

Brighton & Hove Recovery College

# Autumn Term Online Prospectus

5th October - 14th December 2020



Brighton & Hove Recovery College is provided by Southdown, in partnership with the Sussex Partnership NHS Foundation Trust and as part of the Community Roots network of mental health support.



# Welcome to our Autumn Online 'Virtual' Term

This term we will be running a variety of short courses and workshops. Due to the current situation, we still unable to hold courses and workshops in a classroom setting, therefore all sessions will be online via a software application called Zoom.

This prospectus details all you need to know in order to select a course or workshop, apply and also join our Students' Union if you'd like to. Do take a read through our [Frequently Asked Questions](#) section and feel free to get in touch if you have any questions that aren't covered.

The prospectus is divided into [courses](#) and [workshops](#). Courses are a series where you attend multiple sessions. Workshops are one off single sessions that you attend just once, with the exception of the Managing Anxiety workshop which has an optional second session.

## Applying for an Online Course/Workshop and other information

To download a registration form to apply for an online course or workshop, or to read further information such as our Student Code of Conduct and a guide to using Zoom, please see the 'Downloads' section at the bottom of the Recovery College webpage:

[www.southdown.org/how-we-help/mental-health-recovery/recovery-college-brighton-hove](http://www.southdown.org/how-we-help/mental-health-recovery/recovery-college-brighton-hove)

(If you have received this timetable via post, you should have also received the accompanying documents mentioned above)

## Brighton Recovery College Students' Union



We are the first Recovery College in the UK to be affiliated with the National Union of Students (NUS).

When you register for one of our courses or workshops, please use the Students' Union box on the Registration 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).

More details are available within the [Frequently asked Questions](#) section towards the end of this document.

# Courses

When registering for a course, you must be able to attend all dates for that course

MONDAY

## Regulating Emotions

**Course length:** Three consecutive Monday sessions

**Time:** 11:30am - 1pm

**Course runs:** 23rd November to 7th December

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 self-help course provides the opportunity for students to increase awareness of their 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.

### Aims

- ✓ 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

## Exploring Relaxation

**Course length:** Three consecutive Monday sessions

**Time:** 11:30am - 1pm

**Course runs:** 19th October to 2nd November

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 workshop explores how active relaxation practice turns off the 'Fight or Flight Response' and turns on the 'Rest and Digest System'. During the course students will be invited to practice short breathing techniques and different types of relaxation exercises.

### Aims

- ✓ 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

## Living with Bipolar

**Course length:** Two consecutive Wednesday sessions

**Time:** 11am - 12:30pm

**Course runs:** 7th October to 14th October

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 other students have found work in practice.

In Session Two 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.

### Aims

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

## Understanding Psychosis

**Course length:** Three consecutive Wednesday sessions

**Time:** 2:30pm - 4:30pm

**Course runs:** 7th October to 21st October

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 also be useful for carers or staff.

### Aims

- ✓ 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

# Courses

When registering for a course, you must be able to attend all dates for that course

WEDNESDAY	<b>Art and Craft</b>	
	<b>Course length:</b> Six consecutive Wednesday sessions <b>Course runs:</b> 4th November to 9th December	<b>Time:</b> 2:30pm - 4pm
	<p>A six week course for you to engage in a weekly art activity, connect with other students and reduce isolation.</p> <p>Materials will be provided in advance.</p>	<p><b>Aims</b></p> <ul style="list-style-type: none"><li>✓ Apply creativity and different techniques to start a project of art and craft</li><li>✓ Engage in distraction techniques</li></ul>

THURSDAY	<b>Sleep Management</b>	
	<b>Duration:</b> Three consecutive Thursday sessions <b>Course runs:</b> 5th November to 19th November	<b>Time:</b> 2pm - 4pm
	<p>This short course is for people who experience difficulty with sleep.</p> <p>In this course you will understand your individual sleep needs and learn and practice a range of skills that can promote better sleep.</p>	<p><b>Aims</b></p> <ul style="list-style-type: none"><li>✓ Apply learning from the course on how to monitor your own sleep using a sleep diary</li><li>✓ Analyze how your lifestyle and surroundings can affect your sleep</li><li>✓ Discuss and practice a number of strategies to improve your sleep</li></ul>

# Workshops

When registering for a Workshop, please let us know which date suits you best

MONDAY	<b>Balancing Physical and Mental Health</b>	
	<b>Time:</b> 11am - 12:30pm <b>Workshop is repeated on:</b> 9th and 16th November	
	<p>This workshop will explore different ways of managing some of the difficulties of living with a chronic physical and mental health condition.</p> <p>Pacing is fundamental to managing energy and pain levels and associated feelings.</p> <p>Acceptance and Commitment Therapy (ACT) aims to maximise our potential for a rich and meaningful life by teaching skills to help us deal with our struggles more effectively. ACT uses metaphors to help us reflect on our experiences, and encourages us to focus on what is truly of value to us.</p>	<p><b>Aims</b></p> <ul style="list-style-type: none"><li>✓ Describe the process of pacing and why it is beneficial</li><li>✓ Apply the basic principles of ACT and identify some small valued actions for the future</li><li>✓ Make a plan as to how you will apply principles of pacing and ACT in your own life</li></ul>

TUESDAY	<b>Increasing Wellbeing Through Activity</b>	
	<b>Time:</b> 2pm - 3:30pm <b>Workshop is repeated on:</b> 20th and 27th October	
	<p><i>“Action helps us to have an impact on our environment and helps time to pass. Without action, time weighs heavily upon us, so we are all moved to fill or occupy our time.” - Sue Parkinson - Recovery Through Activity</i></p> <p>In this workshop you are invited to explore the quality of your chosen actions/activities using a framework called ‘B. A. C. E. Activity’. The workshop explores the positive impact of different types of activity on our mood and well-being.</p> <p>A workbook for students to complete in their own time accompanies this workshop.</p>	<p><b>Aims</b></p> <ul style="list-style-type: none"><li>✓ Describe the ‘B. A. C. E. Activity’ framework (Bodily Care, Achieve, Connect, Enjoy) and use it to notice how you are currently spending your time</li><li>✓ Identify small positive changes you can make</li><li>✓ Increase engagement in activities that promote recovery and wellbeing</li></ul>

# Workshops

When registering for a Workshop, please let us know which date suits you best

TUESDAY

## Calming and Energizing Sensory Strategies

**Time:** 2pm - 4pm

**Workshop is repeated on:** 3rd, 10th, 17th and 24th November

For many reasons Life can be destabilising, and when it is our emotions may become out of balance. We can find ourselves over reacting 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 your emotions. To calm or energise, depending on your needs, so you may 'carve a path in life' i.e. to identify and achieve your goals day by day and moment to moment .

### Aims

- ✓ 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.

## Managing Anxiety: Part One and Two

**Time:** 11am - 1pm

**Workshop One is repeated on:** 3rd and 17th November

**Workshop Two is repeated on:** 10th and 24th November (optional for students who have completed part one)

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 to do or need to do.

This two part workshop provides an opportunity to reflect on how anxiety affects you and explores a range of self-help strategies including planning ahead, managing worry and engaging in physical activity

### Aims

- ✓ Describe personal signs and symptoms of anxiety states
- ✓ Plan ahead if an event is triggering anxious feelings
- ✓ Identify and apply a range of self-help strategies

# Workshops

When registering for a Workshop, please let us know which date suits you best

WEDNESDAY	<b>Student Quiz</b>
	<b>Time:</b> 12pm - 1:15pm <b>Workshop is repeated on:</b> 4th, 11th, 18th, 25th November and 2nd, 9th December
	<p>A weekly online quiz to attend and interact with other students and continue to be connected with the Recovery College and reduce isolation.</p> <p><b>Aims</b></p> <ul style="list-style-type: none"><li>✓ Participation in a non-clinical activity</li></ul>

THURSDAY	<b>Script Reading</b>
	<b>Time:</b> 11am - 1pm <b>Workshop is repeated on:</b> 3rd and 10th December
	<p>Script reading is often called a 'Read Through' and is done before beginning 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 which part we feel drawn to.</p> <p>The subject matter will be light-hearted. Come and join us as we explore other lives and discuss where we've been!</p> <p><b>Aims</b></p> <ul style="list-style-type: none"><li>✓ Engage in a fun, creative activity that can help increase confidence through reading sketches together</li><li>✓ Experience performing a play together as a tool to challenge anxiety and depression</li><li>✓ Collaboratively read a play, discussing thoughts and feelings around the play and the process of script reading</li></ul>

# Workshops

When registering for a Workshop, please let us know which date suits you best

## How has Lockdown Impacted on my Hoarding?

**Time:** 10:30am - 12:45pm

**Workshop is repeated on:** 22nd and 29th October

THURSDAY

This workshop is specifically for people that hoard. You will be given the opportunity to support each other as students and share your experiences of being a hoarder during lockdown.

We will look at whether your hoarding has changed during the pandemic, the effect of the reduced opportunity you have had to socialise and whether your health has been affected.

We also discuss and plan for any changes that you may want to make to your hoarding since the pandemic.

### Aims

- ✓ Discuss and describe how your relationship with hoarding/hoarding disorder may have altered during this pandemic
- ✓ Discuss why the pandemic might have brought changes in your relationship with items
- ✓ Apply 'solution focused' ideas for coping, with hoarding, during this pandemic

## Managing Mental Health in These Challenging Times

**Time:** 11am - 12:45pm

**Workshop is repeated on:** 16th and 23rd October

FRIDAY

This workshop will explore what mental health maintenance can look like and support you to explore activities and techniques which might be useful in everyday living to maintain positive mental health, particularly in these current times of change.

### Aims

- ✓ Review how you have managed your mental health during this Pandemic
- ✓ Apply learning on how to positively manage your mental health
- ✓ Identify ways you can adjust to living as fully as possible at this time

# Workshops

When registering for a Workshop, please let us know which date suits you best

FRIDAY

## Continuing to Look After Ourselves Whilst Socially Distancing

**Time:** 11am - 12:45pm

**Workshop is repeated on:** 30th October and 6th November

This workshop will invite you to explore healthy and unhealthy coping strategies and routines you have experienced and how routine and positive patterns can support your mental health.

### Aims

- ✓ Discuss what new routines you have been able to establish under ever changing social distancing rules
- ✓ Describe new routines you might take up having listened to each other's ideas
- ✓ Discuss the impact news and social media access has on your wellbeing

## What Have I Learnt From Lockdown?

**Time:** 11am - 12:30pm

**Workshop is repeated on:** 13th and 20th November

This workshop will explore resilience students and tutors have experienced in the current situation and reflect on managing in the current climate.

### Aims

- ✓ Discuss what lockdown has taught us all about ourselves
- ✓ Reflect on and consider what matters to you as a result of your time spent in lockdown
- ✓ Describe one or more things you may wish to bring into your life, or change, post lockdown

# Frequently Asked Questions

## Autumn Term and the Registration Process:

### **When is the Autumn Term?**

The Autumn runs from 5<sup>th</sup> October – 14<sup>th</sup> December.

### **Who can attend the Recovery College?**

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 and professionals/staff. You need to either live in the Brighton & Hove area and/or have a GP in this area.

### **Where will teaching be based?**

Due to the current situation, we still unable to hold courses and workshops in a classroom setting, therefore all sessions will be online via an software application called Zoom. Our college building at Frederick Place will not be open at this time.

### **How do I register to attend sessions this term?**

You will need to complete a Registration Form which you can find online on at [www.southdown.org/how-we-help/mental-health-recovery/recovery-college-brighton-hove](http://www.southdown.org/how-we-help/mental-health-recovery/recovery-college-brighton-hove). Alternatively, you can contact us via phone 01273 749500 or email [recoverycollege@southdown.org](mailto:recoverycollege@southdown.org) and we can send a Registration Form to you by email or post.

### **What courses and workshops will Brighton and Hove Recovery College be providing?**

This term we will be running a variety of short courses and workshops along with a mixture of clinical sessions on topics such as hoarding, managing social isolation, exploring relaxation and non-clinical sessions such as arts and craft, script reading and weekly quizzes.

### **How many courses or workshops can I apply for on my Registration form?**

Due to the current situation we are increasing the number of courses or workshops students can apply for to six this term.

# Frequently Asked Questions

## Autumn Term and the Registration Process continued:

### **How will students be selected for the courses and workshops?**

As we have done in the previous term, we will be prioritizing students who are new to the Recovery College first. Following that we will prioritise returning students who did not get a space on any courses or workshops last term.

### **How will I be informed if I have a place on a course or workshop/s?**

For students who have given an email address on their Registration Form we will email you to let you know by Friday 25th September. If we do not have an email address for you we will send you this information via post and will also send a reminder text message a few days before the course or workshop you are due to attend.

### **Will there be Buddies to support me this term?**

We are currently working with our amazing Buddies to look at the best way that they can support you and the college at this time. If you would like a Buddy or additional support please indicate this in the appropriate box on your registration form.

# Frequently Asked Questions

## Attending Online Courses and Workshops:

### **How do I access the online sessions using Zoom?**

We will send students who are due to attend a course or workshop the link to the Zoom session ahead of the course/workshop date. This is a secure link which will only be sent to the students who have a place on that particular course/workshop. All students will have signed our Code of Conduct Form in advance, agreeing to not share the details of any Zoom workshops or sessions with other people.

### **How can I help keep myself safe online?**

Please see our guide to using Zoom in the 'Downloads' section at the bottom of the Recovery College webpage:

[www.southdown.org/how-we-help/mental-health-recovery/recovery-college-brighton-hove](http://www.southdown.org/how-we-help/mental-health-recovery/recovery-college-brighton-hove)

If you have received this timetable via post, you should have also received a copy of the guide to using Zoom.

### **Who will be delivering the online courses and workshops?**

Our wonderful team of Peer Tutors, Trainers and Clinicians will be delivering the courses and workshops this term, as usual.

### **I have been given a space on a course/workshop and that I am no longer able to attend, what should I do?**

If you are unable to attend your course/workshop please contact us by phone 01273 749500 or email [recoverycollege@southdown.org](mailto:recoverycollege@southdown.org)

Due to the limited number of students we can have on a Zoom session, please do let us know if you cannot attend so that we can offer your space to another student on the waiting list as soon as possible.

# Frequently Asked Questions

## Students' Union and Involvement:

### How can I get involved in the Students' Union?

The Students' Union continues to run this term. You can contact our Students' Union Lead, Lucy Walsh by email at: [BHRecoveryCollegeSU@southdown.org](mailto:BHRecoveryCollegeSU@southdown.org) or by phone on 07870 585337.

### Can I access a TOTUM Card (previously known as an NUS Extra Card)?

If you would like to access the discount card, please use the Students' Union box on the Registration Form when you register for one of our courses or workshops. You will then be entitled to apply for a TOTUM card. Further details will be sent to you in your Welcome Pack before you start your first course/workshop this term. For further information please contact our Students' Union Lead, Lucy Walsh.

## Feedback:

### How will the Recovery College gather feedback from students this term?

When students complete a course or workshop we will send an electronic survey via email for completion. This is anonymous so that we can gather your feedback and ensure we are meeting the needs of our students in the best way possible.

## Graduation:

### Will there still be a Graduation Ceremony like the College has done previously?

At the end of each college year (in July), all students who have attended 60% or more of their classes or workshop would normally be invited to attend our Graduation Ceremony. This is a chance to celebrate your achievements with fellow students and tutors. However, due to the current situation we had to make the difficult decision to cancel this year's event. We are hopeful that we'll be able to hold a Graduation Ceremony in 2021 where we will be able to celebrate all of our student's achievements and triumphs.

You can contact us by phone on 01273 749500 or by email at [recoverycollege@southdown.org](mailto:recoverycollege@southdown.org)