

# **BRIGHTON & HOVE RECOVERY COLLEGE STUDENTS' NEWSLETTER**

Issue 3, June, 2019

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

A warm, sunny welcome to the second term of 2019! We hope everyone had a lovely start to the year and have now successfully enrolled in their chosen course or workshop.

This newsletter is about letting you know about all of the goings-on at the college, as well as the ways you can get involved.

### **College Updates**

One of our interns will be leaving us this term. Adam has worked hard updating our feedback process to make sure your voices are heard and concerns are addressed.

The college will now dedicate time during every term to discuss your feedback, making sure we address it appropriately.

Adam has also helped organise some of our Social Events, which you can see details of on the right.

We wish Adam the best of luck for the future!



**SUMMER**

### **Student Union Events**

Feedback from students showed that the college would benefit from running more events during the year. This term, we have made it our mission to get students more involved with the college by hosting social events that anyone can attend.

On Friday 14<sup>th</sup> June Jennie, one of our lovely Peer Trainers, is hosting the college's first Coffee and Craft morning, where students can come together and be creative. Or, if crafting isn't for you, you're welcome to pop in for a drink and a chat.

On Friday 5<sup>th</sup> July, we are hosting our annual Student Union Summer BBQ at Preston Park Recovery Centre. We had an amazing event there last year and would love you to join us!

**For more information or if you wish to attend these events, please contact us:**

**Tel: 01273 749 500**

[BHRecoverySU@southdown.org](mailto:BHRecoverySU@southdown.org)

## College Updates Continued

### Getting Involved...

You may have noticed that one of our noticeboards has had a little makeover. That's because we are now using the Student Union noticeboard to display the many ways you can get involved with the college.

For example, we have our events which we talked about earlier, but we are also looking to start some Focus Groups for students who want to have their say on a number of issues.

These opportunities will be advertised on the noticeboard throughout the year, so please do keep an eye out!



### Social Media



The college is excited to share that it has a new Twitter page. In response to feedback from students that they want to receive updates from the college, the team has gone online and started tweeting!

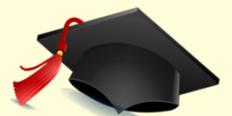
If you have a suggestion for something you think we should tweet or just want to be kept updated then follow us on Twitter @SHA\_RCBrighton

### New Courses and Workshops

We appealed to our students' creative sides last term, with a host of art and activities courses and workshops, including the new Art in Nature workshop. We're pleased to say these courses are amongst some of the most well-received of those we offer. As one student said, "It's great to have a chance to be part of a group in a way that isn't talking about 'problems'!"

We have one new course this term, Balancing Your Physical and Mental Health, which allows students to explore the ways chronic physical conditions and mental health interact. The relationship between has been overlooked until recently, so we are proud to offer courses which are relevant to modern research!

As always, if you have any suggestions for courses we should run, please get in touch or pop your idea down in a feedback form.



### Graduation

As is Recovery College tradition, we are holding our 2018-2019 student graduation at the end of this term. Graduation is classified as attending a workshop or at least 60% of sessions on a course, in the last year.

Once you receive your invite, please contact us to confirm your attendance.

The ceremony is booked for **Thursday, 25<sup>th</sup> July**, 5.30 pm – 7.00 pm, Brighthelm Centre, so please save the date!

## Students' Union Update

The Students' Union has been running since 2015 and 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 feedback that it is still important for the union to represent the 'student voice' in the decision-making processes of the college. 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

Last term, we were pleased to let you know that we were creating a Student's Handbook. The handbook aims to make students' transition into the recovery college as easy and understandable as possible. The handbook grew from students' feedback suggesting we improve communication between the college and students.

We're happy to say that the handbook is nearly complete! We aim to release the handbook for students before this year's Autumn term.

## NUS (National Union of Students)



We mentioned last term that the NUS is currently undergoing a turnaround. Earlier in May, the NUS unanimously voted to introduce a set of reforms to change a 100-year old system.

Mainly, they voted to split the current NUS group into two separate entities, both owned by Students' Unions. These will be a company aiming to deliver a national student voice and a charity whose purpose is to support students' union development.

Shakira Martin, departing President of the NUS, said: "We've come a long way in a very short time building on the consultations, engagement and support of members in recent years. Now we need to prepare a plan for transition, so we deliver what members, officers and students have told us they want their NUS to be."

Students are still encouraged to join the college Student 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

### Volunteers' Week 2019

We recently celebrated Volunteers' Week, 1<sup>st</sup> – 7<sup>th</sup> June 2019, and this was a great opportunity to celebrate and thank the millions of volunteers at the College and across the UK.

The College relies on the work of volunteers, including our amazing Buddy team who you may have met. The buddies have been helping students attend and participate in courses and workshops since 2016 and the college would not run without them.

We'd like to take this additional opportunity to say a massive thank you to all our volunteers, from everyone at the Recovery College!

### Mental Health Awareness Week

We recently also helped raise awareness during MHAW and this year's theme was body image – how we think and feel about our bodies. The aim was to dismantle the idea of a 'perfect body' and understand the way body image impacts our mental health.

Every week is mental health awareness week at the Recovery College, so we hope to maintain these ideals for weeks to come.

### Brighton Fringe 2019

This year's Brighton Fringe is almost over, and has been awash with performances, art and expression which is accessible for all.

We hope our students have had a chance to experience some of what the Fringe has to offer, been educated and stimulated and above all enjoyed it.

If you'd like to share anything you have seen or learned at the Fringe, please get in touch.



### 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?

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.



## Key Dates

**End of Term: 19<sup>th</sup> July 2019**

**Autumn Term Open Day: 4<sup>th</sup> September 2019**

**Start of Autumn Term: 30<sup>th</sup> September 2019**

**2018-19 Student Graduation: 25<sup>th</sup> July 2019**