

# Prospectus 2018-2019

DISCOVERY COLLEGE

**A LEARNING  
JOURNEY TO  
WELLBEING  
FOR CHILDREN  
YOUNG PEOPLE  
AND SUPPORTERS  
(RELATIVES, FRIENDS AND CARERS)**

# Discovery College

## What is Discovery College?

Discovery College is a place for children and young people in East Sussex and their supporters (relatives, friends and carers) to have new experiences and learn more about emotional wellbeing and particular mental health challenges. We also have courses just for parents. Everything is done in groups with other people who listen without judgement, offer support without being patronising and have an interest in who you are and would like to be. Very importantly the courses are FREE. Discovery College is growing steadily: each term we offer more and more courses.

## How to sign up

To register for a course all you or your supporter (relative, friend or carer) need do is contact us, giving us your address and titles of the courses you would like to attend. A registration form will then be sent to you by post for you to fill in. If you find completing the form difficult for any reason, please call us to confirm you can attend the first session and come along with your form, so we can support you to complete it. We can do a home visit if you would find that helpful.

## Giving consent to attend

The registration form will ask you and a parent/ carer to sign to say you are consenting to take part. If you are 16 or older and you cannot get a parental signature you can sign for yourself. If you are 15 and under we will ask you to get a parent/carer signature, but contact us if this is difficult for any reason and we can decide together whether you can take part without it.

## What next?

Once we have received your form you will be booked onto the course and a letter of confirmation will be sent to you. If the course is fully booked we will inform you that you have been added to a waiting list; this means if there is a cancellation you could be offered a place. Our waiting lists do not roll over from one term to the next, so please make sure you re-apply each term.

## Peer Mentors and Peer Trainers

The exciting thing about Discovery College is that all our courses are designed and delivered with young people who have experienced mental health challenges.

**Peer Mentors** are volunteers who have reached a point of wanting to support other young people to attend Discovery College courses. One of the main skills they have is the ability to put their own needs to one side for the duration of the session in order to be there for other young people. They are supported by having a chance to de-brief at the end of each session. If you think you would like to become a Peer Mentor then please sign up for our Peer Mentor course.

**Peer Trainers** are young people aged 18yrs+ who may have been Peer Mentors and have discovered they really enjoy the role and wish to take on more responsibility, maybe even lead activities in some of the sessions. To become a Peer Trainer you need to attend an interview and if successful you will be placed on a 12-week training course. On completion of the course you become an employee of Sussex Partnership NHS Foundation Trust and are paid for all the planning and delivery of sessions you are involved in.

## Term times

Our term times are **September to March** and **April to July**. We are always happy to hear from you so if you have any questions or require additional information or support with registering please contact us.

 0300 303 8086

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

## Discovery College

Aldrington House  
35 New Church Road  
Hove BN3 4AG  
Coming along to a new group  
Coming along to a new group

## Coming along to a new group

Everyone at Discovery College knows it can be a challenge to join a new group. Young people who have given it a go tell us it really helps to identify someone who can encourage you to come along when you feel like giving the session a miss.

### What some young people have told us they struggle with to get to a course ...



We will do everything we can to help you feel welcome and comfortable, including sending you text reminders before sessions. We will also support you in your practice and development of teamwork skills. An important part of teamwork is trying hard to attend all the course sessions.



## Courses at a glance and contents

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# Courses

## Download

If you are thinking about attending Discovery College and also have an interest in improving mental health support for young people, this is the group for you. It's an opportunity to meet others, play games, share food and chat. There will be a discussion at each session to evaluate the courses on offer and develop new ones, and share thoughts about the services on offer to young people that support emotional wellbeing.

This group has already managed to achieve changes to services and create films for use in schools. They have created help booklets for young people accessing CAMHS and have been the driving force behind creating a Discovery College in this area.

### Where?

Archery Recreation Ground, Willoughby Crescent, Seaside, Eastbourne BN22 7RR

### When?

Wednesdays 4.15pm-6.15pm  
26 September, 31 October, 28 November, 12 December,  
30 January, 27 February, 27 March, 24 April, 22 May,  
26 June, 31 July

### Who's it for?

Anyone aged 12-20 years.

### What will I get out of it?

You will:

- ▶ Learn how to advocate on behalf of other young people
- ▶ Learn how to influence decision-making
- ▶ Build on your confidence to speak openly about your opinions with others

### Trainers

Rivkah Cummerson  
Emma Thorne

### Provided by

Sussex Partnership NHS Foundation Trust

## Experts by Experience

Services offering support and guidance to young people experiencing mental health challenges can only do this well by hearing from and working with the young people who attend. You are an expert in your experience of being young today, experiencing mental health challenges and seeking and finding support.

This training day will provide you with the confidence and skills needed to say 'yes' to involvement opportunities so that you can use your expertise to change services for the better and boost your self-esteem at the same time. Opportunities can include interviewing new members of staff, being on a focus group panel, creating a tool for young people to use in therapy sessions, or speaking at a meeting. Participants will be invited to join a database of Experts by Experience, who will be notified regularly of new opportunities.

### Where?

Elm Room, Aldrington House, New Church Road, Hove BN3 4AG

### When?

Various days 10:00am-3:00pm  
22 October, 19 February, 28 May, 30 August

### Who's it for?

Anyone aged 12-20 years.

### What will I get out of it?

You will:

- ▶ Feel better prepared for future work and volunteer interview situations
- ▶ Improve your confidence in speaking out at meetings
- ▶ Learn how to use your experiences of mental health services to improve care for others and contribute to positive changes in the organisation

### Trainers

Rivkah Cummerson, Emma Thorne, Karen Osborn

### Provided by

Sussex Partnership NHS Foundation Trust and all organisations participating in Discovery College

## Music in Mind Eastbourne

We make music collaboratively and provide opportunities to express yourself through music, including covering songs of your choice, original songwriting, recording and editing. You do not need to have any previous experience, just an interest in music.

We aim to cover all interests and genres. The group is inclusive, supportive and led by the people in it.

### Where?

Charlie's, YMCA, 56 Seaside, Eastbourne BN22 7QL

### When?

Thursdays 5:30pm-7:30pm  
20, 27 September; 4, 11, 18 October;  
1, 8, 15, 22, 29 November

### Who's it for?

Anyone aged 12-20 years.

### What will I get out of it?

You will:

- ▶ Learn how to play a musical instrument and improve your existing skills including using your voice
- ▶ Learn how to put a song together
- ▶ Build and improve your team work skills and confidence

### Trainers

Paul Crawford  
Mark Bonfield

### Provided by

Rhythmix, Early Help Keywork Service Emotional Wellbeing

**“I have learnt it is possible to talk to people without being terrified”**

## Music in Mind St. Leonards

We make music collaboratively and provide opportunities to express yourself through music, including covering songs of your choice, original songwriting, recording and editing. You do not need to have any previous experience, just an interest in music.

We aim to cover all interests and genres. The group is inclusive, supportive and led by the people in it.

### Where?

The Roomz, 33-35 Western Road  
St. Leonards-on-Sea TN37 6DJ

### When?

Thursdays 5:30pm-7:30pm  
6, 13 September; 1, 29 November; 6, 13, 20 December

### Who's it for?

Anyone aged 12-20 years.

### What will I get out of it?

You will:

- ▶ Learn how to play a musical instrument and improve your existing skills including using your voice
- ▶ Learn how to put a song together
- ▶ Build and improve your team work skills and confidence

### Trainers

Sam Dook  
Sophie Forster

### Provided by

Rhythmix, Early Help Keywork Service Emotional Wellbeing

**“More confidence, fun, freindship, teamwork!”**

# Courses

## Peer Mentoring

Have you started to feel like you would be ready to support other young people in their attendance of Discovery College courses? Would you like to learn more about the role and start practising some mentoring skills?

This will be a fun introduction to being a Peer Mentor and will include opportunities to ask questions, discuss hopes and fears, and try out some new skills.

### Where?

Location to be confirmed – contact Recovery College for details

### When?

One course of ten 2-hour sessions

### Who's it for?

Anyone aged 12-20 years.

### What will I get out of it?

You will:

- ▶ Gain an understanding of what being a Peer Mentor involves and how you would be supported
- ▶ Develop your confidence in speaking/presenting to a group
- ▶ Learn about and practise advocating on behalf of someone else

### Trainers

Trainers to be confirmed

### Provided by

Sussex Partnership NHS Foundation Trust and all organisations participating in Discovery College

**“Discovery College is enjoyable, sociable and gives you the chance to show your feelings so you don’t keep them haunted inside you”**

**“I’ve felt very comfortable to share my feelings and emotions. I’ve slightly overcome my anxiety, which means a lot”**

**“I’ve felt proud of myself to meet new people and talk openly”**

## Woodland Days for Teens

Come to the woods throughout the year! This experience runs once a month from October. Learn how to make fires without matches, cook, use tools, play games and meet others who have had similar experiences to you.

We will co-create a fun, safe and healing time together. Have discussions and share stories around the fire, discover our gifts and learn how nature can support our wellbeing. The woodland is a very calming and relaxing space. Young people who have been before tell us it is very 'freeing'. Wrap up warm, wear wellington boots or walking boots and bring a packed lunch! We prefer participants to sign up to the all the days where possible.

### Where?

Mill Wood, Vert Woods Community Woodland, Park Lane, Laughton, Lewes BN8 6BP  
(map available on request)

### When?

Various days 10:00am-3:00pm  
25 October, 17 November, 15 December, 19 January, a date in February, 16 March, 10 April, 30 May, 6 July

### Who's it for?

Anyone aged 12-20 years.

### What will I get out of it?

You will:

- ▶ Learn woodland skills such as firelighting, cooking and crafts
- ▶ Increase your confidence in a group and the outdoors
- ▶ Learn how to live comfortably in nature

### Trainers

David Hayward  
Emma Thorne  
Marina Robb

### Provided by

Sussex Partnership NHS Foundation Trust,  
Circle of Life Rediscovery, People's Project

## Woodland Family Days

If your child is aged 5-12 years and experiencing mental health challenges, we would like to invite them and you (siblings included) to attend a calm, relaxing and fun day in local woodland. It will be a wonderful opportunity to meet other families, share experiences, play games and learn woodland skills.

Each day stands alone. You are welcome to apply for all the dates. (We endeavour to give everyone a chance of attending at least once, which means we cannot guarantee you a place on each day.)

### Where?

Mill Wood, Vert Woods Community Woodland, Park Lane, Laughton, Lewes BN8 6BP  
(map available on request)

### When?

Friday 21 December 10:00am-3:00pm

### Who's it for?

Anyone aged 5-12 years, their relatives, carers and siblings

### What will I get out of it?

You will:

- ▶ Increase your connection to nature
- ▶ Increase your access to nature
- ▶ Develop your understanding of how nature can support your mental health

### Trainers

David Hayward  
Emma Thorne  
Marina Robb

### Provided by

Sussex Partnership NHS Foundation Trust,  
Circle of Life Rediscovery,  
People's Project

# Courses

## Creative Writing and Reading

Stories are what we are made of and sometimes reading and listening to the stories of others who have similar or very different lives to ours can help us make sense of our own. These informal workshops will focus on both reading and writing but you will never be presented with a blank page to fill.

You will have lots of little exercises and prompts to help you find your voice. There's no pressure, and no right or wrong answers when it comes to the writing. Some of the exercises will be brief, some will take a bit of time. Sometimes you'll be really keen to read out what you've written, sometimes you'll want to keep it to yourself – all of that is fine. We also welcome participants who just want to listen.

### Where?

Location to be confirmed – contact Recovery College for details

### When?

One course of eight 2-hour sessions

### Who's it for?

Anyone aged 12-20 years.

### Trainers

Rachel Sweeney

### Provided by

Sussex Partnership NHS Foundation Trust and all organisations participating in Discovery College



**“It gives you an opportunity to express feelings to others without feeling upset or shy”**



**“I found this course easy and fun and it helps me to let out my emotions and why I feel that way”**





# Graduation A Voice That's Mine



## Graduation

**Acknowledging achievement, highlighting success**

To celebrate the achievements of our students and the success of Discovery College we hold annual **Graduation** events!

These take place in July every year, and we will be notifying you of our next event soon – just keep in touch and we will send you the details.

Students eligible to attend, and their families, carers and supporters, will be invited. Recognition is also given to our hardworking trainers and partners!

We will look forward to seeing you there.



**“I got the chance to make new friends and be comfortable with everyone”**

## A Voice That's Mine July 2019

This is an annual show highlighting the strengths, talents, stories and messages of young people who have also experienced mental health difficulties. Whether it's performing a favourite song that has special meaning for you, giving a speech to raise mental health awareness or expressing an interest or idea that has importance for you in art, drama, music or written or the spoken word, **A Voice That's Mine** is your opportunity to be seen and heard.

The supportive and friendly audience will be made up of friends and family invited by you, as well as workers and managers from services that support young people's mental health. This year's show will be combined with a Graduation event to celebrate the achievements of participants in Discovery College throughout the year.

### Where?

Location to be confirmed

### When?

One afternoon and evening in July

### Who's it for?

Anyone aged 12-20 years.

### What will I get out of it?

You will:

- ▶ Learn about what is involved in creating a show and exhibition space
- ▶ Improve skills around presenting yourself and performing
- ▶ Develop the skills of working in a creative team and supporting each other

### Trainers

Rivkah Cummerson  
Emma Thorne  
Clare Meredith

### Provided by

Sussex Partnership NHS Foundation Trust and all organisations participating in Discovery College

# Our partner organisations



## Circle of Life Rediscovery CIC

01273 814226 / 07966514469

[www.circleofliferediscovery.com](http://www.circleofliferediscovery.com)

[info@circleofliferediscovery.com](mailto:info@circleofliferediscovery.com)

Since 2004 we have been providing nature-based experiences and programmes that are educational, fun and often life changing. We run funded projects with our partners (including CAMHS and The People's Project) that directly support health and wellbeing for vulnerable members of society. We offer days for schools or family days in the woodlands and bespoke residential camps and Forest Schools. You can gain a Level 3 qualification in leading your own Forest School programme, complete a John Muir Award, improve your knowledge and skills with our adult training CPD days or join our general nature immersion days!



## Early Help Keywork Service Emotional Wellbeing

01323 464222

[www.eastsussex.gov.uk/childrenandfamilies](http://www.eastsussex.gov.uk/childrenandfamilies)

Supporting young people aged 11-19 in East Sussex to help them access learning and development opportunities and one-to-one support. Call or e-mail [0-19.spoa@eastsussex.gov.uk](mailto:0-19.spoa@eastsussex.gov.uk) for further advice and information.



## ESBAS – Education Support, Behaviour and Attendance Service

01273 481967

[www.eastsussex.gov.uk/educationandlearning/schools/attendance-behaviour](http://www.eastsussex.gov.uk/educationandlearning/schools/attendance-behaviour)

Supporting young people aged 5-16 who have been referred through school.



## East Sussex Library and Information Service

0345 608 0196

[www.eastsussex.gov.uk/join-the-library](http://www.eastsussex.gov.uk/join-the-library)

We have 17 libraries across East Sussex, with resources and activities available to all residents. Our resources include books, audio books, DVDs, local history and family history resources; and health and wellbeing and reminiscence resources. Most are free. We also provide free computer access, wi-fi and a range of online resources such as e-books, e-audiobooks, e-magazines and many online subscription sites (many of which can be accessed from home). Activities include Rhymetimes and Storytimes for the under-5s and code clubs for older children, as well as events throughout the year such as local talks and creative writing sessions for all ages. We also offer a variety of learning and volunteering opportunities.



## ISEND

01273 337660

[ISENDfrontdoor@eastsussex.gov.uk](mailto:ISENDfrontdoor@eastsussex.gov.uk)

The Inclusion Special Needs and Disabilities (ISEND) Front Door is the pathway through which schools and education providers can request support for children and young people with additional and/or special educational needs and disabilities.



## Rhythmix

08701 417 484 (ext 1)

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

Rhythmix is a music, social welfare and education charity working in the South East of England. We believe in the power of music to transform lives and that everyone should have the chance to express themselves through music. Music making gives people the opportunity to gain independence, an insight into their skills, hone their talents and a chance to engage with professional musicians as their Rhythmix tutors. We are supported by public donations and through our partner organisations.



## Towner Art Gallery

01323 434670

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

Towner works in collaboration with artists, communities and organisations to increase access to the arts and provide positive learning outcomes for our audiences. A key strand of their work is improving the mental health and wellbeing of those living in East Sussex. Their partnership with Sussex NHS Partnership Trust, including through Recovery College, is a significant part of their programmes.

# Books on Prescription for Families



East Sussex Library Service and Sussex Partnership NHS Foundation Trust's Child and Adolescent Mental Health Service (CAMHS) have been working together to bring the latest information and research about children's mental health to families.

Please see page 12 for some examples of recommended reading, arranged by category.

## How does the scheme work?

Your GP or mental health professional can recommend a book, but they're also available for anyone to borrow from local libraries.

## What do you need to do?

A few tips to help you get the most of **Reading Well: Books on Prescription**:

- ▶ Decide which book would be most helpful
- ▶ Visit your local library to borrow the book. If you're not a member you can join on the day. You can find out where your local library is by visiting [www.gov.uk/join-library](http://www.gov.uk/join-library). Simply bring proof of identification with your name and address e.g. a bill or driving licence
- ▶ Ask at your library about other services they provide that might help you. For example, reading groups can be a good way of bringing people together, promoting wellbeing
- ▶ Read the book carefully and follow the practical exercises and activities suggested

## Can books really help?

Evidence from the National Institute for

Health and Care Excellence (NICE) shows that self-help books support the understanding and management of common mental health conditions.

Although books can work on their own, if you're receiving treatment from a mental health professional, research has shown self-help approaches work best with additional support.

## What if books don't help?

You could also contact the Sussex Partnership NHS Foundation Trust Mental Healthline, a service offering support and information to anyone experiencing mental health challenges. The service is also available to carers and healthcare professionals.

**0300 5000 101**

Available Monday-Friday 5:00pm-9:00am and 24 hours at weekends and on Bank Holidays

## Other sources of advice and information

The following organisations can also help:

### The Samaritans

[www.samaritans.org](http://www.samaritans.org)

**08457 909090**

Available 24 hours a day, 7 days a week

### Mind

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

**0300 123 3393**

### Mental Health Helplines Partnership

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

### The Royal College of Psychiatrists

[www.rcpsych.ac.uk/info](http://www.rcpsych.ac.uk/info)

Some books are available in different formats. For more information visit:

[www.readingagency.org.uk/readingwell](http://www.readingagency.org.uk/readingwell)

**Feedback** We're keen to hear your views!

You will find a simple and confidential online form at:

[www.readingagency.org.uk/readingwell](http://www.readingagency.org.uk/readingwell)

## Here are some examples of books included in the scheme

	Who is book for?	Title	Author	Publisher
<b>Behaviour</b>	Parents and carers (of primary school age children)	The Incredible Years	C. Webster-Stratton	The Incredible Years
	Parents	Parenting with positive behaviour support: A Parent's guide to problem solving to problem solving solutions to difficult behaviour	M. Hienman, K.Childs and J.Sergay	Brookes Publishing
<b>Bereavement</b>	Family workbook for parent and child	Finding a way through when someone close has died	P.Mood and	Jessica Kingsley
	Parent to read with young child	Badger's Parting Gifts	L. Whittaker	Anderson Press
<b>Body Image</b>	Workbook for teens	Banish your body image thief: A CBT workbook on building positive body image for young people	S. Varley	Jessica Kingsley
<b>Divorce and separation</b>	Guide for parents	Children, feelings and divorce: Finding the best outcome	K. Collins-Donnelly	Free Association Books
<b>Hearing Voices</b>	Guide for Parents and teens	Young people hearing voices: What you need to know and what you can do	H. Smith	PCCS Books
<b>Mood problems</b>	Workbook for teens	Am I Depressed and What Can I Do About it?: A CBT Self-Help Guide for Teenagers Experiencing Low Mood and Depression	M. Romme and S. Escher	Robinson
<b>Managing intense emotions</b>	Workbook for teens	Get out of your mind and into your life for teens: A guide to leading an extraordinary life	S. Reynolds	New Harbinger
	Workbook for teens	Don't let your emotions run your life for teens: DBT skills for helping teens manage mood swings, control angry outbursts and get along with others	J. Ciarrochi and L. Hayes	Instant Help
<b>Sleep</b>	Parents	Solving children's sleep problems	S. Van Dijk	Beckett Karlson
<b>Stress and Coping</b>	Teens	The stress reduction workbook for teens	L. Quine	Instant Help
<b>Worry, fears and anxiety</b>	Parents	Helping your anxious child	G. Biegel	Vermilion
	For parents and children (age 6-12) to read together	What to do when you worry too much: A kid's guide to overcoming anxiety	D. Lewis	Magination Press
	Workbook for parents and teens	Breaking free from OCD: A CBT guide for young people and their families	D.Heubener	Jessica Kingsley
	Workbook for teens	The shyness and social anxiety workbook for teens	J. Derisley and others	New Harbinger
	Workbook for teens	The anxiety workbook for teens	J. Shanon	Instant Help
<b>Understanding services</b>	For parents and carers	A straight talking introduction to children's mental health problems	L. Schab	PCCS Books

The full reading list is available from your local library, or go online to [eastsussex.go.uk/selfhelpbooks](http://eastsussex.go.uk/selfhelpbooks)


Lined area for notes with horizontal dotted lines.

 0300 303 8086

 @withoutstigma

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

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

 **Sussex Discovery College**  
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35 New Church Road  
Hove  
BN3 4AG



**Quality Mark**

Awarded for face to face delivery of education and training to the health sector

**Sussex Discovery College**  
has been part-funded by

**HEADS ON**  
Support for mental health

Sussex Partnership NHS Foundation Trust's charity

Sussex Partnership   
NHS Foundation Trust

This document is available in alternative formats upon request.

### **Sussex Partnership NHS Foundation Trust Mental Healthline**

A telephone service offering support and information to anyone experiencing mental health challenges – the service is also available to carers and healthcare professionals.

Tel: **0300 5000 101** Monday to Friday 5pm to 9am – 24 hrs at weekends and Bank Holidays

If your need is urgent visit:  
[www.sussexpartnership.nhs.uk/urgent-help-crisis](http://www.sussexpartnership.nhs.uk/urgent-help-crisis)