

Sussex Recovery College Course Timetable Summer Term 2023



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

<https://www.sussexrecoverycollege.org.uk/all-documents/general/157-prospectus-2022/file>

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
ANXIETY: Understanding and Coping with Anxiety	4	1 st June, 8 th June, 15 th June and 22 nd June	Thursdays 3:00pm - 4:30pm	9
ANXIETY: Understanding and Coping with Anxiety	4	16 th June, 23 rd June, 30 th June and 7 th July	Fridays 10:00am - 11:30am	9
BIPOLAR: Living with Bipolar	4	30 th June, 7 th July, 14 th July and 21 st July	Fridays 10:00am - 11:30am	10
DEPRESSION: Understanding and Coping with Depression	4	7 th June, 14 th June, 21 st June and 28 th June	Wednesdays 3:00pm - 4:30pm	11
EUPD/CEN: An Introduction to Emotionally Unstable Personality Disorder / Complex Emotional Needs	3	7 th July, 14 th July and 21 st July	Fridays 10:00am - 11:30am	NEW COURSE
MEDICATION: Understanding Medication for Depression	1	14 th June	Wednesday 10:00am - 11:30am	13
MEDICATION: Understanding Medication for Depression	1	28 th June	Wednesday 12:30pm - 2:00pm	13
PSYCHOSIS: Understanding Psychosis	5	2 nd June, 9 th June, 16 th June, 23 rd June and 30 th June	Fridays 12:30pm - 2:00pm	14
PTSD: Post-Traumatic Stress: Life after Trauma	3	9 th June, 16 th June and 23 rd June	Fridays 12:30pm - 2:00pm	14

Creativity, Wellbeing and Personal Development (Online)

Course Name	No. sessions	Dates	Day of the week and times	Page in prospectus
PROBLEM SOLVING: Become your own A Team: Developing skills to cope with Life's Difficulties	1	2 nd June	Friday 10:00am - 11:30am	25
PROBLEM SOLVING: Become your own A Team: Developing skills to cope with Life's Difficulties	1	9 th June	Friday 12:30pm - 2:00pm	25
RESILIENCE: Building Resilience for Wellness and Recovery	4	7 th June, 14 th June, 21 st June and 28 th June	Wednesdays 10:00am - 11:30am	26
RESILIENCE: Building Resilience for Wellness and Recovery	4	9 th June, 16 th June, 23 rd June and 30 th June	Fridays 10:00am - 11:30am	26
SELF ESTEEM: Self Esteem and Confidence	5	9 th June, 16 th June, 23 rd June, 30 th June and 7 th July	Fridays 3:00pm - 4:30pm	27
SLEEP: How to Get a Good Night's Sleep	1	21 st June	Wednesday 12:30pm - 2:00pm	28
SLEEP: How to Get a Good Night's Sleep	1	4 th July	Tuesday 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.

@SusRecColl

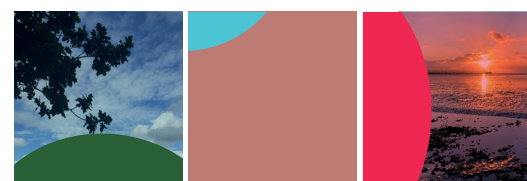
[sussexrecoverycollege.org.uk](https://www.sussexrecoverycollege.org.uk)

0300 303 8086

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

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



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
AUTISM: Understanding Autism	4	7 th July, 14 th July, 21 st July and 28 th July	Fridays 11:00am - 1:00pm	Crawley Library, Southgate Avenue, CRAWLEY , RH10 6HG	10
BIPOLAR: Living with Bipolar	3	1 st June, 8 th June and 15 th June	Thursdays 1:30pm - 3:30pm	Crawley Community Action, The Orchard, Gleneagles Court, Brighton Road, CRAWLEY , RH10 6AD	10
BIPOLAR: Living with Bipolar	3	7 th June, 14 th June and 21 st June	Wednesdays 2:00pm - 4:00pm	Ropetackle Arts Centre, Little High St, SHOREHAM-BY-SEA , BN43 5EG	10
MEDICATION: Understanding Medication	1	7 th June	Wednesday 12:00pm - 2:00pm	Charis Centre, West Green Drive, CRAWLEY , RH11 7EL	12
SUICIDE: Coping with Suicidal Thoughts & Feelings	4	30 th May, 6 th June, 13 th June and 20 th June	Tuesdays 1:30pm - 3:30pm	Crawley Community Action, The Orchard, Gleneagles Court, Brighton Road, CRAWLEY , RH10 6AD	16
SUICIDE: Coping with Suicidal Thoughts & Feelings	4	26 th June, 3 rd July, 10 th July and 17 th July	Mondays 2:00pm - 4:00pm	Worthing Museum and Art Gallery, Chapel Road, WORTHING , BN11 1HP	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 May	Wednesday 2:00pm - 4:30pm	Heene Community Centre, 122 Heene Road, WORTHING , BN11 4PL	21
MUSIC: Singing for Wellbeing	7	31 st May, 7 th June, 14 th June, 21 st June, 28 th June, 5 th July and 12 th July	Wednesdays 2:00pm - 3:30pm	Shoreham Community Centre, 2 Pond Road, SHOREHAM-BY-SEA , BN43 5WU	23
MUSIC: New Rhythms: Creative Music Making for Wellbeing	6	30 th May, 6 th June, 13 th June, 20 th June, 27 th June and 4 th July	Tuesdays 10:45am - 12:00pm	Shoreham Community Centre, 2 Pond Road, SHOREHAM-BY-SEA , BN43 5WU	23
MUSIC: Ukulele Crew	6	30 th May, 6 th June, 13 th June, 20 th June, 27 th June and 4 th July	Tuesdays 12:15pm - 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	7 th June, 14 th June, 21 st June, 28 th June, 5 th July and 12 th July	Wednesdays 11:00am - 1:00pm	K2 Pease Pottage Hill, CRAWLEY , RH11 9BQ	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
LEARNING DISABILITIES: Coping with My Ups and Downs	7	5 th June, 12 th June, 19 th June, 26 th June, 3 rd July, 10 th July and 17 th July	Mondays 1:30pm - 4:00pm	Kings Centre, 27 Edison Road, EASTBOURNE , BN23 6PT	17
MEDICATION: Understanding Medication	1	15 th June	Thursday 11:00am - 1:00pm	Muriel Matters House Breeds Place, HASTINGS , TN34 3UY	12
PSYCHOSIS: Understanding Psychosis	5	7 th June, 14 th June, 21 st June, 28 th June and 5 th July	Wednesdays 2:00pm - 4:00pm	Kings Centre, 27 Edison Road, EASTBOURNE , BN23 6PT	14

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	19 th June	Monday 1:00pm - 3:30pm	Kings Centre, 27 Edison Road, EASTBOURNE , BN23 6PT	21
FOOD AND MOOD: Introduction to Food and Mood Workshop	1	26 th June	Monday 11:00am - 1:30pm	Muriel Matters House Breeds Place, HASTINGS , TN34 3UY	21



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