

Sussex Recovery College course calendar for Autumn term 2019

West Sussex

SUSSEX
RECOVERY
COLLEGE

A learning
journey to
wellbeing

For full information on Recovery College and course details **please see our latest prospectus** – just refer to the prospectus pages using the guide in column 2 below.

Please note that the venues, 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. Additional courses may also be added so please contact or visit our website for the most up-to-date information.

For online booking please follow this link: mindrecoverynet.org.uk/providers_profile/sussex-recovery-college/

Coastal Campus

Course Name	Page in prospectus	Location and venue	No. sessions	Dates	Day of the week and times
Advanced Sound and Movement for Wellbeing (Invite only)*	N/A	Worthing Museum and Art Gallery Chapel Road Worthing BN11 1HP	12	1, 8, 15, 22, 29 October 5, 12, 19, 26 November 29, November 3, 6 December	Tuesdays apart from 29th November & 6th December which are Fridays 10:15am – 12:30pm
Coping with Suicidal Thoughts and Feelings	7	New Park Centre New Park Road Chichester PO19 7XY	3	29, October 5, 12 November	Tuesdays 10:00am – 12:00pm
Coping with Suicidal Thoughts and Feelings	7	Heene Community Centre Heene Road Worthing BN11 4PL	3	6, 13, 20 November	Wednesdays 10:30am – 12:30pm
Decluttering	18	The Corner House 45 Southwick Street Southwick BN42 4TH	2	29, October 5, November	Tuesdays 2:00pm-4:00pm
Enabling Recovery	7	Durrington Community Centre 2 Romany Road Worthing BN13 3FJ	6	1, 8, 15 November 22, 29 November 6, December	Fridays 10:00am – 12:00pm
Expert by Experience: Participation Workshops	8	Tree House Children and Family Centre 1 Laburnum Grove Bognor Regis PO22 9HT	2	5, 7 November	Tuesday and Thursday 9:45am – 4:00pm
Five Ways to Wellbeing	18	South Downs Centre North Street Midhurst GU29 9DH	8	25, October 1, 8, 15 November 22, 29 November 6, 13 December	Fridays 1:00pm – 3:00pm
Five Ways to Wellbeing for the Over 50's	19	The Corner House 4 5 Southwick Street Southwick BN42 4TH	6	7, 14, 21, 28 November 5, 12 December	Thursdays 2:00pm – 4:00pm
Food and Mood	19	Bognor Regis Library London Road Bognor Regis PO21 1DE	3	29, November 6, 13 December	Fridays 10:00am – 12:00pm

*By invitation only (for students who have completed the introductory course)

 0300 303 8086

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Improve your Sleep	19	The Corner House 45 Southwick Street Southwick BN42 4TH	3	18, 25 November 2, December	Mondays 2:00pm – 4:00pm
Introduction to Food and Mood	20	Chapel Street Clinic Chapel Street Chichester PO19 1BX	1	1, November	Friday 10:00am – 1:00pm
Living Well with a Diagnosis of EUPD	9	Bognor Regis Library London Road Bognor Regis PO21 1DE	5	18, 25 November 2, 9, 16 December	Mondays 10:00am-12:00pm
Living with Bipolar	9	Worthing Museum and Art Gallery Chapel Road Worthing BN11 1HP	3	4, 11, 18 December	Wednesdays 10:00pm – 12:00pm
Managing Adult ADHD/ADD	9	Southwick Community Centre 2 4 Southwick Street Southwick BN42 2TE	1	20, November	Wednesday 09:30am – 11:30am
One Step at a Time.... Every Step Counts	21	Worthing Leisure Centre Shaftesbury Avenue Worthing BN12 4ET		13, September Ongoing	Fridays 1:00pm – 2:00pm
Resolving the Red Mist: Managing your Anger	11	Durrington Community Centre 2 Romany Road Worthing BN13 3FJ	5	6, 13, 20, 27 November 4, December	Wednesdays 1:00pm – 3:00pm
The Tree of Life	30	Southwick Community Centre 24 Southwick Street Southwick BN42 2TE	4	13, 20, 27 November 4, December	Wednesdays 9:30am-12:00pm
Understanding Adult ADHD/ADD	12	Southwick Community Centre 24 Southwick Street Southwick BN42 2TE	1	13, November	Wednesday 9:30am-11:30am
Understanding and Coping with Anxiety	12	Chapel Street Clinic Chapel Street Chichester PO19 1BX	5	31, October 7, 14, 21, 28 November	Thursdays 1:30pm – 3:30pm
Understanding and Coping with Depression	12	Durrington Community Centre 2 Romany Road Worthing BN13 3ED	5	6, 13, 20, 27 November 4, December	Wednesdays 10:00am – 12:00pm
Understanding and Coping with Depression	12	The Regis Centre Belmont Street Bognor Regis PO21 1BL	5	13, 20, 27 November 4, 11 December	Wednesdays 10:00am – 12:00pm
Understanding and Living with Dementia	15	Sage House City Fields Way Tangmere, Chichester PO20 2FP	1	2, October	Wednesday 1:30pm – 4:00pm
Understanding and Living with Dementia	15	Southwick Community Centre 24 Southwick Street Southwick BN42 2TE	1	30, October	Wednesday 10:00am-12:30pm

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Understanding and Living with Dementia	15	The Bedale Centre 1 Glencathara Road Bognor Regis PO21 2SF	1	18, November	Monday 10:00am-12:30pm
Understanding and Living with Dementia	15	Durrington Community Centre 2 Romany Road Worthing BN13 3ED	1	27, November	Wednesday 10:00am-12:30pm
Understanding and Living with Dementia	15	Chapel Street Clinic Chapel Street Chichester PO19 1BX	1	12, December	Thursday 10:00am-12:30pm
Understanding and Supporting People with Suicidal Thoughts and Feelings	14	Meadowfield Hospital Conference Room Arundel Road Worthing BN13 3EF	1	23, November	Saturday 10:00am – 1:00pm
Understanding Psychosis	14	Southwick Community Centre 24 Southwick Street Southwick BN42 2TE	6	28, October 4, 11, 18, 25 November 2, December	Mondays 2:00pm-4:00pm

Northern Campus

Course Name	Page in prospectus	Location and venue	No. sessions	Dates	Day of the week and times
Building Resilience for Wellness and Recovery	32	Crawley Library Southgate Avenue Crawley RH10 6HG	7	8, 15, 22, 29 November 6, 13, 20 December	Fridays 10:30am-12:30pm
Coping Skills for Wellness and Recovery	32	Crawley Library Southgate Avenue Crawley RH10 6HG	6	4, 11, 18, 25 November 9, 16 December	Mondays 1:30pm -3:30pm
Introduction to Personality Disorder	25	Action for Deafness 22 Sussex Road Haywards Heath RH16 4EA	1	19, December	Thursday 10:00am – 1:00pm
Living with Bipolar	26	Crawley Library Southgate Avenue Crawley RH10 6HG	3	21, 28 November 5, December	Thursdays 1:30pm – 3:30pm
One Step at a Time... Every Step Counts	34	Beech Hurst Park Butler's Green Road Haywards Heath RH16 4BB	7	29, October 5, 12, 19, 26 November 3, 10 December	Tuesdays 1:00pm – 2:00pm
				Park Run, Clair Park Saturday 14, December	Saturday 8:45am – 10:00am

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Post-Traumatic Stress: Life after Trauma	27	New Park House North Street Horsham RH12 1RJ	3	15, 22, 29 November	Fridays 10:00am – 12:00pm
The Tree of Life	30	Action for Deafness 22 Sussex Road Haywards Heath RH16 4EA	4	30, October 6, 13, 20 November	Wednesdays 12:00pm – 2:00pm
Understanding and Coping with Anxiety	27	Crawley Community and Voluntary Service 1-2 Gleneagles Court, Brighton Road Crawley RH10 6AD	6	6, 13, 20, 27 November 4, 11 December	Wednesdays 1:30pm – 3:30pm
Understanding and Coping with Depression	28	Crawley Library Southgate Avenue Crawley RH10 6HG	6	14, 21, 28 November 5, 12, 19 December	Thursdays 10:30am-12:30pm
Understanding and Living with Dementia	15	Roffey Millennium Hall 154 – 156 Crawley Road Horsham RH12 4DT	1	17, October	Thursday 10:00am-12:30pm
Understanding and Living with Dementia	15	Crawley Library Southgate Avenue Crawley RH10 6HG	1	21, November	Thursday 10:00am-12:30pm
Understanding and Supporting People with Suicidal Thoughts and Feelings	29	Crawley Library Southgate Avenue Crawley RH10 6HG	1	7, December	Saturday 10:00am – 1:00pm
Understanding Psychosis	29	Crawley Community and Voluntary Service 1-2 Gleneagles Court Brighton Road Crawley RH10 6AD	5	22, 29 November 6, 13, 20 December	Fridays 1:00pm – 3:30pm

Sussex Recovery College

Aldrington House
35 New Church Road
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 www.sussexrecoverycollege.org.uk

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(Office hours are Mondays to Fridays 9:00am to 5:00pm, excluding bank and public holidays)

