

# Sussex Recovery College Summer 2026 Course Timetable



Welcome to our Summer 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 further information about Sussex Recovery College, please refer to our annual prospectus, available to download from our website, or attend our Online Open Day on 28<sup>th</sup> April from 12pm to 1pm (see 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
<b>SUICIDE: Staying Safe from Suicide</b>	4	23 <sup>rd</sup> June, 30 <sup>th</sup> June, 7 <sup>th</sup> July, 14 <sup>th</sup> July	<b>Tuesdays</b> 2:00pm - 4:00pm	<b>Sovereign Harbour Community Centre</b> , Meeting Room, Easter Island Place, <b>Eastbourne</b> , BN23 6JH	10

### Creativity, Wellbeing and Personal Development:

Course Name	No. of sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
<b>MUSIC: People's Music - New Rhythms</b>	8	19 <sup>th</sup> May, <b>1 week break</b> , 2 <sup>nd</sup> June, 9 <sup>th</sup> June, 16 <sup>th</sup> June, 23 <sup>rd</sup> June, 30 <sup>th</sup> June, 7 <sup>th</sup> July, 14 <sup>th</sup> July	<b>Tuesdays</b> 10:45am - 12:00pm	<b>The Shoreham Centre</b> , Room 8, 2 Pond Road, <b>SHOREHAM-BY-SEA</b> , West Sussex, BN43 5WU	15
<b>MUSIC: People's Music - Singing for Wellbeing</b>	8	19 <sup>th</sup> May, <b>1 week break</b> , 2 <sup>nd</sup> June, 9 <sup>th</sup> June, 16 <sup>th</sup> June, 23 <sup>rd</sup> June, 30 <sup>th</sup> June, 7 <sup>th</sup> July, 14 <sup>th</sup> July	<b>Tuesdays</b> 12:15pm - 1:30pm	<b>The Shoreham Centre</b> , Room 8, 2 Pond Road, <b>SHOREHAM-BY-SEA</b> , West Sussex, BN43 5WU	16
<b>MUSIC: People's Music - New Rhythms</b>	7	21 <sup>st</sup> May, <b>1 week break</b> , 4 <sup>th</sup> June, 11 <sup>th</sup> June, 18 <sup>th</sup> June, 25 <sup>th</sup> June, 2 <sup>nd</sup> July, 9 <sup>th</sup> July	<b>Thursdays</b> 2:15pm - 3:45pm	<b>White Rock Theatre</b> , White Rock, <b>HASTINGS</b> , TN34 1JX	15

Registrations open on 28<sup>th</sup> April. 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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# Online Courses (on Zoom)

## Understanding and Managing Health Conditions

Course Name	No. of sessions	Dates	Day of the week and times	Page in prospectus
<b>ADHD: An Introduction to Adult ADHD</b>	4	19 <sup>th</sup> June, 26 <sup>th</sup> June, 3 <sup>rd</sup> July, 10 <sup>th</sup> July	<b>Fridays</b> 10:00am - 12:00pm	5
<b>ANXIETY: Understanding and Coping with Anxiety</b>	4	21 <sup>st</sup> May, 28 <sup>th</sup> May, 4 <sup>th</sup> June, 11 <sup>th</sup> June	<b>Thursdays</b> 10:00am - 12:00pm	5
<b>ANXIETY: Understanding and Coping with Anxiety</b>	4	24 <sup>th</sup> June, 1 <sup>st</sup> July, 8 <sup>th</sup> July, 15 <sup>th</sup> July	<b>Wednesdays</b> 10:00am - 12:00pm	5
<b>AUTISM: Understanding Autism in Adults</b>	4	18 <sup>th</sup> June, 25 <sup>th</sup> June, 2 <sup>nd</sup> July, 9 <sup>th</sup> July	<b>Thursdays</b> 10:00am - 12:00pm	6
<b>CEN: Navigating Complex Emotional Needs (CEN)</b>	3	22 <sup>nd</sup> June, 29 <sup>th</sup> June, 6 <sup>th</sup> July	<b>Mondays</b> 10:00am - 12:00pm	7
<b>DEPRESSION: Understanding and Coping with Depression</b>	4	23 <sup>rd</sup> June, 30 <sup>th</sup> June, 7 <sup>th</sup> July, 14 <sup>th</sup> July	<b>Tuesdays</b> 10:00am - 12:00pm	7
<b>PTSD: Post Traumatic Stress Disorder - Life after Trauma</b>	3	24 <sup>th</sup> June, 1 <sup>st</sup> July, 8 <sup>th</sup> July	<b>Wednesdays</b> 2:30pm - 4:30pm	9

## Creativity, Wellbeing and Personal Development

Course Name	No. of sessions	Dates	Day of the week and times	Page in prospectus
<b>CREATIVITY: Writing for Self-Expression</b>	4	23 <sup>rd</sup> June, 30 <sup>th</sup> June, 7 <sup>th</sup> July, 14 <sup>th</sup> July	<b>Tuesdays</b> 2:30pm - 4:00pm	14
<b>FOOD AND MOOD: Introduction to Food and Mood Workshop</b>	1	8 <sup>th</sup> June	<b>Monday</b> 10:00am - 12:00pm	14
<b>RECOVERY: Introduction to Recovery Workshop</b> 	1	20 <sup>th</sup> May	<b>Wednesday</b> 10:00am - 12:00pm	NEW WORKSHOP 17
<b>RESILIENCE: Building Resilience for Wellness and Recovery</b>	4	24 <sup>th</sup> June, 1 <sup>st</sup> July, 8 <sup>th</sup> July, 15 <sup>th</sup> July	<b>Wednesdays</b> 10:00am - 12:00pm	17
<b>SELF-ESTEEM and CONFIDENCE</b>	5	19 <sup>th</sup> May, 26 <sup>th</sup> May, 2 <sup>nd</sup> June, 9 <sup>th</sup> June, 16 <sup>th</sup> June	<b>Tuesdays</b> 10:00am - 12:00pm	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.