

Autumn Term

BRIGHTON & HOVE
**RECOVERY
COLLEGE**

AUTUMN PROSPECTUS 2019



OFFERING EDUCATION AS A ROUTE TO RECOVERY
FROM MENTAL HEALTH CHALLENGES

Welcome

Welcome to the Autumn Term 2019 at Brighton and Hove Recovery College.

This autumn we look forward to welcoming new students and seeing returning students. We continue to deliver in partnership with Sussex Partnership Foundation Trust who bring a wealth of experience through their clinicians. We are excited that this term will see the introduction of a core team of Peer Tutors who will deliver a range of clinical courses.

In this term, we will also see the launch of the Community Roots, which includes the Recovery College. Community Roots is an integrated network of local services committed to supporting good mental health and wellbeing for all in Brighton and Hove.

In response to student feedback we will see the return of the 'Balancing your Physical and Mental' course and continue to run 'Hoarding' as a course. We will also see the return of the Coping with Winter Blues workshop. You will see new workshops such as 'Creative Jewellery Making.' Where you will produce unique pieces of jewellery which reflect your creative decisions.

In the Summer Term 100% of students reported that they had met their personal goals and 99% of students had achieved their learning outcomes.

We are continuing with the 'preference option' way of allocating courses as this seems to be the fairest way, we cannot guarantee that everyone will be allocated a place on a course or workshop.

The Recovery College will be focussing on gathering student feedback over the coming terms and welcoming your feedback on courses, workshops and events. If you have any suggestions, please speak to our trainers, Buddies and Office staff.

We hope you enjoy the Autumn Term.

Meet the Team



Lynsey: As the Recovery College Service Manager I ensure that we offer a varied programme of courses and workshops each term. I lead on working with partner agencies and also manage the office team and the Peer Trainers.



Fiona: As Administrator I schedule all our courses and workshops. I manage the registration process trying as hard as I can to ensure all places are allocated as fairly as possible. I support the Peer Trainers with any admin needs and am the initial person to contact if you need any information regarding the college or need to leave a message for your Trainers.



Greg: As Admin & Data Assistant I support the Administrator in ensuring things run smoothly behind the scenes, from entering feedback and creating registers to updating our data systems. Additionally, I help out with tasks like designing posters and research.



Lucy: Hello, my name is Lucy and I am the Volunteer and Students' Union Lead at the Recovery College. My role is to ensure that students are given the opportunity to have their voices heard and help the team to take their views into account when shaping the college.



Graham: I'm Graham, I'm the Quality Assurance Manager. I go into classrooms and observe our Peer Trainers teaching. The purpose of observations is to improve the overall quality of the Recovery College by developing the skills of our Peer Trainers and so provide our students with an improved learning experience.

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Autumn Courses at a Glance

	Course Title	Times	Dates	Venue	Page
MON	Improving your Sleep	1:30 - 4:00pm	30th September, 7th, 14th, 21st, 28th October	Frederick Place	11
	Living with Suicidal Thoughts	11:00am - 1:00pm	7th, 14th, 21st, 28th October, 4th November	Frederick Place	8
	Managing Anxiety	10:30am - 1:00pm	4th, 11th, 18th 25th November, 2nd December	Frederick Place	9
	Balancing Your Physical and Mental Health	2:00 - 4:30pm	4th, 11th, 18th 25th November, 2nd December	Frederick Place	11
TUES	Portraits for Recovery	10:30am - 1:00pm	1st, 8th, 15th, 22nd, 29th October	Frederick Place	15
	Working for Wellness	2:00 - 4:00pm	5th, 12th, 19th, 26th November	Frederick Place	14
	Living with Personality Disorder	10:30am - 1:00pm	5th, 12th, 19th, 26th November, 3rd December	Frederick Place	8
WED	Wellbeing Through Nature	1:00 - 4:30pm	2nd, 9th, 16th, 23rd, 30th October	Preston Park	11
	Mindful Photography	1:30 - 4:00pm	16th, 23rd, 30th October, 6th, 13th November	Frederick Place	16
	Managing Depression	1:30 - 4:00pm	30th October, 6th, 13th, 20th, 27th November	Frederick Place	9
THURS	Get to Grips with Hoarding	11:00am - 1:00pm	3rd, 10th, 17th, 24th, 31st October	Frederick Place	10
	Living with Bipolar	2:00 - 4:00pm	10th, 17th, (NOT 24th), 31st October, 7th, 14th November	Frederick Place	10
	Understanding and Living with Autism	10:00am - 1:00pm (24th Oct) 10:30 - 1:00pm (31st Oct, 7th Nov)	24th, 31st October, 7th November	Frederick Place	10
	Understanding Psychosis	2:00 - 4:00pm	24th, 31st October, 7th, 14th, 21st November	Frederick Place	8
	Introduction to Mindfulness	2:00 - 4:30pm	21st, 28th November, 5th December	Frederick Place	12



One-Day Workshops at a Glance

	Workshop Title	Times	Date	Venue	Page
MON	Coping with the Winter Blues	11:00am - 4:00pm	18th November	Frederick Place	13
WED	Creative Jewellery Making	11:00am - 3:30pm	9th October	Frederick Place	15
	Living with Adult ADHD	11:00am - 4:00pm	20th November	Frederick Place	9
	Introduction to Self-Compassion	11:00am - 4:00pm	4th Decemeber	Frederick Place	12
THU	Navigating Mental Health Services	11:00am - 4:00pm	14th November	Frederick Place	7
FRI	Vision Boards	11:00am - 4:00pm	4th October	Frederick Place	16
	Be Your Own Life Coach	10:30am - 3:30pm	18th October	Frederick Place	12
	Holistic Approaches to Wellbeing	11:00am - 4:00pm	22nd November	Frederick Place	13
	Return to Learning	11:00am - 4:00pm	6th December	Frederick Place	14
SAT	Drama for Confidence	11:00am - 3:00pm	23rd November	Frederick Place	15

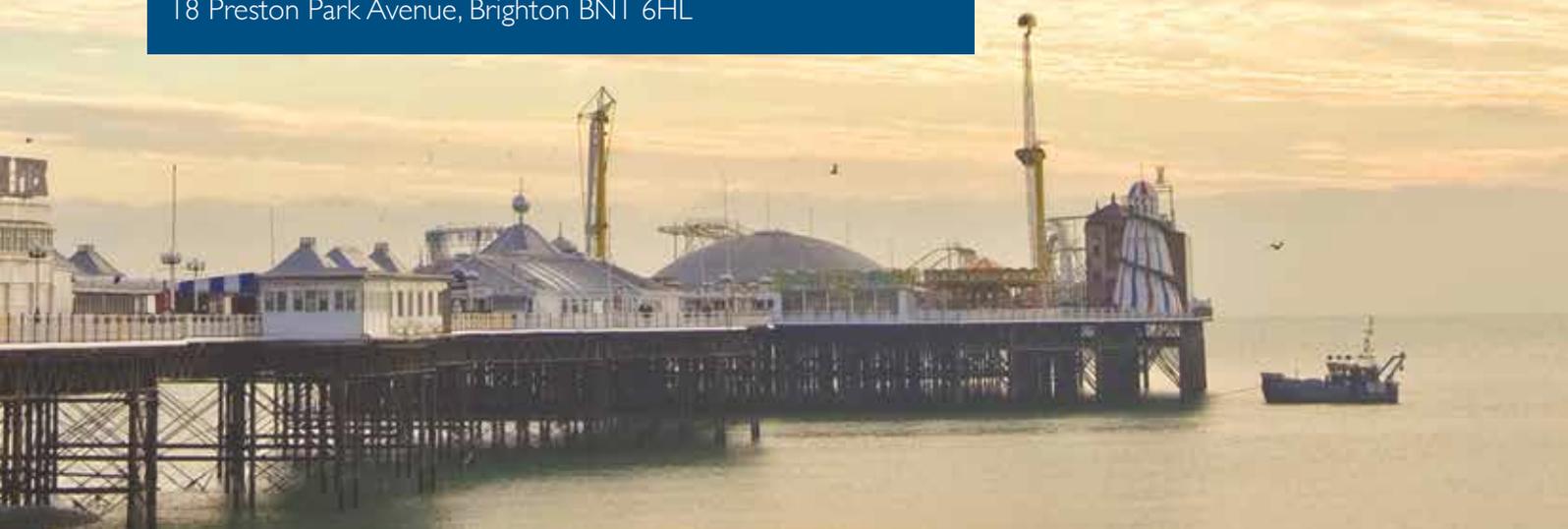
VENUE ADDRESSES

Frederick House

42 Frederick Place, Brighton BN1 4AE

Preston Park Recovery Centre

18 Preston Park Avenue, Brighton BN1 6HL



Who can Apply

All our courses and workshops are suitable for people with moderate to severe mental health challenges, as well as Carers and Professionals / Staff.

You need to either live in the Brighton & Hove area (see map on back cover) and / or have a GP in this area.

How to Apply

STEP 1



Complete the registration form in the middle of the prospectus. You must register in order to book your place on courses or workshops (we can help you with this.)

Or download a registration form from our Southdown website:



www.southdown.org/how-we-help/mental-health-recovery/recovery-college-brighton-hove

Or pick up a registration form from our Frederick Place office.

Or call us on 01273 749 500 and we can arrange to help you complete the registration form.

STEP 2

Return the registration form, including the equal opportunities monitoring form, to:



Brighton and Hove Recovery College,
Southdown Housing Association,
Frederick House, 42 Frederick Place
Brighton, BN1 4EA



Or email it to us:
recoverycollege@southdown.org

Please note

We have a one-week registration window, which opens on our Open Day on **4th September** and closes on **11th September 2019**. Registration forms submitted after this time are very much welcomed. If the course or workshop requested is fully booked, you will be placed onto this term's waiting list.

What Happens Next?

STEP 1

We will process all registration forms from the Open Day and any others received during our registration "window".

We will do our best to match as many of your options as possible and will try to give everyone who applies within the registration window at least one option, however, you may be placed on a waiting list for our most popular courses.

If you apply after this time we will endeavour to give you a place on your requested course or workshop. If they are fully booked we will place you on the waiting list and will contact you immediately if a place becomes available.

STEP 2

We will send you a LETTER OR EMAIL confirming your enrolment and which courses and / or workshops you have a place on.

STEP 3

We will send you a text reminder a few days before your course with details about the venue, date and times.

A Request from us...

Most of our courses and workshops have waiting lists. If you find that you are unable to attend your course or workshop PLEASE contact us either by phone 01273 749 500 or email: recoverycollege@southdown.org

About the College

SUPPORTING RECOVERY

In mental health, recovery does not always mean the process of complete recovery from a mental health challenge in the way that we may recover from a physical health problem.

For many people, recovery is about staying in control of their lives despite experiencing a mental health challenge.

Putting recovery into action means focusing on supporting recovery and building resilience, not just on treating or managing symptoms.

There is no single definition of the concept of recovery for people with mental health challenges but the guiding principle is hope – the belief that it is possible for someone to live a meaningful life.

Recovery College courses all use the Recovery Model in their approach. The Recovery Model aims to help people experiencing mental health challenges to look beyond survival and existence. It encourages people to move forward, set new goals and develop relationships that give their lives greater meaning.

We do not recover in a vacuum; each person's recovery is a journey, which can be supported by those travelling alongside them.

Recovery emphasises that, while people may not always have full control over their symptoms, they can have increasing control over their lives. Recovery is not about 'getting rid' of problems. It is about seeing beyond a person's mental health and recognising and fostering abilities, interests and dreams.

(Based on content from www.mentalhealth.org.uk)

GRADUATION

At the end of each college year (July), all students who have attended 60% or more of the classes will be invited to attend our graduation ceremony. This is a chance to celebrate your achievements with fellow students and tutors.

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 Trainers, who have lived experience of mental health problems, together with a clinical trainer, mental health practitioner or other professional, on an equal footing.

As part of the course Peer Trainers 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 system to provide valuable one-to-one support where it is needed most.



Open Day Staff and Peer Trainers Summer 2019

Navigating Mental Health Services

Have you ever wondered how mental health services work locally? Or what treatments might be available to meet your needs and what all those acronyms mean? Well look no further; this workshop will help you navigate the complexity of NHS and third sector mental health services in Brighton and Hove. This will give you a sense of the different clinical interventions that can be accessed along the NHS care pathway as well as the diversity of community services to give you a holistic approach to accessing help with your mental health challenges.



Learning Outcomes

You will:

1. Have an understanding of the configuration of local mental health services as well as the pathways into and between them.
2. Discuss how services are divided up, what they can offer; what interventions are available and which are appropriate to your needs.
3. Identify which services you can access outside the NHS to support yourself and your recovery.

Duration: One day

"It has been a very long time since I've done anything like this and it has made me feel very positive and hopeful for my future."



Recovery College Student

Understanding Psychosis

This course introduces what psychosis is and you will learn how to create a psychological understanding (formulation) of psychosis. You will learn about psychological and psychiatric interventions for psychosis including, antipsychotic medication, Cognitive Behavioural Therapy and Family Interventions. 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 are unusual. It will also be useful for carers and staff.

Learning Outcomes

You will:

1. Discuss the diagnosis and formulation of psychosis including its symptoms and causes.
2. Have an overview of medication, treatments and other support.
3. Be familiar with and practise coping strategies and self-management tools.

Duration: 5 weeks

Living with Suicidal Thoughts

This course is for people who have experience of living with suicidal thoughts.

It will enable you to understand these thoughts, looking at subjects such as day to day wellness and changing emotions. It will provide information and training on how to safety plan.

The course will enable you to recognise which symptoms and triggers specifically relate to you. You will be able to practice and explore coping techniques and strategies.

This is an educational and training course focusing on Recovery, it is not in any way therapeutic.

Learning Outcomes

You will:

1. Recognise your own emotional changes.
2. Develop a range of coping strategies to manage symptoms and early warning signs.
3. Form a plan for when and where to turn for support and help.

Duration: 5 weeks

Living with Personality Disorder

This course provides an overview of what 'personality disorder' is and how it is diagnosed.

We will also discuss lived experience and some helpful approaches to support people living with and managing the condition. The course also aims to provide both helpful information and strategies for anyone living, supporting or working with a person with this diagnosis or for people who have not had a diagnosis but have high emotional intensity.

Learning Outcomes

You will:

1. Be able to explain what personality disorder is and what it is not.
2. Describe what treatment approaches are available.
3. Identify positive strategies for supporting anyone living with this condition.

Duration: 5 weeks

"This College is honestly amazing and so vital for those struggling with mental health!"

Recovery College Student

Managing Depression

This course is designed for anyone affected by, or living with any type of depression. We will address some of the most common effects of depression, including thinking habits, behaviour habits, eating, sleeping, and relapse. (However, this course won't address anxiety or medication.)

Over 5 weeks you will have the opportunity to try out a range of practical recovery based approaches which are proven to be effective in helping to manage depression.

You are invited to join us in a supportive group, where you will be encouraged to try things out at home and will be supported to engage as much or as little as you feel able to in the class.

Learning Outcomes

You will:

1. Identify the importance of sleep and the relationship between food and mood.
2. Have opportunities to try out CBT - Cognitive Behaviour Therapy, Mindfulness and relaxation techniques.
3. Begin a simple, individualised plan for helping to manage depression and prevent relapse.

Duration: 5 weeks

Managing Anxiety

This anxiety management course is suitable for anyone living with anxiety, from mild to severe. It is for those who experience ruminating thoughts and for people struggling to access services and places to go in the community due to their anxiety.

The course will teach some of the science behind anxiety, what it is, how it affects us and what we can do to manage it.

We will aim to build up a toolkit of information and skills that you can dip in and out of when you need them to help you manage your anxiety.

We will also identify and discuss symptoms of anxiety in the human body

Learning Outcomes

You will:

1. Identify what anxiety is, the science behind the stress response and how it affects you.
2. Discuss and practice using a range of practical skills to manage your anxiety.
3. Challenge barriers to change using acceptance, self-compassion and replacing unhelpful thoughts with helpful ones.

Duration: 5 weeks

Living with Adult ADHD

The course will teach a psychological model of Adult ADHD and how to understand this neurodiversity. It will describe the experience of what Adult ADHD is like and the difficulties it presents in day-to-day life for those who experience it.

The course will explore the range of treatment options available and how to implement some basic strategies in maintaining and managing challenges.

Learning Outcomes

You will:

1. Be able to identify what Adult ADHD is and how it affects each individual.
2. Be aware of the treatment options available.
3. Gain knowledge of strategies that can be implemented in day-to-day life.

Duration: One day

"The Trainers were brilliant! Very insightful and sensitive delivery. Very supportive, professional and approachable."

Recovery College Student



Brighton & Hove Recovery College Registration Form

Any personal information you share with Southdown Housing Association will be kept secure and used in line with the General Data Protection Regulation (GDPR). It will only be looked at and used to help make sure we give you an effective service. Some information may be shared with other support agencies to help you access further services and make sure the services you get are right for you. We can share your information without your permission if we are concerned about your safety or the safety of others, or where we are required to by law. You can withdraw or change your agreement for Southdown to hold or process your personal information at any time. You can also ask to see the information Southdown holds about you. More information about how Southdown stores and uses your data is available on our website www.southdown.org or we can send you a leaflet if you would prefer.

Please post or hand-deliver your completed form to:

Brighton and Hove Recovery College. Ground Floor,
Frederick House, 42 Frederick Place, Brighton, East Sussex, BN1 4EA

Or email to: recoverycollege@southdown.org

1. PERSONAL AND CONTACT DETAILS		
Full Name		
Date of Birth		
Current Address		Postcode
Your Other Contact Details (please only complete if you are happy for us to contact you via these methods. If left blank we will write to you.)		
Telephone	Landline: Can we leave a message? Yes / No	Mobile: Can we leave a message? Yes / No
Email Address		
Contact Details in Case of Emergency		
Contact Name		
Contact Telephone		

2. DISABILITIES AND OTHER DIFFICULTIES (tick as many boxes as needed)			
<i>This information will be used to help us make reasonable adjustments to support you and help to make the course more accessible for you.</i>			
Learning Disabilities		Autism or Asperger's Syndrome	
Learning Support Needs (eg. dyslexia, dyspraxia, dyscalculia)		Emotional / Behavioural Difficulties	
Physical Disabilities		Longstanding illness	
Sensory Impairment:	Hearing	Dementia	
	Sight	Wheelchair User	
Mental Health Support Needs		Other Disability (eg. asthma, epilepsy, diabetes) - please specify:	

3. ADDITIONAL INFORMATION		
Will you require an interpreter or signer?	YES	NO
If YES, please give more details:		

Please tick this box if you would like to be added to the Recovery College mailing list. We'll send you new prospectuses and invites to Open Days, as well as newsletters and invitations to events organised by the Students' Union.

4. ABOUT YOU

Brighton and Hove Recovery College is for people with mental health challenges, their relatives, friends and carers, and the staff of our partner organisations.

Are you living with a mental health condition?			YES	NO
Do you have support for your mental health condition?			YES	NO
Psychiatrist	GP	Care Co-ordinator	Other (please state)	
Are you a carer for someone with a mental health condition?			YES	NO
Are you a friend/family member of someone with a mental health condition?			YES	NO
Are you a volunteer or staff member working in mental health?			YES	NO

5. COURSE DETAILS

You may choose up to 3 courses or workshops, or a combination of both. Place your choices in order of preference. Please note, you may be placed on a waiting list for oversubscribed courses.

	Course/Workshop Title	Start Date
Preference 1		
Preference 2		
Preference 3		

6. STUDENTS' UNION

When you register for a Recovery College course, you can also enrol in our Students' Union. If you wish to be part of the Students' Union please tick this box. Please see our prospectus or website for details.

7. PEER BUDDIES

We have a small team of trained Buddies who can support you to attend your courses. If you are completing this at Open Day please speak to a Buddy at the 'Buddy' table. If not, we will contact those ticking this box for more details.

Please tick this box if you require a Buddy.
(If you are not sure please tick and we will contact you to discuss your needs)

8. RESEARCH

I would like to be contacted by Sussex Partnership NHS Trust for research or evaluation purposes. YES NO

Signature:

Date:

About You: Equalities Monitoring Form

The reason why we ask you these questions is so we can:

- Make our council services open to everyone in the city.
- Treat everyone fairly and appropriately when they use our services.
- In consultations, make sure that we have views from all across the city.

The Equality Act 2010 makes these aims part of our legal duties. Your answers help us check that we have met the law and help improve our services. We will only use them to make services better. Information from forms is combined so you cannot be identified.

A **short guide** to these questions is available. Please ask if you would like it. You can also ask for a large-print version. Call 01273 764 917

1. What age are you?years <input type="checkbox"/> Prefer not to say	
2. What gender are you?	<input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other - please state <input type="checkbox"/> Prefer not to say	
3. Do you identify as the sex you were assigned at birth? For people who are transgender, the sex they were assigned at birth is <u>not</u> the same as their own sense of their gender.	<input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Prefer not to say	
4. How would you describe your ethnic origin?		
White <input type="checkbox"/> English/Welsh/Scottish/ Northern Irish/British <input type="checkbox"/> Irish <input type="checkbox"/> Gypsy or Irish Traveller <input type="checkbox"/> Any other White background (please give details) Asian or Asian British <input type="checkbox"/> Bangladeshi <input type="checkbox"/> Indian <input type="checkbox"/> Pakistani <input type="checkbox"/> Chinese <input type="checkbox"/> Any other Asian background (please give details)	Black or Black British <input type="checkbox"/> African <input type="checkbox"/> Caribbean <input type="checkbox"/> Any other Black background (please give details) Mixed <input type="checkbox"/> Asian & White <input type="checkbox"/> Black African & White <input type="checkbox"/> Black Caribbean & White <input type="checkbox"/> Any other mixed background (please give details)	Other Ethnic Group <input type="checkbox"/> Arab <input type="checkbox"/> Any other ethnic group (please give details) <input type="checkbox"/> Prefer not to say

5. Which of the following best describes your sexual orientation?

- Heterosexual/'Straight'
 Lesbian
 Gay
 Bisexual
 Other (please state)
 Prefer not to say

6. What is your religion or belief?

- | | | |
|--|---|--|
| <input type="checkbox"/> I have no particular religion
<input type="checkbox"/> Buddhist
<input type="checkbox"/> Christian
<input type="checkbox"/> Hindu
<input type="checkbox"/> Jain
<input type="checkbox"/> Jewish
<input type="checkbox"/> Muslim | <input type="checkbox"/> Pagan
<input type="checkbox"/> Sikh
<input type="checkbox"/> Agnostic
<input type="checkbox"/> Atheist
<input type="checkbox"/> Other religion (please state)
..... | <input type="checkbox"/> Other philosophical belief
(please state)
.....
<input type="checkbox"/> Prefer not to say |
|--|---|--|

7a. Are your day-to-day activities limited because of a health problem or disability which has lasted, or is expected to last, at least 12 months?

- Yes a little
 Yes a lot
 No (do not answer 7b)
 Prefer not to say (do not answer 7b)

7b. If 'yes', please state the type of impairment. If you have more than one please tick all that apply. If none apply, please mark 'Other' and write an answer in (examples are given in the short guide.)

- | | |
|--|---|
| <input type="checkbox"/> Physical Impairment
<input type="checkbox"/> Sensory Impairment
<input type="checkbox"/> Learning Disability/Difficulty
<input type="checkbox"/> Long-standing illness | <input type="checkbox"/> Mental Health Condition
<input type="checkbox"/> Autistic Spectrum
<input type="checkbox"/> Other Developmental Condition
<input type="checkbox"/> Other (please state) |
|--|---|

8a. Are you a carer?

A carer provides unpaid support to family or friends who are ill, frail, disabled or have mental health or substance misuse problems.

- Yes
 No (do not answer 8b)
 Prefer not to say (do not answer 8b)

8b. If 'yes', do you care for a.....?

- Parent Partner/spouse
 Child with special needs Friend
 Other family member
 Other (please give details).....

9. Armed Forces Service:

- Have you ever served in the UK Armed Forces?

- Yes No Prefer not to say

Understanding and Living with Autism

Autism affects around 1 in 100 people but as it is a spectrum condition, the sensory and social issues associated with it can vary greatly from person to person. This course will give a brief overview of what autism is, with some ideas to reduce anxiety in everyday situations.

Learning Outcomes

You will:

1. Be able to describe what autism is and the sensory and social issues that characterise it.
2. Recognise the signs of stress associated with uncomfortable situations that can lead to sensory overload.
3. Gain some ideas for coping with everyday situations that can be adapted to meet your individual needs.

Duration: 3 weeks

Living with Bipolar

This is a course for people who live with bipolar and/or their supporters, friends and family. It is an opportunity to learn more about bipolar, explore coping strategies and develop an understanding of what helps to keep us well. The workshop will consider which relapse triggers to look out for and what treatments are available to support recovery.

Learning Outcomes

You will:

1. Share ideas about the positive things that you are already doing to manage your mental health.
2. Identify new coping strategies that may help you to manage your mental health.
3. Consider ideas relating to relapse prevention and ways to keep healthy.

Duration: 5 weeks

Get to Grips with Hoarding

This is a skills-based course, which enables you to explore your understanding of hoarding and your relationship with it. The aim is to empower you with not only knowledge about your condition but also how to tackle it. There will be the opportunity for both discussion and reflective practice to increase awareness of the condition. This will serve to demystify the subject and increase confidence when de-cluttering.

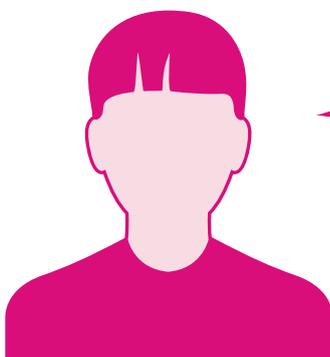
In this course, you will learn about what hoarding is (and isn't) by increasing awareness of the behaviour and thoughts of those who hoard. This course is open to family members, carers, friends and professionals, providing the opportunity to learn how they can best aid the person they are supporting.

Learning Outcomes

You will:

1. Explore the causes of hoarding to understand its origins and how it can be maintained.
2. Learn a series of self-help techniques, which will enable you to feel you can begin de-cluttering. You will be shown how to recognise the importance of eliciting support from relevant people.
3. Have the opportunity to identify helpful and constructive ways to talk to yourself whilst de-cluttering and be shown how to praise and reward your efforts.

Duration: 5 weeks



Recovery College Student

"I don't feel like it's my 'fault' anymore, just a difference. I feel like a person again!"

Balancing Your Physical and Mental Health

This course will explore the difficulties of living with a chronic physical health condition and a mental health problem. We will discuss the interactions between physical health problems and the impact on mental health and vice versa.

During the course, we will explore topics such as pacing and the loss of the life that could have been.

Learning Outcomes

You will:

1. Explore the difficulties of living with a chronic physical health difficulty.
2. Identify psychological strategies to help manage these difficulties.
3. Put into practice strategies to enable you to balance your physical health condition and mental health.

Duration: 5 weeks

Improving Your Sleep

This is a skills-based course for people who experience difficulties with sleep.

The aim of the course is to better understand individual sleep needs, as well as learn and practice a range of skills that promote better sleep.

This course will cover some theory and research about sleep, lifestyle factors influencing sleep and some relaxation techniques.

Learning Outcomes

You will:

1. Identify and practice a range of strategies to improve your sleep.
2. Gain a better understanding of your sleep routines and how your lifestyle and surroundings affect your sleep.
3. Be able to practically set achievable individual goals related to improving your sleep.

Duration: 5 weeks

Wellbeing Through Nature

This course will give you the opportunity to explore some ways that nature can help your mental health and improve your general wellbeing.

Each week we will meet at Preston Park Recovery Centre, and from Week 2 we will be taking a minibus to a variety of nature based projects at different venues. You will be able to try a number of outdoor activities, with a variety of themes, including anything from gardening to mindfulness. We'll be returning back to Preston Park Recovery Centre at the end of each session.

Please be aware that this course does include some walking and physical activity.

Learning Outcomes

You will:

1. Gain an understanding of the wellbeing benefits of nature connection.
2. Learn and share a variety of practical tools to encourage you to access nature for wellbeing independently.
3. Experience a variety of nature based activities by visiting different local projects and natural spaces.

Duration: 5 weeks



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, to explore some of the barriers to achieving it, and to enable you to experience short practices that cultivate a mindful, compassionate approach to our experiences.

Learning Outcomes

You will:

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

Duration: One day

"The single most helpful thing I've done since I began recovery!"

Recovery College Student

Introduction to Mindfulness

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

The three sessions offer a practical and conceptual introduction to what Mindfulness is, how it helps to aid mental health recovery and wellbeing and signpost to further mindfulness courses. 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 mindfulness course.

Please note: Be aware that this course may not be right for you if you are in crisis.

Learning Outcomes

You will:

1. Discuss the basic approach of Mindfulness to mental health recovery.
2. Experience Mindfulness practices and how to incorporate them into daily life.
3. Experience an understanding of all the main Mindfulness practices and themes contained in an 8 week Mindfulness course (MBCT - MBSR) and choose whether or not to sign up for a further and more in-depth 8-week Mindfulness course.

Duration: 3 weeks

Be Your Own Life Coach

The focus of this workshop is to enable you to explore your wellbeing, past successes and future desires with a view to using tools and techniques which empower you to 'Be Your Own Life Coach'.

We will look at ways to see our lives in a new light to help us see possibility and promise in our futures.

You will explore ways you can be in the 'driving seat' of your own life. We will investigate the role values and positive affirmations play in life and how this differs from limiting beliefs. We will also consider how thought management and thinking styles play a part in creating positive motivation and switch on willpower.

Learning Outcomes

You will:

1. Analyse the relevance of identifying your successes, how they came about and how this positive knowledge impacts on the future you create for yourself.
2. Create a personal development plan to take you from where you are to where you want to be!
3. Make use of techniques such as positive self-talk and affirmations to coach yourself towards a life you love.

Duration: One day

Coping with the Winter Blues

This workshop is intended for people who suffer from the Winter Blues.

You will study the various reasons for the Winter Blues, and look at ways to avoid, or deal with the condition. This course will also help you to identify if you are suffering from Seasonal Affective Disorder (SAD) and will discuss the symptoms in details such as anxiety, overeating and depression, and how this is affecting our daily lives.

The science behind SAD will be investigated to give you a clear idea of why you feel as you do. You will be helped to make an action plan to be able to recover from with the effects of Winter Blues.

Learning Outcomes

You will:

1. Have a greater understanding of the triggers that create the Winter Blues, and gain knowledge of treatments available for it, and their potential effectiveness, as well as be able to choose treatments for yourself based on this knowledge.
2. Have a good understanding of the triggers for SAD, and the science behind the disorder.
3. Be aware of how to create an action recovery plan, to be able to deal with Winter Blues.

Duration: One day

Holistic Approaches to Wellbeing

This workshop offers an overview of holistic approaches which can be used to aid mental health recovery.

We will discuss how to make informed choices about which holistic approaches could benefit our wellbeing.

There will also be opportunities to try out a holistic approach.

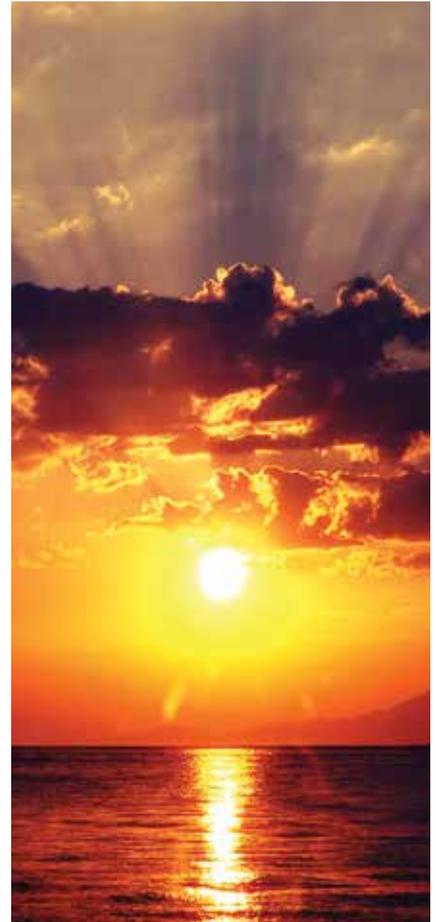
On the workshop we will include group and pair work, individual reflection / self-inquiry and guided practices.

Learning Outcomes

You will:

1. Discuss a range of holistic approaches which could aid your recovery journey.
2. Explore how to make safe and informed holistic choices.
3. Practice some holistic approaches which may include hand-massage, movement and positive visualisation.

Duration: One day



"It's vital to have those with lived experience teaching the courses as they understand and empathise with your own experience."



Recovery College Student

Working for Wellness

This course is for people considering entering or returning to work and are looking to boost their confidence and broaden their skills.

Difficulties in returning to work are explored and strategies to overcome them are covered.

The advantages of going back to work will be discussed, including social, financial, psychological and practical benefits. There will be opportunity to explore the interrelationship between payment of benefits and work as well as to discuss concerns associated with making the transition from benefits to paid work.

You will also learn about the importance of 'me time', being kind to yourself, relaxation techniques, confidence-building techniques and the importance of positive thinking.

Learning Outcomes

You will:

1. Be able to describe the benefits of going back to work and know your rights as a returning worker.
2. Know what the difficulties in entering / returning to work are as well as some strategies to overcome them.
3. Identify your goals regarding work and make a plan for how to best and most manageably achieve them.

Duration: 4 weeks

Return to Learning

The aim of this workshop is to boost the confidence and skills of those thinking of returning to education.

This is a friendly course run in a supportive, relaxed atmosphere, with plenty of individual and group activities and discussion.

You will learn subjects such as note taking, effective reading and writing skills, time management, stress management, learning styles, presentation skills, choosing a study place, and dealing with exams, and researching a subject.

Learning Outcomes

You will:

1. Be confident to undertake basic study skills such as note-taking, researching a subject, planning your study time, and giving presentations.
2. Understand your learning styles, as well as how to reduce stress and manage your time effectively.
3. Identify goals and make a plan for future progression.

Duration: One day

"It is essential for the Peer Trainers to have lived experience of similar issues so that they can understand the students better."



Recovery College Student

Portraits for Recovery

NEW

This course will introduce you to artists that have personally dealt with mental health issues and created portraits.

We will explore the benefits of making and creating portraits that can aid personal recovery, teach you how to construct the face. We will use a number of artistic mediums to create portraits.

No prior knowledge or experience of art is needed, just an interest in the subject and willingness to try something new. All abilities welcome.

Learning Outcomes

You will:

1. Be able to identify portrait artists that have addressed mental health issues in their work.
2. Learn how to observe and record the face and figure to create a portrait.
3. Build your confidence and develop understanding by completing portraits exploring various artistic approaches and mediums.

Duration: 5 weeks

Creative Jewellery Making

NEW

This workshop will allow you to explore the tactile nature of creating jewellery with beads. You will be encouraged to engage with the materials in a relaxing way.

You will be able to select materials and work creatively to produce unique earrings, keyrings and pendants. You will have the choice of a range of beads, findings and threads as well as basic tools and equipment. The outcome for each individual is flexible in that there is no fixed design in mind.

Learning Outcomes

You will:

1. Engage creatively with a range of jewellery materials and equipment.
2. Explore the tactile nature of the materials through handling and assembling jewellery.
3. Produce unique pieces of jewellery which reflect your creative decisions.

Duration: One day



Drama for Confidence

All are welcome, whatever level of experience, or ability.

This workshop will use drama games, creativity and play, to empower and help 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.

Learning Outcomes

You will:

1. Identify how engaging in creative activity can improve confidence and communication skills.
2. Learn ways to challenge anxiety and depression.
3. Engage with creative activities that help increase energy and social interaction.

Duration: One day

"Not only has it helped me, but I can pass this on to help others!"

Recovery College Student

Vision Boards

A vision board is a board on which a person displays images which represent whatever they want to be, do or bring into their lives. It is a practical tool used to help clarify, concentrate and create focus.

In this workshop the history, reasons for and benefits of creating vision boards will be explored. They can be used for a variety of topics be it health, fitness and wellbeing, home life, relationships, hobbies, career ambitions, and finances in order to bring about positive outcomes and aid in recovery.

We will look at how to create a board to help a person be 'solution focused.' This can help a person have a sense of control over a specific goal, ambition or even their wishes for their future in general. We will also look at tools, tips and techniques in order to help students create their own vision board during the workshop. You are welcome to bring in any magazines/brochures that you would like to use in the construction of your Vision Board.

Learning Outcomes

You will:

1. Discuss the merits and benefits of creating vision boards for a variety of topics.
2. Create a vision board which brings clarity to your goals, dreams or ambitions.
3. Learn how to make a vision board 'work' for you.

Duration: One day

Mindful Photography

This course is for those of you who have an interest in photography and are keen to express yourselves through this medium. The course blends the art of creativity and mindfulness together.

You will explore new ways of seeing and start to build up a photography practice and use a journal to keep as a resource for your ideas and thoughts. There will be opportunities to receive and give feedback on images taken by the group.

You will be required to attend with your own photo taking device which can be as smartphone or a camera and to be comfortable with gentle exercise because we do go out on location most weeks.

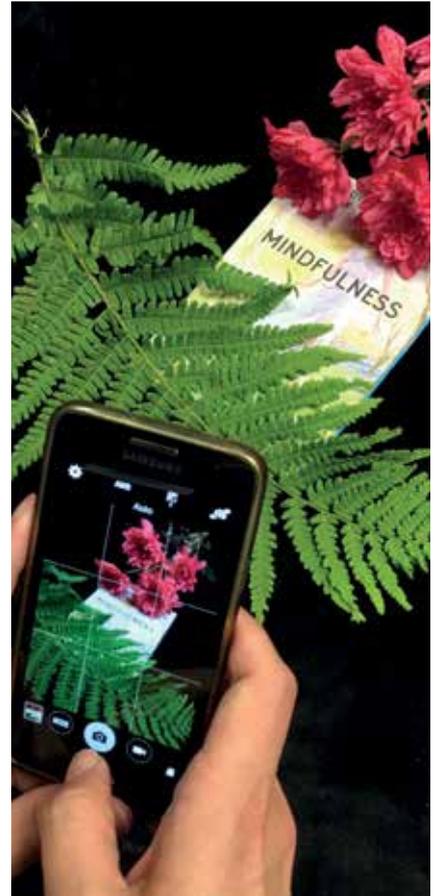
This is a creative course rather than a technical course.

Learning Outcomes

You will:

1. Experiment with using your smartphone or camera to try out some new elements to strengthen your creativity.
2. Demonstrate mindful practice including walking, breathing and meditation techniques.
3. Create a photo journal with photo tips, your ideas and experiences.

Duration: 5 weeks



This course is delivered in Partnership with the MET College and is intended for those in receipt of the following benefits only:

ESA, JSA, Universal Credit, housing benefit, council tax benefit, income support or pension credit. Those with an income of less than £15k per annum.

You will be required to bring proof of benefit, dated within the last 3 months, to your first session.

How You Can Get Involved

Recovery Services Steering Group

We have a group of staff, Peer Trainers, Buddies, students and clients, who meet monthly to plan, develop and review the Recovery Services.

Recruitment and Interviews

Students can get involved in our staff recruitment and interviews by helping with shortlisting and interviewing. Training is offered for this role.

Peer Trainers

Students can become volunteer Peer Trainers. You will be matched with one of our Peer Trainers who will support you in this role and training will also be given.

Buddies

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

Feedback and 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.

Comments, Compliments and Complaints

We welcome comments, compliments and complaints about the Recovery College, valuing them as a way to improve our service.

Students' Union

The Recovery College has a Union which students can become involved in as a Student Representative to help shape both the Union and the College.



Welcome to your Students' Union

We want to wish you a warm welcome to Brighton and Hove 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, please tick 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). There is a small cost (£12), but the discount benefits of the TOTUM Card will soon recoup that.

Full details of how to become involved or how to apply for your TOTUM Card are included in your Welcome Pack, which you will receive during the first session of your course.

If you're a student of the Recovery College, why not join the College's online Students' Union on Facebook www.facebook.com/BrightonandHoveRecoveryCollegeStudentUnion

Lucy Walsh
Volunteer and
Students' Union Lead



Contact 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. We also offer courses in a range of community venues across the city.

CONTACTING US

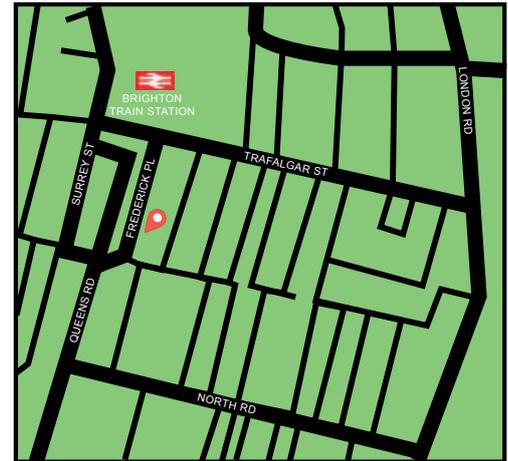
Visit our website: www.southdown.org/how-we-help/mental-health-recovery/recovery-college-brighton-hove
www.southdown.org

Telephone: 01273 764 917 (Recovery College Direct Line)
 01273 749 500 (Frederick Place Switchboard)

Email: recoverycollege@southdown.org

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

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



GET INVOLVED

At the College there are lots of opportunities to get involved, from helping with the organisation of events or helping to run the Students' Union to having your say about what courses you would like us to offer.

ALTERNATIVE FORMATS

Please let us know if you require this prospectus in an alternative format e.g. large print, easy read, audio, Braille or translated into another language.

Brighton and Hove Recovery College reserves the right to cancel or change courses, venues and times and, whilst we will not do this lightly, it may occur.



This prospectus is available for download from:

www.southdown.org/how-we-help/mental-health-recovery/recovery-college-brighton-hove



Follow Us on Twitter @SHA_RCBrighton



If you're a student of the Recovery College, why not join the College's online Student Union on Facebook
www.facebook.com/BrightonandHoveRecoveryCollegeStudentUnion

OUR CATCHMENT AREA

Please Note: We are only able to offer places to people living within the Brighton and Hove area. Please see map below showing our catchment area.



Brighton and Hove Recovery College is part of Community Roots, which is provided by Southdown in partnership with 15 local mental health providers, NHS Brighton & Hove CCG and Brighton & Hove City Council.

Brighton and Hove Recovery College

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

Tel: 01273 764 917 (Recovery College Direct Line)
01273 749 500 (Frederick Place Switchboard)

Email: recoverycollege@southdown.org

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

www.southdown.org

Mental Health Helpline: 0300 5000 101

info@sussexpartnership.nhs.uk

www.sussexpartnership.nhs.uk



Funded by



Sussex Partnership NHS Foundation Trust works hand in hand with partners in the community to provide mental health, learning disability and substance misuse services throughout Sussex, along with a range of specialist services across the South East and beyond.

Southdown is an exempt charity registered with the Regulator of Social Housing (L1829) and is also a registered society under the Co-operative and Community Benefit Societies Act 2014 (20755R)