

Mental Health & Self-Management

Course	Location	Time	Day	Dates
Anxiety Management	35 New England St	11:00 - 13:00	Friday	June 6th 13th 20th & 27th
Building Confidence	Online	10:30 - 12:45	Tuesday	May 27th, June 3rd 10th & 17th
Caring for Carers	35 New England St	11:00 - 13:00	Thursday	June 26th, July 3rd 10th 17th 24th & 31st
CERNS (Complex emotional & relational needs)	Preston Park Hub	10:30 - 12:30	Monday	June 2nd 9th 16th 23rd & 30th
Emotional Regulation	Preston Park Hub	11:00 - 13:00	Monday	July 7th 14th 21st 28th
Introduction to Compassion	35 New England St	13:00 - 15:30	Tuesday	May 27th, June 3rd & 10th
Living Well with Long-Term Physical Health Conditions	35 New England St	14:00 - 16:30	Friday	May 30th, June 6th 13th 20th & 27th
Sleep Management	35 New England St	11:00 - 13:00	Monday	June 2nd 9th 16th 23rd
Understanding Autism	35 New England St	14:00 - 16:00	Thursday	July 10th 17th 24th 31st
Understanding Bipolar	35 New England St	11:00 - 13:00	Monday	June 16th 23rd 30th, July 7th & 14th
Understanding Psychosis	35 New England St	14:30 - 16:30	Monday	June 16th 23rd 30th, July 7th

Health & Wellbeing

Developing Self-Esteem	Online	10:30 - 12:45	Tuesday	June 24th, 8th, July 15th
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Developing Life Skills

Autism & Employment	35 New England St	13:00 - 15:30	Wednesday	June 11th 18th 25th, July 2nd 9th & 16th
MBCT (Mindfulness-Based Cognitive Therapy)	Friends Centre	14:00 - 16:30	Wednesday	May 28th, June 4th 11th 18th 25th, July 2nd 9th 16th & 23rd

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



Our Annual Prospectus is available for download from:

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

Southdown

NHS
Sussex Partnership
NHS Foundation Trust



SUMMER TIMETABLE 2025

Creative & Discovery

Course	Location	Time	Day	Dates
Drama, Games, Creativity & Play	35 New England St	13:00 - 15:30	Tuesday	June 3rd 10th & 17th
Exploring Puppetry - Marionette Making	35 New England St	13:00 - 15:30	Tuesday	July 1st 8th 15th 22nd
Mindful Drawing	Preston Park Hub	13:30 - 15:30	Monday	May 26th, June 2nd 9th & 16th
Spending Time in Nature	Preston Park Hub	13:00 - 15:30	Monday	June 23rd 30th, July 7th

Workshop	Location	Time	Day	Dates
Autism Workshop	35 New England St	10:00 - 16:00	Monday	June 30th (TBC)
Relaxation	35 New England St	11:00 - 13:00	Thurs	June 5th
Tree of Life	35 New England St	11:00 - 15:00	Wed & Thurs	June 4th & 5th (Must attend both sessions)

Mental Health & Self-Management

Menopause and Mental Health	35 New England St	TBC	TBC	TBC
Mental Health & Gambling Awareness	35 New England St	10:00 - 14:30	Friday	July 25th
What's Holding You Back?	Online	10:30 - 12:30	Tuesday	July 22nd & 29th (Must attend both sessions)

Creative & Discovery

Collage Workshop	Phoenix Gallery	11:00 - 15:00	Wednesday	June 25th
Colour Wheel Workshop	Phoenix Gallery	11:00 - 15:00	Wednesday	June 11th
Colour Wheel Workshop 2	Phoenix Gallery	11:00 - 15:00	Wednesday	July 9th (Must have attended Colour Wheel-works shop previously)
Exploring Clay	35 New England St	14:00 - 17:00	Friday	July 4th & 11th (Must attend both sessions)
Exploring Felt	35 New England St	14:00 - 17:00	Friday	July 18th

Note: Workshops are single sessions that you attend just once, unless stated otherwise.