


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: mindrecovery.net.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
Coping with Suicidal Thoughts and Feelings	7	Community Wise Ocklynge Road Eastbourne BN21 1PY	4	5, 12, 19, 26 February	Wednesdays 2:00pm – 4:00pm
Experiments in Textiles	New course	East Sussex College Cross Levels Way Eastbourne BN21 2UF	4	2, 9, 16, 23 March	Mondays 10:00am-1:00pm
Experiments in Textiles	New course	East Sussex College Mountfield Road Lewes BN7 2XH	4	26 February 4, 11, 18 March	Wednesdays 10:30am – 1:00pm
Expert by Experience: Participation Workshops	8	Aldrington House New Church Road Hove BN3 4AG	2	10, 11 March	Tuesday and Wednesday 10:00am – 4:00pm
Finding Happiness	15	Community Wise Ocklynge Road Eastbourne BN21 1PY	5	6, 13, 20, 27 February 5 March	Thursdays 2:00pm – 4:00pm
Five Ways to Wellbeing	15	Friends Meeting House Wish Road Eastbourne BN21 4TX	5	27 February 5, 12, 19, 26 March	Thursdays 10:30am – 12:30pm
Gambling Recovery: Is There More to Gambling than Just Fun?	8	Community Wise Ocklynge Road Eastbourne BN21 1PY	4	11, 18, 25 February 3 March	Tuesdays 10:30am – 12:30pm
Introduction to Personality Disorder	9	Eastbourne and Havens Campus to be arranged	1	To be arranged	To be arranged

 **Sussex Recovery College**
Aldrington House
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 www.sussexrecoverycollege.org.uk

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 **0300 303 8086**

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



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Course Name	Page in prospectus	Location and venue	No. sessions	Dates	Day of the week and times
Living Well with a Diagnosis of EUPD	21	Eastbourne and Havens Campus to be arranged	5	To be arranged	To be arranged
Managing Anxiety	10	Eastbourne Library Grove Road Eastbourne BN21 4UG	4	10, 17, 24 February 2 March	Mondays 1:00pm – 3:00pm
One Step at a Time ... Every Step Counts	New course	Eastbourne Sports Park Cross Levels Way Eastbourne BN21 2UF	7	3, 10, 17, 24 February 2, 9, 16 March	Mondays 1:00pm – 2:30pm
Understanding and Coping with Depression	11	Community Wise Ocklynge Road Eastbourne BN21 1PY	5	10, 17, 24 February 2, 9 March	Mondays 2:00pm – 4:00pm
Understanding and Coping with Depression	11	Hillrise Church Hill Newhaven BN9 9HH	6	31 January 7, 14, 21, 28 February 6 March	Fridays 2:00pm – 4:00pm
Understanding Medication	12	Community Wise Ocklynge Road Eastbourne BN21 1PY	1	9 March	Monday 10:00am – 12:00pm
Understanding Medication	12	Hillrise Church Hill Newhaven BN9 9HH	1	12 March	Thursday 10:30am – 1:30pm
Understanding Psychosis	12	Hillrise Church Hill Newhaven BN9 9HH	5	12, 19, 26 February 4, 11 March	Wednesdays 2:00pm – 4:00pm
When Words are not Enough	New course	East Sussex College Denton Island Newhaven BN9 9BN	4	6, 13, 20, 27 March	Fridays 10:00am – 1:00pm

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	East Sussex College Station Approach Hastings TN35 5LJ	5	28 January 4, 11, 18, 25 February	Tuesdays 2:00pm – 4:00pm
Expert by Experience: Participation Workshops	21	Muriel Matters House Breeds Place Hastings TN34 3UY	2	9, 10 January	Thursday and Friday 10:00am – 4:00pm
Finding Happiness	26	Muriel Matters House Breeds Place Hastings TN34 3UY	5	31 January 7, 14, 21, 28 February	Fridays 2:00pm – 4:00pm
Living Well with a Diagnosis of EUPD	21	Cavendish House Breeds Place Hastings TN34 3AA	2	10, 17 February	Mondays 10:00am – 12:30pm
Make the Most of Your Empathy and Listening Skills	27	Hastings Voluntary Action Jackson Hall, Portland Place Hastings TN34 1QN	1	12 March	Thursday 10:00am – 12:00pm
Photography for Wellbeing	17	Hastings Voluntary Action Jackson Hall, Portland Place Hastings TN34 1QN	4	6, 13, 20, 27 March	Fridays 1:30pm – 3:30pm
Self-Esteem and Confidence	27	Muriel Matters House Breeds Place Hastings TN34 3UY	5	31 January 7, 14, 21, 28 February	Fridays 10:30am – 12:30pm
Understanding and Coping with Depression	22	Hastings Voluntary Action Jackson Hall, Portland Place Hastings TN34 1QN	5	11, 18, 25 February 3, 10 March	Tuesdays 10:30am – 12:30pm
Understanding and Living with OCD	23	Muriel Matters House Breeds Place Hastings TN34 3UY	5	25 February 3, 10, 17, 24 March	Tuesdays 10:00am – 12:00pm
Understanding Medication	23	Muriel Matters House Breeds Place Hastings TN34 3UY	1	13 March	Friday 10:00am – 12:00pm
Walk for Wellbeing	28	Cavendish House Breeds Place Hastings TN34 3AA	1	28 February	Friday 10:00am – 1:00pm