

# Sussex Recovery College Has Gone Online

Digital Sussex Recovery College offers free online educational workshops and courses that focus on mental health and recovery.

We design our courses specially to increase your knowledge and skills and help promote self-management.

The aim is to enable you to take control by becoming an expert in your own wellbeing, so you can get on with your life despite mental health challenges whether yours or those of someone close to you.

Sussex Partnership   
NHS Foundation Trust



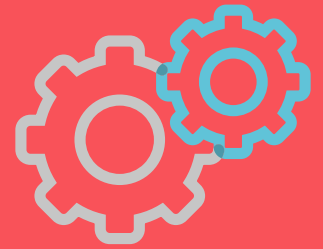
**FREE  
90 MINUTE  
WORKSHOPS  
& COURSES**

**DIGITAL  
SUSSEX  
RECOVERY  
COLLEGE**

**ONLINE  
PROSPECTUS**



# WHAT'S ON



## WHY WE WENT ONLINE

Because of the ongoing pandemic we are not able to offer in person courses at the moment. We do however have some great new online workshops and courses, as well as some favourites from last term to offer you. Therefore all sessions will be online via a software application called Zoom.

## WHAT ARE THE BENEFITS OF GOING ONLINE?

Some people have found doing things online easier than they thought it would be. We know that there has been some apprehension about using the new technology but after people had experienced it they found there were many significant benefits.

Some benefits include

- No transport costs
- Learning new IT skills
- Learn in the comfort of your own home
- Shorter workshops, at times that suit you
- Accessible for all

## VIRTUAL CAFE DROP IN SESSIONS

We are running a 'Virtual Café' on Zoom where you will have a space to come to talk about how things are going, and support each other.

We will be doing art-based therapeutic and wellbeing activities in the Virtual Cafe, you will need drawing materials and paper. This is not a course or workshop, but drop in sessions.

Our 'Virtual Café' will be open every Monday and Thursday.

Mondays 12:30pm – 2:00pm

Thursdays 6:00pm - 7:30pm

To attend please register [HERE](#)

We would love it if you could join us!

## GETTING TO GRIPS WITH ZOOM

Our peer trainer technicians will be happy to help you! These sessions aim to give you the skills needed to join our new online Workshops, to help you get used to the new virtual classroom and become confident in Zoom etiquette.

These short sessions will get to help you get the most of an online session in Zoom.

You will learn how to manage the basic tools ( microphone, webcams, chat) how to set up your device so you can best view videos, presentations and basic troubleshooting techniques.

Attending this workshop will give you the confidence to participate in our courses and workshops.

[Please Click Here for More Information](#)



# **DIGITAL SUSSEX RECOVERY COLLEGE**

## **90 MINUTE WORKSHOPS**

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**Free  
90 Minute  
Workshops**

**Resilience in a Nutshell**

**Living with Health Anxiety**

**Trauma in the Current  
Climate**

**Become Your Own Ateam**

**How to get a Good Night's  
Sleep**

**Stressbusters**

**Understanding Medication  
for Depression**

**Understanding and Living  
with Dementia**

# RESILIENCE IN A NUTSHELL WORKSHOP



NOT AVAILABLE SPRING / SUMMER TERM

# LIVING WITH HEALTH ANXIETY WORKSHOP



# TRAUMA IN THE CURRENT CLIMATE WORKSHOP



In this free 90 minute online workshop you will get a brief overview of what resilience is, why we need it and how we build it.

Resilience has been shown to help us get through tough times successfully and even grow from our experiences.

By the end of this session, students will be able to

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

**Apply Here**



In this free 90 minute online workshop helps us define what health anxiety is and what the symptoms are. We will learn about the purpose of anxiety and the link between thoughts, feelings and behaviours.

This session will look at positive ways of coping with health anxiety and include some simple relaxation techniques.

By the end of this session, students will be able to

- Reflect on the ways health anxiety affects us.
- Identify positive and achievable coping strategies and how to use them.
- Use the tools to develop a personal health anxiety action plan.

In this free 90 minute online workshop we will explore the effects that Covid 19 is having on our relationship with trauma. It is open to people who already have a diagnosis of PTSD but also to people who think that this will help them with some difficult experience they have had due to the new challenging times.

By the end of this session, students will be able to

- Describe the five key themes of trauma related behaviours.
- Create an understanding of what we can do to influence our coping responses to traumatic or difficult events (with a focus on Covid-19).
- Develop coping mechanisms and tools that can help support increased resilience and wellbeing when living through traumatic or difficult events.



# BECOME YOUR OWN A TEAM: DEVELOPING SKILLS TO COPE WITH LIFE'S DIFFICULTIES



The opening credits to the 80's TV show the A Team went something like this:

If you have a problem, if no one else can help, and if you can find them..maybe you can hire The A-Team.

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

By the end of this session, students will be able to

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

# HOW TO GET A GOOD NIGHT'S SLEEP WORKSHOP



According to the Mental Health Charity Mind, living with a Mental Health challenge can affect how well you sleep and poor sleep can have a negative impact on your mental health.

In this interactive workshops we'll find out why sleep is so important and look at the impact of poor sleep on our bodies, minds and behaviours. We'll share sleep challenges and coping strategies and consider what healthy sleep habits we can practice to improve the quality of our sleep.

By the end of this session, students will be able to

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

# STRESSBUSTERS WORKSHOP



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

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

By the end of this session, students will be able to

- Recognise their own sources of stress.
- Understand the impact of stress on mind and body.
- List 3 ways to reduce stress.

**Apply Here**



# UNDERSTANDING MEDICATION FOR DEPRESSION

Free  
90 Minute  
Workshop

This workshop will give a brief overview of the commonly prescribed medications for low mood, how they work and what the side effects are.

Students will be encouraged to ask any questions they have regarding their medications and share their experiences of taking medications.

By the end of this session, students will be able to

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

**Apply Here**



**DIGITAL  
SUSSEX  
RECOVERY  
COLLEGE**

# ANGER MANAGEMENT

Free  
90 Minute  
Workshop

This workshop will enable participants to develop their understanding of anger; the ways in which anger can manifest in one's thoughts/feelings/bodily symptoms and behaviour and the function of anger; pros and cons.

The workshop will identify strategies to enable participants to confront and manage symptoms of anger.

It will give an opportunity to practise techniques to help participants contain anger.

By the end of this session, students will be able to

- A greater understanding of what anger is, why and how it is experienced physically and the difference between the thoughts and behaviours associated with anger.
- Knowledge of a range of different strategies to help better cope with anger.
- Practical skills or techniques in self-soothing or grounding.
- Strategies for managing situations that may trigger anger more effectively.



# UNDERSTANDING AND LIVING WITH DEMENTIA

FREE  
60 MINUTE  
WORKSHOP



**Apply Here**


This is a one-off 60 minute workshop (with a break) for people recently diagnosed with dementia, their partners, relatives and friends.

This workshop is designed to help you understand what dementia is, to find out how you can maximise your quality of life whilst living with dementia and to link you to a range of opportunities in your local community.

Time will be spent looking at treatments and support available. You will also learn how you can help yourself (or support someone else) to live well with dementia including tips for managing memory, thoughts, mood and lifestyle.

By the end of this session, students will be able to

- Develop a greater understanding of dementia and treatments available.
- Discover strategies and approaches on how to live with dementia and improve quality of life.
- Have a greater awareness/ get an overview of support systems available in their local area.



# **DIGITAL SUSSEX RECOVERY COLLEGE**

**4 WEEK  
90 MINUTE  
COURSES**

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**4 WEEK  
90 MINUTE  
COURSES**

**Understanding and  
Coping with  
Depression**

**Understanding and  
Coping with Anxiety**

**Living with Bipolar**

**Building Resilience**

**One Step at a Time**

**Anger Management**



# UNDERSTANDING AND COPING WITH DEPRESSION



Depression can happen to anyone. It impacts on how we feel about ourselves and how we spend our time. Enjoyment in life and motivation tends to decrease and we can be left with feelings of hopelessness, guilt or simply numbness.

This course is designed to help understand the nature of depression, the way it affects our behaviours and increases both negative and self-critical thinking. The sessions will explore a wide range of evidence-based strategies, techniques and lifestyle choices to cope with and reduce feelings of depression.

By the end of this 4 week course, students will be able to

- Describe what depression is.
- Identify the ways depression disrupts how we think, feel and act.
- Try out at least 3 different tools to enable us to live well with depression.

# LIVING WITH BIPOLAR



Over this four week course, students will be invited to develop a personal Wellness Recovery Action Plan.

To facilitate this a number of topics will be explored including mood monitoring, medication, ideas to help keep us as well as possible, sleep, triggers, early warning signs and action to take if early warning signs noticed.

Developing a Wellness Recovery Action Plan aims to enable us to manage this mental health condition as well as possible and to help us to live as fully as possible with Bipolar.

By the end of this 4 week course, students will be able to

- Have a more developed understanding of Bipolar
- Explore ideas to help keep as well as possible
- Develop awareness of early warning signs of a deterioration in mental health

# UNDERSTANDING AND COPING WITH ANXIETY



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

The sessions will explore a wide range of evidence-based strategies, techniques and lifestyle choices to cope with and reduce the negative impacts of Anxiety.

By the end of this 4 week course, students will be able to

- Describe how anxiety affects our thoughts and behaviours.
- Practice 3 techniques to challenge negative thoughts.
- Develop a personal wellbeing 'Recipe Book' to help manage Anxiety

**Apply Here**

# BUILDING RESILIENCE



**Apply Here**



Scan QR code with your smart phone camera  
for the application form

## ONE STEP AT A TIME

THIS IS A 6 WEEK COURSE WITH 2 SESSIONS PER WEEK

WEDNESDAY LUNCHTIME IS AN ONLINE EDUCATIONAL SESSION ON ZOOM.

FRIDAY LUNCHTIME IS A RUNNING SESSION AT WORTHING LEISURE CENTRE.

This course is designed to help students start running and understand elements that contribute to building better mental and physical health. The educational sessions will explore the relationship between mental and physical health through a variety of evidence-based techniques and lifestyle choices.

Topics covered include nutrition and sleep hygiene, routine and goal setting, and relaxation strategies. Developing an understanding of the content will enable students to build and maintain better mental and physical health.

By the end of the course, students will be able to:

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

- Priority will be given to students living in the Worthing area
- Students need to be able to attend both sessions

Resilience has been shown to help people to get through tough times successfully and grow from their experiences.

This course explores what Resilience is, how and why we can benefit from increasing our resilience, why we need it and how we build it.

The sessions will explore a wide range of evidence-based strategies, techniques and lifestyle choices to help students build their own resilience.

By the end of this 4 week course, students will be able to

- Describe what Resilience is and what it is not.
- Identify 6 different resilient moves from the Resilience Framework and have practiced them.
- Select four or more resilient moves for a personal resilience toolkit.

# FREQUENTLY ASKED QUESTIONS



## Who can attend the Recovery College?

All of our workshops are suitable for people aged 18 and over with lived experience of mental health challenges, as well as carers and professionals/staff.

All workshops are free and available for those living in Sussex.

Our workshops are live and run for 90 minutes and a maximum of 12 students per workshop.

Our amazing team of Peer Trainers and Clinicians will be delivering the workshops / courses as usual.

## How do I find what workshops are on?

You can find out what's on and when on our website [Click Here](#)

## How do I apply for a workshop?

Just fill out our online [Application Form](#) you can apply for up to 3 workshops. Spaces are given on a first come first served basis.



## Do we have face to face courses?

Unfortunately due to Covid 19 we are unable to have courses in a classroom environment. All our courses and workshops will be online until government guidelines change.

## How do I access the online sessions using Zoom?

Once you have filled out the online application form, we will send students who are due to attend a workshop the link to the Zoom session ahead of the workshop date. This is a secure link which will be sent via email.

## Given a space but can no longer attend?

Please do let us know if you cannot attend so that we can offer your space to another student on the waiting list as soon as possible. Please contact us by email.

Email: [sussex.recoverycollege@nhs.net](mailto:sussex.recoverycollege@nhs.net)



## Will there be Buddies to support me?

We are currently working with [Southdown](#) to look at the best way that they can support you. If you are from East Sussex and would like a Buddy please indicate this in the appropriate box on your registration form.

Unfortunately we are unable to provide this service in West Sussex. [Click Here](#) for more information.

## What happens after the workshop?

When you complete a workshop / course we will send a survey via email for completion.

This is anonymous so that we can gather your feedback and ensure we are meeting the needs of our students in the best way possible.

## CONTACT US

Email: [sussex.recoverycollege.nhs.net](mailto:sussex.recoverycollege.nhs.net)

Website: [www.sussexrecoverycollege.org.uk](http://www.sussexrecoverycollege.org.uk)

Twitter: [@SusRecColl](#)

Padlet: [Click Here](#)