

Sussex Recovery College course calendar for Summer Term 2022



For full information on Recovery College and course details please refer to our latest Prospectus.

The course 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 available online at a later date, so please contact or visit our website for the most up-to-date information. You can enrol on a maximum of 3 courses per term.

For booking courses, please follow this link:

http://mindrecovery.net.org.uk/providers_profile/sussex-recovery-college/
or <https://tinyurl.com/2zefx7na>



ONLINE Courses

Understanding and Managing Health Conditions (online)

Course Name	No. sessions	Dates	Day of the week and times	Page in prospectus
Anger Management workshop	1	17 th June	Friday 10:00am - 11:30am	9
Anger Management workshop	1	15 th July	Friday 10:00am - 11:30am	9
Dementia: Understanding and Living with Dementia	1	23 rd June	Thursday 11:00am - 12:30pm	11,19
Dementia: Understanding and Living with Dementia	1	6 th July	Wednesday 2:30pm - 3:30pm	11,19
EUPD workshop: An introduction to Understanding and Living with Emotionally Unstable Personality Disorder	2	1 st July, 8 th July	Fridays 12:30pm - 2:00pm	12

Wellbeing and Lifestyle (online)

Course Name	No. sessions	Dates	Day of the week and times	Page in prospectus
Problem Solving: Become your own A Team workshop	1	9 th June	Thursday 10:00am - 11:30am	30
Problem Solving: Become your own A Team workshop	1	7 th July	Thursday 10:00am - 11:30am	30
Resilience: Building Resilience for Wellness & Recovery	4	23 rd May, 30 th May 6 th June, 13 th June	Mondays 3:00pm - 4:30pm	31
Resilience in a Nutshell	1	1 st June	Wednesday 12:30pm - 2:00pm	31
Resilience in a Nutshell	1	13 th July	Wednesday 12:30pm - 2:00pm	31
Sleep: How to Get a Good Night's Sleep	1	24 th May	Tuesday 3:00pm - 4:30pm	33
Sleep: How to Get a Good Night's Sleep	1	20 th June	Monday 10:00am - 11:30am	33
Sleep: How to Get a Good Night's Sleep	1	21 st June	Tuesday 3:00pm - 4:30pm	33
Sleep: How to Get a Good Night's Sleep	1	11 th July	Monday 10:00am - 11:30am	33



Face to Face Courses - West Sussex

Understanding and Managing Health Conditions

Course Name	No. sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
Anxiety: Understanding & Coping with Anxiety	5	24 th May, 31 st May, 7 th June, 14 th June, 21 st June	Tuesdays 1.00pm - 3.00pm	Sackville Room, Age UK, Glen Vue, Railway Approach, East Grinstead , RH19 1BS	10
Dementia: Understanding and Living with Dementia	1	7 th June	Tuesday 11.00am - 12.30pm	Smart Room, Sage House, City Fields Way, Tangmere, Chichester , PO20 2FP	11,19
Dementia: Understanding and Living with Dementia	1	15 th June	Wednesday 2.00pm - 3.30pm	Chichester Room, Roffey Millennium Hall, Crawley Road, Horsham , RH12 4DT	11,19
Dementia: Understanding and Living with Dementia	1	19 th July	Tuesday 11.00am - 12.30pm	Smart Room, Sage House, City Fields Way, Tangmere, Chichester , PO20 2FP	11,19
Depression: Understanding and Coping with Depression	6	26 th May, 2 nd June, 9 th June, 16 th June, 23 rd June, 30 th June	Thursdays 2.00pm - 4.00pm	Mezzanine Room, Ropetackle Arts Centre, Little High Street, Shoreham , BN43 5EG	12
Depression: Understanding and Coping with Depression	6	13 th June, 20 th June, 27 th June, 4 th July, 11 th July, 18 th July	Mondays 1.00pm - 3.00pm	Longley Room, Crawley Library, Southgate Avenue, Crawley , RH10 6HG	12
Psychosis: Understanding Psychosis	6	24 th May, 31 st May, 7 th June, 14 th June, 21 st June, 28 th June	Tuesdays 11.00am - 1.00pm	Deall Room, Southwick Community Centre, 24 Southwick Street, Southwick , BN42 4TE	16
Psychosis: Understanding Psychosis	6	6 th June, 13 th June, 20 th June, 27 th June, 4 th July, 11 th July	Mondays 2.00pm - 4.00pm	Bill Buck Room, Crawley Library, Southgate Avenue, Crawley , RH10 6HG	16
Suicide: Coping with Suicidal Thoughts and Feelings	4	9 th June, 16 th June, 23 rd June, 30 th June	Thursdays 10.30am - 12.30pm	Studio 2, Regis Centre, Belmont Street, Bognor Regis , PO21 1BL	18

Wellbeing and Lifestyle

Course Name	No. sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
Food and Mood workshop	1	7 th July	Thursday 10.00am - 12.30pm	West Sussex Mind, 23 Maltravers Drive, Littlehampton , BN17 5EY	26
Music: New Rhythms: Creative Music Making for Wellbeing	6	24 th May, 31 st May, 7 th June, 14 th June, 21 st June, 28 th June	Tuesdays 10.00am - 12.00pm	Browning Room, Heene Community Centre, 122 Heene Road, Worthing , BN11 4PL	28
Music: Singing for Wellbeing	3	1 st June, 8 th June, 15 th June	Wednesdays 2.00pm - 4.00pm	Room 3, Shoreham Community Centre, 2 Pond Road, Shoreham , BN43 5WU	Please see flyer for details
Music: Ukulele Crew: Strumming for Wellbeing	2	5 th July, 12 th July	Tuesdays 10.30am - 12.00pm	Byron Room, Heene Community Centre, 122 Heene Road, Worthing , BN11 4PL	Please see flyer for details
Resilience: Building Resilience for Wellness and Recovery	6	6 th June, 13 th June, 20 th June, 27 th June, 4 th July, 11 th July	Mondays 10.00am - 12.00pm	Studio 2, Regis Centre, Belmont Street, Bognor Regis , PO21 1BL	31
Running: One Step At A Time: A Running Journey to Recovery	6	11 th June, 18 th June, 25 th June, 2 nd July, 9 th July, 16 th July	Saturdays 10.00am - 11.30am	K2 Crawley, Pease Pottage Hill, Crawley , RH11 9BQ (Meeting Point only. The weekly in person sessions will take place in and around Tilgate Park.	32

A 30 minute pre-recorded webinar covering the theoretical aspects of the course will be sent out each week for students to watch in their own time)

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 sussexrecoverycollege.org.uk

 0300 303 8086

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(please note: email is the quickest way to get a response from us at this time)



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



Face to Face Courses - East Sussex

Understanding and Managing Health Conditions

Course Name	No. sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
Depression: Understanding and Coping with Depression	6	7 th June, 14 th June, 21 st June, 28 th June, 5 th July, 12 th July	Tuesdays 2.00pm - 4.00pm	The Yarrow Room, Lewes Town Hall, High Street, Lewes , BN7 2QS	12
Depression: Understanding and Coping with Depression	6	7 th June, 14 th June, 21 st June, 28 th June, 5 th July, 12 th July	Tuesdays 10.30am - 12.30pm	Conference Suite, Age UK, Faraday House, 1 Faraday Close, Eastbourne , BN22 9BH	12
Depression: Understanding and Coping with Depression	6	8 th June, 15 th June, 22 nd June, 29 th June, 6 th July, 13 th July	Wednesdays 2.00pm - 4.00pm	Room: SP3071, East Sussex College, Station Approach, Hastings , TN34 1BA	12
Bipolar: Living with Bipolar	3	13 th June, 20 th June, 27 th June	Mondays 1.00pm - 3.00pm	Room: SP3071, East Sussex College, Station Approach, Hastings , TN34 1BA	11
Suicide: Coping with Suicidal Thoughts and Feelings	4	10 th June, 17 th June, 24 th June, 1 st July	Fridays 11.00am - 1.00pm	Room: SP3072, East Sussex College, Station Approach, Hastings , TN34 1BA	18

Wellbeing and Lifestyle

Course Name	No. sessions	Dates	Day of the week and times	Location and venue	Page in prospectus
Food and Mood	1	23 rd June	Thursday 1.30pm - 4.00pm	Conference Suite, Age UK, Faraday House, 1 Faraday Close, Eastbourne , BN22 9BH	26
Food and Mood	1	1 st July	Friday 1.00pm - 3.30pm	Studio Room, Depot, Pinwell Road Lewes , BN7 2JS	26
Happiness: Finding Happiness	5	16 th June, 23 rd June, 30 th June, 7 th July, 14 th July	Thursdays 2.00pm - 4.00pm	Room: SP3071, East Sussex College, Station Approach, Hastings , TN34 1BA	27
Resilience: Building Resilience for Wellness and Recovery	6	9 th June, 16 th June, 23 rd June, 30 th June, 7 th July, 14 th July	Thursdays 10.30am - 12.30pm	King's Centre, 27 Edison Road, Eastbourne , BN23 6PT, (Somerset Room for all dates except 16 th June which will be in the Dorset Room)	31
Self Esteem and Confidence	5	6 th June, 13 th June, 20 th June, 27 th June, 4 th July	Mondays 2.00pm - 4.00pm	Room: SPG003, East Sussex College, Station Approach, Hastings , TN34 1BA	32

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