

Sussex Recovery College course calendar for Autumn Term 2021



For full information on Recovery College and course details please refer to our latest Prospectus, and column 2 in the guide below.

The course dates and times are correct at the time of going to press; however, some details may be subject to change. Sussex Recovery College reserves the right to cancel courses or change venues, dates or times. Additional courses may also be available online at a later date, so please contact or visit our website for the most up-to-date information. You can enrol on a maximum of 3 courses per term.

For booking courses, please follow this link:

http://mindrecovery.net.org.uk/providers_profile/sussex-recovery-college/
or <https://tinyurl.com/2zefx7na>



East Sussex

Understanding and Managing Health Conditions

Course Name	Page in prospectus	Location and venue	No. sessions	Dates	Day of the week and times
DEPRESSION: Understanding and Coping with Depression	12	Friends Meeting House, Meeting House, 17 Wish Road, Eastbourne BN21 4NX	6	12, 19, 26 November 3, 10, 17 December	Fridays 2:00pm - 4:00pm
DEPRESSION: Understanding and Coping with Depression	12	East Sussex College, Hastings Station Plaza Campus, Station Approach, Hastings TN34 1BA	6	12, 19, 26 October 2, 9, 16 November	Tuesdays 2:00pm - 4:00pm
EUPD: An Introduction to Understanding and Living with Emotionally Unstable Personality Disorder	12	Devonshire Park Lawn Tennis Club, College Road, Eastbourne BN21 4JJ	2	19, 26 October	Tuesdays 2:00pm - 4:00pm
EUPD: An Introduction to Understanding and Living with Emotionally Unstable Personality Disorder	12	Hasting Voluntary Action (Central Hall), Bank Buildings, Hastings TN34 1NG	2	22, 29 November	Mondays 10:00am - 12:00pm
PSYCHOSIS: Understanding Psychosis	16	The Basement, Hampden Park Community Centre, Broderick Road, Hampden Park, Eastbourne BN22 9NR	4	12, 19, 26 October 2 November	Tuesdays 10:00am - 12:00pm
PSYCHOSIS: Understanding Psychosis	16	Hasting Voluntary Action (Central Hall), Bank Buildings, Hastings TN34 1NG	4	09, 16, 23, 30 November	Tuesdays 2:00pm - 4:00pm
SUICIDE: Coping with Suicidal Thoughts and Feelings	18	Basement Café, White Rock Neighbourhood Ventures, Rock House, 49-51 Cambridge Road, Hastings TN34 1DT	4	11, 18, 25 November 2 December	Thursdays 2:00pm - 4:00pm

Wellbeing and Lifestyle

Course Name	Page in prospectus	Location and venue	No. sessions	Dates	Day of the week and times
ART: Experiments in Art		The Basement, Hampden Park Community Centre, Broderick Road, Hampden Park, Eastbourne BN22 9NR	4	4, 11, 18, 25 October	Mondays 1:30pm - 4:00pm
BREADMAKING		Willingdon Trees Community Centre, Holly Place, Eastbourne BN22 OUT	3	4, 11, 18 October	Mondays 10:00am - 1:00pm
CREATIVITY: When Words Are Not Enough	24	East Sussex College, Mountfield Road, Lewes BN7 2XH	4	10, 17, 24 November 1 December	Wednesdays 10:00am - 1:00pm
HAPPINESS: Finding Happiness	27	Hasting Voluntary Action (Central Hall), Bank Buildings, Hastings TN34 1NG	5	25 October 1, 8, 15, 22 November	Mondays 2:00pm - 4:00pm

☎ 0300 303 8086

✉ sussex.recoverycollege@nhs.net

(please note: email is the quickest way to get a response from us at this time)

West Sussex

Understanding and Managing Health Conditions

Course Name	Page in prospectus	Location and venue	No. sessions	Dates	Day of the week and times
ADHD: Understanding and Managing Attention Deficit Hyperactivity Disorder	9	Heene Community Centre, 122 Heene Road, Worthing BN11 4PL	2	2, 9 November	Tuesdays 1:30pm - 3:30pm
ANXIETY: Understanding and Coping with Anxiety	10	Crawley Library, Southgate Avenue, Crawley RH10 6HG	6	8, 15, 22, 29 November 6, 13 December	Mondays 2:00pm - 4:00pm
BIPOLAR: Living with Bipolar	11	Heene Community Centre, 122 Heene Road, Worthing BN11 4PL	3	14, 21, 28 October	Thursdays 1:30pm - 3:30pm
BIPOLAR: Living with Bipolar	11	Crawley Library, Southgate Avenue, Crawley RH10 6HG	3	27 October 3, 10 November	Wednesdays 1:30pm - 3:30pm
DEPRESSION: Understanding and Coping with Depression	12	Crawley Library, Southgate Avenue, Crawley RH10 6HG	6	11, 18, 25 November 2, 9, 16 December	Thursdays 1:30pm - 3:30pm
DEPRESSION: Understanding and Coping with Depression	12	Field Place Manor, The Boulevard, Durrington, Worthing BN13 1NP	6	1, 8, 15, 22, 29 November 6 December	Mondays 1:30pm - 3:30pm
PSYCHOSIS: Understanding Psychosis	16	Heene Community Centre, 122 Heene Road, Worthing BN11 4PL	6	13, 20, 27, October 3, 10, 17 November	Wednesdays 10:00am - 12:00pm
SUICIDE: Coping with Suicidal Thoughts and Feelings	18	Regis Centre, Belmont Street, Bognor Regis PO21 1BL	4	1, 8, 15, 22 November	Mondays 10:00am - 12:00pm

Wellbeing and Lifestyle

Course Name	Page in prospectus	Location and venue	No. sessions	Dates	Day of the week and times
DECLUTTERING	24	Southwick Community Centre, 24 Southwick Street, Southwick BN42 4TE	2	18, 25 November	Thursdays 11:00am - 1:00pm
MUSIC: Creative Music Making for Wellbeing	28	Heene Community Centre, 122 Heene Road, Worthing BN11 4PL	6	5, 12, 19 October 2, 9, 16 November	Tuesdays 10:00am - 12:00pm
RESILIENCE: Building Resilience for Wellness and Recovery	31	Crawley Community Action, The Orchard, 1-2 Gleneagles Court, Brighton Road, Crawley RH10 6AD	6	10, 17, 24 November 1, 8, 15 December	Wednesdays 10:30am - 12:30pm
RUNNING: One Step at a Time: A Running Journey to Recovery (Worthing)	32	Week 1: Online via Zoom Weeks 2-5: Worthing Leisure Centre, Shaftesbury Avenue, Worthing BN12 4ET	5	15, 22, 29 October 5, 12 November	Fridays 1:00pm - 3:00pm
RUNNING: One Step at a Time: A Running Journey to Recovery (Haywards Heath)	32	Week 1: Online via Zoom Weeks 2-5: Beech Hurst Park, Butlers Green Road, Haywards Heath BN12 4ET	5	12, 19, 26 October 2, 9 November	Tuesdays 1:00pm - 3:00pm
RUNNING: One Step at a Time: A Running Journey to Recovery (Crawley)	32	Week 1: Online via Zoom Weeks 2-5: K2 Crawley, Pease Pottage Hill, Crawley RH11 9BQ	5	28 October 4, 11, 18, 25 November	Thursdays 1:00pm - 3:00pm
SLEEP: How to Get Good Night's Sleep	33	Southwick Community Centre, 24 Southwick Street, Southwick BN42 4TE	1	9 December	Thursdays 11:00am - 1:00pm



@SusRecColl



sussexrecoverycollege.org.uk



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