

# Sussex Recovery College

## Autumn 2025 Course Timetable



Welcome to our Autumn Term timetable. We're excited to be able to offer you a mix of in person and online courses and workshops that focus on learning about mental health, wellbeing, personal development and recovery. All courses are co-designed and co-delivered by Peer Trainers - people with lived experience of the subject, alongside mental health professionals.

For detailed course descriptions and more information about Sussex Recovery College, please take a look at our annual prospectus which is available for download from our website or come along to our online Open Day on September 16th 12pm-1pm (check website for details).

## 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 |
|---|-----------------|---|---------------------------------------|--|--------------------|
| <b>ANXIETY: Understanding and Coping with Anxiety</b> | 5               | 30 <sup>th</sup> October, 6 <sup>th</sup> November, 13 <sup>th</sup> November, 20 <sup>th</sup> November, 27 <sup>th</sup> November | <b>Thursdays</b><br>10:30am - 12:30pm | <b>Crawley Library</b> , Longley Room, Southgate Avenue, <b>CRAWLEY</b> , RH10 6HG | 5                  |
| <b>SUICIDE: Staying Safe from Suicide</b>             | 4               | 6 <sup>th</sup> November, 13 <sup>th</sup> November, 20 <sup>th</sup> November, 27 <sup>th</sup> November                           | <b>Thursdays</b><br>1:30pm - 3:30pm   | <b>Crawley Library</b> , Longley Room, Southgate Avenue, <b>CRAWLEY</b> , RH10 6HG | 10                 |

### Creativity, Wellbeing and Personal Development:

| Course Name  | No. of sessions | Dates   | Day of the week and times            | Location and venue   | Page in prospectus |
|--|-----------------|---|--------------------------------------|--|--------------------|
| <b>MUSIC: People's Music - New Rhythms</b>           | 6               | 7 <sup>th</sup> October, 14 <sup>th</sup> October, 21 <sup>st</sup> October, <b>2 week break</b> , 11 <sup>th</sup> November, 18 <sup>th</sup> November, 25 <sup>th</sup> November* | <b>Tuesdays</b><br>10:45am - 12:00pm | <b>The Shoreham Centre</b> , Room 8, 2 Pond Road, <b>SHOREHAM-BY-SEA</b> , West Sussex, BN43 5WU | 15                 |
| <b>MUSIC: People's Music - Singing for Wellbeing</b> | 6               | 7 <sup>th</sup> October, 14 <sup>th</sup> October, 21 <sup>st</sup> October, <b>2 week break</b> , 11 <sup>th</sup> November, 18 <sup>th</sup> November, 25 <sup>th</sup> November* | <b>Tuesdays</b><br>12:15pm - 1:30pm  | <b>The Shoreham Centre</b> , Room 8, 2 Pond Road, <b>SHOREHAM-BY-SEA</b> , West Sussex, BN43 5WU | 16                 |

\* Plus an option to attend the People's Music Winter Warmer event, a festive celebration with music and singing, at the Shoreham Centre, 2<sup>nd</sup> December 3 - 4.30pm.

|  |   |  |                                     |   |    |
|--|---|--|-------------------------------------|---|----|
| <b>MUSIC: People's Music - New Rhythms</b> | 8 | 9 <sup>th</sup> October, 16 <sup>th</sup> October, 23 <sup>rd</sup> October, <b>1 week break</b> , 6 <sup>th</sup> November, 13 <sup>th</sup> November, 20 <sup>th</sup> November, 27 <sup>th</sup> November, 4 <sup>th</sup> December | <b>Thursdays</b><br>2:15pm - 3:45pm | <b>White Rock Theatre</b> , Studio 27, White Rock, <b>HASTINGS</b> , TN34 1JX | 15 |
|--|---|--|-------------------------------------|---|----|

Registrations open on 16<sup>th</sup> September. You can register for up to 3 courses per term through our website or by scanning the QR Code or clicking on this link: <https://src.envelope.host/courses/courses.php>



Please ensure you can attend all of the sessions before booking. Courses are open to adults with mental health-related challenges, their supporters and staff living in East or West Sussex. If you live in Brighton & Hove, you can access Brighton & Hove Recovery College: [www.southdown.org/services/recovery-college-brighton-hove/](http://www.southdown.org/services/recovery-college-brighton-hove/)

All details are correct at the time of going to press. Sometimes, events outside of our control mean we have to cancel, reschedule or relocate a course at short notice.

### Contact us



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[www.SussexRecoveryCollege.org.uk](http://www.SussexRecoveryCollege.org.uk)



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0300 303 8086



# Online Courses (on Zoom)

## Understanding and Managing Health Conditions

| Course Name   | No. of sessions | Dates   | Day of the week and times              | Page in prospectus |
|---|-----------------|---|--|--------------------|
| <b>ADHD: An Introduction to Adult ADHD</b>                      | 4               | 3 <sup>rd</sup> November, 10 <sup>th</sup> November, 17 <sup>th</sup> November, 24 <sup>th</sup> November                       | <b>Mondays</b><br>2:30pm - 4:30pm      | 5                  |
| <b>ANXIETY: Understanding and Coping with Anxiety</b>           | 4               | 14 <sup>th</sup> October, 21 <sup>st</sup> October, 28 <sup>th</sup> October, 4 <sup>th</sup> November                          | <b>Tuesdays</b><br>10:00am - 12:00pm   | 5                  |
| <b>ANXIETY: Understanding and Coping with Anxiety</b>           | 4               | 7 <sup>th</sup> November, 14 <sup>th</sup> November, 21 <sup>st</sup> November, 28 <sup>th</sup> November                       | <b>Fridays</b><br>10:00am - 12:00pm    | 5                  |
| <b>AUTISM: Understanding Autism in Adults</b>                   | 4               | 6 <sup>th</sup> November, 13 <sup>th</sup> November, 20 <sup>th</sup> November, 27 <sup>th</sup> November                       | <b>Thursdays</b><br>10:00am - 12:00pm  | 6                  |
| <b>CEN: Navigating Complex Emotional Needs (CEN)</b>            | 3               | 20 <sup>th</sup> November, 27 <sup>th</sup> November, 4 <sup>th</sup> December  | <b>Thursdays</b><br>2:30pm- 4:30pm     | 7                  |
| <b>DEPRESSION: Understanding and Coping with Depression</b>     | 4               | 9 <sup>th</sup> October, 16 <sup>th</sup> October, 23 <sup>rd</sup> October, 30 <sup>th</sup> October                           | <b>Thursdays</b><br>12:00pm - 2:00pm   | 7                  |
| <b>DEPRESSION: Understanding and Coping with Depression</b>     | 4               | 18 <sup>th</sup> November, 25 <sup>th</sup> November, 2 <sup>nd</sup> December, 9 <sup>th</sup> December                        | <b>Tuesdays</b><br>10:00am - 12:00pm   | 7                  |
| <b>OCD: Exploring Obsessive Compulsive Disorder (OCD)</b>       | 3               | 5 <sup>th</sup> November, 12 <sup>th</sup> November, 19 <sup>th</sup> November  | <b>Wednesdays</b><br>10:00am - 12:00pm | 8                  |
| <b>PSYCHOSIS: Understanding and Navigating Psychosis</b>        | 5               | 9 <sup>th</sup> October, 16 <sup>th</sup> October, 23 <sup>rd</sup> October, 30 <sup>th</sup> October, 6 <sup>th</sup> November | <b>Thursdays</b><br>12:00pm - 2:00pm   | 8                  |
| <b>PTSD: Post Traumatic Stress Disorder - Life after Trauma</b> | 3               | 6 <sup>th</sup> October, 13 <sup>th</sup> October, 20 <sup>th</sup> October   | <b>Mondays</b><br>10:00am - 12:00pm    | 9                  |
| <b>PTSD: Post Traumatic Stress Disorder - Life after Trauma</b> | 3               | 3 <sup>rd</sup> November, 10 <sup>th</sup> November, 17 <sup>th</sup> November  | <b>Mondays</b><br>10:00am - 12:00pm    | 9                  |
| <b>STRESSBUSTERS Workshop</b>                                   | 1               | 8 <sup>th</sup> October   | <b>Wednesday</b><br>10:00am - 12:00pm  | 9                  |

## Creativity, Wellbeing and Personal Development

| Course Name  | No. of sessions | Dates  | Day of the week and times            | Page in prospectus |
|--|-----------------|--|--------------------------------------|--------------------|
| <b>CREATIVITY: Writing for Self-Expression</b>                   | 4               | 15 <sup>th</sup> October, 22 <sup>nd</sup> October, 29 <sup>th</sup> October, 5 <sup>th</sup> November                             | <b>Wednesdays</b><br>2:30pm - 4:00pm | 14                 |
| <b>RESILIENCE: Building Resilience for Wellness and Recovery</b> | 4               | 10 <sup>th</sup> October, 17 <sup>th</sup> October, 24 <sup>th</sup> October, 31 <sup>st</sup> October                             | <b>Fridays</b><br>10:00am - 12:00pm  | 17                 |
| <b>SELF-ESTEEM and CONFIDENCE</b>                                | 5               | 22 <sup>nd</sup> October, 29 <sup>th</sup> October, 5 <sup>th</sup> November, 12 <sup>th</sup> November, 19 <sup>th</sup> November | <b>Wednesdays</b><br>2:30pm - 4:30pm | 18                 |

A link to your online course or workshop will be included in your confirmation email. We recommend logging on 10-15 minutes before the start time to get yourself set up and ready for a prompt start.