



BRIGHTON & HOVE  
**RECOVERY  
COLLEGE**

SPRING 2023 SUPPLEMENT

OFFERING EDUCATION AS A ROUTE  
TO BETTER MENTAL WELLBEING

# Welcome to Spring Term!

We are excited to bring you four brand new workshops this term.

If you are new to Brighton & Hove Recovery College, then we'd love to welcome you to join us this term. You can find out more details about the College on our website and in our full prospectus. See the back page of this supplement for details.

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.**

The Spring Term Welcome Sessions will be held at our main campus building at Frederick Place on:

- Tuesday 31st January, 10.30am - 12.30am
- Wednesday 1st February, 13.30 - 15.30

NEW

## Beating New Year Blues

This workshop will focus on managing the New Year blues and identifying its reasons, triggers and affects.

We will look at how to recognise negative emotions associated with this period of time, and how to avoid sliding into long-term depression as a result.

### Learning outcomes:

- ✓ Recognise what you are feeling and the effects on your wellbeing
- ✓ Develop a plan to avoid being trapped in a negative headspace
- ✓ Learn how to change negative thoughts into positive thoughts in order to achieve your personal goals



NEW

## Food & Mood

What and when we eat can affect our mental and physical health, but there is a lot of misleading information out there.

In this workshop, you will learn more about the connection between what we eat and how it affects our mental health.

We will cover the basics of how to eat well for overall health and think about step-by-step strategies and habits that support us to do so.



### Learning outcomes:

- ✓ Identify food and drink that supports or hinders wellbeing
- ✓ Begin using step-by-step strategies to gently overcome personal obstacles to healthy eating
- ✓ Begin to describe how you plan to include food and drink that will support wellbeing into your diet

NEW

## 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**

NEW

## 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

## 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](mailto: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](http://www.southdown.org/services/recovery-college-brighton-hove)



This supplement, our Spring Timetable and Annual Prospectus are available to view and download from: [www.southdown.org/services/recovery-college-brighton-hove](http://www.southdown.org/services/recovery-college-brighton-hove)

