

**We help people learn to take control of mental health challenges – and live better lives.**

**SUSSEX  
RECOVERY  
COLLEGE**

**A learning  
journey to  
wellbeing**

# Spring/Summer Term Open Days

## What we do

We enable people to learn to take control of mental health challenges and live better lives. We're a college, not a clinic. We have students, not patients. Our open and free courses help individuals manage mental health challenges and recovery.

## Learn to live well

Our focus is education. Each course enables students to become expert in mental health recovery, through structured class-based learning.

## Real life experience

Trainers with personal experiences of mental health challenges help design and deliver every course – bringing unique insight and empathy.

## A safe environment

We're a supportive and open community, free from mental health stigma. We empower students to take control and find their own answers.

## Open Days in East Sussex

### Eastbourne

Eastbourne Town Hall, Grove Road, BN21 4UG

**Tuesday 6 March**

1.00 pm – 3.00pm

### Hastings

Muriel Matters House, Breeds Place, TN34 3UY

**Thursday 8 March**

1.00pm – 3.00pm

## Open Days in West Sussex

### Bognor Regis

Regis Centre, Belmont Street, P021 1BL

**Monday 5 March**

1.00pm – 3.00pm

### Crawley

Crawley Library, Southgate Avenue, RH10 6HG

**Tuesday 6 March**

1.00pm – 3.00pm

### Worthing

Town Hall, Chapel Road, BN11 1HA

**Wednesday 7 March**

1.00pm – 3.00pm

### Chichester

New Park Centre, New Park Road, P019 7XY

**Thursday 8 March**

1.00pm – 3.00pm

## How to apply

All courses are FREE for adults with mental health related challenges, their supporters (relatives and carers), the staff of Sussex Partnership NHS Foundation Trust and partner organisations.

Please drop in at your nearest Open Day to learn more about the courses on offer. If you would like to register and you're unable to make the Open Day, please contact us by phone or email.

## Sussex Recovery College

Aldrington House, 35 New Church Road, Hove, BN3 4AG

Phone 0300 303 8086

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

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Sussex Partnership   
NHS Foundation Trust

