

Brighton & Hove Recovery College

# Summer Term Prospectus

23rd May - 29th July 2022

Online and classroom-based learning available

All courses  
are FREE  
of charge



Brighton & Hove Recovery College is provided by Southdown, in partnership with the Sussex Partnership

# Welcome!



Hi, I'm Paul, Service Manager for Southdown's Employment and Learning Team in Brighton and Hove.

Welcome to the Brighton & Hove Recovery College Summer Term Prospectus.

Students who completed courses with us prior to the pandemic will remember that all of our courses used to be delivered face-to-face, the majority of them at our classrooms in Frederick Place. By way of contrast, for two years now, most of our courses have been delivered online via Zoom, however you will see that this term, where possible, we are returning to even more face-to-face delivery.

Although government restrictions have now been lifted, the health & wellbeing of both students and staff is our prime concern, therefore we will continue to limit the number of people attending courses and will implement Covid-19 protection measures by regularly cleaning and airing the training rooms as well as providing sanitisers and masks, the wearing of which is now a matter of individual choice and not compulsory.

**We are excited to offer a range of courses this term that we hope you will find beneficial and we look forward to welcoming you to the College.**

## Summer term...

With the lifting of all Covid-19 restrictions, the Summer Term will offer more opportunities to attend a course in person. We know that being able to attend courses online has attracted new students enabling people to attend who previously would have been unable to do so. We are mindful that not everyone may feel ready, or be able to return to the classroom, so we are also continuing to offer a range of courses and workshops online via Zoom.

To help any students who may be feeling apprehensive about returning to the classroom, we will be offering two new Welcome Sessions this term (on the 24th and 26th May), as an opportunity to visit the College prior to starting a course, for more details see overleaf.

A key element in the treatment of mental health conditions is the research that takes place around the country. Sussex Partnership Foundation Trust (SPFT) are instrumental in this and we are pleased to be offering a new Research Workshop, in partnership with SPFT's Research Department, looking at the links between Recovery Colleges and research institutions and how students and their carers can contribute to, and learn from, high-quality research that's taking place in Sussex.


This prospectus details all you need to know in order to select a course or workshop, apply, and join our Students' Union if you'd like to. Take a look at our [Frequently Asked Questions](#) and feel free to get in touch if you have any other queries.

The prospectus is divided into [courses](#) and [workshops](#). Courses are a series where you attend multiple sessions. Workshops are single sessions that you attend just once unless stated otherwise.



Photo: Creativity and Self-Care for Carers course, Autumn 2021

Each course in this prospectus carries one of the following icons to indicate whether it is online or classroom-based:

Online: 

Classroom: 

# Welcome Sessions

NEW

If you are considering signing up for a face-to-face course but are apprehensive about returning to the classroom, we are offering two 'Welcome Sessions' as an opportunity to visit the College before your course or workshop begins.

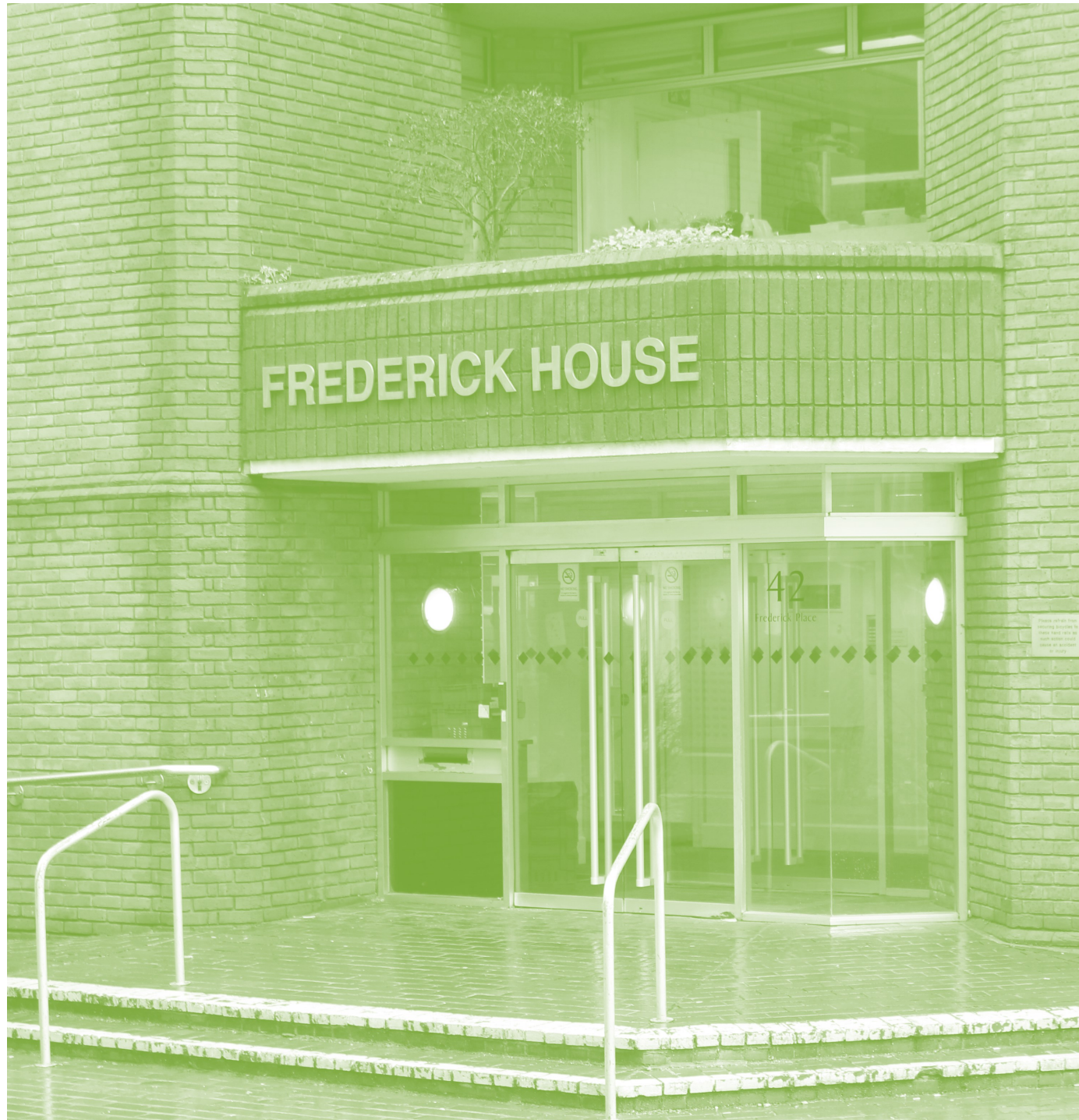
These drop-in sessions will provide an informal opportunity to meet with Recovery College staff, have a coffee and a chat, ask any questions you might have and familiarise yourself with the College and the classrooms.

## Sessions will run on:

Tuesday 24<sup>th</sup> May: 2:00pm - 4:00pm

Thursday 26<sup>th</sup> May: 11:00am - 1:00pm

If you would like to attend, please indicate your preferred choice of session on your enrolment form and we will contact you with further details.



# Students' Union

We are the first Recovery College in the UK to be affiliated with the National Union of Students (NUS).

When you register for one of our courses or workshops, please use 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).

More details are available within the [Frequently Asked Questions](#) section towards the end of this document.



“

*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.*

*I realise how much I benefit from and need social interaction. 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.*

*I feel this has inspired me and fired up a passion that has become dormant or rather stifled so I feel this course has released who I am.”*

- Student of the Creativity and Self-Care for Carers course,  
Autumn 2021

# 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](http://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 or post to:

Email: [recoveryCollege@southdown.org](mailto:recoveryCollege@southdown.org)

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

Enrolment forms must reach us no later than Monday 16th May 2022

## 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 can fill up quickly.

We will either send you a letter or email confirming your enrolment and which courses/workshops you have a place **from** Thursday 19th May. If you are attending an online course we will also send you an Individual Learning Plan (ILP) and 'Recovering Quality of Life' (ReQoL) form to complete and return. If you are attending a face to face course you will be asked to complete the forms in your first session.

**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.**

Further information about the ILP and ReQoL forms, how to complete them and how to arrange any support needed to complete the forms, can be found in our [Frequently Asked Questions](#) section.

You will receive a text reminder before the start of your course or workshop.

## A request from us:

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


T: 01273 749500

E: [recoveryCollege@southdown.org](mailto:recoveryCollege@southdown.org)

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

# COURSES

## Art and Craft

**Course length:** Four sessions   
**Time:** 10:30am - 12:30pm  
**Wednesday:** 8th, 15th, 22nd & 29th Jun'

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:

1. Apply creativity and different techniques to start a project of art and craft
2. Engage in distraction techniques

Artwork opposite  
is by a student  
of the Art and  
Craft course,  
Autumn 2021



## Building Confidence

**Course length:** Four sessions   
**Time:** 10:30am - 12:15pm  
**Tuesday:** 24th, 31st May & 7th & 14th Jun'

Confidence is something anyone can struggle with at any time. It can be short lived or 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:

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

## Creativity and Self-Care for Carers

**Course length:** Six sessions

**Time:** 11:00am - 1:00pm

**Thursday:** 9th, 16th, 30th Jun' & 7th, 14th, 21st Jul'



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:

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

## Emotional Regulation

**Course length:** Four sessions

**Time:** 2:00pm - 4:00pm

**Tuesday:** 5th, 12th 19th & 26th Jul'



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:


1. Describe personal signs and symptoms of different emotional states.
2. Apply a range of strategies appropriate to the emotional state
3. Develop a written plan using the 'Just Right State' template



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



## Introduction to Anxiety

We are hoping to run this online course  during Summer term - please contact us to express your interest.

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 to do 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:

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

## Introduction to Mindfulness

Course length: Three sessions   
Time: 1:30pm - 4:00pm  
Tuesday: 31st May & 7th & 14th Jun'

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, 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:

1. Explain the basic approach of Mindfulness to mental health recovery
2. Identify how to apply Mindfulness practices into daily life
3. Explain the main Mindfulness practices and themes contained in an eight week Mindfulness course (MBCT - MBSR)
4. Know how to take it further and sign up for a course in Local Services



## Introduction to Self-Compassion



**Course length:** Three sessions  
**Time:** 11:00am - 1:00pm  
**Friday:** 17th, 24th Jun' & 1st Jul'

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:

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

## Living with Grief and Loss



**Course length:** Five sessions  
**Time:** 1:00pm - 3:00pm  
**Wednesday:** 25th May, 1st, 8th, 15th & 22nd Jun'

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:

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



### Advisory: Intro' to Self-Compassion

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

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



## Managing Depression

**Course length:** Five sessions

**Time:** 1:30pm - 4:00pm

**Thursday:** 9th, 16th, 23rd, 30th Jun' & 7th Jul'



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:

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

## Money Matters

**We are hoping to run this online course during Summer term - please contact us to express your interest.**



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

Students 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:

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

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

## Sleep Management

**Course length:** Four sessions  
**Time:** 2:00pm - 4:00pm  
**Thursday:** 9th, 16th, 23rd & 30th Jun'



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:

1. Monitor your own sleep using a sleep diary
2. Analyse how your lifestyle and surroundings can affect your sleep
3. Describe strategies to improve your sleep

## Spending Time in Nature

**Course length:** Three sessions  
**Time:** 1:30pm - 4:00pm  
**Thursday:** 9th, 16th & 30th Jun'



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 Preston Park Recovery Centre.

### Learning Outcomes:

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




### Advisory: Spending Time in Nature

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.



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

## Understanding Autism

**Course length:** Four sessions   
**Time:** 10:30am - 12:30pm  
**Friday:** 1st, 8th, 15th & 22nd Jul'

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.

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

### Learning Outcomes:

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

## Understanding Psychosis

**Course length:** Four sessions   
**Time:** 2:00pm - 4:00pm  
**Wednesday:** 6th, 13th, 20th & 27th Jul'

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:

1. Describe and discuss the diagnosis and formulation of psychosis including its symptoms and causes
2. Provide an overview of medication, treatments and other support
3. Discuss and explore a range of coping strategies and self-management tools



“

*I thoroughly enjoyed the Art and Craft course led by Beki and Moose. It helped ease some of my everyday anxiety and it has encouraged me to do art and craft activities by myself. Beki and Moose were fantastic peer trainers who made me feel comfortable and safe. I felt encouraged by their support and positive language.*

*COVID safety precautions were put in place which meant I felt protected and was able to attend face to face. I found being able to go to Frederick House in person very beneficial and it has helped me gain confidence post COVID lockdowns. I am grateful to all those that help run the Recovery College and feel it has been very beneficial in managing my mental health conditions.”*

*- Student of the Art and Craft course, Autumn 2021*

Workshops are one off single sessions that you attend just once \*unless stated otherwise

# Workshops

## Drama for Confidence

We are hoping to run this workshop during Summer term - please contact us to express your interest.



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

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





## How did the pandemic impact my hoarding and how can I tackle it moving forward?

**Workshop duration:** Two 1.5hr sessions

**Time:** 2:30pm - 4:00pm

**Thursday:** 23rd & 30th Jun'

(\*students need to attend **both** dates)



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 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:

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

## Research Workshop

NEW

**Workshop duration:** Two hours

**Time:** 1:00pm - 3:00pm

**Monday:** 11th Jul'



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:

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

## Script Reading

**Workshop duration:** Two hours

**Time:** 1:00pm - 3:00pm

**Option One:** Monday 30th May

**Option Two:** Tuesday 28th Jun'



Script reading is often called a 'Read Through' and is done before beginning 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:

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







## Self-Care: Why it is important and how do we make it happen?

**Workshop duration:** Two 1.5hr sessions

**Time:** 11:00am - 12:30pm

**Thursday:** 7th & 14th Jul' (\*students need to attend **both** sessions)



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:

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

\*This workshop content is split over two sessions; you must be able to attend both sessions

## Tree of Life

NEW

**Workshop duration:** Four hours

**Time:** 11:30am - 3:30pm

**Thursday:** 28th Jul'



This course 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:

You will...

1. Learn about this strengths-based approach to mental health challenges
2. 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





## Working for Wellness: Workshop One

**Workshop duration:** Two hours

**Time:** 1:00pm - 3:00pm

**Tuesday:** 14th Jun'



**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:

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

## Working for Wellness: Workshop Two

**Workshop duration:** Two hours

**Time:** 1:00pm - 3:00pm

**Tuesday:** 21st Jun'



**Workshop Two** will focus on the implications of potential 'disclosure' of a mental health condition to an employer and will include an exploration of the Equalities Act 2010 and the concepts of 'phased return' and 'reasonable adjustments'.

### Learning Outcomes:

1. Understand the implications of mental health disclosure in the application process & work place
2. Understand employer's responsibilities around phased return and reasonable adjustments
3. Explore ways to move forward

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.

# Frequently Asked Questions

## Summer Term and the enrolment process

### When is the Summer term?

The Summer term will run from Monday 23rd May – Tuesday 29th July 2022.

### Who can attend the Recovery College?

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 and professionals/staff. You need to either live in the Brighton & Hove area and/or have a GP in this area.

### What courses and workshops will Brighton and Hove Recovery College be providing?

This term we will be running a variety of short courses and workshops as detailed in this prospectus. This includes some new topics which are highlighted with the 'NEW' sticker.

### Where will the courses and workshops be based?

Having successfully returned to face to face delivery last term we are pleased to be able to offer further sessions in a socially-distanced classroom setting, as well as continuing to offer online sessions via a software application called Zoom. Classroom-based sessions will take place at \*Frederick Place in Brighton. 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.

**The College address is:** Brighton and Hove Recovery College, Southdown, Frederick House, 42 Frederick Place, Brighton, BN1 4EA

***\*The 'Spending Time in Nature' course is an exception which will take place in Preston Park with some time based indoors nearby at Southdown's Preston Park Recovery Centre, based at 18 Preston Park Ave, Brighton BN1 6HL***

# Frequently Asked Questions

## Summer Term and the enrolment process continued:

### Can you tell me more about the Covid safety measures that will be in place for the classroom-based sessions?

To ensure the safety of both staff and students from the risk of COVID-19 we will:

- ✓ Limit the number of people in the classroom
- ✓ Use one large classroom rather than two small ones as we did prior to the pandemic
- ✓ Only run a limited number of face to face courses each day and thoroughly clean the classroom at the end of each session
- ✓ Ensure anti-bacterial gel, wipes, and face coverings are available

Although we are working hard to minimise the risks by implementing these measures we do not currently ask for proof of vaccination status, or to see a LFD test result, as a condition of attending the College. However, we encourage all staff & students to take appropriate precautions to safeguard the health & wellbeing of both themselves and others.

### How do I apply to attend sessions this term?

You will need to complete our online enrolment form or download our Microsoft Word version of the form. You can find links and more details about this on our webpage, go to: [www.southdown.org/recovery-College-brighton-hove](http://www.southdown.org/recovery-College-brighton-hove)

Alternatively, you can contact us via phone 01273 749500 or email [recoveryCollege@southdown.org](mailto:recoveryCollege@southdown.org) and we can send a enrolment form to you by email or post.

### How many courses or workshops can I apply for on my enrolment form?

Due to the current situation we have decreased the number of courses or workshops students can apply for to three in order to offer spaces to as many students as possible.

# Frequently Asked Questions

## Summer Term and the enrolment process continued:

### How will students be selected for the courses and workshops?

As we have done in the previous term, we will be prioritizing students who are new to the Recovery College first. Following that we will prioritise returning students who did not get a space on any courses or workshops last term. Due to the current situation, we have lower capacity on each course, however we will endeavour to offer every student at least one place.

### How will I be informed if I have a place on a course or workshop/s?

For students who have given an email address on their enrolment form we will email you to let you know **from** Thursday 19th May. If we do not have an email address for you we will send you this information via post and will also send a reminder text message a few days before the course or workshop you are due to attend.

### Will there be Buddies to support me this term?

The Recovery College offer a Buddy Service for students who require extra support. Our trained Buddies support students 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 this extra support with a Buddy but it is dependent on demand.

# Frequently Asked Questions

## Individual Learning Plan (ILP) and Recovering Quality of Life (ReQoL) surveys:

### What are these extra forms and why do I need to complete them in order to fully enroll on a course?

To support students to think about the things they might like to learn while attending a course\*, the College asks students to complete two short surveys. Our 'Individual Learning Plan' (ILP) survey encourages students to think about their hopes and goals, and how the College might support students towards achieving them. Our 'Recovering Quality of Life' (ReQoL) survey helps students to see the progress they have made as they complete courses and helps the College to anonymously evaluate the College itself.

Students attending online courses 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.

The College will also be holding face to face 'Welcome' sessions where students can find out more about becoming a student and attending the College. To attend a Welcome session, please tick the relevant box on your enrolment form.

\*Surveys do not apply to workshops.

# Frequently Asked Questions

## Attending Online Courses and Workshops:

### How do I access the online sessions using Zoom?

We will send students who are due to attend a course or workshop the link to the Zoom session ahead of the course/workshop date. This is a secure link which only will only be sent to the students who have a place on that particular course/workshop. All students will have signed our Code of Conduct Form in advance, agreeing to not share the details of any Zoom workshops or sessions with other people.

### How can I help keep myself safe online?

Please see our guide to using Zoom in the 'Downloads' section at the bottom of the Recovery College webpage:

[www.southdown.org/recovery-College-brighton-hove](http://www.southdown.org/recovery-College-brighton-hove)

If you have received this timetable via post, you should have also received a copy of the guide to using Zoom.

### Who will be delivering the online courses and workshops?

Our wonderful team of Peer Tutors, Trainers and Clinicians will be delivering the courses and workshops this term, as usual.

## Cancelling your place on a Course or Workshop:

### I have been given a space on a course/workshop and that I am no longer able to attend, what should I do?

If you are unable to attend your course/workshop please contact us by phone 01273 749500 or email [recoveryCollege@southdown.org](mailto:recoveryCollege@southdown.org)

Please do let us know if you cannot attend so that we can offer your space to another student on the waiting list as soon as possible.



# Frequently Asked Questions

## Students' Union and Involvement:

### How can I get involved in the Students' Union?

The Students' Union continues to run this term. You can contact us by email at: [BHRecoveryCollegeSU@southdown.org](mailto:BHRecoveryCollegeSU@southdown.org) or by phone on 01273 749500.

### Can I access a TOTUM Card (previously known as an NUS Extra Card)?

If you would like to access the discount card, please use the Students' Union box on the enrolment form when you register for one of our courses or workshops. You will then be entitled to apply for a TOTUM card. Further details will be sent to you in your Welcome Pack before you start your first course/workshop this term. For further information please contact us via the details above.

## Feedback:

### How will the Recovery College gather feedback from students this term?

When students complete a course or workshop we will send an electronic survey via email for completion. This is anonymous so that we can gather your feedback and ensure we are meeting the needs of our students in the best way possible.