



Download our annual prospectus from our website



Mental health and self-management

Course	Location	Day / Time	Dates
ADHD	35 New England St	Monday 11:00 - 13:00	5 weeks: Oct 5,12,19, 26 and Nov 2
Anxiety management	Preston Park	Monday 11:00 - 13:00	4 weeks: 5, 12, 19 and 26 Oct
Developing self esteem	Online	Tuesday 10:30 -12:45 Week 1 & 4 10:30 -12:15 Week 2 & 3	4 weeks: 6 Oct - 27 Oct
Managing depression	35 New England St	Friday 11:00 - 13:00	5 weeks: Oct 9,16,23, 30 and Nov 6
Managing overwhelming emotions	35 New England St	Monday 11:00 - 13:00	6 weeks: 9 Nov - 14 Dec
Mindfulness for recovery and wellbeing	Friends Meeting House	Tuesday 11:00 - 13:30	3 weeks: Oct 20, 27 and Nov 3
Understanding autism	35 New England St	Thursday 13:30-15:30	4 weeks: Oct 15, 22, 29 and Nov 5
Understanding psychosis	Online	Tuesday 15:00 - 17:00	4 weeks: Oct 20, 27 and Nov 3, 10

Creativity and discovery

Drama games for confidence	TBC	Wednesday 14:30 - 16:30	3 week: Oct 28, Nov 4, 11
Intuitive mindful doodling for wellbeing	35 New England St	Wednesday 14:30 - 16:30	3 weeks: Oct 14, 21, 28

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

Health and wellbeing

Course	Location	Day / Time	Dates
Creativity & self-care for carers	35 New England St	Tuesday 10:30 - 12:30	6 weeks: Oct 20, 27, Nov 3, 10, 17 and 24
Green walking group	Out in community	Thursday 11:00 - 13:00	Sept 17, Oct 15, Nov 19 (Monthly)
The power of finding joy	Online	Tuesday 10:30 -12:45 Week 1 & 4 10:30 -12:15 Week 2 & 3	4 weeks: Nov 3, 10, 17, 24

Developing life skills

Cooking for recovery	Preston Park	Monday 11:00 - 14:00	5 weeks: Nov 9, 16, 23, 30 and Dec 7
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Note: When registering for a course, you must be able to attend all dates for that course.

Mental health and self-management

Workshop	Location	Day / Time	Dates
Autism	Preston park	Monday 10:30-16:30	5 October
Seasonal Affective Disorder (SAD)	Online	Thursday 10:30-12:30	2 weeks: Oct 15 & Oct 22 Students should attend both sessions

Health and wellbeing

Neurodiversity and navigating GP appointments	35 New England St	Thursday 11:00 - 16:00	November 26
Sleep management	35 New England St	Tuesday 13:30 - 15:30	November 17
Understanding and managing menopause	35 New England St	Friday 10:30 - 13:30	December 11
Neurodivergence & Menopause (Part 2 - strategies and skills)	35 New England St	Monday 14:00 - 16:00	November 2

Developing life skills

Surviving Christmas A	Online	Thursday 10:30-13:30	November 26
Surviving Christmas B	Online	Thursday 10:30-13:30	December 3

Creativity and discovery

Poetry appreciation	35 New England St	Thursday 13:30 - 16:00	November 19
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NEW Volunteer 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 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	Day / Time		Dates
Relaxed art sessions	35 New England St	13:00 - 15:00	Thursday PM	Sept 17 & Nov 12
Visual biography	35 New England St	11:00 - 13:00	Wednesday PM	September 23
		14:00 - 16:00	Wednesday PM	October 7
Photography group	35 New England St	14:00 - 16:00	Wednesday PM	Sept 30 & Nov 11
Life admin drop-in	35 New England St	14:00 - 16:00	Tuesday PM	November 10 -1 December
Seasonal gathering	35 New England St	13:00 - 16:00	Thursday PM	December 3