

Sussex Recovery College Course Timetable Autumn Term 2023



For full information on Recovery College and course details **please click here to see our Prospectus** for full course details and more information.

Additional courses may also be available online at a later date, so please contact us or visit our website for the most up-to-date information. **You can enrol on a maximum of 3 courses per term.**

Please follow this link: <https://src.envelope.host/courses/courses.php> or scan the QR code:

<https://tinyurl.com/yckwt4cr>



In Person Courses

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	31 st October, 7 th November, 14 th November, 21 st November, 28 th November	Tuesdays 10:30am - 12:30pm	Haywards Heath Town Hall, 40 Boltro Road, HAYWARDS HEATH , RH16 1BA	13
SUICIDE: Coping with Suicidal Thoughts & Feelings	4	26 th October, 2 nd November, 9 th November, 16 th November	Thursdays 11:00am - 1:00pm	Crawley Library, Southgate Avenue, CRAWLEY , RH10 6HG	20
SUICIDE: Coping with Suicidal Thoughts & Feelings	4	30 th October, 6 th November, 13 th November, 20 th November	Mondays 2:00pm - 4:00pm	Heene Community Centre, 122 Heene Road, WORTHING , BN11 4PL	20
SUICIDE: Coping with Suicidal Thoughts & Feelings	4	7 th November, 14 th November, 21 st November, 28 th November	Tuesdays 2:00pm - 4:00pm	Eastbourne Town Hall, Grove Road, EASTBOURNE , BN21 4UG	20

Creativity, Wellbeing and Personal Development:

Course Name	No. sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
CREATIVITY: Expressive Writing	4	1 st November, 8 th November, 15 th November, 22 nd November	Wednesdays 10:00am - 11:30am	Southwick Community Centre, 24 Southwick Street, SOUTHWICK , BN42 4TE	28
FOOD and MOOD: Introduction to Food and Mood Workshop	1	16 th November	Thursday 1:00pm - 3:30pm	Chichester College, The Pavilion, Westgate Field, CHICHESTER , PO19 1SB	28
MUSIC: New Rhythms: Creative Music Making for Wellbeing	8	10 th October, 17 th October, WEEK BREAK , 31 st October, 7 th November, 14 th November, 21 st November, 28 th November, 5 th December	Tuesdays 10:45am - 12:00pm	Shoreham Community Centre, 2 Pond Road, SHOREHAM-BY-SEA , BN43 5WU	29
MUSIC: Singing for Wellbeing	8	11 th October, 18 th October, WEEK BREAK , 1 st November, 8 th November, 15 th November, 22 nd November, 29 th November, 6 th December	Wednesdays 2:00pm - 3:30pm	Shoreham Community Centre, 2 Pond Road, SHOREHAM-BY-SEA , BN43 5WU	30
MUSIC: Ukulele Crew	8	10 th October, 17 th October, WEEK BREAK , 31 st October, 7 th November, 14 th November, 21 st November, 28 th November, 5 th December	Tuesdays 12:15pm - 1:30pm	Shoreham Community Centre, 2 Pond Road, SHOREHAM-BY-SEA , BN43 5WU	30

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. When registering for courses, please make sure you can attend all dates for that course. All courses are free, eligibility is for those living in Sussex (excluding Brighton & Hove)

Contact us



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



www.SussexRecoveryCollege.org.uk



SussexRecoveryCollege@spft.nhs.uk



@SusRecColl



0300 303 8086

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



ONLINE Courses on Zoom

Understanding and Managing Health Conditions (Online)

Course Name	No. sessions	Dates	Day of the week and times	Page in prospectus
ANGER: Anger Management Workshop	1	30 th November	Thursday 12:30pm - 2:00pm	12
ANXIETY: Understanding and Coping with Anxiety	4	10 th October, 17 th October, 24 th October, 31 st October	Tuesdays 3:00pm - 4:30pm	13
ANXIETY: Understanding and Coping with Anxiety	4	11 th October, 18 th October, 25 th October, 1 st November	Wednesdays 10:00am - 11:30am	13
ANXIETY: Understanding and Coping with Anxiety	4	8 th November, 15 th November, 22 nd November, 29 th November	Wednesdays 10:00am - 11:30am	13
Bipolar: Living with Bipolar	3	22 nd November, 29 th November, 6 th December	Wednesdays 10:00am - 11:30am	14
DEPRESSION: Understanding and Coping with Depression	4	23 rd October, 30 th October, 6 th November, 13 th November	Mondays 3:00pm - 4:30pm	15
MEDICATION: Understanding Medication for Depression	1	13 th December	Wednesday 3:00pm - 4:30pm	17
OCD: Understanding and Living With Obsessive Compulsive Disorder	3	10 th November, 17 th November, 24 th November	Fridays 10:00am - 11:30am	18
PSYCHOSIS: Understanding and Navigating Psychosis	5	9 th October, 16 th October, 23 rd October, 30 th October, 6 th November	Mondays 10:00am - 11:30am	18
PTSD: Post-Traumatic Stress: Life after Trauma	3	17 th November, 24 th November, 1 st December	Fridays 12:30pm - 2:00pm	19
Stressbusters: Workshop	1	26 th October	Thursday 10:00am - 11:30am	19
Stressbusters: Workshop	1	12 th December	Tuesday 12:30pm - 2:00pm	19

Creativity, Wellbeing and Personal Development (Online)

Course Name	No. sessions	Dates	Day of the week and times	Page in prospectus
CREATIVITY: Expressive Writing	4	13 th November, 20 th November, 27 th November, 4 th December	Mondays 10:00am - 11:30am	28
HAPPINESS: Finding Happiness	5	9 th November, 16 th November, 23 rd November, 30 th November, 7 th December	Thursdays 3:00pm - 4:30pm	29
PROBLEM SOLVING: Become your own A Team: Developing skills to cope with Life's Difficulties	1	19 th October	Thursday 12:30pm - 2:00pm	31
PROBLEM SOLVING: Become your own A Team: Developing skills to cope with Life's Difficulties	1	31 st October	Tuesday 3:00pm - 4:30pm	31
RESILIENCE: Building Resilience for Wellness and Recovery	4	30 th October, 6 th November, 13 th November, 20 th November	Mondays 3:00pm - 4:30pm	32
RESILIENCE: Building Resilience for Wellness and Recovery	4	24 th November, 1 st December, 8 th December, 15 th December	Fridays 10:00am - 11:30am	32
SELF ESTEEM: Self Esteem and Confidence	5	25 th October, 1 st November, 8 th November, 15 th November, 22 nd November	Wednesdays 10:00am - 11:30am	33
SELF ESTEEM: Self Esteem and Confidence	5	17 th November, 24 th November, 1 st December, 8 th December, 15 th December	Fridays 12:30pm - 2:00pm	33
SLEEP: How to Get a Good Night's Sleep	1	18 th October	Wednesday 3:00pm - 4:30pm	34

If you have been accepted onto an Online Course, you will receive the Zoom Link in your confirmation email

Contact us



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



www.SussexRecoveryCollege.org.uk



SussexRecoveryCollege@spft.nhs.uk



@SusRecColl



0300 303 8086

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

