

Sussex Recovery College course calendar for Autumn Term 2022



For full information on Recovery College and course details please refer to our latest Prospectus.

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 or use the QR code:

<https://src.envelope.host/courses/courses.php> or <https://tinyurl.com/yckwt4cr>



ONLINE Courses on Zoom

Understanding and Managing Health Conditions (Online)

Course Name	No. sessions	Dates	Day of the week and times	Page in prospectus
ANXIETY: Understanding & Coping with Anxiety	4	17 th November, 24 th November, 1 st December, 8 th December	Thursdays 3:00pm - 4:30pm	9
EUPD: An Introduction to Understanding and Living with Emotionally Unstable Personality Disorder	2	4 th November, 11 th November	Fridays 12:30pm - 2:00pm	11

Creativity, Wellbeing and Personal Development (Online)

Course Name	No. sessions	Dates	Day of the week and times	Page in prospectus
Resilience: Building Resilience for Wellness & Recovery	4	25 th November, 2 nd December, 9 th December, 16 th December	Fridays 12:30pm - 2:00pm	26

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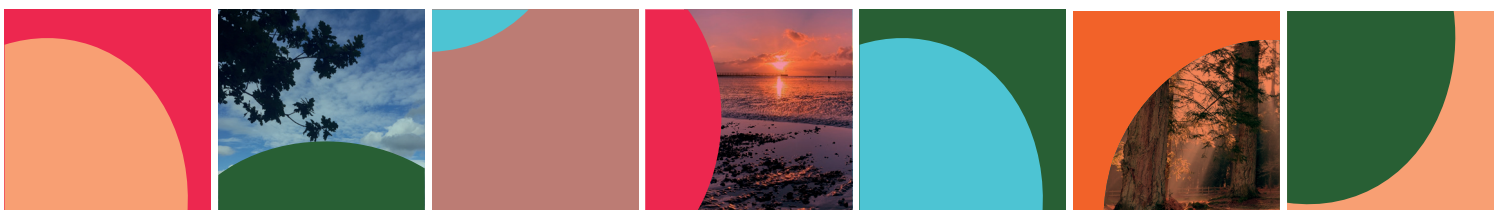
**Sussex Recovery College, Aldrington House,
35 New Church Road, Hove, BN3 4AG**

 **0300 303 8086**



sussexrecoverycollege@spft.nhs.uk

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



In Person Courses - West Sussex

Understanding and Managing Health Conditions:

Course Name	No. sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
ADHD/ADD: Understanding and Managing Adult ADHD/ADD	2	1 st December, 8 th December	Thursdays: 10:30am - 1:00pm	Crawley Library, Southgate Avenue, CRAWLEY , RH10 6HG	8
ANGER: Resolving the Red Mist: Managing Your Anger	6	27 th October, 3 rd November, BREAK , 17 th November, 24 th November, 1 st December, 8 th December	Thursdays: 2:00pm - 4:00pm	Crawley Library, Southgate Avenue, CRAWLEY , RH10 6HG	9
ANXIETY: Understanding & Coping with Anxiety	5	4 th November, 11 th November, 18 th November, 25 th November, 2 nd December	Fridays: 12:00pm - 2:00pm	Crawley Library, Southgate Avenue, CRAWLEY , RH10 6HG	10
AUTISM: Understanding Autism	4	18 th November, 25 th November, 2 nd December, 9 th December	Fridays: 11:00am - 1:00pm	Age UK, 2 Kleinwort Close, HAYWARDS HEATH , RH16 4XG	10
BIPOLAR: Living with Bipolar	3	21 st October, 28 th October, 4 th November	Fridays: 10:30am - 12:30pm	Ropetackle Centre, Little High Street, SHOREHAM-BY-SEA , BN43 5EG	10
DEPRESSION: Understanding and Coping with Depression	6	3 rd October, 10 th October, 17 th October, 24 th October, 31 st October, 7 th November	Mondays: 12:00pm - 2:00pm	Heene Community Centre, 122 Heene Road, WORTHING , BN11 4PL	11
DEPRESSION: Understanding and Coping with Depression	6	20 th October, 27 th October, 3 rd November, 10 th November, 17 th November, 24 th November	Thursdays: 10:00am - 12:00pm	The Charis Centre, West Green Drive, CRAWLEY , RH11 7EL	11
PSYCHOSIS: Understanding Psychosis	6	5 th October, 12 th October, 19 th October, 26 th October, 2 nd November, 9 th November	Wednesdays: 11:00am - 1:00pm	Worthing Library, Richmond Road, WORTHING , BN11 1HD	14
PSYCHOSIS: Understanding Psychosis	6	3 rd October, 10 th October, 17 th October, 24 th October, 31 st October, 7 th November	Mondays: 2:00pm - 4:00pm	Crawley Library, Southgate Avenue, CRAWLEY , RH10 6HG	14
PTSD: Post-Traumatic Stress: Life after Trauma	3	6 th October, 13 th October, 20 th October	Thursdays: 1:30pm - 3:30pm	The Charis Centre, West Green Drive, CRAWLEY , RH11 7EL	15
SUICIDE: Coping with Suicidal Thoughts and Feelings	4	3 rd November, 10 th November, 17 th November, 24 th November	Thursdays: 10:00am - 12:00pm	Heene Community Centre, 122 Heene Road, WORTHING , BN11 4PL	16

Creativity, Wellbeing and Personal Development:

Course Name	No. sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
FOOD and MOOD: Introduction to Food and Mood Workshop	1	1 st December	Thursday: 10:00am-12:30pm	Crawley Library, Southgate Avenue, CRAWLEY , RH10 6HG	21
FOOD and MOOD: Introduction to Food and Mood Workshop	1	20 th October	Thursday: 10:00am-12:30pm	Regis Centre, Belmont Street, BOGNOR REGIS , PO21 1BL	21
MUSIC: Singing for Wellbeing	8	4 th October, 11 th October, 18 th October, 25 th October, BREAK , 8 th November, 15 th November, 22 nd November, 29 th November	Tuesdays: 11:15am-12:15pm	Shoreham Community Centre, 2 Pond Road, SHOREHAM-BY-SEA , BN43 5WU	23
MUSIC: Ukulele Crew	8	4 th October, 11 th October, 18 th October, 25 th October, BREAK , 8 th November, 15 th November, 22 nd November, 29 th November	Tuesdays: 12:30pm-1:30pm	Shoreham Community Centre, 2 Pond Road, SHOREHAM-BY-SEA , BN43 5WU	24
RUNNING: One Step At A Time: A Running Journey to Recovery	6	5 th October, 12 th October, 19 th October, 26 th October, 2 nd November, 9 th November	Wednesdays: 11:00am-12:00pm Plus online webinar in own time	EXERCISE - Hotham Park, Upper Bognor Road, BOGNOR REGIS , PO21 1HW EDUCATION - Online webinar	27
RUNNING: One Step At A Time: A Running Journey to Recovery	6	5 th November, 12 th November, 19 th November, 26 th November, 3 rd December, 10 th December	Saturdays: 10:00am-11:00pm Plus online webinar in own time	EXERCISE - Kings Centre playing field, EAST GRINSTEAD , RH19 1ET EDUCATION - Online Webinar	27

In Person Courses - East Sussex

Understanding and Managing Health Conditions:

Course Name	No. sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
ANXIETY: Understanding and Coping with Anxiety	5	11 th October, 18 th October, 25 th October, 1 st November, 8 th November	Tuesdays: 10:30am - 12:30pm	Kings Centre, 27 Edison Road, EASTBOURNE , BN23 6PT	9
ANXIETY: Understanding and Coping with Anxiety	5	8 th November, 15 th November, 22 nd November, 29 th November, 6 th December	Tuesdays: 12:00pm - 2:00pm	Denton Island Community Centre, Denton Island, NEWHAVEN , BN9 9BA	9
BIPOLAR: Living with Bipolar	3	10 th October, 17 th October, 24 th October	Mondays: 1:00pm - 3:00pm	Muriel Matters House, Breeds Place, HASTINGS , TN34 3UY	10
DEPRESSION: Understanding and Coping with Depression	6	20 th October, 27 th October, 3 rd November, 10 th November, 17 th November, 24 th November	Thursdays: 12:00pm - 2:00pm	Hillcrest Community Centre, Bay Vue Road, NEWHAVEN , BN9 9LH	11
DEPRESSION: Understanding and Coping with Depression	6	25 th October, 1 st November, 8 th November, 15 th November, 22 nd November, 29 th November	Tuesdays: 2:30pm - 4:30pm	Kings Centre, 27 Edison Road, EASTBOURNE , BN23 6PT	11
DEPRESSION: Understanding and Coping with Depression	6	31 st October, 7 th November, 14 th November, 21 st November, 28 th November, 5 th December	Mondays: 2:00pm - 4:00pm	East Sussex College, Station Approach, HASTINGS , TN34 1BA	11
PSYCHOSIS: Understanding Psychosis	6	31 st October, 7 th November, 14 th November, 21 st November, 28 th November, 5 th December	Mondays: 10:30am - 12:30pm	Muriel Matters House, Breeds Place, HASTINGS , TN34 3UY	14
SUICIDE: Coping with Suicidal Thoughts and Feelings	4	1 st November, 8 th November, 15 th November, 22 nd November	Tuesdays: 11.30am - 1:30pm	Kings Centre, 27 Edison Road, EASTBOURNE , BN23 6PT	16
SUICIDE: Coping with Suicidal Thoughts and Feelings	4	10 th November 17 th November 24 th November, 1 st December	Thursdays: 10:30am-12:30pm	Muriel Matters House, Breeds Place, HASTINGS , TN34 3UY	16

Creativity, Wellbeing and Personal Development:

Course Name	No. sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
FOOD and MOOD: Introduction to Food and Mood Workshop	1	31 st October	Monday: 10:30am - 1:00pm	Community Wise, Ocklynge Road, EASTBOURNE , BN21 1PY	21
FOOD and MOOD: Introduction to Food and Mood Workshop	1	18 th November	Friday: 1:30pm - 4:00pm	Hillcrest Community Centre, Bay Vue Road, NEWHAVEN , BN9 9LH	21
HAPPINESS: Finding Happiness	5	11 th November, 18 th November 25 th November, 2 nd December 9 th December	Fridays: 10:30am-12:30pm	Kings Centre, 27 Edison Road, EASTBOURNE , BN23 6PT	22
RESILIENCE: Building Resilience for Wellness and Recovery	6	7 th November, 14 th November 21 st November, 28 th November 5 th December, 12 th December	Mondays: 1:30pm - 3:30pm	East Sussex College, Station Approach, HASTINGS , TN34 1BA	26
SELF-ESTEEM AND CONFIDENCE:	5	12 th October, 19 th October 26 th October, 2 nd November 9 th November	Wednesdays: 2:00pm-4:00pm	Kings Centre, 27 Edison Road, EASTBOURNE , BN23 6PT	27

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