

| Course Name  | Page in prospectus | Location and venue  | No. sessions | Dates       | Day of the week and times            |
|--|--------------------|---|--------------|-------------|--------------------------------------|
| <b>Understanding and Living with Dementia</b>                                  | 15                 | Crawley Library<br>Southgate Avenue<br><b>Crawley</b> RH10 6HG      | 1            | 30 January  | <b>Thursday</b><br>10:00am – 12:30pm |
| <b>Understanding and Living with Dementia</b>                                  | 15                 | Horsham Library<br>Lower Tanbridge Way<br><b>Horsham</b> RH12 1PJ   | 1            | 20 February | <b>Thursday</b><br>10:00am – 12:30pm |
| <b>Understanding and Living with Dementia</b>                                  | 15                 | Horsham Library<br>Lower Tanbridge Way<br><b>Horsham</b> RH12 1PJ   | 1            | 26 March    | <b>Thursday</b><br>10:00am – 12:30pm |
| <b>Understanding and Supporting People with Suicidal Thoughts and Feelings</b> | 29                 | Langley Green Hospital<br>Martyrs Avenue<br><b>Crawley</b> RH11 7EJ | 1            | 14 March    | <b>Saturday</b><br>10:00am – 1:00pm  |
| <b>Understanding Medication</b>  | 29                 | Crawley Library<br>Southgate Avenue<br><b>Crawley</b> RH10 6HG      | 1            | 24 February | <b>Monday</b><br>10:00am – 12:00pm   |

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/](http://mindrecovery.net.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            |
|---|--------------------|--|--------------|---|--------------------------------------|
| <b>Coping with Suicidal Thoughts and Feelings</b> | 7                  | Chapel Street Clinic<br>Chapel Street<br><b>Chichester</b> PO19 1BX            | 4            | 3, 10, 17, 24 March   | <b>Tuesdays</b><br>10:00am – 12:00pm |
| <b>Food and Mood</b>                              | 19                 | Chapel Street Clinic<br>Chapel Street<br><b>Chichester</b> PO19 1BX            | 3            | 27 January<br>3, 10 February  | <b>Mondays</b><br>10:00am – 12:00pm  |
| <b>Food and Mood</b>                              | 19                 | The Corner House<br>45 Southwick Street<br><b>Southwick</b> BN42 4TH           | 7            | 4, 11, 18, 25 February<br>3, 10, 17 March                               | <b>Tuesdays</b><br>1:30pm – 4:00pm   |
| <b>Living Well with a Diagnosis of EUPD</b>       | 9                  | Durrington Community Centre<br>2 Romany Road<br><b>Worthing</b> BN13 3FJ       | 5            | 31 January<br>7, 14, 21, 28 February                                    | <b>Fridays</b><br>10:00am – 12:00pm  |
| <b>Living with Bipolar</b>                        | 9                  | Southwick Community Centre<br>24 Southwick Street<br><b>Southwick</b> BN42 2TE | 3            | 10, 17, 24 March  | <b>Tuesdays</b><br>2:00pm – 4:00pm   |
| <b>One Step at a Time ... Every Step Counts</b>   | 21                 | Worthing Leisure Centre<br>Shaftesbury Avenue<br><b>Worthing</b> BN12 4ET      | 12           | 10, 17, 24, 31 January<br>7, 14, 21, 28 February<br>6, 13, 20, 27 March | <b>Fridays</b><br>1:00pm – 2:30pm    |
| <b>Understanding and Coping with Anxiety</b>      | 12                 | Regis Centre<br>Belmont Street<br><b>Bognor Regis</b> PO21 1BL                 | 5            | 4, 11, 18, 25 February<br>3 March                                       | <b>Tuesday</b><br>10:00am – 12:00pm  |
| <b>Understanding and Coping with Anxiety</b>      | 12                 | Southwick Community Centre<br>24 Southwick Street<br><b>Southwick</b> BN42 2TE | 5            | 24 February<br>2, 9, 16, 23 March                                       | <b>Mondays</b><br>1:00pm – 3:00pm    |
| <b>Understanding and Coping with Depression</b>   | 12                 | <b>Chichester</b> or <b>Littlehampton</b><br>venue to be arranged              | 7            | To be arranged  | To be arranged                       |



**Sussex Recovery College**  
Aldrington House  
35 New Church Road  
Hove BN3 4AG

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

[sussex.recoverycollege@nhs.net](mailto:sussex.recoverycollege@nhs.net)

0300 303 8086

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



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

0300 303 8086

[sussex.recoverycollege@nhs.net](mailto:sussex.recoverycollege@nhs.net)

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|--|--------------------|---|--------------|---------------------------------------|--|
| <b>Understanding and Coping with Depression</b>                                | 12                 | Shoreham-by-Sea<br>venue to be arranged                                 | 7            | To be arranged                        | To be arranged                         |
| <b>Understanding and Living with Dementia</b>                                  | 15                 | St. Lawrence Surgery<br>79 St. Lawrence Avenue<br>Worthing BN14 7JL     | 1            | 4 February                            | <b>Tuesdays</b><br>10:00am – 12:30pm   |
| <b>Understanding and Living with Dementia</b>                                  | 15                 | Chapel Street Clinic<br>Chapel Street<br>Chichester PO19 1BX            | 1            | 6 February                            | <b>Thursday</b><br>10:00am – 12:30pm   |
| <b>Understanding and Living with Dementia</b>                                  | 15                 | Southwick Community Centre<br>24 Southwick Street<br>Southwick BN42 2TE | 1            | 27 February                           | <b>Thursday</b><br>10:00am – 12:30pm   |
| <b>Understanding and Living with Dementia</b>                                  | 15                 | WThe Bedale Centre<br>1 Glencathara Road<br>Bognor Regis PO21 2SF       | 1            | 2 March                               | <b>Monday</b><br>10:00am – 12:30pm     |
| <b>Understanding and Living with Dementia</b>                                  | 15                 | St. Lawrence Surgery<br>79 St. Lawrence Avenue<br>Worthing BN14 7JL     | 1            | 18 March                              | <b>Wednesdays</b><br>10:00am – 12:30pm |
| <b>Understanding and Supporting People with Suicidal Thoughts and Feelings</b> | 14                 | Oaklands Centre<br>Graylingwell Drive<br>Chichester PO19 6UW            | 1            | 8 February                            | <b>Saturday</b><br>10:00am – 1:00pm    |
| <b>Understanding Medication</b>  | 14                 | Bognor Regis Library<br>London Road<br>Bognor Regis PO21 1DE            | 1            | 14 February                           | <b>Friday</b><br>2:00pm – 4:00pm       |
| <b>Understanding Medication</b>  | 14                 | Durrington Community Centre<br>2 Romany Road<br>Worthing BN13 3FJ       | 1            | 28 February                           | <b>Friday</b><br>2:00pm – 4:00pm       |
| <b>Understanding Psychosis</b>   | 14                 | Heene Community Centre<br>112 Heene Road<br>Worthing BN11 4PL           | 6            | 4, 11, 18, 25 February<br>3, 10 March | <b>Tuesdays</b><br>2:00pm – 4:00pm     |
| <b>Work for Wellbeing</b>  | 22                 | Chapel Street Clinic<br>Chapel Street<br>Chichester PO19 1BX            | 4            | 5, 12, 19, 26 March                   | <b>Thursdays</b><br>1:30pm – 3:30pm    |

## Northern Campus

| Course Name  | Page in prospectus | Location and venue   | No. sessions | Dates  | Day of the week and times                      |
|--|--------------------|--|--------------|--|--|
| <b>Building Resilience for Wellness and Recovery</b> | 32                 | Crawley Library<br>Southgate Avenue<br>Crawley RH10 6HG                  | 7            | 21, 28 February<br>6, 13, 20, 27 March<br>3 April                                    | <b>Fridays</b><br>10:30am – 12:30pm            |
| <b>Coping Skills for Wellness and Recovery</b>       | 32                 | Crawley CVS<br>1-2 Gleneagles Court<br>Brighton Road<br>Crawley RH10 6AD | 6            | 17, 24 February<br>2, 9, 16, 23 March  | <b>Mondays</b><br>1:30pm – 3:30pm              |
| <b>Coping with Suicidal Thoughts and Feelings</b>    | 24                 | Bluebell House<br>Hurst Road<br>Horsham RH12 2DT                         | 4            | 27 January<br>3, 10, 17 February   | <b>Mondays</b><br>10:30am – 12:30pm            |
| <b>Expert by Experience: Participation Workshops</b> | 24                 | Northgate Community Centre<br>23 Barnfield Road<br>Crawley RH10 8DS      | 2            | 20, 21 February  | <b>Thursday and Friday</b><br>10:00am – 4:00pm |
| <b>I Heart Consent: a Workshop for Women Only</b>    | New course         | Crawley Library<br>Southgate Avenue<br>Crawley RH10 6HG                  | 1            | 14 February  | <b>Friday</b><br>10:00am – 1:00pm              |
| <b>Living Well with a Diagnosis of EUPD</b>          | 25                 | Crawley Library<br>Southgate Avenue<br>Crawley RH10 6HG                  | 5            | 3, 10, 17, 24 February<br>2 March  | <b>Mondays</b><br>2:00pm – 4:00pm              |
| <b>Living Well with a Diagnosis of EUPD</b>          | 25                 | Bluebell House<br>Hurst Road<br>Horsham RH12 2DT                         | 5            | 2, 9, 16, 23, 30 March   | <b>Mondays</b><br>10:30am – 12:30pm            |
| <b>Living with Bipolar</b>                           | 26                 | Crawley Library<br>Southgate Avenue<br>Crawley RH10 6HG                  | 3            | 5, 12, 19 February   | <b>Wednesdays</b><br>1:30pm – 3:30pm           |
| <b>One Step at a Time ... Every Step Counts</b>      | 34                 | Beech Hurst Gardens<br>Beech Hurst Close<br>Haywards Heath RH16 4AE      | 7            | 28 January<br>4, 11, 18, 25 February<br>3, 10 March                                  | <b>Tuesdays</b><br>1:00pm – 2:30pm             |
| <b>One Step at a Time ... Every Step Counts</b>      | 34                 | Tilgate Park<br>Tilgate Drive<br>Crawley RH10 5PQ                        | 7            | 20, 27 February<br>5, 12, 19, 26 March<br>2 April                                    | <b>Thursdays</b><br>10:00am – 11:30am          |
| <b>Understanding and Coping with Anxiety</b>         | 27                 | Crawley Library<br>Southgate Avenue<br>Crawley RH10 6HG                  | 6            | 12, 19 February<br>4, 11, 18, 25 March<br>(Note: there is no session on 26 February) | <b>Wednesdays</b><br>1:30pm – 3:30pm           |
| <b>Understanding and Coping with Depression</b>      | 28                 | Crawley Library<br>Southgate Avenue<br>Crawley RH10 6HG                  | 6            | 13, 20, 27 February<br>12, 19, 26 March<br>(Note: there is no session on 5 March)    | <b>Thursdays</b><br>10:30am – 12:30pm          |