

Prospectus

East Sussex

2018-2019

**SUSSEX
RECOVERY
COLLEGE**

**A learning
journey to
wellbeing**



Welcome to the beginning of your learning journey to wellbeing with us

Welcome to our East Sussex prospectus for 2018-2019

In these pages you will find a range of courses that focus on mental health education, wellbeing and recovery. Our courses are delivered by highly specialised 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.

Courses are **free** to adults of all ages. Whether you're looking to develop your knowledge and skills in self-management, you support somebody with a mental health-related challenge, or you work for Sussex Partnership NHS Foundation Trust or a partner organisation, we're delighted to welcome you on a learning journey.

Consider this prospectus as a guide to a journey that starts with you – offering the learning you need to achieve the future you want.

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
- ▶ **Being positive, friendly and professional** Our trainers bring insight and empathy to our courses
- ▶ **Respecting your views and opinions** We listen to student feedback and strive constantly to improve our services

How do I book onto a course?

You can go online at www.sussexrecoverycollege.org.uk and follow links to our registration pages, or you can request an application form from our Recovery College central office (see contact details below). A link to our online booking request service can also be accessed via the QR code at the foot of this page. You may select up to three courses by registering an expression of interest. We will contact you as soon as we can and will endeavour to ensure you are booked on.

You may apply for courses outside of the area that you live in, but priority will be given to students living in the campus area of the course.

Please note: Sussex Recovery College reserves the right to cancel courses or change course dates, times and/or venues. Additional courses may also be added so please visit our website for the most up-to-date information.

Where can I find out more information about a course?

You can either attend one of our Open Days or contact us directly and we will put you in touch with a course trainer.

When are the Open Days?

We hold Open Days in both campus areas at the beginning of every term: for more details, see page 5 of this prospectus.

How do I get in touch with the Sussex Recovery College team?

Our contact details:

 **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 found the lessons very useful – not just for myself
for also for understanding other people”**

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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 separately to 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.

We have two Open Days arranged in the Autumn/Winter term 2018 to launch our prospectus for 2018-2019. **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:

Friday 21 September 2018

1:00pm-3:00pm

International Tennis Centre
Devonshire Park
College Road
Eastbourne
BN21 4JJ

Monday 24 September 2018

1:00pm-3:00pm

Muriel Matters House
Breeds Place
Hastings
TN34 3UY

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 diversity groups or those using particular mental health services, so do read each course description carefully before applying.

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.

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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Eastbourne, High Weald and the Havens Campus

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





Coping Strategies and Problem-Solving

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

Learning outcomes

Students will:

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

Course structure

Weekly sessions for up to 4 weeks

Aimed at

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

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

One full-day workshop

Aimed at

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

Suicide Awareness for Families and Carers

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 help your loved one grow their confidence, such as crisis planning and resilience building. The course includes an overview of services to support individuals experiencing suicidal thoughts.

Learning outcomes

Students will:

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

Course structure

Weekly sessions for up to 3 weeks

Aimed at

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

Understanding and Living Well with Depression

Do you suffer from depression? If your answer is yes, then this is the course for you. We look at what can trigger depression, such as stress, lack of sleep and relationship difficulties, and what we can do to help ourselves. Our interactive sessions focus on how to increase our motivation and self-soothe with the aid of a 'soothing box' and a mood-uplifter plan.

Learning outcomes

Students will:

- ▶ Understand how stress and sleep can affect their moods
- ▶ Try out at least three activities/ distractions to help improve mood
- ▶ Learn how to challenge 'ants' – automatic negative thoughts

Course structure

Weekly sessions for up to 7 weeks

Aimed at

Anyone living with depression who could benefit from these approaches.

Understanding Medications

An interactive question-and-answer session with a mental health pharmacist, focusing on what you want to know about medications (anti-depressants, anti-psychotics, and mood stabilisers will be discussed). We include areas such as: how medications work; what helps mental health care professionals decide on what to prescribe; side-effects and management of side-effects; and how medicines can interact with other medications and illnesses. The peer trainer will also offer a perspective on longer term medication use, importance of regular health checks, and getting the most from outpatient appointments.

Learning outcomes

Students will:

- ▶ Develop an understanding of 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 in discussing medication with health care professionals

Course structure

One 2-hour workshop

Aimed at

Anyone who is currently prescribed anti-depressants, anti-psychotics, or mood stabilisers. Carers and supporters 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.

Eastbourne, High Weald and the Havens Campus

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Assertiveness: Communicating with Confidence

Becoming a more assertive communicator can help you create wellbeing in yourself and impact positively on your relationship with others. This workshop will help you to understand what assertive communication is and what it isn't – and will give you the opportunity to practise assertive communication in a supportive space.

Learning outcomes

Students will:

- ▶ Understand what assertive communication is and compare it to other forms of communication
- ▶ Understand what benefits assertiveness can bring to self-esteem and wellbeing
- ▶ Learn ways to become more assertive by practising some assertiveness techniques

Course structure

Weekly sessions for up to 4 weeks

Aimed at

People who want to improve their communication skills by becoming more assertive.

Developing a Toolkit for Discharge (from in-patient care)

This course gives current in-patients an 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 into the community.

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

Course structure

By arrangement with in-patient staff

Aimed at

In-patients at Amberstone (places to be booked via Amberstone staff)

Exploring Invitations for Support

The course explores effective ways of asking for help from others. We look at topics that include managing expectations of support available; when to ask for support; how to recognise an invitation for support; and coping when your needs cannot be met.

Learning outcomes

Students will:

- ▶ Learn to better express when they need support
- ▶ Learn to better identify when someone is asking for support
- ▶ Learn coping strategies for when the support they want cannot be delivered

Course structure

Weekly sessions for up to 6 weeks

Aimed at

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





Exploring Recovery Stories

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

Learning outcomes

Students will:

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

Course structure

Weekly sessions for up to 5 weeks

Aimed at

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

Finding Happiness

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

Learning outcomes

Students will:

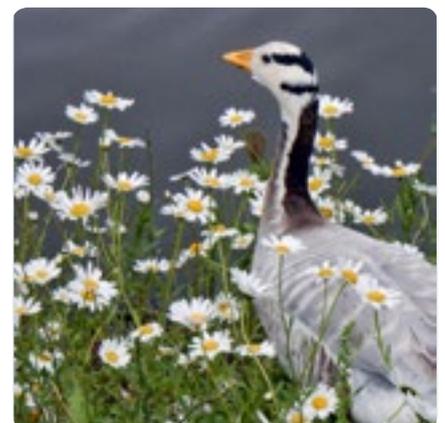
- ▶ Learn at least three happiness facts and describe what happiness means to them personally
- ▶ Understand the '10 Keys to Happier Living' and identify their goals to increase personal levels of wellbeing
- ▶ Practise at least three 'keys' to happier living

Course structure

Weekly sessions for up to 5 weeks

Aimed at

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



Fire Safety in the Home

This course will enable you to identify any fire safety issues in your home and provide you with practical information on how to make your home a fire-safe environment. We aim to help build your confidence regarding what to do should a fire start in your home and, through information learned, support you in being able to continue living safely in your home.

Learning outcomes

Students will:

- ▶ Develop their knowledge and understanding of fire safety issues in the home
- ▶ Be able to identify fire risks and gain confidence in putting preventative measures in place where possible
- ▶ Be able to take home information learned during the sessions and apply it to their own property

Course structure

One 2-hour workshop

Aimed at

Anyone with mental health challenges living in their own home. Supporters and carers are also welcome to apply.

Food and Mood

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

Learning outcomes

Students will:

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

Course structure

One half-day workshop

Aimed at

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



Improve Your Sleep

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

Learning outcomes

Students will:

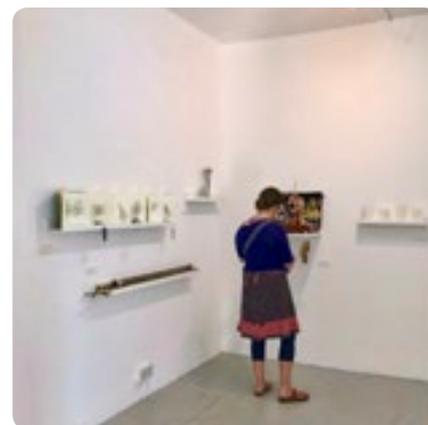
- ▶ Understand how sleep can be monitored with the use of a sleep diary
- ▶ Analyse how surroundings and lifestyle can affect sleep
- ▶ Identify and practise a number of strategies to improve sleep

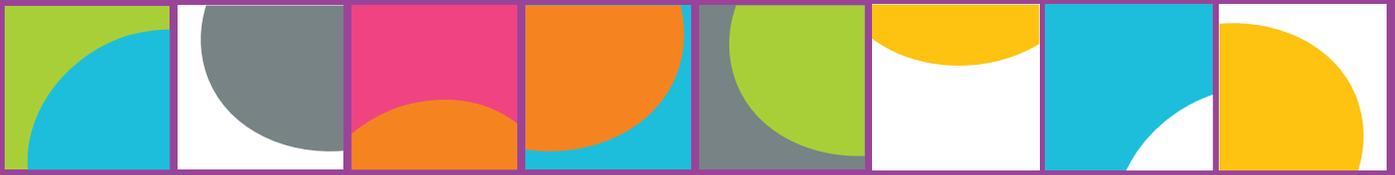
Course structure

Weekly sessions for up to 4 weeks

Aimed at

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





Improvisation for Anxiety

This course uses improvisation games and exercises in a safe environment, with the aim of improving confidence and trust. We look at fear of failure, being in the moment, exploring new situations, feeling comfortable voicing opinions, and trusting others to make decisions. Most of all we will be focusing on play and having fun.

Learning outcomes

Students will:

- ▶ Develop confidence through collaborating and communicating with others
- ▶ Increase confidence with new experiences
- ▶ Learn how creative activity can aid their wellbeing

Course structure

One half-day workshop

Aimed at

Anyone experiencing feelings of anxiety who feels they could benefit from these approaches. Supporters and carers are also welcome to apply.

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

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

Learning outcomes

Students will:

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

Course structure

Weekly sessions for up to 4 weeks

Aimed at

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

Mindfulness for Wellbeing in Dementia

Mindfulness is a way of paying attention to the present moment with an attitude of kindness, openness and acceptance. Evidence shows that learning the skill of mindfulness helps to manage stress and mood difficulties and supports wellbeing. The course is experiential; however no-one need do anything they are not comfortable with. There will also be time to chat to other course participants and get to know each other as a group.

Learning outcomes

Students will:

- ▶ Learn a range of simple ways to practise mindfulness on a day-to-day basis
- ▶ Learn from experience how mindfulness can support their own wellbeing and what works best for them
- ▶ Support each other's learning both within the course setting and at home

Course structure

Weekly sessions for up to 6 weeks

Aimed at

People living with mild to moderate dementia. The course is designed for couples to attend together so partners, supporters or carers are welcome.

Self-Esteem and Positive Thought

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.

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:

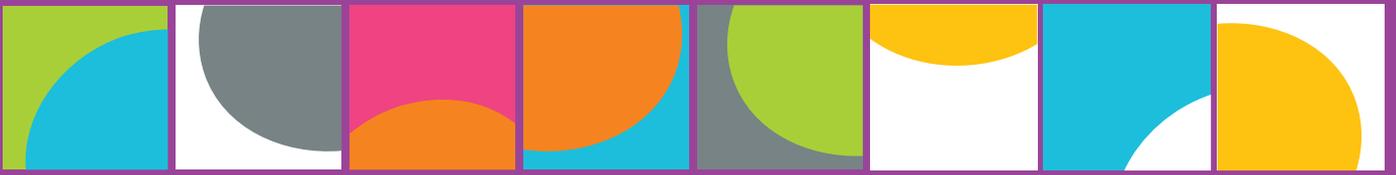
- ▶ Have a good understanding of the job-searching process and be able to job-search effectively
- ▶ Understand how to reduce stress in the workplace and what safeguards exist to help keep them well
- ▶ Understand the benefits of work and the wellbeing it can bring when sought in the right way

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.



Ian's story

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

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

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

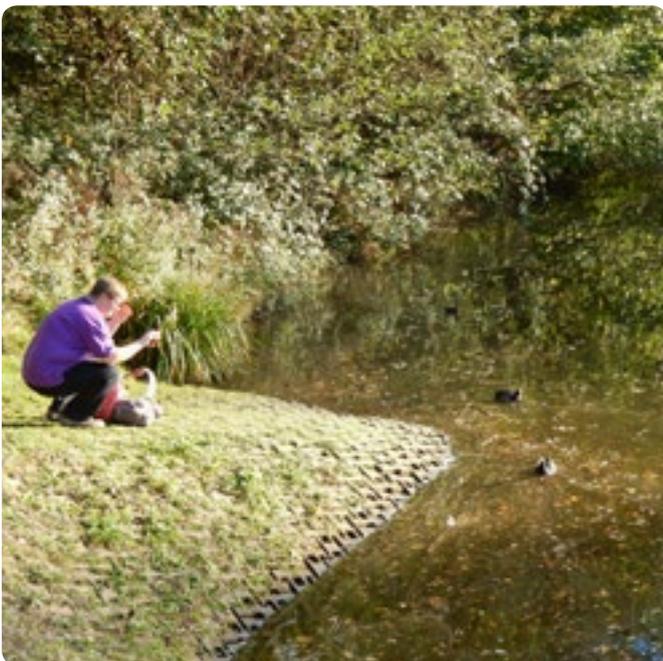
To me, the Recovery College is the epitome of hope. Hope that we can all better understand our conditions and each other, hope that we might moderate the devastation caused by them. Learning together on a course enables students to cope, manage and deal with their mental health conditions so we can live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

I was delighted to be employed by the College in 2013 as a peer trainer to co-produce courses with practitioners. Now, as a practitioner myself in a community mental health team, I am proud to continue working with the Recovery College to co-produce educational and practical courses that meet the needs of our community.

Let there be light, let there be hope!"

Ian

Occupational Therapy Technician



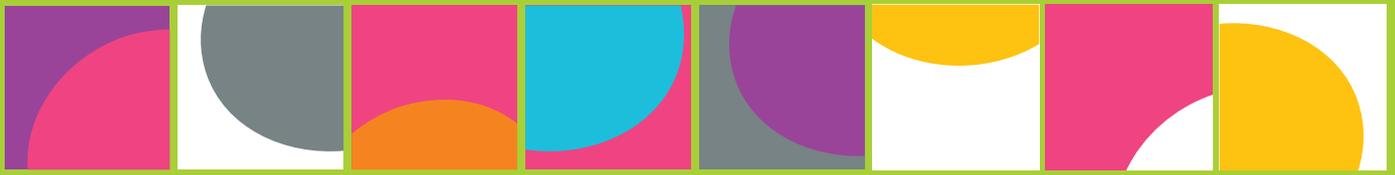
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Hastings and Rother Campus



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



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

One full-day workshop

Aimed at

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

Learning Disabilities: Coping with my Ups and Downs

People with learning disabilities have an increased likelihood of developing mental ill health. On this course you can talk about your thoughts and feelings, and about how your mental health affects you. The course gives people a chance to gain support from each other. You will complete an Easyread recovery plan to help you meet your needs.

Learning outcomes

Students will:

- ▶ Share their thoughts and feeling with the group using words, symbols or pictures
- ▶ Take part in group activities about their mental health and learn about how to cope better
- ▶ Identify their goals to improve mental health and wellbeing, and make a recovery plan

Course structure

Weekly sessions for up to 7 weeks

Aimed at

Adults with learning disabilities and mental health challenges. Supporters and carers are also welcome to apply.

Suicide Awareness: Coping with Suicidal Thoughts and Feelings

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

Learning outcomes

Students will:

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

Course structure

Weekly sessions for up to 3 weeks

Aimed at

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

Suicide Awareness for Families and Carers

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 help your loved one grow their confidence, such as crisis planning and resilience building. The course includes an overview of services to support individuals experiencing suicidal thoughts.

Learning outcomes

Students will:

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

Course structure

Weekly sessions for up to 3 weeks

Aimed at

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

Understanding and Coping with Depression

This course is for people who are living with or affected by depression. It will look at common treatments such as Cognitive Behavioural Therapy and talking therapies, as well as other coping strategies, including self-help techniques, creativity, nutrition, sleep problems, relapse prevention and relationship issues.

Learning outcomes

Students will:

- ▶ Feel more confident about setting personal goals to manage their depression and learn how sleep and nutrition can also affect their condition
- ▶ Gain an understanding of therapy types commonly available
- ▶ Be able to identify and access additional activities that could assist in their recovery

Course structure

Weekly sessions for up to 4 weeks

Aimed at

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

Understanding and Living with 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:

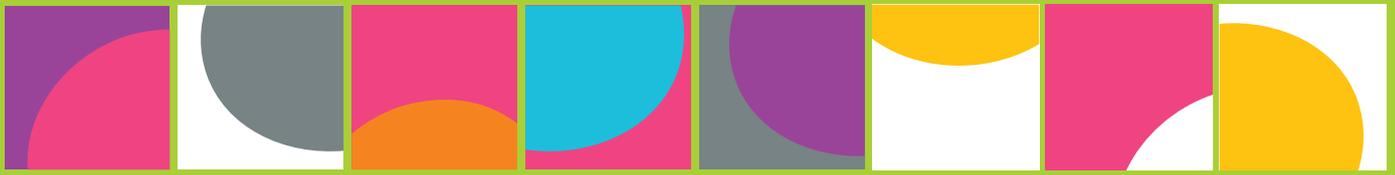
- ▶ Increase their understanding of EUPD and complex emotional difficulties
- ▶ Identify at least three ways in which EUPD can impact on daily life
- ▶ Explore and try out strategies to manage the challenges of living with EUPD and develop a personal wellbeing ‘toolkit’

Course structure

Two sessions of 4 hours

Aimed at

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



Understanding and Living with OCD

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

Learning outcomes

Students will:

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

Course structure

Weekly sessions for up to 6 weeks

Aimed at

Anyone living with OCD.

Supporters and carers are also welcome to apply.

Understanding Medication: Mood Disorders

This is an interactive, question-and-answer session in which we look at medical and psychological causes, treatments available and self-help resources, and "What you always wanted to know about your medication". We include areas such as how medication works, what helps health care professionals decide on what to prescribe, side-effects and management of side-effects, and how medicines can interact with other medications and illnesses.

Learning outcomes

Students will:

- ▶ Develop an understanding of 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 2-hour workshop

Aimed at

Anyone who has recently been diagnosed with bipolar or depression. Supporters and carers are also welcome to apply.

Understanding Medication: Psychosis

This is an interactive, question-and-answer session in which we look at medical and psychological causes, treatments available and self-help resources, and "What you always wanted to know about your medication". We include areas such as how medication works, what helps health care professionals decide on what to prescribe, side-effects and management of side-effects, and how medicines can interact with other medications and illnesses.

Learning outcomes

Students will:

- ▶ Develop an understanding of 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 2-hour workshop

Aimed at

Anyone who has recently been diagnosed with psychosis, schizophrenia or a schizoaffective disorder. 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.

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.

Diana's story

“Recovery College is like alchemy – it changes people. When the students meet for the first time they may be apprehensive, curious or excited as to what the course will be like, anticipating that something they are about to embark on is going to change their mental health.

Whenever I set up my room ready for that first session, I feel great awe, compassion, joy and excitement, knowing that for the next 6 weeks the students and I will be going on a journey together. Something magical will happen – not only will they be learning self-help but they'll be beginning to live the life that they want to.

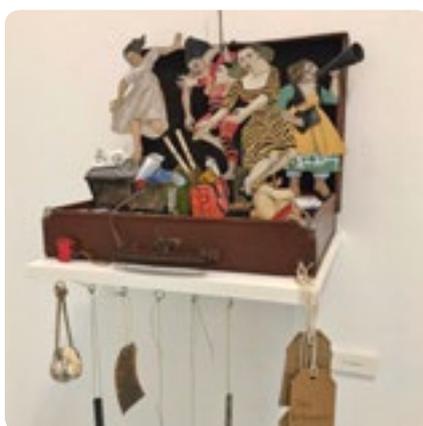
I often compare Recovery College to the story of the Wizard of Oz, and the journey along the Yellow Brick Road. There was the Lion who was searching for courage, the Scarecrow for a brain, the Tin Man for a heart. What they found was they already had these inside themselves. On our courses, students too can discover that everyone has courage – to overcome fear a brain; a brain – to think about prevention or coping skills; and a heart – to grow to learn to be empathic towards others.

Recovery College is like a lifeboat ring, thrown to you when you are being buffeted by stormy seas, helping you to get back to safety.

Recovery College can give our students hope, not only to overcome mental illness but to out and enjoy life.”

Diana

Peer Trainer



Hastings and Rother Campus



Wellbeing and Lifestyle

Finding Happiness	22
Fire Safety in the Home	22
Keep Calm and Carry on Journaling	22
Mapping Your Journey: a Creative Approach to Joining Up the Dots...	23
Self-Esteem and Confidence	23
Walk for Wellbeing	23
Work for Wellbeing	24

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

Finding Happiness

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

Learning outcomes

Students will:

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

Course structure

Weekly sessions for up to 5 weeks

Aimed at

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

Fire Safety in the Home

This course will enable you to identify any fire safety issues in your home and provide you with practical information on how to make your home a fire-safe environment. We aim to help build your confidence regarding what to do should a fire start in your home and, through information learned, support you in being able to continue living safely in your home.

Learning outcomes

Students will:

- ▶ Develop their knowledge and understanding of fire safety issues in the home
- ▶ Be able to identify fire risks and gain confidence in putting preventative measures in place where possible
- ▶ Be able to take home information learned during the sessions and apply it to their own property

Course structure

One 2-hour workshop

Aimed at

Anyone with mental health challenges living in their own home. Supporters and carers are also welcome to apply.

Keep Calm and Carry On Journalling

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

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

Learning outcomes

Students will:

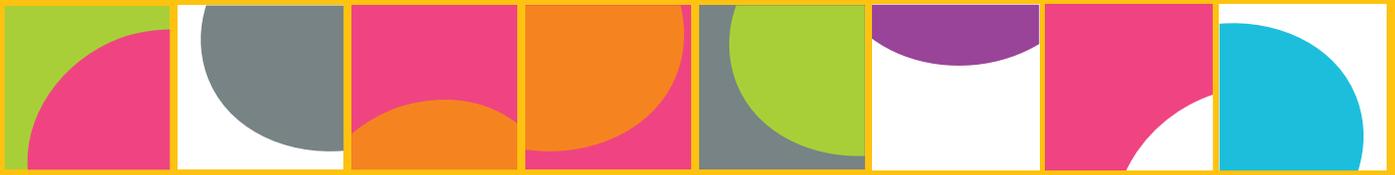
- ▶ Explore the benefits that journalling can bring
- ▶ Develop a personal journalling style that supports wellbeing and recovery
- ▶ Develop an awareness of how journalling structures can positively encourage change

Course structure

Weekly sessions for up to 5 weeks

Aimed at

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



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

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

Learning outcomes

Students will:

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

Course structure

Weekly sessions for up to 4 weeks

Aimed at

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

Self-Esteem and Confidence

Join us in an interactive and creative discussion to look at the relationship between how we think of ourselves and how it impacts on our self-esteem and confidence. We develop ways to move beyond the negative thoughts that keep our self-esteem low. This course involves discussions in which you will be helped to feel comfortable, are 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 strategies to increase self-esteem and confidence

Course structure

Weekly sessions for up to 5 weeks

Aimed at

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

Learning outcomes

Students will:

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

Course structure

One-off sessions to be arranged

Aimed at

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

Tanya's story

“I started Recovery College in Spring 2015.

My first course was an Animation course. This was a big challenge for me, because I was not only forcing myself to face a social situation, I also didn't consider myself very creative!

I was supported and encouraged very well by the Recovery College staff and fellow students, and I managed to complete the course and make a metal sausage dog puppet called Petal. She was made out of scrap metal like soldering tin cans together. I was taught how to animate her and make a backdrop and we used the story of the Wizard of Oz as a voiceover. I felt very proud of what I had made and conquering my fears of socialising and being creative. At the end of the course the staff and students organised a trip and it was during that time that I got to know one of the students from the course very well. We became firm friends and have continued to attend several other Recovery College courses.

Wellbeing in the Wild was based at Friston Forest. We met with Recovery College and Sussex Wildlife Trust staff around a campfire, we learned how to collect the right kind of wood for lighting the fire, made hot drinks and toasted marshmallows and bread, even cooked sausages. It seemed like time stood still as we laughed, chatted and worked as a team together. We even got to rest in a hammock. Wonderful once you got past a few bumps trying to get in and out of it!

It has been a great help to experience the courses with my friend. We have offloaded to each other as well as supported and encouraged each other not to give up managing our mental health. We even had some childish moments walking through the park on our way to the Bipolar course. The play area was empty so I said 'Let's get on the swings!' No-one was looking so we were kids again enjoying the swings. That made us laugh.

Managing our mental health doesn't always have to be a struggle when we can capture happy moments like these.”

Tanya

Recovery College student

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.

Supporting and continuing your learning journey

Mental Health Recovery

Recovery in a mental health context is about living a fulfilling and hopeful life with or without ongoing symptoms or related challenges. Mental health recovery is also a journey that may include making sense of what has happened, taking back control through building on your own resources and working towards life goals. In addition to our many courses, we offer these additional services:

Buddies

A Buddy is a trained peer supporter who looks after the needs of a student to enable them to attend a Recovery College course. They provide the extra individual support some of our students may need to progress their mental health recovery through education.

Buddies can help by:

- ▶ Providing telephone support and encouragement to attend courses
- ▶ Accompanying a student to and from a course venue
- ▶ Attending a course with a student to offer learning support

A Buddy may not drive a student to and from course or travel with you in your own car, but all of our Buddies are very happy to support you to be able to travel on public transport.

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

Continuing your learning journey

Evidence shows that continuing to learn throughout life can improve and maintain our mental wellbeing. Learning boosts self-confidence and self-esteem, and it can help you to connect with others. Learning throughout life doesn't have to mean getting more qualifications: there are lots of different ways to bring learning into your life. Whether you're a returning Sussex Recovery College student or registering with us for the first time, here are some pointers to further opportunities:

Acres

 01825 761820

The adult college for rural East Sussex provides learning opportunities across Wealden, including Crowborough, Hailsham, Heathfield, Uckfield, Wadhurst and surrounding areas.

 acres.enrol@uctc.org.uk

 www.acreslearning.org.uk

Sussex Coast College Hastings

 01424 442222

Sussex Coast College offers a broad range of provisions that bring together adult learners to help them pursue an interest, gain a new skill, become healthier, or learn how better to support their children. The college works closely with local stakeholders and community partners. We are members of the Hastings and Rother Adult and Community Learning Forum.

 info@sussexcoast.ac.uk

 www.sussexcoast.ac.uk

Sussex Downs College

 030 300 39300 or 030 300 39200

The high standards at Sussex Downs College are founded on the expertise, experience and talents of our staff and the achievements of our learners. We offer education and training pathways for a wide variety of learners, employees and communities. We work from campuses in Eastbourne, Lewes and Newhaven, and on employers' premises. We have strong relationships with over 1000 local employers, other educational providers and community partners.

 info@sussexdowns.ac.uk

 www.sussexdowns.ac.uk

NB: A merger of the two colleges and creation of an East Sussex College Group will be consolidated over the academic year 2018-19.

Our partner organisations



East Sussex Fire and Rescue Service

0800 177 7069 (home safety visits)

www.esfrs.org/

Whether responding to emergencies – working to prevent them happening in the first place or providing support with fire and home safety, water safety, road safety, health or business safety – our firefighters, officers, control room operators, Business and Community Safety Teams, support staff and volunteers all play their part. East Sussex Fire and Rescue Service provides free Home Safety Visits, offering safety advice for people in their home, helping to identify any existing risks and what can be done to reduce them. We will also check you have working smoke alarms in your home to provide the earliest possible warning of fire.



Make Your Mark

07391 402311

www.makeyourmarknhs.co.uk

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



Southdown

01273 749500

www.southdownhousing.org

Southdown Recovery Services provide personalised support to people with mental health needs, working to maximise hope, independence and resilience to enable better management of mental health and achievement of personal goals. The concept of recovery is about people staying in control of their life despite their mental health issues. Our services are based on the Recovery model for mental health.



Sussex Community Counselling

01273 519108

counselling@sussexcommunity.org.uk

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



Sussex Partnership NHS Foundation Trust

0300 500 0101

[sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)

Sussex Partnership is the premier host for Sussex Recovery College. As an organisation it employs over 5000 dedicated clinicians and support staff, working closely with partners in the community to care for and support vulnerable people. Together, staff provide a wide range of mental health services across East and West Sussex, including healthcare covering learning disabilities, substance misuse and prison services, along with specialist services across South East England and beyond.



Towner Art Gallery

01323 434670

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

Towner works in collaboration with artists, communities and organisations to increase access to the arts and provide positive learning outcomes for our audiences. A key strand of their work is improving the mental health and wellbeing of those living in East Sussex. Their partnership with Sussex NHS Partnership Trust, including through Recovery College, is a significant part of their programmes.

We are always happy to welcome new partners onboard at Recovery College. If you are an organisation that would like to join us in the delivery of our varied course portfolio, please contact us for further discussion. Call us on **0300 303 8066**

Addresses of venues

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

Amberstone

☎ 01323 440022

Carters Corner
Hailsham
BN27 4HU

Bellbrook Centre

☎ 01273 336555

Bell Lane
Uckfield
TN22 1QL

Eastbourne Community Fire Station

☎ 0303 999 1000

Whitley Road
Eastbourne
BN22 8LA

Eastbourne Library

☎ 0345 608 0196

Grove Road
Eastbourne
BN21 4TL

Eastbourne Town Hall

☎ 01323 464780

Grove Road
Eastbourne
BN21 4UG

Hillrise

☎ 01273 513441

Church Hill
Newhaven
BN9 9HH

Lewes Your Way

☎ 01273 475219

47a Western Road
Lewes
BN7 1RL

Millwood

☎ 01825 761177

Uckfield Community Hospital
Uckfield, TN22 5AW

St. Mary's House

☎ 01323 747207

52 St Leonards Road
Eastbourne
BN21 3UU

Seven Sisters Country Park

☎ 0345 608 0193

East Dean Road
Seaford
BN25 4AB

Southdown Lodge

☎ 01323 340151

Old Drive
Polegate
BN26 5HE

Summerhayes Wellbeing Centre

☎ 01273 612360

Marshall Lane
Newhaven
BN9 9RB

Tesco Community Room

Lottbridge Drove
Eastbourne
BN23 6QD

Towner Art Gallery

☎ 01323 434670

Devonshire Park
College Road
Eastbourne
BN21 4JJ

Hastings and Rother campus

Cavendish House

☎ 01424 726600

Breeds Place
Hastings
TN34 3AA

Carisbrooke House

☎ 01424 434886

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

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

East Sussex County Council Passenger Travel Information

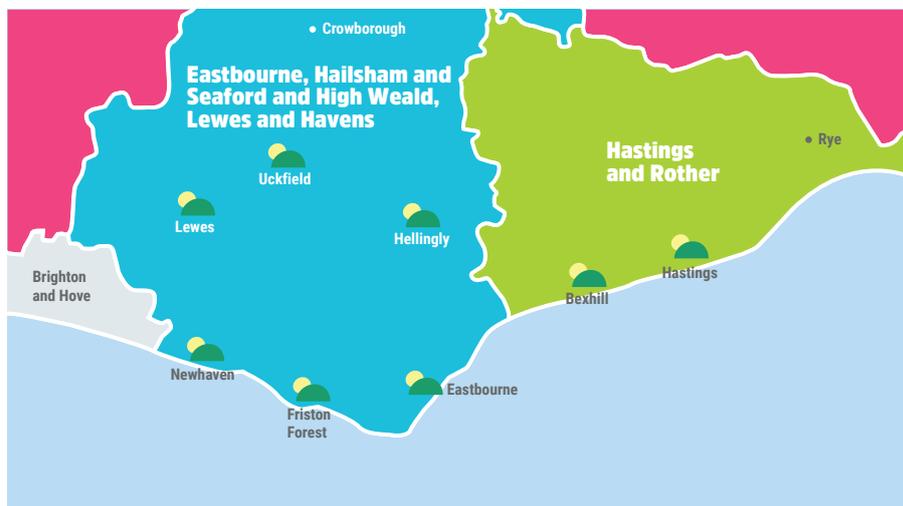
www.eastsussex.gov.uk/roadsandtransport/public/

Travel Line

www.traveline.info

☎ 0345 608 0194

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



Reading Well: Books on Prescription

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 **29** 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 from local libraries.

What do you need to do?

A few tips to help you get the most of **Reading Well: Books on Prescription**:

- ▶ Decide which book would be most helpful
- ▶ Visit your local library to borrow the book. If you're not a member you can join on the day. You can find out where your local library is by visiting www.gov.uk/join-library. Simply bring proof of identification with your name and address e.g. a bill or driving licence
- ▶ Ask at your library about other services they provide that might help you. For example, reading groups can be a good way of bringing people together, promoting wellbeing
- ▶ Read the book carefully and follow the practical exercises and activities suggested

Can books really help?

Evidence from the National Institute of Clinical Evidence (NICE) shows that self-help books support the understanding and management of common mental health conditions.

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.

What if books don't help?

If you're being supported by your GP or a mental health professional and you find that the book you're reading isn't helping you should ask to discuss this.

You could also contact the Sussex Partnership NHS Foundation Trust Mental Healthline, a service offering support and information to anyone experiencing mental health challenges. The service is also available to carers and healthcare professionals.

 **0300 5000 101**

Available Monday-Friday 5:00pm-9:00am and 24 hours at weekends and on Bank Holidays

Other sources of advice and information

The following organisations can also help:

The Samaritans

 www.samaritans.org

 **08457 909090**

Available 24 hours a day, 7 days a week

Mind

 www.mind.org.uk

 **0300 123 3393**

Mental Health Helplines Partnership

 www.mhhp.org.uk

The Royal College of Psychiatrists

 www.rcpsych.ac.uk/info

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

 www.readingagency.org.uk/readingwell

Feedback We're keen to hear your views!

You will find a simple and confidential online form at:
 www.readingagency.org.uk/readingwell

Reading Well: Books on Prescription

Books included in the scheme

	Title	Author	Publisher
Anger	Overcoming Anger and Irritability: A Self-help Guide Using Cognitive Behavioural Techniques	Davies, William	Constable & Robinson
Anxiety	Overcoming Anxiety: A Self-help Guide Using Cognitive Behavioural Techniques	Kennerley, Helen	Constable & Robinson
	Overcoming Anxiety, Stress and Panic: A Five Areas Approach	Williams, Chris	CRC Press
	Feel the Fear and Do it Anyway	Jeffers, Susan	Vermilion
Binge Eating/ Bulimia Nervosa	Overcoming Binge Eating (new edition – ‘Overcoming Binge Eating: The Proven Programme to Learn Why You Binge and How You Can Stop’ – available in HB and PB from 30 September 2013)	Fairburn, Christopher	Guilford Press
	Getting Better Bit(e) by Bit(e): A Survival Kit for Sufferers of Bulimia Nervosa and Binge Eating Disorders	Schmidt, Ulrike and Treasure, Janet	Routledge
	Overcoming Bulimia Nervosa and Binge Eating: A Self-Help Guide Using Cognitive Behavioural Techniques	Cooper, Peter J.	Constable & Robinson
Chronic Fatigue	Chronic Fatigue Syndrome (second edition)	Campling, Frankie and Sharpe, Michael	Oxford University Press
	Overcoming Chronic Fatigue: A Self-help Guide Using Cognitive Behavioural Techniques	Burgess, Mary and Chalder, Trudie	Constable & Robinson
Chronic Pain	Overcoming Chronic Pain: A Self-help Guide Using Cognitive Behavioural Techniques	Cole, Frances; Carus, Catherine; Howden-Leach, Hazel; and Macdonald, Helen	Constable & Robinson
Depression	Overcoming Depression and Low Mood: A Five Areas Approach (third edition)	Williams, Chris	CRC Press
	Mind Over Mood: Change How You Feel by Changing the Way You Think	Greenberger, Dennis and Padesky, Christine	Guilford Press
	Overcoming Depression: A Self-Help Guide Using Cognitive Behavioural Techniques	Gilbert, Paul	Constable & Robinson
Health Anxiety	Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioural Techniques	Veale, David and Willson, Rob	Constable & Robinson
	An Introduction to Coping with Health Anxiety	Hogan, Brenda and Young, Charles	Constable & Robinson
Obsessions and Compulsions	Overcoming Obsessive Compulsive Disorder: A Self-Help Guide Using Cognitive Behavioural Techniques	Veale, David and Willson, Rob	Constable & Robinson
	Understanding Obsessions and Compulsions	Tallis, Frank	Sheldon Press
	Break Free from OCD: Overcoming Obsessive Compulsive Disorder with CBT	Challacombe, Fiona, Oldfield, Victoria, Bream and Salkovskis, Paul M.	Vermilion
Panic	Overcoming Panic and Agoraphobia: A Self-Help Guide Using Cognitive Behavioural Techniques	Silove, Derrick and Manicavasagar, Vijaya	Constable & Robinson
	Panic Attacks: What They Are, Why They Happen and What You Can Do About Them	Ingham, Christine	HarperCollins
Phobias	An Introduction to Coping with Phobias	Hogan, Brenda	Constable & Robinson
Relationship Problems	Overcoming Relationship Problems: A Self-Help Guide Using Cognitive Behavioural Techniques	Crowe, Michael	Constable & Robinson
Self-Esteem	Overcoming Low Self-esteem: A Self-Help Guide Using Cognitive Behavioural Techniques	Fennell, Melanie	Constable & Robinson
	The Feeling Good Handbook	Burns, David	Penguin
Social Phobia	Overcoming Social Anxiety and Shyness: A Self-Help Guide Using Cognitive Behavioural Techniques	Butler, Gillian	Constable & Robinson
Sleep Problems	Overcoming Insomnia and Sleep Problems: A Self-Help Guide Using Cognitive Behavioural Techniques	Espie, Colin A.	Constable & Robinson
Stress	The Relaxation and Stress Reduction Workbook	Davis, Martha	New Harbinger
	Manage Your Stress for a Happier Life	Looker, Terry and Gregson, Olga	Hodder
Worry	The Worry Cure: Stop Worrying and Start Living	Leahy, Robert, L.	Piatkus Books
	How to Stop Worrying	Tallis, Frank	Sheldon Press

 0300 303 8086

 @withoutstigma

 sussexrecoverycollege.org.uk

 sussex.recoverycollege@nhs.net

 **Sussex Recovery College**

Aldrington House

35 New Church Road

Hove

BN3 4AG



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

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 Helpline

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.

This document is available in alternative formats upon request.

If you need an urgent visit:
www.sussexpartnership.nhs.uk/urgent-help-crisis

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

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

Sussex Partnership NHS Foundation Trust Mental Healthline



0300 303 8086
@withoutstigma
sussexrecoverycollege.org.uk
sussex.recoverycollege@nhs.net

Sussex Discovery College
Aldington House
35 New Church Road
Hove
BN3 4AG

Sussex Discovery College
has been part-funded by



Support for mental health

Sussex Partnership NHS Foundation Trust's charity

Sussex Partnership



NHS Foundation Trust

Lined writing area with horizontal blue dotted lines.



Notes

Here are some examples of books included in the scheme

Who is book for?	Title	Author	Publisher
Parents and carers (of primary school age children)	The Incredible Years	C. Webster-Stratton	The Incredible Years
Parents	Parenting with positive behaviour support: A parent's guide to problem solving to problem solving solutions to difficult behaviour	M. Hienman, K. Childs and J. Sergy	Brookes Publishing
Family workbook for parent and child	Finding a way through when someone close has died	P. Mood and	Jessica Kingsley
Parent to read with young child	Badger's Parting Gifts	L. Whitaker	Anderson Press
Workbook for teens	Banish your body image thief: A CBT workbook on building positive body image for young people	S. Varley	Jessica Kingsley
Guide for parents	Children, feelings and divorce: Finding the best outcome	K. Collins-Donnelly	Free Association Books
Guide for Parents and teens	Young people hearing voices: What you need to know and what you can do	H. Smith	PCCS Books
Workbook for teens	Am I Depressed and What Can I Do About it?: A CBT Self-Help Guide for Teenagers Experiencing Low Mood and Depression	M. Romme and S. Escher	Robinson
Workbook for teens	Get out of your mind and into your life for teens: A guide to leading an extraordinary life	S. Reynolds	New Harbinger
Workbook for teens	Don't let your emotions run your life for teens: DBT skills for helping teens manage mood swings, control angry outbursts and get along with others	J. Clairochi and L. Hayes	Instant Help
Parents	Solving children's sleep problems	S. Van Dijk	Beckett Karlson
Teens	The stress reduction workbook for teens	L. Quine	Instant Help
Parents	Helping your anxious child	G. Biegel	Vermilion
For parents and children (age 6-12) to read together	What to do when you worry too much: A kid's guide to overcoming anxiety	D. Lewis	Magination Press
Workbook for parents and teens	Breaking free from OCD: A CBT guide for young people and their families	D. Heubener	Jessica Kingsley
Workbook for teens	The shyness and social anxiety workbook for teens	J. Derisley and others	New Harbinger
Workbook for teens	The anxiety workbook for teens	J. Shanon	Instant Help
For parents and carers	A straight talking introduction to children's mental health problems	L. Schab	PCCS Books

The full reading list is available from your local library, or go online to eastsussex.gov.uk/selfhelpbooks

Books on Prescription for Families



East Sussex Library Service and Sussex Partnership NHS Foundation Trust's Child and Adolescent Mental Health Service (CAMHS) have been working together to bring the latest information and research about children's mental health to families.

Please see page 12 for some examples 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 from local libraries.

What do you need to do?

A few tips to help you get the most of **Reading Well: Books on Prescription**:

- ▶ Decide which book would be most helpful
- ▶ Visit your local library to borrow the book. If you're not a member you can join on the day. You can find out where your local library is by visiting www.gov.uk/join-library. Simply bring proof of identification with your name and address e.g. a bill or driving licence
- ▶ Ask at your library about other services they provide that might help you. For example, reading groups can be a good way of bringing people together, promoting wellbeing

- ▶ Read the book carefully and follow the practical exercises and activities suggested

Can books really help?

Evidence from the National Institute for Health and Care Excellence (NICE) shows that self-help books support the understanding and management of common mental health conditions.

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.

What if books don't help?

You could also contact the Sussex Partnership NHS Foundation Trust Mental Healthline, a service offering support and information to anyone experiencing mental health challenges. The service is also available to carers and healthcare professionals.

☎ 0300 5000 101

Available Monday-Friday 5:00pm-9:00am and 24 hours at weekends and on Bank Holidays

Other sources of advice and information

The following organisations can also help:

The Samaritans
www.samaritans.org
☎ 08457 909090

Available 24 hours a day, 7 days a week

Mind
www.mind.org.uk
☎ 0300 123 3393

Mental Health Helpline Partnership
www.mhnp.org.uk

The Royal College of Psychiatrists
www.rcpsych.ac.uk/info

Some books are available in different formats. For more information visit:
 www.readingagency.org.uk/readingwell

Feedback We're keen to hear your views! You will find a simple and confidential online form at:
 www.readingagency.org.uk/readingwell

☎ 0300 303 8086

sussex.recoverycollege@nhs.net

Our partner organisations



Circle of Life Rediscovery CIC

01273 814226 / 07966514469

www.circleofliferediscovery.com

info@circleofliferediscovery.com

Since 2004 we have been providing nature-based experiences and programmes that are educational, fun and often life changing. We run funded projects with our partners (including CAMHS and The People's Project) that directly support health and wellbeing for vulnerable members of society. We offer days for schools or family days in the woodlands and bespoke residential camps and Forest Schools. You can gain a Level 3 qualification in leading your own Forest School programme, complete a John Muir Award, improve your knowledge and skills with our adult training CPD days or join our general nature immersion days!



ESBAS - Education Support, Behaviour and Attendance Service

01273 481967

www.eastsussex.gov.uk/

[educationandlearning/schools/attendance-behaviour](#)

Supporting young people aged 5-16 who have been referred through school.



East Sussex Library and Information Service

0345 608 0196

[www.eastsussex.gov.uk/join the library](http://www.eastsussex.gov.uk/join-the-library)

We have 17 libraries across East Sussex, with resources and activities available to all residents. Our resources include books, audio books, DVDs, local history and family history resources; and health and wellbeing and reminiscence resources. Most are free. We also provide free computer access, wi-fi and a range of online resources such as e-books, e-audiobooks, e-magazines and many online subscription sites (many of which can be accessed from home). Activities include Rhythmix and Storytimes for the under-5s and code clubs for older children, as well as events throughout the year such as local talks and creative writing sessions for all ages. We also offer a variety of learning and volunteering opportunities.



ISEND

01273 337660

ISENDfrontdoor@eastsussex.gov.uk

The Inclusion Special Needs and Disabilities (ISEND) Front Door is the pathway through which schools and education providers can request support for children and young people with additional and/or special educational needs and disabilities.



Rhythmix

08701 417 484 (ext 1)

www.rhythmixmusic.org.uk

Rhythmix is a music, social welfare and education charity working in the South East of England. We believe in the power of music to transform lives and that everyone should have the chance to express themselves through music. Music making gives people the opportunity to gain independence, an insight into their skills, hone their talents and a chance to engage with professional musicians as their Rhythmix tutors. We are supported by public donations and through our partner organisations.



Tower Art Gallery

01323 434670

www.towereastbourne.org.uk

Tower works in collaboration with artists, communities and organisations to increase access to the arts and provide positive learning outcomes for our audiences. A key strand of their work is improving the mental health and wellbeing of those living in East Sussex. Their partnership with Sussex NHS Partnership Trust, including through Recovery College, is a significant part of their programmes.

Graduation

A Voice That's Mine



Graduation highlighting success Acknowledging achievement,

To celebrate the achievements of our students and the success of Discovery College we hold annual **Graduation** events!

These take place in July every year, and we will be notifying you of our next event soon – just keep in touch and we will send you the details.

Students eligible to attend, and their families, carers and supporters, will be invited. Recognition is also given to our hardworking trainers and partners!

We will look forward to seeing you there.

"I got the chance
to make new
friends and be
comfortable
with everyone"



A Voice That's Mine July 2019

This is an annual show highlighting the strengths, talents, stories and messages of young people who have also experienced mental health difficulties.

Whether it's performing a favourite song that has special meaning for you, giving a speech to raise mental health awareness or expressing an interest or idea that has importance for you in art, drama, music or written or the spoken word, **A Voice That's Mine** is your opportunity to be seen and heard.

The supportive and friendly audience will be made up of friends and family invited by you, as well as workers and managers from services that support young people's mental health. This year's show will be combined with a Graduation event to celebrate the achievements of participants in Discovery College throughout the year.

Where?

Location to be confirmed

When?

One afternoon and evening in July

Who's it for?

Anyone aged 12-20 years.

What will I get out of it?

You will:

- Learn about what is involved in creating a show and exhibition space
- Improve skills around presenting yourself and performing
- Develop the skills of working in a creative team and supporting each other

Trainers

Rivkah Cummerson
Emma Thorne
Clare Meredith

Provided by

Sussex Partnership NHS Foundation Trust and all organisations participating in Discovery College

Courses

Creative Writing and Reading

Stories are what we are made of and sometimes reading and listening to the stories of others who have similar or very different lives to ours can help us make sense of our own. These informal workshops will focus on both reading and writing but you will never be presented with a blank page to fill.

You will have lots of little exercises and prompts to help you find your voice. There's no pressure, and no right or wrong answers when it comes to the writing. Some of the exercises will be brief, some will take a bit of time. Sometimes you'll be really keen to read out what you've written, sometimes you'll want to keep it to yourself – all of that is fine. We also welcome participants who just want to listen.

Where?

Location to be confirmed – contact Recovery College for details

When?

One course of eight 2-hour sessions

Who's it for?

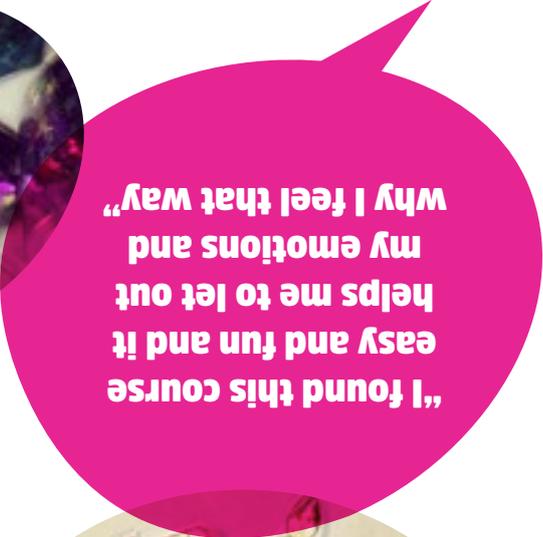
Anyone aged 12-20 years.

Trainers

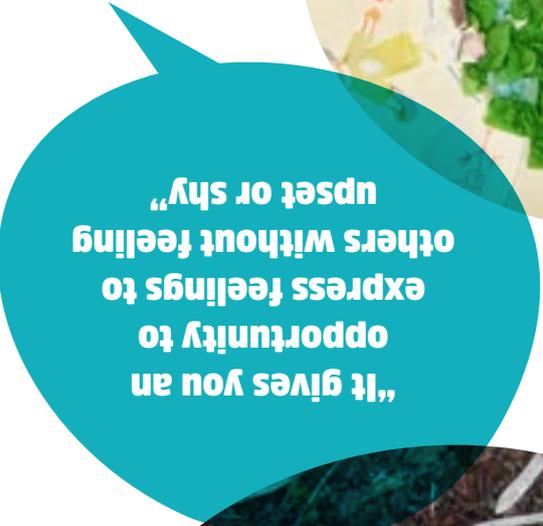
Rachel Sweeney

Provided by

Sussex Partnership NHS Foundation Trust and all organisations participating in Discovery College



“I found this course easy and fun and it helps me to let out my emotions and why I feel that way”



“It gives you an opportunity to express feelings to others without feeling upset or shy”





Woodland Family Days

If your child is aged 5-12 years and experiencing mental health challenges, we would like to invite them and you (siblings included) to attend a calm, relaxing and fun day in local woodland. It will be a wonderful opportunity to meet other families, share experiences, play games and learn woodland skills.

Each day stands alone. You are welcome to apply for all the dates. (We endeavour to give everyone a chance of attending at least once, which means we cannot guarantee you a place on each day.)

Where?

Mill Wood, Vert Woods Community Woodland, Park Lane, Laughton, Lewes BN8 6BP (map available on request)

When?

Friday 21 December 10:00am-3:00pm

Who's it for?

Anyone aged 5-12 years, their relatives, carers and siblings

What will I get out of it?

You will:

- ◆ Increase your connection to nature
- ◆ Increase your access to nature
- ◆ Develop your understanding of how nature can support your mental health

Trainers

David Hayward
Emma Thorne
Marina Robb

Provided by

Sussex Partnership NHS Foundation Trust,
Circle of Life Rediscovery,
Peoples Project

Woodland Days for Teens

Come to the woods throughout the year! This experience runs once a month from October. Learn how to make fires without matches, cook, use tools, play games and meet others who have had similar experiences to you.

We will co-create a fun, safe and healing time together. Have discussions and share stories around the fire, discover our gifts and learn how nature can support our wellbeing. The woodland is a very calming and relaxing space. Young people who have been before tell us it is very 'freeing'. Wrap up warm, wear wellington boots or walking boots and bring a packed lunch! We prefer participants to sign up to the all the days where possible.

Where?

Mill Wood, Vert Woods Community Woodland, Park Lane, Laughton, Lewes BN8 6BP (map available on request)

When?

Various days 10:00am-3:00pm

25 October, 17 November, 15 December, 19 January, a date in February, 16 March, 10 April, 30 May, 6 July

Who's it for?

Anyone aged 12-20 years.

What will I get out of it?

You will:

- ◆ Learn woodland skills such as firefighting, cooking and crafts
- ◆ Increase your confidence in a group and the outdoors
- ◆ Learn how to live comfortably in nature

Trainers

David Hayward
Emma Thorne
Marina Robb

Provided by

Sussex Partnership NHS Foundation Trust,
Circle of Life Rediscovery, Peoples Project

Courses

Peer Mentoring

Have you started to feel like you would be ready to support other young people in their attendance of Discovery College courses? Would you like to learn more about the role and start practising some mentoring skills?

This will be a fun introduction to being a Peer Mentor and will include opportunities to ask questions, discuss hopes and fears, and try out some new skills.

Where?

Location to be confirmed – contact Recovery College for details

When?

One course of ten 2-hour sessions

Who's it for?

Anyone aged 12-20 years.

What will I get out of it?

You will:

- Gain an understanding of what being a Peer Mentor involves and how you would be supported
- Develop your confidence in speaking/presenting to a group
- Learn about and practise advocating on behalf of someone else

Trainers

Trainers to be confirmed

Provided by

Sussex Partnership NHS Foundation Trust and all organisations participating in Discovery College

“Discovery College is enjoyable, sociable and gives you the chance to show your feelings so you don't keep them haunted inside you”

“I've felt very comfortable to share my feelings and overcome my anxiety, which means a lot”

“I've felt proud of myself to meet new people and talk openly”



Music in Mind St. Leonards

We make music collaboratively and provide opportunities to express yourself through music, including covering songs of your choice, original songwriting, recording and editing. You do not need to have any previous experience, just an interest in music. We aim to cover all interests and genres. The group is inclusive, supportive and led by the people in it.

Where?

The Roomz, 33-35 Western Road
St. Leonards-on-Sea TN37 6DJ

When?

Thursdays 5:30pm-7:30pm
6, 13 September; 1, 29 November; 6, 13, 20 December

Who's it for?

Anyone aged 12-20 years.

What will I get out of it?

You will:

- ▶ Learn how to play a musical instrument and improve your existing skills including your voice
- ▶ Learn how to put a song together
- ▶ Build and improve your team work skills and confidence

Trainers

Sam Dook
Sophie Forster

Provided by

Rhythmix, Early Help Keywork Service Emotional Wellbeing

"More confidence, fun, friendship, teamwork!"

Music in Mind Eastbourne

We make music collaboratively and provide opportunities to express yourself through music, including covering songs of your choice, original songwriting, recording and editing. You do not need to have any previous experience, just an interest in music. We aim to cover all interests and genres. The group is inclusive, supportive and led by the people in it.

Where?

Charlie's, YMCA, 56 Seaside, Eastbourne BN22 7QL

When?

Thursdays 5:30pm-7:30pm
20, 27 September; 4, 11, 18 October;
1, 8, 15, 22, 29 November

Who's it for?

Anyone aged 12-20 years.

What will I get out of it?

You will:

- ▶ Learn how to play a musical instrument and improve your existing skills including your voice
- ▶ Learn how to put a song together
- ▶ Build and improve your team work skills and confidence

Trainers

Paul Crawford
Mark Bonfield

Provided by

Rhythmix, Early Help Keywork Service Emotional Wellbeing

"I have learnt it is possible to talk to people without being terrified"

Courses

Download

If you are thinking about attending Discovery College and also have an interest in improving mental health support for young people, this is the group for you. It's an opportunity to meet others, play games, share food and chat. There will be a discussion at each session to evaluate the courses on offer and develop new ones, and share thoughts about the services on offer to young people that support emotional wellbeing.

This group has already managed to achieve changes to services and create films for use in schools. They have created help booklets for young people accessing CAMHS and have been the driving force behind creating a Discovery College in this area.

Where?

Archery Recreation Ground, Willoughby Crescent, Seaside, Eastbourne BN22 7RR

When?

Wednesdays 4.15pm-6.15pm
26 September, 31 October, 28 November, 12 December, 30 January, 27 February, 27 March, 24 April, 22 May, 26 June, 31 July

Who's it for?

Anyone aged 12-20 years.

What will I get out of it?

You will:

- Learn how to advocate on behalf of other young people
- Learn how to influence decision-making
- Build on your confidence to speak openly about your opinions with others

Trainers

Rivkah Cummerson
Emma Thorne

Provided by

Sussex Partnership NHS Foundation Trust

Experts by Experience

Services offering support and guidance to young people experiencing mental health challenges can only do this well by hearing from and working with the young people who attend. You are an expert in your experience of being young today, experiencing mental health challenges and seeking and finding support. This training day will provide you with the confidence and skills needed to say 'yes' to involvement opportunities so that you can use your expertise to change services for the better and boost your self-esteem at the same time. Opportunities can include interviewing new members of staff, being on a focus group panel, creating a tool for young people to use in therapy sessions, or speaking at a meeting. Participants will be invited to join a database of Experts by Experience, who will be notified regularly of new opportunities.

Where?

Elm Room, Aldrington House, New Church Road, Hove BN3 4AG

When?

Various days 10:00am-3:00pm
22 October, 19 February, 28 May, 30 August

Who's it for?

Anyone aged 12-20 years.

What will I get out of it?

You will:

- Feel better prepared for future work and volunteer interview situations
- Improve your confidence in speaking out at meetings
- Learn how to use your experiences of mental health services to improve care for others and contribute to positive changes in the organisation

Trainers

Rivkah Cummerson, Emma Thorne, Karen Osborn

Provided by

Sussex Partnership NHS Foundation Trust and all organisations participating in Discovery College

Courses at a glance and contents

4	Download	Monthly 2-hour sessions	Eastbourne	Experts by Experience	One whole-day session offered once a quarter	Hove	Music in Mind	Weekly 2-hour sessions (ten per term)	Eastbourne	Music in Mind	Weekly 2-hour sessions (ten per term)	St. Leonards-on-Sea	Peer Mentoring	One course of ten 2-hour sessions	Location to be confirmed	Woodland Days for Teens	Monthly whole-day sessions	Laughton	Woodland Family Days	One whole-day session offered once a quarter	Laughton	Creative Writing and Reading	One course of eight 2-hour sessions	Location to be confirmed	Graduation and 'A Voice That's Mine'	9	Partner organisations	10	Books on Prescription for Families	11
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Coming along to a new group

Everyone at Discovery College knows it can be a challenge to join a new group. Young people who have given it a go tell us it really helps to identify someone who can encourage you to come along when you feel like giving the session a miss.

What some young people have told us they struggle with to get to a course ...



We will do everything we can to help you feel welcome and comfortable, including sending you text reminders before sessions. We will also support you in your practice and development of teamwork skills. An important part of teamwork is trying hard to attend all the course sessions.

“Something that was stopping me from attending was the shell that I was hiding in, but I pushed through anyways, and I’m so happy that I did because I have gained experience, confidence and adaptability, and I enjoyed it!”

Discovery college

What is Discovery College?

Discovery College is a place for children and young people in East Sussex and their supporters (relatives, friends and carers) to have new experiences and learn more about emotional wellbeing and particular mental health challenges. We also have courses just for parents. Everything is done in groups with other people who listen without judgement, offer support without being patronising and have an interest in who you are and would like to be. Very importantly the courses are FREE. Discovery College is growing steadily: each term we offer more and more courses.

How to sign up

To register for a course all you or your supporter (relative, friend or carer) need do is contact us, giving us your address and titles of the courses you would like to attend. A registration form will then be sent to you by post for you to fill in. If you find completing the form difficult for any reason, please call us to confirm you can attend the first session and come along with your form, so we can support you to complete it. We can do a home visit if you would find that helpful.

Giving consent to attend

The registration form will ask you and a parent/ carer to sign to say you are consenting to take part. If you are 16 or older and you cannot get a parental signature you can sign for yourself. If you are 15 and under we will ask you to get a parent/carer signature, but contact us if this is difficult for any reason and we can decide together whether you can take part without it.

What next?

Once we have received your form you will be booked onto the course and a letter of confirmation will be sent to you. If the course is fully booked we will inform you that you have been added to a waiting list; this means if there is a cancellation you could be offered a place. Our waiting lists do not roll over from one term to the next, so please make sure you re-apply each term.

Peer Mentors and Peer Trainers

The exciting thing about Discovery College is that all our courses are designed and delivered with young people who have experienced mental health challenges.

Peer Mentors are volunteers who have reached a point of wanting to support other young people to attend Discovery College courses. One of the main skills they have is the ability to put their own needs to one side for the duration of the session in order to be there for other young people. They are supported by having a chance to de-brief at the end of each session. If you think you would like to become a Peer Mentor then please sign up for our Peer Mentor course.

Peer Trainers are young people aged 18yrs+ who may have been Peer Mentors and have discovered they really enjoy the role and wish to take on more responsibility, maybe even lead activities in some of the sessions. To become a Peer Trainer you need to attend an interview and if successful you will be placed on a 12-week training course. On completion of the course you become an employee of Sussex Partnership NHS Foundation Trust and are paid for all the planning and delivery of sessions you are involved in.

Term times

Our term times are **September to March** and **April to July**. We are always happy to hear from you so if you have any questions or require additional information or support with registering please contact us.



0300 303 8086



sussex.recoverycollege@nhs.net



Discovery College

Aldington House
35 New Church Road
Hove BN3 4AG
Coming along to a new group
Coming along to a new group

Prospectus 2018-2019



A LEARNING
JOURNEY TO
WELLBEING
FOR CHILDREN
AND SUPPORTERS
(RELATIVES, FRIENDS AND CARERS)