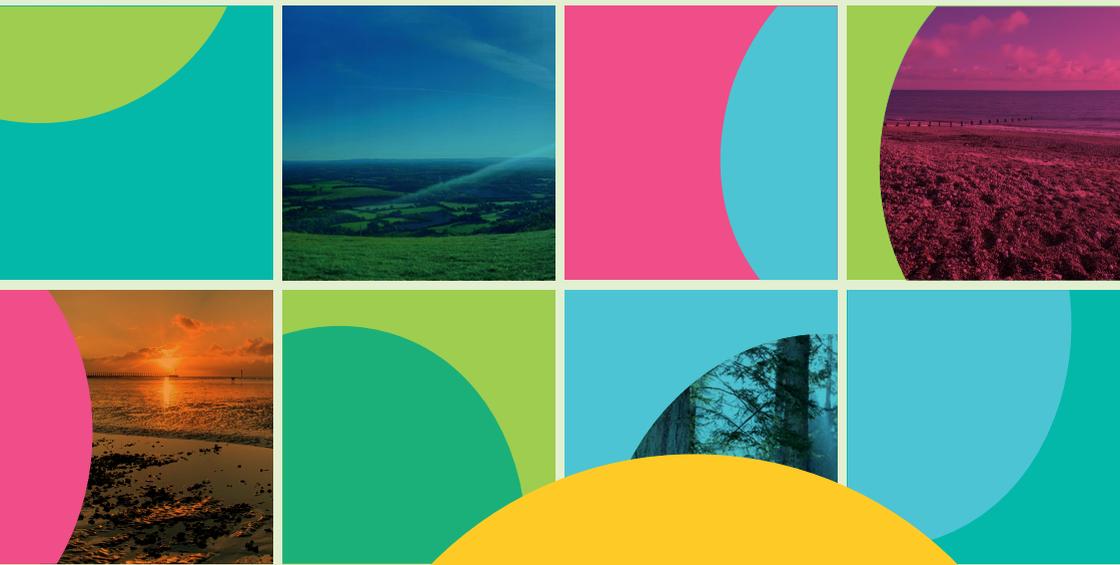


Sussex Recovery College

Prospectus 2023-2024



**SUSSEX
RECOVERY
COLLEGE**

Free Wellbeing & Mental Health Courses

www.SussexRecoveryCollege.org.uk

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**SUSSEX
RECOVERY
COLLEGE**

Go to:

www.SussexRecoveryCollege.org.uk

Welcome to your Sussex Recovery College prospectus for 2023-2024

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

This prospectus covers courses available over three terms in the 2023/24 academic year. More detailed timetables for each term are published separately and are launched at our Open Day events (see page 7).

We offer a broad curriculum covering **understanding and managing health conditions and creativity, wellbeing and personal development**. Courses range from one-off workshops to weekly sessions lasting up to 8 weeks.

Some of our courses are available online in addition to being available face to face, some are only available face to face and some are only available online.

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

All courses are referenced in our index on page 8. You are welcome to apply for a place on any course in any location. (Please note, not all courses are provided in all locations.)

Our principles

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

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

Booking onto a course

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

Online:

go to www.SussexRecoveryCollege.org.uk and follow links to our registration pages. A link to our online booking request service can also be accessed via the QR code at the foot of this page.

On paper:

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

Contact us



Sussex Recovery College

Aldrington House
35 New Church Road
Hove BN3 4AG



www.SussexRecoveryCollege.org.uk



SussexRecoveryCollege@spft.nhs.uk



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



0300 303 8086

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



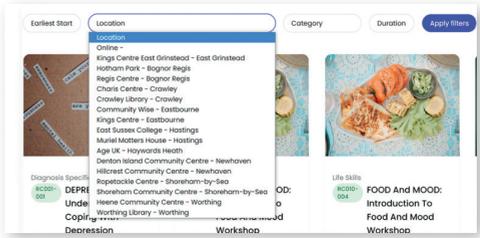
ENVELOPE: How to apply for courses

Searching for a course.

You can now search for a course in the "Search for a course" button.

For example, you can search - depression, anxiety, online.

You can also apply filters to narrow down your search by earliest start, location etc.



Each course has a picture, title and information regarding location and start time.

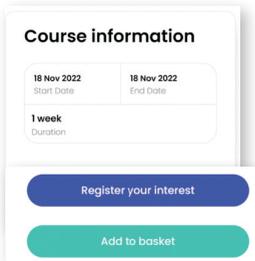


By clicking "view course" you will see the courses information.

View a map of the location.

how long the course runs for.

Course description and learning outcomes.



Once you are happy with your selection you can either

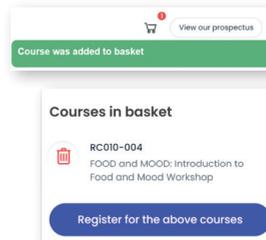
Add to basket and continue adding courses

or

Register your interest which will take you to the application form.

You can find your selected courses by clicking the basket icon at the top of the page.

Courses can be deleted by clicking the bin icon and apply for selected courses



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 with the College
- ▶ To use appropriate channels for complaints or raising concerns
- ▶ To ask for clarification if you are not sure about anything

“I’ve taken so much from the courses I did. It’s helped me in more ways than one and given me a new approach to life. I feel ready to take on new challenges and will do so with a positive outlook.”

Our charter and student code of conduct

Student code of conduct

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

- ▶ Behave in a manner that fosters mutual respect, dignity and understanding between all members of the College
- ▶ Respect the rights, life choices, beliefs and opinions 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 illicit 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



“Thanks to everyone who was part of the courses I attended and who showed such strength in sharing their stories. It’s helped me in so many ways and I appreciate you all”

Open Days, Term Dates and Graduation

Open Days

Our Open Days give you the opportunity to find out about us, speak to our trainers and consider our courses. You can then book onto a course (see page 3).

Open Days are held in September for the Autumn term 2023. Other, online, Open Days are planned for the Spring and Summer terms. Please check our website for updates.

If you are unable to attend an Open Day, please contact us or register your details/ apply for a course following the instructions on page 3 of this prospectus.

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

Graduation Days

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

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

Dates for your diary

Term dates 2023-2024

Autumn term 2023

09 October – 15 December

Spring term 2024

15 January – 15 March

Summer term 2024

28 May – 26 July

Index of All Courses

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Get Inspired! An Introduction to one of our New Peer Trainers

Our Peer Trainers work for the Trust and co-produce and co-design courses and workshops for the Recovery College. All our Peer Trainers have lived experience of mental health challenges and use their learning to help others.

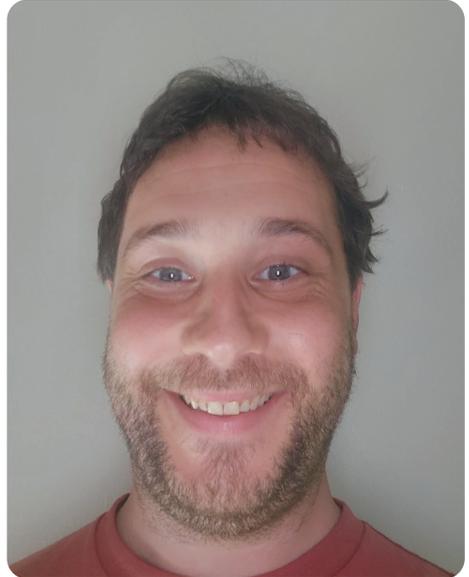
"My Community Psychiatric Nurse was the first who told me about Recovery College. Although I was incredibly nervous when I went along to the courses they gave me the chance to be surrounded by others; they did not have my experiences of life but I knew felt just as bad as I did. I felt less alone and it really gave me hope that I might one day be able to see more to life than just what I was going through.

Recovery College helped me understand how my mental health affected me and I learnt some new ways to deal with it. Since then I feel very happy to be able to have the opportunity to help and support others to realise that hope that things can change for them through the 1-1 work I do as a mental health Recovery Worker, but also through courses that I am now allowed to teach for Recovery College as a Peer Trainer.

I work in a full-time role within the Pathfinder service at Brighton Housing Trust Sussex where I have spent the last 5 years after being a client, moving into a volunteer role then into a Recovery Worker role and now as Deputy Manager where I can continue supporting clients to accomplish their goals.

For me life does feel like an ongoing journey of Recovery but one which I feel more capable to deal with the downs, and one which I can also start to appreciate and actually sometimes enjoy the ups."

Dan, Peer Trainer



Course Listings: Understanding and Managing Health Conditions

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Understanding and Managing Health Conditions

ADHD/ADD: Understanding and Managing Adult ADHD/ADD

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

Learning Outcomes

Students will:

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

Course structure

Weekly sessions of up to 4 weeks.

Aimed at

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

ANGER Management Workshop

Online Only

This workshop will enable participants to develop their understanding of anger and the ways in which anger can manifest in one's thoughts/feelings/bodily symptoms and behaviour. It covers the function of anger and its pros and cons. The workshop will identify strategies to enable participants to confront and manage symptoms of anger. It will give an opportunity to practise techniques to help participants contain anger.

Learning Outcomes

Students will:

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

Course structure

One-off, 90-minute online workshop.

Aimed at

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



ANXIETY: Understanding and Coping with Anxiety

Also Online

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

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

Learning Outcomes

Students will:

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

Course structure

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

Aimed at

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



“It’s helped me challenge negative thoughts and improved my self-confidence”

Understanding and Managing Health Conditions

AUTISM: Understanding Autism

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

Learning Outcomes

Students will be able to:

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

Course structure

Weekly sessions for up to 4 weeks.

Aimed at

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

BIPOLAR: Living with Bipolar

Also Online

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

Learning Outcomes

Students will be able to:

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

Course structure

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

Aimed at

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



DEPRESSION: Understanding and Coping with Depression

Also Online

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

Learning Outcomes

Students will:

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

Course structure

Weekly sessions for up to 6 weeks.

Aimed at

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

EUPD: An Introduction to Understanding and Living with Emotionally Unstable Personality Disorder / Complex Emotional Needs

Also Online

Emotionally Unstable Personality Disorder (EUPD) or Complex Emotional Needs (CEN) can have a significant impact on how you think, feel, perceive or relate to others. This course is designed to educate about and destigmatise the condition. We introduce ways of better coping and living with the challenges it brings and offer hope for the future.

Learning Outcomes

Students will:

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

Course structure

Weekly sessions for up to 3 weeks.

Aimed at

An introductory level course for people who are newly diagnosed with Personality Disorder (borderline or emotionally unstable) or have

Understanding and Managing Health Conditions

been diagnosed but haven't yet been offered interventions or treatments.

Carers and supporters wishing to know more about the condition are also welcome to apply.



“A safe space was created to discuss personal experiences of a very difficult nature.”

LEARNING DISABILITIES: Coping with My Ups and Downs

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

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

Learning Outcomes

Students will:

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

Course structure

Weekly sessions for up to 7 weeks.

Aimed at

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



MEDICATION: Understanding Medication

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

Learning Outcomes

Students will:

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

Course structure

One-off 2-hour workshop.

Aimed at

Anyone who is interested in finding out more about medication-based treatments. Supporters and carers are also welcome to apply.

MEDICATION: Understanding Medication for Depression

ONLINE only

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

Learning Outcomes

Students will:

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

Course structure

One-off, 90-minute online Workshop.

Aimed at

Anyone who is interested in finding out more about medication-based treatments for depression.

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

Understanding and Managing Health Conditions

OCD: Understanding and Living with Obsessive Compulsive Disorder

Also Online

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 introduce coping strategies and explore common treatment approaches.

Learning Outcomes

Students will:

- ▶ Understand what OCD is, its causes and symptoms
- ▶ Identify 3 ways in which OCD affects their daily lives
- ▶ Explore 3 different coping strategies to help manage OCD symptoms

Course structure

Weekly sessions for up to 4 weeks.

Aimed at

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

“I found it extremely helpful as an aid to my recovery from a life-threatening moment of crisis”

PSYCHOSIS: Understanding and Navigating Psychosis

Also Online

This course helps you to make sense of psychotic experiences. We explore the causes of and different approaches to psychosis.

The course introduces skills and tools which can be used to better cope and live well with psychosis.

Learning Outcomes

Students will:

- ▶ Gain an understanding of psychosis
- ▶ Identify at least 3 ways in which the condition can impact on daily life
- ▶ Explore strategies to manage the challenges of living with the psychosis

Course structure

Weekly sessions for up to 5 weeks.

Aimed at

Anyone who experiences Psychosis. Supporters and carers are also welcome to apply.

“It’s helped me with having coping mechanisms in place and a lot of techniques in dealing with my mental health”



PTSD: Post Traumatic Stress Disorder - Life after Trauma

Also Online

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

Learning Outcomes

Students will:

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

Course structure

Weekly sessions for up to 3 weeks.

Aimed at

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

STRESSBUSTERS Workshop

ONLINE only

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

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

Learning Outcomes

Students will:

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

Course structure

One-off, 90-minute online workshop.

Aimed at

Anyone whose mental health is impacted by stress - and their supporters.

“It gave me connection I had lost with the world and with people”

Understanding and Managing Health Conditions

SUICIDE: Coping with Suicidal Thoughts and Feelings

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

Learning Outcomes

Students will:

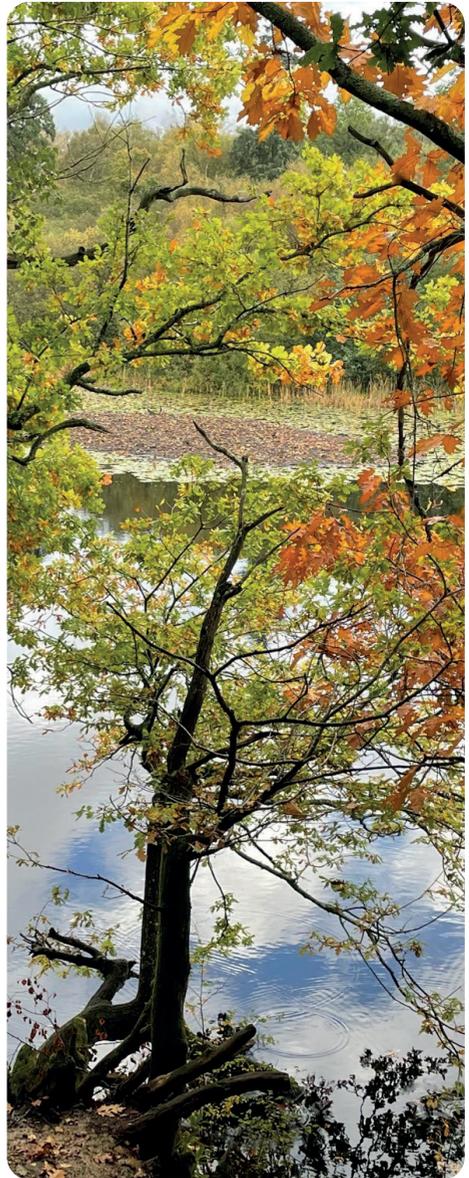
- ▶ Be able to identify early warning signs that may lead to suicidal thoughts and feelings
- ▶ Learn at least 3 coping strategies for dealing with suicidal thoughts and feelings
- ▶ Find out about services that can support people experiencing suicidal thoughts and feelings

Course structure

Weekly sessions for up to 4 weeks.

Aimed at

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



“It’s so hard to get access to any mental health resources and yet this was highly accessible, readily available and expertly delivered.”

Learning Disabilities at Recovery College

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

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

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



Learning Disabilities: Coping with my Ups and Downs

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

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

Learning Outcomes

Students Will:

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

Course structure

Weekly sessions for up to 7 weeks.

Aimed at

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

Graduation 2023 Ece Summers Award

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

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



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

THOUGHTFUL KIND CREATIVE

GENEROUS FUNNY ENTHUSIASTIC DILIGENT

CONSIDERATE RESILIENT CARING

EMPATHETIC



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

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

The certificate will be awarded at the Graduation ceremonies.

The winners at the 2023 Graduation were:

Mark Jones, Tom-Michael Nicholson Pratt, Lisa Broughton

10 Year Celebration



2013 saw the successful completion of two pilot Recovery College projects. Sussex Partnership NHS Foundation Trust (SPFT) and Brighton and Hove Mind were lead partners in The Brighton and Hove Recovery College pilot. The Hastings and Rother pilot was a partnership between Activ8 and SPFT. These paved the way for the development of Sussex Recovery College today operating across Sussex.

Diana shares her recollections from beginnings in Hastings...

Hi all, I am a Peer Trainer with Sussex Recovery College, I have used the Mental Health service for 43 years.

Has it really been 10 years since we first began Recovery College in Hastings? Who was to know back then how successful it would become across the county and how many people it would support? What a journey it has been, what a celebration!

My memory from that first Open Day 10 years ago in Hastings:

It was an innovative, brave and courageous project for our new Students.

People queued up and when the doors opened it was like a day at the Boxing Day sales! People rushed in to get their prospectus and sign up for their courses. I remember the buzz, the excitement and the energy, (yes also some anxiety). We had enthusiasm and passion and a belief that students could begin their recovery journey, better understand their mental health challenges and develop additional coping and self-help strategies.

It has been an honour & privilege to be part of Recovery College as a Peer Trainer for the past 10 years. I have thoroughly enjoyed working with our students and clinicians. Everyone who knows me knows how passionate I am



about Recovery College (I just wish I had Recovery College all those years ago when I first needed it).

Recovery College is life-enhancing, inspiring & empowering, giving hope, opportunity and choice to many.

Watching our students develop, learn and gain confidence and improve their lives is so rewarding.

One of the unique aspects of Recovery College is the core principle of coproduction - where people with lived experience of mental health challenges work together with a clinician who is an expert by training.

Recovery College is a powerful instigator of change, not just for our students but for Mental Health Service providers. Recovery College supports people and services to develop meaningful recovery and demonstrates the powerful impact of coproduction.

COVID pushed us out of our comfort zone. We adapted and embraced it and now today we are thriving with many courses delivered online and we are reaching a younger cohort of people.

I would like to thank all those students who began their recovery journey with us and all the peers who have led on this work. Thanks also go to the clinicians Lucy Locks, Sara Meddings, Nicky Mehdi, Mel Blackshaw, Kim Warren, and many others.

I will leave this image with you: you are in a car, you are travelling in the back seat, and go where the driver takes you. You wish that you could be more in control. So, you learn and gain the skills you need and you are now in the driving seat going where you want to go in your journey. On Recovery College courses, you learn life-long coping strategies.

“Recovery is remembering who you are and using all your strengths to become what you were meant to be.”

Diana Byrne

Course Details: Creativity, Wellbeing and Personal Development

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Creativity, Wellbeing and Lifestyle

CREATIVITY: Expressive Writing

Also Online

Expressive writing is a form of self-expression that helps a person to think about their experiences and put their thoughts and feelings into words. This course will offer you an opportunity to reflect and write in a safe, friendly and confidential atmosphere that fosters personal awareness and wellbeing.

It doesn't matter whether or not you're used to writing, the exercises and conversation will help you to write about your life and experiences.

We use reading, conversation and expressive writing to nurture awareness, resilience and wellbeing.

Learning Outcomes

Students will:

- ▶ Understand how language and written communication impact on self and others
- ▶ Develop skills in expressive writing
- ▶ Create own piece of written personal expression

Course structure

Weekly sessions for up to 4 weeks.

Aimed at

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

FOOD and MOOD: Introduction to Food and Mood Workshop

Also Online

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

Learning Outcomes

Students will:

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

Course structure

One-off, 90-minute online workshop.

Aimed at

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

“Lovely to share, communicate and be creative together”



HAPPINESS: Finding Happiness

Also Online

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

Learning Outcomes

Students will:

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

Course structure

Weekly sessions for up to 5 weeks.

Aimed at

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

"I learnt coping skills to rewire my brain"

MUSIC: New Rhythms - Creative Music Making for Wellbeing

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

This is a group experience where we will work together supportively and as a team to express our creativity.

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

Learning Outcomes

Students will:

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

Course structure

Weekly sessions for up to 6 weeks.

Creativity, Wellbeing and Lifestyle

Aimed at

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

MUSIC: Singing for Wellbeing

Discover the wellbeing benefits of singing as part of this supportive and inclusive course. Singing can help to lower stress, boost immunity and lung function, enhance memory and improve mental health. This course is for anyone wanting to discover their singing voice, join with others in harmony and have fun making music! Everyone is welcome from complete beginners to experienced singers and the Soundcastle facilitators will take care to include all abilities.

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

Learning Outcomes

Students will:

- ▶ Use singing to engage with the 5 ways to Wellbeing
- ▶ Understand how regular singing can help lower anxiety and help us stay in the moment.

- ▶ Connect with a local music and mental health community

Course structure

Weekly sessions for up to 8 weeks.

Aimed at

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

MUSIC: Ukulele Crew

Discover the wellbeing benefits of playing the ukulele as part of this supportive and inclusive course. Music can help boost energy, manage stress, enhance memory and improve communication. This course is for anyone wanting to discover how learning to play an instrument can improve their mental health. Everyone is welcome from complete beginners to experienced players and the Soundcastle facilitators will take care to include all abilities. We will provide instruments however you are also welcome to bring your own.

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

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



Learning Outcomes

Students will:

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

Course structure

Weekly sessions for up to 8 weeks.

Aimed at

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



“I found the facilitator had used her lived experience ...to help others incredibly inspiring”

Problem-Solving: Become Your Own A-Team: Skills to Cope with Life’s Difficulties

ONLINE only

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

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

Learning Outcomes

Students will:

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

Course structure

One-off 90-minute online workshop.

Aimed at

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

Creativity, Wellbeing and Lifestyle

RESILIENCE: Building Resilience for Wellness and Recovery

Also ONLINE

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

Learning Outcomes

Students will:

- ▶ Increase their understanding of what resilience is and what it is not
- ▶ Identify and try out at least 3 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 6 weeks.

Aimed at

Anyone with moderate to severe mental health challenges who is facing tough times in their lives. Supporters and carers are also welcome to apply.

RESILIENCE in a Nutshell

ONLINE only

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

Learning Outcomes

Students will:

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

Course structure

One-off 90-minute online workshop.

Aimed at

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

“Thank you so much to the Recovery College and to the facilitators of the course for helping me at a time when I really needed it.”



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

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

Learning Outcomes

Students will:

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

Course structure

Weekly sessions for up to 6 weeks.

Aimed at

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

SELF-ESTEEM and CONFIDENCE

Also ONLINE

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.

“I was lost with what was going on with me but now I clearly know what it is and how to move forward from here.”

Creativity, Wellbeing and Lifestyle

SLEEP: How to Get a Good Night's Sleep

Also *ONLINE*

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

Learning Outcomes

Students will:

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

Course structure

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

Aimed at

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

SLEEP: Improve Your Sleep

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

Learning Outcomes

Students will:

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

Course structure

Weekly sessions for up to 4 weeks.

Aimed at

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

“The whole course has been hugely beneficial to me ... and given me a focus to move forward.”



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

Course structure

Weekly sessions for up to 6 weeks.

Aimed at

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

Creativity, Wellbeing and Lifestyle

WORK: Getting Ready for Work

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

Learning Outcomes

Students will:

- ▶ Have a good understanding of the job-searching process and be able to job-search effectively
- ▶ Understand how work can benefit wellbeing and develop strategies to find the right job
- ▶ Develop strategies and skills to stay well at work and learn what resources are available within and outside the workplace

Course structure

Weekly sessions for up to 5 weeks.

Aimed at

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



“The interactive nature allowed for discussion, it was also very informative, the trainers were so kind and friendly too”

“This course has been fantastic! Amazing balance of different people and varied activities during sessions”

Our Campuses



Supporting your Learning Journey with Recovery College

Continuing your learning journey

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

Chichester College

Providing study opportunities in the Chichester area.

✉ info@chichester.ac.uk

🌐 www.chichester.ac.uk

Crawley College

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

✉ info@crawley.ac.uk

🌐 www.crawley.ac.uk



East Sussex College

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

✉ info@escg.ac.uk

🌐 www.escg.ac.uk

Northbrook Met College

Providing further education and undergraduate courses in Worthing and Shoreham.

✉ enquiries-worthing@gbmc.ac.uk

🌐 www.gbmc.ac.uk

Plumpton College

Our adult courses are perfect for anyone hoping to improve and enhance their knowledge base within the land and environment sector.

✉ enquiries@plumpton.ac.uk

🌐 www.plumpton.ac.uk



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

Student Voice

The Student Voice is a group of Recovery College students that come together to share ideas of how we can improve and develop the college. The group has been inactive for a little while, but we hope it will return strong as ever in the near future. If you have experience of Recovery College courses and would like to give a voice to other students, you could become a Student Representative; for more information, please contact us SussexRecoveryCollege@spft.nhs.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

Find out more at

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

Student Union

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

Our partner organisations

De La Warr Pavilion



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

www.dlwp.com

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



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

[013342 321616](tel:013342321616)

www.pathfinderwestsussex.org.uk

East Sussex College



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

www.escg.ac.uk

Make Your Mark



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

makeyourmark@sussexpartnership.nhs.uk

www.makeyourmarknhs.co.uk

Pathfinder West Sussex



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

[01243 869662](tel:01243869662)

www.capitalproject.org

The Richmond Fellowship (Pathfinder Provider)



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

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

www.richmondfellowship.org.uk

Brighton Housing Trust (Pathfinder Provider)



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

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

www.sussexoakleaf.org.uk

Soundcastle



A social enterprise with a focus on creative arts projects that enable people to discover the skills to write their own music. Soundcastle

aims to reduce isolation and enhance wellbeing, connectedness and resilience by bringing music back into grassroots culture and daily lives.

www.soundcastle.co.uk



Southdown (Pathfinder Provider)

Southdown

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

 **01273 405800**

 **southdownhousing.org**

United Response (Pathfinder Provider)



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

 **020 8246 5200**

 **unitedresponse.org.uk**

West Sussex Mind

West Sussex  for better mental health

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

 **0300 303 5652**

 **helppoint@westsussexmind.org**

 **www.westsussexmind.org**



Other sources of advice and information

Sussex Partnership NHS

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

☎ 0300 5000 101

The following organisations can also help:

The Samaritans

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

☎ 08457 909090

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

🌐 www.samaritans.org

Mind

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

☎ 0300 123 3393

🌐 www.mind.org.uk

Reading Well for Mental Health (Reading Well)

Reading Well is a national scheme delivered by The Reading Agency in partnership with Libraries Connected providing accredited and helpful reading to support health and wellbeing. It is endorsed by professional health bodies (see list at www.reading-well.org.uk/about) and the books are available in public libraries.

Some books are available in different formats. For more information visit:

🌐 www.reading-well.org.uk



Reading Well for Mental Health

Reading Well for mental health booklist

	Title	Author	Date
Introductions to Therapies and Approaches			
Cognitive Behavioural Therapy (CBT)	Cognitive Behavioural Therapy: Your Toolkit to Modify Mood, Overcome Obstructions and Improve Your Life	Elaine Iljon Foreman, Clair Pollard	2016
Mindfulness	Mindfulness: A Practical Guide to Finding Peace in a Frantic World	Mark Williams and Danny Penman	2011
Common feelings and experiences			
Anger	Overcoming Anger and Irritability, 2 nd edition: A Self-help Guide using Cognitive Behavioural Techniques	William Davies	2016
Bereavement and Loss	An Introduction to Coping with Grief, 2 nd edition	Sue Morris	2017
	Grief Works: Stories of Life, Death and Surviving	Julia Samuel	2018
	The Essential Guide to Life After Bereavement: Beyond Tomorrow	Judy Carole Kauffmann and Mary Jordan	2013
Low Self-Esteem	Overcoming Low Self-Esteem, 2 nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Melanie Fennell	2016
Social anxiety and shyness	Overcoming Social Anxiety and Shyness, 2 nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Gillian Butler	2016
Sleep Problems	The Sleep Book: How to Sleep Well Every Night	Guy Meadows	2014
Stress	Stress Control: A Mind, Body, Life Approach to Boosting Your Well-being	Jim White	2017

Reading Well for Mental Health

Reading Well for mental health booklist (cont)

	Title	Author	Date
Self-help books to support mental health			
Wellbeing	Living Life to the Full: Key Life Skills to Change Your Life	Chris Williams	2018
	The CBT Handbook: A Comprehensive Guide to Using CBT to Overcome Depression, Anxiety, Stress, Low Self-Esteem and Anger	Pamela Myles and Roz Shafran	2015
	Mind Over Mood, 2nd edition: Change How You Feel by Changing the Way You Think	Dennis Greenberger, Christine A. Padesky	2015
Depression	An Introduction to Coping with Depression, 2 nd edition	Lee Brosan and Brenda Hogan	2018
	Manage Your Mood: How to Use Behavioural Activation Techniques to Overcome Depression	David Veale, Rob Willson	2007
	Overcoming Depression, 3 rd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Paul Gilbert	2009
Anxiety and panic	An Introduction to Coping with Anxiety, 2 nd edition	Brenda Hogan and Lee Brosan	2018
	Overcoming Anxiety, 2 nd edition: A Self-Help Guide Using Cognitive Behavioural Technique	Helen Kennerley	2014
	Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioural Techniques	Rob Willson and David Veale	2009
	Overcoming Worry and Generalised Anxiety Disorder, 2 nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Kevin Meares and Mark Freeston	2015
	Overcoming Panic, 2 nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Vijaya Manicavasagar, Derrick Silove	2017
	The Sheldon Short Guide to Phobias and Panic	Kevin Gournay	2015
Obsessions and Compulsions	Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Fiona Challacombe, Victoria Bream Oldfield, Paul M Salkovskis	2011



	Title	Author	Date
Other common conditions			
Binge eating and bulimia nervosa	Getting Better Bite by Bite: A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders, 2 nd edition	Ulrike Schmidt, Janet Treasure and June Alexander	2015
	Overcoming Binge Eating, 2 nd edition: The Proven Program to Learn Why You Binge and How You Can Stop	Christopher G. Fairburn	2013
Body image and body dysmorphic disorder	Body Image Problems and Body Dysmorphic Disorder: The Definitive Treatment and Recovery Approach	Chloe Catchpole, Lauren Callaghan, Annemarie O'Connor	2017
Mood swings	Overcoming Mood Swings, 2 nd edition: A Self-Help Guide Using Cognitive Behavioural Techniques	Jan Scott	2010
Depression and relationships	Defeating Depression: How to Use the People in Your Life to Open the Door to Recovery	Roslyn Law	2013
Postnatal depression	The Compassionate Mind Approach To Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding	Michelle Cree	2015
Personal stories			
Wellbeing	A Mindfulness Guide for the Frazzled	Ruby Wax	2016
	Reasons to Stay Alive	Matt Haig	2015
Bereavement and loss	A Manual for Heartache	Cathy Rentzenbrink	2017
Depression	I Had a Black Dog	Matthew Johnstone	2009

Get Inspired! An Introduction to one of our New Peer Trainers

Our Peer Trainers work for the Trust and co-produce and co-design courses and workshops for the Recovery College. All our Peer Trainers have lived experience of mental health challenges and use their learning to help others.

"I have recently joined Recovery College as a Peer Trainer and thoroughly enjoyed delivering my first course in June of this year. Recovery College holds unique values and that is what drew me towards being a peer trainer.

Being able to share my own experiences to help bring hope and value into people's lives is an honour and incredibly special. I truly believe that there is always a way to make things brighter for ourselves, no matter how unique that pathway is; we just have to find it and Recovery College may just be the place to help you do that.

Please do give our courses a go; there is something for everyone! I would love to see you there!"

Natalie, Peer Trainer

Acknowledgements

Thanks to everyone who has contributed to this publication and especially to the Peer Trainers for sharing their stories and experiences.

A note on our pictorial contributions

The majority of pictures in the prospectus apart from those on the contents pages have been sourced from courses we run in Recovery College – including selected artworks from some of our creativity courses – or are otherwise Recovery College-related. Editor, August 2023.

 0300 303 8086

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Sussex Recovery College
has been part-funded by



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

Thanks for your support!

**Sussex Partnership NHS Foundation
Trust Mental Healthline**

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

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

If your need is urgent visit:

www.sussexpartnership.nhs.uk/urgent-help-crisis

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

