



# SPRING 2019 TIMETABLE

Term Dates: Mon 21 January 2019 – Fri 5 April 2019 (Half Term: Mon 18 Feb – Fri 22 Feb)

**Last Updated: Mon 21 Jan 19 09:30**

Courses in **Cambridge** are listed **first** and highlighted in **blue**. Courses will be held at **Recovery College East**, 128-130 Tenison Road, Cambridge, CB1 2DP unless otherwise indicated.

Courses in **Peterborough** are listed **second** and highlighted in **green**. Courses will be held at **Recovery College East**, Gloucester Centre, Morpeth Close, Orton Longueville, Peterborough, PE2 7JU unless otherwise indicated.

	Mon 21 January	Tue 22 January	Wed 23 January	Thu 24 January	Fri 25 January
Registration Week	<b>REGISTRATION DAY</b> Cambridge  <b>Morning Session</b> 10.30am - 12noon  <b>Afternoon Session</b> 1.30pm - 3pm	<b>COLLEGE CLOSED</b>	<b>REGISTRATION DAY</b> Cambridge  <b>Morning Session</b> 10.30am - 12noon  <b>Afternoon Session</b> 1.30pm - 3pm	<b>COLLEGE CLOSED</b>	<b>COLLEGE CLOSED</b>
	Mon 21 January	Tue 22 January	Wed 23 January	Thu 24 January	Fri 25 January
	<b>REGISTRATION DAY</b> Peterborough  <b>Morning Session</b> 10.30am - 12noon  <b>Afternoon Session</b> 1.30pm - 3pm	<b>COLLEGE CLOSED</b>	<b>REGISTRATION DAY</b> Peterborough  <b>Morning Session</b> 10.30am - 12noon  <b>Afternoon Session</b> 1.30pm - 3pm	<b>COLLEGE CLOSED</b>	<b>COLLEGE CLOSED</b>



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	Mon 28 January	Tue 29 January	Wed 30 January	Thu 31 January	Fri 01 February
<b>Prep Week</b>	<p><b>COLLEGE CLOSED</b> (Term Prep Week)</p>	<p><b>COLLEGE CLOSED</b> (Term Prep Week)</p>	<p><b>COLLEGE CLOSED</b> (Term Prep Week)</p>	<p><b>COLLEGE CLOSED</b> (Term Prep Week)</p>	<p><b>COLLEGE CLOSED</b> (Term Prep Week)</p>
	<p><b>COLLEGE CLOSED</b> (Term Prep Week)</p>	<p><b>COLLEGE CLOSED</b> (Term Prep Week)</p>	<p><b>COLLEGE CLOSED</b> (Term Prep Week)</p>	<p><b>COLLEGE CLOSED</b> (Term Prep Week)</p>	<p><b>COLLEGE CLOSED</b> (Term Prep Week)</p>



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		Mon 04 February	Tue 05 February	Wed 06 February	Thu 07 February	Fri 08 February
<b>Week 1</b>		<b>COLLEGE CLOSED</b>	<b>COLLEGE CLOSED</b>			<b>COLLEGE CLOSED</b>
				<b>STEPS TO VOLUNTEERING</b> Cambridge 1.30pm - 3.30pm (1 of 1)	<b>CREATIVE WRITING FOR RECOVERY</b> Cambridge 1.30pm - 3.30pm (1 of 4)	
		Mon 04 February	Tue 05 February	Wed 06 February	Thu 07 February	Fri 08 February
		<b>COLLEGE CLOSED</b>	<b>STEPS TO VOLUNTEERING</b> Peterborough 10.30am - 12.30pm (1 of 1)	<b>JOURNALING AND SCRAPBOOKING</b> Peterborough 10.30am - 12.30pm (1 of 4)	<b>COLLEGE CLOSED</b>	<b>COLLEGE CLOSED</b>
			<b>MAGAZINE WORKSHOP</b> Peterborough 1.30pm - 3.30pm (1 of 1)	<b>CREATIVE WRITING FOR RECOVERY</b> Peterborough 1.30pm - 3.30pm (1 of 4)		



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		Mon 11 February	Tue 12 February	Wed 13 February	Thu 14 February	Fri 15 February
<b>Week 2</b>		<b>INTRO TO RESEARCH</b> Cambridge 10.30am - 1pm (1 of 1)	<b>COLLEGE CLOSED</b>	<b>COMBATting STIGMA</b> Cambridge 10.30am - 12.30pm (1 of 1)		<b>COLLEGE CLOSED</b>
		<b>MAGAZINE WORKSHOP</b> Cambridge 1.30pm - 3.30pm (1 of 1)		<b>DE-CLUTTERING FOR A CALMER HOME</b> Cambridge 1.30pm - 4pm (1 of 1)	<b>CREATIVE WRITING FOR RECOVERY</b> Cambridge 1.30pm - 3.30pm (2 of 4)	
		Mon 11 February	Tue 12 February	Wed 13 February	Thu 14 February	Fri 15 February
		<b>COLLEGE CLOSED</b>	<b>PEP INTRODUCTION TO RECOVERY</b> Peterborough 9.30am - 12.30pm (1 of 1)	<b>JOURNALING AND SCRAPBOOKING</b> Peterborough 10.30am - 12.30pm (2 of 4)	<b>PEP WELLNESS PLANNING</b> Peterborough 9.30am - 12noon (1 of 1)	<b>COLLEGE CLOSED</b>
		<b>PEP WELLNESS PLANNING</b> Peterborough 1.30pm - 4pm (1 of 1)	<b>CREATIVE WRITING FOR RECOVERY</b> Peterborough 1.30pm - 3.30pm (2 of 4)	<b>PEP INTRODUCTION TO RECOVERY</b> Peterborough 1pm - 4pm (1 of 1)		



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Term Dates: Mon 21 January 2019 – Fri 5 April 2019 (Half Term: Mon 18 Feb – Fri 22 Feb)

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	Mon 18 February	Tue 19 February	Wed 20 February	Thu 21 February	Fri 22 February
<b>Half Term Week</b>	<b>COLLEGE CLOSED ~ HALF TERM ~</b>	<b>COLLEGE CLOSED ~ HALF TERM ~</b>	<b>COLLEGE CLOSED ~ HALF TERM ~</b>	<b>COLLEGE CLOSED ~ HALF TERM ~</b>	<b>COLLEGE CLOSED ~ HALF TERM ~</b>
	Mon 18 February	Tue 19 February	Wed 20 February	Thu 21 February	Fri 22 February
	<b>COLLEGE CLOSED ~ HALF TERM ~</b>	<b>COLLEGE CLOSED ~ HALF TERM ~</b>	<b>COLLEGE CLOSED ~ HALF TERM ~</b>	<b>COLLEGE CLOSED ~ HALF TERM ~</b>	<b>COLLEGE CLOSED ~ HALF TERM ~</b>



# SPRING 2019 TIMETABLE

Term Dates: Mon 21 January 2019 – Fri 5 April 2019 (Half Term: Mon 18 Feb – Fri 22 Feb)

**Last Updated: Mon 21 Jan 19 09:30**

		Mon 25 February	Tue 26 February	Wed 27 February	Thu 28 February	Fri 01 March
<b>Week 3</b>		<b>BECOMING MORE CONFIDENT</b> Cambridge 10.30am - 12.30pm (1 of 3)	<b>COLLEGE CLOSED</b>	<b>NEXT STEPS</b> Cambridge 10am - 12.30pm (1 of 2)		<b>COLLEGE CLOSED</b>
		<b>SPIRITUALITY &amp; WELLBEING</b> Cambridge 1.30pm - 4pm (1 of 5)			<b>CREATIVE WRITING FOR RECOVERY</b> Cambridge 1.30pm - 3.30pm (3 of 4)	
		Mon 25 February	Tue 26 February	Wed 27 February	Thu 28 February	Fri 01 March
		<b>COLLEGE CLOSED</b>	<b>BREATHING SPACE</b> Peterborough 10.30am - 12.30pm (1 of 3)	<b>JOURNALING AND SCRAPBOOKING</b> Peterborough 10.30am - 12.30pm (3 of 4)	<b>CREATIVE CONNECTIONS</b> Peterborough 10am - 1pm (1 of 6)	<b>PEP ESSENTIAL INFORMATION SESSION</b> Peterborough  <b>Session 1</b> 10am - 12noon (1 of 1)  <b>Session 2</b> 1.30pm - 3.30pm (1 of 1)
		<b>RHYTHM OF LIFE</b> Peterborough 1.30pm - 3.30pm (1 of 3)	<b>CREATIVE WRITING FOR RECOVERY</b> Peterborough 1.30pm - 3.30pm (3 of 4)	<b>MENTAL HEALTH THROUGH THE AGES</b> Peterborough 1.30pm - 4pm (1 of 1)		



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**Last Updated: Mon 21 Jan 19 09:30**

		Mon 04 March	Tue 05 March	Wed 06 March	Thu 07 March	Fri 08 March
<b>Week 4</b>		<b>BECOMING MORE CONFIDENT</b> Cambridge 10.30am - 12.30pm (2 of 3)	<b>COLLEGE CLOSED</b>	<b>COURSE REFLECTIONS</b> Cambridge 10.30am - 12.30pm (1 of 2)		<b>COLLEGE CLOSED</b>
		<b>SPIRITUALITY &amp; WELLBEING</b> Cambridge 1.30pm - 4pm (2 of 5)		<b>COURSE REFLECTIONS</b> Cambridge 1.30pm - 3.30pm (2 of 2)	<b>CREATIVE WRITING FOR RECOVERY</b> Cambridge 1.30pm - 3.30pm (4 of 4)	
		Mon 04 March	Tue 05 March	Wed 06 March	Thu 07 March	Fri 08 March
		<b>NEXT STEPS</b> Peterborough 10am - 12.30pm (1 of 2)	<b>BREATHING SPACE</b> Peterborough 10.30am - 12.30pm (2 of 3)	<b>JOURNALING AND SCRAPBOOKING</b> Peterborough 10.30am - 12.30pm (4 of 4)	<b>CREATIVE CONNECTIONS</b> Peterborough 10am - 1pm (2 of 6)	<b>COLLEGE CLOSED</b>
		<b>RHYTHM OF LIFE</b> Peterborough 1.30pm - 3.30pm (2 of 3)	<b>CREATIVE WRITING FOR RECOVERY</b> Peterborough 1.30pm - 3.30pm (4 of 4)	<b>UNDERSTANDING RESILIENCE</b> Peterborough 2pm - 4pm (1 of 1)		



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		Mon 11 March	Tue 12 March	Wed 13 March	Thu 14 March	Fri 15 March
<b>Week 5</b>		<p><b>BECOMING MORE CONFIDENT</b> Cambridge 10.30am - 12.30pm (3 of 3)</p>	<p><b>COLLEGE CLOSED</b></p>	<p><b>NEXT STEPS</b> Cambridge 10am - 12.30pm (2 of 2)</p>	<p><b>BREATHING SPACE</b> Cambridge 11am - 12noon (1 of 4)</p>	<p><b>COLLEGE CLOSED</b></p>
		<p><b>SPIRITUALITY &amp; WELLBEING</b> Cambridge 1.30pm - 4pm (3 of 5)</p>			<p><b>JOURNALING &amp; SCRAPBOOKING</b> Cambridge 1pm - 3.30pm (1 of 4)</p>	
		Mon 11 March	Tue 12 March	Wed 13 March	Thu 14 March	Fri 15 March
		<p><b>COLLEGE CLOSED</b></p>	<p><b>BREATHING SPACE</b> Peterborough 10.30am - 12.30pm (3 of 3)</p>	<p><b>ANXIETY AND PANIC</b> Peterborough 10.30am - 12.30pm (1 of 3)</p>	<p><b>CREATIVE CONNECTIONS</b> Peterborough 10am - 1pm (3 of 6)</p>	<p><b>PEP GROUP INTERVIEWS</b> Peterborough</p> <p><b>Session 1</b> 9.30am - 12.30pm (1 of 1)</p> <p><b>Session 2</b> 1.30pm - 4.30pm (1 of 1)</p>
		<p><b>RHYTHM OF LIFE</b> Peterborough 1.30pm - 3.30pm (3 of 3)</p>	<p><b>BECOMING MORE CONFIDENT</b> Peterborough 1.30pm - 3.30pm (1 of 3)</p>	<p><b>THE POWER OF LANGUAGE</b> Peterborough 2pm - 4pm (1 of 1)</p>		





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		Mon 18 March	Tue 19 March	Wed 20 March	Thu 21 March	Fri 22 March
<b>Week 6</b>		<b>ANXIETY &amp; PANIC</b> Cambridge 10.30am - 12.30pm (1 of 3)	<b>COLLEGE CLOSED</b>	<b>PLANNING FOR STAYING WELL</b> Cambridge 10.30am - 12.30pm (1 of 3)	<b>BREATHING SPACE</b> Cambridge 11am - 12noon (2 of 4)	<b>COLLEGE CLOSED</b>
		<b>SPIRITUALITY &amp; WELLBEING</b> Cambridge 1.30pm - 4pm (4 of 5)			<b>JOURNALING &amp; SCRAPBOOKING</b> Cambridge 1pm - 3.30pm (2 of 4)	
		Mon 18 March	Tue 19 March	Wed 20 March	Thu 21 March	Fri 22 March
		<b>NEXT STEPS</b> Peterborough 10am - 12.30pm (2 of 2)	<b>JOURNEY TO MEANINGFUL ACTIVITY</b> Peterborough 10.30am - 12.30pm (1 of 3)	<b>ANXIETY AND PANIC</b> Peterborough 10.30am - 12.30pm (2 of 3)	<b>CREATIVE CONNECTIONS</b> Peterborough 10am - 1pm (4 of 6)	<b>COLLEGE CLOSED</b>
			<b>BECOMING MORE ASSERTIVE</b> Peterborough 1.30pm - 3.30pm (1 of 3)	<b>BECOMING MORE CONFIDENT</b> Peterborough 1.30pm - 3.30pm (2 of 3)	<b>UNDERSTANDING CULTURE</b> Peterborough 2pm - 4pm (1 of 1)	



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		Mon 25 March	Tue 26 March	Wed 27 March	Thu 28 March	Fri 29 March
<b>Week 7</b>		<b>ANXIETY &amp; PANIC</b> Cambridge 10.30am - 12.30pm (2 of 3)	<b>COLLEGE CLOSED</b>	<b>PLANNING FOR STAYING WELL</b> Cambridge 10.30am - 12.30pm (2 of 3)	<b>BREATHING SPACE</b> Cambridge 11am - 12noon (3 of 4)	<b>COLLEGE CLOSED</b>
		<b>SPIRITUALITY &amp; WELLBEING</b> Cambridge 1.30pm - 4pm (5 of 5)			<b>JOURNALING &amp; SCRAPBOOKING</b> Cambridge 1pm - 3.30pm (3 of 4)	
		Mon 25 March	Tue 26 March	Wed 27 March	Thu 28 March	Fri 29 March
		<b>PEP 1-2-1 INTERVIEWS</b> Peterborough 9am - 5pm (1 of 1)	<b>JOURNEY TO MEANINGFUL ACTIVITY</b> Peterborough 10.30am - 12.30pm (2 of 3)	<b>ANXIETY AND PANIC</b> Peterborough 10.30am - 12.30pm (3 of 3)	<b>CREATIVE CONNECTIONS</b> Peterborough 10am - 1pm (5 of 6)	<b>PEP 1-2-1 INTERVIEWS</b> Peterborough 9am - 5pm (1 of 1)
		<b>BECOMING MORE ASSERTIVE</b> Peterborough 1.30pm - 3.30pm (2 of 3)	<b>BECOMING MORE CONFIDENT</b> Peterborough 1.30pm - 3.30pm (3 of 3)	<b>UNCONSCIOUS BIAS</b> Peterborough 2pm - 4pm (1 of 1)		



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		Mon 01 April	Tue 02 April	Wed 03 April	Thu 04 April	Fri 05 April
<b>Week 8</b>		<b>ANXIETY &amp; PANIC</b> Cambridge 10.30am - 12.30pm (3 of 3)	<b>COLLEGE CLOSED</b>	<b>PLANNING FOR STAYING WELL</b> Cambridge 10.30am - 12.30pm (3 of 3)	<b>BREATHING SPACE</b> Cambridge 11am - 12noon (4 of 4)	<b>COLLEGE CLOSED</b>
		<b>THE POWER OF LANGUAGE (FOR STAFF ONLY)</b> Huntingdon 1.30pm - 4pm (1 of 1)			<b>JOURNALING &amp; SCRAPBOOKING</b> Cambridge 1pm - 3.30pm (4 of 4)	
			Mon 01 April	Tue 02 April	Wed 03 April	Thu 04 April
			<b>JOURNEY TO MEANINGFUL ACTIVITY</b> Peterborough 10.30am - 12.30pm (3 of 3)	<b>CREATIVE CO-PRODUCTION</b> Peterborough 10.30am - 3.30pm (1 of 1)	<b>CREATIVE CONNECTIONS</b> Peterborough 10am - 1pm (6 of 6)	<b>COLLEGE CLOSED</b>
	<b>THE POWER OF LANGUAGE (FOR STAFF ONLY)</b> Huntingdon 1.30pm - 4pm (1 of 1)	<b>BECOMING MORE ASSERTIVE</b> Peterborough 1.30pm - 3.30pm (3 of 3)		<b>UNDERSTANDING LGBTQ+</b> Peterborough 2pm - 4pm (1 of 1)		



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**Last Updated: Mon 21 Jan 19 09:30**

**SPRING 2019 TERM ENDS – FRIDAY 05 APRIL 2019**

<b>NOTES</b>	
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**Courses may be subject to change or cancellation at any time.** Please note the college requires a minimum number of six students to register for each course, if the minimum number of students is not reached then the course may be cancelled. We apologise for any inconvenience this may cause.

Courses in **Cambridge** are listed **first** and highlighted in **blue**. Courses will be held at **Recovery College East**, 128-130 Tenison Road, Cambridge, CB1 2DP unless otherwise indicated.

Courses in **Peterborough** are listed **second** and highlighted in **green**. Courses will be held at **Recovery College East**, Gloucester Centre, Morpeth Close, Orton Longueville, Peterborough, PE2 7JU unless otherwise indicated.