




**Northern Campus – Wellbeing and Lifestyle**

Course Name	Page in prospectus	Location and venue	Dates	Day of the week	Times	Organisation(s)
<b>Building Resilience for Wellness and Recovery</b>	30	Crawley Library, Southgate Avenue, <b>Crawley</b> RH10 6HG	11, 18, 25 October; 1, 8, 15, 22, 29 November	Thursday	10.30am-12.30pm	Sussex Partnership NHS Foundation Trust
<b>Coping Skills for Wellness and Recovery</b>	30	Crawley Library, Southgate Avenue, <b>Crawley</b> RH10 6HG	10, 17, 24, 31 October; 7, 14, 21, 28 November	Wednesday	1:30pm-3:30pm	Sussex Partnership NHS Foundation Trust
<b>Creativity for Wellbeing</b>	30	Moat Church, Moat Church Road, <b>East Grinstead</b> RH19 1ET	1, 8, 15, 22, 29 November; 6, 13 December	Thursday	10:00am-12:00pm	Sussex Partnership NHS Foundation Trust
<b>Wellbeing in the Garden</b>	32	Tilgate Park, <b>Crawley</b> RH10 5PQ	26 October; 2, 9, 16, 23, 30 November	Friday	11:00am-2:30pm	Sussex Partnership NHS Foundation Trust

 **Sussex Recovery College**  
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 **0300 303 8086**

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



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/](http://mindrecovery.net.org.uk/providers_profile/sussex-recovery-college/)

**Coastal Campus – Understanding and Managing Health Conditions**

Course Name	Page in prospectus	Location and venue	Dates	Day of the week	Times	Organisation(s)
<b>Co-Production in Practice</b>	7	<b>Coastal campus to be notified</b>	To be notified - contact Recovery College for details	To be notified	To be notified	Sussex Partnership NHS Foundation Trust
<b>Expert By Experience: Participation Workshops</b>	7	Sussex Partnership NHS Trust, Arundel Road, <b>Swandean</b> , Worthing BN13 3EP	23 November	Friday	10:00am-4:00pm	Sussex Partnership NHS Foundation Trust
<b>Introduction to Psychosis</b>	8	Bognor Regis Library, London Road, <b>Bognor Regis</b> PO21 1DE	1, 8, 15, 22, 29 November; 6 December	Thursday	2:00pm-4:00pm	Sussex Partnership NHS Foundation Trust
<b>Living with Anxiety and Depression</b>	8	<b>Coastal campus to be notified</b>	To be notified - contact Recovery College for details	To be notified	To be notified	United Response
<b>Living with Bipolar</b>	9	Heene Community Centre, 122 Heene Road, <b>Worthing</b> BN11 4PL	22, 29 November; 6 December	Thursday	10:00am-12:00pm	Sussex Partnership NHS Foundation Trust
<b>Managing ADHD / ADD</b>	9	Chapel Street Clinic, Chapel Street, <b>Chichester</b> PO19 1BX	3 December	Monday	10:00am-12:00pm	Sussex Partnership NHS Foundation Trust
<b>Post-Traumatic Stress: Life after Trauma</b>	10	Sussex Partnership NHS Trust, Arundel Road, <b>Swandean</b> , Worthing BN13 3EP	6, 13, 20 November	Tuesday	2:30pm-4:30pm	Sussex Partnership NHS Foundation Trust
<b>Resolving the Red Mist: Managing Your Anger</b>	10	Bognor Regis Library, London Road, <b>Bognor Regis</b> PO21 1DE	9, 16, 30 November; 7, 14 December	Friday	2:00pm-4:00pm	Sussex Partnership NHS Foundation Trust

## Coastal Campus – Understanding and Managing Health Conditions Cont...

Course Name	Page in prospectus	Location and venue	Dates	Day of the week	Times	Organisation(s)
<b>Suicide Awareness: Coping with Suicidal Thoughts and Feelings</b>	11	Chapel Street Clinic, Chapel Street, <b>Chichester</b> PO19 1BX	14, 21, 28 November	Wednesday	2:30pm-4:30pm	Sussex Partnership NHS Foundation Trust
<b>Suicide Awareness for Families and Carers</b>	11	Field Place Manor House, The Boulevard, <b>Worthing</b> BN13 1NP	14, 21, 28 November	Wednesday	10:30am-12:30pm	Sussex Partnership NHS Foundation Trust
<b>Understanding ADHD in Adults</b>	12	Chapel Street Clinic, Chapel Street, <b>Chichester</b> PO19 1BX	12 November	Monday	10:00am-12:00pm	Sussex Partnership NHS Foundation Trust
<b>Understanding and Coping with Anxiety</b>	12	Dove Lodge, Beach Road, <b>Littlehampton</b> BN17 5JG	16, 23, 30 November; 7, 14 December	Friday	10:00am-12:00pm	Sussex Partnership NHS Foundation Trust
<b>Understanding and Coping with Anxiety</b>	12	<b>Chichester to be notified</b>	15, 22, 29 November; 6, 13 December	Thursday	10:00am-12:00pm	Sussex Partnership NHS Foundation Trust
<b>Understanding and Coping with Depression</b>	12	Durrington Community Centre, Romany Road, <b>Worthing</b> BN13 1NP	6, 13, 20, 27 November; 4, 11, 18 November	Tuesday	11:00am-1:00pm	Sussex Partnership NHS Foundation Trust
<b>Understanding and Living with Dementia</b>	13	Durrington Community Centre, Romany Road, <b>Worthing</b> BN13 1NP	31 October	Wednesday	10:00am-12:30pm	Sussex Partnership NHS Foundation Trust
<b>Understanding and Living with Dementia</b>	13	Chapel Street Clinic, Chapel Street, <b>Chichester</b> PO19 1BX	8 November	Thursday	10:00am-12:30pm	Sussex Partnership NHS Foundation Trust
<b>Understanding and Living with Dementia</b>	13	Southwick Community Centre, 24 Southwick Street, <b>Southwick</b> BN42 4TE	21 November	Wednesday	10:00am-12:30pm	Sussex Partnership NHS Foundation Trust
<b>Understanding and Living with Dementia</b>	13	The Bedale Centre, 1 Glencathara Road, <b>Bognor Regis</b> PO21 2SF	6 December	Thursday	10:00am-12:30pm	Sussex Partnership NHS Foundation Trust
<b>Understanding and Living with Dementia</b>	13	St Lawrence Surgery, 79 St. Lawrence Avenue, <b>Worthing</b> BN14 7JL	12 December	Wednesday	10:00am-12:30pm	Sussex Partnership NHS Foundation Trust
<b>Understanding and Living with EUPD</b>	13	Bognor Regis Library, London Road, <b>Bognor Regis</b> PO21 1DE	9, 16, 23, 30 October; 5 November	Tuesday	10:00am-12:00pm	Sussex Partnership NHS Foundation Trust

## Coastal Campus – Wellbeing and Lifestyle

Course Name	Page in prospectus	Location and venue	Dates	Day of the week	Times	Organisation(s)
<b>Building Resilience for Wellness and Recovery</b>	16	Forum House, Stirling Road, <b>Chichester</b> PO19 7DN	13, 20, 27 November; 4, 11 December	Tuesday	1:00pm-4:00pm	The Richmond Fellowship
<b>Decluttering</b>	16	The Corner House, 45 Southwick Street, <b>Southwick</b> BN42 4TH	22, 29 November	Thursday	2:00pm-4:00pm	The Corner House
<b>Five Ways to Wellbeing</b>	16	South Downs Centre, North Street, <b>Midhurst</b> GU29 9DH	26 October; 2, 9, 16, 23, 30 November; 7, 14 December	Friday	1:00pm-3:00pm	Coastal West Sussex Mind
<b>Introduction to Assertiveness</b>	17	The Corner House, 45 Southwick Street, <b>Southwick</b> BN42 4TH	1, 8 November	Thursday	1:30pm-4:00pm	The Corner House
<b>Introduction to Living in the Present Moment</b>	17	Forum House, Stirling Road, <b>Chichester</b> PO19 7DN	16, 23, 30 October	Tuesday	2:00pm-4:00pm	The Richmond Fellowship
<b>Introduction to Living in the Present Moment</b>	17	The Corner House, 45 Southwick Street, <b>Southwick</b> BN42 4TH	6, 13 December	Thursday	2:00pm-4:00pm	The Corner House
<b>Painting for Wellbeing</b>	18	Heene Community Centre, 122 Heene Road, <b>Worthing</b> BN11 4PL	31 October	Thursday	1:00pm-5:00pm	Sussex Partnership NHS Foundation Trust
<b>Wellbeing and Resilience for Young People</b>	20	The Gateway, 8-10 Durrington Lane, <b>Worthing</b> BN13 2QJ	15 November	Thursday	1:30pm-4:30pm	Coastal West Sussex Mind
<b>Wellbeing and Resilience for Young People</b>	20	New Park Centre, New Park Road, <b>Chichester</b> PO19 7XY	20 November	Tuesday	1:00pm-4:30pm	Coastal West Sussex Mind

## Northern Campus – Understanding and Managing Health Conditions

Course Name	Page in prospectus	Location and venue	Dates	Day of the week	Times	Organisation(s)
<b>Introduction to Personality Disorder</b>	24	Crawley Library, Southgate Avenue, <b>Crawley</b> RH10 6HG	5, 12, 19 December	Wednesday	1:30pm-4:00pm	Sussex Partnership NHS Foundation Trust
<b>Resolving the Red Mist: Managing Your Anger</b>	25	Crawley Library, Southgate Avenue, <b>Crawley</b> RH10 6HG	5, 12, 19, 26 October; 2 November	Friday	2:00pm-4:00pm	Sussex Partnership NHS Foundation Trust
<b>Suicide Awareness for Families and Carers</b>	26	Langley Green Hospital, Martyrs Avenue, <b>Crawley</b> RH10 6HG	24 November	Saturday	11:00am-4:30pm	Sussex Partnership NHS Foundation Trust
<b>Understanding and Coping with Anxiety</b>	26	Crawley Library, Southgate Avenue, <b>Crawley</b> RH10 6HG	26 October; 2, 9, 16, 23, 30 November	Friday	10:30am-12:30pm	Sussex Partnership NHS Foundation Trust
<b>Understanding and Coping with Depression</b>	27	Crawley Library, Southgate Avenue, <b>Crawley</b> RH10 6HG	31 October; 7, 14, 21, 28 November; 5, 12 December	Wednesday	10:30am-12:30pm	Sussex Partnership NHS Foundation Trust
<b>Understanding and Living with OCD</b>	27	<b>Haywards Heath to be notified</b>	7 December	Friday	10:30am-1:30pm	Sussex Partnership NHS Foundation Trust
<b>Understanding Medication: Depression</b>	28	<b>Haywards Heath to be notified</b>	19 November	Monday	1:30pm-3:30pm	Sussex Partnership NHS Foundation Trust
<b>Understanding Medication: Mood Disorders</b>	28	Moat Church, Moat Church Road, <b>East Grinstead</b> RH19 1ET	16 October	Friday	2:30pm-4:30pm	Sussex Partnership NHS Foundation Trust
<b>Understanding Medication: Psychosis</b>	28	<b>Haywards Heath to be notified</b>	26 November	Monday	1:30pm-3:30pm	Sussex Partnership NHS Foundation Trust
<b>Understanding Psychosis</b>	28	Langley Green Hospital, Martyrs Avenue, <b>Crawley</b> RH10 6HG	31 October; 7, 14, 21, 28 November	Wednesday	1:00pm-3:00pm	Sussex Partnership NHS Foundation Trust