

Sussex Recovery College Course Timetable for Autumn Term 2024



For the latest Prospectus (providing more detail about the College and our courses and workshops) please visit - www.sussexrecoverycollege.org.uk



Scan the QR Code to register for courses today - <https://src.envelope.host/courses/courses.php>

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	15 th October, 22 nd October, 29 th October, 5 th November, 12 th November	Tuesdays 1:00pm - 3:00pm	Crawley Library , Bill Buck Room, Southgate Avenue, CRAWLEY , RH10 6HG	3
LEARNING DISABILITIES: Coping with My Ups and Downs	7	21 st October, 28 th October, 4 th November, 11 th November, 18 th November, 25 th November, 2 nd December	Mondays 1:30pm - 4:30pm	INSPIRE Sussex Social Hub , The Main Hall, Greenfield Centre, Greenfield Road, EASTBOURNE , BN21 1JJ	5

Creativity, Wellbeing and Personal Development:

Course Name	No. of sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
MUSIC: New Rhythms: Creative Music Making for Wellbeing	8	8 th October, 15 th October, 22 nd October, WEEK BREAK , 5 th November, 12 th November, 19 th November, 26 th November, 3 rd December	Tuesdays 10:45am - 12:00pm	The Shoreham Centre , Room 8, 2 Pond Road, SHOREHAM-BY-SEA , West Sussex, BN43 5WU	13
MUSIC: Singing for Wellbeing	8	8 th October, 15 th October, 22 nd October, WEEK BREAK , 5 th November, 12 th November, 19 th November, 26 th November, 3 rd December	Tuesdays 12:15pm - 1:30pm	The Shoreham Centre , Room 8, 2 Pond Road, SHOREHAM-BY-SEA , West Sussex, BN43 5WU	14
SELF-ESTEEM and CONFIDENCE	5	14 th November, 21 st November, 28 th November, 5 th December, 12 th December	Thursdays 2:00pm - 4:00pm	Recovery Café , 5 North Street, EASTBOURNE , BN21 3HG	16

You can enrol on a maximum of 3 courses per term. Please ensure you can attend all sessions. 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. **All courses are free, eligibility is for those living in Sussex (excluding Brighton & Hove).**

Contact us


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 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. of sessions	Dates	Day of the week and times	Page in prospectus
ADHD: An Introduction To Adult ADHD	4	7 th October, 14 th October, 21 st October, 28 th October	Mondays 10:00am - 12:00pm	2
ADHD: An Introduction To Adult ADHD	4	11 th November, 18 th November, 25 th November, 2 nd December	Mondays 10:00am - 12:00pm	2
ANXIETY: Understanding and Coping with Anxiety	4	15 th October, 22 nd October, 29 th October, 5 th November	Tuesdays 2:30pm - 4:30pm	3
ANXIETY: Understanding and Coping with Anxiety	4	4 th November, 11 th November, 18 th November, 25 th November	Mondays 2:30pm - 4:30pm	3
BIPOLAR: Living with Bipolar	4	21 st November, 28 th November, 5 th December, 12 th December	Thursdays 10:00am - 12:00pm	4
DEPRESSION: Understanding and Coping with Depression	4	13 th November, 20 th November, 27 th November, 4 th December	Wednesdays 12:00pm - 2:00pm	4
PSYCHOSIS: Understanding and Navigating Psychosis	5	10 th October, 17 th October, 24 th October, 31 st October, 7 th November	Thursdays 2:30pm - 4:30pm	7
PTSD: Post-Traumatic Stress Disorder: Life after Trauma	3	12 th November, 19 th November, 26 th November	Tuesdays 10:00am - 12:00pm	7

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	4	15 th October, 22 nd October, 29 th October, 5 th November	Tuesdays 10:00am - 11:30am	12
FOOD and MOOD: Introduction to Food and Mood Workshop	1	9 th December	Monday 10:00am - 12:00pm	12
RESILIENCE: Building Resilience for Wellness and Recovery	4	11 th October, 18 th October, 25 th October, 1 st November	Fridays 10:00am - 12:00pm	15
SELF-ESTEEM and CONFIDENCE	5	9 th October, 16 th October, 23 rd October, 30 th October, 6 th November	Wednesdays 2:30pm - 4:30pm	16
SLEEP: How to Get a Good Night's Sleep Workshop	1	12 th November	Tuesday 2:30pm - 4:30pm	16

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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