

Sussex Recovery College Prospectus 2022-2023



**SUSSEX
RECOVERY
COLLEGE**

**A learning
journey to
wellbeing**

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**SUSSEX
RECOVERY
COLLEGE**

Go to:

www.sussexrecoverycollege.org.uk

Welcome to your Sussex Recovery College

Prospectus for 2022-2023

On the following pages you will find a range of courses that focus on learning about mental health, wellbeing, personal development and recovery. Our courses are co-designed and co-delivered by mental health professionals and Peer Trainers - people with lived experience of the subject.

This prospectus covers courses available over three terms in the 2022/23 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 covering understanding and managing health conditions and creativity, wellbeing and personal development. Courses go from one-off workshops to weekly sessions lasting up to 8 weeks.

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 page 3. 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 apply to join up to three courses per term by registering an expression of interest. You can do this:

Online:

go to 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:

if you are not able to do an online application, paper forms are available on request from our Recovery College central office (see contact details below).

Contact us



Sussex Recovery College

Aldrington House
35 New Church Road
Hove BN3 4AG



www.sussexrecoverycollege.org.uk



sussexrecoverycollege@spft.nhs.uk



[@SusRecColl](https://twitter.com/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 3).

Open Days are held in September for the Autumn term 2022. More Open Days are planned for the Spring and Summer terms. 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 3 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 hard-working Peer Trainers, partners and clinicians.

Dates for your diary

Term dates 2022-2023

Autumn term 2022

03 October – 9 December

Winter term 2023

23 January – 17 April

Spring-Summer term 2023

30 May – 21 July

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Understanding and Managing Health Conditions

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 practice 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.

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.

“This course helps with confidence and lifts your spirits at the end of each session”

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.

“Lovely to share, communicate and be creative together”

Understanding and Managing Health Conditions

AUTISM: Understanding Autism

Autism is a neurodiversity that comes with strengths and differences that impact on everyday life. It is thought that around 1 in 100 people are autistic. It is a spectrum condition, therefore the sensory and social differences associated with it can vary greatly from person to person. This course gives a brief overview of common strengths related to Autism as well as differences which can become difficulties when navigating sensory and social environments. We will explore autistic friendly strategies and reasonable adjustments to manage feelings of overwhelm and promote wellbeing.

Learning Outcomes

Students will be able to:

- ▶ Describe some of the common everyday challenges faced by autistic individuals.
- ▶ Recognise personal signs of stress associated with social and sensory overwhelm.
- ▶ Use a variety of autistic friendly strategies on a daily basis to promote well-being.

Course structure

Weekly sessions for up to 4 weeks.

Aimed at

Autistic people, individuals who think they may be autistic, family members and professionals.

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.



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.

Understanding and Managing Health Conditions

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.

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.

Aimed at

Anyone who has recently been diagnosed with any of the above. Supporters and carers are also welcome to apply.



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.

“There is no equivalent support from other services”

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.

“I feel less alone and more positive despite my struggles”

Understanding and Managing Health Conditions

PSYCHOSIS: Understanding Psychosis

Also Online

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 practice 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 Disorder - Life after Trauma

Also Online

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. Building on the clinical and personal experience of the trainers, 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 in distress to cope and 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: Post Traumatic Stress - 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 experience 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.

“The tutors were fantastic at breaking down the information and making it easy to digest”

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.

“Listening to others has helped me have more control of my issues”

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.



Course Details: Creativity, Wellbeing and Personal Development

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Creativity, Wellbeing and Lifestyle

CO-PRODUCTION: What it is and how to do it well

Co-production is about everyone's views and experiences 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 both 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

Either 1 full day or 2 half-day workshops.

Aimed at

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

CREATIVITY 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.



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.

“I learnt coping skills to rewire my brain”

FOOD and MOOD: Introduction to Food and Mood Workshop

Also Online

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.



Creativity, Wellbeing and Lifestyle

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 practice 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.

“It was informative, helpful and also fun!”

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
- ▶ Practice at least 3 ‘keys’ to happier living

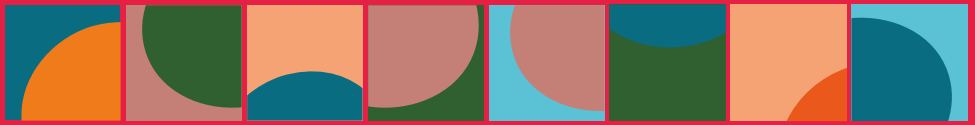
Course structure

Weekly sessions for up to 5 weeks.

Aimed at

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





MUSIC: New Rhythms - 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. This is a group experience where we will work together supportively and as a team to express our creativity.

This is a Soundcastle music and health course delivered in partnership with Sussex Recovery College.

Learning Outcomes

Students will:

- ▶ Use music making to engage with the 5 ways to Wellbeing
- ▶ Demonstrate transferable communication skills with a particular focus on listening and collaboration
- ▶ Connect with a local music and mental health community

Course structure

Weekly sessions for up to 6 weeks.

Aimed at

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.

MUSIC: Singing for Wellbeing

Discover the wellbeing benefits of singing as part of this supportive and inclusive course. Singing can help to lower stress, boost immunity and lung function, enhance memory and improve mental health. This course is for anyone wanting to discover their singing voice, join with others in harmony and have fun making music!

This is a Soundcastle music and health course delivered in partnership with Sussex Recovery College and supported by the Arts Council England and Postcode Society Trust.

Learning Outcomes

Students will:

- ▶ Use singing to engage with the 5 ways to Wellbeing
- ▶ Understand how regular singing can help lower anxiety and help us stay in the moment
- ▶ Connect with a local music and mental health community

Course structure

Weekly sessions for up to 8 weeks.

Aimed at

Everyone is welcome from complete beginners to experienced singers and the Soundcastle facilitators will take care to include all abilities.

Creativity, Wellbeing and Lifestyle

MUSIC: Ukulele Crew

Discover the wellbeing benefits of playing the ukulele as part of this supportive and inclusive course. Music can help boost energy, manage stress, enhance memory and improve communication. This course is for anyone wanting to discover how learning to play an instrument can improve their mental health.

We will provide instruments however you are also welcome to bring your own.

This course is supported by the Arts Council England and Postcode Society Trust.

*** Please note that in order to play the ukulele, you will need the ability to use your individual fingers and grip.**

Learning Outcomes

Students will:

- ▶ Use learning the ukulele to engage with the 5 ways to Wellbeing
- ▶ Identify how co-ordinated hand movement can help lower anxiety and help us stay in the moment
- ▶ Connect with a local music and mental health community

Course structure

Weekly sessions for up to 8 weeks.

Aimed at

Everyone is welcome from complete beginners to experienced players and the Soundcastle facilitators will take care to include all abilities.





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.

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 practice some tools to try and make things better.

Learning Outcomes

Students will:

- ▶ Learn about different problem-solving techniques
- ▶ Practice 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

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

Creativity, Wellbeing and Lifestyle

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.

“I learnt how to listen to my physical and mental health”

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

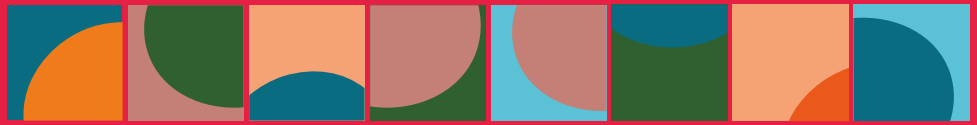
Course structure

One-off 90-minute online workshop.

Aimed at

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





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.

Aimed at

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

“The friendly and inclusive nature of both tutors and participants”

Creativity, Wellbeing and Lifestyle

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 practice a number of strategies to improve sleep

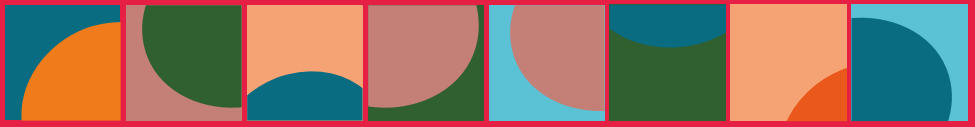
Course structure

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.

“I would like to do more courses to help me understand my feelings”



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 one of the best ways 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.

“The tutor was an excellent teacher, motivator and sensitive to the needs of us all”

Creativity, Wellbeing and Lifestyle

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; 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. We would enjoy your company on this recovery journey.

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.

“Fantastic, helpful course”



WORK: Getting Ready for Work

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 work can benefit wellbeing and develop strategies to find the right job.
- ▶ Develop strategies and skills to stay well at work and learn what resources are available within and outside the workplace

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.

“The lived experience of the experts was the best and most important aspect of the course”

“Excellent course leaders, variety of projects and opportunities to create and learn”



Graduation 2022: Ece Summers Award

Our 2022 Graduation saw the launch of the Ece Summers Award

This award is given once a year to a student who models the values and attributes of a much loved colleague, Ece Summers who sadly passed away in August 2021. You can see some of these values and attributes at the bottom of the page.

Ece was our Student Voice representative in East Sussex and a warm and greatly valued presence at our monthly steering group meetings. As a former Recovery College student herself, Ece was a great supporter and advocate of students. Ece made sure that students' voices were heard in those meetings, she shared her ideas and experiences with generosity and gave valuable feedback on how we could make things better for our students.

Ece was a real joy to work with and truly lit up the room with her presence.

Our aim in creating this award is to recognise the important contribution Ece made to Recovery College and to keep her spirit alive through the work we do as well as championing our brilliant students.

You can nominate a Recovery College student for this award by emailing their name and a few words on why you think they should win the award to sussexrecoverycollege@spft.nhs.uk

The certificate will be awarded at the Graduation ceremonies in Hastings and Worthing in July 2023.





Remembering Ece: Art Work



Clockwise from Above:

Untitled by Ece

Mixed media pressed flowers on paper.

Untitled by Ece

Mixed media and pressed flowers on paper leaves on canvas.

Think of the World Without Any Animals by Ece

Mixed media and pressed flowers on canvas.

The winners for 2022 Graduation



“This Graduation Ceremony has been a delight, as I thought this day would never come. It was great having the Mayor presenting me with my certificate!”

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

 aspire Sussex.org.uk

Chichester College

Providing study opportunities in the Chichester area.

 info@chichester.ac.uk

 chichester.ac.uk

Crawley College

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

 info@crawley.ac.uk

 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

 escg.ac.uk

Northbrook Met College

Providing further education and undergraduate courses in Worthing and Shoreham.

 enquiries-worthing@gbmc.ac.uk

 gbmc.ac.uk

Plumpton College

Want to discover a new skill and take a step in the right direction toward a career within the land and environment sector? Our adult courses are perfect for anyone hoping to improve and enhance their knowledge base.

 enquiries@plumpton.ac.uk

 plumpton.ac.uk/courses/adult-courses/



In addition to our many courses, we also offer the following 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**.

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/

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

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

- ▶ We observe Trust and UK government guidance
- ▶ Wash hands frequently and/or using sanitising resources
- ▶ Wearing face coverings when required
- ▶ Reporting 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

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

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

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

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

Make Your Mark



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

makeyourmark@sussexpartnership.nhs.uk

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.capitalproject.org

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

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 or 01444 459517**

🌐 **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..

🌐 **soundcastle.co.uk**

Southdown (Pathfinder Provider)



SouthSouthdown 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**

🌐 **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**

🌐 **unitedresponse.org.uk**

West Sussex Mind



Coastal 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**

🌐 **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

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

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



Reading Well: Books on Prescription

Books included in the scheme

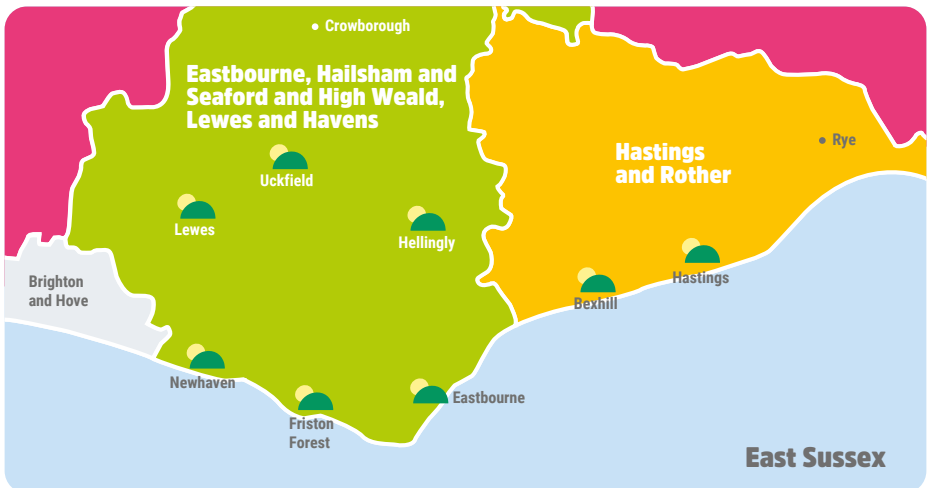
	Title	Author	Publisher
Anger	Overcoming Anger and Irritability: A Self-help Guide Using Cognitive Behavioural Techniques	Davies, William	Constable & Robinson
Anxiety	Overcoming Anxiety: A Self-help Guide Using Cognitive Behavioural Techniques	Kennerley, Helen	Constable & Robinson
	Overcoming Anxiety, Stress and Panic: A Five Areas Approach	Williams, Chris	CRC Press
	Feel the Fear and Do it Anyway	Jeffers, Susan	Vermilion
Binge Eating/ Bulimia Nervosa	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
Chronic Fatigue	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
Chronic Pain	Overcoming Chronic Pain: A Self-help Guide Using Cognitive Behavioural Techniques	Cole, Frances; Carus, Catherine; Howden- Leach, Hazel; and Macdonald, Helen	Constable & Robinson
Depression	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
Health Anxiety	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
Obsessions and Compulsions	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
Panic	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
Phobias	An Introduction to Coping with Phobias	Hogan, Brenda	Constable & Robinson
Relationship Problems	Overcoming Relationship Problems: A Self-Help Guide Using Cognitive Behavioural Techniques	Crowe, Michael	Constable & Robinson
Self-Esteem	Overcoming Low Self-esteem: A Self-Help Guide Using Cognitive Behavioural Techniques	Fennell, Melanie	Constable & Robinson
	The Feeling Good Handbook	Burns, David	Penguin
Social Phobia	Overcoming Social Anxiety and Shyness: A Self-Help Guide Using Cognitive Behavioural Techniques	Butler, Gillian	Constable & Robinson
Sleep Problems	Overcoming Insomnia and Sleep Problems: A Self-Help Guide Using Cognitive Behavioural Techniques	Espie, Colin A.	Constable & Robinson
Stress	The Relaxation and Stress Reduction Workbook	Davis, Martha	New Harbinger
	Manage Your Stress for a Happier Life	Looker, Terry and Gregson, Olga	Hodder
Worry	The Worry Cure: Stop Worrying and Start Living	Leahy, Robert, L.	Piatkus Books
	How to Stop Worrying	Tallis, Frank	Sheldon Press

Our Campuses



Views of a Senior Peer Trainer

“Recovery College has been one of the best experiences of my life and I attribute my own continued wellbeing to the things I learn and experience from my co-trainers, students and colleagues. I have recently been able to use all of the experience I have gained over the last few years to once again, work full time, now within the Peer Support Team.



It’s a great feeling that doors have opened for me through my involvement with the Recovery College and that I’m able to continue to use my lived experience to help others.

I want to impress on everyone reading this that Recovery College has helped me to keep well and move forward with my life and that the college ethos is to help all of our students to achieve a sense of wellbeing.

So, give it a go! You’ve already made the first step by looking at this prospectus... next step is to sign up and experience the many benefits of learning in a safe and supportive environment with other in similar situations.

Enjoy”

Paul Neale

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. Editor, August 2021.

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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 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

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.