



BRIGHTON & HOVE  
**RECOVERY  
COLLEGE**

ANNUAL PROSPECTUS 2024

OFFERING EDUCATION AS A ROUTE TO RECOVERY  
FROM MENTAL HEALTH CHALLENGES

# Foreword



**"I'm Alice, a bank Peer Tutor at the Recovery College.**

I am autistic, and I co-developed and co-teach the Autism and Employment course. My involvement extends to other courses too; last summer, I enjoyed co-teaching the Spending Time in Nature course.

My journey to working with Southdown has been anything but conventional. Back in 2020, I began a BA in Primary and Early Years Education at the University of Sussex. Starting off behind my peers due to retaking A Levels, I fought hard to overcome personal challenges and secure a scholarship for my course. Despite my enthusiasm and aptitude for teaching, my health took a turn. I was diagnosed with Ehlers Danlos Syndrome, disrupting my plans to teach full-time.

At rock bottom emotionally, I sought guidance from my GP and was referred to Southdown's Supported Employment service, which marked a turning point. With their help, I explored different paths that aligned with my teaching aspirations and my health needs. I became a tutor for NEET teenagers, pursued support work with learning disabilities, volunteered with the Electoral Commission, and completed a qualification in copywriting from the Institute of Data and Marketing. Ultimately, I struggled to find somewhere where I fit in and could balance my health and the demands of work.

Then the Employment Specialist working with me, sent a link to a training programme for adults with autism.

The idea was that I would be taught how to deliver lectures, and then would help develop and give lectures to other professionals about how they can best support the autistic people using their services. It was flexible, low hours, and, most importantly, allowed me to not just teach but also make a real difference in the care of other autistic people. It was amazing to feel a sense of purpose again, and slowly my mental health began to improve. I found a niche where I excelled, and I felt like my life had purpose again.

I then got a last minute call from the Peer Tutor who normally delivered the Autism and Employment course who was no longer available to deliver it, and would I be interested in stepping in? Of course I instantly said, "Yes!" I didn't know a lot about the college, but I knew I loved teaching, and I had so much personal experience with the struggle of balancing health, mental health, and work, that I felt I could really make a difference.

That was in March, 2023 and since then I have taught the course twice, helped out with a few others, and have thoroughly enjoyed every minute of it. I love the flexibility that the position offers, I love the independence that is encouraged by the college, and most importantly, I love being able to help people.

The Recovery Model is something special. By having Peer Tutors with lived experience collaborate with clinicians, we are able to provide a level of support I have not seen anywhere else. We can provide not just accurate information, but real empathy - we've been through what our students have gone through, and we've come out the other side.

This role not only allows me to help others but also aids in my own recovery. Through sharing my journey, I've found a way to turn challenges into positive outcomes, making a difference in the lives of both my students and myself."

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# Welcome!

Hello, and welcome to the Brighton & Hove Recovery College 2024 Annual Prospectus.

2024 marks the 10 year anniversary of the Brighton & Hove Recovery College. Following a successful pilot in 2013, the College opened its doors to students in 2014 with courses initially being delivered from Buckingham Road Recovery Centre. Since 2014 the number of Recovery Colleges in the UK has grown from less than 10 to over 80 and worldwide there are now 220 Recovery Colleges in 26 countries, testimony to the effectiveness of colleges and the impact they have in people's lives.

Since its inception, the College has been at the forefront of innovation and inclusion. We became one of the first Recovery College's in the UK to partner with the National Union of Students and have also pioneered the use of assessment tools such as the 'Recovering Quality of Life' (ReQoL) questionnaire to evaluate the effectiveness of our courses. For 2024 we are excited to be taking part in the RECOLLECT study (Recovery Colleges Characterisation and Testing) which is a programme of research investigating the impact of Recovery Colleges. Both staff and students will be invited to participate, further details on page 38.

We're delighted to introduce some new topics this year, including 'Introduction to Complex Emotional & Relational Needs (EUPD/EID)' and 'Writing for Wellness' to name a couple. Other topics are also being developed with a view to being delivered during the Summer and Autumn Terms. Each term we will release a timetable detailing the courses and workshops on offer. Our courses and workshops are co-produced and co-delivered by our Peer Tutors, who are trained in the principles of co-production and partnership working. Our aim is to provide a safe and inclusive space that offers educational courses as a route to recovery from mental health challenges.



We believe in the principles of co-production and partnership working, which are at the heart of everything we do.

We continue to deliver our courses and workshops in partnership with Sussex Partnership NHS Foundation Trust (SPFT) whose clinicians bring a wealth of knowledge and experience to the College. We particularly appreciate their continued support in what is an extremely difficult time given demand on their mental health services. In addition to our partnership with SPFT, the Recovery College is also part of 'UOK Brighton & Hove' a network of providers offering a variety of community mental health services in the City; see page 39 for more details.

To help us plan and develop future terms, we would love to hear from you about topics you would like to see us offer in the future. By providing this information you can help us to gauge the demand for particular courses and workshops and better understand the needs of the local community.

**Thank you for your interest in the Brighton & Hove Recovery College; we look forward to welcoming new and returning students this year.**



Neil Blanchard, Chief Executive at Southdown, says:

“ Despite the many mental health support organisations across Brighton and Hove, there are still so many people who feel unable to seek help when they are experiencing issues with how they are feeling. Addressing mental health stigma is crucial to creating a more compassionate and understanding society in which individuals feel able to take that step to seek support when they need to. Over recent years, great strides have been made to encourage open conversations about mental health. However, there is still much more to do. Southdown, along with many other organisations across the City, is committed to doing everything we can to break down stigma and barriers to accessing support. If you, or anybody you know, is struggling with your mental wellbeing, please seek support. ”

# Meet the College team



Hi I'm Lucy, the Team Manager for the College. I've been with the College since 2017. I work with the team and partner organizations to ensure that we offer a varied programme of courses and workshops each term. I also manage the office team and the Peer Trainers, and I also deliver a workshop each term.

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 Lucy 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, and I'm a Peer Tutor. I've been with the College since March 2023, so I'm still pretty new around here. I'm autistic and I have lived experience of mental health challenges and long-term health conditions. Before I worked here, I was a student at the College. At the moment, I co-facilitate courses on 'Autism and Employment,' 'Spending Time in Nature,' and 'Writing for Wellness.' I also co-facilitate the 'Understanding Autism,' 'Navigating Mental Health Support and Services,' 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.

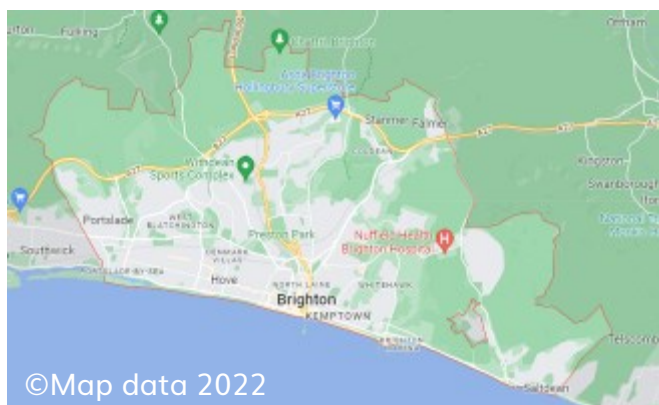
Each course and workshop is co-produced and co-delivered by tutors with learned and lived experience. Co-production is the meeting of two experts, a clinician or professional (learned experience) and a Peer Tutor (lived experience) each with valuable contributions to make.

## 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:



## Other Recovery Colleges

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

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

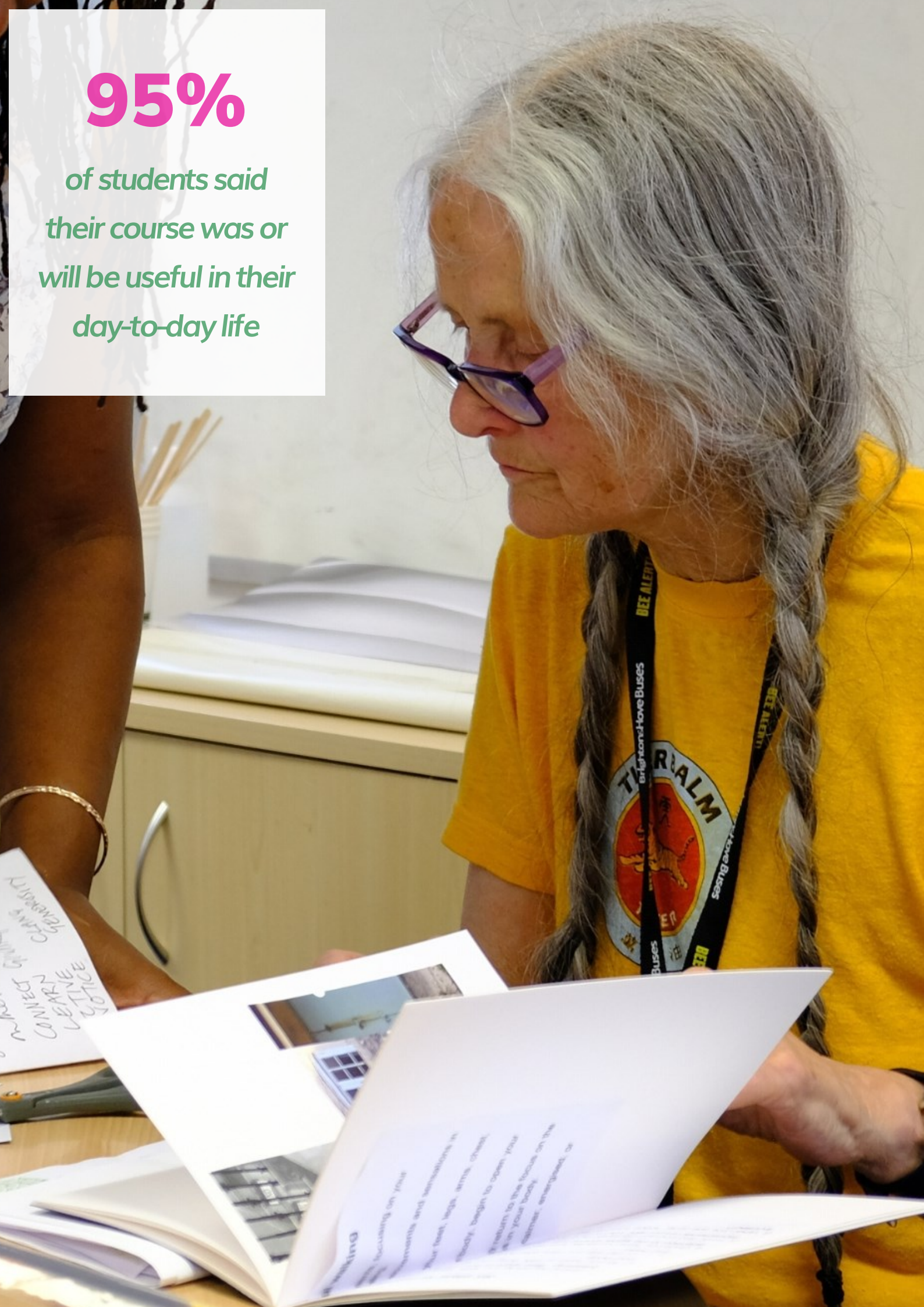
If you are too young to attend our College (under 18), Sussex Discovery College offers free courses to support young people aged 12 - 20 with their mental health, resilience, and wellbeing:

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



95%

of students said  
their course was or  
will be useful in their  
day-to-day life



# 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, 2024

Open Day: Wednesday 10th January, 11am - 3pm

Term: Monday 29th January - Friday 5th April

### Summer term, 2024

Open Day: Wednesday 1st May, 11am - 3pm

Term: Monday 20th May - Friday 26th July

### Autumn term, 2024

Open Day: Wednesday 4th September, 11am - 3pm

Term: Monday 23rd September - Friday 6th 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.

## Moose's story

**Hi, I'm Moose Azim, your new Volunteer and Student Involvement Lead.**

The Recovery College has been my saviour. I initially attended as a student and then worked as a volunteer buddy before co-developing and running courses and workshops as an external freelancer with some of the amazing Peer Trainers and Tutors.

I'm super excited to continue my work here now as a permanent part-time member of the team.

My job is pretty varied, everyday is different. I'm here to work with volunteer Buddies and students, as well as to support you with Student Union card applications.

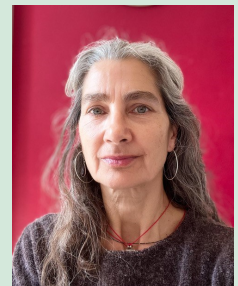
The Buddy Project is a fantastic scheme which offers either one-to-one support or classroom assistance to help students meet their goals. This may include advice on filling out paperwork, being met at the college door or simply hearing words of encouragement. Moral support is so important and brings 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](mailto:moose.azim@southdown.org) **or call:** 07356 132311

# 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](http://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](mailto:recoverycollege@southdown.org) or post it to: Brighton and Hove Recovery College, Southdown, Frederick House, 42 Frederick Place, Brighton, BN1 4EA

## 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](mailto:recoverycollege@southdown.org)

# Courses and workshops at a glance

## Courses

### **Mental Health & Self-Management - pg.14-17**

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

### **Health & Wellbeing - pg.18-19**

- Balancing Physical & Mental Health
- Developing Self-Esteem
- Exploring Relaxation
- Sleep Management

### **Developing Life Skills - pg.20-21**

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

### **Creative & Discovery - pg.22-23**

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

## Workshops

### **Mental Health & Self-Management - pg.25-26**

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

### **Health & Wellbeing - pg.27**

- Calming & Energizing Sensory Strategies
- Health Reset

### **Developing Life Skills - pg.28**

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

### **Creative & Discovery - pg.29-31**

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

### **Starting your Recovery Journey - pg.32-33**

- Navigating Mental Health Support Services
- What Does Recovery Mean to You?
- Research & Recovery
- Tree of Life

#### **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.

## 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

## Introduction to Anxiety

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

## 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 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

## 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.**

## 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 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

## Balancing Physical & Mental Health

This course will explore different ways of managing some of the difficulties of living with a chronic physical and mental health condition.

Pacing is fundamental to managing energy and pain levels and associated feelings.

Acceptance and Commitment Therapy (ACT) aims to maximise your potential for a rich and meaningful life by teaching skills to help you deal with your struggles more effectively. ACT uses metaphors to help you reflect on experiences, and encourages you to focus on what is truly of value to you.

### Learning outcomes:

- ✓ Describe the process of pacing and why it is beneficial
- ✓ Apply the basic principles of ACT and identify some small valued actions for the future
- ✓ Make a plan as to how you will apply principles of pacing and ACT in their own lives

## 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



## 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



## 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

This course has been designed in partnership with Assert.



## 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

“

The Peer Tutors are compassionate, patient and interested.

Welcoming environment and relaxed atmosphere.

”

- Student, Introduction to Mindfulness course

## 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 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
- ✓ Describe the benefits of using photography as a tool for mental health

## 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
- ✓ Identify how writing creatively can help with processing and managing emotions

**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 two session 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

### Note:

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

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 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.

## 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



## 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.

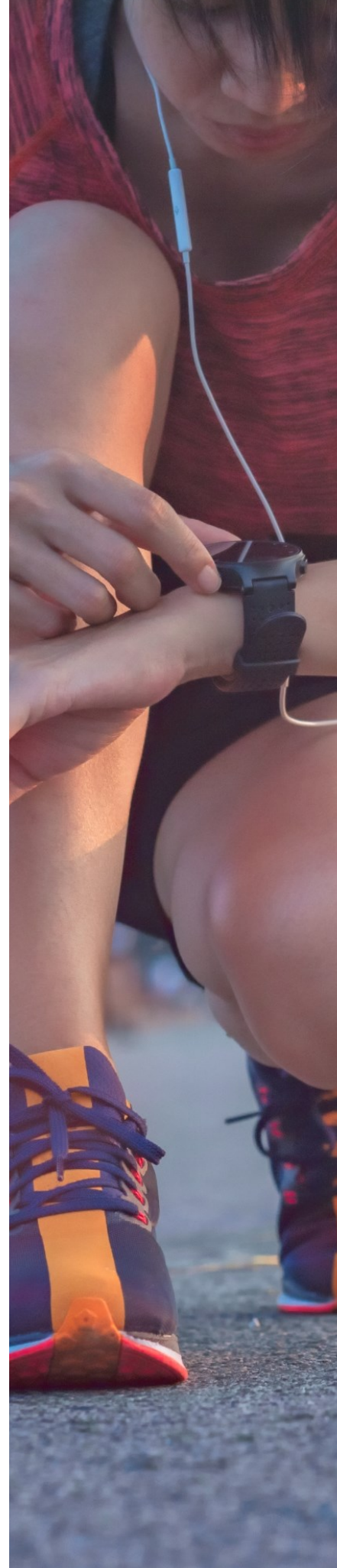
Making manageable changes and tweaking the way we currently do things i.e. hobbies, IT/social media.

### 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.



## 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 the implications of potential 'disclosure' of a mental health condition to an employer.

It will include an exploration of the Equalities Act 2010 and the concepts of a 'phased return' and 'reasonable adjustments'.

### 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



NEW

## 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

NEW

## Art & Colour

In this art workshop we will consider using colour as a means for expression. We will learn about the colour spectrum and how to mix paints to produce new colours. Come along and discover the joy of paint.

No previous art experience is needed.

All materials will be provided but do bring an apron if you have one to protect your clothes. We will have aprons for you to use if you don't have one.

### Learning outcomes:

- ✓ Learn how to create unique colours by applying paint mixing techniques
- ✓ Be absorbed in expression and exploration
- ✓ Identify ways to change colour using paint

NEW

## 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 materials will be provided but do bring an apron if you have one to protect your clothes. We will have aprons for you to use if you don't have one.

### Learning outcomes:

- ✓ Recognise new observation skills
- ✓ Apply focused attention
- ✓ Produce a variety of drawings using varied materials



Above: Student collage artwork

## 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

“

I love group work, I find it so empowering, and the fact courses are co-produced, co-facilitated and co-delivered with a clinician, with no hierarchy..

”

- College staff member

## 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



NEW

## 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 NHS and other support is available and how to access it.

### 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

## 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





## 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 is 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



# More about the College...

## Where are sessions based?

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

For 2024 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 2024. We will invite those students who have missed out previously.



## Locations include...



### **Brighton and Hove Recovery College**

Southdown, Frederick House,  
42 Frederick Place, Brighton, BN1 4EA

### **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
- ✓ receive 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](http://www.southdown.org/feedback-contacts)



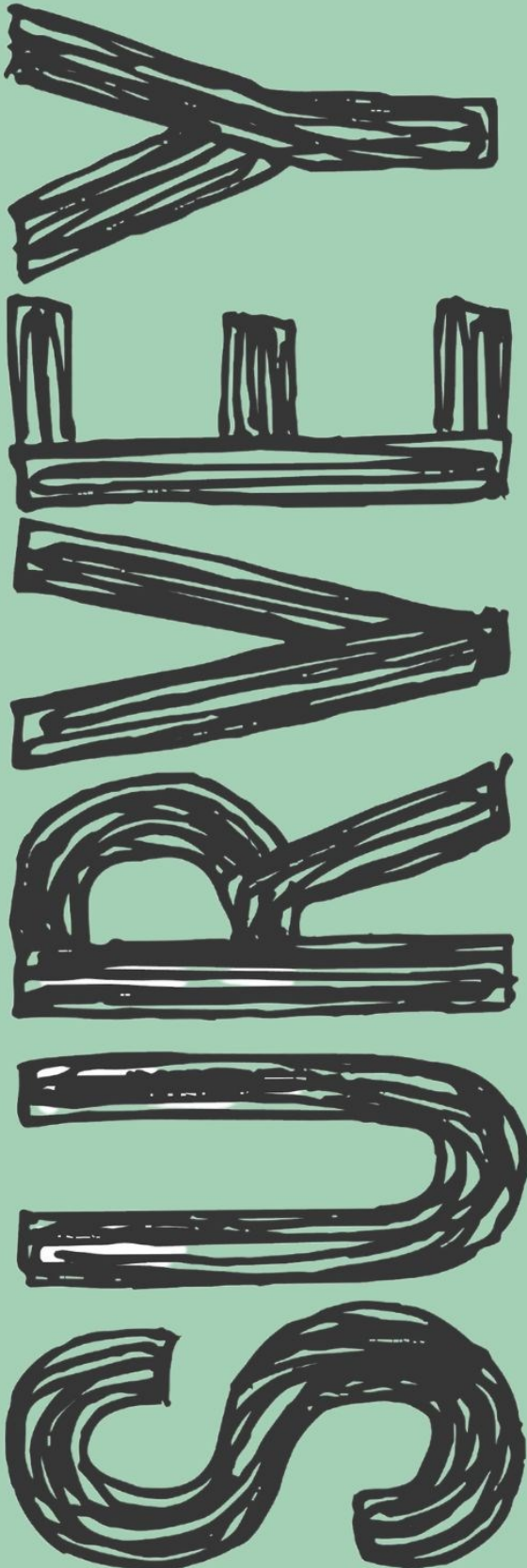
Would you like  
to earn £60?

If you're a new student to the College and are also accessing or waiting to access NHS support for your mental health, we'd love to hear from you.

RECOLLECT 2 is a five-year programme of work to better understand Recovery Colleges in England.

Taking part involves filling in four questionnaires over a 12 month period, for which you will be awarded a £15 voucher for each.

Please speak to a member of the College team if you'd like to find out more.



# Self help and other support

## Local mental health support

### UOK Brighton & Hove

is a network of 16 local, mental health and wellbeing organisations providing prevention, wellbeing and recovery support for people with a range of mental health challenges.



The UOK Brighton & Hove Central Access Team are available to help anyone who would like to access services in Brighton and Hove and start their journey to better mental health and wellbeing.

**Freephone:** 0808 196 1768 (Mon - Fri, 9am – 5pm)

**Arrange a call back:** [www.uok.org.uk/talk-to-us](http://www.uok.org.uk/talk-to-us)

## Talk to someone, 24/7...

### Sussex Mental Healthline

offers a 24/7 listening support, advice, information and signposting to anyone experiencing difficulties, or who may be in crisis and in urgent need of help with their mental health.

**Freephone:** 0800 0309 500

[www.sussexpartnership.nhs.uk/sussex-mental-healthline](http://www.sussexpartnership.nhs.uk/sussex-mental-healthline)

### Mental Health Rapid Response Service

provide a 24/7 urgent response service to the people of Brighton & Hove when they feel they are in a mental health crisis and are at immediate risk of harming themselves or others.

**Call:** 0300 304 0078

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

### Staying Well Brighton & Hove Southdown

is an out-of-hours walk-in service near Preston Park, for adults experiencing mental distress or requiring crisis support.

**Freephone:** 0800 023 6475, choose option #3

Weekdays - 5.30pm to 10.30pm

Weekends - 3.30pm to 10.30pm

**Email:** [stayingwell.brighton@southdown.org](mailto:stayingwell.brighton@southdown.org)

[www.southdown.org/services/staying-well-brighton-and-hove](http://www.southdown.org/services/staying-well-brighton-and-hove)

### SHOUT Sussex

is a free 24/7 text messaging service for people in Sussex to support emotional wellbeing and mental health challenges.

**Text:** 'SUSSEX' to 85258

## Free books

Check out the Reading Well website for a list of books to help you to understand and manage your health and wellbeing using helpful reading: [www.reading-well.org.uk/books/books-on-prescription](http://www.reading-well.org.uk/books/books-on-prescription)

### Samaritans

offer a 24/7 confidential listening service providing emotional support for anyone in crisis. Their number is free from landlines and mobiles.

**Freephone:** 116 123

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

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

## Find us

**Location:** Our main campus building is the Mental Health Learning and Community Hub at Frederick House, located in central Brighton near Brighton train station.

**Address:** Brighton and Hove Recovery College, Southdown, Frederick House, 42 Frederick Place, Brighton, BN1 4EA

## Contact us

**Tel:** 01273 749500

**Email:** [recoverycollege@southdown.org](mailto:recoverycollege@southdown.org)

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

## Follow us for updates

**Facebook:** @BHRRecoveryCollege

**Twitter:** @SHA\_RC Brighton

[www.southdown.org/services/recovery-college-brighton-hove](http://www.southdown.org/services/recovery-college-brighton-hove)



This prospectus is available for download from:

[www.southdown.org/services/recovery-college-brighton-hove](http://www.southdown.org/services/recovery-college-brighton-hove)

