



Hastings and Rother Campus – Wellbeing and Lifestyle

Course Name	Page in prospectus	Location and venue	Dates	Day of the week	Times	Organisation(s)
Finding Happiness	22	Cavendish House, Breeds Place, Hastings TN34 3AA	15, 22, 29 October; 5, 12 November	Monday	2:00pm-4:00pm	Sussex Partnership NHS Foundation Trust
Keep Calm And Carry On Journalling	22	Cavendish House, Breeds Place, Hastings TN34 3AA	16, 23, 30 November; 7, 14 December	Friday	11:00am-12:30pm	Sussex Partnership NHS Foundation Trust
Self-Esteem and Confidence	23	Cavendish House, Breeds Place, Hastings TN34 3AA	2, 9, 16, 23, 30 November	Friday	2:00pm-4:00pm	Sussex Partnership NHS Foundation Trust
Work for Wellbeing	24	Hastings to be notified	8 October	Tuesday	10:00am-1:00pm	Sussex Partnership NHS Foundation Trust with Southdown

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 us 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 –
Understanding and Managing Health Conditions**

Course Name	Page in prospectus	Location and venue	Dates	Day of the week	Times	Organisation(s)
Coping Strategies and Problem Solving	7	St. Mary's House, 52 St. Leonards Road, Eastbourne BN21 3UU	5, 12, 19, 26 October; 5 November	Friday	10.30am-12:30pm	Sussex Partnership NHS Foundation Trust
Expert By Experience: Participation Workshops	7	Aldrington House, New Church Road, Hove BN3 4AG	5 December	Wednesday	10:00am-4:00pm	Sussex Partnership NHS Foundation Trust
Understanding and Living Well with Depression	8	Eastbourne Library, Grove Road, Eastbourne BN21 4TL	23, 30 October; 6, 13, 20, 27 November; 4 December	Tuesday	2:00pm-4:00pm	Sussex Partnership NHS Foundation Trust
Understanding Medication (for Older People)	8	Uckfield to be notified	22 November	Thursday	10:00am-12:30pm	Sussex Partnership NHS Foundation Trust
Understanding Psychosis	8	Amberstone Rehabilitation Unit, Carters Corner, Hailsham BN27 4HU	8, 15, 22, 29 November; 6, 13 December	Thursday	2:00pm-4:00pm	Sussex Partnership NHS Foundation Trust

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)



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Eastbourne, High Weald and the Havens Campus – Wellbeing and Lifestyle

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Assertiveness: Communicating with Confidence	10	Tesco Community Room, Lottbridge Drive, Eastbourne BN23 6QD	29 October; 5, 12, 19 November	Monday	10.30am-12:30pm	Sussex Downs College
Assertiveness: Communicating with Confidence	10	Sussex Downs College, Denton Island, Newhaven BN9 9BN	2, 9, 16, 23 November	Friday	10.30am-12:30pm	Sussex Downs College
Developing a Toolkit for Discharge (from In-Patient Care)	10	Amberstone Rehabilitation Unit, Carters Corner, Hailsham BN27 4HU	By arrangement with the Unit	By arrangement with the Unit	By arrangement with the Unit	Sussex Partnership NHS Foundation Trust
Finding Happiness	11	Hillrise, Church Hill, Newhaven BN9 9HH	19, 26 November; 3, 10, 17 December	Monday	2:00pm-4:00pm	Sussex Partnership NHS Foundation Trust
Mapping Your Journey: a Creative Approach to Joining Up the Dots ...	13	Towner Art Gallery, Devonshire Park, College Road, Eastbourne BN21 4JJ	30 October; 6, 13, 20 November	Tuesday	1:00pm-3:00pm	Sussex Partnership NHS Foundation Trust
Self Esteem and Positive Thought	14	Eastbourne Town Hall, Grove Road, Eastbourne BN21 4UG	23, 30 October; 6, 13, 20 November	Tuesday	10.30am-12:30pm	Sussex Partnership NHS Foundation Trust
Wellbeing in the Wild	14	Seven Sisters Country Park, East Dean Road, Seaford BN25 4AB	12, 19, 26 October; 2, 9, 16, 23, 30 November	Friday	11:00am-2:00pm	Sussex Partnership NHS Foundation Trust
Work for Wellbeing	14	Lewes Your Way, 47a Western Road, Lewes BN7 1RL	13 November	Tuesday	10:00am-1:00pm	Sussex Partnership NHS Foundation Trust with Southdown
Work for Wellbeing	14	Eastbourne Town Hall, Grove Road, Eastbourne BN21 4UG	4 December	Tuesday	10:00am-1:00pm	Sussex Partnership NHS Foundation Trust with Southdown

Hastings and Rother Campus – Understanding and Managing Health Conditions

Course Name	Page in prospectus	Location and venue	Dates	Day of the week	Times	Organisation(s)
Suicide Awareness: Coping with Suicidal Thoughts and Feelings	17	Cavendish House, Breeds Place, Hastings TN34 3AA	4, 11, 18 December	Tuesday	2:00pm-4:00pm	Sussex Partnership NHS Foundation Trust
Understanding and Coping with Depression	18	Cavendish House, Breeds Place, Hastings TN34 3AA	23, 30 October; 6, 13 November	Tuesday	11:00am-1:00pm	Sussex Partnership NHS Foundation Trust
Understanding and Living with EUPD	18	Cavendish House, Breeds Place, Hastings TN34 3AA	5, 12, 19 November	Monday	10:00am-12:00pm	Sussex Partnership NHS Foundation Trust
Understanding Medication: Mood Disorders	19	Cavendish House, Breeds Place, Hastings TN34 3AA	29 November	Thursday	2:00pm-4:00pm	Sussex Partnership NHS Foundation Trust
Understanding Medication: Psychosis	19	Cavendish House, Breeds Place, Hastings TN34 3AA	21 November	Wednesday	2:00pm-4:00pm	Sussex Partnership NHS Foundation Trust
Understanding Psychosis	20	Cavendish House, Breeds Place, Hastings TN34 3AA	22, 29 November; 6, 13 December	Thursday	2:00pm-4:00pm	Sussex Partnership NHS Foundation Trust