

# Sussex Recovery College Prospectus 2025-2026



**SUSSEX  
RECOVERY  
COLLEGE**

**A learning  
journey to  
wellbeing**

**Courses on Mental Health, Recovery & Staying Well**

**[www.SussexRecoveryCollege.org.uk](http://www.SussexRecoveryCollege.org.uk)**

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**SUSSEX  
RECOVERY  
COLLEGE**

**A learning  
journey to  
wellbeing**

# Welcome to your Sussex Recovery College prospectus for 2025-2026

On the following pages you will find a range of courses and workshops that focus on learning about mental health, wellbeing, personal development and recovery. Our courses and workshops are co-designed and co-delivered by Peer Trainers - people with lived experience of the subject alongside mental health professionals.

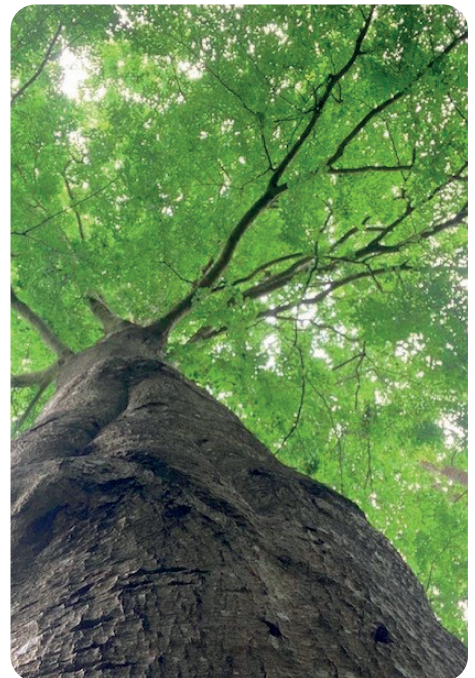
Courses are open to people living in East and West Sussex (Brighton and Hove has its own Recovery College). Some of our courses, and workshops, are available online in addition to being available face to face, some are only available face to face, and some are only available online. You are welcome to apply for a place on any course in any location. (Please note, not all courses are delivered in all locations.)

We offer a broad curriculum covering **understanding and managing health conditions** and **creativity, wellbeing and personal development**.

*"Course content and leaders were both brilliant"*

All courses are listed in the indexes on pages 4 and 12. This prospectus covers courses planned for the 2025/26 academic year.

Timetables for each term are published separately and are launched at our termly online Open Days. These events give you the opportunity to find out what we offer and to speak to our trainers. You can download a copy of our latest timetable by scanning the QR code on the back cover of this prospectus, details of our open days are 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](http://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.

*"In each session, it was the warmth of the facilitators that was the best thing. They had such a wealth of helpful information which they shared"*

## Term Dates 2025- 2026

### Autumn term 2025

6th October - 12th December

### Spring term 2026

12th January - 20th March

### Summer term 2026

18th May - 24th 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 Coping with Anxiety

This course is designed to help understand the way Anxiety affects us physically and how it also impacts on our thoughts, feelings and behaviours. The sessions will explore a wide range of evidence-based strategies, techniques and lifestyle choices to help cope with and reduce the impact of Anxiety.

### Learning Outcomes

- ▶ Describe how Anxiety affects our thoughts and behaviours
- ▶ Apply 3 techniques to challenge negative thoughts
- ▶ Develop and use a personal wellbeing 'Recipe Book' to help manage Anxiety

### 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.

*"It's been very refreshing - liberating, even - to learn skills to move past the trauma rather than talking about what happened"*



## **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.

*"the course was really interesting and well presented"*

# Understanding and Managing Health Conditions

## **CEN: Navigating Complex Emotional Needs (CEN)**

### *ONLINE only*

Complex Emotional Needs (CEN) can affect how we view ourselves, relate to others and manage difficult emotions. In this course we'll discuss what is meant by CEN, the impact of a diagnosis and any stigma we might experience. We'll learn how to recognise Complex Emotional Needs and understand why we experience them. We will explore helpful tools and strategies to manage the emotions associated with CEN as they come and go, with the aim of being able to manage and respond to situations in a balanced way. We'll also identify ways to manage distress, build resilience and foster self-compassion.

### **Learning Outcomes**

- ▶ Explain what Complex Emotional Needs are
- ▶ Understand why we experience Complex Emotional Needs
- ▶ Use 3 new strategies to help regulate our emotions

### **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 about the condition are also welcome to apply.

## **DEPRESSION: Understanding and Coping with Depression**

Depression can happen to anyone. It impacts on how we feel about ourselves and how we spend our time. Enjoyment in life and motivation tends to decrease and we can be left with feelings of hopelessness, guilt or simply numbness. In this course we define what Depression means to us, we identify the causes of Depression and what we can do to help ourselves. The interactive sessions explore a wide range of positive coping strategies, techniques and lifestyle choices to enable you to live well with depression.

### **Learning Outcomes**

- ▶ Describe 3 key features of Depression
- ▶ Identify the ways Depression disrupts how we think, feel and act
- ▶ Apply different tools to enable us to live well with Depression

### **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.

## **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 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.

*"I felt I was in safe hands - people who had no other agenda than that of trying to assist me in navigating my mental health difficulties"*

# Ece Summers Award

This award is given once a year to students who model the values and attributes of a much-loved colleague, Ece Summers who sadly passed away in August 2021.

Ece was our Student Voice representative in East Sussex and a warm and valued presence at our monthly steering group meetings. Ece made sure that students' voices were heard in those meetings, she shared her ideas and experiences with generosity and gave valuable feedback on how we could make things better for everyone. Ece was a real joy to work with and truly lit up the room with her presence.



You can nominate a Recovery College student for this award, by emailing their name and a few words on why you think they should win to: [splt.sussexrecoverycollege@nhs.net](mailto:splt.sussexrecoverycollege@nhs.net)

Certificates are awarded at our annual Graduation ceremonies. The 2024/25 winners were Leila Atherton, Luna Shores, Carrie-Anne Twell, Richard Jordan and Rudi Webster.



# 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.

*"Informative, helpful and compassionate, gave me a lot of comfort and understanding"*

## **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 Workshop**

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**

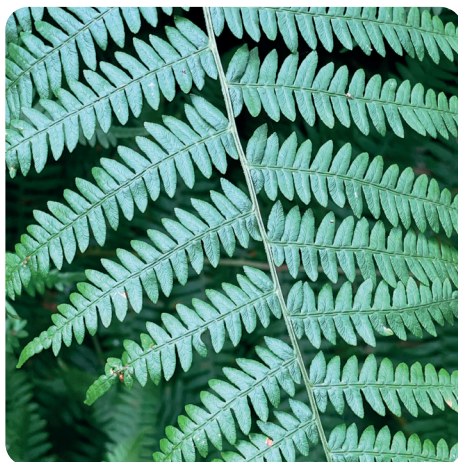
- ▶ Explain the connection between what we eat and how we feel
- ▶ Recognise how to create balanced meals to support our mood
- ▶ Describe 3 strategies for managing the relationship of mood with food

### **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.



# 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.



# 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 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.





## **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.

*"We were able to ask questions about anything we were not sure about. The trainers were supportive throughout the course"*

# Get Inspired! An introduction to one of our Peer Trainers

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

'When I first found out about the college, I was experiencing anxiety and was finding it difficult to cope. I was pretty nervous about attending but I soon relaxed when I realised everyone around me was in the same boat. The course taught me some great tools for managing anxiety and gave me the courage to enrol on other courses.

Fast forward a few years and I'm now a Peer Trainer on the New Rhythms course. I wouldn't have been able to do this without the skills and confidence I gained from my time as a student at Recovery College. As a Peer Trainer I have the chance to share what I've learnt and enable students to share and learn from each other.

I continue to attend Recovery College courses as a student and recently did the Self-esteem and Confidence course'.

Lucinda

*"very informative, course educators with lived and clinical experience to help support open discussion and encourage sharing, felt it truly furthered my understanding"*



# Student Spotlight: Luna Shore

Luna Shore, a passionate and creative Recovery College student, has captured her healing journey in a beautiful book titled: *Winding Roads & Open Shores: Thoughts and Photographs from a Healing Life*.

Blending poetry, prose and photography, Luna reflects on the emotional landscapes of recovery with honesty and hope. Luna shared her book at our recent graduation, where she also received one of our 2024/25 Ece Summers Awards for her inspiring personal growth and contribution to the courses she was part of. Her story reminds us that recovery is a journey worth sharing.



## Opportunity - Principles of Peer Support

Are you interested in learning more about peer support? The Principles of Peer Support (PoPS) course is a free online course, facilitated by Peer Support Specialists from Sussex Partnership NHS Foundation Trust. It's aimed at anyone interested in Peer Support either as a future career or for those wanting to develop a set of skills to use when supporting others informally.

Sessions offer a supportive group environment to connect with others who have lived experience of mental health challenges and learn new skills.

To express interest please email [spft.peersupport@nhs.net](mailto:spft.peersupport@nhs.net) and we will send you more information and an enrolment form. ***Please note this is not a training course to become a Peer Support Worker but is a good foundation for those with an interest.***

# Support for your Mental Health



**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](http://111.nhs.uk) or call NHS 111



**Advice about local mental health support**

- ➔ East Sussex/Brighton & Hove: [uok.org.uk](http://uok.org.uk)
- ➔ West Sussex: [pathfinderwestsussex.org.uk](http://pathfinderwestsussex.org.uk)



## Our Partners and Funders



## Contact us



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35 New Church Road  
Hove  
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[SussexRecoveryCollege.org.uk](http://SussexRecoveryCollege.org.uk)



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0300 303 8086

Office hours are Monday-Friday  
9:00am- 4.30pm (excluding  
bank and public holidays)



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Scan this QR  
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latest timetable

*"The group sessions were really helpful. The course content and trainers were both brilliant."*

*"The courses provided me with a deeper understanding of myself and introduced a wide range of practical self-help strategies, which I now use to improve and maintain my mental well-being."*