lead tutor**
Russell Benson

**Date/Time**
Wednesday
25 June
11am - 4pm

**Location**
Rushworth St

**Course overview**
The St Mungo’s Broadway Community and Events fundraising team are often asked to speak to groups and/or individuals about our work. We would like all our clients, staff and volunteers to be involved in this process to help us reach more people and give people new experiences and skills.

This course is for anyone who is interested in attending talks, cheque presentation and public events at schools, churches and faith groups or other community settings.

**Teaching and learning approaches**
The course will be led by a trainer and there will be plenty of group discussions, with some activities and practice.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.

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Suitcase Media: Basic IT and Web Design

**Lead tutor**
Jimmy Connelly

**Date/Time**
Mondays from
9 June to
30 June
10:30am - 1:30pm

**Location**
Suitcase Media,
Rushworth Street

**Course overview**
Learn how to build a basic webpage from scratch. You will learn to use tools such as a text editor, web browser and simple html document - don’t worry, all will be explained.

No experience necessary

**Teaching and learning approaches**
Peer support and practical activities.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.
### London for Free

<table>
<thead>
<tr>
<th>Lead tutors</th>
<th>Andy Williams/Outside In</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course overview</strong></td>
<td>“I’ve been walking about London for the last thirty years, and I find something fresh in it every day.” Walter Besant</td>
</tr>
<tr>
<td>This session explores ideas of community and social networks, and is an opportunity to reflect on how we spend our time. We’ll look at ways to develop a structured week doing the things you want to do and how this is key to building a successful life away from homeless services. It will be a creative exploration of what there is to do and hopefully we’ll uncover some hidden gems - previously unknown walks, museums and other places of interest.</td>
<td></td>
</tr>
<tr>
<td><strong>Teaching and learning approaches</strong></td>
<td>The course will use an interactive approach including structured presentations as a basis for group discussions and practical activities.</td>
</tr>
<tr>
<td><strong>Assessment</strong></td>
<td>There is no formal assessment but we welcome your feedback on the course.</td>
</tr>
<tr>
<td><strong>Date/Time</strong></td>
<td>Tuesday 22 July 11am - 2pm</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>Rushworth St</td>
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</table>

### BICSc Cleaning Training Taster Sessions

<table>
<thead>
<tr>
<th>Lead tutor</th>
<th>Derek Eaton</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course overview</strong></td>
<td>This is an introductory session for people considering working in cleaning. Students who wish to pursue training to obtain a BICSc cleaning training qualification must register with skills &amp; employment.</td>
</tr>
<tr>
<td><strong>Date/Time</strong></td>
<td>Mondays 12 May 9 June 7 July 2 - 4pm</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>Rushworth St</td>
</tr>
<tr>
<td><strong>Teaching and learning approaches</strong></td>
<td>Demonstration, group learning and activities.</td>
</tr>
<tr>
<td><strong>Assessment</strong></td>
<td>There is no formal assessment but we welcome your feedback on the course. Students who show a commitment to working in construction and who are either clients of St Mungo’s Broadway or on a contract, will have the option to progress to BICSc cleaning training with the Skills and Employment team.</td>
</tr>
</tbody>
</table>
### Microsoft Office Skills (Excel, Word)

<table>
<thead>
<tr>
<th>Lead tutors</th>
<th>Ben Sprague and Gavin Morgan from Aiimi (Microsoft partner)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date/Time</td>
<td>Wednesdays 2 July (Word) 23 July (Excel) 4 - 6pm</td>
</tr>
<tr>
<td>Location</td>
<td>Rushworth St</td>
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</tbody>
</table>

**Course overview**
If you have always wanted to use Microsoft Office to compose documents, help manage money or get creative but don’t know how, please come to this session. The course will provide hints and tips on how to use Microsoft Word, and Excel in a variety of ways for a variety of different reasons.

**Teaching and learning approaches**
The course will use an interactive approach, including structured guidance as a basis for practical activities.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.

### Putting Down Roots Tasters

<table>
<thead>
<tr>
<th>Lead tutors</th>
<th>Ian Kavanagh/ Jeff Morgan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date/Time</td>
<td>Tuesday 8 July 10am - 2pm</td>
</tr>
<tr>
<td>Location</td>
<td>Melior Street Garden SE1 3QP</td>
</tr>
</tbody>
</table>

**Course overview**
Join St Mungo’s Broadway’s greenest project. You’ll have a chance to experience a taster session at award winning gardens. Equipment will be provided and no experience is necessary. Students will learn gardening techniques and can find out about the work and opportunities provided by Putting Down Roots.

**Teaching and learning approaches**
The session will be a peer led experience in gardening settings. Activities will vary according to what is happening in the gardens at the time of the session.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.
<table>
<thead>
<tr>
<th>Lead tutor</th>
<th>Course overview</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anushka Ponniah</td>
<td>Get active and learn some great dance moves to lively tunes - all in time for carnival season! Students will learn to follow some dance moves/routines as well as dance freestyle to a variety of music. No prior knowledge or experience required.</td>
</tr>
<tr>
<td></td>
<td><strong>Teaching and learning approaches</strong></td>
</tr>
<tr>
<td></td>
<td>Tutor demonstration, group and individual work. Students of all physical ability are welcome. Unfortunately, however, the building does not accommodate wheelchair users.</td>
</tr>
<tr>
<td></td>
<td><strong>Assessment</strong></td>
</tr>
<tr>
<td></td>
<td>There is no formal assessment but we welcome your feedback on the course.</td>
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</table>

<table>
<thead>
<tr>
<th>Lead tutor</th>
<th>Course overview</th>
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</thead>
<tbody>
<tr>
<td>Colin Vint/</td>
<td>Get creative with your enterprise skills!</td>
</tr>
</tbody>
</table>
| Ciara Morrin     | • Week 1 Ideas generation: understanding enterprise and coming up with some thoughts about starting a business  
|                  | • Week 2 Budgeting and resources: starting to reseach your ideas  
|                  | • Week 3 Making your ideas happen: goal setting, next steps, sources of information                                                                                                                                 |
|                  | **Date/Time**                                                                                                                                                                                                   |
|                  | Tuesdays from 13 May to 27 May 10:30am - 12:30pm                                                                                                     |
|                  | **Location**                                                                                                                                                                                                   |
|                  | Rushworth St                                                                                                                                                                                                   |
|                  | **Teaching and learning approaches**                                                                                                                                                                             |
|                  | Peer learning, action learning                                                                                                                                                                                  |
|                  | **Assessment**                                                                                                                                                                                                  |
|                  | There is no formal assessment but we welcome your feedback on the course.                                                                                                                                       |
## Motivation Part 1: Be Your Own Keyworker

<table>
<thead>
<tr>
<th>Lead tutors</th>
<th>Andy Williams/Outside In</th>
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<tbody>
<tr>
<td><strong>Date/Time</strong></td>
<td>Tuesday 8 July 11am - 2pm</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>Rushworth St</td>
</tr>
</tbody>
</table>

### Course overview

This course is about problem solving and adopting a more solution-focused way of thinking when faced with dilemmas or issues that crop up in life. There will be a mixture of role plays and case studies that will explore problems we can all identify with, and as a group we will begin to work out the steps to solve them. This course is good for learning how to empower yourself and others, in having more control and confidence when resolving issues.

### Teaching and learning approaches

The course will use an interactive approach including structured presentations as a basis for group discussions and practical activities.

### Assessment

There is no formal assessment but we welcome your feedback on the course.

## Motivation Part 2: Getting Organised

<table>
<thead>
<tr>
<th>Lead tutors</th>
<th>Andy Williams/Outside In</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Date/Time</strong></td>
<td>Tuesday 15 July 11am - 2pm</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>Rushworth St</td>
</tr>
</tbody>
</table>

### Course overview

This course is all about preparation and introducing structure in your life. We’ll take a holistic approach and look at how changes to diet, sleep patterns and exercise can all have a positive impact on our ability to get organised and motivated. We’ll reveal the secrets behind good time keeping and transform how you think about preparing for appointments, meetings and social activities.

### Teaching and learning approaches

The course will use an interactive approach including structured presentations as a basis for group discussions and practical activities.

### Assessment

There is no formal assessment but we welcome your feedback on the course.
## How to Cope Financially When Returning to Paid Work

<table>
<thead>
<tr>
<th><strong>Lead tutor</strong></th>
<th><strong>Graham Burton/Shane Harris</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Date/Time</strong></td>
<td>Wednesday 21 May; Thursdays 29 May, 5 June; 11am - 2pm</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>Rushworth St</td>
</tr>
</tbody>
</table>

### Course overview

- The main benefits people are likely to be claiming
- Myth busting! How to move into work and what can be claimed
- Some of the changes to come
- How to get the best out of the Job Centre and make the system work for you rather than against you
- The importance of volunteering and collecting references
- Some key tips on how to get paid work

### Teaching and learning approaches

Group discussion and workshops.

### Assessment

There is no formal assessment but we welcome your feedback on the course.

## Suitcase Media: Basic Computer Networking

<table>
<thead>
<tr>
<th><strong>Lead tutors</strong></th>
<th><strong>Zbigniew Podziewski/Shen Wenz</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Date/Time</strong></td>
<td>Mondays from 14 July to 4 August, 2 - 3:30pm</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>Suitcase Media, Rushworth Street</td>
</tr>
</tbody>
</table>

### Course overview

We will learn how to configure computers to send and receive data using specialist equipment such as switches and routers. These are the nuts and bolts of the internet, the hidden scaffolding that keeps us all online.

### Teaching and learning approaches

Peer support and practical activities.

### Assessment

There is no formal assessment but we welcome your feedback on the course.
<table>
<thead>
<tr>
<th>Knowledge &amp; Curiosity</th>
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</thead>
<tbody>
<tr>
<td>Hitting the Right Note: Music in Latin America</td>
</tr>
</tbody>
</table>

**Lead tutor**  
Gavin O’Toole

**Date/Time**  
Monday  
14 July  
5 - 6:30pm

**Location**  
Rushworth St

**Course overview**  
A series of courses introducing students to Latin American history, society and culture.  
We’ll look at the roots of popular music in Latin America such as samba, tango and salsa. We’ll discuss how music provides excluded people with a voice and a way to express themselves, and explore the parallels between these music forms and those arising from urban settings in Britain.

**Teaching and learning approaches**  
Activities, video clips, guided group discussion and hand-outs.

**Assessment**  
There is no formal assessment but we welcome your feedback on the course.
## Horrible Histories and Heritage in Latin America

<table>
<thead>
<tr>
<th>Lead tutor</th>
<th>Gavin O’Toole</th>
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</thead>
<tbody>
<tr>
<td>Date/Time</td>
<td>Monday 16 June 5 - 6:30pm</td>
</tr>
<tr>
<td>Location</td>
<td>Rushworth St</td>
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</tbody>
</table>

### Course overview
A series of courses introducing students to Latin American history, society and culture.
We’ll look at how Latin American countries are portrayed and idealised through history and the tourism industry. We’ll consider the parallels in Britain, for example how tourists experience London and how that compares with the lives of Londoners.

### Teaching and learning approaches
Activities, video clips, guided group discussion and hand-outs.

### Assessment
There is no formal assessment but we welcome your feedback on the course.

## Identity Crisis: The Many Faces of Latin America

<table>
<thead>
<tr>
<th>Lead tutor</th>
<th>Gavin O’Toole</th>
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</thead>
<tbody>
<tr>
<td>Date/Time</td>
<td>Monday 30 June 5 - 6:30pm</td>
</tr>
<tr>
<td>Location</td>
<td>Rushworth St</td>
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</tbody>
</table>

### Course overview
A series of courses introducing students to Latin American history, society and culture.
We’ll look at how various peoples in Latin America are marginalised and excluded, and the parallels for people in similar circumstances in Britain. How do marginalised people find a voice against the odds?

### Teaching and learning approaches
Activities, video clips, guided group discussion and hand-outs.

### Assessment
There is no formal assessment but we welcome your feedback on the course.
### The Whole Story: Journalism in Latin America

**Lead tutor**
Gavin O'Toole

**Date/Time**
Monday
7 July
5 - 6:30pm

**Location**
Rushworth St

**Course overview**
A series of courses introducing students to Latin American history, society and culture.

Are media portrayals of current affairs the same across the globe? How is Latin America presented in the British press? How is the media manipulated and what problems do journalists face in reporting on, for example, violence and corruption? These and other questions will be explored in this session.

**Teaching and learning approaches**
Activities, video clips, guided group discussion and hand-outs.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.

### World Cup Fever or Brazilian Own Goal?

**Lead tutor**
Gavin O'Toole

**Date/Time**
Monday
9 June
5 - 6:30pm

**Location**
Rushworth St

**Course overview**
A series of courses introducing students to Latin American history, society and culture.

We'll look at preparations for the World Cup in Brazil and the effects on the local population. We'll study the comandeering of space, dispossession and creation of homelessness and how this situation has been paralleled in Britain, for example the 2012 Olympics.

**Teaching and learning approaches**
Activities, video clips, guided group discussion and hand-outs.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.
Food for Thought: A Taste of Latin America

Lead tutor
Gavin O'Toole

Date/Time
Monday
23 June
5 - 6:30pm

Location
Rushworth St

Course overview
A series of courses introducing students to Latin American history, society and culture.

In this course we'll look at Latin American foods and how the availability of food is linked to social issues. We'll examine issues such as genetic modification, how global markets affect food distribution and parallels in Britain, for example food banks.

Teaching and learning approaches
Activities, video clips, guided group discussion and hand-outs.

Assessment
There is no formal assessment but we welcome your feedback on the course.

Astronomy and Cosmology

Lead tutor
Andy Williams/
Gordon Chaston

Date/Time
Fridays
23 May
13 June
4 July
25 July
3 - 5pm

Location
Rushworth St

Course overview
Have you ever wondered how stars and planets are formed? Is it possible for there to be life on other planets? How big is the universe? What was the big bang and should we be afraid of black holes? We'll be exploring these questions and many more. The course will be interactive and mix facts and theories with lively debate and discussion.

Ideal for complete beginners and budding scientists alike, you'll be inspired to want to discover more about this fascinating subject.

Teaching and learning approaches
Group activities and discussion.

Assessment
There is no formal assessment but we welcome your feedback on the course.
History is Written by the Winners

Lead tutor
Stan Moorcroft

Date/Time
Wednesday 21 May 2 - 4pm

Location
Rushworth St

Course overview
What are some of the difficulties that arise when writing and reading history? In this course we’ll discuss the problems of bias, standpoint and reading history through the lens of the present.

Teaching and learning approaches
Group activities and discussion.

Assessment
There is no formal assessment but we welcome your feedback on the course.

Blackadder and The Origins of World War I

Lead tutor
Stan Moorcroft

Date/Time
Wednesday 14 May 2 - 4pm

Location
Rushworth St

Course overview
We’ll look at a variety of ideas about what caused the First World War, why Britain entered the war and consequences of the war for Britain, Europe and the European labour and socialist movements. This will deepen our understanding of the complex nature of war.

Teaching and learning approaches
Group activities and discussion.

Assessment
There is no formal assessment but we welcome your feedback on the course.
Now That’s What I Call The 1970s

Lead tutor
James Atkins

Date/Time
Thursdays from 15 May to 5 June
From 26 June to 31 July
5 - 7pm

Location
Rushworth St

Course overview
It was the era of platform shoes, three day weeks and the winter of discontent. Over the course of ten weeks, we will be looking into the wide musical influences of the 1970s within the UK. From glam rock to punk, disco to new wave, each session aims to explore these genres and the songs that represented them. The course will also examine the social and political issues of the 1970s, and how they can be directly connected to the musical output of the time.

Sessions 1 - 4 will run from 15 May to 5 June
Sessions 5 - 10 will run from 26 June to 31 July

Teaching and learning approaches
We will be listening to key songs of the era, with background to the style/genre of the particular song. There will also be TV clips and discussion around key political events of the 1970s.

Assessment
There is no formal assessment but we welcome your feedback on the course.

Film Skool

Lead tutor
Silvy da Silva

Date/Time
Tuesdays from 13 May to 5 August
4 - 7pm

Location
Rushworth St

Course overview
A look at the language of cinema via alternative and rare films. In this ongoing film appreciation course we’ll watch and discuss a series of films with thematic links. We’ll explore how meaning and content is communicated visually and also consider the context within which each film was made - how they fit within the period of their production in terms of society, art and politics. From an aesthetic point of view, we’ll look at cinema masterpieces in which the visual storytelling - through composition, framing, camera movement, lighting and use of colour - is especially innovative and stylish.

Teaching and learning approaches
Screenings of shorts and unusual feature films. Each session will begin with an introduction to the films, possibly some trailers of upcoming films and discussions. How we structure the sessions and even select the themes of the films will be based on feedback from the group.

Assessment
There is no formal assessment but we welcome your feedback on the course.
A Brief Introduction to Political Philosophy

**Lead tutor**
Stuart Bakewell/ Jonathan Armstrong

**Course overview**
Political philosophy is the study of how we can and how we ought to live together. This short course will introduce students to some of the key questions and problems considered throughout history: the question of the nature and claims of justice; the existence of natural rights; the status of positive law; the existence of distinctive obligations towards the state or towards each other as co-members of some society; claims of property; claims of liberty; the best understanding of equality and its claim on us.

**Teaching and learning approaches**
The course will use an interactive approach including structured presentations as a basis for group discussion and practical activities.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.

Causing Death and Saving Lives: Everyday Ethical Issues

**Lead tutor**
Stuart Bakewell/ Jonathan Armstrong

**Course overview**
We will consider some arguments for and against some difficult problems such as abortion, euthanasia and animal rights. We will make use of recent legal cases to test our thinking.

**Teaching and learning approaches**
The course will use an interactive approach including structured presentations as a basis for group discussions and practical activities.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.
# The Philosophy of Mental Health

**Lead tutor**
Paul Wells

**Date/Time**
Wednesdays
14 May
11 June
16 July
6 August
3 - 5pm

**Location**
Rushworth St

## Course overview
What is mental health? Does it even exist? Is someone physically ill or is this a metaphor for challenges with living? Is it all a sane response to an insane society? We discuss key topics over four distinct sessions with a mixture of philosophical thought, half-baked conjecture and contributions from a few big thinkers.

## Teaching and learning approaches
The sessions will be mainly discussions based on the group's ideas and work from prominent thinkers in the field.

## Assessment
There is no formal assessment but we welcome your feedback on the course.
Andrew's Soul & Funk Show

<table>
<thead>
<tr>
<th>Lead tutor</th>
<th>Andrew Campbell</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date/Time</td>
<td>Thursdays from 26 June to 24 July 5 - 7pm</td>
</tr>
<tr>
<td>Location</td>
<td>Rushworth St</td>
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<tr>
<td></td>
<td><strong>Course overview</strong></td>
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<tr>
<td></td>
<td>Come and indulge your passion for all things funky and soulful. Bring your own tunes or listen to ours. At the end of the course you’ll create a mixtape of your favourites to take home.</td>
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<tr>
<td></td>
<td><strong>Teaching and learning approaches</strong></td>
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<tr>
<td></td>
<td>Listening to and discussing great music, dancing optional.</td>
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<tr>
<td></td>
<td><strong>Assessment</strong></td>
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<tr>
<td></td>
<td>There is no formal assessment but we welcome your feedback on the course.</td>
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Card Making

<table>
<thead>
<tr>
<th>Lead tutor</th>
<th>Nica Candik</th>
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<tbody>
<tr>
<td>Date/Time</td>
<td>Tuesdays from 13 May to 27 May 5 - 7pm</td>
</tr>
<tr>
<td>Location</td>
<td>Rushworth St</td>
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<tr>
<td></td>
<td><strong>Course overview</strong></td>
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<td></td>
<td>This course will give you the opportunity to make greeting cards. Colour is a key element and there will be an explanation about colour theory followed by practical application, mainly through collage technique. Some basic background to historical card making will be provided. You’ll learn how to combine different colours and how they affect the overall look of the image. You’ll be able to use different materials such as coloured paper, stickers, beads, feathers etc. No previous experience necessary and all materials including envelopes will be provided.</td>
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<td></td>
<td><strong>Teaching and learning approaches</strong></td>
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<td></td>
<td>Tutor demonstration, group discussion and practical activities.</td>
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<tr>
<td></td>
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<td></td>
<td>There is no formal assessment but we welcome your feedback on the course.</td>
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Guitar for Fun

**Lead tutors**
Leila Persaud/ Steve Shaughnessy

**Date/Time**
Mondays from 19 May to 14 July 2 - 4pm

**Location**
Rushworth St

**Course overview**
In this eight-week course you’ll make music with a guitar, learning some basic playing skills along the way. You will:
- Learn to hold an acoustic guitar
- Learn some basic chords using chord windows
- Learn some easy fingerpicking patterns
- Practice strumming simple rhythms using chords you have learnt
- Learn how to follow a music score
- Do some simple music reading

**Teaching and learning approaches**
Tutor demonstration and playing both individually and as part of a group with reference to guitar music books.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.

Guitar Taster

**Lead tutor**
Leila Persaud

**Course overview**
This session offers you the opportunity to explore guitar playing by:
- Trying out playing a guitar individually
- Trying out playing in groups
- Trying out strumming some easy rhythms
- Learning very generally about different styles of guitar playing

**Date/Time**
Thursday 22 May 12 - 2pm

**Location**
Rushworth St

**Teaching and learning approaches**
Some tutor demonstration and a chance for students to experiment using the instruments.

**Assessment**
There is no formal assessment but we welcome your feedback on the course.
### Art Studio

**Lead tutor**  
Mark Jennings

**Date/Time**  
Fridays from 16 May to 8 August  
1.30 - 5.30pm

**Location**  
Rushworth St

**Course overview**  
The art studio will run as a rolling programme of weekly sessions, with a shared studio space and a range of good quality art materials provided. The sessions are unstructured so you can work on what interests you and develop the particular art-making skills you need. The course coordinator will be on hand to offer practical advice about using the art materials and to give feedback, when needed, to enable you to develop your ideas.

**Teaching and learning approaches**  
The art studio uses peer support and skills-sharing as its primary approach to teaching and learning. Everyone in the session is both a student and a teacher! The aim is to offer a relaxed and supportive environment in which you can benefit from working in the company of people who share your interest in art.

**Assessment**  
A key aim of this course is to enable you to use your art making as part of your recovery journey. Developing your ideas and gaining confidence in your abilities can have a positive effect on how you view yourself. There is no formal assessment for the course, but from time to time you will have the chance to review your work and how it has progressed.

### Fabric Decorating

**Lead tutor**  
Nica Candik

**Date/Time**  
Tuesdays from 3 June to 24 June  
5 - 7pm

**Location**  
Rushworth St

**Course overview**  
You’ll have a chance to personalise a plain T-shirt or a cotton bag by designing your own motif. The emphasis is on developing your own ideas using a variety of textile mediums such as fabric crayons, textile pencils and textile paint. You’ll be able to learn how to use stencils and to apply various images, patterns and letters to fabric. Historical trends in fabric designing will be explained. No previous experience necessary and all materials will be provided, but you can bring your own fabric, such as a T-shirt or a bag for decorating, if you wish.

**Teaching and learning approaches**  
Tutor demonstration, group discussion and practical activities.

**Assessment**  
There is no formal assessment but we welcome your feedback on the course.
### Creative Dance Workshop

**Lead tutor**  
Annarita Mazzilli

**Date/Time**  
Tuesdays from 13 May to 27 May, 5 - 7pm

**Location**  
Rushworth St

**Course overview**  
Developed in collaboration with Mazzilli Dance Theatre, this course will focus on:  
- Developing dance and movement skills  
- Developing an awareness of emotional physical creativity  
- Developing the ability to work within a group  
- Building and preserving self-confidence and a sense of worth  

Students will learn simple dance phrases and respond individually and with the group to simple creative tasks.

**Teaching and learning approaches**  
Tutor demonstration, group and pair work.  
Students of all physical ability are welcome. Unfortunately, however, the building does not accommodate wheelchair users.

**Assessment**  
There is no formal assessment but we welcome your feedback on the course.

### Graffiti Workshop

**Lead tutor**  
Richard Powell aka Balance

**Date/Time**  
Thursdays from 28 May to 2 July, 4:30 - 6pm

**Location**  
Rushworth St

**Course overview**  
Ever done graffiti before? No? Well come along anyway and learn to draw tags, dubs and pieces using liquid chalk on paper and canvas. No experience necessary.

**Teaching and learning approaches**  
Tutor demonstration, group discussion and activities.

**Assessment**  
There is no formal assessment but we welcome your feedback on the course.
Practical Sewing Skills

Lead tutor
Gillian Roach

Date/Time
Tuesdays from 24 June to 15 July
11:30am - 2pm

Location
Rushworth St

Course overview
Learn how to mend and alter your existing items of clothing, fix torn jeans and hem trousers and skirts. You’ll also work on basic sewing projects with cushion covers, and convert your old t-shirt into a bag or a scarf.

Teaching and learning approaches
Practical hands-on experience.

Assessment
There is no formal assessment but we welcome your feedback on the course.

Ways into Watercolour

Lead tutor
Nica Candik

Date/Time
Tuesdays from 1 July to 5 August
5 - 7pm

Location
Rushworth St

Course overview
This course will give you an opportunity to explore the watercolour medium. You’ll be able to work from observation of various objects such as fruit, buildings and animals as well as from your imagination. Examples from watercolour masters and details of their techniques will be provided so there will be a chance to be inspired by history. You’ll learn how to paint using a range of blending, layering and masking techniques. No experience necessary and all materials will be provided.

Teaching and learning approaches
Tutor demonstration, group discussion and practical activities.

Assessment
There is no formal assessment but we welcome your feedback on the course.
### Create a Comedy

<table>
<thead>
<tr>
<th>Lead tutor</th>
<th>Maria Wilson</th>
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<tbody>
<tr>
<td><strong>Date/Time</strong></td>
<td>Mondays from 12 May to 4 August 2 - 4pm</td>
</tr>
<tr>
<td><strong>Location</strong></td>
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#### Course overview
Through reflection on your life and observation of your surroundings and people you know, you'll formulate comedic characters and situations. These will be used by the group to devise a comedy which the class will write together with the tutor's guidance.

#### Teaching and learning approaches
Tutor demonstration, group discussion and practical activities.

#### Assessment
There is no formal assessment but we welcome your feedback on the course.

### DJ Skills Workshop

<table>
<thead>
<tr>
<th>Lead tutor</th>
<th>James Huxley</th>
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<tbody>
<tr>
<td><strong>Date/Time</strong></td>
<td>Wednesdays from 14 May to 6 August 5 - 7pm</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>Rushworth St</td>
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#### Course overview
Setting up equipment, mixing skills, basic DJ skills; this course will offer people an introduction to DJing or the opportunity to further develop their own skills. You will get the chance to mix on your own and with guidance and support from the course tutor.

#### Teaching and learning approaches
Students will have the opportunity to learn new skills or develop skills they already have. Learning how to set up and use equipment, and the opportunity to practice skills and utilise support and feedback to develop.

#### Assessment
There is no formal assessment but we welcome your feedback on the course. The aim is to provide an opportunity for participants to develop their passion for music in a creative manner.
### Creative Writing Workshop

<table>
<thead>
<tr>
<th>Lead tutor</th>
<th>Laura Chernaik</th>
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<tbody>
<tr>
<td><strong>Date/Time</strong></td>
<td>Thursdays from 15 May to 10 July 2 - 4pm</td>
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<tr>
<td><strong>Location</strong></td>
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#### Course overview

Do you have a story to tell? A poem to write? Do you want to bring something you've written to share with the group? In these workshops, we will use writing exercises, reading, and discussion to develop our skills as creative writers. We will focus on writing stories and poems, life writing and on talking about writing process.

#### Teaching and learning approaches

Writing exercises, reading, group discussion, and tutor feedback.

#### Assessment

There is no formal assessment but we welcome your feedback on the course. The aim is for participants to have the opportunity to develop their passion for writing in a creative manner.

### Introduction to Acting

<table>
<thead>
<tr>
<th>Lead tutors</th>
<th>Amanda Fairclough/Amanda Grimsey</th>
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<tbody>
<tr>
<td><strong>Date/Time</strong></td>
<td>Fridays from 6 June to 25 July 2 - 4pm</td>
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<tr>
<td><strong>Location</strong></td>
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#### Course overview

Using acting techniques, discussion and group work, you'll develop not only acting and creative skills, but also improve your communication skills and build your confidence and self-esteem. The course will help you recognise self-centred thinking and improve your ability to respond to problems and issues with detachment.

#### Teaching and learning approaches

Tutor demonstration, group discussion and activities.

#### Assessment

There is no formal assessment but we welcome your feedback on the course.
Drumming without Drums

Lead tutor
Simon Charterton

Date/Time
Tuesday
27 May
3 - 4:30pm

Location
King's Bench St

Course overview
This session involves gentle co-ordinated physical activity, which provides mental stimulation and improves overall wellbeing. We will use maracas, shakers, body/vocal percussion and site-specific objects (tables, chairs, whatever's available) to gently build spontaneous beats and pulses without the need for bulky, noisy drums. We will have fun re-creating familiar beats (like Eastenders and We Will Rock You) and playing interactive games such as rhythmic versions of Pass the Parcel.

Teaching and learning approaches
The aim of the session is to work supportively and collectively to encourage group working and social interaction. Drumming without Drums is an activity that is accessible to all regardless of ability or previous experience.

Assessment
There is no formal assessment but we welcome your feedback on the course. The aim is simply to provide a relaxed, uplifting session to improve well-being. We want people who come to this course to have fun, be entertained, and enjoy some gentle exercise in the process.

Introduction to Sketching, Life Drawing and Art History

Lead tutors
Esther Sample/
Viv Roberts

Date/Time
Thursdays from
29 May to
17 July
5 - 7pm

Location
Rushworth St

Course overview
This course is an opportunity to try out different sketching techniques focusing on both still life and real life models, as well as learning about different artists and art movements. It's not necessary to have any prior experience of art or drawing. The course aims to improve drawing confidence and allow you to continue to sketch in your own time. You will have the opportunity to use the media of pencil, pen and chalk. There are also plans to include a trip to an art gallery at the end of term.

Teaching and learning approaches
The course will use a practical approach to allow participants to try drawing techniques for themselves. There will also be some demonstration, group discussion and reflection.

Assessment
You will have time to reflect on the different techniques and how they work for you. The session will not involve your work being judged against others, and aims to give you space to explore which techniques you enjoy.
What is Outside In?
Outside In is the St Mungo’s Broadway client representative group. We believe all clients should actively participate as equal partners in the running and governance of St Mungo’s Broadway. Outside In gets involved in the decision making that gets clients’ voices heard and offers peer support to help people achieve what they want and improve their lives for the better.

Equality
We feel passionate about equality and creating a group in which all members feel comfortable to participate. For example, our women’s group meet to offer peer support, enjoy lunch and a chat.

10x Better
If you enjoy motivating people, believe in peer support and can spare two hours per week for 10 weeks then 10x Better is an opportunity for you. We also deliver training and workshops to clients and staff.

Escape Plan Programme
Why not receive training to deliver The Escape Plan Programme. This is client led and runs over 10 weeks. Each session looks at a different theme related to escaping homelessness and a goal is set around the theme.

Consultation
Our social policy group meets monthly to influence national government and policy-makers. On a six-weekly basis we meet with the directors to discuss clients’ views on the work of St Mungo’s Broadway and their suggestions for improvement.

Basic Skills:
If you have IT and/or reading skills etc. which you want to share with others then get involved in our Basic Skills projects.

Peer Facilitators Training:
Are you interested in increasing your confidence and learning how to run groups and deliver workshops to clients and staff? If so find out more about our Peer Facilitators Training. We have opportunities to co-facilitate workshops with Outside In and as part of the Recovery College.

Other areas you may be interested in:
- We have a say when policies and procedures are being reviewed
- We sit on interview panels for new staff
- We get involved in peer research
- We run a grants scheme to fund client-led activities
- We support and train clients and staff to work together and run services as a partnership
- We plan events to promote opportunities and raise awareness
- We organise a client festival every December
- We offer peer support and signposting towards other opportunities to all St Mungo’s Broadway clients

If you are interested in getting involved with any of these opportunities either to facilitate or attend, please contact outsidein@mungosbroadway.org.uk
Or
Sarah-Jane Cox
07795 237862
Booking a Course

To sign up for a course you will need to come and enrol at the college. You can do this by:

Coming to one of our enrolment days on 7, 8 and 9 May from 11am - 4pm at Rushworth Street.

Or

Attending an enrolment drop-in, every Friday, 11am - 12pm.

Or

Getting in touch with the administrator and booking an appointment to come in and see us. We can be reached at

07739 195332
recovery.college@mungosbroadway.org.uk
33 Rushworth St
London
SE1 0RB

If you would like to talk to someone about options or have more questions please get in touch. We will either answer your question immediately or get back in touch with you.

The Recovery College is developing day by day, and we are only at the start of our journey - if you have any comments or suggestions we would love to hear from you.

We are also always open to suggestions for new courses, so please let us know what opportunities you would like to have available and if you would like to be involved in developing or running them.

Partners and Sites of Interest

Some courses at the Recovery College are being developed in partnership with Crisis Skylight, Workers Educational Association, City Lit and the Barbican.

Each of these organisations offers a wide range of educational and vocational courses in locations across London.

You can browse details of their courses in the Recovery College library or check out their websites:

www.wea.org.uk
www.citylit.ac.uk
www.barbican.org.uk
www.cardboardcitizens.org.uk
www.ruskin.ac.uk
www.choirwithnoname.org
How to find us

Recovery College

SOUTHWARK
BOROUGH
ELEPHANT & CASTLE