

BRIGHTON & HOVE RECOVERY COLLEGE STUDENT NEWSLETTER

Welcome to the latest edition

Spring 2021

Student update...

Dear Students,

Thank you all for helping us deliver another successful term at the Recovery College, We could not have done this without your adaptability and ongoing support.

We have our most well attended online term yet with higher numbers of students joining classes and workshops. As our numbers increase we still aim to continue give every student a place on a course or a workshop.

The Recovery College is an inclusive college and we have sent a SurveyMonkey link to allow you to let us know what you have experienced this term.

We ask for your feedback to in order to keep on improving and updating our services.

Your suggestions are important to us. What courses and workshops do you feel you may benefit from in the future?



Due to student feedback we have added two new online courses this term.

One of which was Understanding Autism.

It is suspected that 1 in 100 people have a form of Autism, either knowingly or being unaware.

This course, which was open to people on the autistic spectrum, their families or professionals, was constructed to discover coping strategies and reasonable adjustment techniques, to prevent intrusive thoughts, also to promote wellbeing.

Due to a resounding success this term, we will be repeating this course next term.



Further updates...

April is stress awareness month

Stress awareness month is all about focusing on health and wellbeing, to reduce stress levels in any way possible.

Stress is nothing to be ashamed of. 74% of adults have experienced some type of stress or been in situations which they have not be able to cope with during their adult lives.

Its good to talk, sharing your concerns with a friend, reaching out to others or a health professional will help alleviate some of the root causes and help you to know you are not alone.

Why not try a 30 day challenge for April, or for any 30 days, which involves one action a day to focus on physical, emotional and mental wellbeing.

You can use these practices and coping techniques in every day life .



Stress Busting Links

Below are links to ideas on how to deal with stress and anxiety.

Ideas for you 30 day challenge with planner

<https://www.stress.org.uk/30daychallenge/#:~:text='The%2030%20Day%20Challenge'%20encourages,is%20a%20month%2Dlong%20programme.>

NHS stress tools to help you cope

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>

Stress reducing tips

<https://www.verywellmind.com/tips-to-reduce-stress-3145195>

Below are tried and tested apps for mental health awareness that you can download for your I phone or android device,

<https://www.healthline.com/health/anxiety/top-iphone-android-apps>



Marc a housing officer from Southdown tells his story about his recent autism diagnoses



Marc in his own words talking about autism and his discovery journey after a recent diagnoses.

Around 6 weeks ago, I was given my diagnoses of ASC (Autism Spectrum Condition). It had been a while coming and I wanted to share a little bit about my experience of being autistic, what led to my discovery and how we can start accepting autism and neurodiversity in work and social spaces.

Neurodiversity in simple terms is having a different neurotype to neurotypical people. These neurotype variants could be Autism, ADHD, Dyslexia, Tourettes, Dyspraxia or Dyscalculia.

Although I have always had friends and a social life, I have always felt 'different' to other people. During my early years at school, and during social interactions, I learnt to 'mask', which is a term often used in the neurodivergent community. It means acting in a certain way which conforms to neuro-normative standards, in order to 'fit in'. It's not necessarily a 'bad thing', as sometimes it can serve as a tool to get through life and to survive. But equally it can be exhausting, as for me personally, keeping up with social queues, jokes, and reading sarcasm for example, can be difficult

I've also become very aware that people who are neurodivergent often get judged by their ability to socialise. But why are our social skills based solely on the interactions with neurotypicals? When one of the biggest social difficulties faced by ND people is the resistance from neurotypicals to connect with those they perceive as 'different', possibly due to the harmful stereotypes we learn about how someone who is autistic is supposed to look and behave.

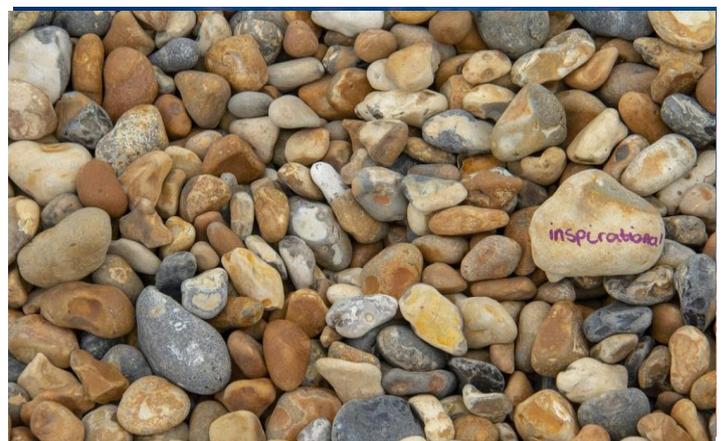
More so recently, it started to become more apparent that I am autistic, and during the last year (like many of us) have had time to reflect. It was incredibly validating to have been given the diagnoses of ASC – it feels like the last 36 years now finally makes sense! And I will continue to own this diagnoses, as it is all of me. I AM autistic. I like being autistic. And I a

starting to love and accept me for who I am. There is no shame.

People often ask if being autistic is a disability. And I usually say that it's up to the individual if they see their autism or ND diagnoses as a disability. For me personally, my autism is in no way synonyms of disability. However, sometimes it feels 'disabling' having to navigate through a society which is built for the dominant neurotype.

I feel fortunate to be working in a team that is accepting towards neurodiversity, and the colleagues I have been open to have been very understanding and accommodating.

I am becoming more accepting and open towards my own autism since the diagnoses, and have worked on a healthy balance to maintain my own integrity at work and in my (slightly non-existent due to Covid) social environment



General updates...

Events and new services

If you would like further information on Autism please check out the link below

<https://www.autism.org.uk/>

This a new advice service for Trans and Non Binary for Mental Health from Mind Out

<https://mindout.org.uk/trans-and-non-binary-mental-health-advocacy/>

Print making course, fabric/screen printing and photography.

Unfortunately these are not free courses but are a not for profit organization.

They hope to be offering very reduced priced courses in the future for people on benefits.

<https://www.eastsideprint.org/>

Mental Health awareness week May 10-15th

This years theme is Nature.

Do you have a story you would like to share with us and how connecting with nature is important to you, why not drop us a line?



Ideas...

Is there an aspect or element of the college you think we should be researching?

Do you have feedback that you would like to share or an idea for what should be included in this newsletter?

If so we want to hear from you...

You can either email us at:

recovery.college@southdown.org or contact

Lucy Walsh for student involvement and Student Union enquires at lucy.walsh@southdown.org or

talk to a member of the team.

Keep in touch...



Follow us on Facebook

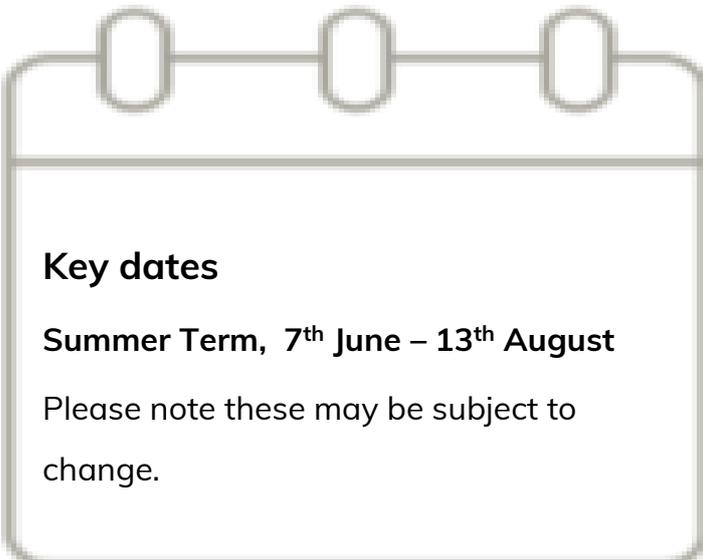
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CollegeStudentUnion



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Key dates

Summer Term, 7th June – 13th August

Please note these may be subject to change.

Contact us

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