

# Sussex Recovery College

## Prospectus 2021-2022



**SUSSEX  
RECOVERY  
COLLEGE**

**A learning  
journey to  
wellbeing**

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**SUSSEX  
RECOVERY  
COLLEGE**

**Go to:**

[www.sussexrecoverycollege.org.uk](http://www.sussexrecoverycollege.org.uk)

# Welcome to your Sussex Recovery College

## Prospectus for 2021-2022

In these pages you will find a range of courses that focus on mental health education, wellbeing and recovery. Our courses are co-designed and co-delivered by specialist clinical practitioners and Peer Trainers - people with lived experience of mental health challenges. We work closely in partnership with local providers of mental health services.

This prospectus covers courses available over three terms in the 2021/22 academic year. More detailed timetables for each term are published separately and are launched at our Open Day events (see page 6).

We offer a broad curriculum specific to both **Understanding and Managing Health Conditions** and **Creative, Wellbeing & Vocational**. Course durations range from one-off workshops to weekly sessions lasting up to 6 weeks

### What's new this year

For the first time, we are offering both online and in-person courses across the whole of Sussex, included in one prospectus. Some of our courses are available online in addition to being available face to face, some are only available face to face and some are only available online.

As a Recovery College, we are committed to running courses to help people with learning differences achieve social inclusion. Please contact us for any additional support you may need.

All courses are referenced in our index on pages 4 & 5. You are welcome to apply for a place on any course in any location. (Please note, not all courses are provided in all locations.)

### Our principles

- ▶ **Delivering education** Our focus is on education: we're a college, not a clinic – we work with students, not patients
- ▶ **Building partnerships** The courses and services we provide are only possible because of our partnership working
- ▶ **Valuing co-production** Our courses are co-designed and co-delivered by mental health

professionals and peer trainers – people with lived experience of the subject

- ▶ **Providing hope and empowerment** We pride ourselves on enabling our students to become experts in self-management
- ▶ **Offering a supportive environment** Our courses and services challenge stigma and discrimination often associated with mental health
- ▶ **Respecting your views and opinions** We listen to student feedback and use this to improve our services

### Booking onto a course

You may select up to three courses by registering an expression of interest.

**Online:** go to [www.sussexrecoverycollege.org.uk](http://www.sussexrecoverycollege.org.uk) and follow links to our registration pages. A link to our online booking request service can also be accessed via the QR code at the foot of this page.

**On paper:** paper application forms are available on request from our Recovery College central office (see contact details below).

**Open Days:** these are held in both campuses three times a year – see page 6 for details.

### Contact us



#### Sussex Recovery College

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35 New Church Road  
Hove BN3 4AG



[www.sussexrecoverycollege.org.uk](http://www.sussexrecoverycollege.org.uk)



[sussex.recoverycollege@nhs.net](mailto:sussex.recoverycollege@nhs.net)



@SusRecColl



0300 303 8086

(Office hours are  
Monday - Friday  
9:00am to 5:00pm,  
excluding Bank and  
Public holidays)



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# Open Days, Term Dates and Graduation

## Open Days

Our Open Days give you the opportunity to find out about us, speak to our trainers and consider our courses. You can then book onto a course (see page 2).

Open Days are held in September for the Autumn term 2021. More Open Days are planned for the Winter, Spring and Summer terms. There are also virtual open days. Please check our website for updates.

If you are unable to attend an Open Day, please just contact us or register your details/apply for a course following instructions on page 2 of this prospectus.

All courses are **free** for adults with mental health-related challenges, their supporters (relatives and carers) and staff of Sussex Partnership NHS Foundation Trust and our partner organisations.

## Graduation Days

To celebrate the achievements of our students and the success of Sussex Recovery College we hold annual **Graduation** events. Students from across Sussex come along and receive a certificate to acknowledge all the work they have put into attending and completing their courses. As well as listening to key speakers, the event provides an opportunity for students to meet each other and share their experience.

Recognition is also given to our hardworking Peer Trainers, partners and clinicians.

***“A great course.  
The trainers  
were excellent”***

### Dates for your diary

**Term dates 2021-2022**

**Autumn term 2021**

04 October – 17 December

**Graduation**

**East Sussex: The View Hotel, Eastbourne**

14<sup>th</sup> July 2022

**West Sussex: Charis Centre, Crawley**

19<sup>th</sup> July 2022



## Views of peer trainers

### Peer Trainer 1

"My journey with Recovery College started as a student following a challenging period with my mental health. I have now retrained as a peer trainer and have a range of other roles with the Trust.

I find it rewarding to see the journey that the students go on - it is a privilege to be a small part of that.

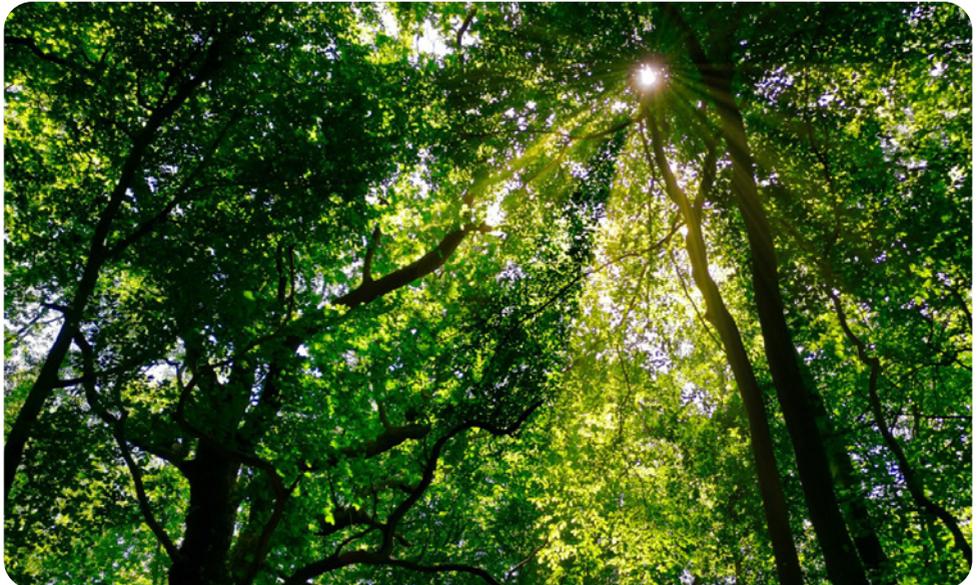
For example, I had a student who was in the early stages of their recovery journey and it was wonderful to see them develop during those 6 weeks. One of their family thanked me personally, they

said this student's life had been transformed - they have a part time job now and are able to get more involved in social groups which hadn't been possible before.

They turned up at the first session very nervous - but the course has given them confidence and helped with their sleep and their nutrition. It has been a real virtuous circle and this makes me so happy."

### Why should someone do a Recovery College course?

Because it will equip you with the knowledge and empower you with the skills to enable your continued recovery journey.



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## **ADHD/ADD: Understanding and Managing Adult ADHD/ADD**

This workshop will identify symptoms of attention deficit hyperactivity disorder (ADHD) and the difficulties they can cause. We explore different treatment options, including medication. We will share some tried and tested coping strategies and explore the three key areas that affect people with ADHD. We focus on managing emotions, getting more organised and developing different ideas about how you can manage the patterns of behaviour that may be unhelpful. We also consider other support resources available.

### **Learning Outcomes**

Students will:

- ▶ Identify symptoms and difficulties related to ADHD/ADD
- ▶ Learn about the different medications that can be used
- ▶ Develop at least three coping strategies for ADHD

### **Course structure**

Weekly sessions of up to 2 weeks.

### **Aimed at**

Anyone who considers they may be affected by ADHD/ADD or who has

had a diagnosis. Supporters and carers are also welcome to apply.

## **ANGER Management Workshop: Online Only**

This workshop will enable participants to develop their understanding of anger and the ways in which anger can manifest in one's thoughts/feelings/bodily symptoms and behaviour. It covers the function of anger and its pros and cons.

The workshop will identify strategies to enable participants to confront and manage symptoms of anger.

It will give an opportunity to practise techniques to help participants contain anger.

### **Learning Outcomes**

Students will:

- ▶ Gain a greater understanding of what anger is, why and how it is experienced physically and the difference between the thoughts and behaviours associated anger
- ▶ Increase their knowledge of a range of different strategies to help better cope with anger
- ▶ Gain practical skills or techniques in self-soothing or grounding

### **Course structure**

One-off 90-minute online workshop.

# Understanding and Managing Health Conditions

## **Aimed at**

Anyone wanting to develop greater understanding of anger issues and to develop more effective coping strategies.

## **ANGER: Resolving the Red Mist: Managing Your Anger**

This course will be of particular interest to those who have found that their anger and related aggressive behaviour has caused them problems. We apply motivational approaches and a range of skills to manage angry emotions better, including problem-solving and communication approaches.

## **Learning Outcomes**

Students will:

- ▶ Learn about the triggers to their anger
- ▶ Learn about managing or changing their relationship with anger and aggression
- ▶ Consider next steps in their recovery

## **Course structure**

Weekly sessions for up to 6 weeks.

## **Aimed at**

Anyone wanting to develop greater understanding of anger issues and wishing to develop more effective coping strategies.

## **ANXIETY: Understanding and Coping with Anxiety**

### *Also Online*

This course is designed to help understand the way anxiety affects us physically and how it also impacts on our thoughts, feelings and behaviours.

The sessions will look at ways of challenging negative thoughts, exploring ways of working with anxiety behaviour. It will also include some simple relaxation techniques and explore the role of creativity.

## **Learning Outcomes**

Students will:

- ▶ Gain an understanding of the way anxiety affects us
- ▶ Learn how to challenge negative thoughts and cope with panic attacks
- ▶ Develop a personal wellbeing 'toolkit' to help manage anxiety

## **Course structure**

Weekly sessions for up to 4 weeks (online) or 6 weeks (In person).

## **Aimed at**

Anyone wanting to develop greater understanding of anxiety and wishing to develop more effective coping strategies.



## **BIPOLAR: Living with Bipolar**

### *Also Online*

As part of this course, students will be invited to develop a personal Wellness Recovery Action Plan. To facilitate this, a number of topics will be explored including mood monitoring, medication, ideas to help keep us as well as possible, sleep, early warning signs and action to take if these signs are noticed. This process enables us to manage this mental health condition as to live a full life with Bipolar.

### **Learning Outcomes**

Students will be able to:

- ▶ Describe 3 key features of Bipolar.
- ▶ Identify 3 positive ways to help manage Bipolar.
- ▶ Detect and act on early warning signs of changes in mental health

### **Course structure**

Weekly sessions for up to 4 weeks (online) or 3 weeks (in person).

### **Aimed at**

Anyone with a diagnosis of Bipolar. Supporters and carers are also welcome to apply.

***“Everyone was very supportive”***

## **DEMENTIA: Understanding and living with Dementia**

### *ONLINE only*

This workshop is designed to help you understand what dementia is, to find out how you can maximise your quality of life whilst living with dementia and to link you with a range of opportunities in your local community.

Time will be spent looking at treatments and support available. You will also learn how you can help yourself (or support someone else) to live well with dementia including tips for managing memory, thoughts, mood and lifestyle.

### **Learning Outcomes**

Students will:

- ▶ Develop a greater understanding of dementia and treatments available
- ▶ Discover strategies and approaches on how to live with dementia and improve quality of life
- ▶ Have a greater awareness/ get an overview of support systems available in their local area

### **Course structure**

One-off 2.5 hour workshop.

# Understanding and Managing Health Conditions

## **Aimed at**

People recently diagnosed with dementia, their partners, relatives and friends.

## **DEPRESSION: Understanding and Coping with Depression**

### *Also Online*

Depression can happen to anyone. It impacts on how we feel about ourselves and how we spend our time. Enjoyment in life and motivation tends to decrease and we can be left with feelings of hopelessness, guilt or simply numbness. In this course we define what depression means to us, we identify the causes of depression and what we can do to help ourselves. The interactive sessions explore a wide range of positive coping strategies, techniques and lifestyle choices to enable you to live well with depression.

## **Learning Outcomes**

Students will:

- ▶ Identify the ways depression disrupts how we think, feel and act
- ▶ Discover and try out different tools to enable us to live well with depression
- ▶ Understand how stress and sleep can affect mood

## **Course structure**

Weekly sessions for up to 6 weeks.

## **Aimed at**

Anyone living with depression. Supporters and carers are also welcome to apply.

## **EUPD: An Introduction to Understanding and Living with Emotionally Unstable Personality Disorder**

Emotionally Unstable Personality Disorder (EUPD) is a complex emotional difficulty that can have a significant impact on how you think, feel, perceive or relate to others. Often this can be a negative impact and can be distressing, not only for the person concerned, but also for family members and friends. This introductory course explores ways of understanding the experience of living with EUPD and practical strategies to manage the challenges it can present.

## **Learning Outcomes**

Students will:

- ▶ Gain an understanding of EUPD and complex emotional difficulties
- ▶ Identify at least 3 ways in which EUPD can impact on daily life
- ▶ Explore strategies to manage the challenges of living with EUPD



## Course structure

Weekly sessions for up to 2 weeks.

### Aimed at

An introductory level course for anyone affected by a diagnosis of EUPD, especially those newly-diagnosed, supporters and carers.

## EUPD: Living Well with a Diagnosis of Emotionally Unstable Personality Disorder

Emotionally Unstable Personality Disorder (EUPD) is a complex emotional difficulty that can have a significant impact on how you think, feel, perceive or relate to others. Often this can be a negative impact and can be distressing, not only for the person concerned, but also for family members and friends. This course explores ways of understanding the experience of living with EUPD and practical strategies to manage the challenges it can present.

### Learning Outcomes

Students will:

- ▶ Increase their understanding of EUPD and complex emotional difficulties
- ▶ Identify at least 3 ways in which EUPD can impact on daily life

- ▶ Explore and try out strategies to manage the challenges of living with EUPD and develop a personal wellbeing 'toolkit'

## Course structure

Weekly sessions for up to 5 weeks.

### Aimed at

Anyone living with a diagnosis of EUPD. Supporters and carers are also welcome to apply.



***“The atmosphere was calm & relaxing”***

# Understanding and Managing Health Conditions

## **LEARNING DISABILITIES: Coping with my Ups and Downs**

On this course people talk about their thoughts and feelings and about how their mental health affects them. We provide a safe and welcoming environment for everyone to gain support from each other.

We share our thoughts using words, symbols and pictures, and each student will complete an Easyread recovery plan to meet their own needs.

### **Learning Outcomes**

Students will:

- ▶ Learn how to cope better, through interaction with others on the course
- ▶ Identify their goals to improve their mental health and wellbeing
- ▶ Take away a recovery plan tailored to their specific needs

### **Course structure**

Weekly sessions for up to 7 weeks.

### **Aimed at**

Adults living with a learning disability and mental health challenges. Supporters and carers are also welcome to apply.

## **MEDICATION: Understanding Medication**

These are interactive question-and-answer sessions in which we look at medical and physiological causes, treatments available and self-help resources, and “What you always wanted to know about your medication”. We include areas such as how medication works, what helps healthcare professionals decide on what to prescribe, side-effects and management of side-effects, and how medicines can interact with other medications and illnesses.

### **Learning Outcomes**

Students will:

- ▶ Identify how medication works and the different treatments available
- ▶ Develop an understanding of how medication affects them personally and how to manage any side-effects they may experience
- ▶ Feel more confident about discussing medication with healthcare professionals

### **Course structure**

One-off 2 hour workshop.



## **MEDICATION: Understanding Medication for Depression**

### *ONLINE only*

This workshop will give a brief overview of the commonly prescribed medications for low mood, how they work and what the side effects are. Students will be encouraged to ask any questions they have regarding their medications and share their experiences of taking medications.

### **Learning Outcomes**

Students will:

- ▶ Name at least 1 main type of medication for managing low mood
- ▶ List 3 common side effects of antidepressant medication
- ▶ Apply the information learned to have empowered conversations about medication

### **Course structure**

One-off 90-minute online Workshop.

### **Aimed at**

Aimed at anyone who is interested in finding out more about medication based treatments for depression.

## **OCD: Understanding and Living with Obsessive Compulsive Disorder**

Does Obsessive Compulsive Disorder (OCD) rule your life? This interactive course will give the opportunity to understand more about the symptoms of OCD and share your personal experiences in a supportive environment. We will explore and trial self-help techniques, tackling negative thinking and compulsive checking.

### **Learning Outcomes**

Students will:

- ▶ Identify at least 3 ways in which OCD affects their daily lives
- ▶ Explore and trial at least 3 strategies to cope with OCD
- ▶ Develop a personal wellbeing 'toolkit' to cope with and reduce OCD symptoms

### **Course structure**

Weekly sessions for up to 5 weeks.

### **Aimed at**

Anyone living with OCD. Supporters and carers are also welcome to apply.

# Understanding and Managing Health Conditions

## **PSYCHOSIS: Understanding Psychosis**

This course helps you to make sense of and cope with psychotic symptoms, exploring the causes of psychosis and what can help towards recovery. A range of resources will be made available, including handouts and information to take home to aid in development of coping skills.

### **Learning Outcomes**

Students will:

- ▶ Better understand their diagnosis and formulation, including symptoms and causes
- ▶ Have an overview of medication, other treatments and support
- ▶ Become familiar with and practise coping skills and self-management tools

### **Course structure**

Weekly sessions for up to 6 weeks.

### **Aimed at**

Anyone diagnosed with psychosis, schizophrenia or a schizo-affective disorder, or who hears voices, sees visions or has beliefs that others think are delusional. Supporters and carers are also welcome to apply.

## **PTSD: Post-Traumatic Stress: Life after Trauma**

Most people experience traumatic events in their lives. Following these, some people may experience symptoms of Post Traumatic Stress Disorder (PTSD) such as intrusive memories, flashbacks and nightmares. This course explores the impact of trauma and what help is available. We share tools to help alleviate symptoms and help you reclaim your life. We give carers and staff an insight into PTSD and what helps someone to recover from traumatic events.

### **Learning Outcomes**

Students will:

- ▶ Understand what the causes and effects of trauma can be
- ▶ Learn how to look after themselves and others, using trauma-specific as well as general strategies
- ▶ Understand what support might be helpful

### **Course structure**

Weekly sessions for up to 3 weeks.

### **Aimed at**

Anyone suffering from mental health issues associated with trauma, particularly PTSD. Supporters and carers are also welcome to apply.



## **PTSD: Trauma in the Current Climate**

### *ONLINE only*

In this 90 minute online workshop we explore the effects that Covid19 is having on our relationship with trauma. It is open to people who already have a diagnosis of PTSD but also to people who think that this will help them with some difficult experiences they have had due to the current challenging times.

### **Learning Outcomes**

By the end of the session, students will be able to:

- ▶ Describe the 5 key themes of trauma-related behaviours
- ▶ Create an understanding of what we can do to influence our coping responses to traumatic or difficult events (with a focus on Covid-19)
- ▶ Develop coping mechanisms and tools that can help support increased resilience and wellbeing when living through traumatic or difficult events

### **Course structure**

One-off 90-minute online workshop.

### **Aimed at**

Anyone who has experienced trauma, including those with a diagnosis of PTSD and their supporters.

## **STRESSBUSTERS Workshop**

### *ONLINE only*

We are living through stressful times. Left untreated, chronic stress can lead to mental and physical issues such as depression, anxiety, insomnia and a suppressed immune system. In this interactive workshop we'll define what stress is, what causes it and how it affects our bodies, minds, emotions and behaviour.

We'll share our own stressors and coping strategies as well as looking at new techniques that can help relieve stress and maintain wellbeing.

### **Learning Outcomes**

Students will:

- ▶ Recognise their own source of stress
- ▶ Understand the impact of stress on mind and body
- ▶ List 3 ways to reduce stress

### **Course structure**

One-off 90-minute online workshop.

### **Aimed at**

Aimed at anyone whose mental health is impacted by stress - and their supporters.

# Understanding and Managing Health Conditions

## **SUICIDE: Coping with Suicidal Thoughts and Feelings**

This course helps you to understand what can lead a person to want to take their own life. Through discussion and group work we explore interventions that grow your confidence, such as safety planning and resilience building. The course includes an overview of services to support individuals experiencing suicidal thoughts.

### **Learning Outcomes**

Students will:

- ▶ Be able to identify early warning signs that may lead to suicidal thoughts and feelings
- ▶ Learn at least 3 coping strategies for dealing with suicidal thoughts and feelings
- ▶ Find out about services that can support people experiencing suicidal thoughts and feelings

### **Course structure**

Weekly sessions for up to 4 weeks.

### **Aimed at**

Anyone who has experienced suicidal thoughts and / or has attempted suicide.

## **SUICIDE: Understanding and Supporting People with Suicidal Thoughts and Feelings**

This course helps you to understand what can lead a person to experience suicidal thoughts and feelings and how you can support them. This will include identifying possible triggers and early warning signs, and how to support that person in developing a plan to keep him/herself safe.

### **Learning Outcomes**

Students will:

- ▶ Be able to identify the triggers and early warning signs that may lead to suicidal thoughts and feelings
- ▶ Feel confident about how to help someone experiencing suicidal thoughts and feelings
- ▶ Find out about services that can support people with suicidal thoughts and feelings

### **Course structure**

One-off 3-hour workshop.

### **Aimed at**

Anyone who is supporting a family member or friend who has attempted suicide or experienced suicidal thoughts.

# Supporting Dementia at Recovery College

**A diagnosis of dementia can lead to a range of thoughts and feelings for both the person with dementia and those supporting them. It may take time to adjust to the news and raise questions and worries about the future.**

## Understanding and Living with Dementia

### *Also Online*

This 2½ hour workshop is designed to help you understand what dementia is, to explore feelings associated with receiving a diagnosis, and to find out how you can maximise your quality of life whilst living with the condition.

We look at treatments and support, and at how you can help yourself (or support someone else) to live well with dementia. We include tips for managing memory, thoughts, mood and lifestyle.

Please come and join us in a relaxed and friendly atmosphere where you can meet others in similar situations and share ideas, experiences and ways of managing. You can attend by yourself, or with someone else if you prefer.

## Learning Outcomes

Students Will:

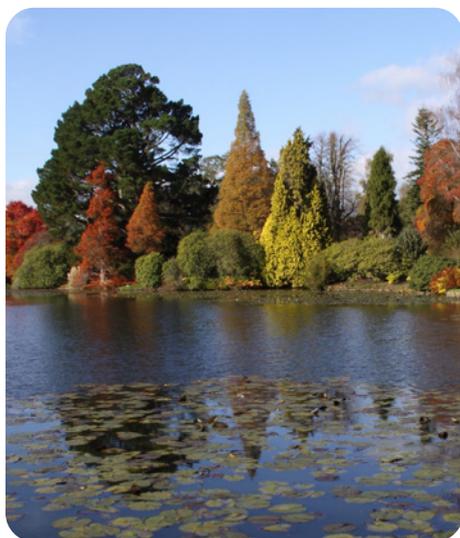
- ▶ Develop a greater understanding of dementia and explore how it feels to receive a diagnosis
- ▶ Discover strategies and approaches around how to live with dementia and improve quality of life
- ▶ Gain a greater awareness/overview of support systems available in their local area

## Course structure

One-off workshop.

## Aimed at

People **recently diagnosed** with dementia, their partners, relatives and friends.



# Learning Disabilities at Recovery College

## Learning Disabilities: Coping with my Ups and Downs

On this course people talk about their thoughts and feelings and about how their mental health affects them. We provide a safe and welcoming environment for everyone to gain support from each other.

We share our thoughts using words, symbols and pictures, and each student will complete an Easyread recovery plan to meet their own needs.

## Learning Outcomes

Students Will:

- ▶ Learn how to cope better, through interaction with others on the course
- ▶ Identify their goals to improve their mental health and wellbeing
- ▶ Take away a recovery plan tailored to their specific needs

## Course structure

Weekly sessions for up to 7 weeks.

## Aimed at

Adults living with a learning disability and mental health challenges. Supporters and carers are also welcome to apply.

**At Recovery College we offer courses of benefit to people living with the challenges of learning disabilities.**

People with learning disabilities have an increased likelihood of developing mental ill health. With this in mind, and in providing courses that meet very specific requirements, we aim to make our services as inclusive as possible. By making reasonable adjustments in teaching approaches and in our course materials, we focus on the needs of students with a sensory impairment and communication difficulties, as well as those on the autistic spectrum.

Our courses are open to all applicants, including families, supporters and carers.



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# Creativity, Wellbeing and Lifestyle

## **ART in the Wild Wood**

This course offers students the benefits of wellbeing through creativity based in a safe woodland site (managed by the Woodland Trust and overseen/owned by Salehurst Parish Council) while working with two professional artists from BlackShed gallery. Students will explore woodland materials and skills through creative exploration. The course also offers the opportunity to observe and support an art installation at the sponsoring Black Shed Gallery.

### **Learning Outcomes**

Students will:

- ▶ Try a variety of woodland skills and crafts
- ▶ Gain an understanding of how creativity and the natural environment can help with mental wellbeing
- ▶ Create their own journal that can be continued for further creative practice beyond the course

### **Course structure**

Weekly sessions for up to 6 weeks.

### **Aimed at**

Anyone with mental health challenges – no special artistic skills needed.

## **COPING SKILLS for Wellness and Recovery**

This course aims to help students to develop their ability to overcome their mental health challenges. Students will explore a range of helpful coping skills and strategies promoting self-management and recovery.

### **Learning Outcomes**

Students will:

- ▶ Learn at least 3 strategies to help recovery and wellbeing
- ▶ Develop personal life skills and employ at least 3 appropriate techniques to help manage unhelpful symptoms
- ▶ Learn to recognise ‘triggers’ and early warning signs, developing appropriate coping strategies

### **Course structure**

Weekly sessions for up to 6 weeks.

### **Aimed at**

Anyone in the early stages of recovery or seeking to refresh/reinforce their knowledge to help themselves maintain personal wellbeing. Supporters and carers are also welcome to apply.

***“Its been a huge help”***



## **CREATIVITY for Wellbeing**

This course introduces leisure activities vital to wellbeing, and here students will use a variety of media and techniques to complete personal and group projects. You will learn to express your thoughts and feelings as you explore what your recovery means to you. No drawing or painting ability necessary – all levels welcome.

### **Learning Outcomes**

Students will:

- ▶ Understand the importance and benefits of creativity to wellbeing
- ▶ Gain knowledge of and experience with new techniques and media
- ▶ Create a portfolio of expressive works

### **Course structure**

Weekly sessions for up to 6 weeks.

### **Aimed at**

Anyone with long-standing, moderate or severe mental health challenges. Supporters and carers are also welcome to apply.

## **CREATIVITY: Mapping Your Journey: A Creative Approach to 'joining up the dots'**

In this course you will develop an understanding of your recovery

journey through practical creative exercises. We help you select both positive and challenging moments to share through pictures, movement, imagination and sounds. We include relaxation and self-empathy approaches to help build a new way of overcoming challenges. Moments of joy, individually and within the group, become a pattern to be built on during the course.

### **Learning Outcomes**

Students will:

- ▶ Use a range of creative imaginative exercises to develop their marks and creative skills
- ▶ Develop confidence in creativity, communicating and working with others
- ▶ Identify interesting and creative approaches that can be continued with and sustained beyond the course

### **Course structure**

Weekly sessions for up to 4 weeks.

### **Aimed at**

Anyone with mental health challenges, all levels of experience and none. Supporters and carers are also welcome to apply.

# Creativity, Wellbeing and Lifestyle

## **CREATIVITY: When Words Are Not Enough**

Sometimes it can be difficult to express how we are feeling with words. This course gives learners the opportunity to express themselves through different art mediums. Each week focuses on a different mini-project such as using charcoal and pastels for mark making, creating an image of an emotion through collage, and designing and decorating small boxes.

### **Learning Outcomes**

Students will:

- ▶ Learn how creative activity can aid wellbeing
- ▶ Learn how to express themselves in a range of different media
- ▶ Take experimental pieces away with them and explore paths of creativity and inspiration

### **Course structure**

Weekly sessions for up to 4 weeks.

### **Aimed at**

Anyone who feels they could benefit from this course. No special creative skills needed, just enthusiasm and an interest in exploring creative ideas.

## **DECLUTTERING**

This course defines the problem of clutter and offers suggestions on how to combat it, having considered why people clutter in the first place. It will include storage suggestions and what to do with things no longer wanted or needed. We look at how to declutter and how to organise, plan and get started. There will be opportunities to share tips, tools and experiences.

### **Learning Outcomes**

Students will:

- ▶ Be able to assess how cluttered they are
- ▶ Understand the barriers to and benefits of decluttering
- ▶ Know how to start to declutter and what to do with what they don't need or want

### **Course structure**

Weekly sessions for 2 weeks.

### **Aimed at**

Anyone who finds it hard to get rid of items they don't use and who wants to, but is struggling to, declutter their space.

***“It was an excellent session”***



## **EMPATHY and LISTENING: Make the Most of Your Empathy and Listening Skills**

Empathic tools can help people get through tough times successfully. This course introduces self-awareness, self-empathy tools and improved communication with others, drawing on research, practice and lived experience. It will aim to overcome challenges by building on our inner strengths and on the world around.

### **Learning Outcomes**

Students will:

- ▶ Create their own 'toolkit' of listening and empathy skills
- ▶ Use their own personal toolkit to improve their listening skills and relationships with others
- ▶ Use their own personal toolkit to communicate more clearly with health professionals

### **Course structure**

Weekly sessions for up to 4 weeks.

### **Aimed at**

Anyone with mental health challenges. Supporters and carers are also welcome to apply.

## **EXPLORING Recovery Stories**

In this course we explore people's recovery journeys and what helps us get through difficulties. We offer the opportunity to look at recovery from different perspectives, from our own sense of identity, and to develop self-awareness of how we describe ourselves to other people. We use a range of creative methods to explore recovery, and assess what is working well in our lives. Approaches will be offered for future goal planning and building resilience.

### **Learning Outcomes**

Students will be able to:

- ▶ Explain the concept of recovery as it applies to mental health and other long-term conditions
- ▶ Explore the impact of a mental health diagnosis through a range of recovery stories, and look at what brings hope into our lives
- ▶ Reflect on their personal recovery journey, identifying at least three things that help with recovery

### **Course structure**

Weekly sessions for up to 5 weeks.

### **Aimed at**

Anyone with mental health challenges. Supporters and carers are also welcome to apply.

# Creativity, Wellbeing and Lifestyle

## **FOOD and MOOD**

The course starts with some basic information on nutrition. We establish which foods are necessary to increase health, and we discuss healthy eating for improved mental health. The course includes practical exercises, discussions, healthy snacks and lots of handouts – including easy recipes to cook at home.

### **Learning Outcomes**

Students will:

- ▶ Be able to choose foods that contain the nutrients needed for good health
- ▶ Know about the research and evidence base that indicates which foods and nutrients particularly support mental health
- ▶ Be better able to interpret food labels

### **Course structure**

Weekly sessions for up to 7 weeks.

### **Aimed at**

Anyone who would like to be more informed about nutrition and healthy eating for improved mental health.

## **FOOD and MOOD Workshop: Introduction to Food and Mood**

### *ONLINE only*

Evidence suggests that certain foods can affect your mood. This workshop gets you looking at healthy eating for improved mental health with an emphasis on low mood and anxiety.

### **Learning Outcomes**

Students will:

- ▶ Be able to identify food/drink that support wellbeing
- ▶ Be able to identify food/drink that hinder wellbeing
- ▶ Describe how you plan to include food/drink that supports wellbeing

### **Course structure**

One-off 90-minute online workshop.

### **Aimed at**

Anyone who experiences low mood and is interested in learning about how nutrition maybe able to support their wellbeing.

***“The trainers were brilliant, helpful, knowledgeable, welcoming and kind”***



## **GRIEF and LOSS: Introduction to Grief and Loss**

Grief is a completely normal process that we all encounter at some point in our lives. In this workshop, that provides a safe, supportive and non-judgemental space, we begin to explore the impact that grief and loss can have on us. We learn to recognise some theories such as the Five Stages of Bereavement, and we explore and practise some coping strategies.

### **Learning Outcomes**

Students will:

- ▶ Develop an understanding around the impact of grief and loss
- ▶ Gain some knowledge of the processes of bereavement
- ▶ Become familiar with coping strategies, including the creation of a memory bracelet

### **Course structure**

One-off workshop.

### **Aimed at**

Anyone who feels they could benefit from these approaches, including supporters and carers.

## **HAPPINESS: Finding Happiness**

This course is for everyone who may feel that their lives could be happier. This is a fun, interactive course where you will try out different activities to find out what can improve your happiness levels.

### **Learning Outcomes**

Students will:

- ▶ Learn at least 3 happiness facts and describe what happiness means to them personally
- ▶ Understand the '10 Keys to Happier Living' and identify their goals to increase personal levels of wellbeing
- ▶ Practise at least 3 'keys' to happier living

### **Course structure**

Weekly sessions for up to 5 weeks.

### **Aimed at**

Anyone with mental health challenges. Supporters and carers are also welcome to apply.

***“I’m really happy that Recovery College managed to run some classes online. It’s been a life saver”***

# Creativity, Wellbeing and Lifestyle

## **MUSIC: Creative Music Making for Wellbeing**

Explore the soothing and wellbeing effects of music making on this collaborative course. In a welcoming and inclusive space, we will experiment with our voices and musical instruments to create brand new music as a group together. Everyone is welcome - you don't need to have previous experience of music making although you are encouraged to bring a musical instrument if you already play one.

This is a group experience where we will work together supportively and as a team to express our individual creativity and to be inspired by the creativity of others. This is a Soundcastle music and health course supported by the Rayne Foundation.

### **Learning Outcomes**

Students will:

- ▶ Describe the wellbeing effects of music making
- ▶ Demonstrate enhanced skills around listening, collaboration & teamwork
- ▶ Connect with others through music

### **Course structure**

Weekly sessions for up to 6 weeks.

### **Aimed at**

Anyone with mental health challenges, all levels of experience and none. Supporters and carers are also welcome to apply.

## **PAINTING for Wellbeing**

Through a simple series of guided exercises designed to eliminate the fear of a blank canvas. The focus of this course is on the enjoyment of using colour and relinquishing the performance fear of making something look like something. It aims to recapture the childhood pleasure of using colour for its own sake.

### **Learning Outcomes**

Students will:

- ▶ Experience the pleasure of using paint
- ▶ Build their confidence in the use of paint, brushes and canvas
- ▶ Recognise the uniqueness of self-expression within a group experience

### **Course structure**

One-off half day workshop.

### **Aimed at**

Anyone with mental health challenges, all levels of experience and none. Supporters and carers are also welcome to apply.



## PHOTOGRAPHY for Wellbeing

Connecting with nature can help with mental wellbeing, and photography can be a very beneficial creative outlet. This course encourages students to focus their attention on photography projects and improve their photography skills. All you need to bring along is your own camera – or smartphone that can take photos. Your best photographs can be printed out as part of the project, for you to take away at the end of the sessions.



## Learning Outcomes

Students will:

- ▶ Gain an appreciation of how photography can help with mental wellbeing
- ▶ Develop a critical eye in learning how to take better photographs
- ▶ Compile a portfolio of their best photos to keep when the sessions have been completed



## Course structure

Weekly sessions for up to 4 weeks.

## Aimed at

Anyone with mental health challenges – no special artistic or photography skills needed.



# Creativity, Wellbeing and Lifestyle

## **PRINTING: Experiments in Printing**

Creativity can help reduce anxiety, depression and stress, so have fun and be creative! Basic printmaking techniques will be taught and explored. Participants will go away with a personal sketchbook full of their ideas, samples and finished pieces, and create a basic monoprint using tools and materials available. No experience needed, this course takes an experimental approach to learning in a no-pressure environment.

### **Learning Outcomes**

Students will:

- ▶ Learn how creative activity can aid wellbeing
- ▶ Learn new techniques using printmaking media
- ▶ Take ideas away with them and explore paths of creativity and inspiration

### **Course structure**

Weekly sessions for up to 4 weeks.

### **Aimed at**

Anyone who feels they could benefit from this course. No special artistic skills needed, just enthusiasm and an interest in exploring creative ideas.

## **PROBLEM-SOLVING: Become your Own A-Team: Skills to Cope with Life's Difficulties**

### **ONLINE only**

The opening credits to the 80s TV show the A Team went something like this: *If you have a problem, if no one else can help, and if you can find them... maybe you can hire The A-Team.*

At Recovery College we believe we all have innate skills and abilities that can help us on our recovery journey. This online workshop is about becoming your own A Team. We'll introduce different problem-solving techniques and concepts, look at where the difficulties come from in our lives, how much influence or control we have over them and practise some tools to try and make things better.

### **Learning Outcomes**

Students will:

- ▶ Learn about different problem-solving techniques
- ▶ Practise a wellbeing technique (Colour Breathing)
- ▶ Work on a specific difficulty using a Problem Solving Tree exercise

### **Course structure**

One-off 90-minute online workshop.



## **Aimed at**

Aimed at anyone who wants to learn about and use coping skills to manage their wellbeing.

## **RESILIENCE: Building Resilience for Wellness and Recovery**

### *Also ONLINE*

This course introduces resilience, drawing on research, practice and lived experience. It aims to help people overcome challenges by building on strengths inside them and in the world around. Resilience can help people get through tough times successfully. There will be opportunities to share resilience tips, tools and experiences.

### **Learning Outcomes**

Students will:

- ▶ Increase their understanding of what resilience is and what it is not
- ▶ Identify and try out at least 3 resilient moves to help cope with the challenges in their lives
- ▶ Create their own personal 'toolkit' by the end of the course

### **Course structure**

Weekly sessions for up to 6 weeks.

### **Aimed at**

Anyone with moderate to severe mental health challenges who is

facing tough times in their lives. Supporters and carers are also welcome to apply.

## **RESILIENCE in a Nutshell**

### **ONLINE only**

In this 90 minute online workshop you will get a brief overview of what resilience is, why we need it and how we build it. Resilience has been shown to help us get through tough times successfully and even grow from our experiences.

### **Learning Outcomes**

Students will:

- ▶ Describe what resilience is and what it is not
- ▶ Be able to describe at least 3 different resilient moves
- ▶ Develop some resilience tools to take away

### **Course structure**

One-off 90-minute online workshop.

### **Aimed at**

Anyone with an interest in building their resilience through applying and nurturing resilience strategies.

***“I can't sing your praises enough”***

# Creativity, Wellbeing and Lifestyle

## **RUNNING: One Step at a Time: A Running Journey to Recovery**

This course is designed to help students start running and understand how this can contribute to building better mental and physical health. The educational sessions will explore a variety of evidence-based techniques and lifestyle choices. Topics covered include nutrition and sleep hygiene, routine and goal setting, and relaxation strategies. Developing an understanding of the content will enable students to build and maintain better mental and physical health.

### **Learning Outcomes**

Students will:

- ▶ Describe 3 ways to build better mental and physical health
- ▶ List 3 ways running can improve mental health
- ▶ Demonstrate improved running performance

### **Course structure**

Weekly sessions for up to 6 weeks.

### **Aimed at**

Anyone who feels they would like to get into running or continue with running to achieve a personal goal. All abilities welcome!

## **SELF-ESTEEM and CONFIDENCE**

Join us as we take a look at the relationship between what we think of ourselves and how this impacts on how we feel about ourselves. Develop ways to move beyond the negative ideas that contribute to low self-esteem. This course involves discussions in which you will be helped to feel comfortable, given resources to use after the sessions, and take away skills for the future.

### **Learning Outcomes**

Students will:

- ▶ Understand what self-esteem is and how to improve it
- ▶ Take a look at negative thoughts and how to challenge them
- ▶ Develop a 'toolbox' of ways to increase self-esteem and have a more positive outlook

### **Course structure**

Weekly sessions for up to 6 weeks.

### **Course structure**

Anyone with mental health challenges who feels that how they think about themselves could improve. Supporters and carers are also welcome to apply.



## **SLEEP: How to Get a Good Night's Sleep**

### **Also ONLINE**

According to the mental health charity Mind, living with a mental health challenge can affect how well you sleep and poor sleep can have a negative impact on your mental health. In this interactive workshop we'll find out why sleep is so important and look at the impact of poor sleep on our bodies, minds and behaviours. We'll share sleep challenges and coping strategies and consider what healthy sleep habits we can practice to improve the quality of our sleep.

### **Learning Outcomes**

Students will:

- ▶ Explain why sleep is important
- ▶ Understand the impact of poor sleep on mind, body and performance
- ▶ List 3 ways to improve sleep

### **Course structure**

One-off 90-minute workshop (online), 2 hours (in person).

### **Aimed at**

Anyone who experiences difficulties in sleeping and would like to get a better night's sleep or help others to do so.

## **SLEEP: Improve Your Sleep**

This course explores the latest sleep science and introduces some practical skills and tips for improving your sleep. Students will set their own sleep goals, but common objectives are to obtain sound, consistent and restful sleep.

### **Learning Outcomes**

Students will:

- ▶ Understand how sleep can be monitored with the use of a sleep diary
- ▶ Describe how surroundings and lifestyle can affect sleep
- ▶ Identify and practise a number of strategies to improve sleep

### **Course structure**

Weekly sessions for up to 4 weeks.

### **Aimed at**

Anyone who experiences difficulties in sleeping and would like to get a better night's sleep or help others to do so.

***“Good handouts,  
well taught and  
priceless  
knowledge”***

# Creativity, Wellbeing and Lifestyle

## **TEXTILES: Experiments in Textiles**

Creativity can help reduce anxiety, stress and depression, so have fun and be creative! From fabric printing, to weaving and patchwork join this course to create some beautiful textile based craft items. No experience necessary/all levels welcome. This course takes an experimental approach to learning in a no-pressure environment.

### **Learning Outcomes**

Students will:

- ▶ Learn how creative activity can aid wellbeing.
- ▶ Learn and explore new techniques within textiles
- ▶ Take experimental pieces away with them and explore paths of creativity and inspiration

### **Course structure**

Weekly sessions for up to 4 weeks.

### **Aimed at**

Anyone who feels they could benefit from this course. No special creative skills needed, just enthusiasm and an interest in exploring creative ideas.

## **VOCATIONAL: Co-Production: Understanding the Benefits**

Co-production is about everyone's views and experience being of equal value in planning both individual care and wider service provision. Being involved both benefits your personal wellbeing and can help to make services better for all. This workshop is of benefit to people who use our services and carers, as well as frontline and managerial staff. It aims to enable people to work together effectively to plan their next steps towards co-produced services.

### **Learning Outcomes**

Students will:

- ▶ Develop a common understanding of co-production
- ▶ Look at ways of making co-production effective, comfortable and meaningful
- ▶ Explore the benefits of working in partnership to improve services for all parties

### **Course structure**

One half-day workshop.

### **Aimed at**

Anyone who feels they would benefit from gaining a deeper understanding of co-production in practice.



## **VOCATIONAL: Expert by Experience Participation Workshop**

This introductory workshop gives you an opportunity to learn or refresh your knowledge of the techniques and information to help you get involved effectively in service improvement at Sussex Partnership. You will have the option of joining our bank of Experts by Experience, becoming involved in a wide range of engagement work, including recruitment of new staff. We teach you how to articulate your thoughts and ideas coherently to effect meaningful changes in services and support you on your recovery journey.

### **Learning Outcomes**

Students will:

- ▶ Be able to use their experiences, good and bad, in a way that is safe for them, to make positive changes in the organisation
- ▶ Be confident and effective in meetings
- ▶ Become involved in recruitment of new staff

### **Course structure**

Two consecutive full-day workshops.

### **Aimed at**

Anyone with long-standing or moderate to severe mental health challenges.

## **VOCATIONAL: Work for Wellbeing**

This course aims to guide you through all practical areas of employment-seeking, including construction of CVs, filling in application forms and what to expect in an interview. It also indicates how you can keep well whilst looking for work. You will consider the sort of occupation that suits you best, in relation to your skills and knowledge.

### **Learning Outcomes**

Students will:

- ▶ Have a good understanding of the job-searching process and be able to job-search effectively
- ▶ Understand how to reduce stress in the workplace and what safeguards exist to help keep them well
- ▶ Understand the benefits of work and the wellbeing it can bring when sought in the right way

### **Course structure**

Weekly sessions for up to 5 weeks.

### **Aimed at**

Anyone with experience of mental health challenges who feels at a disadvantage in gaining and/or sustaining employment.

# Creativity, Wellbeing and Lifestyle

## **WALK for Wellbeing**

Learn how walking can boost your wellbeing. This course introduces the combination of walking with present moment awareness and the 'Five Ways to Wellbeing'. It starts indoors with discussions in small groups and finishes with a scenic walk, putting into practice what has been learned. Come prepared with suitable shoes and clothing for the walk. After the walk participants have the option to go to a cafe for a chat and socialising.

### **Learning Outcomes**

Students will:

- ▶ Become familiar with the benefits of outdoor exercise for physical health and mental wellbeing
- ▶ Gain an understanding of simple relaxation techniques and the 'Five Ways to Wellbeing'
- ▶ Learn these techniques when walking

### **Course structure**

Weekly sessions for up to 5 weeks.

### **Aimed at**

Anyone with mental health challenges. Supporters and carers are also welcome to apply.

## **WELLBEING in the Garden**

Gardening has numerous benefits, not least being great for your mental wellbeing. Developing a connection to local and global communities, feeling closer to nature, getting your hands dirty and watching things grow are just a few of the ways gardening can make you feel good. Not only that, it has been researched and evidenced as a great way to look after your mental health. We include sessions on resilience and reflective practice, combined with practical gardening skills whilst spending time in the fresh air.

### **Learning Outcomes**

Students will:

- ▶ Develop practical skills as well as life skills such as organisation and working in groups
- ▶ Learn protective coping strategies to manage distress
- ▶ Engage in reflective practice as a group and individually

### **Course structure**

Weekly sessions for up to 6 weeks.

### **Aimed at**

Anyone with mental health challenges. Supporters and carers are also welcome to apply.



## WELLBEING in the Wild

This course offers opportunities for students to experience the soothing powers of nature, and gain confidence and self-esteem in a safe woodland environment. Each session centres around a fire circle in the woods and involves a variety of woodland activities that are both practical and creative.

### Learning Outcomes

Students will:

- ▶ Learn at least 3 woodland skills and crafts from a wide range
- ▶ Independently visit a local natural setting
- ▶ Make a personal journal of positive memories using photographs, woodland artefacts and found objects

### Course structure

Weekly sessions for up to 6 weeks.

### Aimed at

Anyone with mental health challenges. Supporters and carers are also welcome to apply.

## WELLBEING: Five Ways to Wellbeing

In this course we'll learn the Five Ways to Wellbeing and how they work together to support our

recovery and help to keep us well. As well as classroom work we'll try out things like woodland walks and nature visits. Then we'll investigate what activities are going on in our own communities, choose our own combinations and find out how to join. Each person who comes on the course shows us something new and we'd enjoy your company on this journey towards using the Five Ways to Wellbeing.

### Learning Outcomes

Students will:

- ▶ Identify activities in the 5 key areas that are essential to supporting wellbeing
- ▶ Develop a self-management plan to support wellbeing and recovery alongside others
- ▶ Have an increased awareness of local activities and how to access them

### Course structure

Weekly sessions for up to 6 weeks.

### Aimed at

Anyone with mental health challenges who feels they would benefit from the Five Ways to Wellbeing. Supporters and carers are also welcome to apply.

# Creativity, Wellbeing and Lifestyle

## Virtual Cafe

### ONLINE only

We are running a 'Virtual Café' on Zoom where you will have a space to come to talk about how things are going and support each other.

We will be doing art-based therapeutic and wellbeing activities in the Virtual Café, you will need drawing materials and paper. This is not a course or workshop, but drop in sessions.

Check our website for up to date times and dates

## ZOOM: Getting to Grips with Zoom

### ONLINE only

Our peer trainer technicians will be happy to help you. These sessions will give you the skills needed to join our new online workshops, to help you get used to the new virtual classroom and become confident in Zoom etiquette.

These short sessions will get to help you get the most of an online session in Zoom

### Learning Outcomes

Students will:

- ▶ Learn how to manage the basic tools (microphone, webcams, chat)

- ▶ How to set up your device so you can best view videos, presentation and basic troubleshooting techniques.
- ▶ Gain confidence to participate in our courses and workshops

### Course structure

One-off 30-minute online sessions.

### Aimed at

Anyone new to Zoom who would like to attend one of our online courses or workshops.





## Views of peer trainers

### Peer Trainer 2

“At the time I was accessing services and nothing was working for me personally and I was very frustrated. It was really difficult to move to the next step. Someone told me about a course through the Recovery College. It was a 6 week programme. I went along not knowing what to expect, it was a new and different ‘educational’ approach focused on what you can do to put things in perspective and what tools you can use. It helped me really make sense of my emotions. It was a more scientific and practical approach that allowed me to take control and it was really empowering. It showed me how to identify what I was feeling, have acceptance and translate it into something I could use to be productive.

Everything else fell into place. I was inspired. I went on to do a teaching course and to become a peer trainer with recovery college and I now hold other roles in the Trust. The team is amazing - everyone is really, really supportive.

As a peer trainer I now have the opportunity to encourage people to take control of their lives. I am able

to be creative and to use techniques that have helped me along the way and give back what I have learned in my life. Seeing how my experience can help others is very rewarding.”

### Why should someone do a Recovery College course?

“It is about empowerment - completely different from therapy, you’re able to have options in what your care looks like, it gives you the autonomy. For example, the anxiety course teaches and practises 9 different techniques and you can choose what works for you. It is collaborative and there is real power in working with a group.”



# Supporting your Learning Journey with Recovery College

## Continuing your learning journey

Continuing to learn throughout life improves and maintains our mental wellbeing. It doesn't have to mean getting more qualifications: there are lots of different ways to bring learning into your life. Whether you're a returning Sussex Recovery College student or registering with us for the first time, here are some options for further opportunities to study:

### Aspire

Promoting adult education across Sussex.

✉ [enquiries@aspire Sussex.org.uk](mailto:enquiries@aspire Sussex.org.uk)

🌐 [aspire Sussex.org.uk](http://aspire Sussex.org.uk)

### Chichester College

Providing study opportunities in the Chichester area.

✉ [info@chichester.ac.uk](mailto:info@chichester.ac.uk)

🌐 [Chichester.ac.uk](http://Chichester.ac.uk)

### Crawley College

Providing study opportunities in Crawley, East Grinstead, Haywards Heath and Horsham.

✉ [info@crawley.ac.uk](mailto:info@crawley.ac.uk)

🌐 [crawley.ac.uk](http://crawley.ac.uk)

## East Sussex College

East Sussex College is the largest further education college in East Sussex, providing education and training from foundation to degree level on campus and in the workplace. It has campuses in Lewes, Eastbourne, Hastings and Newhaven.

✉ [info@escg.ac.uk](mailto:info@escg.ac.uk)

🌐 [escg.ac.uk](http://escg.ac.uk)

## Northbrook Met College

Providing further education and undergraduate courses in Worthing and Shoreham.

✉ [enquiries-worthing@gbmc.ac.uk](mailto:enquiries-worthing@gbmc.ac.uk)

🌐 [gbmc.ac.uk](http://gbmc.ac.uk)

In addition to our many courses, we offer these additional services:

### Student Voice

A group of students who meet regularly and have their say about how the College is run. It provides a great opportunity to meet other students in a supportive and informal setting and contributes to the research that we do. Please contact us if you would like to be part of **Student Voice**.

# Supporting your learning journey with Recovery College

## Take control of your mental wellbeing

Recovery in a mental health context is about living a fulfilling and hopeful life with or without ongoing symptoms or related challenges.

Good mental wellbeing doesn't mean you'll never experience feelings or situations you find difficult but it does mean you have the resilience to cope when times get tough. It may help to think about 'being well' as something you do, rather than something you are. No-one can 'give' you mental wellbeing – it's up to you to take action.

## Find out more at

[www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/](http://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/)

## Student Union

Further information on Student Unions can be seen on this link: <https://www.nus.org.uk/>

## Five Ways to Wellbeing

These 5 steps can help to boost your mental wellbeing! If you give them a try, you could feel happier, more positive and better able to get more from life:

### 1. Connect with others

Build stronger and closer relationships

### 2. Continue to learn

Develop your knowledge and skills

### 3. Be physically active

Find an activity you enjoy and make it part of your life

### 4. Take notice

Enjoy the moment and the environment around you

### 5. Give to those around you

Take part in social and community activities

***“The admin staff have been amazing”***

# Our charter and student code of conduct

## **Our aim is always to create a supportive environment conducive to learning and to provide you with the support and guidance you need to achieve success.**

This charter serves to outline the responsibilities of the College and its trainers, as well as those who attend as students.

### **Our pledge:**

- ▶ To provide information, guidance and advice on courses and programmes of study and support to access our courses
- ▶ To provide a warm and professional welcome at all times
- ▶ To ensure our courses are of a high quality and promote recovery principles
- ▶ To offer advice and guidance on learning and study skills, and the use of learning resources
- ▶ To provide support that will help you monitor and review your progress
- ▶ To devise well-planned timetables that, where possible, will take your needs into consideration
- ▶ To provide a safe and healthy study environment
- ▶ To provide an environment free from discrimination

- ▶ To respect your personal beliefs, life choices and religious and cultural practices
- ▶ To give you the opportunity to express your views and concerns without fear of recrimination
- ▶ To handle enquiries and address concerns promptly and courteously

### **Our Covid19 Pledge**

- ▶ To observe government guidance
- ▶ To wash hands frequently and/or use sanitising resources
- ▶ To wear face coverings when required
- ▶ To report if we test positive to protect others

### **We ask students:**

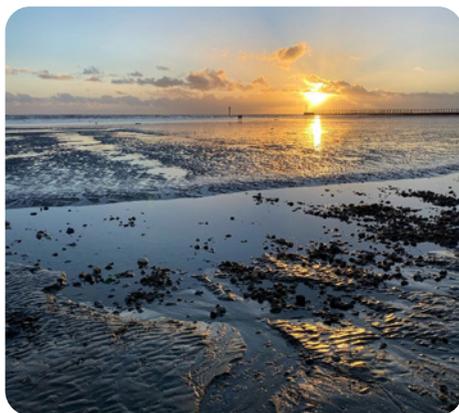
- ▶ To provide us with the accurate information we need to register you
- ▶ To attend, as far as possible, the sessions you have signed up for
- ▶ To be considerate and respectful of all students, College staff and others working on a College site
- ▶ To use appropriate channels for complaints or raising concerns
- ▶ To ask for clarification if you are not sure about anything

# Our charter and student code of conduct

## Student code of conduct

Please remember to respect our recommended student code of conduct at all times. We ask that you:

- ▶ Behave in a manner that fosters mutual respect, dignity and understanding between all members of the College
- ▶ Respect the rights, life choices, beliefs and opinion of others
- ▶ Respect the wellbeing and property of the other members of the College
- ▶ Attend courses punctually
- ▶ Take responsibility for your learning and come to the courses equipped to participate
- ▶ Keep mobile phones switched off or silenced during course sessions
- ▶ Let us know as soon as possible if you are unable to attend a course, specific session or other arranged meeting (note that we may contact you if you have not attended a course session or meeting when we have not heard from you)
- ▶ Let us know how we can support your wellbeing whilst attending courses and discuss with us any issues that may be preventing you from getting the most out of your learning experience
- ▶ Refrain from the use of alcohol or unprescribed medication or drugs before or during course sessions
- ▶ Do not behave in a way that prevents or disrupts learning or other activities
- ▶ Do not discriminate or harass other students or staff
- ▶ Do not behave in any way that may be considered threatening or disruptive or that is likely to lead to physical or emotional harm to any students or staff
- ▶ Report any health and safety concerns you may have so that we may address these as a matter of urgency



# Our partner organisations

## Better Health

A Public Health England initiative to promote health and wellbeing programmes that enable people to make practical lifestyle changes, reducing risk associated with drinking, smoking and eating unhealthy.



[www.nhs.uk/better-health](http://www.nhs.uk/better-health)

## CAPITAL Project

CAPITAL is run by and for people with mental health problems. We are a West Sussex wide charity offering mutual peer support, social and creative activities and 'service user involvement' activity - giving views at strategic meetings, being consulted on how mental health services are run and delivering training to professionals from a service user perspective.



[www.facebook.com/Capital-Project-Trust-114863848544733/](https://www.facebook.com/Capital-Project-Trust-114863848544733/)

## Cruse Bereavement Care



The United Kingdom's largest bereavement charity, which provide free care and bereavement counselling to people suffering from grief.

[0808 808 1677](tel:08088081677)

[www.cruse.org.uk](http://www.cruse.org.uk)

## De La Warr Pavilion



A major centre for arts and culture, providing and hosting many arts programmes, performances and exhibitions. It contributes to positive changes in society, combating social inequalities and isolation, developing healthier communities and better futures.

[www.dlwp.com](http://www.dlwp.com)

## East Grinstead & District Association for Mental Health (Pathfinder Provider)



EGDAMH is a committee of dedicated volunteers who are carers, people with mental health concerns and professionals. It organises fundraising events and sports and art groups, and a conservation project.

[013342 321616](tel:013342321616)

[www.pathfinderwestsussex.org.uk](http://www.pathfinderwestsussex.org.uk)

## East Sussex College



East Sussex College is the largest further education college in East Sussex, providing education and training from foundation to degree level. The college educates almost half of the county's young people and over 8,000 adults each year at campuses in Lewes, Eastbourne, Hastings and Newhaven, and in the workplace.

[www.escg.ac.uk](http://www.escg.ac.uk)

## Make Your Mark



Make Your Mark (MYM) is the arts and health programme for Sussex Partnership. Its aims are to increase access to the arts for people facing mental health challenges through participatory drawing events.

[makeyourmark@sussexpartnership.nhs.uk](mailto:makeyourmark@sussexpartnership.nhs.uk)

[www.makeyourmarknhs.co.uk](http://www.makeyourmarknhs.co.uk)

## Pathfinder West Sussex



Pathfinder is an alliance of organisations working together to enable people with mental health support needs, and their carers', to improve their mental health and wellbeing.

[01243 869662](tel:01243869662)

[www.pathfinderwestsussex.org.uk](http://www.pathfinderwestsussex.org.uk)

## The Rayne Foundation

We look for creative ways of tackling entrenched social issues through the arts, health, wellbeing, and education. We support projects that can be replicated and led by people with vision.

[www.raynefoundation.org.uk](http://www.raynefoundation.org.uk)



## The Richmond Fellowship (Pathfinder Provider)



The Richmond Fellowship provides high quality services to 9,000 people each year. It has practised its belief in social inclusion and recovery for more than 50 years, and is now one of the largest voluntary sector providers of mental health care in England.

[01403 241866](tel:01403241866) or [01243 780420](tel:01243780420)

[www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

## Brighton Housing Trust (Pathfinder Provider)



A registered society with charitable status providing a range of support services to people with mental health needs, as well as individuals at risk of homelessness.

[01293 534782](tel:01293534782) or [01444 459517](tel:01444459517)

[www.sussexoakleaf.org.uk](http://www.sussexoakleaf.org.uk)

## Soundcastle



A social enterprise with a focus on creative arts projects that enable people to discover the skills to write their own music. Soundcastle aims to reduce isolation and enhance wellbeing, connectedness and resilience by bringing music back into grassroots culture and daily lives.

[www.soundcastle.co.uk](http://www.soundcastle.co.uk)

## Southdown



Southdown Recovery Services provide personalised support to people with mental health needs, working to maximise hope, independence and resilience to enable better management of mental health and achievement of personal goals. Our services are based on the Recovery model for mental health.

[01273 405800](tel:01273405800)

[www.southdownhousing.org](http://www.southdownhousing.org)

## United Response (Pathfinder Provider)



With 300 locations across England and Wales, United Response's mission is to ensure that individuals with mental or physical support needs or learning disabilities have the opportunity to live their lives to the full. It runs campaigns on social care issues and organises fundraising schemes and events.

[020 8246 5200](tel:02082465200)

[www.unitedresponse.org.uk](http://www.unitedresponse.org.uk)

## West Sussex Mind



West Sussex Mind is an independent local mental health charity working in West Sussex. They offer mental health services, along with associated training and support. Their support services support young people, adults, carer and families affected by mental health problems.

[01903 277000](tel:01903277000)

[www.westsussexmind.org](http://www.westsussexmind.org)

# Other sources of advice and information

## Sussex Partnership NHS

**Foundation Trust** operates a 24-hour Mental Healthline – a service offering support and information to anyone living with mental health challenges. The service is also available to carers and healthcare professionals.

**☎ 0300 5000 101**

The following organisations can also help:

## The Samaritans

A registered charity providing listening support to anyone in emotional distress or at risk of suicide.

**☎ 08457 909090**

*Available 24 hours a day,  
7 days a week*

**🌐 [www.samaritans.org](http://www.samaritans.org)**

## Mind

An information and advice service to people with mental health problems, with offices in and around Sussex.

**☎ 0300 123 3393**

**🌐 [www.mind.org.uk](http://www.mind.org.uk)**

## The Reading Well: Books on

**Prescription** programme also provides information and advice on managing mental health challenges. It is endorsed by mental health professionals and supported by public libraries. Please see the following page for a full list of recommended reading, arranged by category.

## How does the scheme work?

Your GP or mental health professional can recommend a book, but they're also available for anyone to borrow or order from local libraries. Although books can work on their own, if you're receiving treatment from a mental health professional, research has shown self-help approaches work best with additional support. Some books are available in different formats. For more information visit:

**🌐 [www.readingagency.org.uk/readingwell](http://www.readingagency.org.uk/readingwell)**



# Reading Well: Books on Prescription

## Books included in the scheme

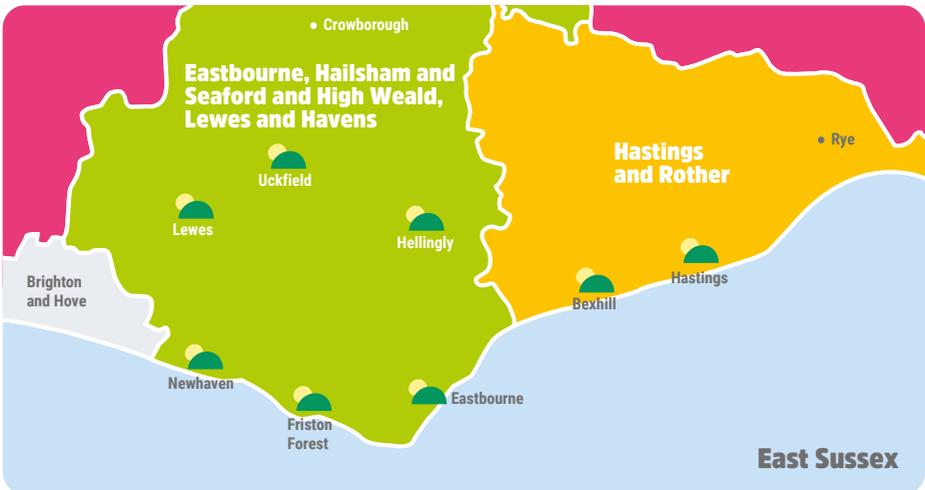
	Title	Author	Publisher
<b>Anger</b>	Overcoming Anger and Irritability: A Self- help Guide Using Cognitive Behavioural Techniques	Davies, William	Constable & Robinson
<b>Anxiety</b>	Overcoming Anxiety: A Self-help Guide Using Cognitive Behavioural Techniques	Kennerley, Helen	Constable & Robinson
	Overcoming Anxiety, Stress and Panic: A Five Areas Approach	Williams, Chris	CRC Press
	Feel the Fear and Do it Anyway	Jeffers, Susan	Vermilion
<b>Binge Eating/ Bulimia Nervosa</b>	Overcoming Binge Eating new edition – ‘Overcoming Binge Eating: The Proven Programme to Learn Why You Binge and How You Can Stop’	Fairburn, Christopher	Guilford Press
	Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Schmidt, Ulrike and Treasure, Janet	Routledge
	Overcoming Bulimia Nervosa and Binge Eating: A Self-Help Guide Using Cognitive Behavioural Techniques	Cooper, Peter J.	Constable & Robinson
<b>Chronic Fatigue</b>	Chronic Fatigue Syndrome (second edition)	Campling, Frankie and Sharpe, Michael	Oxford University Press
	Overcoming Chronic Fatigue: A Self-help Guide Using Cognitive Behavioural Techniques	Burgess, Mary and Chalder, Trudie	Constable & Robinson
<b>Chronic Pain</b>	Overcoming Chronic Pain: A Self-help Guide Using Cognitive Behavioural Techniques	Cole, Frances; Carus, Catherine; Howden- Leach, Hazel; and Macdonald, Helen	Constable & Robinson
<b>Depression</b>	Overcoming Depression and Low Mood: A Five Areas Approach (third edition)	Williams, Chris	CRC Press
	Mind Over Mood: Change How You Feel by Changing the Way You Think	Greenberger, Dennis and Padesky, Christine	Guilford Press
	Overcoming Depression: A Self-Help Guide Using Cognitive Behavioural Techniques	Gilbert, Paul	Constable & Robinson
<b>Health Anxiety</b>	Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioural Techniques	Veale, David and Willson, Rob	Constable & Robinson
	An Introduction to Coping with Health Anxiety	Hogan, Brenda and Young, Charles	Constable & Robinson

# Reading Well: Books on Prescription

## Books included in the scheme (cont)

	Title	Author	Publisher
<b>Obsessions and Compulsions</b>	Overcoming Obsessive Compulsive Disorder: A Self-Help Guide Using Cognitive Behavioural Techniques	Veale, David and Willson, Rob	Constable & Robinson
	Understanding Obsessions and Compulsions	Tallis, Frank	Sheldon Press
	Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Challacombe, Fiona, Oldfield, Victoria, Bream and Salkovskis, Paul M.	Vermilion
<b>Panic</b>	Overcoming Panic and Agoraphobia: A Self-Help Guide Using Cognitive Behavioural Techniques	Silove, Derrick and Manicavasagar, Vijaya	Constable & Robinson
	Panic Attacks: What They Are, Why They Happen and What You Can Do About Them	Ingham, Christine	HarperCollins
<b>Phobias</b>	An Introduction to Coping with Phobias	Hogan, Brenda	Constable & Robinson
<b>Relationship Problems</b>	Overcoming Relationship Problems: A Self-Help Guide Using Cognitive Behavioural Techniques	Crowe, Michael	Constable & Robinson
<b>Self-Esteem</b>	Overcoming Low Self-esteem: A Self-Help Guide Using Cognitive Behavioural Techniques	Fennell, Melanie	Constable & Robinson
	The Feeling Good Handbook	Burns, David	Penguin
<b>Social Phobia</b>	Overcoming Social Anxiety and Shyness: A Self-Help Guide Using Cognitive Behavioural Techniques	Butler, Gillian	Constable & Robinson
<b>Sleep Problems</b>	Overcoming Insomnia and Sleep Problems: A Self-Help Guide Using Cognitive Behavioural Techniques	Espie, Colin A.	Constable & Robinson
<b>Stress</b>	The Relaxation and Stress Reduction Workbook	Davis, Martha	New Harbinger
	Manage Your Stress for a Happier Life	Looker, Terry and Gregson, Olga	Hodder
<b>Worry</b>	The Worry Cure: Stop Worrying and Start Living	Leahy, Robert, L.	Piatkus Books
	How to Stop Worrying	Tallis, Frank	Sheldon Press

# Our Campuses



## **Acknowledgements**

Thanks to everyone who has contributed to this publication and especially to the Peer Trainers for sharing their stories and experiences. Thanks to Louise Patmore for her excellent photographs, to Make Your Mark for additional material.

### **A note on our pictorial contributions**

The vast majority of pictures in the prospectus, apart from those on the contents pages, have been sourced from courses we run in Recovery College – including selected artworks from some of our creativity courses – or are otherwise Recovery College-related.

0300 303 8086

@SusRecColl

[sussexrecoverycollege.org.uk](http://sussexrecoverycollege.org.uk)

[sussex.recoverycollege@nhs.net](mailto:sussex.recoverycollege@nhs.net)



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**Sussex Recovery College  
has been part-funded by**

**HEADS ON**  
Support for mental health

Did you know that Sussex Recovery College is part-funded by **Heads On** – the charity supported by Sussex Partnership NHS Foundation Trust? To help keep all our courses free, please visit [www.headsoncharity.org/donate](http://www.headsoncharity.org/donate) and consider making a donation. Every penny of your donation will go directly to the College.

Thanks for your support!

Sussex Partnership **NHS**  
NHS Foundation Trust



**Quality Mark**

Awarded for face to face delivery of education and training to the health sector

### **Sussex Partnership NHS Foundation Trust Mental Healthline**

A telephone service offering support and information to anyone experiencing mental health challenges – the service is also available to carers and healthcare professionals.

Tel: **0300 5000 101** Monday to Friday 5pm to 9am – 24 hrs at weekends and Bank Holidays

If your need is urgent visit:

**[www.sussexpartnership.nhs.uk/urgent-help-crisis](http://www.sussexpartnership.nhs.uk/urgent-help-crisis)**

We welcome contact with organisations that support our moral and ethical values. If you would like to advertise your services in future prospectuses please get in touch.

This document  
is available in  
alternative  
formats upon request.