

Tower Hamlets Recovery College

Who is the college for?

Tower Hamlets Recovery College is for people living in Tower Hamlets who have used mental health recovery services, their carers and families, and staff working in the borough from the NHS and voluntary sector.

Who are the courses taught by?

Courses are planned and delivered by people with lived experience of mental health (peer tutors) together with people who work in mental health services. Courses will adhere to standards to ensure both tutors have equal opportunity to contribute, and that courses are inclusive and recovery-focussed.

Who to contact

Telephone	0207 426 2449
Email	thrc@elft.nhs.uk
Website	https://www.elft.nhs.uk/service/348/Tower-Hamlets-Recovery-College-

Where to go

Venue address	86 Old Montague Street Whitechapel London
Postcode	E1 5NN

When is it on?

Date & Time Information	9.30am - 5.00pm
Session Information	Course timetable and prospectus available on request

Other details

Languages	English
Who can make a referral?	Referral not necessary. Call the number to register
Referral and availability notes	The recovery college is not referral based and anyone can register to attend a course for the summer term.

Mental Health Services

What your service now offers?	Courses will provide people with a chance to learn more about wellbeing and recovery, and how they can lead more independent and hopeful lives. There will also be information around accessing other opportunities in the borough that may support further learning or work. All courses are free to attend.
Can service users refer themselves?	Yes
How to Access your service	To attend one of our courses please call 0207 426 2449 or better still email Dennis.Shorunkeh-Sawyer@eastlondon.nhs.uk and Robert.Pickard@elft.nhs.uk. From there we will register you to attend, pending availability