

Sussex Recovery College course calendar for Autumn term 2019

East 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/

Eastbourne, High Weald and the Havens Campus

Course Name	Page in prospectus	Location and venue	No. sessions	Dates	Day of the week and times
Be Your Own Hero: Safer Independent Living	14	Community Wise Ocklynge Road Eastbourne BN21 1PY	1	1, November	Friday 10:00am – 1:00pm
Bipolar Workshop for those Recently Diagnosed	7	Lewes New School Talbot Terrace Lewes BN7 2DS	1	18, November	Monday 1:00pm – 4:00pm
Coping with Suicidal Thoughts and Feelings	7	Hillrise Church Hill Newhaven BN9 9HH	3	7, 14, 21 November	Thursdays 10:00am – 12:00pm
Coping with Suicidal Thoughts and Feelings	7	Community Wise Ocklynge Road Eastbourne BN21 1PY	3	2, 9, 16 December	Mondays 2:00pm – 4:00pm
Experiments in Printing	14	East Sussex College Cross Levels Way Eastbourne BN21 2UF	4	25, November 2, 9, 16 December	Mondays 11:00am – 2:00pm
Expert by Experience: Participation Workshops	8	Mugshots Café / Deli 13 Meads Street Eastbourne BN20 7QY	2	17, 18 October	Thursday & Friday 9:45am – 4:00pm
Finding Happiness	15	Community Wise Ocklynge Road Eastbourne BN21 1PY	4	24, 31 October 7, 14 November	Thursdays 2:00pm – 4:00pm
Gambling Recovery	8	Eastbourne Library Grove Road Eastbourne BN21 4TL	4	21, 28 November 5, 12 December	Thursdays 10:30am – 12:30pm

Sussex Recovery College course calendar for Autumn term 2019

Course Name	Page in prospectus	Location and venue	No. sessions	Dates	Day of the week and times
Introduction to Personality Disorder	9	Venue to be confirmed	1	22, November	Friday 10:00am – 1:00pm
Living well with Bipolar	9	Lewes New School Talbot Terrace Lewes BN7 2DS	1	16, December	Monday 1:00pm – 4:00pm
Managing Anxiety	10	Eastbourne Library Grove Road Eastbourne BN21 4TL	4	25, November 2, 9, 16 December	Mondays 1:30pm – 3:30pm
Understanding and Coping with Anxiety	11	Lewes New School Talbot Terrace Lewes BN7 2DS	5	31, October 7, 14, 21, 28 November	Thursdays 2:00pm – 4:00pm
Understanding and Coping with Depression	11	Community Wise Ocklynge Road Eastbourne BN21 1PY	6	30, October 6, 13, 20, 27 November 4, December	Wednesdays 2:00pm – 4:00pm
Understanding Medications	12	St Mary's House 52 St Leonard's Road Eastbourne BN21 3UU	1	16, December	Monday 10:00am – 12:00pm
Understanding Psychosis	12	Amberstone Hospital Carters Corner Hailsham BN27 4HU	6	5, 12, 19, 26 November 3, 10 December	Tuesdays 2:00pm – 4:30pm
Wellbeing in the Wild	18	Friston Forest Litlington Road Exceat, Seaford BN25 4AD	7	5, 12, 19, 26 November 3, 10, 17 December	Tuesdays 11:00am – 2:00pm

Hastings and Rother Campus

Course Name	Page in prospectus	Location and venue	No. sessions	Dates	Day of the week and times
Coping with Suicidal Thoughts and Feelings	21	Cavendish House Breeds Place Hastings TN34 3AA	3	22, 29 October 5, November	Tuesdays 2:00pm – 4:00pm
Finding Happiness	26	Cavendish House Breeds Place Hastings TN34 3AA	5	21, 28 November 5, 12, 19 December	Thursdays 2:00pm – 4:00pm
Learning Disabilities – Coping With My Ups and Downs	19	Cavendish House Breeds Place Hastings TN34 3AA	7	31, October 7, 14, 21, 28 November 5, 12 December	Thursdays 1:30pm – 4:00pm
Living Well: Making Healthier Choices	26	The Bridge Community Centre 361 Prioory Road Hastings TN34 3NW	4	8, 15, 22, 29 November	Fridays 11:00am – 1:00pm
Self Esteem and Confidence	27	Cavendish House Breeds Place Hastings TN34 3AA	5	15, 22, 29 November 6, 13 December	Fridays 2:00pm – 4:00pm
Understanding and Coping with Depression	22	Cavendish House Breeds Place Hastings TN34 3AA	6	12, 19, 26 November 3, 10, 17 December	Tuesdays 2:00pm – 4:00pm
Understanding and Living Well with EUPD	22	Cavendish House Breeds Place Hastings TN34 3AA	2	18, 25 November	Mondays 10:00am – 12:30pm
Understanding Medications	23	Muriel Matters House Breeds Place Hastings TN34 3AA	1	19, December	Thursday 2:00pm – 4:00pm
Walk for Wellbeing	28	Cavendish House Breeds Place Hastings TN34 3AA	1	6, December	Friday 11:00am – 2:00pm

Sussex Recovery College course calendar for Autumn term 2019

SUSSEX
RECOVERY
COLLEGE

A learning
journey to
wellbeing



Sussex Recovery College

Aldrington House
35 New Church Road
Hove BN3 4AG



www.sussexrecoverycollege.org.uk



sussex.recoverycollege@nhs.net



0300 303 8086

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

