

Prospectus

East Sussex

2019-2020



Welcome to your East Sussex prospectus for 2019-2020

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

This prospectus offers courses of study covering three terms over the academic year ending August 2020. **Timetables for each term are published separately and are launched alongside our Open Day events** (see page 5).

What's new this year

For this year's East Sussex prospectus we are pleased to announce some brand new courses, as well as a few that were introduced for the first time in 2019. Look out for *Living Well: Making Healthier Choices*, *Make the Most of Your Empathy and Listening Skills* and *Photography for Wellbeing* all in our Wellbeing and Lifestyle category.

This year too we are dedicating a page to our Learning Disabilities Services who are offering their course, *Learning Disabilities: Coping with my Ups and Downs*. See page 19.

You will also find a reference to classes available in in-patient settings. We are delighted to announce that we have expanded our range, incorporating elements from some of our mainstream courses. Go to page 29 for more details on our **Acute Recovery College**.

Please note: Sussex Recovery College reserves the right to cancel courses or change course dates, times and/or venues. Please visit our website or contact us at the office for the most up-to-date information.

Our Principles

- ▶ **Delivering education** Our focus is on education: we're a college, not a clinic – we have 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 designed and 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 are free from associated mental health stigma and discrimination
- ▶ **Respecting your views and opinions** We listen to student feedback and strive constantly 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 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: fill in the form supplied with this prospectus or request one from our Recovery College central office (see contact details below).

Open Days: these are held in both campuses three times a year – see page 5 for details.

Contact us

 **Sussex Recovery College**
Aldrington House
35 New Church Road
Hove BN3 4AG



 www.sussexrecoverycollege.org.uk

 sussex.recoverycollege@nhs.net

 **0300 303 8086**

(Office hours are Mondays to Fridays 9:00am to 5:00pm, excluding bank and public holidays)

“Courses are always wonderful, great experiences and people. Would recommend to everyone”

Contents

Welcome to your prospectus	2
Index of courses	4
Open Days and Graduation	5
Eastbourne, High Weald and the Havens Campus course listings: Understanding and Managing Health Conditions	6
Rick’s story	12
Eastbourne, High Weald and the Havens Campus course listings: Wellbeing and Lifestyle	13
Sandra’s story	18
Learning Disabilities at Recovery College	19
Hastings and Rother Campus course listings: Understanding and Managing Health Conditions	20
Ian’s story	24
Hastings and Rother Campus course listings: Wellbeing and Lifestyle	25
East Sussex Buddy Service: information for applicants Acute Recovery College	28
Supporting your learning journey with Recovery College	29
Our charter and student code of conduct	30
Partner organisations	31
Addresses of venues	32
Other sources of advice and information	33
Dates for your diary	34
Acknowledgements	34
Reading Well: Books on Prescription list	35

**SUSSEX
RECOVERY
COLLEGE**

Go to:

www.sussexrecoverycollege.org.uk

Index of courses

Course Name	Campus	Page	Campus	Page
Be Your Own Hero: Safer Independent Living	Eastbourne and Havens	14		
Bipolar Workshop for those Recently Diagnosed	Eastbourne and Havens	7		
Building Resilience for Wellness and Recovery	Eastbourne and Havens	14		
Coping Strategies and Problem-Solving	Eastbourne and Havens	7		
Coping with Suicidal Thoughts and Feelings	Eastbourne and Havens	7	Hastings and Rother	21
Co-Production: Understanding the Benefits	Eastbourne and Havens	8		
Experiments in Printing	Eastbourne and Havens	14		
Expert by Experience: Participation Workshops	Eastbourne and Havens	8	Hastings and Rother	21
Exploring Recovery Stories	Eastbourne and Havens	15		
Finding Happiness	Eastbourne and Havens	15	Hastings and Rother	26
Five Ways to Wellbeing	Eastbourne and Havens	15		
Food and Mood	Eastbourne and Havens	16		
Gambling Recovery	Eastbourne and Havens	8		
Improve Your Sleep	Eastbourne and Havens	16		
Introduction to Grief and Loss	Eastbourne and Havens	9		
Introduction to Personality Disorder	Eastbourne and Havens	9		
Keep Calm and Carry On Journaling			Hastings and Rother	26
Learning Disabilities: Coping with my Ups and Downs			Hastings and Rother	19
Living Well: Making Healthier Choices			Hastings and Rother	26
Living Well with Bipolar	Eastbourne and Havens	9		
Living Well with a Diagnosis of EUPD			Hastings and Rother	21
Make the Most of Your Empathy and Listening Skills			Hastings and Rother	27
Managing Anxiety	Eastbourne and Havens	10		
Mapping Your Journey: a Creative Approach to Joining Up the Dots	Eastbourne and Havens	16	Hastings and Rother	27
Photography for Wellbeing	Eastbourne and Havens	17		
Post-Traumatic Stress: Life after Trauma	Eastbourne and Havens	10		
Sailing Through the Festive season	Eastbourne and Havens	17		
Self-Esteem and Confidence	Eastbourne and Havens	17	Hastings and Rother	27
Understanding and Coping with Anxiety	Eastbourne and Havens	11	Hastings and Rother	22
Understanding and Coping with Depression	Eastbourne and Havens	11	Hastings and Rother	22
Understanding and Living with OCD			Hastings and Rother	23
Understanding and Supporting People with Suicidal Thoughts and Feelings	Eastbourne and Havens	11	Hastings and Rother	23
Understanding Medication	Eastbourne and Havens	12	Hastings and Rother	23
Understanding Psychosis	Eastbourne and Havens	12	Hastings and Rother	24
Wellbeing in the Wild	Eastbourne and Havens	18		
Walk for Wellbeing			Hastings and Rother	28

Open Days and Graduation

Open Days

Our Open Days give you the opportunity to find out about us, speak to our trainers and review our courses. You may wish to fill in a registration form on the day (supplied inside this prospectus) or go online at www.sussexrecoverycollege.org.uk and follow links to our registration pages.

We offer a broad curriculum specific to both **understanding and managing health conditions** and **wellbeing and lifestyle**. Course duration can range from one-off workshops to weekly sessions lasting up to 7 or 8 weeks.

Open Days in East Sussex

We have three Open Days arranged in the Autumn/Winter term 2019 to launch our prospectus for 2019-2020. **More Open Days are planned for the Spring and Summer terms so please keep in touch or check our website for updates.**

Autumn/Winter term:

Wednesday 2 October 2019

1:00pm-3:00pm

Town Hall
Grove Road
Eastbourne
BN21 4UG

Thursday 3 October 2019

1:00pm-3:00pm

All Saints Centre
Friars Walk
Lewes
BN7 2LE

Wednesday 9 October 2019

1:00pm-3:00pm

Muriel Matters House
Breeds Place
Hastings
TN34 3UY

If you are unable to attend an Open Day, don't worry! 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 (of all ages) with mental health-related challenges, their supporters (relatives and carers) and staff of Sussex Partnership NHS Foundation Trust and partner organisations.

Please note that some courses are open only to students from certain groups or those using particular mental health services, so do read each course description carefully before applying.

Graduation Days

To celebrate the achievements of our students and the success of Sussex Recovery College we hold annual **Graduation** events. These take place in the summer and invitations are sent out in June and July every year. 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 experiences.

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



Understanding and Managing Health Conditions

Bipolar Workshop for those Recently Diagnosed	7
Coping Strategies and Problem-Solving	7
Coping with Suicidal Thoughts and Feelings	7
Co-Production: Understanding the Benefits	8
Expert by Experience: Participation Workshops	8
Gambling Recovery	8
Introduction to Grief and Loss	9
Introduction to Personality Disorder	9
Living Well with Bipolar	9
Managing Anxiety	10
Post-Traumatic Stress: Life after Trauma	10
Understanding and Coping with Anxiety	11
Understanding and Coping with Depression	11
Understanding and Supporting People with Suicidal Thoughts and Feelings	11
Understanding Medication	12
Understanding Psychosis	12

Eastbourne, High Weald and the Havens Campus

These courses are open to students in East Sussex who meet the requirements to attend Sussex Recovery College, although those living in the Eastbourne, Hailsham, Seaford, Lewes, High Weald and Havens campus area may be given priority. Please note that some courses are aimed at specific groups of people and priority for places will be given to them.





Bipolar Workshop for those Recently Diagnosed

This is a half-day workshop aimed at people who have been recently diagnosed with Bipolar Affective Disorder (approximately up to one year), and their carers or supporters. This is an information session for those recently diagnosed and will provide signposting and other options for students to pursue after the course if so desired.

Learning outcomes

Students will:

- ▶ List and describe the main signs and symptoms of Bipolar Affective Disorder (within the bipolar spectrum of diagnoses)
- ▶ Engage with and appropriately disclose to others the initial and future implications of Bipolar on various aspects of their lives
- ▶ Describe a range of available treatments and support offered by the NHS and the third sector organisations for Bipolar

Course structure

One half-day workshop

Aimed at

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

Coping Strategies and Problem-Solving

This course aims to give people the skills to manage problems and cope with situations in a more effective way. At times problems can build up and make it difficult to cope. We take students through a variety of techniques to enable them to anticipate, manage and get through problems of all types that occur in daily life.

Learning outcomes

Students will:

- ▶ Develop their own set of tools to cope with problems
- ▶ Know how to identify a problem and reduce it into components
- ▶ Understand where and how to find help

Course structure

Weekly sessions for up to 4 weeks

Aimed at

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

Coping with Suicidal Thoughts and Feelings

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

Learning outcomes

Students will:

- ▶ Learn to be open, honest and direct about suicide
- ▶ Feel confident about using suicide intervention techniques
- ▶ Have a knowledge of local and national support services

Course structure

Weekly sessions for up to 3 weeks

Aimed at

Anyone who has attempted suicide or has experienced suicidal thoughts. Supporters and carers are also welcome to apply.

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 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

One half-day workshop

Aimed at

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

Expert by Experience: Participation Workshops

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 longstanding or moderate to severe mental health challenges. Carers and supporters, as well as Trust staff members, are also welcome to apply.

Gambling Recovery

Gambling can have a significant impact on relationships, finances and mental wellbeing as well as on many other areas of someone's life. If you have recognised that gambling is a problem for you, or someone you care for, join our recovery course. This course will help you better understand how and why gambling impacts on life in the way it does, as well as how to change relationships with gambling and make positive choices for the future.

Learning outcomes

Students will:

- ▶ Develop robust strategies and tools to minimise the harm of gambling
- ▶ Understanding the impact of gambling on mental health
- ▶ Know how to access the network of help, support and treatment

Course structure

Weekly sessions for up to 4 weeks

Aimed at

Anyone with concerns about how gambling may be affecting their mental health. Supporters and carers are also welcome to apply.



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 half-day workshop

Aimed at

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

Introduction to Personality Disorder

A personality disorder is a condition in which an individual differs significantly from the average person in terms of how they think, feel, perceive or relate to others; often this can have a negative impact and can be distressing not only for the person concerned but also for family members and friends. This course explores way of understanding the experience of living with a diagnosis of personality disorder and the challenges faced by those affected.

Learning outcomes

Students will:

- ▶ Increase their understanding of a personality disorder – what it is and what it is not
- ▶ Identify at least three ways in which symptoms impact on daily life
- ▶ Explore and try out strategies that cope with the symptoms of personality disorder and develop a personal wellbeing 'toolkit'

Course structure

One full day workshop

Aimed at

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

Living Well with Bipolar

This is a half-day workshop which is aimed at people who have been living with a diagnosis of Bipolar Affective Disorder and would like to explore and share ways of living well with bipolar.

Learning outcomes

Students will:

- ▶ Detail the implications of a bipolar diagnosis on aspects of their lives, such as family, work and society
- ▶ Describe a range of available treatments and the implications of the latest research on bipolar to your wellbeing
- ▶ Develop skills and strategies to avoid relapse and to live well with bipolar

Course structure

One half-day workshop

Aimed at

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

Managing Anxiety

This is a self-management course to enable you to identify, cope with and reduce the anxiety in your life – with a focus on sharing experiences and learning from one another. The sessions include using thought records and identifying the fear response and impact of anxiety on our life choices. We use Cognitive Behavioural Therapy approaches to challenge negative thinking, break the cycle of anxiety and teach simple relaxation techniques.

Learning outcomes

Students will:

- ▶ Identify at least three symptoms of anxiety and state how these symptoms affect their daily lives
- ▶ Identify and practise at least three strategies to manage and reduce their anxiety symptoms
- ▶ Develop an individual and easy-to-use plan to cope with and reduce their anxiety

Course structure

Weekly sessions for up to 4 weeks

Aimed at

Anyone who feels they could benefit from these approaches to help manage their anxiety. Supporters and carers are also welcome to apply.

Post-Traumatic Stress Disorder: Life after Trauma

Most people experience traumatic events in their lives. Following these many people continue to experience distressing symptoms of post-traumatic stress such as intrusive memories, flashbacks and nightmares. This course explores the impact of trauma, providing information about different types of difficulty, including post-traumatic stress disorder (PTSD). We explore which options for help are available. Combining the best evidence with the clinical and personal experience of the trainers, we describe some of the tools that may best alleviate the symptoms and help you reclaim your life. We give carers and staff an insight into the condition and what helps someone in distress to cope and realign themselves with everyday function.

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.





Understanding and Coping with Anxiety

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 creativity.

Learning outcomes

Students will:

- ▶ Gain an understanding of the ways 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 6 weeks

Aimed at

Anyone with mental health challenges who has a problem with anxiety. Supporters and carers are also welcome to apply.

Enrol on an evening class and gain a useful qualification: learn a new language or practical skill

Continue to learn p.30

Understanding and Coping with Depression

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 7 weeks

Aimed at

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

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 3 hour workshop

Aimed at

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

Rick's story

“I found out about the Recovery College from my therapist as the sessions with her were coming to a close. I attended an Open Day and was very quiet and shy, but in the short time I was there everyone was very kind, even though I stuttered and was nervous. The staff listened and I started to feel more at ease.

I signed up for 'Self-Esteem and Confidence' and 'Photography for Wellbeing'. The tutors made me feel at ease very quickly, and as time went on I opened up more and more. By the time I attended the Graduation ceremony I was still nervous but I thought, 'I've got this!' It was wonderful, very relaxed and everyone was very nice. I even stood up in front of everyone and made a little speech myself and I would never have been able to do something like that before. I can say with honesty that without the help of Recovery College and the tutors I had, I would not have been able to make such a speech.

This new-found confidence and love for myself is thanks to the hard work and utter dedication of the wonderful people at the Recovery College. I have even applied to my local college for a place on a photography course – I was accepted and will start this year. Thanks to the tutors at Recovery College, I have broken out of my shell after years of being trapped. I owe them my life and once again thank you. I will never forget.”

Rick
Recovery College Student

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 health care 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

Two-hour sessions focusing on each of the following mental health conditions:

- **Depression**
- **Mood Disorders**
- **Psychosis**

Aimed at

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

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:

- ▶ 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.

Sign up to a mentoring project – give time and support to someone who will benefit from it

Give to those around you p.30

Eastbourne, High Weald and the Havens Campus

Wellbeing and Lifestyle

Be Your Own Hero: Safer Independent Living	14
Building Resilience for Wellness and Recovery	14
Experiments in Printing	14
Exploring Recovery Stories	15
Finding Happiness	15
Five Ways to Wellbeing	15
Food and Mood	16
Improve Your Sleep	16
Mapping Your Journey: A Creative Approach to Joining Up the Dots	16
Photography for Wellbeing	17
Sailing through the Festive Season	17
Self-Esteem and Confidence	17
Wellbeing in the Wild	18
Walk for Wellbeing	18

These courses are open to students in East Sussex who meet the requirements to attend Sussex Recovery College, although those living in the Eastbourne, Hailsham, Seaford, Lewes, High Weald and Havens campus area may be given priority. Please note that some courses are aimed at specific groups of people and priority for places will be given to them.

Be Your Own Hero: Safer Independent Living

Sometimes it can feel difficult for you or your loved one to live independently if you don't feel safe. This course provides information for both carers and those living with limiting health conditions, including mental health, to help enable you to be safe from fire and other hazards. We will explore some barriers to change and set goals to help you feel more secure and comfortable in your home.

Learning outcomes

Students will:

- ▶ Gain knowledge of specialist fire preventative equipment to increase an ability to live independently
- ▶ Develop awareness of actions you can take to reduce fire risk and other hazards, including creating an escape plan
- ▶ Identify behaviours that can increase risk of fire, such as hoarding

Course structure

One half-day workshop

Aimed at

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

Building Resilience for Wellness and Recovery

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 a number of resilient moves to help them 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 5 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.



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.





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:

- ▶ Understand 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.

Finding Happiness

Happiness 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 three 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 three '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.

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. 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 five 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 8 weeks

Aimed at

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

Lend a hand to someone who needs your help

Give to those around you p.30

Food and Mood

Evidence suggests that certain foods can affect and possibly lift your mood. This workshop gets you looking at healthy eating for improved mental health, physical wellbeing and weight loss. The benefits of a balanced diet will be discussed and we will bring samples of healthy food and recipes to try at home.

Learning outcomes

Students will:

- Develop their knowledge of healthy eating through group discussions and sampling of simple recipes
- Be able to identify three mood-boosting or healthy foods for inclusion in their diet
- Complete a food diary and create their own healthy food plans

Course structure

One half-day workshop

Aimed at

Anyone who feels they could benefit from knowledge and understanding of food, eating and weight issues.

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
- Analyse 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.

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 creative experience and none. Supporters and carers are also welcome to apply.

Feedback from students Summer Term 2019

- "It's really helped me to feel able to move on into the future"
- "Having well colours has really built up my confidence"
- "The most helpful aspect of the course is that the peers know and understand what I'm going through"
- "The atmosphere in the sessions was always very warm and welcoming. Thank to the lovely course leaders. The course was really fun and informative"

Student Story

I started the course with two goals... that to give up and to complete the course. On our first session I was out of breath and the last one is... I was with what I decided... and giving up and being there, attending every session... in the struggle and the hardship something changes inside you... Something that even now while I am writing this makes me emotional... something inside you grow... we become stronger... and there is deep feeling of satisfaction that I am rickling with something that I love and am enjoying it.

My journey with the and my coming journey is very similar and parallel I am very grateful to The Recovery College that has given me this opportunity. The success will stay with me... Every step matters and One-step at a time.

Author: Rebecca

New Paw Trainer

Could the dog who stayed at our open day in Worthing received her new job role as paw trainer for Sussex Recovery College?

She received this at the Wood for Words event held in May which raised over £1000 for our charity. Jana, her mentor said she was thrilled to receive this award and we look forward to working with Carol and Jessica the future.

Peer Support to Mental Health

An audience of 70 mental health professionals, service users and others gathered at the Shoreham Centre on Tuesday 30 April to welcome the launch of Peer Support to Mental Health, the UK's first book on the subject. Research evidence shows that peer support increases hope, confidence, empowerment and social functioning and reduces stigma and hospital admissions.

Alongside Sara and Emma, 12 additional authors have contributed chapters, all of whom bring their own lived experience of mental health to their writing about peer support. At the launch, the authors spoke passionately about their reasons for getting

MAKE YOUR MONEY GO FURTHER

From the first week and ended a term with all the same great returns and after the first week we have had a lot more with additional returns and fundability.

We have a Social Group every second Thursday at Revive Cafe in Country Road 30, Steyning, 12-2pm.

Anyone who has done a course or is waiting for a course to start are



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 mobile phone 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.

Sailing through the Festive Season

A seasonal workshop to help you cope with this time of year. The festive season (Christmas, New Year and the holidays) can be a time of difficulty and in contrast to the traditional celebrations with family and friends. For many people, especially those with mental health challenges, there may be difficult and painful memories associated with the season: loneliness can be exacerbated and family dynamics can be challenging to manage. Using a recovery and wellbeing approach, we can draw upon our own experiences to help plan, cope and thrive during the festive season.

Learning outcomes

Students will:

- ▶ Describe and identify what they find challenging about the festive season
- ▶ Share new ideas and strategies to tackle and alleviate some of the most difficult aspects
- ▶ Create a plan with steps to follow that identifies both formal and informal support networks

Course structure

One half-day workshop

Aimed at

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

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, all levels of creative experience and none. Supporters and carers are also welcome to apply.

Join an exercise or dance class, or shape up with a local running club – bring your friends along with you

Be physically active p.30

Sandra's story

“Hello, my name is Sandra, I am 80 years old and I have completed the ‘Wellbeing in the Wild’ course. It was an eight-week course, and by the end of it the group became very close, and it feels like a family.

We learned how to make a fire with flint and sticks – we all found that great fun. We made birdfeeders and mallets. We did leaf printing, where we could pick the leaves straight off the trees and create individual designs. We made charcoal and used it for pencils. We looked after the forest, coppicing and planting wildflowers to encourage the butterflies and birds that visit. And we did a couple of walks down to the sea and into the forest, learning new things as we went.

None of it is compulsory and if you just want to watch, and have the company of friends, that is fine too. I have just mentioned a few of the things we did, and I think those who join us will really enjoy it. I know I did and it made me whole again.”

Sandra

Recovery College student

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 three 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 8 weeks

Aimed at

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

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.

Join a book club or set one up in your neighbourhood, involve your friends and family

Connect with others p.30

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.

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



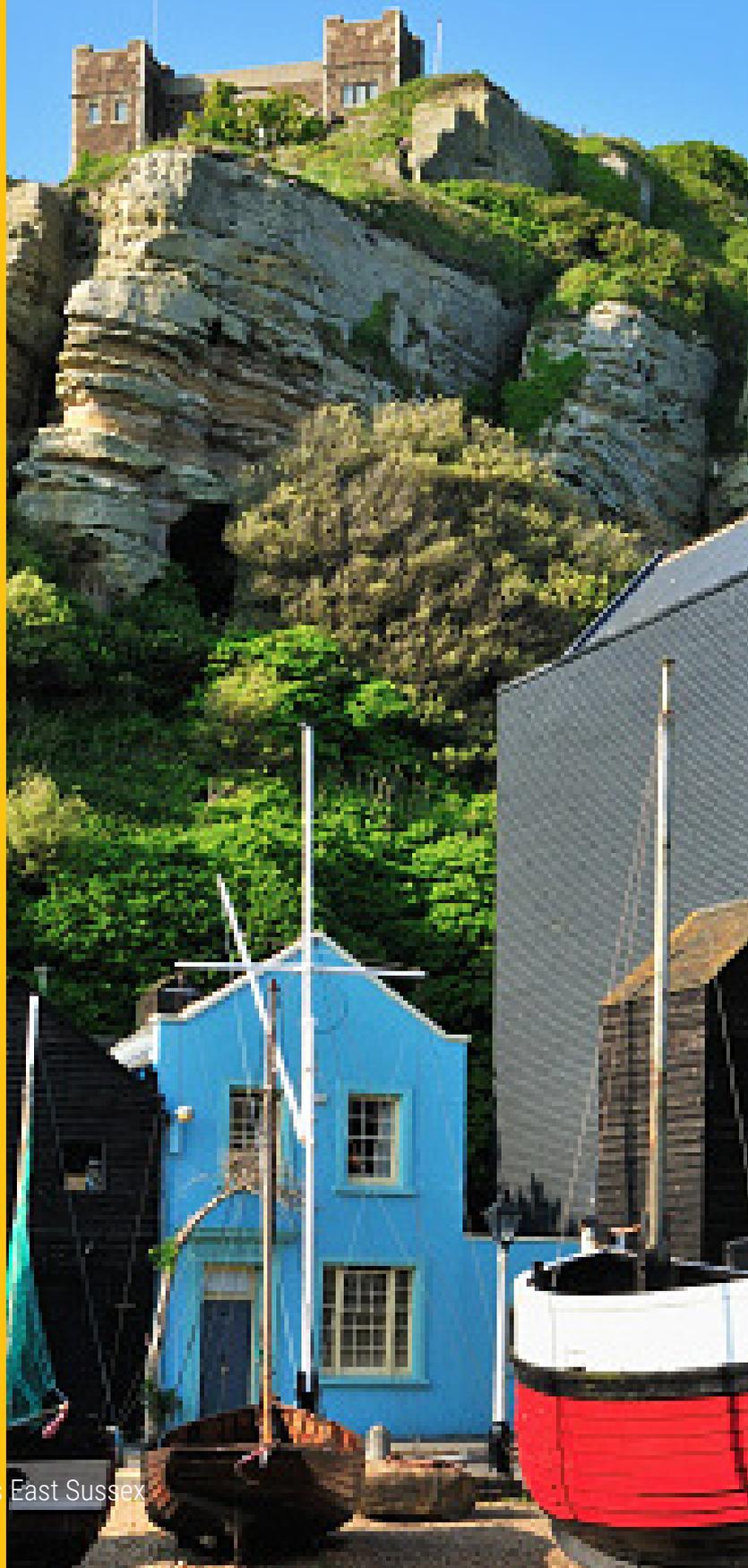
Aimed at

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

Understanding and Managing Health Conditions

Coping with Suicidal Thoughts and Feelings	21
Expert by Experience: Participation Workshops	21
Learning Disabilities: Coping with my Ups and Downs	19
Living Well with a Diagnosis of EUPD	21
Understanding and Coping with Anxiety	22
Understanding and Coping with Depression	22
Understanding and Living with OCD	23
Understanding and Supporting People with Suicidal Thoughts and Feelings	23
Understanding Medication	23
Understanding Psychosis	24

Hastings and Rother Campus



These courses are open to students in East Sussex who meet the requirements to attend Sussex Recovery College, although those living in the Hastings and Rother campus area may be given priority. Please note that some courses are aimed at specific groups of people and priority for places will be given to them.



Coping with Suicidal Thoughts and Feelings

This course helps you to understand what can lead a person to become so distressed that they 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 three 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 3 weeks

Aimed at

Anyone who has attempted suicide or has experienced suicidal thoughts. Supporters and carers are also welcome to apply.

Expert by Experience: Participation Workshops

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 longstanding or moderate to severe mental health challenges. Carers and supporters, as well as Trust staff members, are also welcome to apply.

Living Well with a Diagnosis of EUPD

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 three 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.

Understanding and Coping with Anxiety

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 creativity.

Learning outcomes

Students will:

- ▶ Gain an understanding of the ways 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 6 weeks

Aimed at

Anyone with mental health challenges who has a problem with anxiety. Supporters and carers are also welcome to apply.

Understanding and Coping with Depression

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.





Understanding and Living with OCD

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

Course structure

Weekly sessions for up to 6 weeks

Aimed at

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

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 3 hour workshop

Aimed at

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

Understanding Medication

This is an interactive, question-and-answer session in which we look at medical and psychological 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 health care 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

Two-hour sessions focusing on each of the following mental health conditions:

- **Depression**
- **Mood Disorders**
- **Psychosis**

Aimed at

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

"Working in mental health can sometimes make it difficult to find time for yourself. We need to remember that staff members are human too and we are not immune to mental health issues of our own. It's vital to take your mind off your responsibilities and recharge your batteries. Without looking after yourself you cannot properly start to nurture and support the people you work with."

Carrie, Senior Support Worker

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:

- ▶ 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.

Ian's story

“Lived experience is the knowledge and understanding wrought from experiences of mental distress, in my case over 35 years from a diagnosis of bipolar disorder. I use those experiences alongside my clinical training to help others deal with and recover from their own mental distress.

Recovery in my case required the light of understanding over many years. My first experience of mania and psychosis was at the age of fifteen, admitted to an adult psychiatric ward with all the trauma and confusion that entails for a young teenager and his bewildered mother. Back then the services and treatments were poorly explained and family and carers considered much less. Most of all I didn't understand what was happening to me.

The Recovery College offers information and knowledge and, most important of all, understanding. From understanding a light is cast over ourselves and our distresses and allows the possibility to change, to recover.

To me, the Recovery College is the epitome of hope. Hope that we can all better understand our conditions and each other, hope that we might moderate the devastation caused by them. Learning together on a course enables students to cope, manage and deal with their mental health conditions so we can live as full and productive lives as possible.

I was delighted to be employed by the College in 2013 as a peer trainer to co-produce courses with practitioners. Now, as a practitioner myself in a community mental health team, I am proud to continue working with the Recovery College to co-produce educational and practical courses that meet the needs of our community. I am now starting an Occupational Therapy Degree Apprenticeship with the University of Sussex and Sussex Partnership Trust.

Let there be light, let there be hope.”

Ian Kelly

Occupational Therapy Technician

Hastings and Rother Campus

Wellbeing and Lifestyle

Finding Happiness	26
Keep Calm and Carry on Journalling	26
Living Well: Making Healthier Choices	26
Make the Most of Your Empathy and Listening Skills	27
Mapping Your Journey: a Creative Approach to Joining Up the Dots	27
Self-Esteem and Confidence	27
Walk for Wellbeing	28

These courses are open to students in East Sussex who meet the requirements to attend Sussex Recovery College, although those living in the Hastings and Rother campus area may be given priority. Please note that some courses are aimed at specific groups of people and priority for places will be given to them.

Finding Happiness

Happiness 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 three 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 three ‘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.



Keep Calm and Carry On Journalling

Journalling can be used to support change in individuals’ lives. Through reflecting, identifying, planning and recording, it can effect small habit changes which add up to bigger lifestyle changes. It aims to help you overcome the overwhelming feeling of not knowing how or where to start in changing elements of your life.

Students are encouraged to arrive having identified the element of their lives they want to change, and will finish the course with a journalling template to assist them in their journey.

Learning outcomes

Students will:

- ▶ Explore the benefits that journalling can bring
- ▶ Develop a personal journalling style that supports wellbeing and recovery
- ▶ Develop an awareness of how journalling structures can positively encourage change

Course structure

Weekly sessions for up to 5 weeks

Aimed at

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

Living Well: Making Healthier Choices

In this course we look at what encourages people to make healthier choices, by understanding some of the science behind general behaviour change. To make this ‘come alive’ we will link it to our own experiences of when we have made changes in the past. We consider food, exercise and, specifically, smoking and alcohol – exploring how these affect our physical and mental wellbeing.

We will also look at longer-term lifestyle habits through goal-setting, and an opportunity will be given for students in the final week to book individual appointments to discuss their health goals and draft a plan to help them make healthier choices.

Learning outcomes

Students will:

- ▶ Understand what drives us to make changes
- ▶ Understand how lifestyles affect our health
- ▶ Be able to assess our own health and work toward achieving our goals

Course structure

Weekly sessions for up to 4 weeks

Aimed at

Anyone who feels they could benefit from improving their physical health. Supporters and carers are also welcome to apply.



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:

- ▶ Have 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.

Visit a gallery or museum and learn about a person or period in history that interests you

Continue to learn p.30

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 creative experience and none. Supporters and carers are also welcome to apply.

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 5 weeks

Aimed at

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

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

One-off sessions to be arranged

Aimed at

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

East Sussex Buddy service: information for applicants

The Student Buddy provision is part of **Community Connectors**, offering one-to-one support in accessing Recovery College courses. Buddies are volunteers who give support to help students settle in, make progress (throughout the duration of the course if needed) and achieve their potential.

Buddies operate within an agreed code of confidentiality to ensure they have the students’ best interests in mind at all times. Their role is to:

- ▶ Help new learners to settle into the course
- ▶ Help to establish good communications between all parties
- ▶ Offer appropriate advice and guidance
- ▶ Help new learners see the way ahead and progression opportunities
- ▶ Give and receive constructive feedback

Please be aware that a Buddy is **not** a teacher, a counsellor or a social worker – just a volunteer who is keen to help and support students in their participation in Recovery College.

If you feel you need the support of a Buddy, please tick the ‘Buddy’ box when filling in the Recovery College registration form. The Community Connectors Outreach Co-Ordinator will contact you to talk about available provision and arrange for you to meet your Buddy.

At your first meeting you should let your Buddy know what you expect from the service so they can plan to help. Please note that the service is dependent on the capacity of the Buddies and we cannot guarantee that one will be available immediately.

Guidelines for students

- ▶ Always arrange to meet your Buddy in a public place or at the Recovery College venue, at a mutually acceptable time in daytime hours
- ▶ Agree on how you will contact each other (if necessary) outside of agreed meeting times

Buddies are happy to support you by walking with you to your venue or by accompanying you locally on public transport. A Buddy will not be able to collect a student from their home address or drive you to and from the course or travel with you in your own car.

Your Buddy will tell you about the confidentiality agreement drawn up between you and share notes with you that relate to your meetings.

This service is provided by Community Connectors, in association with Southdown Mental Health Recovery Services and in partnership with Sussex Recovery College.

At Recovery College we are extending our services to in-patient settings, offering a variety of courses that help to involve participants in beneficial activities, become engaged with the learning process and build their confidence when planning their return to their homes and communities.

Classes take place in premises in and around East and West Sussex and are exclusive to in-patients, learning and working together in groups and being tutored by highly specialised professionals and Peer Trainers.

Among the courses on offer:

- ▶ Changing the Odds
- ▶ Coping after Discharge
- ▶ Five Ways to Wellbeing
- ▶ Hope
- ▶ Keeping Well after Discharge
- ▶ Learning about Crisis Teams
- ▶ Mental Health Stigma
- ▶ Recovery
- ▶ Resources to Help
- ▶ Suicide Prevention
- ▶ What Comes Next
- ▶ Your Toolkit for Discharge (from in-patient care)

All dates and times are by arrangement within each unit. Consult your clinician or key worker for details.



What Comes Next

We aim to support you to take the next step on your recovery journey and develop a greater understanding of what may improve wellbeing after discharge. We provide you with a variety of resources in the community to help you cope with the challenges ahead. This is a safe space to share coping and resilience tips, tools and experiences.

Learning outcomes

Students will:

- ▶ Understand where and how to find help
- ▶ Learn strategies to improve recovery and wellbeing
- ▶ Explore the possible barriers to discharge

Your Toolkit for Discharge (from in-patient care)

In-patients are given the opportunity to explore the concept of personal recovery, building hope for the future by sharing ideas and experiences, developing self-management skills and gaining ideas for keeping well, as they prepare for being discharged.

Learning outcomes

Students will:

- ▶ Share their feelings about discharge from hospital and gain support from others
- ▶ Gain awareness of personal skills and self-management to support wellbeing
- ▶ Learn about community resources available to support their wellbeing

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 pointers to further opportunities:

Acres

Promoting adult education across rural East Sussex.

 adultlearning@acres.org.uk

 www.acreslearning.org.uk

East Sussex College

Providing study opportunities in Eastbourne, Hastings, Lewes and Newhaven.

 info@sussexcoast.ac.uk

 info@sussexdowns.ac.uk

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

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

Buddies

Buddies provide the extra support and encouragement some of our students may need. They may also accompany a student to and from a course venue and attend a course alongside the student if requested. For specific details on the **East Sussex Buddy service** please read the notes on page 28.

Student Voice (Union)

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**.

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

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.

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

Check out our colour-coded '5 steps' tips dotted around this prospectus!

Find out more at www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/

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

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

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

Breakeven

GAMCARE COUNSELLING PARTNER

Breakeven

01273 833722

www.breakeven.org.uk

Highly experienced specialists who are trained in working with problem gamblers offer a counselling service to anyone adversely affected by gambling, whether personally or within the family or friendship groups.

Cruse Bereavement Care

www.cruse.org.uk

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

DE LA WARR PAVILION

De La Warr Pavillion

www.dlwp.com

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.



East Sussex College

info@sussexcoast.ac.uk

info@sussexdowns.ac.uk

www.escg.ac.uk

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.



East Sussex
Fire & Rescue Service

East Sussex Fire and Rescue Service

0800 177 7069

(home safety visits)

www.esfrs.org/

As well as responding to emergencies, we provide support and advice on home safety. We also provide free Home Safety Visits and help to identify any existing risks and what can be done to reduce them. We check you have working smoke alarms in your home to provide the earliest possible warning of fire.



Make Your Mark

07391 402311

www.makeyourmarknhs.co.uk

Make Your Mark (MYM) is the arts and health programme for Sussex Partnership. In 2017, MYM launched a Year of Drawing, thanks to funding from Arts Council England through Heads On. A Year of Drawing increases access to the arts for people facing mental health challenges through participatory drawing events.

ONE YOU

One You

www.nhs.uk/oneyou

A Public Health England initiative, One You works in partnership with local organisations to promote health and wellbeing programmes that enable people to make practical lifestyle changes, reducing risks associated with drinking, smoking and eating unhealthily.

Southdown

Making Life Work

Southdown

01273 749500

www.southdownhousing.org

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. The concept of recovery is about people staying in control of their life despite their mental health issues. Our services are based on the Recovery model for mental health.

Southdown Community Connectors

01323 340151

social.prescribing@nhs.net

Community Connectors work in partnership with GP Practices across Hastings & Rother, and Eastbourne, Seaford & Hailsham, supporting you to improve your health and wellbeing. We help you to develop personalised and practical solutions to everyday issues.



Sussex Community Counselling

01273 519108

counselling@sussexcommunity.org.uk

Sussex Community Counselling offers a high quality, low-cost counselling service in Newhaven, Lewes and Hailsham. From April 2018, our counselling services have also been available in Eastbourne town centre. Referrals to us can be made via GP or other health professional and direct self-referrals by calling us on the number above.

Addresses of venues

Eastbourne, Hailsham, Seaford, High Weald, Lewes and Havens campus

Amberstone

☎ 01323 440022

Carters Corner
Hailsham
BN27 4HU

Community Wise

☎ 01323 722924

Ocklynge Road
Eastbourne
BN21 1PY

Eastbourne Library

☎ 0345 608 0196

Grove Road
Eastbourne
BN21 4TL

Eastbourne Town Hall

☎ 01323 464780

Grove Road
Eastbourne
BN21 4UG

Eastbourne Wellbeing Centre

☎ 01323 405334

Saffrons Road
Eastbourne
BN21 1DG

Hillrise

☎ 01273 513441

Church Hill
Newhaven
BN9 9HH

Lewes New School

☎ 01273 477074

Talbot Terrace
Lewes
BN7 2DS

Lewes Wellbeing Centre

☎ 01273 475219

47a Western Road
Lewes
BN7 1RL

Millwood

☎ 01825 761177

Uckfield Community Hospital
Uckfield, TN22 5AW

Newhaven Wellbeing Centre

☎ 01273 612360

Marshall Lane
Newhaven
BN9 9RB

St. Mary's House

☎ 01323 747207

52 St Leonards Road
Eastbourne
BN21 3UU

Seven Sisters Country Park

☎ 0345 608 0193

East Dean Road
Seaford
BN25 4AB

Uckfield Wellbeing Centre (Bellbrook Centre)

☎ 01825 760684

Bell Lane
Uckfield
TN22 1QL

Hastings and Rother campus

The Bridge

☎ 01424 433611

361 Priory Road
Hastings
TN34 3NW

Cavendish House

☎ 01424 726600

Breeds Place
Hastings
TN34 3AA

Hastings Wellbeing Centre

☎ 01424 435472

Carisbrooke House
Stockleigh Road
St. Leonards-on-Sea
TN38 0JP

For information on how to get to and from a course or event venue using public transport we suggest you use one of the following services:

East Sussex County Council Passenger Travel Information

www.eastsussex.gov.uk/roadsandtransport/public/

Travel Line

www.traveline.info

☎ 0345 608 0194

(The cost of calls per minute from landlines may be subject to change; depending on your network provider calls from mobiles may cost more)



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.

 **www.mind.org.uk**

 **0300 123 3393**

The **Reading Well: Books on Prescription** programme provides information and advice on managing mental health challenges. It is endorsed by mental health professionals and supported by public libraries.

Please see page **35** 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**

Dates for your diary

Term dates 2019-2020

Autumn term 2019

28 October – 20 December

Winter term 2020

27 January – 3 April

Spring-Summer term 2020

18 May – 17 July

Open Days (West and East Sussex)

Autumn term 1-10 October inclusive

Winter term 7-17 January inclusive

Spring-Summer term 21 April – 1 May inclusive

Graduation (East Sussex) 16 July 2020

Acknowledgements

Thanks to everyone who has contributed to this publication and especially to the students and Peer Trainers for sharing their stories and experiences. Thanks to Louise Patmore for her excellent photographs and to Make Your Mark for additional material. Winter term 2020.

A note on our pictorial contributions

All 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. Additional images are supplied by our publishers.

Amanda Woodham, Editor, August 2019

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’ – available in HB and PB from 30 September 2013)	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
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

 0300 303 8086

 @withoutstigma

 sussexrecoverycollege.org.uk

 sussex.recoverycollege@nhs.net

 **Sussex Recovery College**
Aldrington House
35 New Church Road
Hove
BN3 4AG



Sussex Recovery College
has been part-funded by



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 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.