

We've moved!
Find out more
inside...



BRIGHTON & HOVE RECOVERY COLLEGE

ANNUAL PROSPECTUS 2025

OFFERING EDUCATION AS A ROUTE TO RECOVERY
FROM MENTAL HEALTH CHALLENGES

Southdown

NHS
Sussex Partnership
NHS Foundation Trust



Welcome

Hello and welcome to the Brighton & Hove Recovery College 2025 Annual Prospectus.

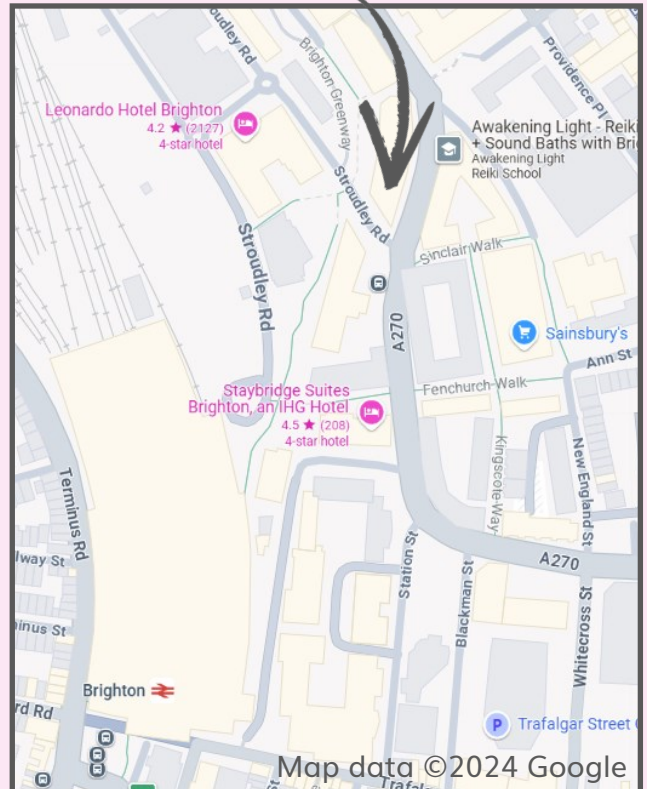
I am Steph and I'm thrilled to present this year's welcome message and share some exciting updates for 2025. Some of you may already know me, while others may not, so I'd like to take this opportunity to introduce myself and my role as the new Recovery College Team Manager.

I have been with Southdown for two years, working in another mental health support service. When the Recovery College Team Manager role became available, I knew it was a perfect fit. The Recovery College's principles of co-production and partnership align deeply with my values. Combining my management experience across various sectors, my background in mental health support, and my lived experience of recovery, I aim to lead the college as a compassionate, supportive, and joyful place for both staff and students. Over the coming year, I'm excited to work alongside the team to develop engaging and impactful workshops and courses.



A Fresh Start in a New Home

2025 marks a significant year for the Recovery College - **we are moving!** For many years, we've been based at Frederick Place, but this spring term, we'll be welcoming you to our new home at Isetta Square, 35 New England Street, Brighton, BN1 4GQ.



Our new location offers a fresh and flexible space for learning, and I'm genuinely excited to welcome you there. This move represents a new chapter for the college, and we can't wait to explore its possibilities with you.

A Rich Variety of Courses and Workshops

This year, we are delighted to offer a mix of well-loved and new courses, all co-produced and co-delivered by our incredible peer tutors, trained in the principles of co-production and partnership. Some of our established favourites, such as Introduction to Mindfulness, Building Confidence (online), and Understanding Autism will return. In addition, we'll be introducing exciting new offerings such as Exploring Clay and Mindful Drawing. Our courses and workshops cover a broad range of holistic, clinical, non-clinical and creative topics to ensure variety and choice in supporting your recovery journey.

Strengthening Partnerships

We're proud to continue our partnership with Sussex Partnership NHS Foundation Trust (SPFT), whose clinicians bring invaluable expertise to the college. Their support is especially appreciated during these challenging times when mental health services are in such high demand. Alongside SPFT, the Recovery College is part of UOK Brighton & Hove, a network of providers offering diverse community mental health services across the city (see page 43 for more details).

Together, we're committed to providing a space of hope, aspiration, and diversity that supports the local community.



Looking Ahead to 2025

I am so proud to lead the Recovery College and work with an outstanding team dedicated to delivering recovery-focused learning. Whether you're a new or returning student, I'm looking forward to supporting you on your journey in 2025.

Your feedback is invaluable in helping us understand the community's needs, refine our workshops, and shape the college's future. Please don't hesitate to share your thoughts with us.

Thank you for your interest in Brighton & Hove Recovery College. Here's to an exciting and inspiring year ahead!

Warm regards,

Steph Whitehead
Recovery College Team Manager

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Hannah's story

When I started with the Recovery College, in February 2024, I had been street homeless, and I had fled domestic violence in another city before moving to Brighton. Fleeing domestic violence and being street homeless meant I had to leave my job as I had no where to live. I did not feel safe and secure, my mental health was breaking down, and it prevented me from getting the help I really needed. This led to me being sectioned.

After I was discharged I came to Brighton to stay with family to begin my recovery journey. Once in Brighton I began to receive support from the Home Care Mental Health Team who signposted me to the Brighton & Hove Recovery College. It was also around this time that I received the correct diagnosis for my Neurodiversity condition which supported me through my recovery journey.

I started the Autism & Employment Course that was delivered by Alice & Fiona in Feb 2023. I had a Buddy and from that experience I also wanted to volunteer to be a Buddy myself. Moose, the Client Involvement Lead, led me through the process, and I have now been buddying since May 2024 as well as completing other courses throughout the year at the Brighton & Hove Recovery College.

“
I feel like I am actually happy and not pretending to be anymore, I am hopeful for my future and I am proud of my journey and my recovery.”

Since joining the Brighton & Hove Recovery College I have had my diagnosis sorted out and that has enabled me to learn more about myself. I am living independently in my own flat without any support. I have made friends and I have more confidence and self-esteem. I feel happier and more connected to my community.

I have set up a craft group for women in Brighton, I am still volunteering at the Recovery College, and I am learning to drive. I am also an Expert by Experience for the NHS.

I feel like I am actually happy and not pretending to be anymore. I am hopeful for my future and I am proud of my journey and my recovery.

Hannah,
Student and Buddy



Meet the College team



Hi, I'm Steph the new Recovery College Team Manager. The Recovery College is already a fantastic service, but I am excited about the opportunity to enhance its offer, develop new partnerships, and foster greater innovation. My vision is to build on the College's strong foundation, ensuring we deliver an excellent, diverse, and inclusive service that empowers even more members of our community.

Hi, I'm Paul. As Service Manager I oversee Southdown's Employment & Learning Teams in Brighton & Hove. I'm responsible for the College's Quality Assurance Process and will be going into classrooms to observe our classes. The purpose of observations is to improve the overall quality of the Recovery College by developing the skills of our Peer Trainers in order to provide our students with the best possible learning experience.



Hi, I'm Beki. As Administrator I work with Steph to schedule all the courses and workshops for the College and act as first point of contact for students, via phone, email. We manage the enrolment process from registration to course allocation, trying to ensure places are fairly allocated. I support the Peer Tutors in the running of classes and admin requirements and I'm here to assist and signpost, to ensure that your time at the College runs smoothly. If you have any qualms or queries I hope to be able to answer them for you.

Hi, I'm Moose, your new Volunteer and Student Involvement Lead. I initially attended as a student and then worked as a volunteer Buddy before co-developing and running courses and workshops which I am currently still doing. My role is coordinating the Buddy project and working alongside students ensuring their voice is heard in the development of the Recovery College. **You can read my story on page 11.**



Hi, I'm Sarah. I have been a Peer Tutor, since November 2016. I have lived experience of anxiety, depression, obsessive compulsive disorder, hoarding disorder, as well as recovery from substance misuse. I've run courses on Anxiety, Depression, Sleep, Social Isolation, Managing Overwhelming Emotions, and during the pandemic began some new courses such as Dealing with Grief and Loss, Improv/Drama, and Script Reading. I love group work and find it so empowering.

...and Peer Tutors



Hi, I'm Kate. I'm a Peer Tutor and I've been with the College since 2016. During this time I have, written, co-produced and delivered a large variety of courses and workshops both online and face-to-face. I love the opportunity to work with fellow Peer Trainers and Tutors, students and Clinicians alike. I love coming up with ideas which I feel will help others on their mental health recovery and greatly enjoy the opportunity to work with students and witness the progress and positive changes they can make to their own lives, by engaging with what the College has to offer. To me, as a peer, I believe we are all on a shared journey and each of us in the classroom has as much to give as we have to learn.

Hi, I'm Peter. I have been working at Recovery College for several years, initially as part of my own recovery journey. Along the way I have been fortunate to have met many amazing students and colleagues all working towards improved personal wellbeing. As a Peer Tutor I am the teacher part, and the lived experience part in the co-design and co-delivery of courses. I enjoy sessions that help students develop their own unique 'tool kits' of recovery. I love the shared humanity, empathy and understanding these courses allow for. I am currently involved with Managing Depression, Understanding Psychosis, Introduction to Mindfulness, Tree of Life and Introduction to Self-Compassion.



Hi, I'm Vicky. I have been with The Recovery College since 2014 as a Peer Trainer and Peer Tutor. I have 20 years experience of managing my own mental health difficulties. I also manage a chronic pain and fatigue condition. I have co-written and co-facilitated many courses over the years including; Managing Overwhelming Emotions, Managing Anxiety, Relaxation, Emotional Regulation, and Living With Suicidal Thoughts. I have also worked closely with other agencies to co-produce courses such as Creativity and Self Care for Carers with Brighton and Hove Carers Centre. I really enjoy being able to assist others along their recovery journey and teaching useful coping skills.

Hi, I'm Alice, I have been working at the college as a Peer Tutor since 2023, and before that I was a student at the College. I have lived experience of autism, chronic health conditions, and mental health challenges. I love being able to help students take charge of their own mental health recovery journeys and work towards whatever 'recovery' means for them. I currently co-facilitate the Autism and Employment, Spending time in Nature, Living Well with Long Term Health Conditions, Writing for Wellness, and Mindful Drawing courses, as well as the Understanding Autism, Exploring Poetry, Exploring Clay workshops.



What is a Recovery College?

Overview

A Recovery College offers educational & creative courses that promote good mental health and wellbeing. With a focus on recovery, courses and workshops are designed to increase your knowledge and skills and help you manage your symptoms and become an expert in your own recovery and self-care.

If you are a carer for someone with mental health challenges, attending the College can help you to support the person for whom you care while also making connections to support you as a carer.

Using an educational approach the College helps students to make use of and realise their talents and resources, whilst looking to the future and goal setting. Through learning together, students are able to make new connections, discover more about recovery pathways and continue on their recovery journey.

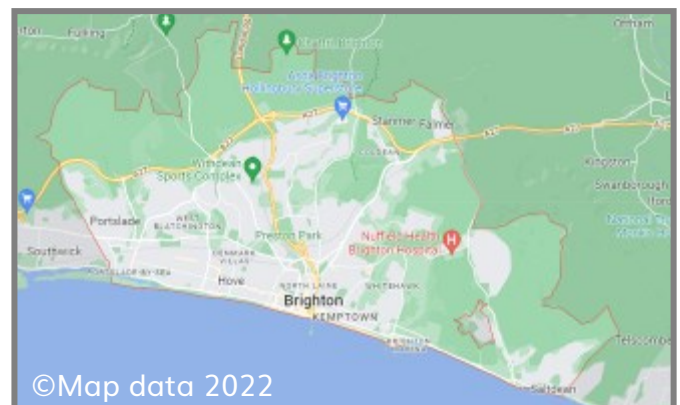
Each course and workshop is co-produced and co-delivered by tutors with learned and lived experience. Co-production is the meeting of two experts, a clinician or professional (learned experience) and a Peer Tutor (lived experience) each with valuable contributions to make.

Who can attend?

All of our courses and workshops are suitable for people aged 18 and over with lived experience of mental health challenges, as well as carers, professionals and staff.

If you are a mental health professional, the courses on offer at The Recovery College are especially relevant. We encourage all staff working within mental health services to enrol or to find out more about the College, as a means of supporting their clients and patients.

You need to either live in Brighton or the surrounding area and/or have a GP in this area. Our catchment area runs from Portslade in the west, to Saltdean in the east, as shown by the red outline on the map below:



Sussex Recovery College

If you live outside of the Brighton area please contact Sussex Recovery College:

www.sussexrecoverycollege.org.uk

Paul's story

“

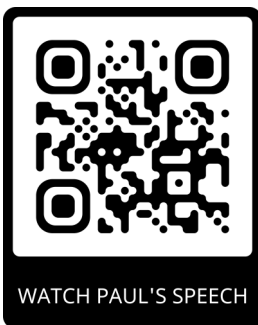
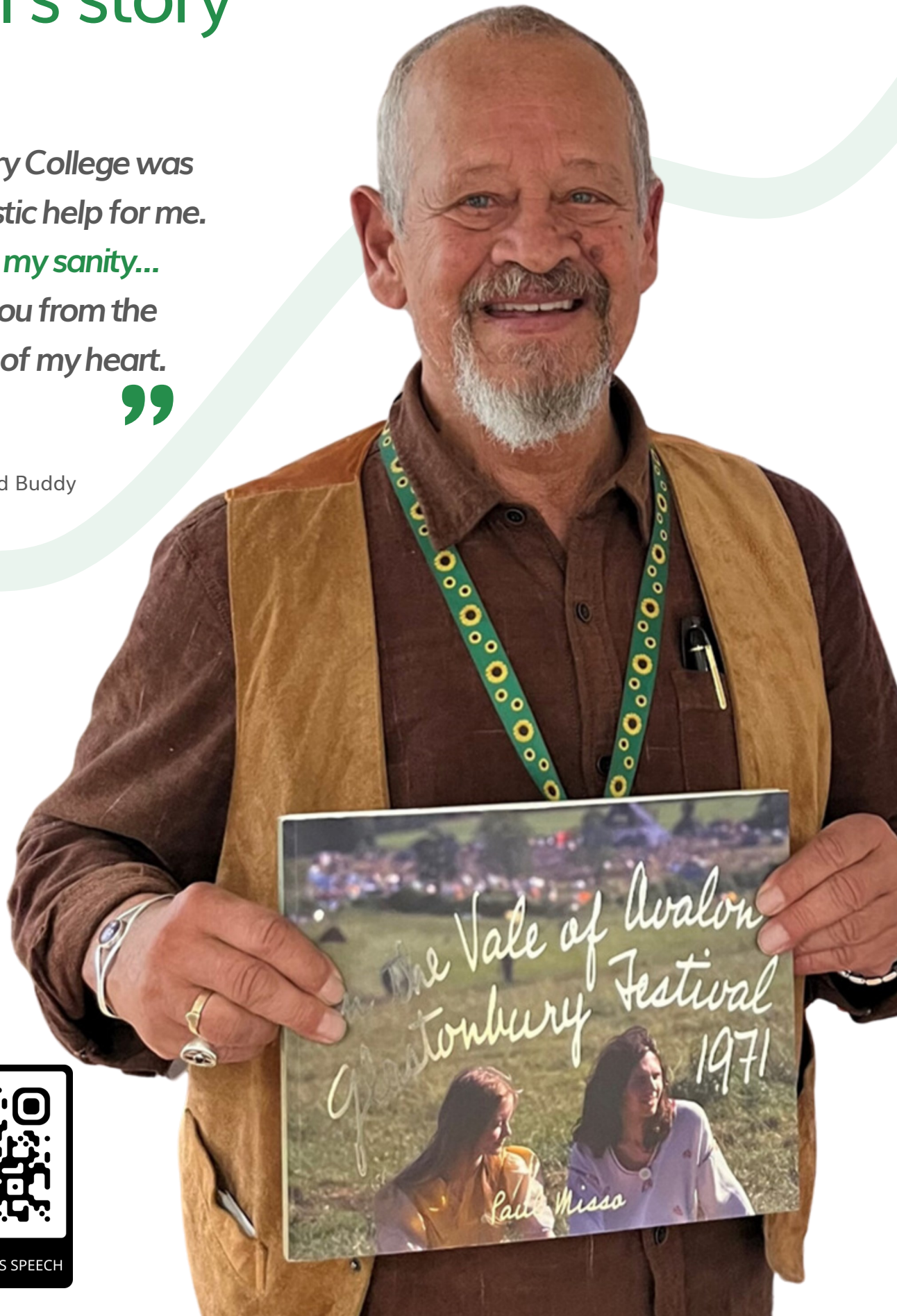
*Recovery College was
a fantastic help for me.*

It saved my sanity...

*Thank you from the
bottom of my heart.*

”

Paul,
Student and Buddy



WATCH PAUL'S SPEECH

Scan the QR code to watch Paul's speech or go to: <https://youtu.be/uc0OgzkjBms>

Supporting you to attend

Open Days

Open Days will be held at the Brighthelm Centre in Brighton before the start of each term.

They give you the opportunity to talk to trainers and students about the College as well as register your interest for courses and workshops.

There are also Buddies (people with experience of mental health challenges) on hand to provide support as needed.



The event is on a drop-in basis so you can come along at any time that suits.

Welcome Sessions

If you are a new student, apprehensive about attending the College, or would like to find out more about becoming a student and attending the college, we offer 'Welcome Sessions' each term as an opportunity to visit the college before your course or workshop begins.

These face to face sessions provide an informal opportunity to meet with Recovery College staff, have a coffee and a chat, ask any questions you might have, raise any concerns, and familiarise yourself with the College and the classrooms.

If you would like to attend a Welcome Session please indicate your preferred choice of date on your enrolment form and we will contact you with further details.

Welcome Sessions do not count towards your choice of three courses/workshops.

Dates for your diary

Spring term, 2025

Open Day: Friday 17th January, 11am - 3pm

Term: Monday 3rd February - Friday 11th April

Summer term, 2025

Open Day: Wednesday 30th April, 11am - 3pm

Term: Monday 26th May - Friday 1st August

Autumn term, 2025

Open Day: Wednesday 3rd September, 11am - 3pm

Term: Monday 29th September - Friday 5th December

Open Days will be held at the Brighthelm Centre, North Road, BN1 1YD

Buddy Service

The Recovery College offers a Buddy Service for students who request extra support. Our trained Buddies support students to attend face-to-face courses and can also support online courses (outside of the sessions), enabling students to overcome barriers and improve their confidence and self-esteem.

Buddies can arrange to speak with students pre and post online sessions, to:

- ✓ Practice how to access the online sessions
- ✓ Engage with online activities
- ✓ Practice how to engage with fellow students during the online sessions

We do our best to match every student who requests Buddy support, but it is dependent on demand.

A note from Moose Azim, your Volunteer and Student Involvement Lead.

The Buddy Project is a fantastic scheme which offers either one-to-one support or classroom assistance to help students meet their goals. This may include advice on filling out paperwork, being met at the college door or simply hearing words of encouragement. Moral support is so important and brings out the best in people.

Buddies are usually ex or current students who have lived experience of mental health challenges. They will receive ongoing training, a DBS check and one-to-one supervision to support them in their valued role. Buddies set their own availability and all expenses such as bus fares are covered. Doing this work can be a stepping stone to further ambitions.

I personally found the training really useful in my general life, and when I was a Buddy, I found it so rewarding to witness people flourish and achieve things they never thought they would.

If you are a new or existing student requesting a Buddy, please mention it on your application form and if you are interested in volunteering with Recovery College, please let me know by email.

The Buddy Project is constantly developing and changing depending on who is involved. My hope is that you will come to me with ideas of ways to improve the student experience and the Buddy Project. Your feedback about what works and what doesn't is also very welcome, I am here to facilitate change with you.



Contact Moose by email: moose.azim@southdown.org **or call:** 07356 132311

Online learning at the College

Giving you flexibility

At Brighton & Hove Recovery College, we understand that not everyone can attend in-person courses and workshops. Whether it's due to physical health, caregiving responsibilities, or other personal challenges, our online courses are designed to ensure that learning, growth, and connection remain accessible to everyone in our community.

Using a simple and secure Microsoft Teams link, we bring our Recovery College directly to you, wherever you are. Our online courses and workshops are hosted by two skilled and compassionate Peer Tutors who are experts in both online and in-person teaching. While these sessions are held virtually, they are designed to replicate the engaging and interactive experience of a face-to-face class.

One important note: to create a supportive and inclusive environment, we ask all attendees to keep their video cameras on during sessions. This helps foster a sense of presence and connection, even from a distance.

What we offer online

Online courses are as valuable and thoughtfully designed as our in-person sessions, making them an excellent option for anyone looking to begin or continue their recovery journey from the comfort of home. Look out for the below icon above the titles throughout the Courses and Workshops sections of the prospectus to see if it is available online.



Benefits of online learning

- ✓ **Accessibility**
Whether you're managing physical health conditions, have mobility challenges, or face other barriers to travel, our online courses bring learning to your doorstep.
- ✓ **Flexibility**
Attend courses in a space that feels safe and comfortable, allowing you to focus entirely on your recovery and growth.
- ✓ **Connection from Anywhere**
Our online classes foster a sense of belonging and community, even when participants are physically apart. Peer tutors facilitate open dialogue and interactive activities to ensure everyone feels included and supported.
- ✓ **Privacy and Convenience**
Learning from home provides an opportunity to engage in recovery-focused education without the logistical demands of commuting.

Guidelines for Online Learning

While online learning offers many benefits, it is important to follow these guidelines to ensure a smooth and respectful experience for everyone:

- ✓ Ensure that video sharing is switched on so that Peer Tutors and trainers can see who they are teaching at all times. Being able to see each other helps with communication and creating a sense of trust between group members. Anyone without a camera on will be removed from the learning platform.
- ✓ Before joining a session, please find a quiet, private space where you will have no interruptions from others for the duration of the session. This is important for the confidentiality of everyone in the group and to minimize distractions.
- ✓ If using a computer in a public space, such as a library, please ensure that no one else is able to see your screen, including people who might walk behind you.
- ✓ Please do not have other people on screen, including children or pets, as this can be distracting to other students.
- ✓ Consider how you might handle unexpected interruptions, such as the doorbell ringing or phone calls.
- ✓ Find as plain and neutral a background as possible. Check that you have no personal items on show (e.g. photos) or any items that might identify others or your location.
- ✓ Ensure that you are appropriately dressed and that there are no offensive items or logos in the background.
- ✓ Do not share course/workshop joining instructions with anyone else or post them online.
- ✓ Only students who are enrolled in a particular course or workshop and have been sent the joining instructions may attend. This increases internet safety and avoids disruption.
- ✓ Do not use any recording equipment to take photos, videos, or voice notes of any part of the session.
- ✓ Arrive punctually to sessions. Please log-in five minutes before sessions are due to start so that the tutors can see you are there.
- ✓ Respect other students' online privacy.
- ✓ Use an appropriate profile name.

Join us online...

We are committed to reaching out and supporting every member of our community, no matter where they are. Our online courses and workshops embody the principles of co-production and partnership, ensuring that every session is enriching, interactive, and tailored to your recovery needs. If you're ready to take that next step in your journey, we invite you to join our virtual classroom - where connection and recovery meet.

Enrolment and allocation

How to enrol:

Step 1 - Complete your enrolment form

You can complete this either by:

- ✓ Completing and submitting the enrolment form online via the link on our webpage
- ✓ Downloading the enrolment form in Microsoft Word and completing it electronically or printing and writing on it

Go to: www.southdown.org/recovery-college-brighton-hove

Step 2 - Send us your enrolment form

- ✓ If you completed the online enrolment form, we will receive this automatically; you have no further action to take
- ✓ If you downloaded the Microsoft Word enrolment form, please return this to us by email at: recoverycollege@southdown.org or post it to: Brighton and Hove Recovery College, Southdown, Isetta Square, 35 New England Street, Brighton, BN1 4GQ.

What happens next?

We do our best to match as many of your choices as possible and we aim to offer all applicants at least one course or workshop. However, you may be placed on our waiting list for our most popular courses which are often oversubscribed.

If you have provided an email address on your enrolment form, we will email you to let you know once the enrolment window has closed and places have been allocated. This is usually the week before term starts. If we do not have an email address for you we will send you this information by post. We will also send you a reminder text message a few days before the course or workshop you are due to attend.

We prioritise students who are new to the Recovery College and who haven't done a course with us before. Following that we will allocate returning students who did not get a space on their chosen courses or workshops in previous terms.

We endeavour to offer every student at least one place on their chosen courses or workshop(s). Places are only allocated on courses and workshops after the enrolment window has closed, it is not a first come first served allocation process.

A request from us...

Most of our courses and workshops have waiting lists. If you are unable to attend, please contact us by phone or email so that we can offer your space to another student.

Tel: 01273 749500 | Email: recoverycollege@southdown.org

Courses and workshops at a glance

Courses

Mental Health & Self-Management - pg.16-19

- Anxiety Management
- Building Confidence
- Emotional Regulation
- Introduction to Complex Emotional & Relational Needs (EUPD/EID)
- Living Well with Long-Term Physical Health Conditions
- Living with Bipolar
- Living with Grief & Loss
- Managing Depression
- Mindfulness-Based Cognitive Therapy
- Understanding & Living with Obsessive Compulsive Disorder (OCD)
- Understanding Autism
- Understanding Psychosis

Health & Wellbeing - pg.20-21

- Developing Self-Esteem
- Exploring Relaxation
- Sleep Management
- Understanding and Coping with the Menopause

Developing Life Skills - pg.22-23

- Autism & Employment
- Introduction to Mindfulness
- Introduction to Self-Compassion
- Money Matters

Creative & Discovery - pg.24-26

- Art & Craft
- Creativity & Self-Care for Carers
- Drama Games, Creativity & Play
- Mindful Drawing
- Mindful Photography
- Spending Time in Nature
- Writing for Wellness

Workshops

Mental Health & Self-Management - pg.28-29

- Mental Health & Gambling Awareness
- Self Care: Why is it Important & How Do We Make it Happen?
- Understanding & Managing Hoarding
- Understanding & Managing Seasonal Affective Disorder (SAD)
- Understanding Autism

Health & Wellbeing - pg.30-31

- Calming & Energizing Sensory Strategies
- Health Reset
- Surviving Christmas
- Understanding and Coping with the Menopause

Developing Life Skills - pg.32

- Wellbeing for Work - Workshop One
- Wellbeing for Work - Workshop Two

Creative & Discovery - pg. 33-36

- Art & Collage
- Art & Colour
- Art & Drawing
- Chanting & Drumming for Recovery
- Drama Games for Confidence
- Exploring Clay
- Exploring Poetry
- Mindful Photography
- Script Reading

Starting your Recovery Journey - pg.37-38

- Navigating Mental Health Support Services
- Research & Recovery
- Tree of Life
- What Does Recovery Mean to You?
- What's holding you back and how can you find your purpose?

Please note: When registering for a course, you must be able to attend all dates for that course.

Workshops are one off single sessions that you attend just once, unless stated otherwise.



Anxiety Management

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

When we are anxious, our bodily system speeds up and this means we are ready for action and able to respond quickly when the need arises.

Anxiety becomes a problem when it interferes with our everyday lives stopping us from doing the things we want or need to do.

This course provides an opportunity to reflect on how anxiety affects you and explores a range of self-help strategies.

Learning outcomes:

- ✓ Describe personal signs and symptoms of anxiety states
- ✓ Plan for when an event triggers anxious feelings
- ✓ Identify and apply a range of self-help strategies

Building Confidence

Confidence is something anyone can struggle with at any time. It can be short-lived, long-term, or connected with a specific concern and can result in life being greatly impacted.

This course is for people who experience difficulties with confidence and challenges in a variety of relationships and/or situations.

It aims to enable you to recognise your difficulties regarding confidence, as well as provide tools to improve your skills and develop a healthier relationship with yourself and others.

Learning outcomes:

- ✓ Recognise unhelpful thoughts and trigger situations which contribute to low confidence
- ✓ Learn skills to improve interpersonal relationships and situations
- ✓ Apply a variety of techniques to develop confidence
- ✓ Find reassurance from within by reflecting on past successes

Emotional Regulation

Human beings have a range of different emotions that we experience as negative, positive and neutral.

At times we may feel a high intensity of emotion and at other times we may feel numb. How we feel impacts on how we respond and take action in our lives.

This course provides the opportunity for you to increase awareness of your emotional states. It explores helpful tools and strategies to manage emotions as they come and go, with the aim of being able to 'think straight' and respond to situations in a balanced way.

Learning outcomes:

- ✓ Describe personal signs and symptoms of different emotional states
- ✓ Apply a range of strategies appropriate to the emotional state
- ✓ Develop a written plan using the 'Just Right State' template

“

I have learnt a lot of new strategies – but by far the most helpful aspect is knowing that I am not alone in feeling like this.

”

Student,
Emotional Regulation course

Introduction to Complex Emotional & Relational Needs (EUPD/EID)

This self-help course provides the opportunity for students to increase awareness of their complex emotional and relational needs (EUPD/EID). A full diagnosis is not necessary to access this course.

We will explore helpful tools and strategies to manage emotions as they come and go, with the aim of being able to 'think straight' and respond to situations in a balanced way.

Learning outcomes:

- ✓ Have an understanding of the diagnosis of complex emotional/relational needs (EUPD/EID) and the impact on peoples' lives
- ✓ Develop strategies and goals to cope with the impact of complex emotional and relational needs and EUPD

Living Well with Long-Term Physical Health Conditions

About 30% of the population in England live with one or more chronic health conditions, which are often linked with mental health challenges.

This course is aimed at those with chronic (long-term) physical health conditions, both with and without a diagnosis.

We aim to provide an open and non-judgemental space to explore, share and choose tools and techniques to promote living well with your health condition(s).

Learning outcomes:

- ✓ Explore your experiences and the challenges of your physical health
- ✓ Identify and build on personal resources which can benefit your physical and psychological wellbeing
- ✓ Practice key strategies to make and maintain changes

Note:

Please note that this is not a clinical course.

Living with Bipolar

This short course will give an overview of the main descriptions of bipolar and the types of medication commonly prescribed.

We will also look at a range of other ways of managing mental health that students have found work in practice.

We will look at potential triggers and early warning signs that indicate the possible onset of a bipolar episode. Attention will be given in the session to what action can be taken to reduce the likelihood of this, particularly when noticing signs at an early stage.

Learning outcomes:

- ✓ Describe key features of bipolar
- ✓ Identify potential triggers that could lead to a deterioration in mental health
- ✓ Develop ideas to reduce relapse and know where to go for further support

Living with Grief & Loss

Experiencing the death of someone close to us can be the most devastating and overwhelming experience that will ever happen to us.

Grief is a natural reaction and each person has their own experience. Around 20% of people with mental health challenges have unrecognised grief.

This course is for those who are struggling to live with loss and aims to bring people together to share their experiences with others in a safe and supportive space.

We will endeavour to help you explore ways of understanding your grief and help you move forward in your life.

Learning outcomes:

- ✓ Improve your understanding of your experience of grief and loss
- ✓ Understand some theories of grieving and their functions
- ✓ Identify how to apply coping strategies, including creating sustaining memories

Managing Depression

During this course you will be introduced to a range of strategies proven effective in managing depression.

You will explore a personal understanding of depression and how depression emerges from a range of experiences, beliefs, values and situations.

Learning outcomes:

- ✓ Understand the causes of depression, including physical, psychological, behavioural and social factors
- ✓ Identify your strengths and try out new strategies; including helpful beliefs and values, nourishing activities and ways of relating to others
- ✓ Take away key messages about how to look after yourself and how to best cope with depression in the future

Mindfulness-Based Cognitive Therapy (MBCT)

This course is designed to enable people to build on their knowledge of Mindfulness. It is particularly helpful for anyone with some previous experience of Mindfulness, but this is not essential.

The eight sessions together will teach a range of meditation practices and cognitive therapy techniques.

Each session will include Mindfulness practices, guided information, small group discussions and mindful exercises.

Participants attending all eight sessions will experience a comprehensive understanding of all the main Mindfulness practices and themes.

Learning outcomes:

- ✓ Identify how to be more present through Mindfulness practices and how this can impact on our wellbeing
- ✓ Explore in depth the main practices and theories used in Mindfulness
- ✓ Understand the difference between formal and informal Mindfulness practices and how to incorporate Mindfulness into daily life

Note:

If you are interested in this course, please contact the College or include it on your enrolment form, and we will arrange for you to be contacted by the facilitators, to discuss your prior knowledge.



Understanding & Living with Obsessive Compulsive Disorder (OCD)

This course is aimed at anyone directly or indirectly affected by OCD, providing helpful information and strategies for managing this diagnosis.

Blending a mix of taught and practical learning, the course will give students an insight into psychological and behavioural processes that maintain OCD. With this knowledge, students will be taught evidence-based tools for managing OCD symptoms - including intrusive thoughts and ritualised behaviours.

The course will give students a better understanding of their diagnosis, offering an insight into how Cognitive Behavioural Therapy (CBT), Mindfulness, Relaxation and Exposure and Response Therapy can help relieve symptoms. The course offers students an opportunity to share their lived experience in a confidential, safe and non-judgemental space.

Learning outcomes:

- ✓ Understand what OCD is and what it is not, including an insight into OCD subtypes such as Pure, Contamination, Checking and Hoarding based OCD
- ✓ Be able to identify personal OCD related triggers
- ✓ Be able to apply CBT, Mindfulness, Relaxation and Exposure and Response Therapy in the management of intrusive thoughts and rituals

Understanding Autism

Autism is a neurodiversity that comes with strengths and differences that impact on everyday life. It is thought that around 1 in 100 people are autistic. It is a spectrum condition, therefore the sensory and social differences associated with it can vary greatly from person to person.

This course gives a brief overview of common strengths related to autism as well as differences which can become difficulties when navigating sensory and social environments. We will explore autistic-friendly strategies and reasonable adjustments to manage feelings of overwhelm and promote wellbeing.

Learning outcomes:

- ✓ Describe some of the common everyday challenges faced by autistic individuals
- ✓ Recognise personal signs of stress associated with social and sensory overwhelm
- ✓ Use a variety of autistic-friendly strategies on a daily basis to promote wellbeing

Note:

This course is appropriate for autistic people, individuals who think they may be autistic, family members, carers and professionals.

Understanding Psychosis

This course introduces what psychosis is and you will learn how to create a psychological understanding of psychosis.

You will learn about coping strategies, self-management and relapse prevention.

This course could be useful for people who have a diagnosis of psychosis, schizophrenia or schizoaffective disorder, who hear voices, have visions or have beliefs that others think unusual. It may also be useful for carers or professionals.

Learning outcomes:

- ✓ Describe and discuss the diagnosis and formulation of psychosis, including its symptoms and causes
- ✓ Provide an overview of medication, treatments and other support
- ✓ Discuss and explore a range of coping strategies and self-management tools



Developing Self-Esteem

Self-esteem is something anyone can struggle with at any time. It can be short-lived or long-term. When anyone has experienced a mental health struggle or condition, self-esteem is something that can easily ebb away.

Developing self-esteem is a key part of recovery. It helps equip a person with tools to move forward, to experience new things, or return to activities previously enjoyed.

Learning outcomes:

- ✓ Use a nurturing approach to developing self-esteem
- ✓ Use self-esteem to help you navigate day to day life
- ✓ Recognise negative self-patterns and how to avoid them

Sarah's story

“

*I am not being dramatic when I say that **Recovery College quite literally saved my life.** It was the life-saving ring thrown to me when I was drowning, not waving. And at the start of my recovery journey and in the world I felt unable to navigate, it gave me back some control, it gave me focus, it gave me direction, it gave me the best toolbox imaginable in the world – but most importantly, **it gave me a purpose and a sense of real self-esteem again.** I felt I was able to take the helm of my life and start actively guiding and navigating my own voyage.*

”

Sarah,
Student and Buddy



Scan the QR code to watch Sarah's speech or go to: <https://youtu.be/WoYVnUFJW0Y>

Exploring Relaxation

Relaxation is the natural state of the body – it is not passive or vague, but is a powerful way of relieving stress and anxiety, helping to create calmness and confidence. Everyday stressors impact on our nervous system which can become out of balance.

This course explores how active relaxation practice turns off the 'Fight or Flight Response' and turns on the 'Rest and Digest System'.

During the course you will be invited to practice short breathing techniques and different types of relaxation.

Learning outcomes:

- ✓ Describe how active relaxation turns off our stress response and brings balance to the nervous system
- ✓ Identify a relaxation technique(s) of your choice and put it into practice on a daily basis
- ✓ Identify and use calming and relaxing activities in daily life



Sleep Management

This short course is for people who experience difficulty with sleep.

In this course you will understand your individual sleep needs and learn and practice a range of skills that can promote better sleep.

Learning outcomes:

- ✓ Monitor your own sleep using a sleep diary
- ✓ Analyse how your lifestyle and surroundings can affect your sleep
- ✓ Describe strategies to improve your sleep

Understanding and Coping with the Menopause

Menopause happens to all of us women at some point in our lives. This introductory course will explain what perimenopause and menopause is and give you an understanding of the part our hormones play.

You will gain an understanding how it can affect you physically, mentally and emotionally, including your thoughts and behaviour.

We will identify treatments for these symptoms such as HRT, and alternative treatments, including stress busters.

Learning outcomes:

- ✓ Understand the signs and symptoms associated with peri/menopause
- ✓ Explore medical ways to manage the symptoms of peri/menopause
- ✓ Identify alternative treatments and management to help deal with peri/menopause

Autism & Employment

Autistic people have one of the lowest employment rates in the UK, but with the right support in place we can be up to 30% more productive than our neurotypical colleagues.

On this course you will learn practical strategies to help you enter employment and thrive at work. We will cover: transferable skills and autistic strengths, applications, CVs, and cover letters, the interview process, reasonable adjustments, community support, and self-care at work.

This course is suitable for autistic people who are looking to start a new job, or learn more about support and strategies to maintain their current employment. We also welcome parents, carers, and professionals working with autistic people who would like to learn about autism in the workplace.

Learning outcomes:

- ✓ Identify and understand your unique workplace strengths and challenges
- ✓ Understand how to identify and apply for suitable roles
- ✓ Be aware of what support is available to you in the workplace, and how to access it and advocate for yourself at work

Introduction to Mindfulness

This course is designed to enable people to safely dip into Mindfulness.

The three sessions together offer a practical and conceptual introduction to what Mindfulness is and how it helps to aid mental health recovery and wellbeing.

Each session includes short Mindfulness practices, guided information, a small group discussion and gentle mindful exercises.

Participants attending all three two hour sessions will experience an understanding of all the main Mindfulness practices and themes contained in an eight week course.

Learning outcomes:

- ✓ Explain the basic approach of Mindfulness to mental health recovery
- ✓ Identify how to apply Mindfulness practices into daily life
- ✓ Explain the main Mindfulness practices and themes contained in an eight week Mindfulness course (MBCT - MBSR)
- ✓ Understand how to take this further and sign up for a course with local services

100%

Of our students agree with the statement:

“
*I feel welcome
 and safe in the
 place(s) I am
 supported.*
 ”



Introduction to Self-Compassion

Many people facing challenges with their mental health can struggle with feelings such as low self-worth and self-criticism.

Self-compassion teaches us how to face the pressures of life by providing an alternative of cultivating kindness and compassion, particularly in relation to ourselves.

This course aims to provide an introduction to the theory behind self-compassion, explore some of the barriers, and enable you to experience short practices that cultivate a mindful, compassionate approach to our experience. The course will also include short Mindfulness practices.

Learning outcomes:

- ✓ Explain what self-compassion is and some of the barriers to it
- ✓ Understand how the design of our human brains can make dealing with the difficulties of life a challenge
- ✓ Identify ways in which the learning from the course can be taken into daily life by producing a plan of action

Note:

It is not possible to attend this course if you miss the first week.

Money Matters

This course aims to increase your confidence in understanding and managing your money and improving your financial knowledge.

You will be given an in-depth resource pack to accompany the course which explores the topics in more depth and provides sources of help available through local agencies.

Learning outcomes:

- ✓ Identify your sources of income and expenditure
- ✓ Describe strategies for maximising your income and saving money
- ✓ Be able to recognise when debt has become or is becoming a problem
- ✓ Identify where support is available and understand when it becomes appropriate for you to access this



Art & Craft

Research shows that getting involved in arts and crafts significantly reduces stress and anxiety.

During this course we will be using relaxation techniques and freeing exercises to promote confidence and to build upon your artistic expression.

The range of activities we offer are rewarding and enjoyable, they are less about skill and more about the exploration of the process.

There will be an opportunity to work collaboratively or independently, engaging with a variety of techniques.

We warmly welcome you, whether you are a complete beginner or more experienced in art activities.

All materials will be provided, though you are encouraged to bring your own materials if you wish to.

Learning outcomes:

- ✓ Experiment with various art techniques
- ✓ Build up a sketchbook of work
- ✓ Practice some methods to improve your mood

"It isn't until the painter has no idea what he's doing that he makes good paintings."

- Edgar Degas

Creativity & Self-Care for Carers

Designed in collaboration with the Carers Centre by carers with lived experience, this course is an opportunity for carers to set time aside for themselves and engage in activities which can enhance their wellbeing.

We all know as carers, it is imperative that we look after and nurture of ourselves in order to be able to support others we take care of.

This course incorporates elements of self-care and creativity. Each week we will explore a different element of self-care and set time aside to engage in an art activity such as still life drawing and clay modelling.

Learning outcomes:

- ✓ Describe the meaning and significance of self-care and its importance
- ✓ Apply self-care into your life in order to enhance wellbeing in a manageable, life-enhancing way
- ✓ Apply creativity and different mediums to art projects with a focus on enjoyment, process and time out

This course has been designed in partnership with the Carers Centre.



Drama Games, Creativity & Play

This course will use drama games, creativity and play to empower you and help you to express yourself. Research shows this can lower depression and increase energy through laughter, social interaction, increasing the strength of your immune system, and increasing brain health. It can also benefit sleep.

You will also have the opportunity to build on these skills using script reading and acting techniques.

Everyone is welcome, whatever your level of experience or ability. The emphasis is on having fun!

Learning outcomes:

- ✓ Identify how engaging in creative activity and play can improve your confidence and communication skills
- ✓ Experience drama games as a way to challenge anxiety and depression
- ✓ Create collaborative drama for fun and to increase social interaction

Mindful Drawing

Mindfulness is all about stepping back and being present in the moment.

Throughout this course we will explore how observational drawing can be a tool for grounding, and how it can connect us to the world around us. When we draw from life, we are forced to slow down and notice the details, and consider everyday objects in a new light.

Each week we will explore different mediums, focussing on the process rather than worrying about the outcome. All supplies will be provided (though you are welcome to bring your own), and we welcome everyone, regardless of experience or skill level.

Learning outcomes:

- ✓ Explore the grounding effects of observational drawing
- ✓ Explore different processes and mediums
- ✓ Increase your awareness of the world around you
- ✓ Build up a sketchbook of your work

Mindful Photography

Using your smartphone or other photographic device you will explore the local surroundings using Mindfulness and photography techniques.

You will be encouraged to look at subjects in new ways, recording images as a journal of your experience.

Each week there will be a new focus to improve your photography skills, such as exposure, composition and light.

In the last session a short display will be shown highlighting some of the images created by the group.

Learning outcomes:

- ✓ Demonstrate mindful movement through walking and observation
- ✓ Create images using mindful awareness and photographic techniques



Spending Time in Nature

Research shows that spending time outdoors in nature is good for our health and wellbeing.

This course will give you the opportunity to experience guided exercises that can help to feel connected with the natural world, and share your experiences, so that you have tools to use in your daily life.

The course will take place outdoors in Preston Park with some time based indoors nearby, at The Wellbeing Hub at Preston Park.

Learning outcomes:

- ✓ Demonstrate an understanding of the wellbeing benefits of connecting with nature
- ✓ Describe a variety of practical tools to encourage you to access nature for wellbeing independently
- ✓ Identify and access a variety of different nature-based activities and organisations

Note:

This course does not require strenuous exercise, however you will need to be able to walk and stand for up to two hours, walk on uneven ground and be comfortable in various weather conditions.

Writing for Wellness

This course will give you the chance to explore how writing and being creative can help with managing and processing emotions.

You will also have a chance to meet others, chat about your favourite books/plays/TV shows, and develop your writing style.

Each session will start with some quick warm up exercises and then move into a free writing period.

You don't need to be an aspiring author to come - we welcome everyone, regardless of experience or skill level.

Learning outcomes:

- ✓ Explore and experiment with different writing styles in a relaxed environment



Join us for the opportunity to meet other students and have a friendly discussion over a cuppa.



'Coffee and Chat' sessions are a friendly chat centered around a series of fun, open questions which encourage us to be reflective and thoughtful in a fun way. The sessions will be light hearted with a mutual respect for perspectives and ideas shared between trainers and students.

We will share the dates and details for these on our social media channels so be sure to follow us. Alternatively you can get in touch by email or phone.

See back cover for our social media, website and contact details.



Mental Health & Gambling Awareness

For some, gambling is enjoying champagne at Royal Ascot; for others it is a game of poker with friends. However, for a percentage of people, gambling is an addiction leading to problems with debt, relationships, anxiety, isolation, etc. Family and friends can also be at loss when presented with issues of problem gambling.

This workshop aims to explore different types of gambling and some aspects surrounding it.

Learning outcomes:

- ✓ Recognise the signs of when gambling becomes problematic, its impacts upon the individual, family and friends
- ✓ Understand how mental health issues are linked to gambling problems
- ✓ Identify strategies you can use in everyday life to:
 - Cope with urges
 - Cope with gambling lapses
 - Fill the void left by not gambling

This course is designed and delivered in partnership with:

Breakeven

Self Care:

Why is it Important & How Do We Make it Happen?

Self-care is something anyone can struggle with at any time. It can be short-lived, long-term or connected with where we see our own needs in relation to other relationships in our lives.

When someone has experienced a mental health struggle or condition, self-care can be something that can easily ebb away.

Developing self-care is a part of recovery and wellbeing. It helps equip a person with tools to move forward, to experience new things which nourish them, or return to activities previously enjoyed.

Workshop One will focus on what self-care is, what the benefits of using self-care are and why we can struggle to engage in self-care. We will also explore some meditation exercises.

Workshop Two will focus on a further exploration of what self-care means to us and how we can develop routines and rituals to nourish us. There will be an opportunity to consider the merits of balancing out our inner critic with our inner supporter.

Learning outcomes:

- ✓ Develop a self-care approach based on an understanding of what can get in the way
- ✓ Identify potential self-care techniques which are meaningful to you
- ✓ Build awareness of the importance of being your own supporter to balance the inner critic

Note:

The workshop is delivered in two sessions. Students must be able to attend both sessions.



Understanding & Managing Hoarding

This workshop enables students to explore their understanding of hoarding and their relationship with it.

The aim is to empower students with not only knowledge about their condition, but also how to tackle it.

There will be the opportunity for both discussion and reflective practice to increase awareness around the condition. This will serve to demystify the subject and increase confidence when de-cluttering.

Learning outcomes:

- ✓ Explore the causes of hoarding to understand its origins and how it can be managed
- ✓ Identify 'solution-focused' ideas for coping with hoarding
- ✓ Identify helpful and constructive ways to talk to yourself whilst decluttering and learn how to praise and reward your efforts

Note:

This workshop is open to family members, carers, friends and professionals, providing the opportunity to learn how they can best aid the person they are supporting.



Understanding & Managing Seasonal Affective Disorder (SAD)

This workshop will focus on identifying the key features of Seasonal Affective Disorder (SAD) and how this relates to your individual experience.

We will identify how to recognise triggers and explore tips, techniques and tried and tested methods to help alleviate the symptoms of the condition.

Learning outcomes:

- ✓ Recognise the key features of your own experience with SAD
- ✓ Select and implement tips and techniques which you will feel best help you manage your experience of SAD

Understanding Autism

Autism is a neurodiversity that comes with strengths and differences, that impact on everyday life. It is thought that around 1 in 100 people are autistic. Autism is a spectrum condition and so the sensory and social differences associated with it can vary greatly from person to person.

This one day workshop will give a brief overview of common strengths related to Autism as well as differences which can become difficulties when navigating sensory and social environments. We will explore autistic-friendly strategies and reasonable adjustments to manage feelings of overwhelm and promote wellbeing.

Learning outcomes:

- ✓ Identify some of the common everyday sensory and social challenges faced by autistic individuals
- ✓ Recognise personal signs of stress associated with social and sensory overwhelm
- ✓ Use a variety of autistic-friendly strategies on a daily basis to promote wellbeing

Note:

This workshop is appropriate for autistic people, individuals who think they may be autistic, family members and professionals.



Calming & Energising Sensory Strategies

For many reasons life can be destabilising, and when it is, our emotions may become out of balance. We can find ourselves overreacting or under reacting to any number of circumstances. We may find it difficult to identify and get on with the things we would like to or need to do.

This workshop explores the use of sensory strategies to bring balance to our emotions. To calm or energise, depending on our needs, so we may 'carve a path in life' i.e. to identify and achieve our goals day by day and moment to moment.

Learning outcomes:

- ✓ Describe how different types of sensory input can calm or energise our nervous system
- ✓ Identify a range of calming and/or energising sensory strategies
- ✓ Apply these into daily life using different strategies appropriate to each situation

Note:

This workshop has an optional follow up session Your tutor will provide you with further information about this additional session.

Health Reset

What are New Year's Resolutions? Do they work? What are the statistics on their success rate/failure and why?

In this workshop we will be giving ourselves the chance to look at topics to consider to help get our new year off on the right foot. Our aim is to help set intentions to focus on for the coming 12 months.

You will be able to select what is relevant for you from the topics we will touch upon on the day. Topics include: diet, sleep, movement and emotional resilience.

Making manageable changes and tweaking the way we currently do things i.e. hobbies, IT/social media.

Learning outcomes:

- ✓ Contemplate - 'Is there room for improvement? Can I make small, realistic, manageable tweaks to bring about change?'
- ✓ Choose areas to work upon to bring about change
- ✓ Explore strategies to help you stay on target

Note:

The workshop is delivered in two sessions. Students must be able to attend both sessions.





NEW

Surviving Christmas

Christmas is often quoted as being *'the most wonderful time of the year'*. However, what if it isn't?

It can be one of the most tense times, and for some, cause real anxiety. Festive unease is real.

From finding money for the 'perfect' gift, to hosting and having to put on a display of cheerfulness and being sociable, it can make one feel far removed from the 'season of goodwill'.

If this sounds familiar, then please join us as we help you find your way through the festivities and avoid an anxious advent. We will explore how to navigate social unease, loneliness, Christmas health gripes and how to have fun on a budget.

Learning outcomes:

- ✓ Know your triggers and what to do and what to avoid
- ✓ Explore ways to navigate social unease and loneliness
- ✓ Identify activities that can be fun on a budget

Understanding & Coping with the Menopause

Menopause happens to all of us women at some point in our lives. This introductory course will explain what perimenopause and menopause is and give you an understanding of the part our hormones play.

You will gain an understanding how it can affect you physically, mentally and emotionally, including your thoughts and behaviour.

We will identify treatments for these symptoms such as HRT, and alternative treatments, including stress busters.

Learning outcomes:

- ✓ Understand the signs and symptoms associated with peri/menopause
- ✓ Explore medical ways to manage the symptoms of peri/menopause
- ✓ Identify alternative treatments and management to help deal with peri/menopause



Wellbeing for Work Workshop One

Workshop One will focus on the impact that the working environment can have on us, for good or bad, and how 'the right job', not 'any job' is the way forwards.

It will explore the relationship between employment and self-esteem with an emphasis on connecting or re-connecting with activities that help us maintain a sense of value and wellbeing.

It will also aim to cover some practical steps that can be taken in preparation for a return to work in the longer term.

Learning outcomes:

- ✓ Identify the positives and negatives associated with the working environment
- ✓ Understand the impact these factors can have on your self-esteem and wellbeing
- ✓ Explore the positive impact of 'the right job'

Note:

These two workshops are relevant to those in employment and those who are currently unemployed but exploring employment options.

Students are invited to attend one or both workshops – please indicate on your enrolment form which you would like to attend.

Wellbeing for Work Workshop Two

Workshop Two will focus on staying well while in work and will look at strategies and resources to support this. We will consider the implications of disclosing a mental health condition to an employer and the pros and cons of doing so.

It will include an exploration of the Equalities Act 2010 and the concepts of a 'phased return' and 'reasonable adjustments', and will look at resources from 'Mindful Employer' and 'Surviving & Thriving at Work' including examples of Wellness Action Plans.

We will also look at the support and resources available from Access to Work and how this can be accessed.

Learning outcomes:

- ✓ Understand the implications of mental health disclosure in the application process and workplace
- ✓ Understand employer's responsibilities around a phased return and reasonable adjustments
- ✓ Explore ways to move forward



Art & Collage

Collage can be flat or three-dimensional creations made from different pieces of paper and other materials. It is a tactile, hands-on, relaxing activity where you can use a myriad of objects and discarded papers.

For inspiration we will introduce you to some accessible techniques and look at some artists who use collage in their work. There will be plenty of time to be playful and intuitive during this session.

This is a great opportunity to look for and bring along any objects from around the house such as old magazines, photographs, packets, wrapping paper, envelopes, ribbons and buttons for your collage.

Don't worry, all materials will be provided, but if you have any recycling that you may like to use please bring it along.

Learning outcomes:

- ✓ Apply collage techniques to create a unique piece of art
- ✓ Identify a variety of ways to create a collage with recycled materials

Art & Colour

In this workshop we learn about the colour spectrum and how to mix paints to produce new colours. Then we practice using colour as a means of expression.

Come along and discover the joy of paint. No previous art experience needed.

All art materials will be provided. We provide aprons to protect your clothes but do bring your own if you prefer.

Please bring a snack for lunch.

Learning outcomes:

- ✓ Learn how to create new colours by applying paint mixing techniques
- ✓ Become absorbed in expression and exploration
- ✓ Experience ways that creativity benefits our mental wellbeing

Art & Drawing

This absorbing workshop will include practicing observational drawing techniques, and offer the opportunity to play with a range of drawing materials.

No previous art experience is needed; everyone can draw.

All art materials will be provided. We provide aprons to protect your clothes but do bring your own if you prefer.

Learning outcomes:

- ✓ Experiment with a variety of different art materials
- ✓ Become absorbed in mark-making and observational drawing
- ✓ Experience ways that creativity benefits our mental wellbeing

Chanting & Drumming for Recovery

Chanting and drumming have proven benefits for mental and physical wellbeing such as lowered blood pressure, reduced anxiety and improved mood.

As a group, you will learn chants from various cultures and times including African, Aboriginal, Buddhist and others.

There will be an opportunity to try drumming as an accompaniment to the chanting using small handheld drums.

No previous experience of drumming or chanting is required.

If you would like to bring your own handheld drum please feel free to do so.

Learning outcomes:

- ✓ Understand the health and wellbeing benefits of chanting and drumming
- ✓ Learn and practice chants from various cultures and time periods
- ✓ Experiment with a small range of hand held drums incorporating chanting

Drama Games for Confidence

This workshop will use drama games, creativity and play to empower you and help you to express yourself. Research shows this can lower depression and increase energy through laughter, social interaction, increasing the strength of your immune system, and increasing brain health. It can also benefit sleep.

Everyone is welcome, whatever your level of experience or ability.

Learning outcomes:

- ✓ Identify how engaging in creative activity can improve your confidence and communication skills
- ✓ Learn ways to challenge anxiety and depression
- ✓ Engage with creative activities that help increase energy and social interaction

100%

Of our students agree with the statement:

“
I feel understood, accepted, and respected by my tutor.

”

NEW

Exploring Clay

In this workshop, we will use air-dry clay to spark your creativity and bring your ideas to life!

Whether you're sculpting your favourite animal, crafting a decorative piece, or simply exploring the material, the possibilities are endless.

We'll demonstrate some simple techniques to get you started, and then you'll have the freedom to create and experiment in your own way.

All supplies will be provided, and we welcome everyone, regardless of experience or skill level.

Learning outcomes:

- ✓ Explore how clay can be used to express yourself
- ✓ Be creative
- ✓ Have fun!

Exploring Poetry

Did you know that many studies evidence the positive effects on our mental health of reading or writing poetry?

Come along and join us in exploring how engaging with poetry can support your mental health. Together we'll read, explore, and appreciate different styles of poetry in a relaxed and inclusive environment.

Feel free to bring along any poems you love, to share with the group.

Learning outcomes:

- ✓ Explore different styles of poetry and poems
- ✓ Share experiences of enjoying poetry eg reading, writing, listening to poetry
- ✓ Identify how reading and writing creatively can help with processing and managing emotions
- ✓ Write a short poem together and / or an individual poem

“

It was a brilliant workshop, I felt seen and it felt very calming and informative. I've left the session feeling calmer & inspired, thank you.

”

Student,
Exploring Poetry workshop

Mindful Photography

This workshop is an introduction and opportunity to spend an afternoon participating in mindful photography techniques and learning more about the topic.

We will go out in the local area to take photos as well as using the indoor space. You will explore activities to continue at home.

Learning outcomes:

- ✓ Demonstrate mindful movement, walking and observation
- ✓ Take photographs using mindful awareness techniques

Script Reading

Script reading is often called a 'read through' and is done before beginning the rehearsals of a play.

During this workshop we'll take a relaxed, gentle approach to reading through a short warm-up sketch and a longer radio/stage play together, choosing parts we feel drawn to. The subject matter will be light-hearted.

Come and join us as we explore other lives and discuss where we've been!

Learning outcomes:

- ✓ Engage in a fun, creative activity that can help increase your confidence
- ✓ Experience performing a play together even whilst being physically apart, as a tool to challenge anxiety and depression
- ✓ Discuss thoughts and feelings about the play and the process of script reading



Navigating Mental Health Support Services

This workshop is for anyone who wishes to learn more about accessing mental health support in Brighton and Hove.

We will cover what mental health support services are available and how to access them.

Learning outcomes:

- ✓ Have a better understanding of the mental health services in Brighton and Hove
- ✓ Have an understanding of services outside of the NHS that can be accessed for self-support and recovery
- ✓ Have a better understanding of what a recovery journey might look like with local support

Research & Recovery

The College is provided in partnership with Sussex Partnership NHS Foundation Trust, one of the most research-active mental health trusts in England.

Join this workshop to find out more about research, how research influences mental health services and how you could be a part of shaping those changes.

We'll be talking about how people who use local services and their carers can contribute to, and learn from high-quality research that's taking place right now in Sussex.

Learning outcomes:

- ✓ Discover what research is happening in Sussex and how to get involved
- ✓ Explore the different opportunities available to contribute to mental health research and help shape it
- ✓ Understand how to sign up to the Research Network or become a Patient and Public Involvement Advisor



Tree of Life

This workshop will give you the opportunity to explore your personal strengths and resources.

The 'Tree of Life' approach can be useful for reducing the influence of your problems and creating new possibilities for your life.

We will invite you to be creative and to learn from each other.

Anyone experiencing mental health challenges, carers, family members and professionals are welcome to attend.

Learning outcomes:

- ✓ Learn about a strengths-based approach to mental health challenges
- ✓ Draw your own visual picture to represent different aspects of your identity and life; including who or what has influenced you, your skills and abilities and hopes and wishes

What Does Recovery Mean to You?

How can the idea of recovery help you, when you live with mental health difficulties?

There are many ways of understanding mental health difficulties and what helps you to live as well as you can.

Whether you are new to Brighton & Hove Recovery College or have attended a session with us before, you are welcome to come along to explore your own recovery and how to get the most out of the College, as well as other services and support within the community.

Learning outcomes:

- ✓ Understand what recovery means to you
- ✓ Identify your strengths and resources which support your recovery
- ✓ Learn ways to support yourself during courses, workshops and within the community



NEW

What's holding you back and how can you find your purpose?

Do you feel you have things stopping you from moving forward?

Do you feel stuck in the past but want to get 'past' the thoughts and feelings which have kept you there?

Let us help you develop tools and techniques to find your purpose and potential and lead a happier and more fulfilled life.

Learning outcomes:

- ✓ Analyse the thoughts and feelings that are holding you back
- ✓ Identify tools and techniques to help you find your purpose
- ✓ Identify tools and techniques to unlock your potential

More about the College...

Where are sessions based?

The majority of classroom-based sessions will take place at our main College campus at Isetta Square in Brighton, however we do also use other venues across Brighton & Hove on occasion - see opposite.

We will be using Microsoft Teams to deliver our online courses and workshops. Don't worry, if you don't have the Teams app or a Teams account, you can still access courses and workshops. For more information and instructions please either see the Microsoft Team's support page here: <https://shorturl.at/jkMQ0> or talk to a member of College staff.

We endeavour to make sure that our courses are accessible to all and we invite those with mental health challenges, carers and professionals to enrol.

If you have a disability, or a specific health or learning difficulty that you would like us to be aware of, please let us know on your enrolment form and we will contact you to discuss how we can work together to make our courses more accessible for you.

Graduation

Historically, at the end of the College year (in July), all students who had attended 60% or more of the classes were invited to attend our graduation ceremony. This ceremony gave students a chance to celebrate their achievements with fellow students and tutors as well as friends, family and carers.

Having been unable to hold graduation days for a few years now due to the pandemic, we hope to be able to hold a graduation event in 2025. We will invite those students who have missed out previously.

Locations include...



Brighton and Hove Recovery College
Southdown, Isetta Square,
35 New England Street,
Brighton, BN1 4GQ

The Wellbeing Hub at Preston Park
18 Preston Park Avenue,
Brighton, BN1 6HL

Vernon Gardens
14 Windlesham Avenue,
Brighton, BN1 3AH

BMECP Centre
10A Fleet Street,
Brighton, BN1 4ZE

Brighthelm Centre
North Rd,
Brighton BN1 1YD



Our pledge to students

We are driven by our students' needs and aspirations. We pledge to each and every one of our students to:

- ✓ Aim to get things right first time and every time
- ✓ Listen to and respond to all feedback
- ✓ Monitor satisfaction of our services
- ✓ Regularly check on the quality of our services and inform students of the results
- ✓ Continually look for ways to improve the standard and efficiency of the support we provide

What's important to us?

Education

You register as a student and choose what you want to learn about.

Co-production

All courses are developed and delivered by Peer Tutors who have lived experience of mental health challenges, together with a clinical trainer, mental health practitioner or other professional, on an equal footing. As part of the course, Peer Tutors will use their own experiences to inspire students in their recovery journey. This model of teaching is at the very heart of the Recovery College and allows for diverse perspectives about living with mental health challenges.

Accessibility

The Recovery College is open to anyone aged 18 and over with lived experience of mental health challenges, their friends, family and carers, mental health practitioners and clinicians.

A Safe Space

We aim to provide a supportive, friendly learning environment where students can share experiences and ideas in confidence, in order to develop skills needed for living with mental illness.

Learning Support

The Recovery College will do its best to meet the needs of students with physical, mental or sensory challenges that may be a barrier to learning. We have a Buddy service to provide valuable one-to-one support where it is needed most.

Supporting your recovery journey

Learning plans and surveys

To support students to think about the things they might like to learn and achieve while attending a course, the College asks students who are attending courses* to complete two short forms, an Individual Learning Plan (ILP) and the Recovering Quality of Life (ReQoL) survey.

Our 'Individual Learning Plan' (ILP) encourages you to think about your hopes and goals and how the College might support you towards achieving them, and in doing so aid wellbeing and recovery. The ILP can also provide our tutors with the information they need to understand how we can best support you by thinking about any specific barriers to learning you might have. If you have a disability or any health or learning difficulties, we can identify changes which may make our facilities or courses more accessible for you.

Our 'Recovering Quality of Life' (ReQoL) survey helps you to see the progress you have made as you complete courses and helps us to anonymously evaluate the College itself. Both the ILP and ReQoL forms are completed at, or prior to, your first course session and then reviewed again in your last session.

If you are attending online courses, you can choose whether to complete the two surveys independently or complete them with a member of the team.

If you would like support to complete the forms, please tick the relevant box on your enrolment form or contact the Recovery College where a member of the team will arrange to contact you.

Please note: for all online courses (even if you have been registered and received an email or letter confirming your place) the enrolment process will only be complete once your ILP and ReQoL has been completed and returned to us. *ILP and ReQoL forms do not apply to workshops.

Getting involved

Students' Union



Brighton & Hove Recovery College was the first of its kind in the UK to be affiliated with the National Union of Students (NUS).

When you register for one of our courses or workshops you have the opportunity to join the NUS and apply for a TOTUM card. Please tick the Students' Union box on the enrolment form if you would like to be enrolled in the Students' Union for one year. You are then entitled to apply for a TOTUM card (formally known as an NUS Extra Card). Further details will be sent to you in your Welcome Pack before you start your first course/workshop.



Students can become involved as a Student Representative to help shape both the Union and the College.

Please contact our Volunteer and Student Involvement Lead, Moose Azim, if you would like to learn more about opportunities to get involved. See page 11.

Buddies

Buddies support students to attend their chosen courses or workshops. Recruitment and training for this role is offered on a regular basis.

See page 11 for more information about our Buddy Service.

Feedback & review

We regularly conduct reviews of the College and collect feedback from students. This provides an opportunity to voice and express your opinions and influence the services we provide. Trainers will provide more details about how to get involved.

We also encourage you to have your say and share your feedback, whether it's a comment, compliment, or complaint.

We encourage feedback so we can learn what we are doing well and where we need to make improvements. Your feedback will be treated in confidence and will only be discussed with people who need to know.

To ensure we continue to provide excellent support it is important that we learn from the experiences of our students. We are also keen to hear from anyone else who comes into contact with us, for example a relative or friend of a student and health and social care professionals we work with.

We can provide you with a Comments, Compliments and Complaints leaflet or you can complete the form on the Southdown website: www.southdown.org/feedback-contacts

Other support for your mental wellbeing

It's OK to need help, we all do sometimes...

Your connection to local mental health and wellbeing support



We understand it can be challenging to know where to turn, or who to talk to when you don't feel yourself.

UOK Brighton & Hove is a partnership of local services working together to support good mental health and wellbeing. We can help you to find **FREE support** that's right for you.

www.uok.org.uk



Do you say you're fine when you're not?

Find mental wellbeing support that's **right for you.**



how-are-you-really-feeling-sussex.nhs.uk

Find us

Location: Our main campus building has moved to Isetta Square which is located behind Brighton train station. The building entrance is by the pedestrian crossing on New England Street.

Address: Brighton and Hove Recovery College, Southdown, Isetta Square, 35 New England Street, Brighton, BN1 4GQ

Contact us

Tel: 01273 749500

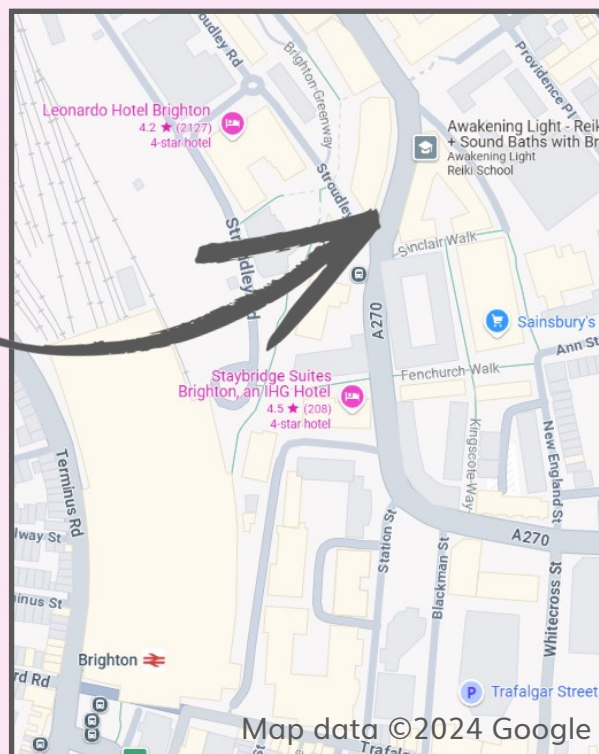
Email: recoverycollege@southdown.org

Opening Hours: Monday - Friday 9:30am - 4:30pm

Follow us for updates

Facebook: @BHRRecoveryCollege

www.southdown.org/services/recovery-college-brighton-hove



This prospectus is available for download from:

www.southdown.org/services/recovery-college-brighton-hove



SCAN FOR WEBSITE