

SLaM Recovery College

1st Floor Administration Building
Maudsley Hospital
Denmark Hill
London
SE5 8AZ

Telephone: 020 3228 3643

Email: hello@slamrecoverycollege.co.uk

www.slamrecoverycollege.co.uk



SLaMrecoverycollege
hope • control • opportunity

timetable
autumn term 2019



About the college

Recovery is about a personal journey towards a meaningful and satisfying life, towards living as well as possible, even if symptoms or difficulties are present. The workshops and courses we offer aim to provide the knowledge, skills and tools to support recovery, self-management and wellbeing and to help our students become experts in their own recovery or that of someone they care for.

Our college offers a learning approach to complement clinical services provided by South London and Maudsley NHS Foundation Trust. Co-production is at the heart of everything we do. Every course and workshop we offer is co-designed and co-delivered by trainers who are experts through lived experience of mental ill-health or experts in their field of work or education. All workshops will provide learning about both the personal and clinical aspects of recovery, health and wellbeing.

Who are our courses for?

Our courses are free of charge and open to:

- People who use SLaM services
- Supporters (carers, family and friends) of SLaM's service users
- People who have been discharged from SLaM services within the last six months and their supporters
- Anyone working with SLaM as a volunteer or peer supporter or who is on the SLaM Involvement Register
- SLaM staff (not including students on clinical placement)

A referral from a clinician or service isn't required to enrol at the college. As a student, you can choose which courses interest you or suit your needs.

All we'd ask is that, if you do put your name down for a course, you make every effort to attend. Places for all our courses are in high demand so if you can't attend for any reason please contact the Recovery College office as soon as possible so your place can be offered to someone on the waiting list.

Please note that you also need to be aged 16 or over to come to any of our courses.

Please see page 21 to find out how to enrol.

Which courses should I choose?

If this is your first time as a student with the college, and with over fifty courses to choose from, you might find it difficult to decide which ones would be of most benefit to you. In which case, we can offer you the opportunity to come in and have a chat with our peer learning advisor who will help you to work out a learning plan that will ensure you get the most out of your time with the college.

To make an appointment, please call or email our office.

How many courses can I choose?

You can choose up to six courses per term.

A note to returning students

Due to the increasingly high demand for places on our courses, we regret that we are no longer able to accept any enrolments for courses that you have already attended. This is to ensure that as many students as possible have the opportunity to study at SLaM Recovery College.

Course descriptions

Brief descriptions of all the courses and workshops we are currently running can be found on our website: www.slamrecoverycollege.co.uk/courses. You are also very welcome to phone our office with any queries you might have about any course: 020 3228 3643.

About the timetable

Please visit the timetable page on our website for updates on which courses are fully booked, cancellations, and any changes to the dates and venues specified in the printed timetable.

Underneath the title of each course you'll find this information: venue, time and date. You can find the addresses of each venue on pages 24-25, but when we send you confirmation we'll also send you venue maps and travel information.

If we haven't yet got a date and venue for a course it'll be shown as 'TBC' — to be confirmed. You can still book a place on it though, and we'll get in touch when we know when and where it'll be happening.

If we are running a course more than once, each date will be identified by a letter, i.e. A,B,C etc. If a course consists of a series of workshops they'll be identified by a numeral, i.e. 1,2,3 etc.

Understanding mental health difficulties and treatment

N.B. for an explanation of course numbers and session letters, and the meaning of 'TBC' please see the section 'About the timetable' on page 4.

Introduction to Psychological Therapies

One-day workshop

Venue TBC	10am-4pm	Date TBC
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Understanding Psychosis A

Half-day workshop

Lewisham Civic Suite	1:30pm-4:30pm	Monday 16 September
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Understanding Psychosis B *(exactly the same course as above, repeated)*

Half-day workshop

Mosaic Clubhouse	10am-1pm	Wednesday 09 October
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Taking Control of My Psychosis Medication

Half-day workshop

Camberwell Library	1:30pm-4:30pm	Wednesday 16 October
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Hearing Voices

Half-day workshop

Lewisham Civic Suite	1:30pm-4:30pm	Monday 23 September
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Understanding Bipolar Disorder

Half-day workshop

Arts Network	10am-1pm	Monday 14 October
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Understanding Depression A

Half-day workshop

Croydon Mind Fairfield House	1:30pm-4:30pm	Tuesday 17 September
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Understanding Depression B *(exactly the same course as above, repeated)*
Half-day workshop

Ortus Learning Centre 1:30pm-4:30pm Tuesday 05 November

Understanding Anxiety A
Half-day workshop

Ortus Learning Centre 1:30pm-4:30pm Thursday 26 September

Understanding Anxiety B *(exactly the same course as above, repeated)*
Half-day workshop

Croydon Mind Fairfield House 1:30pm-4:30pm Tuesday 03 December

Understanding Self Harm
Half-day workshop

Croydon Mind Fairfield House 1:30pm-4:30pm Thursday 21 November

Understanding and Overcoming Panic Disorder
One-day workshop

Ortus Learning Centre 10am-4pm Thursday 05 December

Understanding Personality Disorder
One-day workshop

Croydon Mind Fairfield House 10am-4pm Thursday 03 October

Understanding Hoarding
One-day workshop

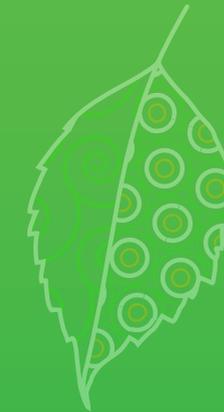
Venue TBC Time TBC Date TBC

Understanding the Impact of Substance Use on Mental Health
One-day workshop

School of Communication Arts 10am-4pm Tuesday 17 September

Alcohol: friend or foe
One-day workshop

Lewisham Civic Suite 10am-1pm Wednesday 25 September



Rebuilding your life

N.B. for an explanation of course numbers and session letters, and the meaning of 'TBC' please see the section 'About the timetable' on page 4.

Introduction to Recovery

One-day workshop

Ortus Learning Centre	10am-4pm	Tuesday 24 September
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Making Changes: where to start and how to maintain

Two-week course | One-day workshop each week

Arts Network 1	10am-4pm	Friday 20 September
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Arts Network 2	10am-4pm	Friday 27 September
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Staying Well & Making Plans: managing the ups and downs

Two-week course | One-day workshop each week

Ortus Learning Centre 1	10am-4pm	Tuesday 15 October
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Ortus Learning Centre 2	10am-4pm	Tuesday 22 October
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Confidence in Social Situations

Two-week Course | One-day workshop followed by a half-day workshop

Ortus Learning Centre	10am-4pm	Monday 04 November
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Ortus/Dragon Cafe	12noon-5pm	Monday 11 November
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Creativity and Wellbeing A

Two-hour workshop

Dulwich Picture Gallery	10am-12noon	Friday 20 September
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Creativity and Wellbeing B *(exactly the same course as above, repeated)*

Two-hour workshop

Dulwich Picture Gallery	1:30pm-3:30pm	Friday 15 November
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Expand Your World

Five-week course | Two and a half-hour workshop each week

Please note that there is a week's break between sessions 1 and 2

Lambeth Vocational Services 1	2pm-4:30pm	Tuesday 24 September
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Lambeth Vocational Services 2	2pm-4:30pm	Tuesday 01 October
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Lambeth Vocational Services 3	2pm-4:30pm	Tuesday 08 October
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Lambeth Vocational Services 4	2pm-4:30pm	Tuesday 15 October
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Lambeth Vocational Services 5	2pm-4:30pm	Tuesday 22 October
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Using the Tree of Life for the Storms in Life

One-day workshop

Venue TBC	10am-4pm	Date TBC
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Telling Your Story

Five-week course | Two-hour workshop each week

After the second session, this course will be closed to newcomers.

Bethlem OT Department 1	10:30am-12:30pm	Monday 28 October
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Bethlem OT Department 2	10:30am-12:30pm	Monday 04 November
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Bethlem OT Department 3	10:30am-12:30pm	Monday 11 November
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Bethlem OT Department 4	10:30am-12:30pm	Monday 18 November
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Bethlem OT Department 5	10:30am-12:30pm	Monday 25 November
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Writing for Wellbeing

Six-week course | Two-hour workshop each week

Ortus Learning Centre 1	2pm-4pm	Friday 08 November
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Ortus Learning Centre 2	2pm-4pm	Friday 15 November
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Ortus Learning Centre 3	2pm-4pm	Friday 22 November
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Ortus Learning Centre 4	2pm-4pm	Friday 29 November
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Ortus Learning Centre 5	2pm-4pm	Friday 06 December
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Ortus Learning Centre 6	2pm-4pm	Friday 13 December
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Mind and Body

N.B. for an explanation of course numbers and session letters, and the meaning of 'TBC' please see the section 'About the timetable' on page 4.

Introduction to Mindfulness A: a taster session

Two-hour workshop

It is strongly recommended that students attend this 'taster' workshop, or have some previous experience of mindfulness, before applying for the five-week course.

Ortus Learning Centre	10am-12noon	Tuesday 24 September
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Introduction to Mindfulness B: a taster session *(exactly the same course as above, repeated)*

Two-hour workshop

It is strongly recommended that students attend this 'taster' workshop, or have some previous experience of mindfulness, before applying for the five-week course.

Ortus Learning Centre	2pm-4pm	Tuesday 24 September
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The Mindful Way to Wellbeing A

Five-week course | Two-hour workshop each week .

It is strongly recommended that students attend the taster workshop, or have some previous experience of mindfulness, before applying for this course.

Please note change of venue for last date.

School of Communication Arts 1	10am-12noon	Tuesday 29 October
School of Communication Arts 2	10am-12noon	Tuesday 05 November
School of Communication Arts 3	10am-12noon	Tuesday 12 November
School of Communication Arts 4	10am-12noon	Tuesday 19 November
Employment Academy 5	10am-12noon	Tuesday 26 November

The Mindful Way to Wellbeing B *(exactly the same course as above, repeated)*

Five-week course | Two-hour workshop each week .

It is strongly recommended that students attend the taster workshop, or have some previous experience of mindfulness, before applying for this course.

Please note change of venue for last date.

School of Communication Arts 1	2pm-4pm	Tuesday 29 October
School of Communication Arts 2	2pm-4pm	Tuesday 05 November
School of Communication Arts 3	2pm-4pm	Tuesday 12 November
School of Communication Arts 4	2pm-4pm	Tuesday 19 November
Employment Academy 5	2pm-4pm	Tuesday 26 November

Spirituality and Wellbeing

Half-day workshop

Ortus Learning Centre	1:30pm-4:30pm	Monday 07 October
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Walking and Wellbeing

Half-day workshop

Capital Ring Walk	1pm-5pm	Monday 14 October
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Outdoor Sanctuaries and Wellbeing

Half-day workshop

Horniman Museum	10am-1pm	Wednesday 25 September
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Nature and Wellbeing

Half-day workshop

Sydenham Woods	12:45pm-5pm	Wednesday 06 November
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How To Get a Good Night's Sleep

Half-day workshop

Croydon Mind Fairfield House	1:30pm-4:30pm	Monday 28 October
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Vaping Workshop

1.5 hour workshop

An interactive workshop providing practical support for smokers who are interested in learning more about using e-cigarettes or vaping. Unlike the drop-in sessions below, you'll need to book a place on this workshop.

Quo Vadis	10:30am-12noon	Wednesday 06 November
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Let's Talk About Tobacco

1.5 hour drop-in session

An opportunity to meet with staff in an informal setting to learn more about tobacco and hear about the range of treatments and support services that are available to assist smokers who have an interest in cutting down or quitting smoking. You'll also, if you wanted, have a chance to have your own carbon monoxide level checked.

N.B. These are drop-in sessions – there's no need to book a place, you can just turn up.

Let's Talk About Tobacco A

Mosaic Clubhouse	2:30pm-4pm	Friday 15 November
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Let's Talk About Tobacco B

Chaucer Resource Centre	2:30pm-4pm	Tuesday 19 November
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New this term!

Living a Healthy Lifestyle: managing your weight

One-day workshop

This workshop has been co-developed with SLaM's Nutrition and Dietetics Department. This will be a pilot, so it's a work in progress, and you would be expected to give feedback (both during the session and afterwards).

Ortus Learning Centre	10am-4pm	Wednesday 30 October
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The LGBTQIA+ Young Persons' Project Dare Sessions

Project Dare



Dare your way to confidence, self-compassion and a positive body image

SLaM Recovery College are delighted to be able to offer this Project Dare confidence/body image course for LGBTQIA+ young people, made possible by funding from the National Lottery Awards for All.

The course employs drama, movement and a range of creative activities to explore confidence, body image, practice self-compassion, and nurture self-esteem.

This all-practical course aims to chip away at body image insecurities and to support participants, or 'Darers', on their journey towards feeling comfortable in the skin they are in.

The emphasis is on celebrating the body and having fun. The course culminates in a showcase performance to an invited audience.

Please note that to take part in these sessions you must:

- Be between 18 years and 35 years of age
- Identify as being part of the LGBTQIA+ community
- Be prepared to work as part of a team and to 'have a go' at all the practical exercises
- Be a current or recent (within the last six months) South London & Maudsley NHS Foundation Trust (SLaM) service user *or*

- Be a carer of someone who uses SLaM services (currently or within the last six months). N.B. By 'carer' we mean in a personal capacity (i.e. family member, partner, friend etc.) and not in a professional one.

There will be 15 places available on the course. You must be available for all 12 sessions. *Please note that there will be a selection process to determine who will go forward onto the course. The first stage of that is for you to register your interest with us.*

The LGBTQIA+ Young Persons' Dare Sessions 2019
Twelve-week course | A three-hour workshop each week

School of Communication Arts 1	10am-1pm	Thursday 19 September
School of Communication Arts 2	10am-1pm	Thursday 26 September
School of Communication Arts 3	10am-1pm	Thursday 03 October
School of Communication Arts 4	10am-1pm	Thursday 10 October
School of Communication Arts 5	10am-1pm	Thursday 17 October
School of Communication Arts 6	10am-1pm	Thursday 31 October
School of Communication Arts 7	10am-1pm	Thursday 07 November
School of Communication Arts 8	10am-1pm	Thursday 14 November
School of Communication Arts 9	10am-1pm	Thursday 21 November
School of Communication Arts 10	10am-1pm	Thursday 28 November
School of Communication Arts 11	10am-1pm	Thursday 05 December
School of Communication Arts 12	10am-1pm	Thursday 12 December

Please note that there is no session on the 24th of October because of the half-term break.

Stand Up and Improvisation Courses from the Comedy School!



Two fantastic courses from the Comedy School and SLaM Recovery College, made possible by funding from the National Lottery Community Fund. Build your confidence with other beginners while having fun!

If you'd like to take part in either or both, please choose one of the two taster sessions for each course and let us know (each course has two taster sessions with 16 places on each; then, from the 32 students, 16 will go forward onto the full seven-week course).

■ Improvisation: taster session followed by a seven-week course

The Comedy School's expert tutors will guide you through the fundamentals of improv all the way to basic performance readiness. No previous experience of improvisation or performing is required. Topics covered include:

- Unblocking the imagination
- Making offers
- Positivity
- Listening
- Collaborating

The course culminates with an informal sharing, where the group performs an improv show together to a warm and friendly audience.

Improvisation: taster session A

Two and a half-hour workshop

School of Communication Arts	2pm-4:30pm	Thursday 10 October
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Improvisation: taster session B

Two and a half-hour workshop

School of Communication Arts	2pm-4:30pm	Thursday 17 October
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Improvisation: full seven-week course

Seven-week course | Two and a half-hour workshop each week

School of Communication Arts 1	2pm-4:30pm	Thursday 31 October
School of Communication Arts 2	2pm-4:30pm	Thursday 07 November
School of Communication Arts 3	2pm-4:30pm	Thursday 14 November
School of Communication Arts 4	2pm-4:30pm	Thursday 21 November
School of Communication Arts 5	2pm-4:30pm	Thursday 28 November
School of Communication Arts 6	2pm-4:30pm	Thursday 05 December
School of Communication Arts 7	2pm-4:30pm	Thursday 12 December

■ Stand-Up Comedy: taster session followed by a seven-week course

Over seven weeks, this course will guide you through the process of becoming a stand-up comedian - from writing your first piece of material to your debut performance! Topics covered include:

- Generating Material
- Developing Performance Skills
- Discovering Your Comic Attitude
- Examining Stage Persona
- Exploring Joke Structure

Sessions are run by sensitive professionals from the comedy circuit. The course culminates with an informal sharing, in which you perform a short comedy routine to a warm and friendly audience.

Stand Up Comedy: taster session A

Two and a half-hour workshop

School of Communication Arts	2pm-4:30pm	Wednesday 09 October
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Stand Up Comedy: taster session B

Two and a half-hour workshop

School of Communication Arts	2pm-4:30pm	Wednesday 16 October
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Stand Up: full seven-week course

Seven-week course | Two and a half-hour workshop each week

School of Communication Arts 1	2pm-4:30pm	Wednesday 30 October
School of Communication Arts 2	2pm-4:30pm	Wednesday 06 November
School of Communication Arts 3	2pm-4:30pm	Wednesday 13 November
School of Communication Arts 4	2pm-4:30pm	Wednesday 20 November
School of Communication Arts 5	2pm-4:30pm	Wednesday 27 November
School of Communication Arts 6	2pm-4:30pm	Wednesday 04 December
School of Communication Arts 7	2pm-4:30pm	Wednesday 11 December

Developing knowledge and skills

N.B. for an explanation of course numbers and session letters, and the meaning of 'TBC' please see the section 'About the timetable' on page 4.

Mental Health Awareness

One-day workshop

Croydon Mind Fairfield House	10am-4pm	Thursday 19 September
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Mental Health Act: the basics

One-day workshop

Ortus Learning Centre	10am-4pm	Thursday 28 November
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Mental Health: disclosure and your rights at work

One-day workshop

Venue TBC	Time TBC	Date TBC
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Understanding and Challenging Stigma

One-day workshop

Lewisham Civic Suite	10am-4pm	Wednesday 30 October
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Ours to Own: making human rights work for you

One-day workshop

Venue TBC	10am-4pm	Date TBC
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Communication Skills for Resilient Relationships

Half-day workshop

N.B. This workshop is primarily concerned with couples' relationships

Ortus Learning Centre	1pm-4:45pm	Wednesday 13 November
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Introduction to Coaching Skills

Two-week course | One-day workshop each week

Manor House Library 1	10am-4:30pm	Thursday 07 November
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Manor House Library 2	10am-4:30pm	Tuesday 12 November
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Coaching Skills Masterclass

One-day workshop

N.B. Only for students who have previously completed the Introduction to Coaching Skills course

Manor House Library	10am-4pm	Tuesday 19 November
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Personal Independence Payment Explained

Half-day workshop

Croydon Mind Orchard House	1:30pm-4:30pm	Wednesday 06 November
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Employment Support Allowance Explained

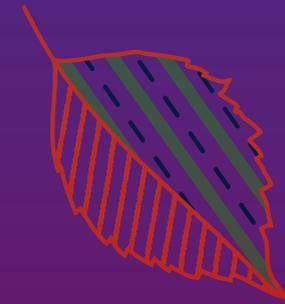
Half-day workshop

Croydon Mind Orchard House	1:30pm-4:30pm	Wednesday 02 October
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Universal Credit

Half-day workshop

Croydon Mind Orchard House	1:30pm-4:30pm	Wednesday 27 November
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Getting involved

N.B. for an explanation of course numbers and session letters, and the meaning of 'TBC' please see the section 'About the timetable' on page 4.

Facilitation Skills

One-day workshop

Manor House Library	10am-4pm	Tuesday 01 October
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Working Together: co-production in action

Half-day workshop

Manor House Library	1:30pm-4:30pm	Tuesday 08 October
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Introduction to Quality Improvement: what it is and how to get involved

Two-week course | Half-day workshop each week

Croydon Mind Fairfield House 1	10am-1pm	Tuesday 29 October
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Croydon Mind Fairfield House 2	10am-1pm	Tuesday 05 November
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Research: do I want to get involved and what do I need to know?

Half-day workshop

Ortus Learning Centre	1pm-4:30pm	Thursday 05 December
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Getting Involved in Peer Support

Half-day workshop

Ortus Learning Centre	1:30pm-4:30pm	Thursday 28 November
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Volunteering and Recovery

Half-day workshop

Manor House Library	1:30pm-4:30pm	Friday 08 November
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How to enrol

If you have already registered with us, and your contact details haven't changed, there's no need to fill out an enrolment form again. Just email or phone us and let us know which courses you want to sign up for.

Online:

The easiest way to enrol is online via our website:

www.slamrecoverycollege.co.uk/enrol

Download

Download the enrolment form from our website, fill it in and email it to:

enrol@slamrecoverycollege.co.uk

If you would like to be sent a copy of the enrolment form please contact:

Post:

SLaM Recovery College
Enrolments
1st Floor Administration Building
Maudsley Hospital
Denmark Hill
London
SE5 8AZ

Email:

hello@slamrecoverycollege.co.uk

Phone

Our team can support you to fill out the form over the phone if you'd prefer.

Telephone: 020 3228 3643

Cancellations

Please let us know as soon as possible if you are unable to attend a course or workshop for which you have enrolled, giving as much notice as you can, so we can offer your place to another student.

Need our help in any way?

Additional support

If you feel that you need additional help in getting to a class or in fully taking part, please let us know in the space provided on the enrolment form. We understand there can be things that make getting to and participating in education more difficult such as:

- Feeling worried or stressed about being in groups and talking
- Having difficulty getting to places on time or using public transport
- Problems with concentration
- Dyslexia or other learning challenges
- Vision or hearing impairments
- Mobility difficulties or pain that prevents you from sitting comfortably

We will do our best to make it as easy as possible for you to take part.

Volunteer travel buddies may be available to support you to attend our workshops and courses.

Course materials

Please tell us in advance if you will require course materials in a more accessible format (i.e. in large print, on a coloured background or in a particular font you find easy to read) and we will do our best to meet your request.

Disabled access

We try to ensure that the venues we use for courses and workshops are fully accessible and have disabled toilet facilities.

If you have more specific access requirements, please tell us in the space provided on the enrolment form.

Can a carer, friend, or family member come to the course to support me?

Absolutely, but we would ask that they take an active part and book onto the course by enrolling as a student too.

Do you provide refreshments?

Like any other college, we do not provide students with free food and drink. Most, if not all, of the venues we use offer tea and coffee, although sometimes these may need to be purchased (depending on the venue's facilities). We are not able to provide lunch, and it is advisable that you bring something with you if the course lasts all day – just in case the shops are a distance away from the venue.

Remember: our courses are free of charge!

Will you pay my travel costs?

Similarly we cannot reimburse you for your travel costs.

I still have questions. Is there someone I can talk to?

Of course! If you would like to chat to us about these or any other issues, please call our office on **020 3228 3643**.

Venues

Details for all our venues, including maps and travel information, can be found on our website: www.slamrecoverycollege.co.uk/venues

Ortus Learning Centre

82-96 Grove Lane
Denmark Hill
London
SE5 8SN
T: 020 3701 1641

The Employment Academy

29 Peckham Road
London
SE5 8UA
T: 020 7702 4260

Chaucer Resource Centre

13 Ann Moss Way
London
SE16 2TH
T: 020 3228 9800

Camberwell Library

48 Camberwell Green
Camberwell
London
SE5 7AL

Dulwich Picture Gallery

Gallery Road
London
SE21 7AD
T: 020 8693 5254

School of Communication Arts

St Matthew's Church
Brixton Hill
London
SW2 1JF
T: 020 7274 0905

Lambeth Vocational Services

3-6 Beale House
45 Lingham Street
London
SW9 9HG
T: 020 3228 9800

Mosaic Clubhouse

65 Effra Road
Brixton
London
SW2 1BZ
T: 020 7924 9657

Lewisham Civic Suite

Catford Road
London
SE6 4RU
T: 020 8314 7000

Quo Vadis

92 Brownhill Road
London
SE6 2EW
T: 020 8778 4546

Manor House Library

34 Old Road
London
SE13 5SY
T: 020 8463 0420

Arts Network

8-12 Eltham Road
Lee
London
SE12 8TF
T: 020 8852 2849

Croydon Mind Orchard House

15A Purley Road
South Croydon
CR2 6EZ
T: 020 8253 8200

Croydon Mind Fairfield House

10 Altyre Road
East Croydon
CR0 5LA
T: 020 8688 1210

Bethlem OT Department

Bethlem Royal Hospital
Monks Orchard Road
BR3 3BX
T: 020 3228 4176

Visit our website

Visit our website to find out more about the college and for regular updates on any new courses, as well as any cancellations or changes to published dates and venues: www.slamrecoverycollege.co.uk

Home page

Three films that will give you a feel for what it's like to be a student with us: a 15 minute introduction to the college and the way it's run, a film about the lovely Tree of Life workshop, and a film about the Comedy School Improvisation course.

News page

Information on events, opportunities and developments that we think will be of interest to our students

Recovery page

What we mean by 'recovery' and three films: one about the Dragon Café project, one about Sydenham Gardens, and one from the filmmaker Michelle McNary about the concept of recovery and what it means through the personal experiences of four people who have been diagnosed with schizophrenia.

Wellbeing page

An introduction to the Wheel of Wellbeing project and a film about wellbeing made by Michelle McNary and SLaM's Social Inclusion, Hope and Recovery Project. SLaM's Physical Health and Wellbeing booklet to download.

Courses, Timetable, Venues and Enrol pages

Brief descriptions of every course we are running this term, the latest timetable and updates, maps and travel information for our venues, and the various ways you can enrol.

Downloads and Links pages

Lots of guides, booklets and other information to download as well as links to various related charities, projects and organisations.

Developing bespoke workshops

SLaM Recovery College's team regularly works alongside community partners and the private sector to deliver bespoke co-produced workshops about mental health and wellbeing.

If you work with an organisation which is interested in Recovery College education, and you'd like to find out more about what we can offer, please contact **Kirsty Giles, SLaM Recovery College Manager**, via email: Kirsty.Giles@slam.nhs.uk

