

# BRIGHTON & HOVE RECOVERY COLLEGE STUDENTS' NEWSLETTER

Issue 2, February, 2019

## Welcome to the second edition of Brighton and Hove Recovery College Students' Newsletter

A warm welcome to the first term of 2019! We hope everyone had a lovely festive period and have now successfully enrolled in their chosen course or workshop.

We have listened to your feedback about what should be in this term's newsletter and have worked hard to squeeze it all in!

We have included updates from the college, the students, the NUS, Southdown and from the local community.

## College Updates

Firstly, we would like to give a warm welcome to Adam and Alice, two postgraduate students from Sussex University, who are completing an internship with the college.

Adam and Alice will be working closely with students to find out more about the college. They will also be reviewing the Students' Union and arranging an exciting Summer Social.



## Film

The Recovery College has produced a new short film featuring our amazing trainers, volunteers and students.

The focus of the film is 'How has attending the Recovery College helped your recovery and wellbeing?' It will be shown in the first session of a course or at the beginning of a workshop. It can also be found on YouTube under 'Recovery and Wellbeing at Brighton and Hove Recovery College'.

How can the Recovery College help - listen to what our students say



## College Updates Cont.

### Buddy Project

The Buddy project has just welcomed three new people to the team.

Jeannette, Neil and Alison who have recently completed their training are now getting to know everyone by attending classes with students.

Buddies provide support both in and outside of the classroom, enabling learners to overcome barriers and improve their confidence and self-esteem.

The Buddies said “ We are really enjoying being Buddies and helping students to attend the college”.

Warner, another of the college’s amazing Buddies, has been working with Southdown’s Communications Team to feature in an external film with arts charity Root Experience for their Hidden Stories project about living with invisible illnesses and conditions. So do look out for this.

### Social Media



The college is excited to share that it now has a new Twitter page! Responding to feedback from students that you want to receive updates from the college, the team has now gone online and started tweeting! If you have a suggestion for something you think we should tweet about or you just want to be kept updated, then follow us on Twitter @SHA\_RCBrighton

### New Courses and Workshops

This term the college has run a Living with Grief and Loss course in addition to the workshop. It has also run an Understanding Eating Disorders and Being in the Body course. New additions to the already diverse list of workshops are Introduction to Self-Compassion, Be Your Own Life Coach, Learning and Working for Wellness, Get Organised, Don’t Stress, and Art in Nature.

Don’t forget if you have an idea for a course or workshop then complete a feedback form or talk to a member of the team.



### Classrooms

Over the holiday period the classrooms at Frederick Place received a make-over. Each room received a fresh coat of paint, new lights and even new clocks!

This is to go alongside the new TV screen that has been fitted in the reception area so that we can share information and updates with students. Lynsey Hermann, Recovery College Service Manager, said, “Its great having another way to share information with students and seeing the classrooms looking so fresh and bright’.

## Students' Union Update

The Students' Union was formed in 2015 and has been running in its current constitution since 2017. So this year students are working with the college and the NUS to review how the union functions.

So far students have fed back that it is still important for the union to represent the 'student voice' in the decision making processes of the college, and that it also carries on providing ways for students to meet and remains focused on recovery. However the union would like to involve more students in the process of reviewing the union and its constitution.

If you would like to be involved or have a suggestion as to how the union can best represent you, then please either complete the Students' Union survey, contact the union or talk to a member of the team.

## Student Handbook

One of the union's aims was to increase the college's communication with students. Following the introduction of the Newsletter, Twitter and the Feedback Screen, the union is delighted to share that a new student handbook is also on its way!

Students and staff have already been working hard to create the handbook and aim to release it in the new term. However, if you have a suggestion for what the handbook should include then do contact the union at  
[BHRecoveryCollegeSU@southdown.org](mailto:BHRecoveryCollegeSU@southdown.org)

## NUS (National Union of Students)



Students may be aware that the NUS is currently undertaking a Turnaround to address the financial deficit that it is facing. The NUS Finance Committee and HR Sub-committee met to discuss the situation, the available options, and any immediate actions which need to be taken to protect the organisation's financial position.

The Finance Committee agreed the NUS needs to: reduce activity spend, reduce travel costs and reduce staffing costs.

Peter Robertson (NUS Acting Chief Executive) wrote the NUS has "a commitment to being open and transparent' throughout the process and has to provide a wide range of materials to support members to engage with the Turnaround work.

Currently the Turnaround does not impact on the college union or student membership. Students are still encouraged to join the union and to get involved. However if you would like to know more or be involved in the work the NUS is undertaking then please contact Lucy Walsh or visit the NUS website on [www.nus.org.uk](http://www.nus.org.uk)

## TOTUM

Don't forget that because the union is affiliated with the NUS, students can purchase one of the most widely accepted discount cards. To find out more or to purchase your TOTUM card visit [www.nus.org.uk](http://www.nus.org.uk) and put Brighton and Hove Recovery College Students' Union as your union.

## Community Updates

### Stress Awareness Month

Stress Awareness Month has taken place every April since 1992 and is a national, cooperative effort to inform people about the dangers of stress, offer successful coping strategies, and talk about the harmful misconceptions about stress that are prevalent in our society. To find out more

visit: <http://stressawarenessmonth.com/>

### BME Wellbeing Fair 2019

The Wellbeing Fair is a multicultural health and wellbeing event open to everyone from minority ethnic backgrounds in Brighton and Hove.

It is a family-friendly event with FREE lunch, refreshments, creative activities, board games, music, practical advice and information. Go and discover what's happening locally and where you can go for help and support to improve your health and wellbeing. No booking is required.

Event details:

Tuesday 2nd April, 10.30 am – 2.30 pm,  
BMECP 10A Fleet Street, BN1 4ZE



## Key Dates

**End of Term: 5<sup>th</sup> April 2019**

**Summer Term Open Day: 24<sup>th</sup> April 2019**

**Start of Summer Term: 20<sup>th</sup> May 2019**

## Student Representative

The college is looking for volunteers to help shape Brighton and Hove Recovery College and develop its Students' Union. Be part of a team which asks students what they think about their courses and the college! Help to arrange exciting events for the students and take part in events and campaigns alongside the NUS.

Volunteer Student Representatives receive training, support and a professional reference in a role adapted to individual needs.



## Ideas

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

Do you have an idea for what should be included in this newsletter? Maybe you have read a good book that you would like to tell others about or got a great discount with your TOTUM card?

In order to help us share information that is relevant, we would like to hear from you. If you have an idea or would like to share something, then please contact Lucy Walsh, Volunteer and Student Union Lead, at [lucy.walsh@southdown.org](mailto:lucy.walsh@southdown.org) or talk to a member of the team.