

Courses & Workshops at Living Well Partnership



Mosaic

Clubhouse

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Welcome to the Living Well Partnership prospectus of courses.
The courses in this booklet are held in our building at:

**65 Effra Road
London
SW2 1BZ**

Courses are provided by SLAM Recovery College, Lambeth College, the City Lit and the Workers' Educational Association.

With the exception of Understanding Community Interpreting, the following courses are free of charge to anyone who is in receipt of a qualifying benefit. For the Recovery College courses, you need to be a service user, carer or professional connected with South London & Maudsley NHS Trust.

For more information about any of these courses, or to reserve your place, please speak to a member of the Employment, Education and Information Team:

Lee, Lenka, Nancy and Sophia

020 7924 9657

Recovery College

Understanding Depression

Monday 12th May

13:30-16:30

The workshop aims to explore the facts about depression, how it is diagnosed and what it might feel like to have depression. It also aims to provide you a safe and comfortable environment where speaking about your experiences could unburden you or possibly help others with their depression.



Recovery College

Understanding Anxiety

Tuesday 13th May
13:30-16:30

Anxiety can change from something everyone experiences in mild forms, to something which is persistent, excessive or over-whelming. It can begin to interfere with many aspects of your life – from confidence, to physical well being and engagement in basic or complex activities of living.

The aim of this course is to explore the facts about anxiety, making a distinction between common anxiety and anxiety disorders, exploring the possible causes and considering how to face it head on.



Recovery College

Introduction to Recovery

Thursday 15th May

10:00-16:00

Whatever age a person is, whether they have only recently been diagnosed, or whether they have had a diagnosis for some time, recovery is possible, no matter how serious the person's difficulties. It is possible for people to rebuild a meaningful, valued and satisfying life. This introductory workshop explores the impact of mental health difficulties on people's lives, what helps people to grow within and beyond what has happened, and how they can rebuild their lives.

Components of Recovery



Recovery College

Introduction to

Recovery & Support

Planning

Thursday 12th June

10:00-16:00

This course aims to promote self-management techniques via recovery and support planning. Recovery and support planning is an instrument that helps people on a day to day basis, supports self-recognition of early warning signs, explores the use of strategies that reduce the chance of relapse, helps people make plans for what to do if a crisis occurs and helps formulate goals that focus on moving forward. The course will introduce recovery and support plans and enable you to discover how to use the different components as a part of a wellness toolkit.



Recovery College

Understanding a Diagnosis of Bi-polar Effective Disorder

Monday 23rd June

09:00-17:00

Bipolar is a mood disorder characterised by extreme changes in mood. Although we all have mood swings, in bipolar disorder these can become unmanageable and overwhelming - individuals can experience severe and/or rapid mood swings that can last several weeks or months, far beyond the normal ups and downs. The aim of this course is to explore the facts and realities of bipolar disorder, how it is diagnosed and treated, how you can manage it, and how you can support someone that you care about.



Recovery College

Staying Well & Making Plans

Mondays 16th, 23rd & 30th June

10:00 - 13:00

For many people it can feel as if their mental health difficulties are completely beyond their control. Treatment and support from mental health professionals can be helpful but every person with mental health problems can become an expert in their own self-management. Along with mental health difficulties, things like divorce, death of a loved one, losing your job and serious physical illness can affect anyone. Whatever challenges you face, recovery involves finding the personal resourcefulness and resilience to take back control over your life and what happens to you.

This three-week course aims to support people to develop and use personal recovery plans that focus on what keeps you well, how to manage the ups and downs, how to cope in a crisis and what gets you back on track. The course is for anyone who wishes to learn about planning for a life beyond services.



Recovery College

Tree of Life

Wednesday 25th June

13:00 - 17:00

The Tree of Life is a recovery approach based on narrative theory that focuses on culture, heritage, spirituality, strength and hopes. It introduces psychological ideas of strength, resilience and relationship. The Tree of Life uses a tree as a metaphor for someone's life; different parts of the tree

represent different aspects of an individual's life. For example, the roots are about where we come from both physically and in terms of the values and commitments that influence us. The trunk represents our skills and resources, the branches our hopes and dreams. Leaves are those people who are important and influential in our lives. The fruits are the gifts we have received from others – not necessarily material; these could simply be gifts of love and tolerance.

Everyone in the session will create their own tree and together these will form a 'forest', allowing us to reflect on the strengths and resources of the group.



Recovery College

Confidence in Social Situations

Monday 14th July

10:00-16:00

This workshop will offer you the opportunity to identify situations in your own life where you would like to be more confident. You will then be able to explore and consider ways of managing challenging social situations in a warm and supportive environment. Topics covered will include understanding confidence, how our behaviour and thinking can affect confidence, the role of body language, and practical strategies to be confident in social situations.

This course doesn't involve role play unless students want it to. It instead focuses on self-awareness and group discussion to build up confidence and share experiences to feel less isolated. By the end of the session students will be able to set a personal goal around increasing confidence.



Recovery College

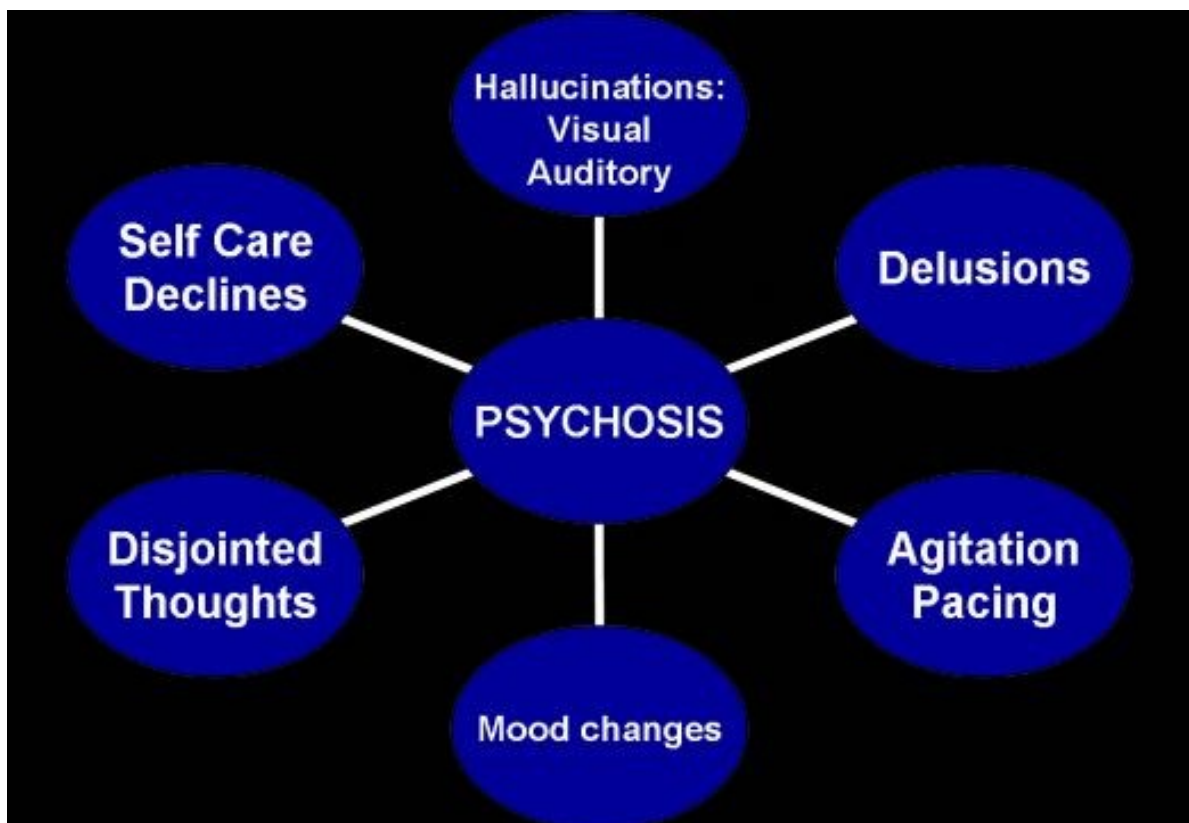
Understanding Psychosis

Wednesday 16th July

10:30-13:00

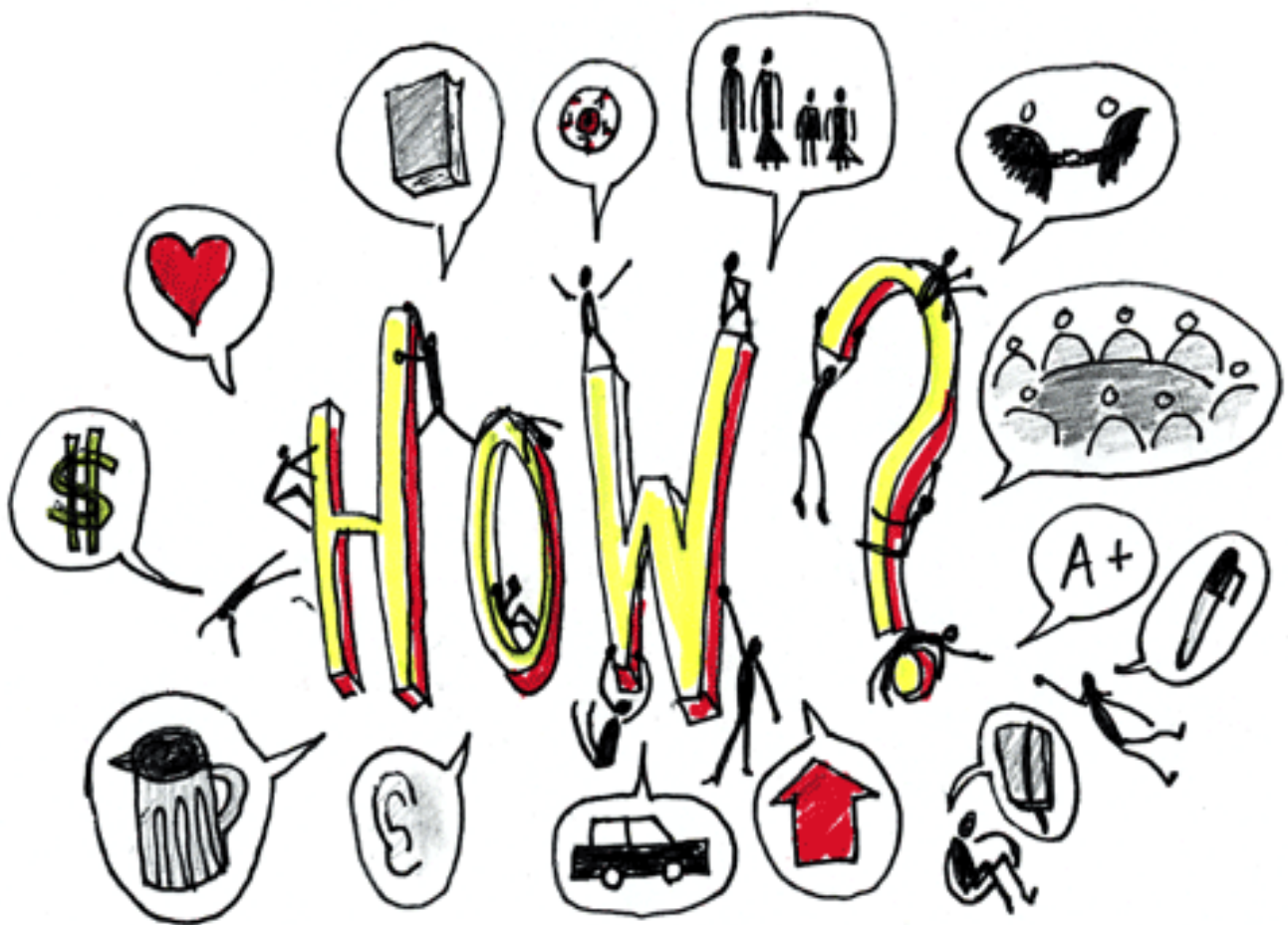
The experience of psychosis, for example hearing voices or experiencing altered perceptions, is surprisingly common. Being diagnosed with psychosis can be a frightening and life changing event. There are a lot of misconceptions and stigma regarding psychosis which can make coming to terms with it even harder.

This workshop looks at a variety of treatment and self-help options and personal experiences of psychosis. It also focuses on the ways people have managed their experiences so that they can get on with living their lives.



Creative Writing

Mondays
13:00-15:00



WWW.AUSTINKLEON.COM

Adult Basic Literacy

Tuesdays
10:00-12:00



Introduction to Computers

Tuesdays
14:00-16:00



Jewellery Workshop

Tuesdays
17:00-18:00



Keep Fit

Tuesdays
17:00-18:00



Art Class

Tuesdays
17:00-18:00



Understanding Community Interpreting

Wednesdays
7th May-9th July



!مرحبا العالم! Hallo Welt!
Hej Värld! Hello World!
Ciao Mondo
ハローワールド!
¡Olá mundo! 世界您好!
Salut le Monde!

Course fees:

Full Price £130

Concessionary Fee £30

You must have enrolled on this course by 30th April

Please note — this course requires that you speak English and one other language fluently.

Job Skills Workshop

Thursdays
14:00-16:00



Peer Support

Fridays

13:30-16:30

23rd May - 27th June



Readers' Group

Fridays
11:00-12:00



The Greatest Story Never Told - Black History in London

Fridays

25th April-27th June

10:00-13:00

Learn more about African ancestry in London and the UK. A great starting point for broadening your knowledge, or as a springboard into further study, 'The Greatest Story Never Told' offers a lively and interactive introduction to the subject of black history, relevant for us all today.





Brilliant idea for a course

but can't see what you're looking for?

Talk to us!

EDUCATION:

The transmission of knowledge and understanding, the development of the individual personality, by teaching or example.

Political theorists as diverse as PLATO and MARX have argued that education gives people power to change their lives. It also enables whole societies to develop.

The value of education can be illustrated by its impact in poorer countries. The World Bank has found that where adults have had even a few years of education, their families are often smaller and their children healthier and that their labour may be more productive.

For the individual, education means access to better-paid, more varied jobs and higher status.

Oxford Encyclopedia