

Sussex Recovery College Course Timetable Spring Term 2024



For full information on Recovery College and course details **please refer to our latest Prospectus**, using hyperlink: <https://www.sussexrecoverycollege.org.uk/all-documents/prospectus/161-sussex-recovery-college-prospectus-2023-2024/file>

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. of sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
Anxiety : Understanding and Coping with Anxiety	5	26 th January, 2 nd February, 9 th February, 16 th February, 23 rd February	Fridays 1:30pm - 3:30pm	Recovery Café, 5 North Street, EASTBOURNE , BN21 3HG	13
Depression: Understanding and Coping with Depression	6	7 th February, 14 th February, 21 st February, 28 th February, 6 th March, 13 th March	Wednesdays 2:00pm - 4:00pm	Heene Community Centre, The Byron Room, Heene Road, WORTHING , BN11 4PL	15
Depression: Understanding and Coping with Depression	6	15 th February, 22 nd February, 29 th February, 7 th March, 14 th March, 21 st March	Thursdays 10:30am - 12:30pm	Hastings Museum & Art Gallery, Durbar Hall, John's Place, Bohemia Road, HASTINGS , TN34 1ET	15
Suicide: Coping with Suicidal Thoughts and Feelings	4	19 th February, 26 th February, 4 th March, 11 th March	Mondays 2:00pm - 4:00pm	The Shoreham Centre, Room 3, 2 Pond Road, SHOREHAM-BY-SEA BN43 5WU	20

Creativity, Wellbeing and Personal Development:

Course Name	No. of sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
Food and Mood: Introduction to Food and Mood Workshop	1	15 th February	Thursday 2:00pm - 4:30pm	Worthing Library, Meeting Room 2, Richmond Road, WORTHING , BN11 1HD	28
MUSIC: Singing for Wellbeing	7	17 th January, 24 th January, 31 st January, 7 th February, 2 Week Break , 28 th February, 6 th March, 13 th March	Wednesdays 2:00pm - 3:30pm	The Shoreham Centre, Room 3, 2 Pond Road, SHOREHAM-BY-SEA BN43 5WU	30
MUSIC: New Rhythms: Creative Music Making for Wellbeing	7	16 th January, 23 rd January, 30 th January, 2 Week Break , 20 th February, 27 th February, 5 th March, 12 th March	Tuesdays 10:45am - 12:00pm	The Shoreham Centre, Room 8, 2 Pond Road, SHOREHAM-BY-SEA BN43 5WU	29
MUSIC: Ukulele Crew	7	16 th January, 23 rd January, 30 th January, 2 Week Break , 20 th February, 27 th February, 5 th March, 12 th March	Tuesdays 12:15pm - 1:30pm	The Shoreham Centre, Room 8, 2 Pond Road, SHOREHAM-BY-SEA BN43 5WU	30
RUNNING: One Step at a Time - A Running Journey to Recovery	6	17 th January, 24 th January, 31 st January, 7 th February, 14 th February, 21 st February	Wednesdays Running 1:00pm - 2:00pm Educational 2:00pm - 3:00pm	The Bandstand, Horsham Park, HORSHAM , RH12 2DW	33
Self-Esteem and Confidence	5	16 th February, 23 rd February, 1 st March, 8 th March, 15 th March	Fridays 2:00pm - 4:00pm	Crawley Library, The Longley Room, Southgate Avenue, CRAWLEY , RH10 6HG	33

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
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 SussexRecoveryCollege@spft.nhs.uk

 @SusRecColl

 0300 303 8086

 www.SussexRecoveryCollege.org.uk

(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. of sessions	Dates	Day of the week and times	Page in prospectus
ANXIETY: Understanding and Coping with Anxiety	4	29 th January, 5 th February, 12 th February, 19 th February	Mondays 3:00pm - 4:30pm	13
ANXIETY: Understanding and Coping with Anxiety	4	28 th February, 6 th March, 13 th March, 20 th March	Wednesdays 12:30pm - 2:00pm	13
DEPRESSION: Understanding and Coping with Depression	4	24 th January, 31 st January, 7 th February, 14 th February	Wednesdays 10:00am - 11:30am	15
DEPRESSION: Understanding and Coping with Depression	4	15 th February, 22 nd February, 29 th February, 7 th March	Thursdays 3:00pm - 4:30pm	15
EUPD/ CEN: An Introduction to Emotionally Unstable Personality Disorder/ Complex Emotional Needs	3	8 th February, 15 th February, 22 nd February	Thursdays 10:00am - 11:30am	15
MEDICATION: Understanding Medication for Depression	1	19 th January	Friday 10:00am - 11:30am	17
OCD: Understanding and Living With Obsessive Compulsive Disorder	3	16 th January, 23 rd January, 30 th January	Tuesdays 10:00am - 11:30am	18
PSYCHOSIS: Understanding and Navigating Psychosis	5	1 st February, 8 th February, 15 th February, 22 nd February, 29 th February	Thursdays 12:30pm - 2:00pm	18
PTSD: Post-Traumatic Stress: Life after Trauma	3	23 rd February, 1 st March, 8 th March	Fridays 12:30pm - 2:00pm	19
Stressbusters: Workshop	1	7 th February	Wednesday 3:00pm - 4:30pm	19
Stressbusters: Workshop	1	4 th March	Monday 10:00am - 11:30am	19

Creativity, Wellbeing and Personal Development (Online)

Course Name	No. of sessions	Dates	Day of the week and times	Page in prospectus
CREATIVITY: Writing for Self-Expression formally known as Expressive Writing	4	29 th January, 5 th February, 12 th February, 19 th February	Mondays 10:00am - 11:30am	28
CREATIVITY: Writing for Self-Expression formally known as Expressive Writing	4	21 st February, 28 th February, 6 th March, 13 th March	Wednesdays 10:00am - 11:30am	28
HAPPINESS: Finding Happiness	5	12 th February, 19 th February, 26 th February, 4 th March, 11 th March	Mondays 3:00pm - 4:30pm	29
PROBLEM SOLVING: Become your own A Team: Developing skills to cope with Life's Difficulties	1	13 th February	Tuesday 12:30pm - 2:00pm	31
RESILIENCE: Building Resilience for Wellness and Recovery	4	19 th January, 26 th January, 2 nd February, 9 th February	Fridays 10:00am - 11:30am	32
RESILIENCE: Building Resilience for Wellness and Recovery	4	20 th February, 27 th February, 5 th March, 12 th March	Tuesdays 3:00pm - 4:30pm	32
SLEEP: How to Get a Good Night's Sleep	1	8 th February	Thursday 3:00pm - 4:30pm	34

If you have been accepted onto an Online Course, you will receive the Zoom Link in your confirmation email. Please log into Zoom 15 minutes beforehand for a prompt start.

Contact us



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