

BRIGHTON & HOVE
**RECOVERY
COLLEGE**

ANNUAL PROSPECTUS 2022-23

OFFERING EDUCATION AS A ROUTE TO RECOVERY
FROM MENTAL HEALTH CHALLENGES

Foreword

I have great pleasure in endorsing and promoting the 2022/23 prospectus for the Brighton and Hove Recovery College. The College is a fantastic and inspiring local resource that uses learning and education courses to support people to develop their own resourcefulness to manage their own, or their loved ones, mental health recovery journey.

At the College, we appreciate the value of all types of learning, be that academic, personal development, creative, wellbeing or being in nature. The main aim is that the experience should be engaging, fun and supportive.

Since its initial inception and launch in 2014, I have had the pleasure and privilege of seeing first-hand the College grow from strength to strength, with Peer Tutors, working in partnership with Sussex Partnership NHS Foundation Trust, clinician co-trainers continually expand the range of learning opportunities available to students. Recently I spent time with the Peer Tutors and College staff and was able to hear reflections and learning from the past academic year, all of which has helped develop the curriculum within this prospectus, our largest and most diverse range of courses to-date, and for the first time offered within an annual programme. We have also used feedback and experience of having to move to on-line study during the pandemic, to offer a mix of in-person and on-line options.

Some of my best personal memories of the Recovery College has been attending the annual graduation ceremony, where students get the opportunity to choose to receive certificates of achievement. What always shines through at these events is how the experience of learning not only helps to develop



awareness and appreciation of mental health, but how the process of studying alongside others enables people to gain confidence, overcomes fears of learning, achieve personal validation and make steps to 'recover their lives'. The images of fellow student, peer tutors, family members and friends cheering and congratulating the graduating students is beautiful and inspiring.

Fundamentally, the aim is to ensure the College is a safe space where people can be themselves and achieve their individual learning and development goals. Many students may have had previous negative experience of classroom learning, but I would encourage everyone to give it a go with the confidence that your individual concerns and learning needs will be supported. This includes the ability to have the support of Buddies, there to provide extra encouragement and reassurance when you join. The College is also affiliated with the National Union of Students, with its own Students Union.

I really do hope that you do choose to apply to join us in the 2022/23 academic year.

- Neil Blanchard, Chief Executive at Southdown

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welcome to Southdown



Southdown
Please sign in if there is
nobody at the
Reception desk.
Thank you.

EMERGENCY
EVACUATION PACK
↓



Welcome!

Hello, and welcome to our new look Annual Prospectus for the Brighton & Hove Recovery College.

Since the inception of the Recovery College in Brighton & Hove we have been producing a new prospectus for each of our Spring, Summer and Autumn terms. However, to simplify our processes and to allow us to provide you with more information about the College and other Mental Health services, we will now be producing one prospectus for the academic year which will cover the Autumn 2022, Spring 2023 and Summer 2023 terms.

Although it's an annual prospectus, we still have the ability to update it for each term with new courses and workshops that we're developing but you'll notice that this new format doesn't contain dates and times. This information will be provided in a separate timetable document each term and made available prior to our Open Days.

We're excited to let you know that we are introducing some new topics including 'Developing Self-Esteem' and 'Understanding and Managing Seasonal Affective Disorder (SAD)'; others topics are also being developed with a view to being added to the prospectus next year in time for the Spring and Summer Terms. These include exploring the connection between Food & Mood, the links between Addiction and Mental Health, and how the menopause can affect Mental Health.

To help us to plan and develop future terms we would also like to hear from you about topics you would like to see us offer in the future. By providing this information you can help us to gauge the demand for particular courses & workshops and to better understand the needs of the local community.

We continue to deliver our courses and workshops in partnership with Sussex Partnership NHS Foundation Trust (SPFT) whose clinicians bring a wealth of knowledge and experience to the College. We particularly appreciate their continued support in what is an extremely difficult time for mental health services with demand on their services, but this shows the value of the College and the positive impact that it brings to students.

In addition to our partnership with SPFT The Recovery College is also part of 'UOK Brighton & Hove'. Formerly known as 'Community Roots', this network of providers offers a variety of community mental health services in the City.

By working closely with other UOK Brighton & Hove partners, we are able to provide additional information to students regarding other services and courses currently being offered (see page 35 for more details).

Dates for your diary



Autumn term, 2022

Open Day: Tuesday 6th Sep'

Term: Monday 26th Sep' - Friday 2nd Dec'

Spring term, 2023

Open Day: Wednesday 11th Jan'

Term: Monday 30th Jan' - Thursday 6th Apr'

Summer term, 2023

Open Day: Wednesday 3rd May

Term: Monday 22nd May - Friday 28th Jul'

Open Days will be held at the Brighthelm Centre, North Road, BN1 1YD

Meet the College team



Hi I'm Lucy, the Team Manager for the College. I've been with the College since 2017. I work with the team and partner organizations to ensure that we offer a varied programme of courses and workshops each term. I also manage the office team and the Peer Trainers, and I also deliver a workshop each term.

Hi, I'm Paul. As Service Manager I oversee Southdown's Employment & Learning Teams in Brighton & Hove. I'm responsible for the College's Quality Assurance Process and will be going into classrooms to observe our classes. The purpose of observations is to improve the overall quality of the Recovery College by developing the skills of our Peer Trainers in order to provide our students with the best possible learning experience.



Hi, I'm Beki. As Administrator I schedule all our courses and workshops. I act as first point of contact for students. I manage the enrolment 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 I'm also the initial person to contact if you need any information regarding the College or need to leave a message for your Trainers. I also manage the College's Facebook page.



Hi, I'm Matt. As Volunteer & Involvement Lead with the College I am hugely passionate about supporting students and seeing the journey of recovery the College can help students with. I can openly say that I have found myself dealing with Post Traumatic Stress Disorder and anxiety in the last few years, my own personal greatest challenge to date. This is something I consider places me perfectly to understand, support and collaborate with you lovely students. Please look out for me, I would love to speak with you and collaborate to help shape your very own student experience.



Read Matt's story in our 'Getting Involved' section on page 34.

...and Peer Tutors



Hi, I'm Kate. I'm a Peer Tutor and I've been with the College since 2016. During this time I have, written, co-produced and delivered a large variety of courses and workshops both online and face-to-face. I love the opportunity to work with fellow Peer Trainers and Tutors, students and Clinicians alike. I love coming up with ideas which I feel will help others on their mental health recovery and greatly enjoy the opportunity to work with students and witness the progress and positive changes they can make to their own lives, by engaging with what the College has to offer. To me, as a peer, I believe we are all on a shared journey and each of us in the classroom has as much to give as we have to learn.

Hi, I'm Peter: I have been working at Recovery College for several years, initially as part of my own recovery journey. Along the way I have been fortunate to have met many amazing students and colleagues all working towards improved personal wellbeing. As a Peer Tutor I am the teacher part, and the lived experience part in the co-design and co-delivery of courses. I enjoy sessions that help students develop their own unique 'tool kits' of recovery. I love the shared humanity, empathy and understanding these courses allow for. I am currently involved with Managing Depression, Understanding Psychosis, Introduction to Mindfulness, Tree of Life and Introduction to Self-Compassion.



Hi, I'm Sarah. I have been a Peer Tutor, since November 2016. I have lived experience of anxiety, depression, obsessive compulsive disorder, hoarding disorder, as well as recovery from substance misuse. I've run courses on Anxiety, Depression, Sleep, Social Isolation, Managing Overwhelming Emotions, and during the pandemic began some new courses such as Dealing with Grief and Loss, Improv/Drama, and Script Reading. I love group work and find it so empowering.

Hi, I'm Vicky. I have been with The Recovery College since 2014 as a Peer Trainer and Peer Tutor. I have 20 years experience of managing my own mental health difficulties. I also manage a chronic pain and fatigue condition. I have co-written and co-facilitated many courses over the years including; Managing Overwhelming Emotions, Managing Anxiety, Relaxation, Emotional Regulation, and Living With Suicidal Thoughts. I have also worked closely with other agencies to co-produce courses such as Creativity and Self Care for Carers with Brighton and Hove Carers Centre. I really enjoy being able to assist others along their recovery journey and teaching useful coping skills.



What is a Recovery College?

Overview

A Recovery College offers educational & creative courses that promote good mental health and wellbeing. With a focus on recovery, courses and workshops are designed to increase your knowledge and skills and help you manage your symptoms and become an expert in your own recovery and self-care.

If you are a carer for someone with mental health challenges, attending the College can help you to support the person for whom you care while also making connections to support you as a carer.

Using an educational approach the College helps students to make use of and realise their talents and resources, whilst looking to the future and goal setting. Through learning together, students are able to make new connections, discover more about recovery pathways and continue on their recovery journey.

Each course and workshop is co-produced and co-delivered by tutors with learned and lived experience. Co-production is the meeting of two experts, a clinician or professional (learned experience) and a Peer Tutor (lived experience) each with valuable contributions to make.



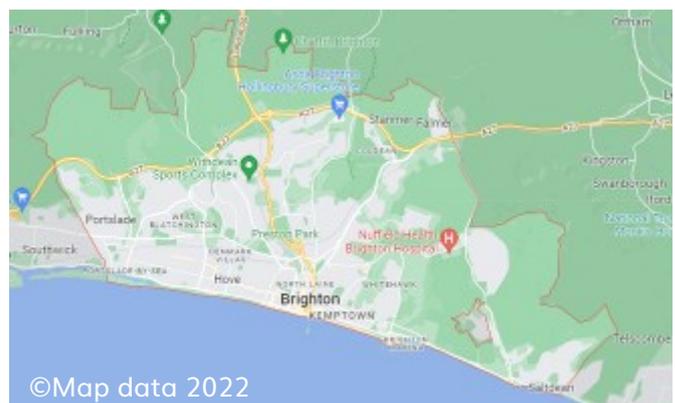
This course has completely opened up my world again and made me realise I can catch a bus down to town, meet others and learn whilst socialising... It is wonderful to be learning again whilst interacting with others which has increased my confidence and self-esteem. Giving me a real sense of hope and opportunity.

- Student, Creativity and Self-Care for Carers course

Who can attend?

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, professionals and staff. You need to either live in Brighton or the surrounding area and/or have a GP in this area. Our catchment area runs from Portslade in the west to Saltdean in the east, as shown by the red outline on the map below.

If you live outside of the Brighton area please contact [Sussex Recovery College](#).



If you're a mental health professional, the courses on offer at The Recovery College are especially relevant and we encourage all staff working within mental health services to enrol, or to find out more about the College, as a means of supporting clients and patients.

A close-up photograph of a man with a full, dark beard and mustache, looking down at a sign he is holding. He is wearing a light-colored, short-sleeved shirt. The sign is white with black lettering and is held in front of his chest. The background is dark and out of focus.

YOU ARE

NOT

ALONE

Supporting you to attend

Open Days

Open Days will be held at the Brighthelm Centre in Brighton before the start of each term.

They give you the opportunity to talk to trainers and students about the College as well as register your interest for courses and workshops.



There are also Buddies (people with experience of mental health challenges) on hand to provide support as needed.

The event is on a drop-in basis so you can come along at any time that suits. See page 5 for dates.

“

I am so pleased I attended the Open Day, everyone was so friendly and it gave me an opportunity to talk to the trainers about the courses I wanted to do. I was also able to arrange support from a Buddy. Going along felt like the first step in my recovery journey"

- Student, Summer term 2022

Welcome Sessions

If you are apprehensive or would like to find out more about becoming a student and attending the College, we offer two 'Welcome Sessions' each term as an opportunity to visit the College before your course or workshop begins.

These face to face, drop-in sessions, will provide an informal opportunity to meet with Recovery College staff, have a coffee and a chat, ask any questions you might have, raise any concerns, and familiarise yourself with the College and the classrooms.

If you would like to attend a Welcome Session please indicate your preferred choice of date on your enrolment form and we will contact you with further details.

Welcome Sessions do not count towards your choice of three courses/workshops.

Buddy Service

The Recovery College offers a Buddy Service for students who request extra support. Our trained Buddies support students to attend face-to-face courses and can also support online courses (outside of the Zoom sessions), enabling them to overcome barriers and improve their confidence and self-esteem.

Buddies can arrange to speak with students pre and post online sessions, to:

- ✓ Practice how to access the online sessions via Zoom
- ✓ Engage with online activities
- ✓ Practice how to engage with fellow students during the online sessions

We do our best to match every student who requests Buddy support, but it is dependent on demand.

Neil's Buddy story

"Hi, my name is Neil. I signed up to be a Buddy at Brighton and Hove Recovery College because I had my own previous lived experience with mental health issues.

The training felt so professional as we went through topics like safeguarding, boundaries, communication skills, self-awareness and the like; I felt valued and part of a team and important to the College.

I have been a Buddy on seven occasions with varying roles like meeting a student from their bus, as going into the class for the first day can be daunting; sitting with students within the classroom to help understand the information being presented; class Buddy with subjects like 'Living with Voices'; and I would be there if someone needed to step out of the class for a moment to gather themselves.

During the College Open Day, I proudly explained the duties of being a Buddy and how wonderful the education was that I learned during the classes I attended.

Experiencing mental health challenges like anxiety and depression has allowed me to empathize with students as I understand where they were coming from. In my opinion, being a Buddy takes a lot of courage and in my experience, the College supported me with every student I engaged with, and I love how self-empowerment is promoted. I would encourage anyone who's contemplating being a Buddy to have a go; the rewards are beyond words."



“The rewards are beyond words”

89%

of students said they would recommend
their course to family or friends if they
were in the same position



Enrolment and allocation

How to apply

Step 1 - Complete your enrolment form

You can complete this either by:

- ✓ Completing and submitting the enrolment form online via a new link on our webpage
- ✓ Downloading the enrolment form in Microsoft Word and completing it electronically or printing and writing on it

Go to: www.southdown.org/recovery-College-brighton-hove

Step 2 - Send us your enrolment form

- ✓ If you completed the online enrolment form, we will receive this automatically; you have no further action to take
- ✓ If you downloaded the Microsoft Word enrolment form, please return this to us by email at: recoveryCollege@southdown.org or post it to: Brighton and Hove Recovery College, Southdown, Frederick House, 42 Frederick Place, Brighton, BN1 4E

What happens next?

We do our best to match as many of your choices as possible and we aim to offer all applicants at least one course or workshop. However, you may be placed on our waiting list for our most popular courses which are often oversubscribed.

If you have provided an email address on your enrolment form, we will email you to let you know once the enrolment window has closed and places have been allocated. This is usually the week before term starts. If we do not have an email address for you we will send you this information by post. We will also send you a reminder text message a few days before the course or workshop you are due to attend.

We prioritise students who are new to the Recovery College and who haven't done a course with us before. Following that we will allocate returning students who did not get a space on their chosen courses or workshops in previous terms.

We endeavour to offer every student at least one place on their chosen courses or workshop(s). Places are only allocated on courses and workshops after the enrolment window has closed, it is not a first come first served allocation process.

A request from us:

Most of our courses and workshops have waiting lists. If you are unable to attend, please contact us by phone or email so that we can offer your space to another student.

Tel: 01273 749500 | Email: recoverycollege@southdown.org

Courses and workshops at a glance

Courses

Mental Health & Self-Management - pg.15

- Building Confidence
- Emotional Regulation
- Introduction to Anxiety
- Living with Grief & Loss
- Managing Depression
- Understanding Autism
- Understanding Psychosis
- Living with Bipolar

Health & Wellbeing - pg.18

- Balancing Physical and Mental Health
- Developing Self-Esteem
- Exploring Relaxation
- Sleep Management

Developing Life Skills - pg.20

- Introduction to Mindfulness
- Introduction to Self-Compassion
- Money Matters

Creative & Discovery - pg.21

- Art and Craft
- Creativity & Self-Care for Carers
- Spending Time in Nature
- Mindful Photography

Workshops

Starting your Recovery Journey - pg.24

- Research Workshop
- Tree of Life

Mental Health & Self-Management - pg.25

- How has the last year impacted my hoarding?
- Self Care: Why is it important and how do we make it happen?
- Understanding and Managing Seasonal Affective Disorder (SAD)

Health & Wellbeing - pg.27

- Calming & Energizing Sensory Strategies
- Health Reset

Developing Life Skills - pg.28

- Working for Wellness—Workshop One
- Working for Wellness—Workshop Two

Creative & Discovery - pg.29

- Drama for Confidence
- Script Reading
- Chanting & Drumming for Recovery

Note:

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

Workshops are one off single sessions that you attend just once, unless stated otherwise.

Building Confidence

Confidence is something anyone can struggle with at any time. It can be short lived, long term, or connected with a specific concern and can result in life being greatly impacted.

This course is for people who experience difficulties with confidence and challenges in a variety of relationships and/or situations.

It aims to enable you to recognise your difficulties regarding confidence, as well as provide tools to improve your skills and develop a healthier relationship with yourself and others.

Learning outcomes:

- ✓ Recognise unhelpful thoughts and trigger situations which contribute to low confidence
- ✓ Learn skills to improve interpersonal relationships and situations
- ✓ Apply a variety of techniques to develop confidence
- ✓ Find reassurance from within by reflecting on past successes

Emotional Regulation

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 course provides the opportunity for you to increase awareness of your 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.

Learning outcomes:

- ✓ 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

Introduction to Anxiety

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 or need to do.

This course provides an opportunity to reflect on how anxiety affects you and explores a range of self-help strategies.

Learning outcomes:

- ✓ Describe personal signs and symptoms of anxiety states
- ✓ Plan for when an event triggers anxious feelings
- ✓ Identify and apply a range of self-help strategies

Living with Grief & Loss

Experiencing the death of someone close to us can be the most devastating and overwhelming experience that will ever happen to us.

Grief is a natural reaction and each person has their own experience. Around 20% of people with mental health challenges have unrecognised grief.

This course is for those who are struggling to live with loss and aims to bring people together to share their experiences with others in a safe and supportive space.

We will endeavour to help you explore ways of understanding your grief and help you move forward in your life.

Learning outcomes:

- ✓ Improve your understanding of your experience of grief and loss
- ✓ Understand some theories of grieving and their functions
- ✓ Identify how to apply coping strategies, including creating sustaining memories

Managing Depression

Over this five-session course you will be introduced to a range of strategies proven effective in managing depression.

You will explore a personal understanding of depression and how depression emerges from a range of experiences, beliefs, values and situations.

Learning outcomes:

- ✓ Understand the causes of depression, including physical, psychological, behavioural and social factors
- ✓ Identify your strengths and try out new strategies; including helpful beliefs and values, nourishing activities and ways of relating to others
- ✓ Take away key messages about how to look after yourself and how to best cope with depression in the future

Understanding Autism

Autism is a neurodiversity that comes with strengths and differences that impact on everyday life. It is thought that around 1 in 100 people are autistic. It is a spectrum condition, therefore the sensory and social differences associated with it can vary greatly from person to person.

This course gives a brief overview of common strengths related to autism as well as differences which can become difficulties when navigating sensory and social environments. We will explore autistic-friendly strategies and reasonable adjustments to manage feelings of overwhelm and promote wellbeing.

Learning outcomes:

- ✓ Describe some of the common everyday challenges faced by autistic individuals
- ✓ Recognise personal signs of stress associated with social and sensory overwhelm
- ✓ Use a variety of autistic friendly strategies on a daily basis to promote wellbeing

Note:

This course is appropriate for autistic people, individuals who think they may be autistic, family members and professionals.

“The trainers felt sincere and understanding. The knowledge I have learned will certainly help me cope.”

- Student, Managing Depression course

“

This course is invaluable.

There are very few resources for autistic people to meet and learn together.

This course is incredibly helpful.

Thank you!"

- Student,
Understanding Autism course



Understanding Psychosis

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 may also be useful for carers or staff.

Learning outcomes:

- ✓ 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

Living with Bipolar

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 students have found work in practice.

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.

Learning outcomes:

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

Balancing Physical & Mental Health

This course will explore different ways of managing some of the difficulties of living with a chronic physical and mental health problem.

Pacing is fundamental to managing energy and pain levels and associated feelings.

Acceptance and Commitment Therapy (ACT) aims to maximise your potential for a rich and meaningful life by teaching skills to help you deal with your struggles more effectively. ACT uses metaphors to help you reflect on experiences, and encourages you to focus on what is truly of value to you

Learning outcomes:

- ✓ Describe the process of pacing and why it is beneficial
- ✓ Apply the basic principles of ACT and identify some small valued actions for the future
- ✓ Make a plan as to how you will apply principles of pacing and ACT in their own lives

NEW

Developing Self-Esteem

Self-esteem is something anyone can struggle with at any time. It can be short lived or long term. When anyone has experienced a mental health struggle or condition, self-esteem is something that can easily ebb away.

Developing self-esteem is a key part of recovery. It helps equip a person with tools to move forward, to experience new things, or return to activities previously enjoyed.

Learning outcomes:

- ✓ Use a nurturing approach to developing self-esteem
- ✓ Use Self-esteem to help them navigate day to day life
- ✓ Recognise negative self-patterns and how to avoid them

Exploring Relaxation

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 course explores how active relaxation practice turns off the 'Fight or Flight Response' and turns on the 'Rest and Digest System'.

During the course you will be invited to practice short breathing techniques and different types of relaxation.

Learning outcomes:

- ✓ 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

Sleep Management

This short course is for people who experience difficulty with sleep.

In this course you will understand your individual sleep needs and learn and practice a range of skills that can promote better sleep.

Learning outcomes:

- ✓ Monitor your own sleep using a sleep diary
- ✓ Analyse how your lifestyle and surroundings can affect your sleep
- ✓ Describe strategies to improve your sleep



Introduction to Mindfulness

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

The three sessions together offer a practical and conceptual introduction to what Mindfulness is and how it helps to aid mental health recovery and wellbeing.

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 course.

Learning outcomes:

- ✓ Explain the basic approach of Mindfulness to mental health recovery
- ✓ Identify how to apply Mindfulness practices into daily life
- ✓ Explain the main Mindfulness practices and themes contained in an eight week Mindfulness course (MBCT - MBSR)
- ✓ Understand how to take this further and sign up for a course with local services

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, explore some of the barriers, and enable you to experience short practices that cultivate a mindful, compassionate approach to our experience. The course will also include short mindfulness practices.

Learning outcomes:

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

Note:

It is not possible to attend this course if you miss the first week.

Money Matters

This course aims to increase your confidence in understanding and managing your money and improving your financial knowledge.

You will be given an in-depth resource pack to accompany the course which explores the topics in more depth and provides sources of help available through local agencies.



Learning outcomes:

- ✓ Identify your sources of income and expenditure
- ✓ Describe strategies for maximising your income and saving money
- ✓ Be able to recognise when debt has become or is becoming a problem
- ✓ Identify where support is available and understand when it becomes appropriate for you to access this

Art & Craft

A four week course for you to engage in a weekly art activity, connect with other students and reduce isolation.

Materials will be provided in advance.

Learning outcomes:

- ✓ Apply creativity and different techniques to start a project of art and craft
- ✓ Engage in distraction techniques



Creativity & Self-Care for Carers

Designed in collaboration with the Carers Centre by carers with lived experience, this course is an opportunity for carers to set time aside for themselves and engage in activities which can enhance their wellbeing.

We all know as carers, it is imperative that we look after and nurture of ourselves in order to be able to support others we take care of.

This course incorporates elements of self-care and creativity. Each week we will explore a different element of self-care and set time aside to engage in an art activity such as still life drawing and clay modelling.

Learning outcomes:

- ✓ Describe the meaning and significance of self-care and its importance
- ✓ Apply self-care into your life in order to enhance wellbeing in a manageable, life-enhancing way
- ✓ Apply creativity and different mediums to art projects with a focus on enjoyment, process and time out



Spending Time in Nature

Research shows that spending time outdoors in nature is good for our health and wellbeing.

This course will give you the opportunity to experience guided exercises that can help to feel connected with the natural world, and share your experiences, so that you have tools to use in your daily life.

The course will take place outdoors in Preston Park with some time based indoors nearby, at The Wellbeing Hub at Preston Park.

Learning outcomes:

- ✓ Demonstrate an understanding of the wellbeing benefits of connecting with nature
- ✓ Describe a variety of practical tools to encourage you to access nature for wellbeing independently
- ✓ Identify and access a variety of different nature-based activities and organisations

Note:

This course does not require strenuous exercise, however you will need to be able to walk and stand for up to two hours, walk on uneven ground and be comfortable in various weather conditions.

Mindful Photography

Using your smartphone or other photographic device you will explore the local surroundings using mindfulness and photography techniques.

You will be encouraged to look at subjects in new ways, recording images as a journal of your experience.

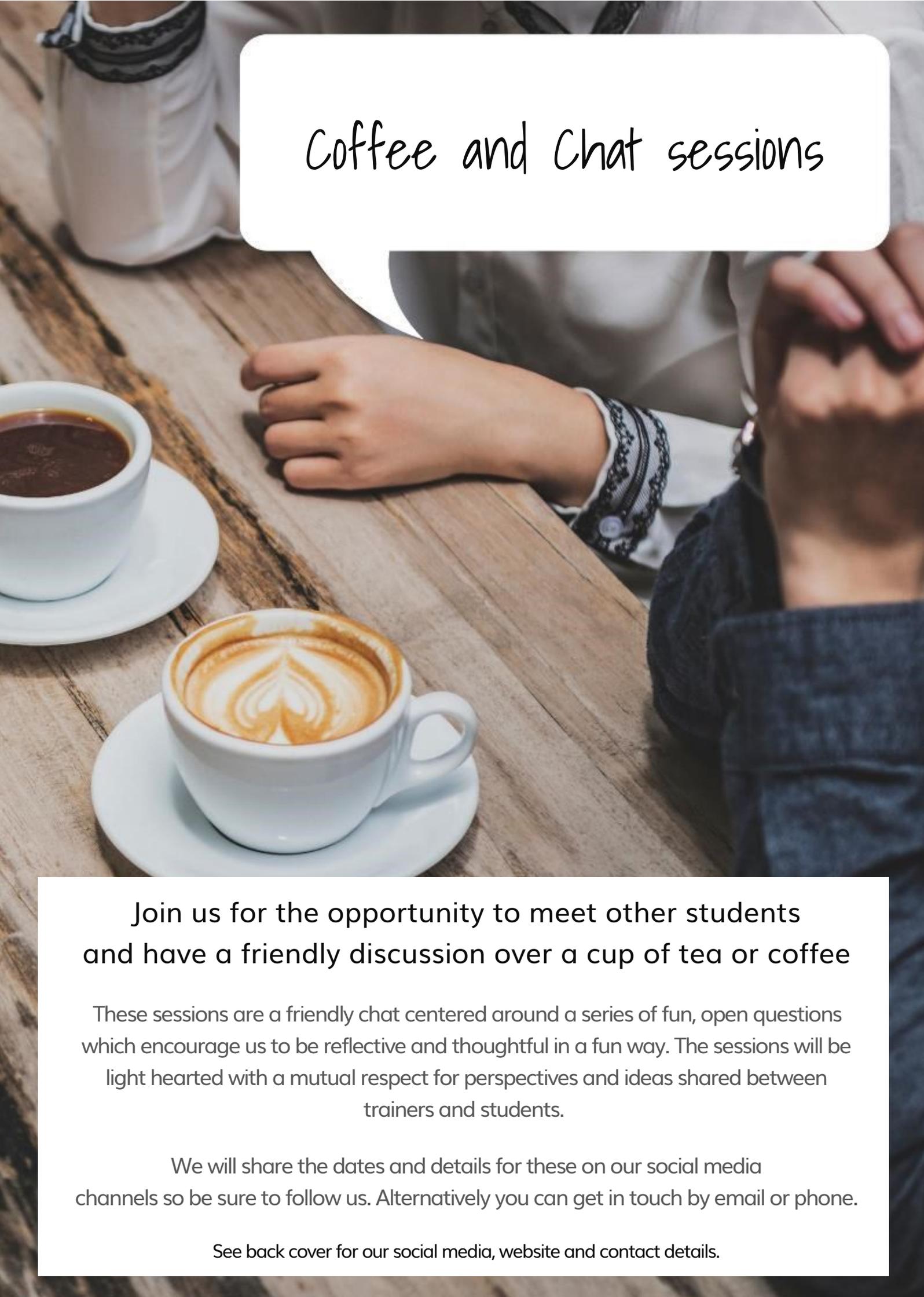
Each week there will be a new focus to improve your photography skills, such as exposure, composition and light.

In the last session a short display will be shown highlighting some of the images created by the group.

Learning outcomes:

- ✓ Demonstrate mindful movement through walking and observation
- ✓ Create images using mindful awareness and photographic techniques
- ✓ Describe the benefits of using photography as a tool for mental health





Coffee and Chat sessions

Join us for the opportunity to meet other students and have a friendly discussion over a cup of tea or coffee

These sessions are a friendly chat centered around a series of fun, open questions which encourage us to be reflective and thoughtful in a fun way. The sessions will be light hearted with a mutual respect for perspectives and ideas shared between trainers and students.

We will share the dates and details for these on our social media channels so be sure to follow us. Alternatively you can get in touch by email or phone.

See back cover for our social media, website and contact details.

Research Workshop

The College is provided in partnership with the Sussex Partnership NHS Foundation Trust, one of the most research-active mental health trusts in England.

Join this workshop to find out more about research, how research influences mental health services and how you could be a part of shaping those changes.

We'll be talking about how people who use local services and their carers can contribute to, and learn from high-quality research that's taking place right now in Sussex.

Learning outcomes:

- ✓ Discover what research is happening in Sussex and how to get involved
- ✓ Explore the different opportunities available to contribute to mental health research and help shape it
- ✓ Understand how to sign up to the Research Network or become a Patient and Public Involvement Advisor

Tree of Life

This workshop will give you the opportunity to explore your personal strengths and resources.

The 'Tree of Life' approach can be useful for reducing the influence of your problems and creating new possibilities for your life.

We will invite you to be creative and to learn from each other..

Anyone experiencing mental health challenges are welcome to attend.

Learning outcomes:

- ✓ Learn about this strengths-based approach to mental health challenges
- ✓ Draw your own visual picture to represent different aspects of your identity and life; including who or what has influenced you, your skills and abilities and hopes and wishes



“ I love group work, I find it so empowering, and the fact courses are co-produced, co-facilitated and co-delivered with a clinician, with no hierarchy”

- College staff member

How has the last year impacted my Hoarding?

This workshop is specifically for people that hoard.

Students will be given the opportunity to support each other and share their experiences of being a hoarder during the pandemic.

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.

Learning outcomes:

- ✓ Identify how your relationship with hoarding/hoarding disorder may have altered during the pandemic
- ✓ Consider why the pandemic might have brought changes in your relationship with items
- ✓ Identify 'solution focused' ideas for coping with hoarding

Self Care;

Why is it important and how do we make it happen?

Self-care is something anyone can struggle with at any time. It can be short lived or long term or connected with where we see our own needs in relation to other relationships in our lives.

When someone has experienced a mental health struggle or condition, self-care can be something that can easily ebb away.

Developing self-care is a part of recovery and wellbeing. It helps equip a person with tools to move forward, to experience new things which nourish them, or return to activities previously enjoyed.

Workshop One will focus on what self-care is, what the benefits of using self-care are and why we can struggle to engage in self-care. We will also explore some meditation exercises.

Workshop Two will focus on a further exploration of what self-care means to us and how we can develop routines and rituals to nourish us. There will be an opportunity to consider the merits of balancing out our inner critic with our inner supporter.

Learning outcomes:

- ✓ Develop a self-care approach based on an understanding of what can get in the way
- ✓ Identify potential self-care techniques which are meaningful to you
- ✓ Build awareness of the importance of being your own supporter to balance the inner critic

Note:

The workshop is delivered in two sessions. Students must be able to attend both sessions.

NEW

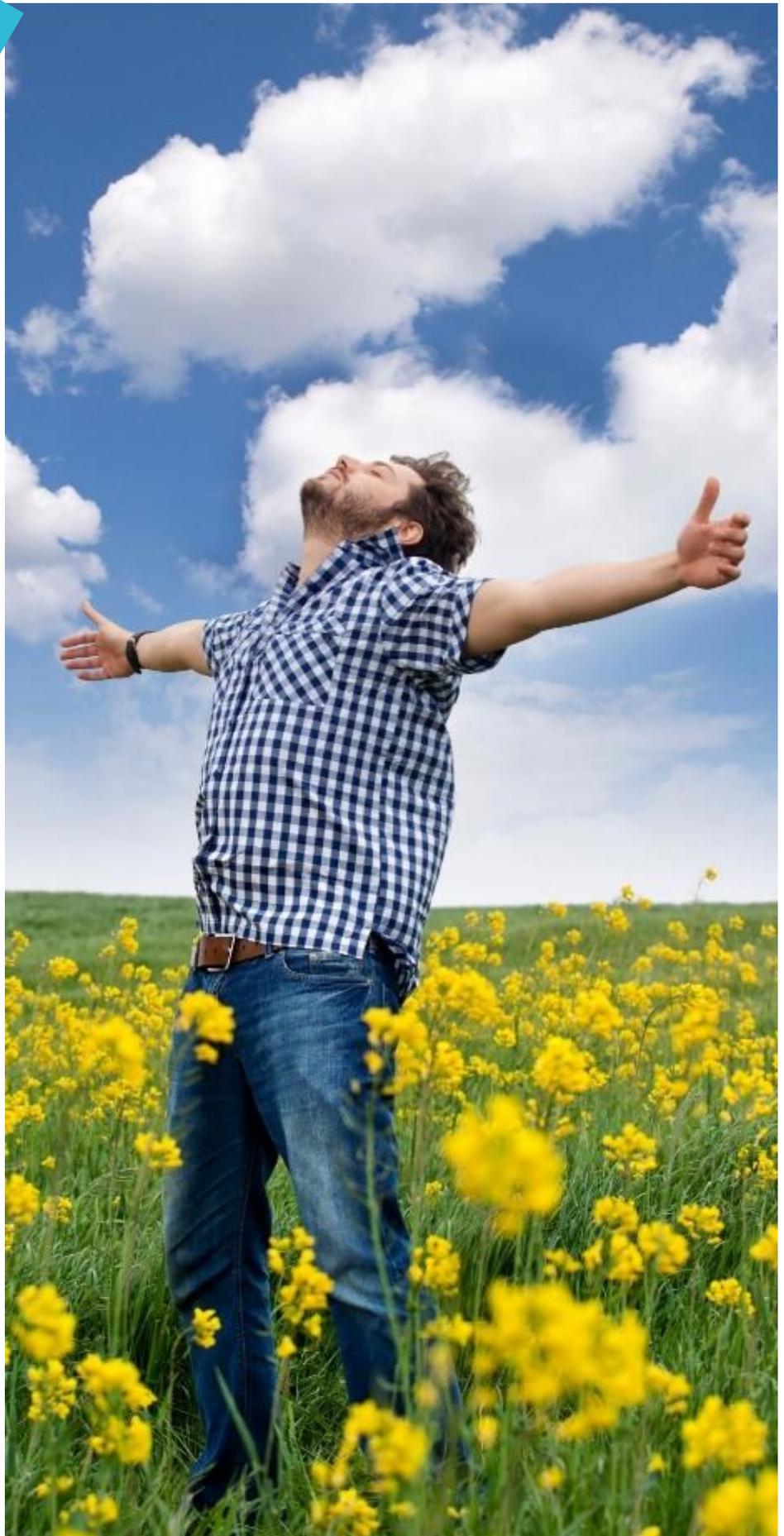
Understanding and Managing Seasonal Affective Disorder (SAD)

This workshop will focus on identifying the key features of Seasonal Affective Disorder (SAD) and how this relates to your individual experience.

We will identify how to recognise triggers and explore tips, techniques and tried and tested methods to help alleviate the symptoms of the condition.

Learning outcomes:

- ✓ Recognise the key features of your own experience with SAD
- ✓ Select and implement tips and techniques which you will feel best help you manage your experience of SAD



Calming & Energizing Sensory Strategies

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

Learning outcomes:

- ✓ 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

Note:

This workshop has an optional follow up session Your tutor will provide you with further information about this additional session.

NEW

Health Reset

What are New Year's Resolutions? Do they work? What are the statistics on their success rate/ failure and why?

In this workshop we will be giving ourselves the chance to look at topics to consider to help get our new year off on the right foot. Our aim is to help set intentions to focus on for the coming 12 months.

You will be able to select what is relevant for you from the topics we will touch upon on the day. Topics include: diet, sleep, movement and emotional resilience.

Making manageable changes and tweaking the way we currently do things i.e. hobbies, IT/social media.

Learning outcomes:

- ✓ Contemplate - 'Is there room for improvement? Can I make small, realistic, manageable tweaks to bring about change?'
- ✓ Choose areas to work upon to bring about change
- ✓ Explore strategies to help you stay on target

“

Being a student rather than a patient is giving the power back.

It inspires hope, and students know they are not alone with the sharing and identifying."

- College staff member

Working for Wellness Workshop One

Workshop One will focus on the impact of the pandemic and how this may have changed our working lives or our job seeking aspirations and activities.

It will explore the relationship between employment and self-esteem with an emphasis on connecting or re-connecting with activities that help us maintain a sense of value and wellbeing.

It will also aim to cover some practical steps that can be taken in preparation for a return to work in the longer term.

Learning outcomes:

- ✓ Identify the differences and positives and negatives associated with the current working environment
- ✓ Understand the impact these factors can have on your self-esteem and wellbeing

Note:

These two workshops are relevant to those in employment and those who are currently unemployed but exploring employment options.

Students are invited to attend one or both workshops – please indicate on your enrolment form which you would like to attend.

Working for Wellness Workshop Two

Workshop Two will focus on the implications of potential 'disclosure' of a mental health condition to an employer.

It will include an exploration of the Equalities Act 2010 and the concepts of a 'phased return' and 'reasonable adjustments'.

Learning outcomes:

- ✓ Understand the implications of mental health disclosure in the application process and workplace
- ✓ Understand employer's responsibilities around phased return and reasonable adjustments
- ✓ Explore ways to move forward



Drama for Confidence

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

Everyone is welcome, whatever your level of experience or ability.

Learning outcomes:

- ✓ Identify how engaging in creative activity can improve your confidence and communication skills
- ✓ Learn ways to challenge anxiety and depression
- ✓ Engage with creative activities that help increase energy and social interaction

Script Reading

Script reading is often called a 'Read through' and is done before beginning the 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 parts we feel drawn to. The subject matter will be light-hearted.

Come and join us as we explore other lives and discuss where we've been!

Learning outcomes:

- ✓ Engage in a fun, creative activity that can help increase your confidence
- ✓ Experience performing a play together even whilst being physically apart, as a tool to challenge anxiety and depression
- ✓ Discuss thoughts and feelings about the play and the process of script reading

Chanting & Drumming for Recovery

Chanting and drumming have proven benefits for mental and physical wellbeing such as lowered blood pressure, reduced anxiety and improved mood.

As a group, you will learn chants from various cultures and times including African, Aboriginal, Buddhist and others.

There will be an opportunity to try drumming as an accompaniment to the chanting using small handheld drums.

No previous experience of drumming or chanting is required.

If you would like to bring your own handheld drum please feel free to do so.

Learning outcomes:

- ✓ Understand the health and wellbeing benefits of chanting and drumming
- ✓ Learn and practice chants from various cultures and time periods
- ✓ Experiment with a small range of hand held drums incorporating chanting

More about the College...

Where are sessions based?

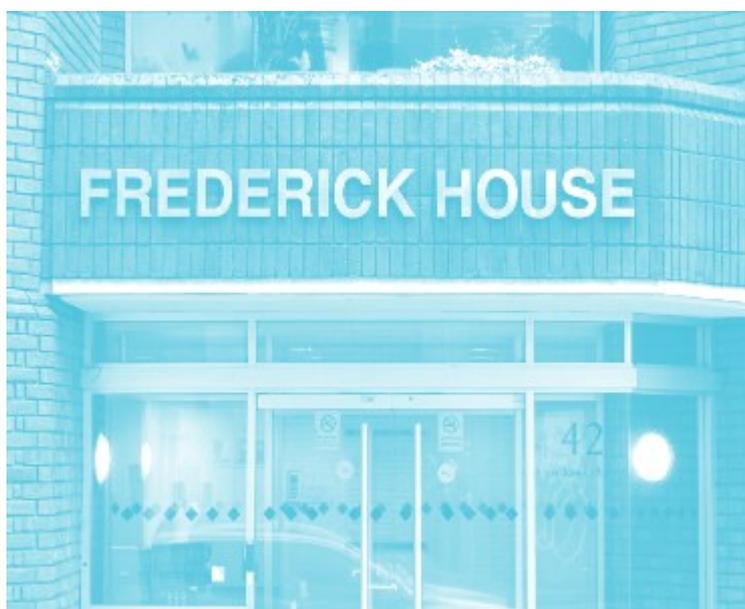
The majority of classroom-based sessions will take place at our College main campus at Frederick Place in Brighton. However we do also use other venues across Brighton & Hove on occasion, such as The Wellbeing Hub at Preston Park, BMECP Centre and Brighthelm Centre.

Our priority is to keep our students, tutors and staff safe. All classroom-based sessions will therefore be subject to any changes to Government Covid safety guidance and restrictions.

Our online courses and workshops will continue to be held using Zoom.

We endeavour to make sure that our courses are accessible to all and we invite those with mental health challenges, carers and staff to enrol.

If you have a disability, or a specific health or learning difficulty that you would like us to be aware of, please let us know on your enrolment form and we will contact you to discuss how we can work together to make our courses more accessible for you.



Graduation

At the end of the College year (in 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 as well as friends, family and carers.

Having been unable to hold graduation days for the past couple of years due to the pandemic, we hope to be able to hold one for the 2022/23 academic year and also invite those students who have missed out previously.

Locations include...



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

The Wellbeing Hub at Preston Park
18 Preston Park Avenue, Brighton, BN1 6HL

BMECP Centre
10A Fleet Street, Brighton, BN1 4ZE

Brighthelm Centre
North Rd, Brighton BN1 1YD



Our pledge to students

We are driven by our students' needs and aspirations. We pledge to each and every one of our students to:

- ✓ aim to get things right first time and every time
- ✓ receive and respond to all feedback
- ✓ monitor satisfaction of our services
- ✓ regularly check on the quality of our services and inform students of the results
- ✓ continually look for ways to improve the standard and efficiency of the support we provide

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 Tutors, who have lived experience of mental health challenges, together with a clinical trainer, mental health practitioner or other professional, on an equal footing. As part of the course Peer Tutors 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 service to provide valuable one-to-one support where it is needed most.

Supporting your recovery journey

Learning plans and surveys

To support students to think about the things they might like to learn and achieve while attending a course, the College asks students to complete two short forms, an Individual Learning Plan (ILP) and the Recovering Quality of Life (ReQoL) survey*.

Our 'Individual Learning Plan' (ILP) encourages you to think about your hopes and goals and how the College might support you towards achieving them, and in doing so aid wellbeing and recovery. The ILP can also provide our tutors with the information they need to understand how we can best support you by thinking about any specific barriers to learning you might have. If you have a disability or any health or learning difficulties, we can identify changes which may make our facilities or courses more accessible for you.

Our 'Recovering Quality of Life' (ReQoL) survey helps you to see the progress you have made as you complete courses and helps us to anonymously evaluate the College itself. Both the ILP and ReQoL forms are completed at, or prior to, your first course session and then reviewed again in your last session.

If you are attending online courses, you can choose whether to complete the two surveys independently or complete them with a member of the team.

If you would like support to complete the forms, please tick the relevant box on your enrolment form or contact the Recovery College where a member of the team will arrange to contact you.



Please note: for all online courses (even if you have been registered and received an email or letter confirming your place) the enrolment process will only be complete once your ILP and ReQoL has been completed and returned to us. *ILP and ReQoL forms do not apply to workshops.

Getting Involved

Students' union



Brighton & Hove Recovery College was the first of its kind in the UK to be affiliated with the National Union of Students (NUS).

When you register for one of our courses or workshops you have the opportunity to join the NUS and apply for a TOTUM card. Please tick the Students' Union box on the enrolment 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). Further details will be sent to you in your Welcome Pack before you start your first course/workshop.



Students can become involved as a Student Representative to help shape both the Union and the College.

Please contact our Volunteer & Involvement Lead, Matt Morris, if you would like to learn more about opportunities to get involved - see next page.

Buddies

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

See page 11 for more information about our Buddy Service.

Feedback & 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.

We also encourage you to have your say and share your feedback, whether it's a comment, compliment, or complaint.

We encourage feedback so we can learn what we are doing well and where we need to make improvements. Your feedback will be treated in confidence and will only be discussed with people who need to know.

To ensure we continue to provide excellent support it is important that we learn from the experiences of our students. We are also keen to hear from anyone else who comes into contact with us, for example a relative or friend of a student and health and social care professionals we work with.

We can provide you with a Comments, Compliments and Complaints leaflet or you can complete the form on the Southdown website: www.southdown.org/feedback-contacts

Getting Involved

Matt's story

"Hi, my name is Matt Morris and I have recently been given the amazing opportunity to undertake the role of Student Involvement and Volunteer Lead at Brighton and Hove Recovery College.

I hope to meet and speak to as many students as I possibly can.

My background is very much that of helping people and trying to give people the tools and support to change their lives for the better. I have only worked for Southdown for around 10 months and previously was involved in the Rough Sleepers Initiative working from Eastbourne.

I commute to Brighton to work and I actually don't live in the area, however I find Brighton such a positive space and full of diverse and amazing people.

I am somewhat familiar with some of the challenges people face with regards to mental wellbeing. I am hugely passionate about supporting others and can openly say that I have found myself dealing with Post Traumatic Stress Disorder and anxiety in the last few years. This is something I consider to place me perfectly to understand, support and collaborate with students.

I have spent the last few months getting to grips with the new role I am in, meeting my peers, learning about Brighton and Hove Recovery College, understanding the needs of our students and looking at ways to improve our service to you.

Over the next term and beyond I will be exploring ways in which I can help your voice and thoughts and concerns be heard, develop your ideas and expand on how we support you. Please look out for opportunities to speak to me and help shape our student experience. "



"I am hugely passionate about supporting others and can openly say that I have found myself dealing with PTSD and anxiety in the last few years."

You can contact Matt by:

Tel: 07458 121757 | Email: matt.morris@southdown.org

Self Help and other support

Local Mental Health Support

UOK Brighton & Hove

is a network of 16 local mental health and wellbeing organisations providing prevention, wellbeing and recovery support for people with a range of mental health challenges.



The UOK Brighton & Hove Central Access Team are available to help anyone who would like to access services in Brighton and Hove and start their journey to better mental health and wellbeing. Freephone 0808 196 1768 (Mon - Fri, 9am – 5pm) Arrange a call back at www.uok.org.uk/talk-to-us

Staying Well Brighton

is an out-of-hours mental health crisis prevention service, provided by Southdown at The Wellbeing Hub at Preston Park in Brighton.



Freephone: 0800 023 6475, choose option #3
Weekdays - 5.30pm to 10.30pm
Weekends - 3.30pm to 10.30pm
Email: stayingwell.brighton@southdown.org
www.uok.org.uk/services/StayingWellBrighton

Free Books

Check out the Reading Well website for a list of books to help you to understand and manage your health and wellbeing using helpful reading: www.reading-well.org.uk/books/books-on-prescription

Talk to someone, 24/7...

Sussex Mental Healthline

offers 24/7 listening support, advice, information and signposting to anyone experiencing difficulties, or who may be in crisis and in urgent need of help with their mental health.

Freephone: 0800 0309 500

www.sussexpartnership.nhs.uk/sussex-mental-healthline

Mental Health Rapid Response Service

provide a 24/7 urgent response service to the people of Brighton & Hove when they feel they are in a mental health crisis and are at immediate risk of harming themselves or others.

Call: 0300 304 0078

www.sussexpartnership.nhs.uk/MHRRS

SHOUT Sussex

is a free 24/7 text messaging service for people in Sussex to support emotional wellbeing and mental health challenges.

Text 'SUSSEX' to 85258

Samaritans

offer a 24/7 confidential listening service providing emotional support for anyone in crisis. Their number is free from landlines and mobiles.

Call free on 116 123

Email: jo@samaritans.org

www.samaritans.org

Find 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.

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

Contact us

Tel: 01273 749 500

Email: recoverycollege@southdown.org

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

Follow us for updates

Facebook: @BHRecoveryCollege

Twitter: @SHA_RCBrighton

www.southdown.org/services/recovery-college-brighton-hove



This prospectus is available for download from:

www.southdown.org/services/recovery-college-brighton-hove

