

# Sussex Recovery College Course Timetable for Spring Term 2023



For full information on Recovery College courses **please refer to our latest Prospectus.**

You can enrol on a maximum of **3 courses per term** - please follow this link:

<https://src.envelope.host/courses/courses.php> or use this QR code:



## ONLINE Courses on Zoom

### Understanding and Managing Health Conditions (Online)

Course Name	No. sessions	Dates	Day of the week and times	Page in prospectus
<b>ANGER: Anger Management Workshop</b>	1	15 <sup>th</sup> February	<b>Wednesday</b> 3:00pm - 4:30pm	8
<b>ANGER: Anger Management Workshop</b>	1	15 <sup>th</sup> March	<b>Wednesday</b> 3:00pm - 4:30pm	8
<b>ANXIETY: Understanding &amp; Coping with Anxiety</b>	4	27 <sup>th</sup> January, 3 <sup>rd</sup> February, 10 <sup>th</sup> February, 17 <sup>th</sup> February	<b>Fridays</b> 10:00am - 11:30am	9
<b>ANXIETY: Understanding &amp; Coping with Anxiety</b>	4	2 <sup>nd</sup> February, 9 <sup>th</sup> February, 16 <sup>th</sup> February, 23 <sup>rd</sup> February	<b>Thursdays</b> 12:30pm - 2:00pm	9
<b>BIPOLAR: Living with Bipolar</b>	4	9 <sup>th</sup> February, 16 <sup>th</sup> February, 23 <sup>rd</sup> February, 2 <sup>nd</sup> March	<b>Thursdays</b> 3:00pm - 4:30pm	10
<b>DEPRESSION: Understanding and Coping with Depression</b>	4	27 <sup>th</sup> January, 3 <sup>rd</sup> February, 10 <sup>th</sup> February, 17 <sup>th</sup> February	<b>Fridays</b> 12:30pm - 2:00pm	11
<b>DEPRESSION: Understanding and Coping with Depression</b>	4	8 <sup>th</sup> February, 15 <sup>th</sup> February, 22 <sup>nd</sup> February, 1 <sup>st</sup> March	<b>Wednesdays</b> 3:00pm - 4:30pm	11
<b>EUPD: An Introduction to Understanding and Living with Emotionally Unstable Personality Disorder</b>	2	27 <sup>th</sup> January, 3 <sup>rd</sup> February	<b>Fridays</b> 12:30pm - 2:00pm	11
<b>EUPD: An Introduction to Understanding and Living with Emotionally Unstable Personality Disorder</b>	2	3 <sup>rd</sup> March, 10 <sup>th</sup> March	<b>Fridays</b> 12:30pm - 2:00pm	11
<b>MEDICATION: Understanding Medication for Depression Workshop</b>	1	6 <sup>th</sup> March	<b>Monday</b> 3:00pm - 4:30pm	13
<b>MEDICATION: Understanding Medication for Depression Workshop</b>	1	8 <sup>th</sup> March	<b>Wednesday</b> 3:00pm - 4:30pm	13
<b>PTSD: Post Traumatic Stress Disorder: Life after Trauma</b>	3	20 <sup>th</sup> February, 27 <sup>th</sup> February, 6 <sup>th</sup> March	<b>Mondays</b> 12:30pm - 2:00pm	14
<b>STRESS: Stressbusters Workshop</b>	1	30 <sup>th</sup> January	<b>Monday</b> 3:00pm - 4:30pm	15
<b>STRESS: Stressbusters Workshop</b>	1	13 <sup>th</sup> February	<b>Monday</b> 3:00pm - 4:30pm	15

### Creativity, Wellbeing and Personal Development (Online)

Course Name	No. sessions	Dates	Day of the week and times	Page in prospectus
<b>CREATIVITY: Expressive Writing</b>	4	21 <sup>st</sup> February, 28 <sup>th</sup> February, 7 <sup>th</sup> March, 14 <sup>th</sup> March	<b>Tuesdays</b> 10:00am - 11:30am	NEW COURSE! See website
<b>RESILIENCE: Building Resilience for Wellness and Recovery</b>	4	24 <sup>th</sup> February, 3 <sup>rd</sup> March, 10 <sup>th</sup> March, 17 <sup>th</sup> March	<b>Fridays</b> 10:00am - 11:30am	26
<b>RESILIENCE: Resilience in a Nutshell Workshop</b>	1	14 <sup>th</sup> March	<b>Tuesday</b> 3:00pm - 4:30pm	26
<b>SELF ESTEEM &amp; CONFIDENCE</b>	5	7 <sup>th</sup> February, 14 <sup>th</sup> February, 21 <sup>st</sup> February, 28 <sup>th</sup> February, 7 <sup>th</sup> March	<b>Tuesdays</b> 3:00pm - 4:30pm	27
<b>SLEEP: How to Get a Good Night's Sleep Workshop</b>	1	7 <sup>th</sup> February	<b>Tuesday</b> 12:30pm - 2:00pm	28
<b>SLEEP: How to Get a Good Night's Sleep Workshop</b>	1	14 <sup>th</sup> February	<b>Tuesday</b> 12:30pm - 2:00pm	28

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.

Please contact us or visit our website for the most up-to-date information.

# 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
<b>ANGER: Resolving the Red Mist - Managing Your Anger</b>	6	25 <sup>th</sup> January, 1 <sup>st</sup> February, * 8 <sup>th</sup> February, WEEK BREAK, 22 <sup>nd</sup> February, 1 <sup>st</sup> March, 8 <sup>th</sup> March	<b>Wednesdays:</b> 10:00am - 12:00pm	Southwick Community Centre, 24 Southwick Street, <b>SOUTHWICK</b> , BN42 4TE * 1st floor room with no lift access for this session	9
<b>ANGER: Resolving the Red Mist - Managing Your Anger</b>	6	2 <sup>nd</sup> February, 9 <sup>th</sup> February, 16 <sup>th</sup> February, 23 <sup>rd</sup> February, 2 <sup>nd</sup> March, 9 <sup>th</sup> March	<b>Thursdays:</b> 10:30am - 12:30pm	Crawley Library, Southgate Avenue, <b>CRAWLEY</b> , RH10 6HG	9
<b>AUTISM: Understanding Autism</b>	4	27 <sup>th</sup> January, 3 <sup>rd</sup> February, 10 <sup>th</sup> February, 17 <sup>th</sup> February	<b>Fridays:</b> 12:00pm - 2:00pm	Ropetackle Arts Centre, Little High St, <b>SHOREHAM-BY-SEA</b> , BN43 5EG	10
<b>DEPRESSION: Understanding and Coping with Depression</b>	6	2 <sup>nd</sup> February, 9 <sup>th</sup> February, 16 <sup>th</sup> February, 23 <sup>rd</sup> February, 2 <sup>nd</sup> March, 9 <sup>th</sup> March	<b>Thursdays:</b> 1:30pm - 3:30pm	Crawley Library, Southgate Avenue, <b>CRAWLEY</b> , RH10 6HG	11
<b>PSYCHOSIS: Understanding Psychosis</b>	6	23 <sup>rd</sup> January, 30 <sup>th</sup> January, 6 <sup>th</sup> February, WEEK BREAK, 20 <sup>th</sup> February, 27 <sup>th</sup> February, 6 <sup>th</sup> March	<b>Mondays:</b> 2:00pm - 4:00pm	Regis Centre, Belmont Street, <b>BOGNOR REGIS</b> , PO21 1BL	14
<b>SUICIDE: Coping with Suicidal Thoughts and Feelings</b>	4	23 <sup>rd</sup> February, 2 <sup>nd</sup> March, 9 <sup>th</sup> March, 16 <sup>th</sup> March	<b>Thursdays:</b> 10:00am - 12:00pm	Chichester City Council, The Council House, North Street, <b>CHICHESTER</b> , PO19 1LQ	16

## Creativity, Wellbeing and Personal Development:

Course Name	No. sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
<b>FOOD and MOOD: Introduction to Food and Mood Workshop</b>	1	1 <sup>st</sup> February	<b>Wednesday:</b> 10:00am - 12:30pm	Town Hall, 40 Boltro Road, <b>HAYWARDS HEATH</b> , RH16 1BA	21
<b>FOOD and MOOD: Introduction to Food and Mood Workshop</b>	1	2 <sup>nd</sup> March	<b>Thursday:</b> 2:00pm - 4:30pm	Regis Centre, Belmont Street, <b>BOGNOR REGIS</b> , PO21 1BL	21
<b>MUSIC: Singing for Wellbeing</b>	8	1 <sup>st</sup> February, 8 <sup>th</sup> February, 15 <sup>th</sup> February, 22 <sup>nd</sup> February, 1 <sup>st</sup> March, 8 <sup>th</sup> March, 15 <sup>th</sup> March, 22 <sup>nd</sup> March	<b>Wednesdays:</b> 2:00pm - 3:30pm	Shoreham Community Centre, 2 Pond Road, <b>SHOREHAM-BY-SEA</b> , BN43 5WU	23
<b>MUSIC: New Rhythms - Creative Music Making for Wellbeing</b>	8	31 <sup>st</sup> January, 7 <sup>th</sup> February, 14 <sup>th</sup> February, 21 <sup>st</sup> February, 28 <sup>th</sup> February, 7 <sup>th</sup> March, 14 <sup>th</sup> March, 21 <sup>st</sup> March	<b>Tuesdays:</b> 11:15am - 12:15pm	Shoreham Community Centre, 2 Pond Road, <b>SHOREHAM-BY-SEA</b> , BN43 5WU	23
<b>MUSIC: Ukulele Crew</b>	8	31 <sup>st</sup> January, 7 <sup>th</sup> February, 14 <sup>th</sup> February, 21 <sup>st</sup> February, 28 <sup>th</sup> February, 7 <sup>th</sup> March, 14 <sup>th</sup> March, 21 <sup>st</sup> March	<b>Tuesdays:</b> 12:30pm - 1:30pm	Shoreham Community Centre, 2 Pond Road, <b>SHOREHAM-BY-SEA</b> , BN43 5WU	24

# 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
<b>ANGER: Resolving the Red Mist - Managing Your Anger</b>	6	3 <sup>rd</sup> February, 10 <sup>th</sup> February, 17 <sup>th</sup> February, 24 <sup>th</sup> February, 3 <sup>rd</sup> March, 10 <sup>th</sup> March	<b>Fridays:</b> 2:00pm - 4:00pm	Muriel Matters House Breeds Place, <b>HASTINGS</b> , TN34 3UY	9

## Creativity, Wellbeing and Personal Development:

Course Name	No. sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
<b>RUNNING: One Step At A Time: A Running Journey to Recovery</b>	6	8 <sup>th</sup> February, 15 <sup>th</sup> February, 22 <sup>nd</sup> February, 1 <sup>st</sup> March, 8 <sup>th</sup> March, 15 <sup>th</sup> March	<b>Wednesdays:</b> 1:00pm - 3:00pm	St Wilfrid's Hospice, 1 Broadwater Way, <b>EASTBOURNE</b> , BN22 9PZ	27

 @SusRecColl

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

 0300 303 8086

 [sussexrecoverycollege@spft.nhs.uk](mailto:sussexrecoverycollege@spft.nhs.uk)

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



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