



Brighton and Hove Recovery College

Timetable - Summer term 2026

Download our annual prospectus from our website



Courses

Mental health and self-management

Course	Location	Time	Day	Dates
ADHD	35 New England St	11:00 - 13:00	Monday AM	29 June - 27 July (five weeks)
Anxiety management	35 New England St	11:00 - 13:00	Tuesday AM	30 June - 21 July (four weeks)
Building confidence	Online	10:30 - 12:45	Tuesday AM	16 June - 7 July (four weeks)
Emotional regulation	35 New England St	11:00 - 13:00	Friday AM	26 June - 17 July (four weeks)
Managing depression	35 New England St	11:00 - 13:00	Tuesday AM	19 May - 23 June (five weeks)
Understanding autism	35 New England St	14:00 - 16:00	Thursday PM	4 June - 25 June (four weeks)
Understanding bipolar	Online	10:30 - 12:30	Thursday AM	18 June - 16 July (five weeks)
Understanding psychosis	Online	14:30 - 16:30	Wednesday PM	1 July - 22 July (four weeks)

Health and wellbeing

Developing self-esteem	Online	10:30 - 12:45	Tuesday AM	19 May - 9 June (four weeks)
NEW Gentle yoga for stress relief	35 New England St	10:30 - 12:00	Thursday AM	21 May - 25 June (six weeks)
Managing grief and loss	35 New England St	13:00 - 15:00	Wednesday PM	20 May - 24 June (not 17 June)
Mindfulness based cognitive therapy	Online	11:00 - 13:30	Monday AM	May 18, 1 June - 20 July (nine weeks)
Sleep management	35 New England St	11:00 - 13:00	Friday AM	3 - 17 July (three weeks)

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

Developing life skills

Course	Location	Time	Day	Dates
Confidence for work	35 New England St	14:00 - 16:15	Wednesday PM	24 June - 22 July (five weeks)

Creativity and discovery

Spending time in nature	Preston Park	14:00 - 16:30	Monday PM	1 June - 22 June (four weeks)
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Workshops

Starting your recovery journey

Workshop	Location	Time	Day	Dates
Five ways to wellbeing	35 New England St	11:00 - 13:00	Thursday AM	11 June

Mental health and self-management

Understanding autism	35 New England St	10:30 - 16:30	Monday AM	18 May
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Health and wellbeing

Food and mood	35 New England St	11:00 - 13:00	Thursday AM	23 July
Neurodiversity & menopause	35 New England St	14:00 - 16:30	Wednesday PM	3 June

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

Creativity and discovery

Workshop	Location	Time	Day	Dates
 Cyanotype printing (Session A)	Preston Park	10:00 - 12:30	Monday AM	15 June
 Cyanotype printing (Session B)	Preston Park	13:30 - 16:00	Monday PM	15 June
Exploring clay	35 New England St	11:00 - 13:30	Friday AM	5 June and 12 June

 Volunteer and peer-led sessions

These sessions are offered in addition to our core programme and are a great way to connect with others who have their own experience of mental health challenges.

Please note: **volunteer and peer-led sessions are not part of your three course preferences** on the enrolment form and do not need to be included when you register.

To sign up:

- Email: recoverycollege@southdown.org, or,
- Call us on 01273 749500

Session	Location	Time	Day	Dates	Session lead
Visual biography	35 New England St	12:30 - 15:00	Friday PM	19 June and 10 July	Paul Misso/Moose Azim
Visual biography	35 New England St	12:30 – 15:00	Wednesday PM	29 July	Paul Misso/Moose Azim
		13:00 – 15:30	Wednesday PM	12 August	
Photography group	35 New England St	TBC	TBC	TBC	Paul Misso/Moose Azim
Life admin drop-in	35 New England St	14:00 - 16:00	Tuesday PM	9, 16, 23 and 30 June	Sunita and Elena
Autism group (post course meet up)	35 New England St	14:00 - 15:30	Thursday PM	2 and 9 July	Moose Azim/Rob Howes/Ali Reeves