

# Welcome to the beginning of your learning journey to wellbeing with us

Welcome to our autumn/winter 2016-17 prospectus – Sussex Recovery College continues to work in partnership with a range of local providers to offer mental health recovery-focused educational courses to hundreds of students across East and West Sussex every term.

Courses are FREE to adults of all ages – whether you're looking to develop your knowledge and skills in self-management, you support somebody with a mental health-related challenge or you work for Sussex Partnership NHS Foundation Trust or one of our partner organisations, we are delighted to welcome you on a learning journey.

## Our Principles

### Delivering education

Our focus is on education; we're a college, not a clinic – we have 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 designed and 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 are free from associated mental health stigma and discrimination

### Being positive, friendly and professional

Our trainers bring insight and empathy to our courses

### Respecting your views and opinions

We actively listen to student feedback and strive to constantly improve our services

In 2016/17, Sussex Recovery College will be providing courses over two terms rather than three – autumn/winter and spring/summer. We will continue to provide the same number of courses for which there remains a very high demand.

This term, based on student feedback we have introduced more education, employment and outdoors courses – and in support of World Mental Health Day our new autumn/winter term launches on October 10th.

World Mental Health Day is observed every year on October 10th, with the overall objective of raising awareness of mental health issues around the world.



You can find out about Sussex Partnership NHS Foundation Trust's World Mental Health Day events by visiting: [www.sussexpartnership.nhs.uk/our-events](http://www.sussexpartnership.nhs.uk/our-events)

In 2015/16, over 1160 students registered with us; each year this figure increases. If you're intending to register for a course we encourage you to do so as soon as possible.

### Rob Cooper

Sussex Recovery College Manager

**Show appreciation: say thank you to someone for something they've done for you**

**Give to those around you p11**

**“It’s nice to know, I’m not on my own. Many others have similar problems and challenges.”**

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**With special thanks to Louise Patmore, Janey Moffatt and everyone who contributed to providing the images that appear in this prospectus**

**Register by  
filling in the  
enclosed form**

**Go to:**

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

# Courses at a glance

## Monday

### Living with Dementia

10 October – 28 November  
11:00am – 1:00pm

15

### Coping with Anxiety

10 October – 7 November  
1:00pm – 3:00pm

14

### Resolving the Red Mist – Managing Your Anger

7 November – 12 December  
10:00am – 12:00pm

40

### Resolving the Red Mist – Managing Your Anger

7 November – 12 December  
2:45pm – 4:45pm

20

### Anxiety and Depression

16 January – 13 February  
2:00pm – 4:00pm

17

### Improving Your Mood through Art

23 January – 27 February  
1:00pm – 4:00pm

43

### Wellbeing in the Garden

TBC  
12:00pm – 3:00pm

38

### Anxiety Management

TBC – please contact us for the latest information

18

### Work for Wellbeing

TBC – please contact us for the latest information  
1:00pm – 3:00pm

37

## Tuesday

### Self-Esteem and Positive Thought

1 November – 6 December  
1:00pm – 4:00pm

23

### Self-Esteem and Positive Thought

8 November – 29 November  
11:30am – 2:00pm

41

### Depression Management

8 November – 13 December  
1:45pm – 4:15pm

17

### Anxiety Management

8 November – 13 December  
10:00am – 12:00pm

18

### Taking Action

6 December – 20 December  
1:00pm – 4:00pm

25

### Building Resilience for Wellness and Recovery

9 January – 7 February  
1:00pm – 4:00pm

22

### Decluttering

17 January and 24 January  
10:30am – 1:00pm

24

### Introduction to Living in the Moment

7 February – 14 February  
10.30am – 1:00pm

20

### Work for Wellbeing

24 January – 21 February  
1:00pm – 3:00pm

21

### Introduction to Living in the Moment

21 February – 28 February  
2:00pm – 4:00pm

30

### Introduction to Assertiveness

21 – 28 February  
10:30pm – 1:00pm

31

### Coping with Anxiety

TBC – please contact us for the latest information

18

## Wednesday

### Coping Skills for Wellness and Recovery

12 October – 23 November  
1:30pm – 3:30pm

39

### Creativity for Wellbeing

12 October – 16 November  
10:30am – 1:30pm

41

### Food and Mood

19 October – 7 December  
1:30pm – 4:00pm

23

### Depression Management

16 November – 21 December  
10:00am – 12:00pm

16

### Intro to Using Outdoor Activities for Recovery

23 November  
12:30pm – 1:30pm

26

## Coastal Campus

Understanding  
Health Conditions

Lifestyle and  
Wellbeing

## Northern Campus

Understanding  
Health Conditions

Lifestyle and  
Wellbeing

### Using Outdoor Activities for Recovery

7 December  
10:00am – 4:00pm

47

### Returning to Lifelong Learning

3 November and 10 November  
11:00am – 3:00pm

24

### Understanding Autism

TBC – please contact us for  
the latest information

16

### Coping Skills for Wellness and Recovery

11 January – 22 February  
1:30pm – 3:30pm

43

### Co-Production in Action

17 November  
10:00am – 12:00pm

21

### Weight off Workshop

TBC – please contact us for  
the latest information

46

### Family Inclusive Practice

22 February  
10:00pm – 3:00pm

30

### Returning to Lifelong Learning

17 November and 24 November  
11:00am – 3:00pm

21

## Friday

### Care Planning for Recovery

8 December  
12:30pm – 3:00pm

44

### Coping with Anxiety

14 October – 18 November  
10:30am – 12:30pm

34

## Thursday

### Using Art to Improve your Mood

13 October – 24 November  
12:30pm – 3:30pm

26

### Using Art to Improve your Mood

5 January – 9 February  
12:30pm – 3:30pm

26

### Mindful Gardening

21 October – 9 December  
1:30pm – 4:30pm

31

### Understanding and Building Self-Esteem

13 October – 24 November  
10:30am – 12:30pm

40

### Building Resilience for Wellness and Recovery

12 January – 2 March  
10:30am – 12:30pm

42

### Understanding Psychosis

28 October – 18 November  
10:00am – 12:30pm

13

### Improving Your Mood through Art

5 January – 9 February  
12:00pm – 4:00pm

26

### Understanding and Building Self-Esteem

12 January – 23 February  
10:30am – 1:00pm

44

### Work for Wellbeing

4 November – 2 December  
1:30pm – 3:30pm

21

### Improving Your Mood through Art

13 October – 24 November  
12:00pm – 4:00pm

25

### Co-Production in Action

9 February  
10:00am – 12:00pm

45

### Problem Solving workshop

11 November  
10:30am – 1:30pm

28

### Building Resilience for Wellness and Recovery

13 October – 1 December  
10:30am – 12:30pm

42

### Care Planning for Recovery

23 February  
12:30am – 3:00pm

45

### Care Planning for Recovery

9 December  
12:30pm – 3:00pm

27

# Courses at a glance

## Friday

### Coping with Anxiety

13 January - 17 February  
10:30am - 12:30pm

35

### Five Ways to Wellbeing

13 January - 10 March  
1:00pm - 3:00pm

29

### Understanding Psychosis

20 January - 24 February  
2:00pm - 4:00pm

14

### Care Planning for Recovery

10 February  
12:30pm - 3:00pm

28

### Care Planning for Recovery

24 February  
12:30pm - 3:00pm

29

### Mental Health: Wellbeing & Resilience Workshop for Young Adults

TBC - please contact us

37

Go somewhere different for lunch and notice the colour, texture and taste of what you eat

Be mindful

p11

Do some moderate intensity aerobic activity each week - try running, fast walking or cycling

Be physically active

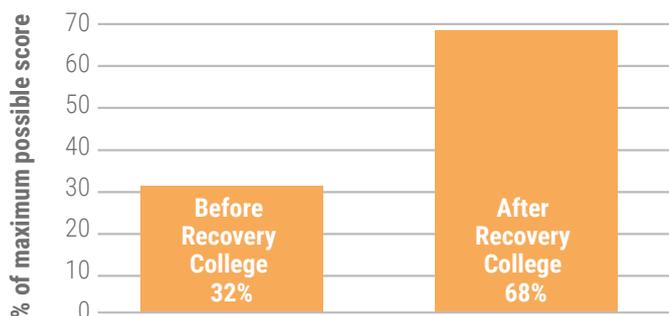
p11

# Why come to us?

Sussex Recovery College is dedicated to maintaining the quality of student experience across the whole of Sussex. This is why we regularly ask our students for feedback on a number of aspects relating to their recovery journey and experience at the college.

## Learning Outcomes

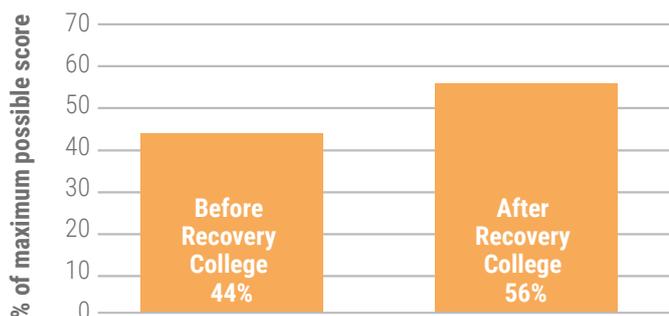
Recovery Colleges take an educational approach to mental health care. Each course has its own set of learning outcomes, designed to help students understand what they will learn on it and from it. It is important for us to ensure students are getting the best possible learning outcomes, so we ask them to rate their levels of knowledge and understanding both before and after completing their Recovery College courses.



### Increase in knowledge and understanding – before and after attending Recovery College

## Wellbeing

Recovery College is all about beginning your learning journey to wellbeing. Students complete a questionnaire both at the start and at the end of the course(s) they have attended. We find that there is a consistent improvement in their wellbeing scores after attendance.\*

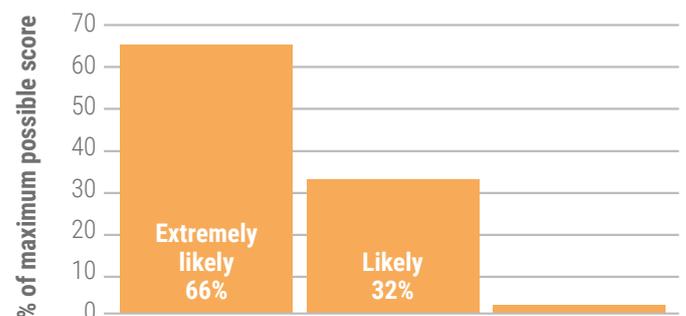


### Wellbeing scores – before and after attending Recovery College

“I learnt a lot about my anxiety and how to cope with it”

## Recommendations to Family and Friends

Our ‘Family and Friends test’ forms part of the feedback we get from students on Recovery College courses. Overwhelmingly we are told that students would recommend our courses to family and friends in similar circumstances.†



### The ‘Family and Friends’ test – how likely students are to recommend our courses

“I learnt more about bipolar, medications and stress triggers”

\* 27% increase recorded across all courses, using national wellbeing scales indicators

† 98% of students would be ‘Likely’ or ‘Extremely Likely’ to recommend the courses; only 2% were unlikely to or unsure

# Supporting your learning journey

## Mental Health Recovery

Recovery in a mental health context is about living a fulfilling and hopeful life with or without on-going symptoms of mental health or related challenges.

Mental health recovery is a journey that may include making sense of what has happened, taking back control though building on your own resources and working towards life goals.

## Individual Learning Plans (ILP)

When you have registered with Recovery College and received confirmation of your course booking you may request an ILP. This is an opportunity to discuss your learning needs and identify a number of personal goals with one of our peer trainers. ILPs are provided over two sessions – one at the start of term and one at the end. ILPs are provided face-to-face or over the telephone. You are welcome to involve a friend, relative or carer.

## Buddy Service

We offer trained peer supporters who act as student Buddies. A Buddy is someone who looks after the needs of a student to enable them to attend a college course. They provide the extra individual support some of our students may need to progress their mental health recovery through education. Please use the section on our registration form to apply for this service.

Buddies can help in the following ways:

- ▶ Provide telephone support and encouragement to attend courses
- ▶ Accompany a student to and from a course venue
- ▶ Attend a course with a student to offer learning support

**Please note:** Buddies are allocated based on the individual needs of the student and the availability of appropriate support.



## Student Voice (Union)

Student Voice is a group of students who meet regularly and have their say about how the college is run. It is a great opportunity to meet other students in a supportive and informal setting and contribute to the research that we do. You can sign-up to join using the section on our registration form.

**Join a book club or  
set one up in your  
neighbourhood, involve  
your friends and family**

**Continue to learn**

**p11**

# Open Days and how to apply

## Open Days

Open Days are an opportunity to find out more about us, speak to our trainers and apply for course(s) by completing a registration form.

## How to Apply for a Course

All courses are **FREE** for adults of all ages with mental health related challenges, their supporters (relatives and carers) and the staff of Sussex Partnership NHS Foundation Trust, and partner organisations.

### Chichester Open Day

**Tuesday 30 August**

**1:00pm – 3:30pm**

Chichester City Council

Chichester

PO19 1LQ

### Worthing Open Day

**Wednesday 31 August**

**1:00pm – 3:30pm**

The Dome

Worthing

BN11 3PT

### Crawley Open Day

**Thursday 1 September**

**1:00pm – 3:30pm**

Crawley Library

Crawley

RH10 6HG

**Please note:** Priority may be given to open day registrations and some courses are only open to students from specific diversity groups or students using certain mental health services, so please read the course information carefully.

## By Post

If you are unable to attend an Open Day please complete and return the registration form included in this prospectus by post:



**Sussex Recovery College**

**Aldrington House**

**35 New Church Road**

**Hove**

**BN3 4AG**

## By E-mail

You can also download the registration form from our website and return it to us by e-mail:



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



**[sussex.recoverycollege@nhs.net](mailto:sussex.recoverycollege@nhs.net)**

## What Next?

When we have received your registration form you will be booked onto the course you have applied for – you will be sent a letter to confirm this.

If the course are fully booked you will be added to the reserve list – this means if another student cancels you could be offered a place.

Our reserve lists do not roll over into the next term, so if you are not offered a place you will need to reapply next term.

If you have any questions or require additional support with our registration process please call us on:



**0300 303 8086**

**Please note:** You can apply for courses outside of the area that you live in, but priority will be given to students living in the campus area of the course.

Sussex Recovery College reserves the right to cancel courses or change course dates, times and/or venues. Additional courses also may be added so please visit our website for the most up-to-date information.



# Take control of your mental wellbeing

**Feeling happy is part of mental wellbeing. So are feelings of contentment, enjoyment, engagement with the world, self-esteem and self-confidence, and enjoying a life with relationships that bring joy to you as well as to those around you.**

Good mental wellbeing doesn't mean you'll never experience feelings or situations you find difficult but it does mean you have the resilience to cope when times are tougher than usual.

It may help to think about 'being well' as something you do, rather than something you are. The more you put in, the more you're likely to get out. No-one can give you mental wellbeing – it's up to you to take action.

## How is mental wellbeing improved?

There are 5 steps that can really help to boost your mental wellbeing. If you give them a try, you may feel happier, more positive and better able to get more from life.

**1 Connect with others – build stronger and closer relationships**

**2 Be physically active – find an activity you enjoy and make it part of your life**

**3 Continue to learn – develop your knowledge and skills**

**4 Give to those around you – take part in social and community activities**

**5 Be mindful – enjoy the moment and the environment around you**

## Try the quiz!

It's well established that mental wellbeing and physical health are closely inter-related. Public Health England has a specially designed online quiz for people aged 18 and over to help you understand your current physical challenges and give pointers to how you can help yourself by taking control of your physical health. You can access it at [www.nhs.uk/oneyou/hay](http://www.nhs.uk/oneyou/hay)

## Further resources

### Public Health England One You Campaign

[www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)

Public Health England, 133-155 Waterloo Road, London SE1 8UG

### Active Sussex Promoting Sport and Physical Activity

[www.activesussex.org](http://www.activesussex.org)

University of Brighton Sports Centre, Brighton BN1 9PH

### Sussex Mindfulness Centre

[www.sussexpartnership.nhs.uk/mindfulness](http://www.sussexpartnership.nhs.uk/mindfulness)

Sussex Partnership NHS Foundation Trust, Swandean BN13 3EP

### Adult Education West Sussex

[www.westsussex.gov.uk/education-children-and-families/adult-education/](http://www.westsussex.gov.uk/education-children-and-families/adult-education/)

West Sussex County Council, Chichester PO19 1RQ

**Check out our colour-coded '5 Steps' tips throughout this prospectus!**

# Understanding Health Conditions

<b>Understanding Psychosis</b>	<b>13</b>
<b>Anxiety Management</b>	<b>13</b>
<b>Understanding Psychosis</b>	<b>14</b>
<b>Coping with Anxiety</b>	<b>14</b>
<b>Living with Dementia</b>	<b>15</b>
<b>Depression Management</b>	<b>16</b>
<b>Understanding Autism Workshop</b>	<b>16</b>
<b>Anxiety and Depression</b>	<b>17</b>
<b>Depression Management</b>	<b>17</b>
<b>Managing Anxiety</b>	<b>18</b>
<b>Understanding Depression</b>	<b>18</b>

These courses are open to students from all areas of West Sussex who meet the requirements to attend Sussex Recovery College, although people living in the Coastal Campus area may be given priority. There are some courses that are aimed at specific groups of people, and for these, priority will be given to the students the course is aimed at.

If you have any questions about courses you would like to apply for, please call us or send us an email:

 **0300 303 8086**

 **[sussex.recoverycollege@nhs.net](mailto:sussex.recoverycollege@nhs.net)**

# Coastal Campus



## Understanding Psychosis

This course helps you to make sense of and cope with psychotic symptoms. It explores the causes of psychosis and what helps. It is delivered by a Psychiatrist, Psychologist and Peer Trainer. Students receive hand-outs and information to take home to continue developing coping skills.

### Learning outcomes

Students will:

- ▶ Understand their diagnosis and formulation including its symptoms and causes
- ▶ Have an overview of medication, other treatments and supports
- ▶ Be familiar with and practise coping strategies and self-management tools

### Aimed at

People who have been diagnosed with psychosis, schizophrenia or schizo-affective disorder or who hear voices, see visions or have beliefs that others think are delusional. It will also be helpful for their carers.

### Dates and times

Fridays: 28 October, 4 November, 11 November and 18 November  
Time: 10:00am – 12:30pm

### Venue

Heene Community Centre, Heene Road, Worthing

### Trainers

Angie Culham  
Fran Connor

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WS01UP

## Anxiety Management

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 look at ways of challenging those negative thoughts, exploring ways of working with anxiety behaviour. The course will also include some simple relaxation techniques and creativity.

### Learning outcomes

Students will:

- ▶ Gain an understanding of the ways anxiety affects us
- ▶ Learn how to challenge negative thoughts and cope with panic attacks
- ▶ Develop a personal wellbeing 'toolkit' to help manage anxiety

### Aimed at

People who have problems with anxiety, their carers and staff.

### Dates and times

Tuesdays: 8 November, 15 November, 22 November, 29 November, 6 December and 13 December  
Time: 10:00am – 12:00pm

### Venue

Heene Community Centre, Heene Road, Worthing

### Trainers

Paul Thompson  
Christopher Corbett

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WS01AM

## Understanding Psychosis

This course helps you to make sense of and cope with psychotic symptoms. It explores the causes of psychosis and what helps. It is delivered by a Psychiatrist, Psychologist and Peer Trainer. Students receive hand-outs and information to take home to continue developing coping skills.

### Learning outcomes

Students will:

- ▶ Understand their diagnosis and formulation including its symptoms and causes
- ▶ Have an overview of medication, other treatments and supports
- ▶ Be familiar with and practise coping strategies and self-management tools

### Aimed at

People who have been diagnosed with psychosis, schizophrenia or schizo-affective disorder or who hear voices, see visions or have beliefs that others think are delusional. It will also be helpful for their carers.

### Dates and times

Fridays: 20 January, 27 January, 3 February, 10 February, 17 February and 24 February  
Time: 2:00pm – 4:00pm

### Venue

Aspire, Westloats Lane, Bognor Regis

### Trainers

Daniel Mitchener  
Trainer: TBC

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WS02UP

## 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 look at ways of challenging those negative thoughts, exploring ways of working with anxiety behaviour. The course will also include some simple relaxation techniques and creativity.

### Learning outcomes

Students will:

- ▶ Gain an understanding of the ways anxiety affects us
- ▶ Learn how to challenge negative thoughts and cope with panic attacks
- ▶ Develop a personal wellbeing 'toolkit' to help manage anxiety

### Aimed at

People who have problems with anxiety, their carers and staff.

### Dates and times

Mondays: 10 October, 17 October, 24 October, 31 October and 7 November  
Time: 1:00pm – 3:00pm

### Venue

Aspire, Westloats Lane, Bognor Regis

### Trainers

Alex Wilkinson  
Gemma Dorer

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WS01CA

# “I felt understood and accepted by the trainers and everyone on the course.”

## Living with Dementia

Dementia affects more than 850,000 people in the UK. Following a diagnosis many people are left with questions about their diagnosis and the support that is available for them and/or their family. This course explores what a diagnosis of dementia means, where to find further support/information, managing when difficulties arise and developing ideas and strategies for living well with dementia.

### Learning outcomes

Students will:

- ▶ Develop an understanding of dementia
- ▶ Consider when difficulties may arise
- ▶ Learn ways of managing when difficulties arise and where to gain further support and help necessary

### Aimed at

People with dementia, their family and carers, who wish to gain a better understanding of dementia and further ideas and support for living well with this condition.

### Dates and times

Mondays: 10 October, 17 October, 24 October, 31 October, 7 November, 14 November, 21 November and 28 November  
Time: 11:00am – 1:00pm

### Venue

Southwick Community Centre, 24 Southwick Street, Southwick

### Trainers

Fiona Pison-Young  
Emma Winstone  
Annie Sheen

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WS01LD

## Case study

**My name is Mike and back in 2015 I had been out of work for over a year following a messy redundancy from a job that I had given 17 years' service to.**

At the time I was receiving help from an Employment Advisor from a local housing association.

I had been battling mental illness for over 30 years having been hospitalised three times and spent more than 7 years on and off in psychotherapy.

My advisor found a vacancy for a Peer Support Worker with Richmond Fellowship in Chichester and suggested I might be interested in it. I was not completely sure and to be honest, forgot about it.

In March 2015 I attended a Recovery College Course on Developing Resilience being held at Forum House in Chichester.

On the first day of the course the facilitator introduced himself as being the Senior Peer Support Worker for Richmond Fellowship and I thought 'Hang on, that's the organisation that are recruiting'.

At the tea break I spoke to Nicolas and as a result of that my mind was made up to apply for the job because I felt I was at the point in my recovery where I was able to offer something back and share my own experiences of recovery.

I was interviewed and at the very last session of the Resilience course I was able to share some cake with my fellow students and announce my joy that I had been successful in securing a job with Richmond Fellowship working in Mental Health.

**Michael Bennett, Peer Support,  
Richmond Fellowship**

## Depression Management

This course is for people who are living with or affected by depression. It will look at common treatments such as Cognitive Behavioural Therapy and talking therapies as well as other coping strategies.

These will include self-help techniques, creativity, nutrition, sleep problems, relapse prevention and relationship issues.

### Learning outcomes

Students will:

- ▶ Feel more confident in setting personal goals to manage their depression and learn how sleep and nutrition affect depression
- ▶ Have a basic understanding of the types of therapies commonly available
- ▶ Be able to identify and access additional activities that may assist in their recovery

### Aimed at

People living with or affected by depression, their carers and staff.

### Dates and times

Wednesdays: 16 November, 23 November, 30 November, 7 December, 14 December and 21 December  
Time: 10:00am – 12:00pm

### Venue

Chapel Street Clinic, Chichester

### Trainers

Kerensa Page  
Sandra Welbourn

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WS01DM

## Understanding Autism

Autism Spectrum Conditions (ASCs) are widely misunderstood and affect about 1 in 100 adults living in the UK. This course offers an introductory insight into ASCs, aimed at disabusing the myths and offering hope to those on the Autistic Spectrum.

### Learning outcomes

Students will:

- ▶ Be able to define what Autistic Spectrum Conditions are
- ▶ Learn about identifying strengths and niche construction, which can enable autistic people to lead fulfilling lives
- ▶ Gain an understanding about the local organisations offering support for autistic people

### Aimed at

Anyone who is autistic or who has a friend or family member who is autistic; or who works alongside autistic individuals.

### Dates and times

TBC – please contact us for the latest information

### Venues

TBC – please contact us for the latest information

### Trainers

Alex Wilkinson  
TBC

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WS01UA

# “It was a fun, friendly environment, helping everyone relax.”

## Anxiety and Depression

Depression is a common mental health problem that causes people to experience low mood, loss of interest or pleasure, feelings of guilt or low self-worth.

Anxiety is a type of fear usually associated with the thought of a threat or something going wrong in the future, but it can also arise from something happening right now.

Around 1 in 6 people in the UK will experience anxiety and/or depression. It is believed that a large number do not seek treatment and remain undiagnosed.

### Learning outcomes

Students will:

- ▶ Develop a greater understanding of anxiety and depression
- ▶ Examine the various possible causes and triggers
- ▶ Learn about different approaches to managing anxiety and depression

### Aimed at

People who have problems with anxiety and depression, their carers and staff.

### Dates and times

Mondays: 16 January, 23 January, 30 January, 6 February and 13 February  
Time: 2:00pm – 4:00pm

### Venue

The Studio, Fort Road East, Wick, Littlehampton

### Trainers

Vicky Arnell-Smith  
Chris Collins

### Organisation

United Response

### Course code

WS01AD

## Depression Management

This course is for people who are living with or affected by depression. It will look at common treatments such as Cognitive Behavioural Therapy and talking therapies as well as other coping strategies.

These will include self-help techniques, creativity, nutrition, sleep problems, relapse prevention and relationship issues.

### Learning outcomes

Students will:

- ▶ Feel more confident in setting personal goals to manage their depression and learn how sleep and nutrition affect depression
- ▶ Have a basic understanding of the types of therapies commonly available
- ▶ Be able to identify and access additional activities that may assist in their recovery

### Aimed at

People living with or affected by depression, their carers and staff.

### Dates and times

Tuesdays: 8 November, 15 November, 22 November, 29 November, 6 December and 13 December  
Time: 1:45pm – 4:15pm

### Venue

Heene Community Centre, Heene Road, Worthing

### Trainers

Paul Thompson  
Kristina Usaite

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WS02DM

# Coastal Campus

Visit our website  
[sussexrecoverycollege.org.uk](http://sussexrecoverycollege.org.uk)

## 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 look at ways of challenging those negative thoughts, exploring ways of working with anxiety behaviour. The course will also include some simple relaxation techniques and creativity.

### Learning outcomes

Students will:

- ▶ Gain an understanding of the ways anxiety affects us
- ▶ Learn how to challenge negative thoughts and cope with panic attacks
- ▶ Develop a personal wellbeing 'toolkit' to help manage anxiety

### Aimed at

People who have problems with anxiety, their carers and staff.

### Dates and times

TBC – please contact us for the latest information

### Venue

TBC – please contact us for the latest information

### Trainers

Alex Wilkinson

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WS01CA

## Understanding Depression

This course looks at common treatments such as Cognitive Behavioural Therapy, Mindfulness and talking therapies as well as other coping strategies.

These will include self-help techniques, creativity, nutrition, sleep problems, relapse prevention and relationship issues.

### Learning outcomes

Students will:

- ▶ Feel more confident in setting personal goals to manage their depression and learn how sleep and nutrition affect depression
- ▶ Have a basic understanding of the types of therapies commonly available
- ▶ Be able to identify and access additional activities that may assist in their recovery

### Aimed at

People living with or affected by depression, their carers and staff.

### Dates and times

TBC – please contact us for the latest information

### Venue

TBC – please contact us for the latest information

### Trainers

Annie Sheen

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WS01UD

# Coastal Campus

## Wellbeing and Lifestyle

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<b>Care Planning for Recovery</b>	<b>28</b>
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<b>Family Inclusive Practice</b>	<b>30</b>
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<b>Introduction to Assertiveness</b>	<b>31</b>

These courses are open to students from all areas of West Sussex who meet the requirements to attend Sussex Recovery College, although people living in the Coastal Campus area may be given priority. There are some courses that are aimed at specific groups of people, and for these, priority will be given to the students the course is aimed at.

If you have any questions about courses you would like to apply for, please call us or send us an email:

 **0300 303 8086**

 **[sussex.recoverycollege@nhs.net](mailto:sussex.recoverycollege@nhs.net)**

 **0300 303 8086**

 **[sussex.recoverycollege@nhs.net](mailto:sussex.recoverycollege@nhs.net)**

**19**

# Coastal Campus

Visit our website  
[sussexrecoverycollege.org.uk](http://sussexrecoverycollege.org.uk)

## Resolving the Red Mist – Managing your Anger

The course will be of particular interest to those who have found that their anger and related aggressive behaviour has caused them problems. By using motivational approaches we will look at various techniques and a range of skills to manage angry emotions better, including problem-solving and communication styles. The course is aimed at both men and women who may have experienced mental health difficulties. We acknowledge anger can lead to encounters with the criminal justice system and we welcome those who want to make positive changes.

### Learning outcomes

Students will:

- ▶ Learn about the triggers to their anger
- ▶ Learn about managing or changing their relationship with anger and aggression
- ▶ Consider the next step in recovery

### Aimed at

People with longstanding or moderate to severe mental health challenges.

### Dates and times

Mondays: 7 November, 14 November, 21 November, 28 November, 5 December and 12 December  
Time: 2:45pm – 4:45pm

### Venue

Meeting Room 2, Chapel Street, Chichester

### Trainers

Paul Thompson  
Marcus Page

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WS01RM

## Introduction to Living in the Moment

Living in the moment when there are mental health challenges is popular as people find value in the approach. Regular practice helps maintain mental wellbeing and can increase emotional resilience. This two-session course explains what living in the moment is and how it can change the way you think, feel and act. It is interactive and includes plenty of short living in the moment exercises.

### Learning outcomes

Students will:

- ▶ Be able to explain what living in the moment is and how to do it
- ▶ Be able to choose from a variety of living in the moment exercises
- ▶ Have a sense of how using living in the moment can help cope with daily living

### Aimed at

Anyone experiencing mental health challenges who is interested in finding out more about living in the moment.

### Dates and times

Tuesdays: 7 Feb and 14 Feb  
Time: 10:30am – 1:00pm

### Venue

The Corner House, 45 Southwick Street, Southwick

### Trainer

Allison Anderson  
TBC

### Organisation

Corner House

### Course code

WS01IM

# “Although it took quite an effort to go, it was worth it.”

## Returning to Lifelong Learning

It can be difficult going to college as an adult and it's important to reflect on the qualities you have and your end goal.

This course will help you to explore some of the key requirements of educational institutions and how particular attitudes and mindsets can enable you to have a good learning experience. You will learn how to find your way through barriers to learning, group skills, where to get support and how to prepare for college learning. No previous adult education experience is necessary.

### Learning outcomes

Students will:

- ▶ Understand how mindset can improve your learning experience
- ▶ Understand the different types of problems you might encounter whilst in formal education
- ▶ Understand and demonstrate your own strengths and abilities within the group

### Aimed at

Anyone with an interest in developing lifelong learning skills.

### Dates and times

Thursdays: 3 November and 10 November  
Time: 11:00am – 3:00pm

### Venue

Aspire, Westloats Lane, Bognor Regis

### Trainers

Louise Patmore  
Selina Bishop

### Organisation

Northbrook College

### Course code

WS01RL

## Work for Wellbeing

This course will guide you through a practical knowledge of CVs, application forms and interviews, as well as indicate how to keep well whilst looking for work. You will also consider the kind of work that will suit you best, in relation to your skills and knowledge.

### Learning outcomes

Students will:

- ▶ Have a good understanding of the job searching process and be able to job search effectively
- ▶ Understand how to reduce stress in the workplace and what safeguards exist to help keep you well
- ▶ Understand the benefits of work and the wellbeing it can bring when sought in the right way

### Aimed at

People who have experience of mental health challenges and feel they are at a disadvantage in gaining and/or sustaining employment.

### Dates and times

Fridays: 4 November, 11 November, 18 November, 25 November and 2 December  
Time: 1:30pm – 3:30pm

### Venue

Worthing Library, Richmond Road, Worthing

### Trainers

Rebecca Skeates  
Louise Patmore

### Organisation

Southdown Housing Association  
Sussex Partnership NHS Foundation Trust

### Course code

WS01WW

# Coastal Campus

Visit our website  
[sussexrecoverycollege.org.uk](http://sussexrecoverycollege.org.uk)

## Building Resilience for Wellness and Recovery

This course introduces what resilience is and what it is not, drawing on resilience 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 successfully get through tough times. There will be opportunities to share resilience tips, tools and experiences.

### Learning outcomes

Students will:

- ▶ Increase their understanding of what resilience is and what it is not
- ▶ Identify and try out a number of resilience steps to help them cope with challenges in their lives
- ▶ Create their own personal 'resilience toolkit' by the end of the course

### Aimed at

Adults with or supporting others with moderate to severe mental health challenges who are facing tough times in their own lives.

### Dates and times

Tuesdays: 10 January, 17 January, 24 January, 31 January and 7 February  
Time: 1:00pm – 4:00pm

### Venue

Richmond Fellowship, Forum House, Chichester

### Trainers

Nicolas Werner  
Michael Bennett  
Annie Hawkins

### Organisation

Richmond Fellowship

### Course code

WS01BR

## Co-Production in Action

This course aims to give clinicians an understanding of the effectiveness and benefits of the Recovery model with specific reference to theories surrounding co-production. Clinicians will learn how co-production can be used to best effect in delivering and facilitating courses. Common strategies and issues associated with co-production will be addressed, looking in detail to potential obstacles in planning and facilitation to be overcome.

### Learning outcomes

Students will:

- ▶ Know the history and philosophy of the recovery model and how it influences co-production
- ▶ Gain knowledge of the benefits of co-production for both clinician and Peer Trainer
- ▶ Apply skills learned to effectively plan and facilitate Recovery College courses

### Aimed at

Staff and those who need a deeper understanding of co-production in practice.

### Dates and times

Thursdays: 17 November  
Time: 10:00am – 12:00pm

### Venue

Heene Community Centre, Heene Road, Worthing

### Trainers

Louise Patmore  
Lucy Locks

### Organisations

Sussex Partnership NHS Foundation Trust

### Course code

WS01CP

**“I found the trainers to be very clear throughout the course and helpful, friendly and welcoming.”**

### **Self-Esteem and Positive Thought**

Join us as we take a look at the relationship between what we think of ourselves and how this impacts on how we feel about ourselves. Develop ways to move beyond the negative ideas that contribute to low self-esteem.

You will be involved in discussions where you will feel comfortable, given resources to use after the workshop, and learn skills for the future.

#### **Learning outcomes**

Students will:

- ▶ Understand what self-esteem is and how to improve it
- ▶ Take a look at negative thoughts and how to challenge them
- ▶ Develop a toolbox of ways to increase self-esteem and have a more positive outlook

#### **Aimed at**

Anyone who feels that how they think about themselves could improve.

#### **Dates and times**

Tuesdays: 1 November, 8 November, 15 November, 22 November, 29 November and 6 December

#### **Venue**

Richmond Fellowship, Forum House, Chichester

#### **Trainers**

Nicholas Werner  
Michael Bennett

#### **Organisation**

Richmond Fellowship

#### **Course code**

WS01SP

### **Food and Mood**

This course starts with some basic information on nutrition. We establish which foods are necessary for health and why we need certain nutrients. You will discover what we have in common with our hunter/gatherer ancestors and explore what a healthy diet actually is.

#### **Learning outcomes**

Students will:

- ▶ Be able to choose foods that contain the nutrients needed for good health
- ▶ Know about the research and evidence base that indicates which foods and nutrients particularly support one's mental health
- ▶ Be able to interpret food labels

#### **Aimed at**

Anyone with mental health challenges who would like more information about the basics of nutrition, and how diet can affect wellbeing.

#### **Dates and times**

Wednesdays: 19 October, 26 October, 2 November, 9 November, 16 November, 23 November, 30 November and 7 December  
Time: 1:30pm – 4:00pm

#### **Venue**

Corner House, 45 Southwick Street, Southwick

#### **Trainers**

Allison Anderson  
Lin Gibbs

#### **Organisation**

Corner House

#### **Course code**

WS01FM

# Coastal Campus

Visit our website  
[sussexrecoverycollege.org.uk](http://sussexrecoverycollege.org.uk)

## Decluttering

This course will define the problem and offer suggestions on how to combat it, having considered why people clutter in the first place. It will include storage suggestions and what to do with things no longer wanted or needed. We will look at how to declutter and how to organise yourself and plan to start. There will be opportunity to share tips, tools and experiences.

### Learning outcomes

Students will:

- ▶ Be able to assess how cluttered they are
- ▶ Understand the barriers to, and the benefits of, decluttering
- ▶ Know how to start to declutter and what to do with what they don't need or want

### Aimed at

Anyone who keeps items they don't use, and who wants to, but is struggling to, declutter their space.

### Dates and times

Tuesdays: 17 January and 24 January  
Time: 10:30am – 1:00pm

### Venue

Corner House, 45 Southwick Street, Southwick

### Trainers

Allison Anderson  
Lin Gibbs

### Organisation

Corner House

### Course code

WS01DC

## Returning to Lifelong Learning

It can be difficult going to college as an adult and it's important to reflect on the qualities you have and your end goal.

This course will help you to explore some of the key requirements of educational institutions and how particular attitudes and mindsets can enable you to have a good learning experience. You will learn how to find your way through barriers to learning, group skills, where to get support and how to prepare for college learning. No previous adult education experience is necessary.

### Learning outcomes

Students will:

- ▶ Understand how mindset can improve your learning experience
- ▶ Understand the different types of problems you might encounter whilst in formal education
- ▶ Understand and demonstrate your own strengths and abilities within the group

### Aimed at

Anyone with an interest in developing lifelong learning skills.

### Dates and times

Thursdays: 17 November and 24 November  
Time: 11:00am – 3:00pm

### Venue

Committee Room 1, Worthing Town Hall,  
Chapel Road, Worthing

### Trainers

Louise Patmore  
Selina Bishop

### Organisation

Northbrook College

### Course code

WS02RL

# “Made me realise I was not alone.”

## Using Art to Improve your Mood

Engaging in creative activities can lighten your mood, help express blocked feelings, and enable you to access a state of ‘creative flow’ which calms the mind and gives you time out from difficult thoughts and feelings. This course includes a series of fun exercises experimenting with different art techniques. All are welcome whatever your level of experience or ability.

### Learning outcomes

Students will:

- ▶ Experiment with different art techniques (drawing, collage etc)
- ▶ Learn to look at things in a creative way
- ▶ Learn and practise different methods for expressing oneself

### Aimed at

Anyone who would like to use creativity to improve their mood.

### Dates and times

Thursdays: 13 October, 20 October, 3 November, 10 November, 17 November and 24 November  
Time: 12:30pm – 3:30pm

### Venue

Heene Community Centre, Heene Road, Worthing

### Trainers

Nadia Chalk  
Maria Kuipers

### Organisation

Creative Future

### Course code

WS01AI

## Taking Action

Moving forward in life can feel scary and at times impossible. As a peer group we will listen and motivate each other towards change. We will review where we are at and where we want to be and then set personal goals to get there. Activities will include: completing worksheets, small and large group discussions, creative writing and brief homework tasks.

### Learning outcomes

Students will:

- ▶ Review obstacles for change
- ▶ Identify personal skills, tools and positive strategies to keep you well
- ▶ Set goals for the future and develop a wellness support plan

### Aimed at

Anyone who feels stuck in their situation and is looking for help, support and motivation to move forward.

### Dates and times

Tuesdays: 6 December, 13 December and 20 December  
Time: 1:00pm – 4:00pm

### Venue

Coastal West Sussex Mind, Maltravers Drive, Littlehampton

### Trainers

Chris Arkell  
Pauline Keeble

### Organisation

Coastal West Sussex Mind

### Course code

WS01TA

# Coastal Campus

Visit our website  
[sussexrecoverycollege.org.uk](http://sussexrecoverycollege.org.uk)

## Introduction to Using Outdoor Activities for Recovery

This course will set students up with a better understanding of the benefits of outdoor activities in terms of mental wellbeing and recovery as well as general skills for life. The course will include a range of interesting group activities and tasks that will introduce students to skills needed for other activities such as climbing. Students will need to get to the meeting points at Worthing Town Rail station, Brighton Rail station or Eastbourne station, respectively, promptly to be picked up by minibus and taken to a local park a short distance away. Appropriate clothing for outdoors is essential, please bring your own drinks and snacks.

### Learning outcomes

Students will:

- ▶ Worked together to solve fun challenges in an outdoor setting
- ▶ Learn some basic rope skills
- ▶ Discover transferable skill you can use when taking part in adventurous activities

### Aimed at

People experiencing mental health challenges who would benefit from outdoor activities, a level of physical health is required to participate.

### Dates and times

Wednesday: 23 November

Time: 12:30pm – 2:30pm

(including transport from Worthing station)

### Venue

Homefield Park, Worthing

### Trainers

Alex Hardman

Louise Patmore

### Organisation

Plumpton College

Sussex Partnership NHS Foundation Trust

### Course code

WS010A

## Using Art to Improve your Mood

Engaging in creative activities can lighten your mood, help express blocked feelings, and enable you to access a state of 'creative flow' which calms the mind and gives you time out from difficult thoughts and feelings. This course includes a series of fun exercises experimenting with different art techniques. All are welcome whatever your level of experience or ability.

### Learning outcomes

Students will:

- ▶ Experiment with different art techniques (drawing, collage etc)
- ▶ Learn to look at things in a creative way
- ▶ Learn and practise different methods for expressing oneself

### Aimed at

Anyone who would like to use creativity to improve their mood.

### Dates and times

Thursdays: 5 January, 12 January, 19 January, 26 January, 2 February and 9 February

Time: 12:30pm – 3:30pm

### Venue

Aspire, Westloats Lane, Bognor Regis

### Trainers

Nadia Chalk

Maria Kuipers

### Organisation

Creative Future

### Course code

WS02AI

# “The staff were approachable, sensitive and helpful.”

## Work for Wellbeing

This course will guide you through a practical knowledge of CVs, application forms and interviews, as well as indicate how to keep well whilst looking for work. You will also consider the kind of work that will suit you best, in relation to your skills and knowledge.

### Learning outcomes

Students will:

- ▶ Have a good understanding of the job searching process and be able to job search effectively
- ▶ Understand how to reduce stress in the workplace and what safeguards exist to help keep you well
- ▶ Understand the benefits of work and the wellbeing it can bring when sought in the right way

### Aimed at

People who have experience of mental health challenges and feel they are at a disadvantage in gaining and/or sustaining employment.

### Dates and times

Tuesdays: 24 January, 31 January, 7 February, 14 February and 21 February  
Time: 1:30pm – 3:00pm

### Venue

Dove Lodge, Beach Road, Littlehampton

### Trainers

Louise Patmore  
Rebecca Skeates (TBC)

### Organisation

Southdown Housing Association  
Sussex Partnership NHS Foundation Trust

### Course code

WS02WW

## Care Planning for Recovery

This course will help you create a plan to organise your life in a way that will make it easier to overcome problems and see a way through the crisis more effectively. It is sensitive to your individual values and preferences. In the longer term, this method develops coping strategies that are solution focused and that allows for more effective decision making and control over mental health challenges.

### Learning outcomes

Students will:

- ▶ Understand what a personal support plan is and how useful it is to aid recovery
- ▶ Develop an approach to your personal support plan which helps you to be more solution-focused and generate more positive outcomes
- ▶ Be able to work more collaboratively with your lead practitioners by developing a pre-thought out plan which you all agree

### Aimed at

People with mental health challenges, their carers and staff.

### Dates and times

Friday: 9 December  
Time: 12:30pm – 3:00pm

### Venue

Chapel Street Clinic, Chichester

### Trainers

Louise Patmore  
Kate Bones

### Organisations

Sussex Partnership NHS Foundation Trust

### Course code

WS01CR

# Coastal Campus

Visit our website  
[sussexrecoverycollege.org.uk](http://sussexrecoverycollege.org.uk)

## Care Planning for Recovery

This course will help you create a plan to organise your life in a way that will make it easier to overcome problems and see a way through the crisis more effectively. It is sensitive to your individual values and preferences. In the longer term, this method develops coping strategies that are solution focused and that allows for more effective decision making and control over mental health challenges.

### Learning outcomes

Students will:

- ▶ Understand what a personal support plan is and how useful it is to aid recovery
- ▶ Develop an approach to your personal support plan which helps you to be more solution-focused and generate more positive outcomes
- ▶ Be able to work more collaboratively with your lead practitioners by developing a pre-thought out plan which you all agree

### Aimed at

People with mental health challenges, their carers and staff.

### Dates and times

Friday: 10 February  
Time: 12:30pm – 1:30pm

### Venue

Worthing Town Hall, Worthing

### Trainers

Louise Patmore  
Kate Bones

### Organisations

Sussex Partnership NHS Foundation Trust

### Course code

WS02CR

## Problem Solving

This course is designed to look at how we tackle problems and by helping us identify exactly what the problem is we want to resolve. Enabling us to have more options to solve the problem in a way that we are able to get what we want. This course also aims to provide a framework for solving problems in the future. The course is based on discussion and some working in small groups.

### Learning outcomes

Students will:

- ▶ Identify what the problem is and how it is making you feel
- ▶ Learn what you want the outcome to be and what your options are
- ▶ To come up with a plan and how to evaluate it

### Aimed at

People with mental health challenges, their carers and staff.

### Dates and times

Friday: 11 November  
Time: 10:30am – 1:30pm

### Venue

South Down Centre, Midhurst

### Trainers

Kerry Stott  
Trainer: TBC

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WS01PS

# “All my fellow students were easy to talk to.”

## Care Planning for Recovery

This course will help you create a plan to organise your life in a way that will make it easier to overcome problems and see a way through the crisis more effectively. It is sensitive to your individual values and preferences. In the longer term, this method develops coping strategies that are solution focused and that allows for more effective decision making and control over mental health challenges.

### Learning outcomes

Students will:

- ▶ Understand what a personal support plan is and how useful it is to aid recovery
- ▶ Develop an approach to your personal support plan which helps you to be more solution-focused and generate more positive outcomes
- ▶ Be able to work more collaboratively with your lead practitioners by developing a pre-thought out plan which you all agree

### Aimed at

People with mental health challenges, their carers and staff.

### Dates and times

Friday: February 24  
Time: 12:30pm – 3:00pm

### Venue

Boston Library, Boston

### Trainers

Louise Patmore  
Kate Bones

### Organisations

Sussex Partnership NHS Foundation Trust

### Course code

WS03CR

## Five Ways to Wellbeing

In this course we'll learn The Five Ways to Wellbeing; how they work together to support our recovery and help to keep us well.

As well as classroom work, we'll try out things like woodland walks and nature visits. Then we'll investigate what activities are going on in our own communities, choose our own combinations and find out how to join.

Each person who comes on the course shows us something new and we'd enjoy your company on this journey towards using The Five Ways to Wellbeing.

### Learning outcomes

Students will:

- ▶ Identify activities in the five key areas that are essential to supporting wellbeing
- ▶ Develop a self-management plan to support wellbeing and recovery alongside others
- ▶ Have an increased awareness of local activities and how to access them

### Aimed at

People with mental health challenges, their carers and staff.

### Dates and times

Fridays: 13 January, 20 January, 27 January,  
3 February, 10 February, 17 February, 24 February,  
3 March and 10 March  
Time: 1:00pm – 3:00pm

### Venue

South Down Centre, Midhurst

### Trainers

Toni Holloway  
Sarah-Jane Thornley

### Organisation

Coastal West Sussex Mind

### Course code

WS01FW

## Family Inclusive Practice

This one day course brings together staff and relatives to look at improving the ways we work together. It is an opportunity for staff and relatives to think together about challenges and opportunities in partnership working.

### Learning outcomes

Students will:

- ▶ Feel more confident about forming working relationships between families and professionals
- ▶ Have frameworks for understanding miscommunication and stress, and identify strategies for overcoming these barriers
- ▶ Explore and develop ideas around personal wellbeing (for staff and relatives)

### Aimed at

Relatives, friends and carers of people with mental health challenges and/or dementia, and staff from Sussex Partnership NHS Trust and partner agencies.

### Dates and times

Wednesday: 22 February  
Time: 10:00am – 3:00pm

### Venue

Durrington Community Centre, Durrington

### Trainers

Ella Fuller  
Jill Scholl  
Ben Rumble

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

CC01FP

## Introduction to Living in the Moment

Mindfulness is an approach to mental health recovery that uses techniques to be in the present in order to bring wellbeing and a more rested mind by dwelling less on thoughts about past and future. This course will introduce the concept of mindfulness and will demonstrate techniques used to help manage life's difficulties with a more settled and less anxious mind.

### Learning outcomes

Students will:

- ▶ Have gained knowledge of the concept of mindfulness
- ▶ Be able to apply some grounding and relaxation techniques
- ▶ Understand how to pay more attention to the present

### Aimed at

Anyone experiencing mental health challenges who is interested in finding out more about Mindfulness.

### Dates and times

Tuesdays: 21 February and 28 February  
Time: 2:00pm – 4:00pm

### Venue

Forum House, Business Centre, Stirling Road,  
Chichester

### Trainers

Nicolas Werner  
Michael Bennett  
Annie Hawkins

### Organisation

Richmond Fellowship

### Course code

CC01IM

# “The course was so incredibly helpful, I would highly recommend it.”

## Gardening in the Moment

This course will offer opportunities to approach nature and gardening with open senses in a safe therapeutic woodland garden. Therapeutic gardening works by reducing stress and resting ‘directed attention’, whilst at the same time gently stimulating the senses and ‘fascination’. The sense of wellbeing and serenity that people experience in nature and through people-plant relationships can be enhanced through being fully aware and present.

### Learning outcomes

Students will:

- ▶ Learn practical gardening skills and understand how these can be used to relax the mind
- ▶ Propagate plants to take home by sowing and cuttings
- ▶ Create a garden journal using photographs, drawings and plant material

### Aimed at

People experiencing mental health challenges.

### Dates and times

Fridays: 21 October, 28 October, 4 November, 11 November, 18 November, 25 November, 2 December, 9 December.  
Time: 1:30 pm – 4:30pm

### Venue

The Welcome Woodland Garden, Maybridge Keystone Centre, Raleigh Way

### Trainers

Claire Hunt and Lisa Leach (Social and Therapeutic Horticulturalists)  
Annie Sheen

### Organisation

Breathing Spaces Garden Therapy (Community Interest Company)

### Course code

WS01GM

## Introduction to Assertiveness

This course will define what assertiveness is and what is isn't. You will discover when it is easier to be assertive and what stops you from using assertive skills in other situations. You will practise being assertive and saying no assertively. There will be opportunity for lots of discussion, sharing tips, tools and experiences.

### Learning outcomes

By the end of the course students will:

- ▶ Be able to assess how assertive they are and to choose when to use assertiveness skills
- ▶ Understand the barriers to, and the benefits of, being assertive
- ▶ Have practised being assertive and saying no assertively

### Aimed at

Anyone who would like to be more assertive and who would like to aim for a win win outcome in their interactions with others when there is conflict.

### Dates and times

Tuesdays: 21 February and 28 February  
TimeL 10:30am – 1:00pm

### Venue

The Corner House, Southwick

### Trainers

Allison Anderson  
TBC

### Organisation

The Corner House

### Course code

WS01IA

# Case study

**I started Recovery College in Spring 2015. My first course was an Animation course. This was a big challenge for me, because I was not only forcing myself to face a social situation, but I also didn't consider myself very creative!**

I was supported and encouraged very well by the Recovery College staff and fellow students, and I managed to complete the course and make a metal sausage dog puppet called Petal. She was made out of scrap metal like soldering tin cans together. I was taught how to animate it and make a back drop and we used the story of the Wizard of Oz as a voice over with sounds effects of a thunderstorm. I felt very proud of what I had made and conquering my fears of socialising and being creative. At the end of the course the Recovery College staff and students organised a trip and it was during that time that I got to know one of the students from the course very well. We became firm friends and have continued to attend several other Recovery College courses – Happiness, Bipolar and Wellbeing in the Wild.

Wellbeing in the Wild was based at Friston Forest. We met with Recovery College staff and Sussex Wildlife Trust staff around campfire. We learnt to collect the right firewood for lighting the fire, using a firesteel. This meant we could make hot drinks, toast marshmallows, toast bread and even cook sausages over the fire. It was good for the soul to get away from it all for a few hours. It seemed like time stood still, as we laughed, chatted and worked as team together. We even got to rest in a hammock. Wonderful once you got past a few bumps trying to get in and out of it!

It has been a great help to experience the courses with my friend. We have off loaded to each other as well as supported and encouraged each other not to give up managing our mental health. We even had some

childish moments walking through the park to the Bipolar course. The play area was empty so I said "Let's get on the swings!" No one was looking so we were kids again enjoying the swings. That made us laugh.

Managing our mental health doesn't always have to be a struggle, when we can capture 'happy moments' like these.

**Tanya  
Student**



# Northern Campus

# Understanding Health Conditions

<b>Coping with Anxiety</b>	<b>34</b>
<b>Managing Depression</b>	<b>34</b>
<b>Coping with Anxiety</b>	<b>35</b>

These courses are open to students from all areas of West Sussex who meet the requirements to attend Sussex Recovery College, although people living in the Northern Campus area may be given priority. There are some courses that are aimed at specific groups of people, and for these, priority will be given to the students the course is aimed at.

If you have any questions about courses you would like to apply for, please call us or send us an email:

 **0300 303 8086**

 **[sussex.recoverycollege@nhs.net](mailto:sussex.recoverycollege@nhs.net)**

## Coping with Anxiety

This course is designed to help understand the way anxiety affects us physically and how it impacts on our thoughts, feelings and behaviours. The sessions will look at ways of challenging negative thoughts and exploring ways of working with anxiety behaviour. The course will also include some simple relaxation techniques and creativity.

### Learning outcomes

Students will:

- ▶ Gain an understanding of the ways anxiety affects us
- ▶ Learn how to challenge negative thoughts and cope with panic attacks
- ▶ Develop a personal wellbeing 'toolkit' to help manage anxiety

### Aimed at

People who have problems with anxiety, carers and staff.

### Dates and times

Fridays: 14 October, 21 October, 28 October,  
4 November, 11 November and 18 November  
Time: 10:30am – 12:30pm

### Venue

Crawley Library, Southgate Avenue, Crawley

### Trainers

Christine Saunders  
Paul Neale

### Organisation

Sussex Oakleaf  
Sussex Partnership NHS Foundation Trust

### Course code

WSNC01CA

## Managing Depression

This course is for people who are living with or affected by depression. It will look at common treatments such as Cognitive Behavioural Therapy and talking therapies as well as other coping strategies.

These will include self-help techniques, creativity, nutrition, sleep problems, relapse prevention and relationship issues.

### Learning outcomes

Students will:

- ▶ Feel more confident in setting personal goals to manage their depression and learn how sleep and nutrition affect depression
- ▶ Have a basic understanding of the types of therapies commonly available
- ▶ Be able to identify and access additional activities that may assist in their recovery

### Aimed at

People living with or affected by depression, carers and staff.

### Dates and times

Mondays: 17 October, 24 October, 31 October,  
7 November, 14 November, 21 November,  
28 November, 5 December  
Time: 1:30pm – 4:30pm

### Venue

The Yews, Haywards Heath

### Trainers

Alan Austen  
Vicky Clark

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WSNC01MD

**“It’s nice to know I’m not on my own, many others have similar problems and challenges.”**

### **Coping with Anxiety**

This course is designed to help understand the way anxiety affects us physically and how it impacts on our thoughts, feelings and behaviours. The sessions will look at ways of challenging negative thoughts and exploring ways of working with anxiety behaviour. The course will also include some simple relaxation techniques and creativity.

#### **Learning outcomes**

Students will:

- ▶ Gain an understanding of the ways anxiety affects us
- ▶ Learn how to challenge negative thoughts and cope with panic attacks
- ▶ Develop a personal wellbeing ‘toolkit’ to help manage anxiety

#### **Aimed at**

People who have problems with anxiety, carers and staff.

#### **Dates and times**

Fridays: 13 January, 20 January, 27 January,  
3 February, 10 February and 17 February  
Time: 10:30am – 12:30pm

#### **Venue**

Crawley Library, Southgate Avenue, Crawley

#### **Trainers**

Christine Saunders  
Paul Neale

#### **Organisation**

Sussex Oakleaf  
Sussex Partnership NHS Foundation Trust

#### **Course code**

WSNC02CA



**Help out at local sporting events such as marathans or cycle rides: be a marshal or hand out the medals!**

**Be physically active**

p11

**Sign up to a mentoring project – give time and support to someone who will benefit from it**

**Give to those around you** p11

# Wellbeing and Lifestyle

# Northern Campus

<b>Mental Health: Wellbeing &amp; Resilience Workshop for Young Adults</b>	<b>37</b>
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<b>Understanding and Building Self-Esteem</b>	<b>38</b>
<b>Coping Skills for Wellness and Recovery</b>	<b>39</b>
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<b>Self-Esteem and Positive Thought</b>	<b>41</b>
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<b>Care Planning for Recovery</b>	<b>44</b>
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These courses are open to students from all areas of West Sussex who meet the requirements to attend Sussex Recovery College, although people living in the Northern Campus area may be given priority. There are some courses that are aimed at specific groups of people, and for these, priority will be given to the students the course is aimed at.

If you have any questions about courses you would like to apply for, please call us or send us an email:

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 **[sussex.recoverycollege@nhs.net](mailto:sussex.recoverycollege@nhs.net)**



## Mental Health: Wellbeing & Resilience Workshop for Young Adults

This workshop is for 18- 25 year-olds and looks at the unique challenges and problems they confront as they move through this difficult transition phase of life. Evidence supports the view that the development of resilience as a life skill is an essential tool when it comes to surviving stressful events. Resilient people can rise above challenges and their personal circumstances to succeed, grow and thrive in any environment. The course aims to provide participants with essential knowledge to help them understand why resilience is so important and think about how they can develop and effectively use it in their own recovery journey.

### Learning outcomes

Students will:

- ▶ Understand what resilience is and how it links to our mental health and emotional wellbeing
- ▶ Appreciate how circumstances and life stress impacts resilience and learn techniques to improve emotional wellbeing and create a sense of self worth
- ▶ Identify areas in life where resilience is needed and develop a personal resilience plan to support them in making positive change

### Aimed at

This course is aimed at young adults (18-25 year olds) who have not yet had the opportunity to develop this valuable life skill and have problems with their mental health and emotional wellbeing.

### Dates and times

TBC – please contact us for the latest information

### Venue

TBC – please contact us for the latest information

### Trainers

Lisa Martucci  
Maria Eugenio

### Organisation

Sussex Oakleaf

### Course code

WSNC01MA

## Work for Wellbeing

This course will guide you through the practical knowledge of CVs, application forms and interviews: as well as how to keep well whilst looking for sustainable work. What kind of job would suit you best by looking at individual overall skills and knowledge. We will help build your confidence and in how to find meaningful work.

### Learning outcomes

Students will:

- ▶ Have a good understanding of the job searching process and be able to job search effectively
- ▶ Understand how to reduce stress in the workplace and what safeguards exist to help keep you well
- ▶ Understand the benefits of work and the wellbeing it can bring when found in the right way

### Aimed at

People who have experience of mental health challenges and feel they are at a disadvantage of gaining and/or sustaining employment.

### Dates and times

Mondays 14 November, 21 November, 28 November, 5 December, 12 December

Time: 1:00pm – 3:00pm

### Venue

Town Hall, Crawley

### Trainers

Paula Hemsley  
Louise Patmore

### Organisation

Southdown Housing Association  
Sussex Partnership NHS Foundation Trust

### Course code

WSNC01WW

## Understanding and Building Self-Esteem

This course will involve exploring what self-esteem is, where it comes from and what helps maintain positive or low self-esteem. We will explore various ways that we may be able to improve our self-esteem. The sessions will be a mixture of discussions, theory and practical exercises.

### Learning outcomes

Students will:

- ▶ Have an understanding of their own self-esteem and how this is maintained
- ▶ Learn ways to challenge unhelpful thoughts and behaviours
- ▶ Be able to identify at least three ways in which they can increase their confidence and self-esteem

### Aimed at

Anyone who feels their life has been restricted by having low self-esteem. This can include people with mental health challenges, carers and staff.

### Dates and times

Thursdays: 13 October, 20 October, 3 November, 10 November 17 November and 24 November  
Time: 10:30am – 12:30pm

### Venue

Crawley Library, Southgate Avenue, Crawley

### Trainers

Saff Brooker  
Jo Hill

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WSNC01BE

## Wellbeing in the Garden

Gardening has numerous health benefits, not least being great for your mental wellbeing. Developing a connection to local and global communities, feeling closer to nature, getting your hands dirty and watching things grow, are just a few of the ways gardening can make you feel good. Not only that, it has been researched and evidenced as one of the best ways to look after your mental health. This course combines gardening with resilience to develop students' ability to maintain their own mental wellbeing. There will be sessions on resilience, reflective practice, and of course lots of practical gardening skills and spending time in the fresh air.

### Learning outcomes

Students will:

- ▶ Develop practical gardening skills as well as life skills such as organisation and working in groups
- ▶ Learn protective coping strategies techniques to manage distress through engagement in gardening
- ▶ Engage in reflective practice as a group and individual self-reflection.

### Aimed at

People experiencing mental health related challenges, their relatives, carers and staff.

### Dates and times

Mondays: 10 October, 17 October, 24 October, 31 October, 7 November, 14 November and 21 November  
Time: 12:00pm to 3:00pm

### Venue

Tilgate Park, Tilgate Drive, Crawley  
(Meet at the covered area of the community café in the walled garden).

### Trainers

Louise Patmore

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WSN01WG

**“I have learned a lot and it was relaxing, which was good for my mental health.”**

## **Coping Skills for Wellness and Recovery**

This seven session course aims to help students to develop their ability to overcome their mental health challenges.

Students will explore a range of helpful coping skills and strategies promoting self-management and recovery.

### **Learning outcomes**

Students will:

- ▶ Learn at least 3 strategies to help recovery and wellbeing
- ▶ Develop personal life skills and employ at least 3 appropriate techniques to help manage unhelpful symptoms
- ▶ Learn to recognise ‘triggers’ and early warning signs, developing appropriate coping strategies

### **Aimed at**

This course could be useful to individuals in the early stages of recovery and to those seeking to refresh or reinforce their knowledge to help maintain wellbeing.

### **Dates and times**

Wednesdays: 12 October, 19 October, 26 October, 2 November, 9 November, 16 November and 23 November

Time: 1:30pm – 3:30pm

### **Venue**

Crawley Library, Southgate Avenue, Crawley

### **Trainers**

Jo Hobbs

Paul Neale

### **Organisation**

Sussex Partnership NHS Foundation Trust

### **Course code**

WSNC01CR



**Take time each day to be with your family or visit a friend who needs support and company**

**Connect with others**

p11

**Join an exercise or dance class, or shape up with a local running club - bring your friends along with you**

**Be physically active**

p11

## Building Resilience for Wellness and Recovery

This course introduces what resilience is and what it is not, drawing on resilience 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 successfully get through tough times. There will be opportunities to share resilience tips, tools and experiences.

### Learning outcomes

Students will:

- ▶ Increase their understanding of what resilience is and what it is not
- ▶ Identify and try out a number of resilient steps to help them cope with challenges in their lives
- ▶ Have created their own personal 'resilient toolkit' by the end of the course

### Aimed at

Adults with, or people supporting others with, moderate to severe mental health challenges who are facing tough times in their own lives.

### Dates and times

Thursdays: 13 October, 20 October, 27 October, 3 November, 10 November, 17 November, 24 November and 1 December  
Times: 10:30am – 12:30pm

### Venue

Crawley Library, Southgate Avenue, Crawley

### Trainers

Anna Kemp  
Paul Neale  
Josh Cameron

### Organisation

Sussex Partnership NHS Foundation Trust  
University of Brighton

### Course code

WSNC01BR

## Resolving the Red Mist – Managing your Anger

The course will be of particular interest to those who have found that their anger and related aggressive behaviour has caused them problems. By using motivational approaches we will look at various techniques and a range of skills to manage angry emotions better, including problem-solving and communication styles. The course is aimed at both men and women who may have experienced mental health difficulties. We acknowledge anger can lead to encounters with the criminal justice system and we welcome those who want to make positive changes.

### Learning outcomes

Students will:

- ▶ Learn about the triggers to their anger
- ▶ Learn about managing or changing their relationship with anger and aggression
- ▶ Consider the next step in recovery

### Aimed at

People with longstanding or moderate to severe mental health challenges.

### Dates and times

Mondays: 7 November, 14 November, 21 November, 28 November, 5 December and 12 December  
Time: 10:00am – 12:00pm

### Venue

Haywards Heath Town Hall

### Trainers

Paul Thompson  
TBC

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WSNC01RA

# “It has been beneficial and I learned a new skill to help with mental health.”

## Creativity for Wellbeing

Leisure activities are vital to wellbeing and here students will learn to use a variety of media and techniques to complete personal and group projects. You will learn to express your thoughts and feelings as you explore what your recovery means to you. No drawing or painting ability is required for this course.

### Learning outcomes

Students will:

- ▶ Understand the importance and benefits of creativity to the 5 ways to wellbeing
- ▶ Gain knowledge and experience with new techniques and media
- ▶ Create a portfolio of expressive works

### Aimed at

Anyone who has experience of moderate to severe mental health challenges, their carers and staff.

### Dates and times

Wednesdays: 12 October, 19 October, 26 October, 2 November, 9 November and 16 November  
Time: 10:30am – 1:00pm

### Venue

Springvale, 72-74 Moat Road, East Grinstead

### Trainers

Saff Brooker  
TBC

### Organisation

Sussex Partnership NHS Foundation Trust  
East Grinstead & District Association for Mental Health

### Course code

WSNC01CW

## Self-Esteem and Positive Thought

Join us as we take a look at the relationship between what we think of ourselves and how this impacts on how we feel about ourselves. Develop ways to move beyond the negative ideas which contribute to low self-esteem.

You will be involved in discussions where you will feel comfortable, given resources to use after the workshop, and learn skills for the future.

### Learning outcomes

Students will:

- ▶ Understand what self-esteem is and how to improve it
- ▶ Take a look at negative thoughts and how to challenge them
- ▶ Develop a toolbox of ways to increase self-esteem and have a more positive outlook

### Aimed at

Anyone who feels that how they think about themselves could improve.

### Dates and times

Tuesdays: 8 November, 15 November, 22 November and 29 November  
Time: 11:30am – 2:30pm

### Venue

Roffey Millennium Hall, Crawley Road, Horsham

### Trainers

Leanne Evans  
Stanford Chiripanyanga

### Organisation

Richmond Fellowship

### Course code

WSNC01ST

# Northern Campus

Visit our website  
[sussexrecoverycollege.org.uk](http://sussexrecoverycollege.org.uk)



## Building Resilience for Wellness and Recovery

This course introduces what resilience is and what it is not, drawing on resilience 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 successfully get through tough times. There will be opportunities to share resilience tips, tools and experiences.

### Learning outcomes

Students will:

- ▶ Increase their understanding of what resilience is and what it is not
- ▶ Identify and try out a number of resilient steps to help them cope with challenges in their lives
- ▶ Have created their own personal 'resilient toolkit' by the end of the course

### Aimed at

Adults with, or people supporting others with, moderate to severe mental health challenges who are facing tough times in their own lives.

### Dates and times

Thursdays: 12 January, 19 January, 26 January, 2 February, 9 February, 16 February, 23 February and 2 March

Times: 10:30am – 12:30pm

### Venue

Haywards Heath Town Council

### Trainers

Anna Kemp  
Paul Neale  
Josh Cameron

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WSNC02BR

Visit a gallery or museum  
and learn about a person  
or period in history  
that interests you

Continue to learn

p11

Switch off the TV and  
play a game with the  
children, or just talk

Connect with others

p11

# “I am more aware of my triggers relating to a downward spiral towards mental health/depression.”

## Coping Skills for Wellness and Recovery

This seven session course aims to help students to develop their ability to overcome their mental health challenges.

Students will explore a range of helpful coping skills and strategies promoting self-management and recovery.

### Learning outcomes

Students will:

- ▶ Learn at least three strategies to help recovery and wellbeing
- ▶ Develop personal life skills and employ at least three appropriate techniques to help manage unhelpful symptoms
- ▶ Learn to recognise ‘triggers’ and early warning signs, developing appropriate coping strategies

### Aimed at

Individuals in the early stages of recovery and those seeking to refresh or reinforce their knowledge to help maintain wellbeing.

### Dates and times

Wednesdays: 11 January, 18 January, 25 January, 1 February, 8 February, 15 February and 22 February  
Time: 1:30pm – 3:30pm

### Venue

Crawley Library, Southgate Avenue, Crawley

### Trainers

Paul Neale  
Jo Hobbs

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WSNC02CR

## Improving your Mood through Art

Engaging in creativity activity can lighten your mood, help express blocked feelings, and enable you to access a state of ‘creative flow’ which calms the mind and gives you time out from difficult thoughts and feelings. This 3 hour workshop over 6 weeks includes a series of fun exercises experimenting with different art techniques. All are welcome whatever level of experience or ability.

### Learning outcomes

Students will:

- ▶ Experiment with different art techniques (drawing, collage)
- ▶ Learn to look at things in a creative way
- ▶ Learn and practise different methods for expressing oneself

### Aimed at

This course is for anyone who would like to use creativity to improve their mood.

### Date and time

Mondays: 23 January, 30 January, 6 February, 13 February, 20 February and 27 February  
Time: 1:00pm – 4:00pm

### Venue

Crawley Library, Southgate Avenue, Crawley

### Trainers

Nadia Chalk  
Maria Kuipers

### Organisation

Creative Future

### Course code

WSNC02IA

## Care Planning for Recovery

This course will help you create a plan to organise your life in a way that will make it easier to overcome problems and see a way through the crisis more effectively. It is sensitive to your individual values and preferences. In the longer term, this method develops coping strategies that are solution focused and that allows for more effective decision making and control over mental health challenges.

### Learning outcomes

Students will:

- ▶ Understand what a personal support plan is and how useful it is to aid recovery
- ▶ Develop an approach to your personal support plan which helps you to be more solution-focused and generate more positive outcomes
- ▶ Be able to work more collaboratively with your lead practitioners by developing a pre-thought out plan which you all agree

### Aimed at

People with mental health challenges, their carers and staff.

### Dates and times

Thursday: 8 December

Time: 12:30pm – 3:00pm

### Venue

Town Hall, Crawley

### Trainers

Kate Bones

Louise Patmore

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WSNC01CR

## Understanding and Building Self-Esteem

This course will involve exploring what self-esteem is, where it comes from and what helps maintain positive or low self-esteem. We will explore various ways that we may be able to improve our self-esteem. The sessions will be a mixture of discussions, theory and practical exercises.

### Learning outcomes

Students will:

- ▶ Have an understanding of self-esteem and how this is maintained
- ▶ Learn ways to challenge unhelpful thoughts and behaviours
- ▶ Be able to identify at least three ways in which to increase confidence and self-esteem

### Aimed at

Anyone who feels their life has been restricted by having low self-esteem. This can include people with mental health challenges, carers and staff.

### Dates and times

Thursdays: 12 January, 19 January, 26 January,

2 February, 9 February and 23 February

Time: 10:30am – 1:00pm

### Venue

Town Hall, Haywards Heath

### Trainers

Saff Brooker

Jo Hill

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WSNC02BE

# “It was very well run, friendly and great fun.”

## Co-Production in Action

This course aims to give clinicians an understanding of the effectiveness and benefits of the recovery model with specific reference to theories surrounding co-production. Clinicians will learn how co-production can be used to best effect in delivering and facilitating courses. Common strategies and issues associated with co-production will be addressed, looking in detail for potential obstacles in planning and facilitation can be overcome.

### Learning outcomes

Students will:

- ▶ Know the history and philosophy of the recovery model and how it influences co-production
- ▶ Gain knowledge of the benefits of co-production for both clinician and peer trainer
- ▶ Apply skills learned to effectively plan and facilitate Recovery College courses

### Aimed at

Staff and those that need a deeper understanding of co-production in practice.

### Dates and times

Thursday: 9 February

Time: 10:00am – 12:00pm

### Venue

Langley Green Hospital, Crawley

### Trainers

Lucy Locks

Louise Patmore

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WSNC01CA

## Care Planning for Recovery

This course will help you create a plan to organise your life in a way that will make it easier to overcome problems and see a way through the crisis more effectively. It is sensitive to your individual values and preferences. In the longer term, this method develops coping strategies that are solution focused and that allows for more effective decision making and control over mental health challenges.

### Learning outcomes

Students will:

- ▶ Understand what a personal support plan is and how useful it is to aid recovery
- ▶ Develop an approach to your personal support plan which helps you to be more solution-focused and generate more positive outcomes
- ▶ Be able to work more collaboratively with your lead practitioners by developing a pre-thought out plan which you all agree

### Aimed at

People with mental health challenges, their carers and staff.

### Dates and times

Thursday: 23 February

Time: 12:30pm – 3:00pm

### Venue

Town Hall, Haywards Heath

### Trainers

Kate Bones

Louise Patmore

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code

WSNC02CR

# Northern Campus

Visit our website  
[sussexrecoverycollege.org.uk](http://sussexrecoverycollege.org.uk)



## Weight off Workshops

The course supports people to take responsibility for their weight and to make small changes to their lifestyle with the aim of long term sustainable change. It also considers the additional challenges for people who experience mental health problems or care for them and the role that medication can play in weight change.

### Learning outcomes

Students will:

- ▶ To understand the impact of lifestyle changes on weight management
- ▶ To understand the role of mental health medications in weight management and the potential link to diabetes
- ▶ To understand the principles of a balanced diet

### Aimed at

People (those with mental health problems, their carers and staff) who are above a healthy weight and who need to and want to lose weight.

### Dates and times

TBC – please contact us for the latest information

### Venue

TBC – please contact us for the latest information

### Trainers

Paul Neale  
TBC

### Organisation

Mid Sussex Wellbeing Service

### Course code:

WSNC01WW

**Don't feel you need to  
always be doing things -  
take the time to simply be**

**Be mindful**

p11

**Arrange a day out with  
a friend you haven't  
seen for a while**

**Connect with others**

p11

# “I felt more positive and hopeful.”

## Using Outdoor Activities for Recovery

This course will explore the use of outdoor activities to enhance and enable recovery from mental health problems alongside maintaining general health and wellbeing.

Using mountain biking and orienteering to bring together an experience of using outdoor skills and activities in a beautiful managed countryside setting to promote recovery.

**Please note:** Please dress appropriately for outdoor activities.

### Learning outcomes

Students will:

- ▶ Understand the connections between outdoor pursuits mental and physical wellbeing
- ▶ Be able to control and manage a mountain bike on an off-road setting
- ▶ Learn how to use a compass and map effectively to navigate a short orienteering course in a team

### Aimed at

People experiencing mental health challenges.

### Dates and times

Wednesday: 7 December

Time: 10:00am – 4:00pm (including transport from Lewes Railway Station)

### Venue

Plumpton College, Ditchling Road, Plumpton

### Trainers

Alex Hardman Outward bounds instructor  
Louise Patmore Senior Peer Trainer

### Organisation

Plumpton College  
Sussex Partnership NHS Foundation Trust

### Course code:

WSNC01UR

## An Introduction to Hoarding

This course aims to give students an understanding about what hoarding is and how it may develop. It will also look at the potential risks that hoarding can present to the person and those around them and the local multi-agency approaches to working with people who hoard.

### Learning outcomes

Students will:

- ▶ Be able to give a definition of hoarding and the general characteristics of hoarding
- ▶ Be able to recognise when someone has a problem with hoarding and the risks it can present
- ▶ Students will be aware of the multi-agency approach to hoarding in West Sussex

### Aimed at

People with mental health challenges, their carers and staff

### Dates and times

TBC – please contact us for the latest information

### Venue

Crawley Library, Southgate Avenue, Crawley

### Trainers

Annette Jones  
Lawrence Wintergold  
Alan Austen

### Organisation

Sussex Partnership NHS Foundation Trust

### Course code:

WSNC01IH

# Continuing your learning journey

Mental wellbeing means feeling good about yourself and the world around you, and being able to get on with life in the way you want to.

Many of us associate learning with childhood or our student days. As adults, it can seem as if we don't have time or the need to learn new things, but evidence shows continuing to learn throughout life can improve and maintain our mental wellbeing.

Learning boosts self-confidence and self-esteem, and it can help you to connect with others. Learning throughout life is associated with greater satisfaction and optimism, and an improved ability to get the most from life. It doesn't have to mean getting more qualifications. There are lots of different ways to bring learning into your life.

Whether you're a returning Sussex Recovery College student or considering registering with us for the first time we thought it might be helpful to provide you with information about the other learning opportunities there are near you.

## Aspire

 **0345 6 01 01 61**

 **enquiries@aspireSussex.org.uk**

 **www.aspiresussex.org.uk**

Aspire Sussex Limited is a charitable staff run social enterprise which leads in the planning, promotion and delivery of vibrant adult education across Sussex. As part of our role in supporting communities, developing skills, and helping students to learn, enjoy and achieve.

**Join a Mindfulness class in your local area: develop skills for stress-handling and self-observation**

**Be mindful**

**p11**

## Northbrook College

 **0845 155 60 60**

 **enquiries@nbcol.ac.uk**

 **www.northbrook.ac.uk**

Northbrook College is the principal provider of work-related further education in an area centred on the south coast town of Worthing. We are also the largest provider in West Sussex of undergraduate courses for the creative and cultural industries. Northbrook College is one of the largest educational establishments in Sussex, with approximately 8,000 full and part time students. Northbrook has two campuses in Worthing and Shoreham. The College offers a wide range of full and part time courses from basic skills to degrees. Qualifications include trade and professional qualifications as well as pre-university diplomas and university degrees.

## Central Sussex College

 **0845 155 0043**

 **info@centralsussex.ac.uk**

 **www.centralsussex.ac.uk**

Central Sussex College is committed to providing you with guidance and support to help you make the most of your potential and achieve your goals! We offer an exciting range of academic qualifications, vocational subjects and apprenticeships – based at excellent facilities in Crawley, Haywards Heath, East Grinstead and Horsham. We have something for everyone – so whether you are just leaving school and looking to study for a BTEC or A Levels, are looking to retrain and gain new skills or take your studies further with professional qualification or higher level training at our University Centre, Central Sussex College can cater for you.

# Frequently asked questions

## How do I book onto a course?

All courses for this term are advertised in this prospectus and on our website. You can either complete the registration form included in this prospectus and post it to us, or you can visit our website, download and complete the form then e-mail it to us.

## Can I be sent a copy of the prospectus?

Yes, if you call or e-mail us we can post or e-mail you a copy of our latest prospectus.

## Where can I find out more information about a course?

To find out more about a specific course either attend one of our open days or contact us directly and we will put you in-touch with a course trainer.

## When are the next open days?

We hold open days in each campus area at the beginning of every term – the dates, times and locations of our open days may vary, so for the details of your next open day either visit our website or contact us directly.

## When can I contact the Sussex Recovery College team?

You can contact us by phone Monday to Friday between the hours of 09:00 and 17:00 – our course sessions are normally held between the hours of 10:00 and 16:00 Monday to Friday.

**Involve friends, family and pets to make activities more fun: join a gym, go jogging, take the children swimming**

**Be physically active** p11

## Can I book onto courses being delivered in another area?

You can apply for courses in different parts of the county, but priority will be given to students living in the campus area of the course. This does not apply to the Brighton and Hove Recovery College – students living in East or West Sussex cannot access courses in Brighton and Hove.

## Are refreshments provided on courses?

There will be water to drink on your course – we are unable to provide any other refreshments.

## Do I have to pay to attend a course?

All of our courses are free to adults of all ages with mental health related challenges, their supporters (relatives or carers) the staff of Sussex Partnership NHS Foundation Trust and partner organisations

## Can I travel with a Buddy to and from a course by car?

A Buddy cannot drive a student to and from course or travel with you in your own car, but all of our Buddies are very happy to support you to be able to travel on public transport.

**We are always happy to hear from you so if you have a question that hasn't been answered here please contact us for more information.**

**Lend a hand to someone who needs help**

**Give to those around you** p11

# Student expectations



Our aim is to create a positive learning environment which inspires hope and empowers students to take control of their own recovery through learning. We ask that everyone attending the college:

- Behaves in a responsible manner that fosters mutual respect, dignity and understanding between all members of the college
- Respects the rights, life choices, beliefs and opinion of others and promotes freedom of speech
- Does not behave in any way that may be considered threatening or disruptive or that is likely to lead to physical or emotional harm to any students or staff
- To respect the wellbeing and property of the other members of the college, and report any health and safety concerns you may notice
- Refrains from the use of alcohol or un-prescribed medication or drugs before or during courses
- Does not behave in a way that prevents or disrupts learning or other activities

- Does not use violent, disorderly or offensive behaviour or language
- Does not discriminate or harass other students or staff
- Refrains from using mobile phones during the courses/workshops
- Attends courses/workshops and other arranged meetings punctually
- Takes responsibility for their own learning and comes to the courses/workshops equipped to participate
- Let us know how we can support their wellbeing whilst attending courses/workshops
- Let us know what may be preventing them from getting the most out of their learning experience
- Let us know as soon as possible if they are unable to attend a course, specific session or other arranged meeting. Note we may contact you if you have not attended an expected course or meeting and we have not heard from you. This enables us to offer the place to another student

We all have a responsibility to ensure that this code is respected and adhered to. Please approach a member of the college staff if you have any concerns. If we feel that you have breached this code of conduct, we will discuss this with you and try and find a way forward.

**Make the effort to call sometimes, instead of text messaging or e-mailing**

**Connect with others**

**p11**

# Student charter

In order to create a supportive environment conducive to learning we want to ensure we give you all 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.

The Sussex Recovery College pledges to:

- ▶ Deal with enquires promptly and courteously
- ▶ Provide information, guidance and advice on courses and programmes of study and support to access our courses
- ▶ Provide you with a warm and professional welcome at all times
- ▶ Ensure courses/workshops are of a high quality and promote recovery principles
- ▶ Offer advice and guidance on learning and study skills, and the use of learning resources
- ▶ Provide support, which will help you monitor and review your progress if you want to
- ▶ Devise well planned timetables that, where possible, will 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 and traditions
- ▶ Give you the opportunity to express your views and concerns of the college, and its services without fear of reprimand

We ask students to:

- ▶ Provide us with the accurate information that we need to register you
- ▶ Attend requested Individual Learning Plan (ILP) sessions in good time
- ▶ Make a commitment to attend the sessions you have signed up for
- ▶ Make the most of your student experience and your course/workshop
- ▶ Be considerate and respectful of all students, college staff and others working on a college site
- ▶ Use appropriate channels for complaints or raising concerns
- ▶ Agree to adhere to the Code of Conduct and comply with the college's policies and procedures
- ▶ Ask us for any clarification if you are not sure about anything



# Partner organisations

Sussex Partnership   
NHS Foundation Trust

**Sussex Partnership NHS  
Foundation Trust**

 **0300 5000101**  
(Mental Healthline)

 **[www.sussexpartnership.nhs.uk](http://www.sussexpartnership.nhs.uk)**

Sussex Partnership NHS Foundation Trust is 5,000 passionate and dedicated clinicians and support staff, working hand in hand with partners in the community to care for and support vulnerable people. Together, staff provide mental health learning disability, substance misuse and prison healthcare throughout Sussex, along with a range of specialist services across the South East of England and beyond.



**Plumpton College**

**Plumpton College**

 **01273 890454**

 **[www.plumptoncollege.ac.uk](http://www.plumptoncollege.ac.uk)**

The college specialises in providing a wide range of land-based courses in partnership with schools, for those in further education and for those in higher education. The college degree courses are provided in association with the University of Brighton.



**United Response**

 **020 8246 5200**

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

Founded in 1973 with just one service in West Sussex, we now support around 2000 people, work in over 300 locations across England and Wales and employ over 3500 staff. Our mission is to ensure that individuals with learning disabilities, mental or physical support needs have the opportunity to live their lives to the full. As well as providing support, we run campaigns on the latest social care issues, organise fundraising schemes and events, and provide guidance and information via our website, as well as through various publications. United Response is a charity registered with the Charity Commissioners No. 265249. A company limited by guarantee, registered in England No. 1133776.



**Coastal West Sussex Mind**

 **01903 277000**

 **[www.coastalwestsussexmind.org](http://www.coastalwestsussexmind.org)**

Coastal West Sussex Mind aims to promote mental health and wellbeing throughout Shoreham, Worthing, Littlehampton, Bognor Regis Chichester, Midhurst and surrounding areas. Its mission is to provide high quality mental health services that support people in their recovery journeys.

 **Southdown** Making Life Work

**Southdown**

 **01273 749500**

 **[www.southdownhousing.org](http://www.southdownhousing.org)**

Southdown Recovery Services provide personalised support to people with mental health needs, working to maximise hope, independence and resilience to enable better management of mental health and achievement of personal goals. Services are based on the Recovery Model for mental health. The concept of recovery is about people staying in control of their life despite their mental health issues.



**Corner House**

 **01273 871575**

 **[www.corner-house.org.uk](http://www.corner-house.org.uk)**

At the Corner House we offer support and advice to people, between the ages of 18 – 65, who have mental health difficulties. We are an activity based resource centre in Southwick where you can self-refer, or be referred by your mental health worker, for support, information, groups and courses or to just drop in. We are open six days a week and aim to encourage people to optimise their potential, and engender a sense of well-being through engaging in creative and vocational pursuits.

# Partner organisations



## Richmond Fellowship

☎ 01403 241866 or 01243 780420

🌐 [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

Its focus is on providing high quality services to the 9,000 people it supports each year. Richmond Fellowship has pioneered and practiced its belief in social inclusion and recovery for more than 50 years, and is now one of the biggest voluntary sector providers of mental health care in England.



## Creative Future

☎ 01273 234780

🌐 [www.creativefuture.org.uk](http://www.creativefuture.org.uk)

Creative Future provide training, mentoring and the chance to publish or exhibit to talented people who lack opportunities due to mental health issues, disability, health and social circumstances. They run two national showcase events for marginalised artists and writers:

Tight Modern

[www.tightmodern.org.uk](http://www.tightmodern.org.uk)

Creative Future Literary Awards

[www.cfliteraryawards.org.uk](http://www.cfliteraryawards.org.uk)



## Mid Sussex Wellbeing

☎ 01444 477191

🌐 [midsussex.westsussexwellbeing.org.uk](http://midsussex.westsussexwellbeing.org.uk)

Mid Sussex Wellbeing is a friendly and impartial service which comes from your local authority and other partners, the majority of our services are completely free to users. As well as using this new website, you can find out more about local activities and support services by talking to our friendly Wellbeing Advisors over the phone or in person.



## University of Brighton

### University of Brighton

☎ 01273 600900

🌐 [brighton.ac.uk](http://brighton.ac.uk)

With 21,600 students studying across five campuses in Brighton, Eastbourne and Hastings, the university community demonstrates civic responsibility across the south coast and beyond. We are defined by a commitment to social relevance, steering our curriculum and research projects away from the ivory tower and towards the fulfilment of public good as a trusted partner.



## East Grinstead & District Association for Mental Health

✉ [info@egmha.org.uk](mailto:info@egmha.org.uk)

🌐 [egmha.org.uk](http://egmha.org.uk)

The East Grinstead & District Association for Mental Health is a small charity based in East Grinstead. We are a committee of dedicated volunteers, including carers, people with mental health concerns and professionals. The committee organise fund raising events and allocate resources to groups and individuals needing assistance. We currently run three weekly groups: a sports group, a creative expressions art group and a conservation group. We also support and help other groups run by Sussex Oakleaf.

**Enrol on a course  
in the evening  
and gain a useful  
qualification:  
learn a new  
language or  
practical skill**

**Connect to  
learn**

p11

# Addresses of venues

## Coastal Campus

### Adult Education Centre (Aspire)

 0345 6010161

Westloates Lane  
Bognor Regis  
PO21 5LH

### Chapel Street Clinic

 01243 623300

Chapel Street  
Chichester  
PO19 1BX

### Coastal West Sussex Mind

 01903 721893

23 Maltravers Drive  
Littlehampton  
BN17 5EY

### Richmond Fellowship

 01243 780420

Forum House  
Stirling Road  
Chichester  
PO19 7DN

### Heene Community Centre

 01903 209997

122 Heene Road  
Worthing  
BN11 4PL

### Dove Lodge

 01903 719451

Beach Road  
Littlehampton  
BN17 5JG

### Durrington Community Centre

 01903 268287

2 Romany Road  
Worthing  
BN13 3ED

### Southwick Community Centre

 01273 592819

24 Southwick Street  
Southwick  
BN42 4TE

### The Corner House

 01273 871575

45 Southwick Street  
Southwick  
BN42 4TH

### The Welcome Woodland Garden

Maybridge Keystone Centre  
Raleigh Way  
BN12 6JD

### United Response

 01903 732736

The Studio  
Fort Road East  
Wick  
Littlehampton  
BN17 7QZ

### Worthing Town Hall

 01903 239999

Chapel Road  
Worthing  
BN11 1HA

### Worthing Library

 01903 704809

Richmond Road  
Worthing  
BN11 1HD

### Homefield Park

 01903 221067

Newlands Road  
Worthing  
BN11 1LB

### Bognor Library

 01243 382470

London Road  
Bognor Regis  
PO21 1DE

### South Downs Centre

 01730 819205

North Street  
Midhurst  
GU29 9DH

**Take notice of  
your thoughts,  
feelings, body  
sensations  
and the sights  
and sounds  
of the world  
around you**

**Be mindful** p11

# Addresses of venues

## Northern Campus

### Richmond Fellowship

☎ 01403 750786

Roffey Millenium Hall  
Crawley Road  
Horsham  
RH12 4DT

### Crawley Library

☎ 01293 651751

Southgate Avenue  
Crawley  
RH10 6HG

### Haywards Heath Town Hall

☎ 01444 455694

40 Boltro Road  
Haywards Heath  
RH16 1BA

### Springvale

☎ 01342 326928

72-74 Moat Road  
East Grinstead  
RH19 3LH

### Crawley Civic Hall

☎ 01293 438000

The Boulevard  
Crawley  
RH10 1UZ

### Plumpton Agricultural College

☎ 01273 890454

Ditchling Road  
Lewes  
BN7 3AE

### Tilgate Park

☎ 01293 521168

Crawley  
RH10 5PQ

### Langley Green Hospital

☎ 01293 590400

Martyrs Avenue  
Crawley

### The Yews

55 Boltro Road  
Haywards Heath  
RH16 1BJ



For information on how to get to and from a course or event venue using public transport we suggest you use one of the following services:

### West Sussex County Council Community Transport Providers

[www.westsussex.gov.uk/roads-andtravel/travel-and-public-transport/community-transport](http://www.westsussex.gov.uk/roads-andtravel/travel-and-public-transport/community-transport)

☎ 01243 777100

### Travel Line

[www.traveline.info](http://www.traveline.info)

☎ 0871 200 2233

(Calls from BT landlines cost 10p per minute plus local network rates – depending on your network provider calls from mobiles may cost more)