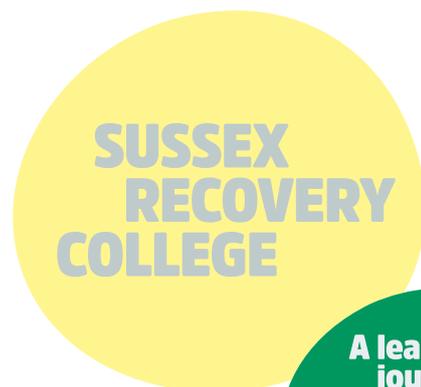


Prospectus

West Sussex

2019-2020



Welcome to your West 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 West Sussex prospectus we are providing a special focus on our half-day workshops of benefit to students and carers living life with dementia. See pull-out pages **15-16** for course details presented in our **extra user-friendly text format**. We are also dedicating a page to our Learning Disabilities Services who are offering a new course, *The Tree of Life* (page **30**).

New entries for this year in our Wellbeing and Lifestyle category include *Introduction to Food and Mood* and we are also re-introducing some courses from earlier years, such as *Five Ways to Wellbeing for the Over 50s*. Meanwhile we are continuing with some of the courses that were introduced for the first time in 2019 such as *One Step at a Time: Every Step Counts* – a new venture into physical activity that tests your walking, jogging and running abilities in a fun and safe environment!

You will also find a reference to classes available in in-patient settings, some of which incorporate elements from our mainstream courses. Go to page **36** 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)



“I can now move forward with my life”

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**SUSSEX
RECOVERY
COLLEGE**

Go to:
www.sussexrecoverycollege.org.uk

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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 West Sussex

We have four 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:

Tuesday 1 October 2019 1:00pm-3:00pm

Richmond Rooms
Assembly Hall
Stoke Abbott Road
Worthing
BN11 1HQ

Thursday 3 October 2019 1:00pm-3:00pm

Crawley Library
Southgate Avenue
Crawley
RH10 1BA

Tuesday 8 October 2019 1:00pm-3:00pm

New Park Centre
New Park Road
Chichester
PO19 7XY

Thursday 10 October 2019 1:00pm-3:00pm

The Regis Centre
Belmont Street
Bognor Regis
PO19 7XY

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

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These courses are open to students in West Sussex who meet the requirements to attend Sussex Recovery College, although those living in the Coastal 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.

Coastal Campus





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 4 weeks

Aimed at

Anyone who has attempted suicide or has experienced suicidal thoughts.

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 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.

Enabling Recovery

This course aims to support you as you begin to take control of your recovery journey. Students will explore what recovery means for them on an individual basis and think about what gets in the way and what supports recovery. There will be the chance to share and learn from others with similar experiences and to learn about the role activity and community resources can play in recovery.

Learning outcomes

Students will:

- ▶ Understand what recovery means for them and identify at least three things that will support their own recovery
- ▶ Develop a personal mini-wellness and recovery plan
- ▶ Learn about local community opportunities to further support recovery

Course structure

Weekly sessions for up to 6 weeks

Aimed at

Anyone who would like support to think about their recovery journey. 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. Supporters and carers, 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
- ▶ Understand 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.



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

Continue to learn p.37



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.

Living with Bipolar

This course is for people who are living with or affected by bipolar. It focuses on prevention and management of episodes of mania, hypomania and depression. Common treatments and coping strategies will be looked at, including self-help techniques.

Learning outcomes

Students will:

- ▶ Be able to describe the main features of bipolar
- ▶ Have a clearer understanding of how to keep as well as possible
- ▶ Be able to detect and act on early warning signs

Course structure

Weekly sessions for up to 3 weeks

Aimed at

Anyone living with or affected by bipolar disorder. Supporters and carers are also welcome to apply.

Managing Adult ADHD/ADD

This course explores symptoms and demonstrates different methods of coping with challenges that occur with attention deficit hyperactivity disorder (ADHD). We also look at the effects of medication 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 cause distress; and we also consider other support resources available.

Learning outcomes

Students will:

- ▶ Develop at least three coping mechanisms for ADHD
- ▶ Consider how to deal with emotions
- ▶ Consider being organised and time management

Course structure

One 2 hour workshop

Aimed at

Anyone who suspects they may be affected by ADHD/ADD or who has had a diagnosis. Supporters and carers are also welcome to apply.

Mental Health Awareness

This course offers a brief introduction to mental health and how we can manage our own mental and emotional wellbeing. We look at the most common types of mental health diagnoses, their signs and symptoms and the impact of stigma. We will share self-care strategies for a healthy lifestyle, including stress management and five ways to wellbeing.

Learning outcomes

Students will:

- ▶ Recognise the importance of looking after your own mental health
- ▶ Recognise the signs and symptoms of common mental health conditions
- ▶ Feel comfortable talking about mental health challenges and signposting others to relevant support services

Course structure

One 3 hour workshop

Aimed at

Anyone who would like to gain a basic understanding of mental health.

Mental Health First Aid

This course teaches people how to identify, understand and help someone who may be experiencing a mental health issue. You will learn how to listen, reassure and respond, even in a crisis – and potentially even stop a crisis from happening. The two-day course qualifies you as a Mental Health First Aider. Participants are given a manual to work from and keep, and certificate upon completion.

Learning outcomes

Students will:

- ▶ Gain an in-depth understanding of mental health and the factors that can affect wellbeing
- ▶ Learn practical skills to spot the triggers and signs of mental health issues
- ▶ Achieve enhanced interpersonal skills such as non-judgemental listening

Course structure

Weekly sessions for up to 4 weeks

Aimed at

Anyone with an interest in mental health who feels they could benefit from this approach.

Angie's story

“I am a Peer Trainer with Sussex Recovery College: that means that I have lived experience of mental health issues.

A Peer Trainer works alongside a clinician to deliver our courses. I usually help to run the ‘Understanding Psychosis’ course. I was diagnosed with schizophrenia during a hospital admission in 2012. I was very poorly, and to be honest could not see a future for myself. When I came home I felt lost, as I had stopped working because of my mental health.

One afternoon one of my care team came to see me and explained about the Recovery College, and told me they were looking for Peer Trainers – she thought I would be good at it. At first I just said no, I couldn't do anything. However, I did decide eventually to have a go! At that time I didn't think I had much chance, but I was offered an interview and after training became a Peer Trainer.

It has changed my life. I have so much more confidence now and I feel I am helping people. It has also led to me working with Research and Development, and I hope to help with the Voices Clinic in Hove. I have a lot to thank the Recovery College for – I have met so many lovely people and I feel I have a future.”

Angie

Peer Trainer

Switch off the TV and play a game with the children, or just talk

Connect with others p.37



Post-Traumatic Stress: 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.

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 styles. We acknowledge anger can lead to encounters with the criminal justice system and welcome those who want to make positive changes.

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

Understanding Adult ADHD/ADD

This workshop will explain the primary and secondary symptoms of attention deficit hyperactivity disorder (ADHD) and the impairments that they can cause. We help you to understand how these symptoms may be treated and the medications that are used. We also examine some coping strategies.

Learning outcomes

Students will:

- ▶ Understand the nature of the symptoms and impairments related to ADHD/ADD
- ▶ Learn about the different medications that can be used
- ▶ Understand how it impacts on people’s functioning, taking in some coping strategies to help with the symptoms

Course structure

One 2 hour workshop

Aimed at

Anyone who suspects they may be affected by ADHD/ADD or who has had a diagnosis. 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 7 weeks

Aimed at

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



Understanding and Managing Hoarding

In this course we aim to give students an understanding about what hoarding is and how it may develop. We look at the potential risks that hoarding can present both to the hoarder and the people around them. The course also considers multi-agency approaches to working with people who hoard.

Learning outcomes

Students will:

- ▶ Be able to give a definition of hoarding and its general characteristics
- ▶ Be able to recognise when someone has a problem and the risks it can present
- ▶ Be made aware of services and other sources of help

Course structure

Weekly sessions for up to 5 weeks

Aimed at

Anyone with mental health challenges, particularly with regard to a hoarding habit. 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.37

Victoria's story

"I found out about Recovery College while I was living abroad. I had to move back to the UK and was planning on moving to West Sussex, where I knew no-one except my grandparents. I'd had long-term struggles with depression and anxiety, and I spent a lot of time searching the internet, trying to find out what support was available in the area. The only practical support I found was Recovery College. I looked at the courses available and they seemed to be an exciting mix of theoretical and creative courses. Once I'd actually moved, I investigated Open Days and nervously attended one in my local area. Everyone was really friendly, and I found several courses that interested me, signed up and quickly got a letter confirming my place.

My first course was 'Self-Esteem and Positive Thought'. On the first day, I had this wonderful feeling that I'd found somewhere I belonged, because for the first time since I'd moved back to the UK I was with a group of people who understood what it was like to have mental health issues because they had them too! I realised how much I'd missed the mutual support and encouragement you can get from sharing your struggles with other people who have mental health challenges. The course was helpful; discovering a way to connect to other people with mental health challenges was even more beneficial. I didn't feel alone any more.

One of the other things that excited me about that first Recovery College course was realising that being a Peer Trainer was an actual job! I'd trained as a primary school teacher and was really attracted to the idea that maybe at some point in the future I might be able to use my teaching background and my lived experience of mental health challenges to support other people.

I went on to do several other courses, including 'Using Art to Improve your Mood' and 'Coping with Anxiety'. The art course helped reignite my love of creativity, gave me lots of ideas which I've gone on to use when running art groups of my own, and even showed me I can draw portraits - something I was convinced I couldn't do. The course on anxiety has changed my attitude towards my struggles with anxiety. I now have so many tools to help me manage my anxious feelings and challenge my unhelpful thoughts... and I have become a firm believer in the therapeutic powers of a tub of Play Doh!

Thanks in part to Recovery College my mental health (and my ability to manage my mental health challenges) has now improved to the point where I feel able to help others, and I'm very excited to fulfil my long-held ambition to be a Peer Trainer and help run Recovery College courses which will hopefully benefit others as much as they have benefited me."

Victoria Peer Trainer

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

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

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.



Supporting Dementia at Recovery College

SUSSEX
RECOVERY
COLLEGE

A learning
journey to
wellbeing

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

On these pages we present a range of courses of interest and help to you, your family, carers and friends.

Understanding and Living with Dementia

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

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

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

Learning outcomes

Students will:

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

Course structure

Workshops in locations across Coastal and Northern West Sussex

See overleaf for more information on Dementia Services and courses for carers

Dementia Carers' Workshops

New carer-focused courses to be introduced in locations across Coastal and Northern West Sussex (check termly timetables for details on dates and times)

For Carers: Living with Dementia

As dementia progresses, it can be stressful when you are supporting someone with behaviours that may be challenging and difficult to deal with. There may not always be obvious reasons why the person with dementia is presenting in a manner that is unusual or distressing, while they cannot tell you what the problem is.

This workshop is designed for carers looking after someone with advanced dementia. It will also help them gain a better understanding of how to support a person with challenging behaviour, to look at some reasons why this may be happening, and to provide practical advice, tips and information.

Learning outcomes

Students will:

- ▶ Develop practical approaches to caring
- ▶ Gain a greater understanding of what is meant by "challenging behaviour"
- ▶ Gain more awareness of why behaviours can change with advancing dementia

Aimed at

Anyone caring for someone who has advanced dementia.

To apply for any of these courses, please call **0300 303 8086**.

Our office team will be happy to help you book your place on to a course. Alternatively, ask a family member/ healthcare professional to call us on your behalf.



We support Dementia Friends
dementiafriends.org.uk



At Recovery College we are committed to helping you to access all of our courses and inform you of related services. We recommend you visit www.dementiafriends.org.uk and www.alzheimers.org.uk if you would like to discuss your particular needs, or – for help and advice on local resources – contact the Worthing Dementia Action Alliance at www.dementiafriendlyworthing.org

Coastal Campus

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These courses are open to students in West Sussex who meet the requirements to attend Sussex Recovery College, although those living in the Coastal 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.

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.

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.

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

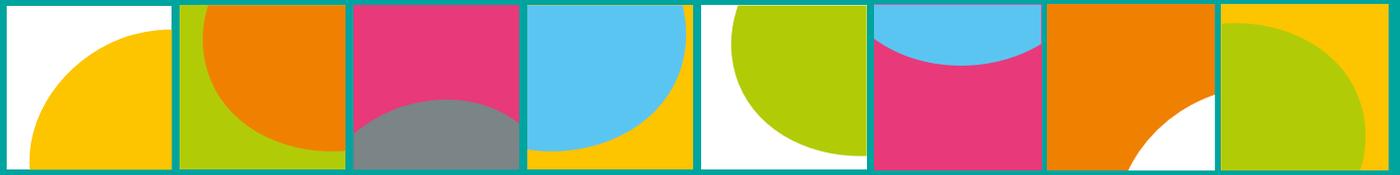
Weekly sessions for up to 8 weeks

Aimed at

Anyone with mental health challenges who feels they would benefit from the Five Ways to Wellbeing. 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.37



Five Ways to Wellbeing for the Over 50s

People are living longer and it is essential to our wellbeing that we continue to spend our time positively engaged in activities that we enjoy, whatever our age. In this course we'll learn the Five Ways to Wellbeing, focusing specifically on the over 50 age group; how these work together to support our recovery and how they can help to keep us well. Sessions focus on five key areas identified nationally as being key to promoting 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 6 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.

Food and Mood

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

Learning outcomes

Students will:

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

Course structure

Weekly sessions for up to 7 weeks

Aimed at

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



Improve Your Sleep

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

Learning outcomes

Students will:

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

Course structure

Weekly sessions for up to 3 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.



Introduction to Assertiveness

This course defines what assertiveness is and what it isn't. You will discover when it is easier to be assertive and what stops you using assertiveness skills in other situations. You will practise being assertive and saying no. There are opportunities for discussion, sharing tips, tools and experiences.

Learning outcomes

Students will:

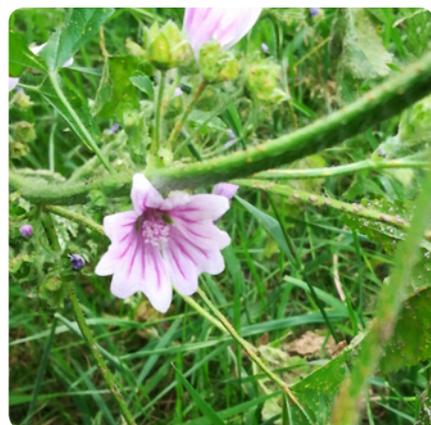
- ▶ Be able to assess how assertive they are and choose when to use assertiveness skills
- ▶ Understand the barriers to and benefits of being assertive
- ▶ Practise being assertive and saying no

Course structure

Weekly sessions for 2 weeks

Aimed at

Anyone who would like to be more assertive and aim for a win-win outcome in their interactions with others where there is conflict.



Introduction to 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:

- ▶ Gain a 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 diets
- ▶ Complete a food diary and create healthy food plans

Course structure

One half-day workshop

Aimed at

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

Mapping Your Journey: a Creative Approach to Joining Up the Dots

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

Learning outcomes

Students will:

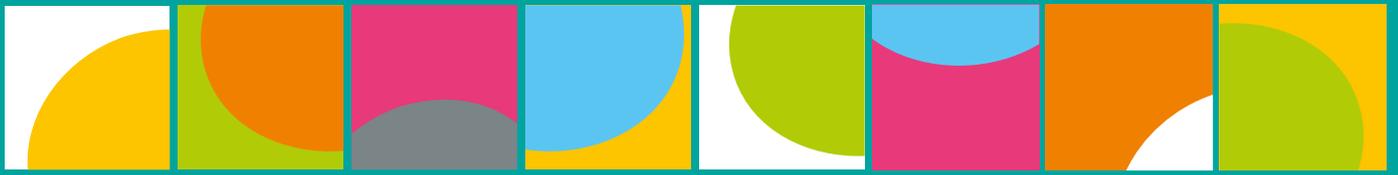
- ▶ Use a range of creative imaginative exercises to develop their marks and creative skills
- ▶ Develop confidence in creativity, communicating and working with others
- ▶ Identify interesting and creative approaches that can be continued with and sustained beyond the course

Course structure

Weekly sessions for up to 4 weeks

Aimed at

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



One Step at a Time... Every Step Counts

Improve your mental health and wellbeing through jogging and running! These sessions, mostly on a sports track, provide you with the confidence to either begin jogging/running (starting with brisk walking) or otherwise progress your existing running abilities. Our dedicated run leaders offer you a safe and unintimidating environment. We help you develop your confidence to run and deliver on your personal goals, whether that means running a certain distance, getting quicker or just enjoying being out and exercising in the company of like-minded people. Come and join us for a coffee and chat after each session!

Learning outcomes

Students will:

- ▶ Gain improved mental health and wellbeing through physical activity
- ▶ Be able to have the confidence to run at any time and anywhere
- ▶ Gain the confidence to join local run groups or participate in a local **parkrun***

Course structure

Weekly sessions throughout the year – join in at any time!

Aimed at

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

Painting for Wellbeing

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

Learning outcomes

Students will:

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

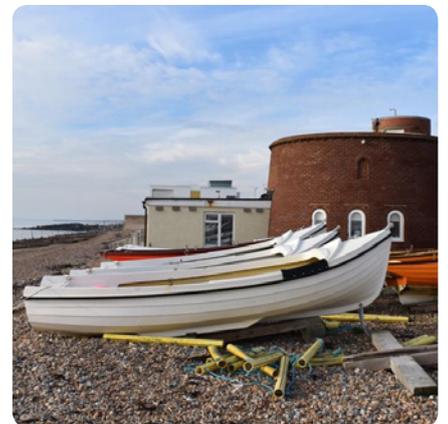
Course structure

One-off half-day workshop

Aimed at

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

* **parkrun** is the premier organiser of free weekly timed 5k events in the UK and throughout the world. Open to everyone, parkrun provides an encouraging and welcoming atmosphere for runners, joggers and walkers of all ages and abilities. Find out more from www.parkrun.org.uk



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.

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.

Work for Wellbeing

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

Learning outcomes

Students will:

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

Course structure

Weekly sessions for up to 5 weeks

Aimed at

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

Don't feel you need to always be doing things – take the time to simply be

Take notice p.37

Northern Campus

Understanding and Managing Health Conditions

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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 4 weeks

Aimed at

Anyone who has attempted suicide or has experienced suicidal thoughts.

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 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. Supporters and carers, 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
- ▶ Understand 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.

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

**Connect with others
p.37**

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 ways 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 3 hour workshop

Aimed at

Anyone affected by a diagnosis of personality disorder. Supporters and carers 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.

Living with Bipolar

This course is for people who are living with or affected by bipolar. It focuses on prevention and management of episodes of mania, hypomania and depression. Common treatments and coping strategies will be looked at, including self-help techniques.

Learning outcomes

Students will:

- ▶ Be able to describe the main features of bipolar
- ▶ Have a clearer understanding of how to keep as well as possible
- ▶ Be able to detect and act on early warning signs

Course structure

Weekly sessions for up to 3 weeks

Aimed at

Anyone living with or affected by bipolar disorder. Supporters and carers are also welcome to apply.

Mental Health Awareness

This course offers a brief introduction to mental health and how we can manage our own mental and emotional wellbeing. We look at the most common types of mental health diagnoses, their signs and symptoms and the impact of stigma. We will share self-care strategies for a healthy lifestyle, including stress management and five ways to wellbeing.

Learning outcomes

Students will:

- ▶ Recognise the importance of looking after your own mental health
- ▶ Recognise the signs and symptoms of common mental health conditions
- ▶ Feel comfortable talking about mental health challenges and signposting others to relevant support services

Course structure

One 3 hour workshop

Aimed at

Anyone who would like to gain a basic understanding of mental health.

Mental Health First Aid

This course teaches people how to identify, understand and help someone who may be experiencing a mental health issue. You will learn how to listen, reassure and respond, even in a crisis – and potentially even stop a crisis from happening. The two-day course qualifies you as a Mental Health First Aider. Participants are given a manual to work from and keep, and certificate upon completion.

Learning outcomes

Students will:

- ▶ Gain an in-depth understanding of mental health and the factors that can affect wellbeing
- ▶ Learn practical skills to spot the triggers and signs of mental health issues
- ▶ Achieve enhanced interpersonal skills such as non-judgemental listening

Course structure

Weekly sessions for up to 4 weeks

Aimed at

Anyone with an interest in mental health who feels they could benefit from this approach.





Post-Traumatic Stress: 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.

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 styles. We acknowledge anger can lead to encounters with the criminal justice system and welcome those who want to make positive changes.

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 with longstanding or moderate-to-severe mental health challenges. 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 course and gain a useful qualification: learn a new language or practical skill

Continue to learn p.37

Paul's story

“I first heard about Recovery College at the start of my recovery journey. I'd completed a Peer Mentor course with Sussex Oakleaf: they'd shown me a glimmer of light at the end of a very long tunnel.

I was intrigued by the ethos of the College: it was therapeutic but not therapy. Students, co-production between professionals and people like me with lived experience standing up and speaking in front of lots of people telling my story... the whole idea was very appealing but also nerve wracking at the same time.

I was encouraged to apply for the role of Peer Trainer in the College and got an interview. I well remember the anxiety and nervousness but I had my good friend with me so we managed to hold each other up!

The feeling that the College thought it worthwhile investing time and money in me for training and development gave me a real boost. That I can pass on what I've learnt to others in a supportive and safe environment is brilliant.

Recovery College has been one of the best experiences of my life and I attribute my own continuing wellbeing to the things I learn and experience from my co-trainers, students and colleagues.”

Paul Senior Peer Trainer

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 5 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

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

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 5 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.

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.

The Tree of Life

In the Tree of Life course we draw our own trees of life together. This helps us think about our lives. We use the parts of a tree to think about:

- **the roots:** our history, where we come from
- **the trunk:** our skills and abilities, things we are good at
- **the branches:** our hopes and dreams for the future
- **the leaves:** important people in our lives
- **fruits and flowers:** things we have been given and what we give to others – love, understanding and fun, and things that help us stay strong and well

Learning outcomes

Students will:

- ▶ Gain an understanding of their strengths and the helpful people in their lives (social networks)
- ▶ Gain an understanding about what is important to them
- ▶ Gain an understanding of how they can work with others when things get tough

Course structure

Weekly sessions for up to 4 weeks

Aimed at

Anyone living with a learning disability – all skills and abilities (you don't need to be good at drawing or writing!). Supporters and carers are also welcome to apply.



We create a 'forest of life' that helps us see all the strengths we share together. People who are important to you will be invited to see your tree and hear about your strengths.

Northern Campus

Wellbeing and Lifestyle

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Self-Esteem and Confidence	34
Wellbeing in the Garden	35
Wellbeing in the Wild	35
Work for Wellbeing	35

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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 7 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.

Coping Skills for Wellness and Recovery

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

Learning outcomes

Students will:

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

Course structure

Weekly sessions for up to 6 weeks

Aimed at

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

Creativity for Wellbeing

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

Learning outcomes

Students will:

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

Course structure

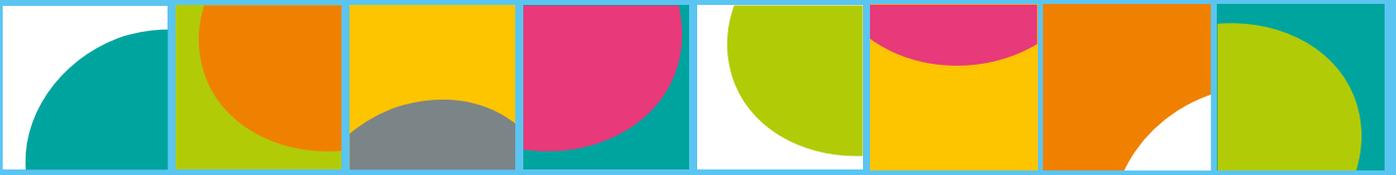
Weekly sessions for up to 7 weeks

Aimed at

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

Go somewhere different or make something new for lunch: notice the colour, texture and taste of what you eat

Take notice p.37



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 feels they would benefit from the Five Ways to Wellbeing. Supporters and carers are also welcome to apply.

Introduction to 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:

- ▶ Gain a 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 diets
- ▶ Complete a food diary and create healthy food plans

Course structure

One half-day workshop

Aimed at

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

Mapping Your Journey: a Creative Approach to Joining Up the Dots

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

Learning outcomes

Students will:

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

Course structure

Weekly sessions for up to 4 weeks

Aimed at

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

One Step at a Time... Every Step Counts

Improve your mental health and wellbeing through jogging and running! These sessions provide you with the confidence to either begin jogging/running (starting with brisk walking) or otherwise progress your existing running abilities. Our dedicated run leaders offer you a safe and un intimidating environment. We help you develop your confidence to run and deliver on your personal goals, whether that means running a certain distance, getting quicker or just enjoying being out and exercising in the company of like-minded people. Come and join us for a coffee and chat after each session!

Learning outcomes

Students will:

- ▶ Gain improved mental health and wellbeing through physical activity
- ▶ Be able to have the confidence to run at any time and anywhere
- ▶ Gain the confidence to join local run groups or participate in a local **parkrun***

Course structure

Weekly sessions throughout the year – join in at any time!

Aimed at

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

Painting for Wellbeing

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

Learning outcomes

Students will:

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

Course structure

One-off half-day workshop

Aimed at

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

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

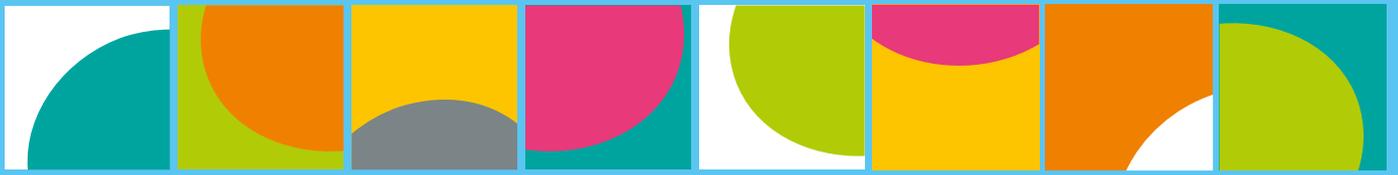
Course structure

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.

* **parkrun** is the premier organiser of free weekly timed 5k events in the UK and throughout the world. Open to everyone, parkrun provides an encouraging and welcoming atmosphere for runners, joggers and walkers of all ages and abilities. Find out more from www.parkrun.org.uk



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.

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.



Work for Wellbeing

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

Learning outcomes

Students will:

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

Course structure

Weekly sessions for up to 5 weeks

Aimed at

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

Do some moderate intensity aerobic activity each week – try jogging, fast walking or cycling

Be physically active p.37

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 and continuing 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:

Aspire

Promoting adult education across Sussex.

 enquiries@aspresussex.org.uk

 aspresussex.org.uk

Central Sussex College

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

 info@centralsussex.ac.uk

 centralsussex.ac.uk

Northbrook College

Providing further education and undergraduate courses in Worthing and Shoreham..

 enquiries@nbcol.ac.uk

 northbrook.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. 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.

Please note: Buddies are allocated based on the individual needs of the student and availability of appropriate support. Please tick the box on the Buddies section of our registration form (either on paper or online) to apply for a Buddy.

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: 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

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.



Capital Project

01243 869662
www.capitalproject.org

A charity run by people with lived experience of mental health issues to enable them to become involved in training and contribute to service improvement, peer support and research.



Coastal West Sussex Mind

01903 277000
www.coastalwestsussexmind.org

Coastal West Sussex Mind aims to promote mental health and wellbeing throughout the coastal areas. Its mission is to provide high quality mental health services to support people in their recovery journeys.



The Corner House

01273 871575
www.corner-house.org.uk

An activity-based resource centre offering support and advice to people between the ages of 18 and 65 with mental health difficulties. The Corner House aims to encourage people to optimise their potential, and engender a sense of wellbeing through engaging in creative and vocational pursuits.



East Grinstead & District Association for Mental Health

info@egmha.org.uk
www.egmha.org.uk

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.



Make Your Mark

makeyourmark@sussexpartnership.nhs.uk
www.makeyourmarknhs.co.uk

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.



Rape Crisis Surrey and Sussex/Rape and Sexual Abuse Support Centre

01293 279956
www.rcsas.org.uk

RCSAS provides specialist and confidential support in a safe, all-female, environment to women and girls aged 13 and over who have experienced sexual violence at any point in their lives.



The Richmond Fellowship

01403 241866 / 01243 780420
www.richmondfellowship.org.uk

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.



Soundcastle

www.soundcastle.co.uk

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



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. Our services are based on the Recovery model for mental health.



Sussex Oakleaf

01293 534782 / 01444 459517
www.sussexoakleaf.org.uk

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.



United Response

020 8246 5200
www.unitedresponse.org.uk

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.

Addresses of venues

Coastal campus

Aspire Adult Education Centre

 0345 601 0161

Westloats Lane, Bognor Regis PO21 5LH

The Bedale Centre

 0300 304 0400

1 Glencathara Road
Bognor Regis PO21 2SF

Bognor Regis Library

 01243 382470

London Road, Bognor Regis PO21 1DE

Chapel Street Clinic

 01243 623300

Chapel Street, Chichester PO19 1BX

Coastal West Sussex Mind

 01903 277000

The Gateway, Durrington Lane
Worthing BN13 2QG

The Corner House

 01273 871575

45 Southwick Street,
Southwick BN42 4TH

Dove Lodge

 01903 719451

Beach Road, Littlehampton BN17 5JG

Durrington Community Centre

 01903 268287

2 Romany Road, Worthing BN13 3ED

Field Place Manor House

 01903 446401

The Boulevard, Worthing BN13 1NP

Guild Care Centre

 01903 528600

Methold House, North Street
Worthing BN11 1DU

Heene Community Centre

 01903 209997

122 Heene Road, Worthing BN11 4PL

New Park Centre

 01243 536840

New Park Road, Chichester PO19 7XY

St. Lawrence Surgery

 01903 222900

79 St Lawrence Avenue
Worthing BN14 7JL

The Richmond Fellowship

 01243 780420

Forum House, Stirling Road
Chichester PO19 7DN

Southwick Community Centre

 01273 592819

24 Southwick Street, Southwick BN42 4TE

Sussex Partnership

NHS Foundation Trust

 01903 843000

Meadowfield Hospital, Arundel Road,
Worthing BN13 3EF

Sussex Partnership

NHS Foundation Trust

 0300 304 0100

Trust Headquarters, Arundel Road,
Worthing BN13 3EP

United Response

 01903 732736

The Studio, Fort Road East,
Littlehampton BN17 7QZ

Worthing Town Hall

 01903 239999

Chapel Road, Worthing BN11 1HA

Northern campus

Action for Deafness

 01444 415582

22 Sussex Road,
Haywards Heath RH16 4EA

Beech Hurst Park

Butlers Green Road,
Haywards Heath RH16 4BB

The Charis Centre

 01293 453446

Town Barn Road, Crawley RH11 7EL

Crawley Library

 01293 651751

Southgate Avenue, Crawley RH10 6HG

Gleneagles Court

Brighton Road, Crawley RH10 6AD

Haywards Heath Town Hall

 01444 455694

40 Boltro Road, Haywards Heath RH16 1BA

The Richmond Fellowship

 01403 750786

Roffey Millennium Hall, Crawley Road,
Horsham RH12 4DT

South Downs Centre

North Street, Midhurst GU29 9DH

Sussex Partnership

NHS Foundation Trust

 01293 590400

Langley Green Hospital, Martyrs Avenue,
Crawley RH11 7EJ

Tilgate Park

 01293 521168

Crawley RH10 5PQ

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:

West Sussex County Council Community Transport Providers

 westsussex.gov.uk/roadsandtravel/travel-and-publictransport

 01243 777100

Travel Line

 www.traveline.info

 0871 200 2233

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

See page 43 for our map denoting our West Sussex campus areas

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 **42** 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 (West Sussex) 14 July 2020



**Lend a hand to someone
who needs your help**
Give to those around you p.37

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

Our campuses



Acknowledgements

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

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

 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

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 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.