

**DIGITAL  
SUSSEX  
RECOVERY  
COLLEGE**

# STUDENT VOICE

June / July 2021

**DIGITAL  
SUSSEX  
RECOVERY  
COLLEGE**

What's On Now



**Timetable**



**Prospectus**

Learn how to use Zoom

**GETTING TO  
GRIPS WITH  
ZOOM**



Click the icons to be taken to our website

## Sussex Recovery College STUDENT SURVEY

**Dear Student**

**We're excited to share that we are now planning our Autumn Term which will see a return to in person courses and workshops. It's going to be wonderful to see you all in person again!**

**We've created a very short survey (5 questions!) and would be really grateful if you could spare 5 minutes to let us know what, how and where you would like to learn. Your feedback matters to us and helps shape what the College offers.**

**Please Click Here to take part**



**CLICK HERE TO  
TAKE THE SURVEY**





## Update from Ece – Our Student Voice representative

I have been hosting the Student Voice meetings for some time now and it's lovely to say that I have been fully accepted as part of the group. I have found it to be a very warm and supportive group and they have fostered a very valuable environment and forum to care and encourage each other.

In one of our Zoom meeting this month we talked about family, as some members have children and how this can help them to strive to stay well, but also add pressure not to get unwell.

We also talked about listening to your body and taking the time to rest and not get over exhausted.

This is just a snippet of the time we shared, but as I've said it is an incredibly supportive environment peppered with good humour and uplifting moments.



**The People's Music Collective** (PMC) a music group which grew out of Sound and Movement have just released their debut EP as part of Brighton Fringe!

They have created a beautiful documentary film about music and mental health as well as five stunning new pieces of music during this period of lockdown.

The film is full of hope, camaraderie and acceptance for anyone facing mental health challenges and I hope you will find it to be a tonic and a comfort following this challenging period.

If you would like to check it out, please follow this link to see a trailer for the film

[Click Here](#)



All profits from the film will be channelled back into music and mental health programmes.

# Student Feedback

The technical support person was really kind.

**The trainer was friendly and reassuring.**

I learnt lots of new problem solving techniques that I feel will be very helpful in my day to day life.

**Extremely useful material and techniques.**

**Excellent content. Thank you to all at the Recovery College for putting together such a valuable programme.**

**Brilliant session, thank you!**

Good opportunities to connect with others and to reflect on experiences.

Excellent facilitation of the workshop.  
Good range of information and of strategies for coping with stress.



Be  
Active

Do what you can,  
Enjoy what you do,  
Move your mood

Keep  
Learning

Embrace new  
experiences,  
See opportunities,  
Surprise yourself

Give

Your time,  
your words,  
your presence

Connect

Talk and Listen,  
Be there,  
Feel Connected

Take  
Notice

Remember the  
simple things that  
give you joy



Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Sometimes overlooked as a form of exercise, walking briskly can help you build stamina, burn excess calories and make your heart healthier.

You do not have to walk for hours. A brisk 10-minute daily walk has lots of health benefits and counts towards your recommended 150 minutes of weekly exercise. [Click Here for more information](#)

**East Sussex Walks - [Click Here](#)**

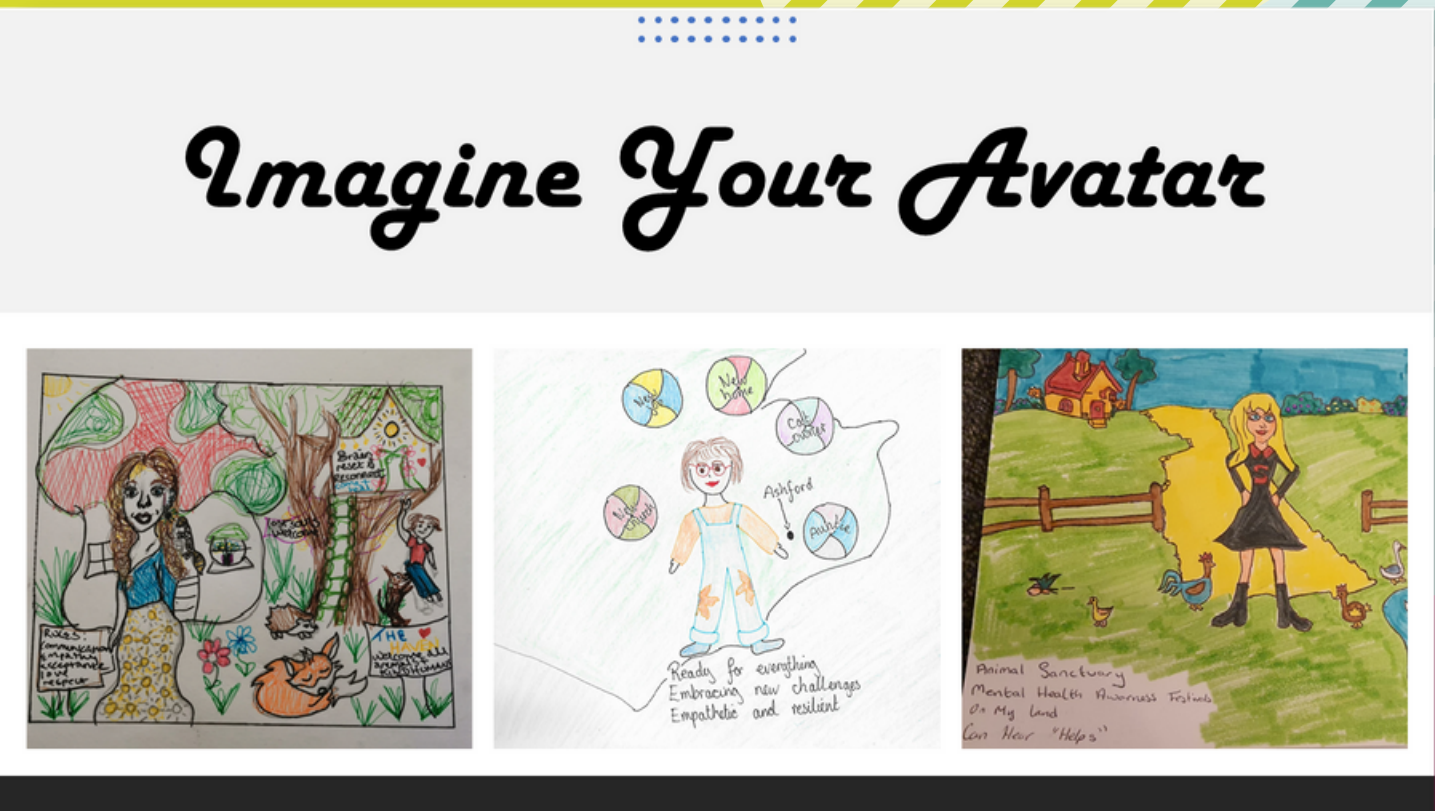
**West Sussex Walks - [Click Here](#)**

**Mid Sussex Walks - [Click Here](#)**

[Benefits of Walking](#)







Now on Zoom

**Virtual Cafe**  
Every Monday  
12:30-2:00PM  
And Thursday  
6:00-7:30PM

Art based wellbeing activities

**Virtual Cafe** - We invite you to join our Virtual Cafe.

Running on Mondays from 12:30pm - 2:00pm and Thursdays from 6:00pm - 7:30pm. Each week we will explore art-based therapeutic activities and wellbeing tools in the Virtual Café. All you need is a device with an internet connection, microphone and webcam, and drawing materials (pens, pencils, crayons... whatever you prefer to use).

The Virtual Cafe is a friendly, welcoming and relaxed space for you to invest in your mental wellbeing, have fun and connect with other people.

We would love it if you could join us! [Click Here](#) for more information



## Sussex Recovery College Blog

This blog has been created by Sussex Recovery College Peer Trainers. Part of our role is being role models, using parts of our recovery stories to spark hope in others.

This does not mean that we have to be fully 'recovered'; in fact many peer trainers have ongoing or recurring symptoms or problems.

Instead we try to show the importance of ongoing growth, discovery and change that allows us to retain hope, even when things are very difficult.

[View more posts](#)



Stay positive.....

Connect with others

Stay active

Keep learning

Give to others

Pay attention to the present (mindfulness)

STAYING WELL DURING LOCKDOWN.....



**Community Hubs** have been launched in each Local Authority area across Sussex, and offer additional help in coping with coronavirus.

Community hubs will provide a range of services for residents under one roof. They focus to be a central point in the community and providing services for all; young and old. You can request support for yourself or on behalf of someone else using the details below:

### West Sussex Community Hubs

[West Sussex Community Support Team Website](#)

Telephone: 033 022 27980 (Lines are open 8.00am - 8.00pm)

### East Sussex Community Hubs

[Eastbourne Community Hub Website](#)

Telephone: 01323 679722

[Hastings Community Hub Website](#)

Telephone: 01424 451019

[Lewes Community Hub Website](#)

Telephone: 01273 099956

[Rother Community Hub Website](#)

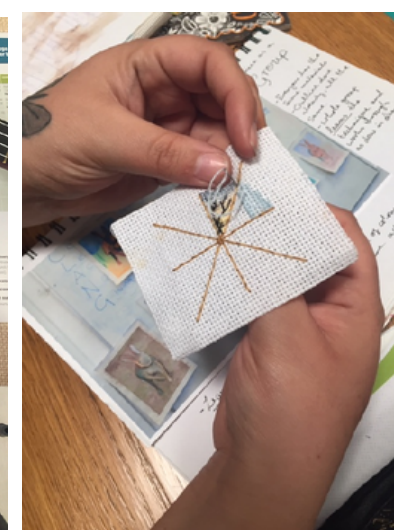
Telephone: 01424 787000 (option 4)

[Wealden Community Hub Website](#)

Telephone: 01323 443322



@SusRecColl



## Sussex Mental Healthline has a new number - 0800 0309 500

[The Sussex Mental Healthline](#) is a 24/7 telephone service offering listening support, advice, information and signposting to anyone experiencing difficulties with their mental health.

The service is available to anyone concerned about their own mental health or that of a relative or friend and this includes carers and healthcare professionals. You do not need an appointment.

The Sussex Mental Healthline offers support to those who may be in crisis, distressed and in urgent need of help with their mental health.

Please also see the urgent help in a [crisis page](#) for additional support and information.

For up to date advice from the Sussex Partnership NHS Foundation Trust (SPFT) , please visit:

<https://www.sussexpartnership.nhs.uk/coronavirus-covid-19-and-your-mental-health>

For audio guides and practical advice, please visit the NHS's Every Mind Matters page:

<https://www.nhs.uk/oneyou/every-mind-matters/>

The NHS has a complete list of mental health helplines and resources there are over 20 telephone numbers for help with such issues as suicide prevention, dealing with domestic violence, and much more [click here](#)

