

Sussex Recovery College

Autumn 2026 Course Timetable



Welcome to our Autumn Term timetable. We're excited to be able to offer you a mix of in person and online courses and workshops that focus on learning about mental health, wellbeing, personal development and recovery. All courses are co-designed and co-delivered by Peer Trainers - people with lived experience of the subject, alongside mental health professionals.

For detailed course descriptions and more information about Sussex Recovery College, please take a look at our annual prospectus which is available for download from our website or come along to our online Open Day on September 15th 12-1pm (check our website for details).

In Person Courses

Understanding and Managing Health Conditions:

Course Name	No. of sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
SUICIDE: Staying Safe from Suicide	4	8 th October, 15 th October, 22 nd October, 29 th October	Thursdays 1:30pm - 3:30pm	Crawley Library , Longley Room, Southgate Avenue, CRAWLEY , RH10 6HG	10

Online Courses (on Zoom)

Understanding and Managing Health Conditions:

Course Name	No. of sessions	Dates	Day of the week and times	Page in prospectus
ADHD: An Introduction to Adult ADHD	4	6 th November, 13 th November, 20 th November, 27 th November	Fridays 12:00pm - 2:00pm	5
ANXIETY: Understanding and Managing Anxiety 	4	18 th November, 25 th November, 2 nd December, 9 th December	Wednesdays 10:00am - 12:00pm	5
AUTISM: Understanding Autism in Adults	4	5 th November, 12 th November, 19 th November, 26 th November	Thursdays 10:00am - 12:00pm	6
CEN: Making Sense of Complex Emotional Needs (CEN) 	4	15 th October, 22 nd October, 29 th October, 5 th November	Thursdays 2:30pm - 4:30pm	7
DEPRESSION: Understanding and Managing Depression 	4	20 th November, 27 th November, 4 th December, 11 th December	Fridays 10:00am - 12:00pm	7
PTSD: Post Traumatic Stress Disorder - Life after Trauma	3	16 th November, 23 rd November, 30 th November	Mondays 2:30pm - 4:30pm	9

A link to your online course or workshop will be included in your confirmation email. We recommend logging on 10-15 minutes before the start time to get yourself set up and ready for a prompt start.

Online Courses (on Zoom)

Creativity, Wellbeing and Personal Development:

Course Name	No. of sessions	Dates	Day of the week and times	Page in prospectus
CREATIVITY: Writing for Self-Expression	4	16 th November, 23 rd November, 30 th November, 7 th December	Mondays 10:00am - 11:30am	14
FOOD AND MOOD: Introduction to Food and Mood	1	13 th November	Friday 12:00pm - 2:00pm	14
RECOVERY: Introduction to Recovery	1	7 th October	Wednesday 12:00pm - 2:00pm	17
RESILIENCE: Building Resilience for Wellness and Recovery	4	5 th October, 12 th October, 19 th October, 26 th October	Mondays 2:30pm - 4:30pm	17
SELF-ESTEEM and CONFIDENCE	5	12 th November, 19 th November, 26 th November, 3 rd December, 10 th December	Thursdays 2:30pm - 4:30pm	18

A link to your online course or workshop will be included in your confirmation email. We recommend logging on 10-15 minutes before the start time to get yourself set up and ready for a prompt start.

Registrations open on 15th September. You can register for up to 3 courses per term through our website or by scanning the QR Code or by clicking on this link: <https://src.envelope.host/courses/courses.php>

Please ensure you can attend all of the sessions before booking. Courses are open to adults with mental health-related challenges, their supporters and staff living in East or West Sussex. If you live in Brighton and Hove, you can access Brighton and Hove Recovery College: <https://www.southdown.org/services/recovery-college-brighton-hove/>

All details are correct at the time of going to press. Sometimes, events outside of our control mean we have to cancel, reschedule or relocate a course at short notice.



Contact us



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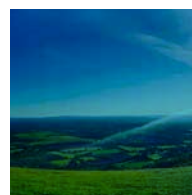
www.SussexRecoveryCollege.org.uk



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**Neighbourhood
Mental Health Teams**
Helping people get the mental health
support they need, when they need it.



Sussex Partnership
NHS Foundation Trust