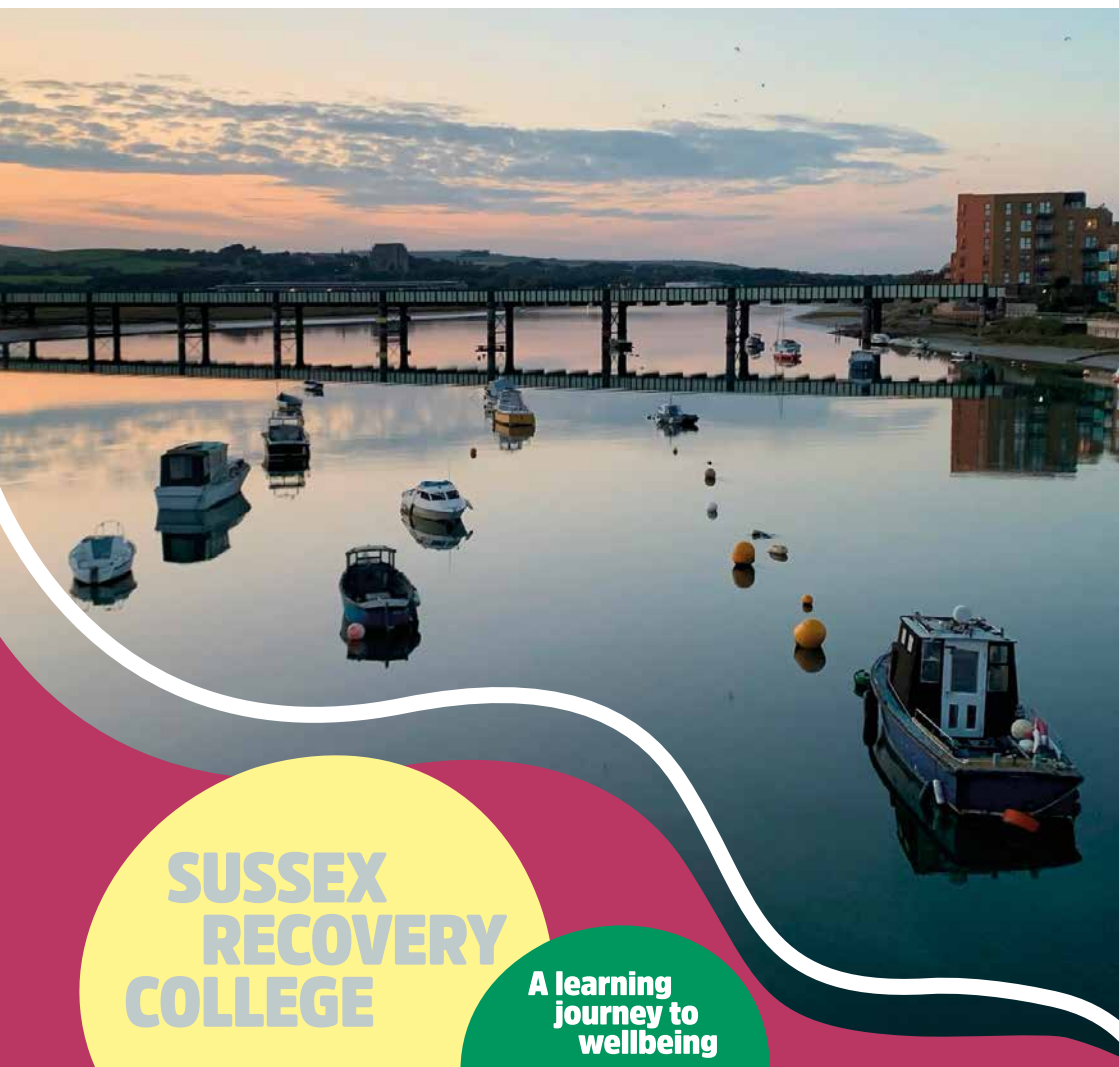


Sussex Recovery College Prospectus 2026-2027



**SUSSEX
RECOVERY
COLLEGE**

**A learning
journey to
wellbeing**

Free Wellbeing & Mental Health Courses

www.SussexRecoveryCollege.org.uk

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Photo credits and thanks to:
Mark Davies, Roz Groves,
Issy Mitchinson & Deb Owen

**SUSSEX
RECOVERY
COLLEGE**

**A learning
journey to
wellbeing**

Welcome to your Sussex Recovery College prospectus for 2026-2027

Welcome to Sussex Recovery College. On the following pages you will find a range of courses and workshops designed to support your wellbeing, personal development and recovery journey.

During the 2026/27 academic year, Recovery College provision across Sussex will move to a new pan Sussex model. This prospectus introduces the learning opportunities available throughout the year. While some aspects of delivery may change as we make this transition, our focus on learning together, sharing lived and learned experience, and supporting wellbeing will remain the same. We will continue to provide a welcoming place to grow, build confidence and develop new skills. Any new courses or updates will be shared through our termly timetables and website.

Our courses and workshops are co-designed and co-delivered by Peer Trainers – people with lived experience of the topics they teach – working alongside mental health professionals or subject matter experts. Together, they create learning environments that are supportive, practical and inspiring.

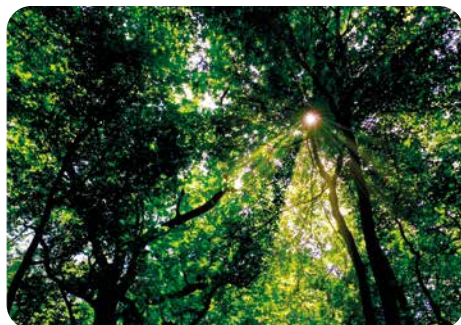
Wherever you live in Sussex, you are welcome to apply for any course or

workshop that interests you. Some are delivered face to face, some online, and some are available in both formats.

Our curriculum offers something for everyone, from understanding and managing health conditions to exploring wellbeing, creativity and personal development.

All courses are listed in the indexes on pages 4 and 12. This prospectus covers courses planned for the 2026/27 academic year.

Each term, we publish an updated timetable and launch it at our online Open Days. These friendly sessions are a great way to explore what's on offer, meet our trainers and ask any questions you may have. You can download the latest timetable using the QR code on the back cover of this prospectus. Details of upcoming Open Days can be found on our website.



Course Booking and Term Dates

Booking onto a course

You can apply to join up to three courses per term by registering an expression of interest as follows:

Online: You can scan the QR code on the back cover of this prospectus or visit our website

www.sussexrecoverycollege.org.uk and click on the green 'register and sign up here' button.

On paper: If you are not able to do an online application, paper forms are available on request from the Recovery College office (see contact details on the back cover).

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

"It is an excellent service, very helpful and helps fill the gaps by building understanding and connection with other people."

(Self Esteem and Confidence)

Term Dates 2026- 2027

Autumn term 2026

5th October - 11th December

Spring term 2027

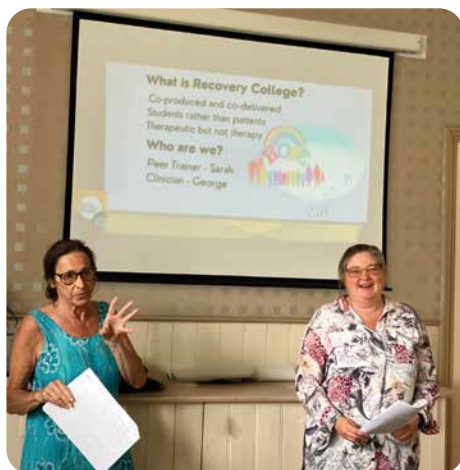
1st February - 9th April

Summer term 2027

17th May - 23rd July

A note about attendance:

If you do put your name down for a course, please make every effort to attend. Places for all our courses are in high demand, if you can't attend for any reason, please let us know so your place can be offered to someone on the waiting list.



Recovery College Charter and Principles

Our aim is to create a supportive environment conducive to learning and to provide you with the support and guidance you need to achieve success. This charter serves to outline the responsibilities of the College and its trainers, as well as those who attend as students.

Our principles:

- ▶ **Delivering education** - Our focus is on education: we're a college, not a clinic - we work with students, not patients
- ▶ **Building partnerships** - The courses and services we provide are only possible because of our partnership working
- ▶ **Valuing co-production** - Our courses are co-designed and co-delivered by mental health professionals and Peer Trainers - people with lived experience of the subject
- ▶ **Providing hope and empowerment** - We pride ourselves on enabling our students to become experts in self-management
- ▶ **Offering a supportive environment** - Our courses and services challenge stigma and discrimination often associated with mental health
- ▶ **Respecting your views and opinions** - We listen to student feedback and use this to improve our services

We pledge to:

- ▶ Provide information, guidance and advice on courses and programmes

of study and support to access our courses

- ▶ Provide a warm and professional welcome at all times
- ▶ Ensure our courses are of a high quality and promote recovery principles
- ▶ Devise well-planned timetables that, where possible, take your needs into consideration
- ▶ Provide a safe and healthy study environment
- ▶ Provide an environment free from discrimination
- ▶ Respect your personal beliefs, life choices, religious and cultural practices
- ▶ Give you the opportunity to express your views and concerns without fear of recrimination
- ▶ Handle enquiries and address concerns promptly and courteously

We ask students to:

- ▶ Behave in a way that fosters mutual respect, dignity and understanding
- ▶ Provide us with all the information we need to register you
- ▶ Attend all the sessions you have signed up for and come equipped to learn
- ▶ Let us know in advance if you are not able to attend
- ▶ Contact the Recovery College office if you would like to raise a concern or make a complaint
- ▶ Ask for clarification if you're not sure about something

Course Listing: Understanding and Managing Health Conditions

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Understanding and Managing Health Conditions

ADHD: An Introduction to Adult ADHD

Online Only

This course is aimed at those who identify with and experience living with ADHD, regardless of diagnosis. It is also for those who live with, love or support anyone who identifies as having ADHD.

We aim to offer a starting point to explore what ADHD is, what the realities of living with ADHD are, and learning how to manage this in our everyday lives.

Learning Outcomes

- ▶ Describe what ADHD is and the 3 different types
- ▶ Identify 3 examples of how ADHD can impact a person physically and mentally
- ▶ Use 3 coping strategies to manage ADHD day to day

Course structure

Weekly sessions of up to 4 weeks.

Aimed at

Anyone experiencing Adult ADHD and their supporters. This is an introductory level course.

ANXIETY: Understanding and Managing Anxiety



This course explores how anxiety develops, what keeps it going and what can help. Through shared learning, discussion and practical exercises, we'll discover how anxiety can affect our bodies, thoughts, emotions and behaviours, and what practical steps we can take to manage it. Together, we'll explore strategies for managing anxiety in the moment, address lifestyle factors and avoidance behaviours. We'll create a personalised toolkit to support wellbeing and recovery.

Learning Outcomes

- ▶ Describe the impact of anxiety on bodies, thoughts, feelings and behaviour
- ▶ Use a range of practical techniques to manage anxiety and respond to anxiety-provoking situations
- ▶ Develop a personalised anxiety management toolkit to support long-term wellbeing and recovery

Course structure

Weekly sessions for up to 5 weeks.

Aimed at

Anyone wanting to develop greater understanding of Anxiety and wishing to develop more effective coping strategies.



AUTISM: Understanding Autism in Adults

Autism is a neurodevelopmental condition that comes with strengths and differences that impact on everyday life. It is thought that around 1 in 100 people are autistic. It is a spectrum condition, therefore the sensory and social differences associated with it can vary greatly from person to person. This course gives a brief overview of common strengths related to Autism as well as differences that can become difficulties when navigating sensory and social environments. We will explore autistic friendly strategies and reasonable adjustments to manage feelings of overwhelm and promote wellbeing.

Learning Outcomes

- ▶ Describe some of the common everyday challenges faced by autistic people
- ▶ Recognise personal signs of stress associated with social and sensory overwhelm
- ▶ Use a variety of autistic friendly strategies that can be personalised to support well-being

Course structure

Weekly sessions for up to 4 weeks.

Aimed at

Autistic people, individuals who think they may be autistic, family members and professionals.

BIPOLAR: Living with Bipolar

As part of this course, students will be invited to develop a personal Wellness Recovery Action Plan. To facilitate this, a number of topics will be explored including mood monitoring, medication, ideas to help keep us as well as possible, sleep, early warning signs and action to take if these signs are noticed. This process enables us to manage this mental health condition so as to live a full life with Bipolar.

Learning Outcomes

- ▶ Describe 3 key features of Bipolar
- ▶ Identify 3 positive ways to help manage Bipolar
- ▶ Notice and act on early warning signs of changes in our mental health

Course structure

Weekly sessions for up to 4 weeks.

Aimed at

Anyone with a diagnosis of Bipolar. Supporters and carers are also welcome to apply.

"Thank you so much for creating these courses and for being a wonderful educational service."

(Understanding Autism in Adults)

Understanding and Managing Health Conditions

CEN: Making Sense of Complex Emotional Needs (CEN)

ONLINE only



This course offers a safe and supportive space to explore Complex Emotional Needs (CEN) and the impact they can have on emotions, relationships and self-esteem. Through shared learning and reflection, we'll develop a greater understanding of why we experience intense emotions, learn practical coping strategies to help manage distress, strengthen communication and boundary-setting skills, and explore ways to build self-compassion, resilience and connection.

Learning Outcomes

- ▶ Describe Complex Emotional Needs
- ▶ Use practical strategies to manage emotional intensity and distress
- ▶ Recognise how communication, boundaries and self-compassion support wellbeing and recovery

Course structure

Weekly sessions for up to 4 weeks.

Aimed at

An introductory level course for people who experience Complex Emotional Needs. Carers and supporters wishing to know more are also welcome to apply.

DEPRESSION: Understanding and Managing Depression



Depression can change the way we think, feel and act.

This course offers an opportunity to better understand depression and explore practical tools to support recovery in a supportive and hopeful space. Together, we'll develop an understanding of how depression affects our mood, motivation, confidence and relationships; we'll explore practical ways to rebuild motivation and reconnect with meaningful activities, develop self-compassion, and identify what supports hope, wellbeing and recovery.

Learning Outcomes

- ▶ Explain the impact depression can have on everyday life and wellbeing
- ▶ Use practical strategies to reconnect with activities, people and experiences that support recovery
- ▶ Identify values and goals that can support ongoing recovery and wellbeing

Course structure

Weekly sessions for up to 6 weeks.

Aimed at

Anyone living with Depression. Supporters and carers are also welcome to apply.



OCD: Exploring Obsessive Compulsive Disorder (OCD)

In this course we discover what OCD is and how it's experienced. Together we will learn about the causes, signs and symptoms of OCD as well as what keeps it going. We'll explore evidence-based tools and practical coping strategies to manage OCD and reduce its impact on daily life. We'll gain valuable insights and connect with others who share our experiences as well as find out about different support and treatment options available.

Learning Outcomes

- ▶ Explain the difference between obsessions and compulsions
- ▶ Recognise the different factors that maintain OCD
- ▶ Use tools to manage intrusive thoughts and challenge compulsive behaviours

Course structure

Weekly sessions for up to 4 weeks.

Aimed at

Anyone living with OCD. Supporters and carers are also welcome to apply.

*"Now I don't feel so alone
- thank you."*

(Making Sense of Complex Emotional Needs)

PSYCHOSIS: Understanding and Navigating Psychosis

This course helps us to make sense of psychotic experiences. We explore the causes of and different approaches to Psychosis. The course introduces skills and tools which can be used to better cope and live well with Psychosis.

Learning Outcomes

- ▶ Describe 3 key features of Psychosis
- ▶ Identify at least 3 ways in which the condition can impact on daily life
- ▶ Use strategies to manage the challenges of living with Psychosis

Course structure

Weekly sessions for up to 5 weeks.

Aimed at

Anyone who experiences Psychosis. Supporters and carers are also welcome to apply.



Understanding and Managing Health Conditions

PTSD: Post Traumatic Stress Disorder - Life after Trauma

ONLINE only

Most people experience traumatic events in their lives. Following these some people may experience symptoms of Post Traumatic Stress Disorder (PTSD) such as intrusive memories, flashbacks and nightmares. This course explores the impact of trauma and what help is available. Building on the clinical and personal experience of the trainers, we share tools to help alleviate symptoms and help you reclaim your life. We also give carers and staff an insight into PTSD and what helps someone in distress to cope and recover from traumatic events.

Learning Outcomes

- ▶ Understand what the causes and effects of trauma can be
- ▶ Learn how to look after ourselves and others, using trauma-specific strategies
- ▶ Understand what support might be helpful

Course structure

Weekly sessions for up to 4 weeks.

Aimed at

Anyone experiencing mental health issues associated with trauma, particularly PTSD. Supporters and carers are also welcome to apply.

STRESSBUSTERS Workshop

ONLINE only

We are living through stressful times. Left untreated, chronic stress can lead to mental and physical health issues such as Depression, Anxiety, Insomnia and a suppressed immune system. In this interactive workshop we'll define what stress is, what causes it and how it affects our bodies, minds, emotions and behaviour.

We'll share our own stressors and coping strategies as well as looking at new techniques that can help relieve stress and maintain wellbeing.

Learning Outcomes

- ▶ Define and recognise our own sources of stress
- ▶ Identify what causes stress and how it affects our bodies, minds, emotions and behaviour
- ▶ Apply coping strategies to help relieve stress and maintain wellbeing

Course structure

One off online workshop.

Aimed at

Anyone whose mental health is impacted by stress - and their supporters.

SUICIDE: Staying Safe from Suicide

This course helps us to understand why we experience suicidal thoughts and feelings. Through discussion and group work we explore different strategies and skills to build confidence and overcome challenges that overwhelm us. We identify sources of hope, connection and support in our lives. We will explore practical steps such as safety planning and resilience building.

Learning Outcomes

- ▶ Notice and respond to early warning signs
- ▶ Apply at least 3 different tools to enable us to stay safe from suicide
- ▶ Use strategies to manage the challenges of living with suicidal thoughts and feelings

Course structure

Weekly sessions for up to 4 weeks.

Aimed at

Anyone who is in recovery from suicidal thoughts and / or feelings and feels ready to attend a recovery education course on suicide.

This course has been co-produced with Grassroots Suicide Prevention based on content from the Stay Alive app.

Stay Alive is a free, award-winning suicide prevention app developed by Grassroots Suicide Prevention and co-produced with people who have lived experience. It's full of practical tools and information to help you stay safe in a crisis, or support someone who may be struggling. In this course, we'll explore the Stay Alive resources together.



You can use the app during the course or follow along with a printed workbook if you'd rather not use a phone.

"This course helped me a lot by enabling me to look out for my signs, knowing how to calm myself down and concentrate on helping myself in that moment."

(PTSD: Life after Trauma)

Ece Summers Award

The Ece Summers Award recognises students who embody the qualities of our much-loved former Student Voice Representative, Ece Summers, whose warmth, generosity, empathy and enthusiasm continue to inspire Recovery College.

This year, we were delighted to present the award to **Trevor, Ben and Fez**, three students whose contributions reflect the values at the heart of Recovery College.

Trevor was recognised for his warmth, encouragement and commitment to helping others feel welcome and included. Through his enthusiastic participation and willingness to share his recovery journey, he helps create a sense of connection and belonging wherever he goes.

Ben was nominated for his resilience, openness and commitment to learning. His thoughtful sharing of lived experience encouraged others to engage in discussions, creating opportunities for mutual learning, understanding and hope.

Fez received the award for his kindness, authenticity and positive contribution to online learning. His empathy, humour and generous participation helped create a supportive space where others felt able to learn, connect and grow. Congratulations to all three winners on this well-deserved recognition.



Course Listing: Creativity, Wellbeing and Personal Development

Co-production, Recovery and Carers workshops are new this year

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Creativity, Wellbeing and Personal Development

CARERS: Self-care for Carers

ONLINE only



This workshop is designed to support those who care for anyone experiencing mental health challenges. As a carer it is especially important that we look after our own wellbeing. In this workshop, we will learn effective coping strategies and self-care practices to manage stress, avoid burnout, and maintain healthy boundaries. As well as considering the emotional support we need, we'll also learn about practical resources available to us in our carer role such as carers' assessments.

Learning Outcomes

- ▶ Utilise 3 coping strategies to support our wellbeing
- ▶ Identify our strengths as carers
- ▶ Identify and access practical support

Course structure

One off workshop.

Aimed at

Carers and supporters of anyone experiencing mental health challenges including friends and/or family.

CO-PRODUCTION: Working Together: Co-production in Action



Recovery College uses co-production to develop its course content and service. Co-production is a way of working together which has gained momentum in health and social services and is used extensively across mental health settings. This approach recognises the value and importance of working collaboratively with people who use mental health services in planning, designing, decision making, and evaluating.

This workshop will explore values and philosophies that underpin co-production.

Learning Outcomes

- ▶ Define co-production and why we co-produce
- ▶ Explain the strengths and challenges of co-production
- ▶ Identify ways we can overcome challenges in co-production

Course structure

One off workshop.

Aimed at

Anyone interested in getting involved in co-production whatever their background.

This workshop has been shared by our friends at SLaM Recovery College



CREATIVITY: Writing for Self-Expression

Writing for self-expression is about finding the right words to express what you're feeling and thinking. The course allows participants to explore their thoughts, feelings and experiences through poetry reading, writing and conversations.

The sessions are intended to foster personal awareness, connection, creativity, resilience and wellbeing. This course will offer you an opportunity to reflect and write in a safe, friendly and confidential atmosphere. It doesn't matter whether you're used to writing, the exercises will help you communicate your life experiences with authenticity.

Learning Outcomes

- ▶ Explain how language and written communication impact on self and others
- ▶ Apply skills to hone your voice and express your own unique style
- ▶ Create your own pieces of written personal expression

Course structure

Weekly sessions for up to 4 weeks.

Aimed at

Anyone with mental health challenges. Supporters and carers are also welcome to apply.

FOOD and MOOD: Introduction to Food and Mood

Evidence suggests that certain foods can affect our mood. This workshop gets us looking at healthy eating for improved mental health with an emphasis on low mood and anxiety.

Learning Outcomes

- ▶ Explain the connection between what we eat and how we feel
- ▶ Recognise how to create balanced meals to support our mood
- ▶ Describe 3 strategies for managing the relationship of mood with food

Course structure

One off workshop.

Aimed at

Anyone who experiences low mood and is interested in learning about how nutrition might be able to support their wellbeing.

"I am very grateful for all the hard work and support from the college - it helped me to approach my daily challenges from a different and wider perspective."

(Food and Mood)

Creativity, Wellbeing and Personal Development

HAPPINESS: Building Happiness

This course is structured around the 10 keys to happier living, developed by Action for Happiness: a practical and evidence-based framework for building a happier life. As well as learning about the 10 keys, we'll explore the science of happiness, what happiness means to us and what its purpose is. We'll discuss why negative emotions and experiences are crucial to our survival and growth. We'll explore how we can adapt our thoughts, behaviours and emotions to increase happiness and build strategies to create a more joyful, satisfying and meaningful life.

Learning Outcomes

- ▶ Define what happiness means to each of us and how it relates to wellbeing
- ▶ Understand different factors that impact on our feelings of happiness
- ▶ Utilise the 10 keys to happier living to develop personal goals to foster happiness

Course structure

Weekly sessions for up to 5 weeks.

Aimed at

This course is for anyone who wants to build a happier life, supporters and carers are also very welcome to apply.

MUSIC: People's Music - New Rhythms

IN PERSON only

Explore the soothing and wellbeing effects of music making on this collaborative course. In a welcoming and inclusive space, we will experiment with our voices and musical instruments to create brand new music as a group together. This is a group experience where we will work together supportively and as a team to express our creativity.

This is a Soundcastle music and health course delivered in partnership with Sussex Recovery College and supported by the Arts Council England.

Learning Outcomes

- ▶ Use music making to engage with the 5 Ways to Wellbeing
- ▶ Demonstrate transferable communication skills with a particular focus on listening and collaboration
- ▶ Connect with a local music and mental health community

Course structure

Weekly sessions for up to 6 weeks.

Aimed at

Everyone is welcome - you don't need to have previous experience of music making although you are encouraged to bring a musical instrument if you already play one.



MUSIC: People's Music - Singing for Wellbeing

IN PERSON only



Discover the wellbeing benefits of singing as part of this supportive and inclusive course. Singing can help to lower stress, boost immunity and lung function, enhance memory and improve mental health. This course is for anyone wanting to discover their singing voice, join with others in harmony and have fun making music!

This is a Soundcastle music and health course delivered in partnership with Sussex Recovery College and supported by the Arts Council England.

Learning Outcomes

- ▶ Use singing to engage with the 5 Ways to Wellbeing
- ▶ Understand how regular singing can help lower anxiety and help us stay in the moment
- ▶ Connect with a local music and mental health community

Course structure

Weekly sessions for up to 6 weeks.

Aimed at

Anyone with mental health challenges, all levels of experience and none. Supporters and carers are also welcome to apply.

PROBLEM SOLVING: Develop Skills to Cope with Life's Difficulties

ONLINE only

At Recovery College we believe we all have innate skills and abilities that can help us on our recovery journey. We'll introduce different problem-solving techniques and concepts, look at where the difficulties come from in our lives, how much influence or control we have over them and practice some tools to try and make things better.

Learning Outcomes

- ▶ Understand different approaches to problem solving
- ▶ Distinguish between what we can and can't change
- ▶ Apply at least 2 problem solving techniques

Course structure

One off online workshop.

Aimed at

Anyone who wants to learn about and use coping skills to manage their wellbeing.

"It was a safe space where everyone was welcoming. I was nervous on day one but the trainers put me at ease."

(Singing for Wellbeing)

Creativity, Wellbeing and Personal Development

RECOVERY: Introduction to Recovery

ONLINE only

Receiving a mental health diagnosis can be life changing. Whatever age we are, whether we have only recently been diagnosed, or whether we have had a diagnosis for some time, recovery is possible, no matter how big the challenges. It is still possible for us to fulfil our dreams and ambitions and lead a satisfying, meaningful and valued life.

This workshop explores the impact of a mental health diagnosis on our lives, what helps us to grow within and beyond what has happened, and how we can rebuild our lives share resilience tips, tools and experiences.

Learning Outcomes

- ▶ Define what recovery means to us as individuals
- ▶ Identify strengths and sources of support on our recovery journeys
- ▶ Use a wellbeing tool to support our wellbeing

Course structure

One off online workshop.

Aimed at

Anyone with mental health challenges. Supporters and carers are also welcome to apply.

This workshop has been shared by our friends at SLAM Recovery College.

RESILIENCE: Building Resilience for Wellness and Recovery

This course introduces resilience, drawing on research, practice and lived experience. It aims to help people overcome challenges by building on strengths inside them and in the world around. Resilience can help people get through tough times successfully. There will be opportunities to share resilience tips, tools and experiences.

Learning Outcomes

- ▶ Increase understanding of what resilience is and what it is not
- ▶ Identify and try out some resilient moves to help cope with life's challenges
- ▶ Create a personal version of the resilience framework by the end of the course

Course structure

Weekly sessions for up to 6 weeks.

Aimed at

Anyone with an interest in building their resilience through applying and nurturing resilience strategies.

*"Thank you so much.
I have a better
understanding of how to
look after myself and my
mental health."*

(Building Resilience for Wellness and Recovery)



SELF-ESTEEM and CONFIDENCE

Self-esteem is how we value and view ourselves. When we have healthy self-esteem, we tend to feel positive about ourselves and the world around us. Healthy self-esteem can make us feel happier and more resilient in the face of life's ups and downs. Join us as we move beyond the negative ideas and beliefs that contribute to low self-esteem so we can feel good about ourselves. We'll learn the difference between self-esteem and confidence as well as the causes and impact of low self-esteem. We'll explore and practice different tools to build self-esteem and confidence in a kind and welcoming space.

Learning Outcomes

- ▶ Explain the difference between self-esteem and confidence
- ▶ Identify where self-esteem comes from and how its maintained
- ▶ Use tools like assertive communication to build our confidence

Course structure

Weekly sessions for up to 5 weeks.

Aimed at

Anyone with mental health challenges who would like to build their self-esteem and confidence. Supporters and carers are also welcome to apply.

SLEEP: How to Get a Good Night's Sleep

According to the mental health charity Mind, living with a mental health challenge can affect how well you sleep, and poor sleep can impact on your mental health. In this interactive workshop we'll find out why sleep is so important and look at the impact of poor sleep on our bodies, minds and behaviours. We'll share sleep challenges and coping strategies and consider what healthy sleep habits we can practice to improve the quality of our sleep.

Learning Outcomes

- ▶ Explain why sleep is important
- ▶ Understand the impact of poor sleep on mind, body and performance
- ▶ List 3 ways to improve sleep

Course structure

One off workshop.

Aimed at

Anyone who experiences difficulties in sleeping and would like to get a better night's sleep or help others to do so.

"Everyone needs to give Recovery College a go - it's great they can be online as some people can't leave their house, so thank you."

(Self Esteem and Confidence)

Get Inspired! An introduction to Issy, one of our Peer Trainers

Peer Trainers are an essential part of the team here at Sussex Recovery College. They co-produce and co-deliver courses alongside clinicians and use their lived experience of mental health challenges to empower others on their recovery journey.

“Becoming a Peer Trainer was a particularly empowering part of my journey. I first attended Sussex Recovery College as a student and, alongside my role as an Expert by Experience (EbE), was looking for ways to use my lived experience to support others.



Following my late neurodivergent diagnosis, I wanted to share what I had learned through my own experiences. As a Peer Trainer, I co-produced and delivered an Introduction to ADHD course alongside a clinician, combining educational content with lived experience.

My involvement with SPFT and the Sussex Recovery College has had a significant impact on both my personal and professional development. It helped me build confidence, transferable skills, knowledge and connections that encouraged me to pursue new opportunities. I continue to learn from fellow Peer Trainers, students and clinicians. Everyone has been welcoming, supportive and encouraging, creating a real sense of community and belonging. Co-delivering the ADHD course was a particularly meaningful experience and felt like a wonderful full-circle moment.

I have held a range of lived experience and engagement roles, including Expert by Experience, Peer Support Worker, Peer Trainer, Engagement and Support Officer, and now Engagement and Participation Lead. While these roles were not part of a defined progression pathway, the people I met, support I received, networks I built and skills I gained gave me the confidence to put myself forward and helped equip me to succeed.”

Student Spotlight: Luke's Story

Finding Hope, Confidence and Connection at Recovery College

I joined Recovery College in 2019 and attended my first course at Crawley Library.

I am so glad that I have been part of Recovery College. We have supported each other and encouraged each other through the groups, and I couldn't be more thankful to the team and to everyone who has been on my courses.

Through the courses, I have learned how to understand my needs and how I am feeling. When you have millions of things running around your mind, that can be hard, but with the support of the trainers and others in the groups it became easier. I also learned coping mechanisms and techniques that have helped keep me safe through difficult times.

One thing I have learned is that not every tool or technique will work for everyone. It is about finding what is right for you and continuing to practise different methods.

This year, I learned something important from other students: it is okay to have bad days. I used to get annoyed when those days came, but now I let them happen. They are part of the journey. I have learned to spot the signs early before my bucket overflows.

With help from staff, peer supporters and friends, I have learned that things are only temporary, that there is hope, there is support and that you are not alone.

I have achieved things I never thought would be possible. I have gained qualifications in Mental Health First Aid and Mental Health and Wellbeing Level 2, and I hope to use my experiences to help others and reduce stigma around mental health.

My message to others is simple: speak up early. Getting help does not make you weak; it makes you stronger. Not every day will be good, but that's okay. There is help available, and there is hope.



Support for your Mental Health



SUSSEX



Unable to cope, worried you may hurt yourself or somebody else, experiencing suicidal feelings?



- Immediate help: Call 999 or go to A&E
- Call NHS 111 and select the mental health option
- Visit a Staying Well service
- Text SUSSEX to 85258 ➤ Download: Stay Alive app



Stress, anxiety, low mood, panic attacks?

Contact NHS Talking Therapies or your GP surgery



Significant change in your mental health?

Visit 111.nhs.uk or call NHS 111



Advice about local mental health support

- East Sussex/Brighton & Hove: uok.org.uk
- West Sussex: pathfinderwestsussex.org.uk



PoPS

(Principles of Peer Support)

A 6-Week Peer-Led Course

Learning together. Supporting each other. Growing stronger.



COURSE OVERVIEW



6 weekly online sessions
2 hours per session



Open to adults with
lived experience



Explore recovery, connection,
wellbeing and Peer Support

WHAT TO EXPECT

- ♥ Safe, supportive and respectful environment
- ♥ Open discussion and shared reflection
- ♥ Learn together through lived experience
- ♥ Build connection, find meaning & authenticity



Facilitated by Peer Support Workers with lived
experience of mental health challenges and recovery.

Interested in joining? email: spft.peersupport@nhs.net

Please note this is not a training course to become a Peer Support Worker
but is a good foundation for those with an interest.

NHS
Sussex Partnership
NHS Foundation Trust
Peer Support Services



Contact us



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



SussexRecoveryCollege.org.uk



spft.SussexRecoveryCollege@nhs.net



0300 303 8086

Office hours are Monday-Friday
9:00am- 4:00pm (excluding
bank and public holidays)



Scan this QR
code for our website

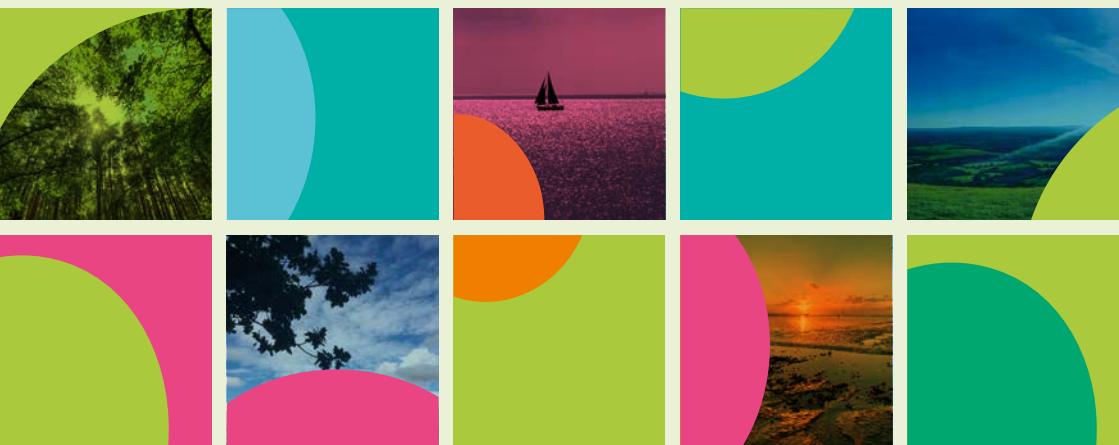


Scan this QR
code to book a course
or workshop



Scan this QR
code for our
latest timetable

"It is one of the most life-enhancing and wellbeing supporting environments I have ever had the pleasure to engage with."



**Neighbourhood
Mental Health Teams**

Helping people get the mental health
support they need, when they need it.



NHS

Sussex Partnership
NHS Foundation Trust



Our Partners and Funders

Sussex Recovery College is part of Sussex Partnership NHS Foundation Trust