



BRIGHTON & HOVE
**RECOVERY
COLLEGE**

AUTUMN 2023 SUPPLEMENT

OFFERING EDUCATION AS A ROUTE
TO BETTER MENTAL WELLBEING

Welcome to Autumn Term!

Hello and welcome to the Brighton & Hove Recovery College Autumn Term.

Whether you are a new or existing student we would love to welcome you to join us this term and hope to see you at our Open Day on the 7th September 2023.

We are excited to offer two new courses this term; 'Understanding & Living with Obsessive Compulsive Disorder (OCD)' and 'Living with Long Term Health Conditions'. In the hope that Summer continues a while longer, we will also be offering 'Spending Time in Nature', which is always one of our most popular courses.

All of our courses and workshops are free, offering an educational route to better mental, physical and emotional health and wellbeing.

New for this term, we would like to encourage everyone that signs up for a course or workshop to also attend one of our new look Welcome Sessions which will be running in the first week of term.

These face-to-face sessions will provide an informal opportunity to meet with Recovery College staff, have a coffee and a chat and ask any questions you might have. This will also allow us to complete Individual Learning Plans and ReQoL assessments with you, prior to courses starting which will enable tutors to plan accordingly for the needs of the group. Invites to Welcome Sessions will be sent along with a confirmation of the course(s) you will be attending.

The Autumn Term Welcome Sessions will be held at our main campus building at Frederick Place. See dates and times opposite.



Welcome Sessions

Monday 25th September

11.00 - 12.30

13.00 - 14.30

15.00 - 16.30

Tuesday 26th September

11.00 - 12.30

Wednesday 27th September

11.00 - 12.30

13.00 - 14.30

15.00 - 16.30

Thursday 28th September

11.00 - 12.30

13.00 - 14.30

15.00 - 16.30

Friday 29th September

11.00 - 12.30

13.00 - 14.30

15.00 - 16.30

Monday 2nd October

11.00 - 12.30

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

Autism & Employment

This course is for autistic people who are looking for employment.

It will provide you with information on how to look for appropriate employment and understand what reasonable adjustments are available.

You'll be equipped with the necessary tips and tricks to support you in the workplace, and help you get the most out of your chosen role.

Learning outcomes:

- ✓ Understand your autism in relation to your employable strengths
- ✓ Be able to identify the roles that are best suited to you
- ✓ Be aware of what support is available once you are in employment
- ✓ Gain insight into what a job could look like after a month of employment

This course is designed and delivered in partnership with:



Living with Long Term Health Conditions

NEW

About 30% of the population in England live with one or more chronic health conditions, which are often linked with mental health challenges.

This course is aimed at those with chronic (long-term) health conditions, both with and without a diagnosis.

We aim to provide an open and non-judgemental space to explore, share and understand your options around living well with your health conditions.

Learning outcomes:

- ✓ Explore your experiences and challenges of your physical health
- ✓ Identify your personal resources which benefit your physical and psychological wellbeing
- ✓ Practice key strategies to make and maintain changes.

Understanding & Living with Obsessive Compulsive Disorder (OCD)

NEW

Does Obsessive Compulsive Disorder (OCD) rule your life?

This interactive course will give you the opportunity to understand more about the symptoms of OCD and share your personal experiences in a supportive environment.

We will introduce you to coping strategies and explore common treatment approaches.

The course is aimed at anyone living with OCD. Supporters and carers are also welcome to apply.

Learning outcomes:

- ✓ Understand what OCD is, its causes and symptoms
- ✓ Identify three ways in which OCD affects your daily life
- ✓ Explore three different coping strategies to help manage OCD symptoms

Drama Games for Confidence

This newly refreshed workshop will use drama games, creativity and play to empower you and help you to express yourself in a gentle and non-judgemental space.

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

Research shows that it is possible to lower depression and increase energy through laughter and social interaction. This can also increase the strength of your immune system, improve brain health and benefit sleep.

Learning outcomes:

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

Mental Health & Gambling Awareness

For some, gambling is enjoying champagne at Royal Ascot; for others it is a game of poker with friends. However, for a percentage of people, gambling is an addiction leading to problems with debt, relationships, anxiety, isolation, etc. Family and friends can also be at loss when presented with issues of problem gambling.

This two session workshop aims to explore different types of gambling and some aspects surrounding it.

Learning outcomes:

- ✓ Recognise the signs of when gambling becomes problematic, its impacts upon the individual, family and friends
- ✓ Understand how mental health issues are linked to gambling problems
- ✓ Identify strategies you can use in everyday life to:
 - Cope with urges
 - Cope with gambling lapses
 - Fill the void left by not gambling

This course is designed and delivered in partnership with:

Breakeven

What Does Recovery Mean to you?

How can the idea of recovery help you, when you live with mental health difficulties?

There are many ways of understanding mental health difficulties and what helps you to live as well as you can.

Whether you are new to Brighton & Hove Recovery College or have attended a session with us before, you are welcome to come along to explore your own recovery and how to get the most out of the College, as well as other services and support within the community.

Learning outcomes:

- ✓ Understand what recovery means to you
- ✓ Identify your strengths and resources which support your recovery
- ✓ Learn ways to support yourself during courses, workshops and within the community



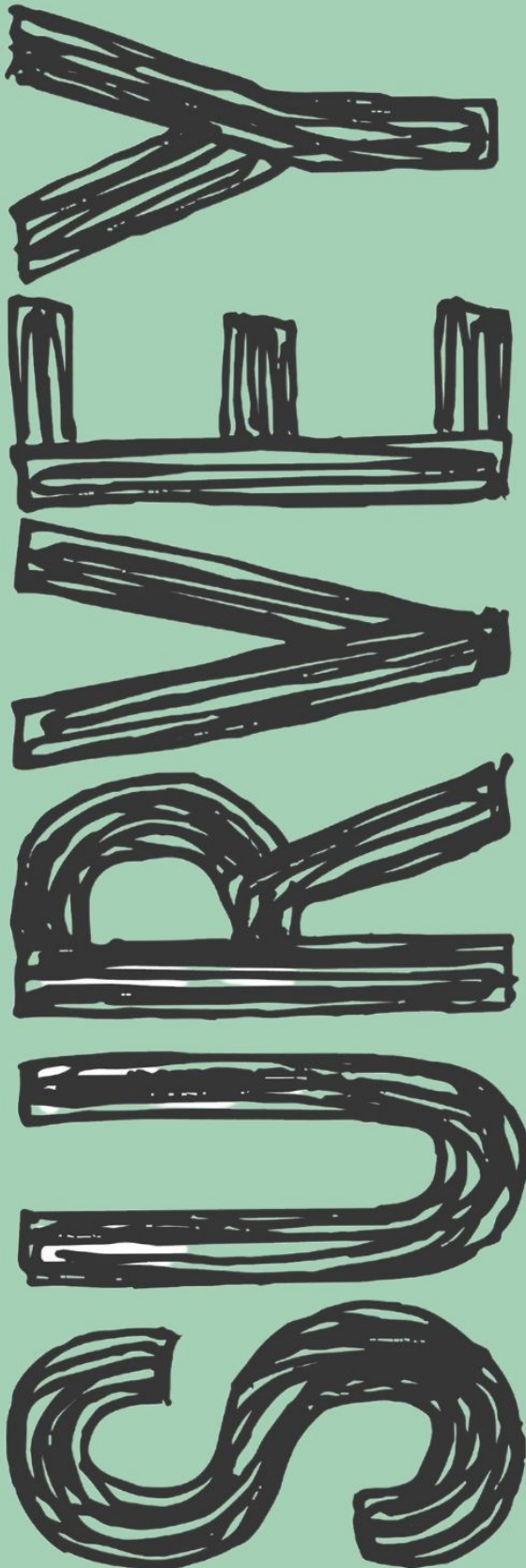
Would you like
to earn £60?

If you're a new student to the College and are also accessing or waiting to access NHS support for your mental health, we'd love to hear from you.

RECOLLECT 2 is a five-year programme of work to better understand Recovery Colleges in England.

Taking part involves filling in four questionnaires over a 12 month period, for which you will be awarded a £15 voucher for each.

Please speak to a member of the College team if you'd like to find out more.



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

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



This supplement, our Autumn Timetable and Annual Prospectus are available to view and download from: www.southdown.org/services/recovery-college-brighton-hove



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