

Southdown



Brighton & Hove

Recovery College

Prospectus 2026

Sussex Partnership
NHS Foundation Trust



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Welcome to Recovery College

**Come and be part
of our learning
and mental health
recovery community.**

Welcome to the Brighton and Hove Recovery College 2026 prospectus. Whether you are joining us for the first time or returning as a student, we are really glad you are here.

This is your college. A place to learn, connect and explore what supports your wellbeing, in a calm, respectful and supportive environment. Our courses are shaped by lived experience and shared learning, and everyone's perspective is valued. Wherever you are on your recovery journey, you are welcome, and we look forward to learning alongside you.

At the Recovery College, learning is about more than information. It is about building confidence, sharing experiences and discovering practical tools that can support everyday life. We hope this prospectus helps you find courses and opportunities that feel right for you.

Zoe Webb

Brighton and Hove Recovery College



Above - Student artwork produced during a Recovery College course.



Above - Our Recovery College team, committed to co-production, collective decision making and learning together.



“

I am not being dramatic when I say that Recovery College quite literally saved my life.

Sarah's story

It was the life-saving ring thrown to me when I was drowning, not waving.

And at the start of my recovery journey and in the world, I felt unable to navigate, it gave me back some control, it gave me focus, it gave me direction, it gave me the best toolbox imaginable in the world – but most importantly, it gave me a purpose and a sense of real self-esteem again.

I felt I was able to take the helm of my life and start actively guiding and navigating my own voyage.

Sarah
Volunteer Buddy

What is a Recovery College

Recovery College offers educational and creative courses that support good mental health and wellbeing.

With a focus on recovery, courses and workshops help build knowledge and skills, supporting you to manage your mental health and become more confident in your own recovery and self care.

Below - A co-produced pottery workshop, offering a calm and supportive space for creativity and connection.



If you are a carer for someone with mental health challenges, the college can also support you, helping you to care for others while making connections and finding support for yourself.

Using an educational approach, the College helps students recognise their strengths, set goals and look to the future. Learning together allows students to build connections, explore recovery pathways and continue their recovery journey.

All courses and workshops are co-produced and co-delivered by tutors with both learned and lived experience, bringing together professional expertise and personal experience to support meaningful learning.

“ Recovery College was a fantastic help for me. It saved my sanity. Thank you from the bottom of my heart.

Who can attend 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, professionals and staff.

If you are a mental health professional, the courses on offer at The Recovery College are especially relevant. We encourage all staff working within mental health services to enrol or to find out more about the College, as a means of supporting their clients and patients.

You need to either live in Brighton or the surrounding area and/or have a GP in this area. Our catchment area runs from Portslade in the west, to Saltdean in the east, as shown by the red outline on the map below:



Sussex Recovery College

If you live outside of the Brighton area please contact Sussex Recovery College: www.sussexrecoverycollege.org.uk

Meet our team

Our staff are on hand to support you throughout your time at the Recovery College, whether that is answering questions, helping you access courses, or offering guidance along the way. Together, the team works to create a welcoming, respectful learning environment where lived experience, co-production and support sit at the centre of everything we do.



Hi, I'm Zoe

I joined as Team Manager in September 2025 and work with staff, Buddies and students to ensure lived experience and co-production remain at the heart of the Recovery College. I bring experience from mental health services and higher education, alongside my own lived experience of anxiety and depression.



Hi, I'm Beki

I work with the team to schedule courses and workshops and am often the first point of contact for students. I support enrolments, course allocation and day-to-day admin to help everything run smoothly.



Hi, I'm Moose

I started at the Recovery College as a student before becoming a Buddy and Peer Tutor. I now coordinate the Buddy project and work with students to ensure their voices shape how the College develops.

What is a Peer Tutor?

A Peer Tutor is someone who uses their own lived experience of mental health challenges, alongside training and professional support, to co-design and co-deliver courses at the Recovery College. They offer insight, understanding and practical knowledge to support learning in a respectful and collaborative way.



Hi, I'm Sarah

I have been a Peer Tutor since 2016 and bring lived experience of anxiety, depression, obsessive compulsive disorder and recovery from substance misuse. I enjoy running group based courses and find the shared learning experience empowering.

PEER TUTOR



Hi, I'm Kate

I have been with the College since 2016, co-designing and co-delivering a wide range of courses and workshops. I value working alongside students, peers and clinicians and believe learning is a shared journey.

PEER TUTOR



Hi, I'm Peter

I joined the Recovery College as part of my own recovery journey and now co-design and co-deliver courses as a Peer Tutor. I enjoy helping students develop their own practical tools for wellbeing.

PEER TUTOR



Hi, I'm Vicky

I have worked with the Recovery College since 2014 and bring long term lived experience of mental health difficulties and chronic pain. I enjoy supporting others by sharing practical coping skills and recovery strategies.

PEER TUTOR

Supporting you to attend

Open days

Open days are held at the Brighthelm Centre in Brighton before the start of each term. They offer an opportunity to meet trainers and students, learn more about the college, and register your interest in upcoming courses and workshops. Buddies (people with lived experience of mental health challenges) are also available to offer support if needed.

Dates for your diary



Spring term

Open day: Wednesday 7 January, 11am to 3pm

Term dates: Monday 26 January to Thursday 9 April



Summer term

Open day: Wednesday 29 April, 11am to 3pm

Term dates: Monday 25 May to Friday 25 July



Autumn term

Open day: Wednesday 9 September, 11.00 to 3pm

Term dates: Monday 28 September to Friday 11 Dec

Welcome sessions

If you are new to the college or would like to find out more before you start, Welcome Sessions are available each term. They offer a relaxed introduction to the Recovery College and help you feel prepared for your course or workshop.

Sessions are informal and may take place face to face or online. You can meet Recovery College staff, ask questions, and raise any concerns. If you would like to attend, please indicate your preferred date on your enrolment form and the team will be in touch. Welcome Sessions do not count towards your choice of three courses or workshops.

Buddy Project

The Recovery College offers a Buddy Project for students who would like extra support. Our trained Buddies can support you to attend face to face courses and, where helpful, provide additional support around online courses outside of the sessions. This support can help you overcome barriers and build confidence and self esteem.

For online courses, Buddies can arrange to speak with you before and after sessions to help you:

- Practise how to access online sessions
- Engage with online activities
- Feel more confident joining in with other students during sessions

We do our best to match everyone who requests Buddy support, though this depends on demand and availability.



Moose Azim

Recovery College
Volunteer Coordinator

“ The Buddy Project offers students support in making the most out of their Recovery College experience. Buddies provide valuable moral support, help with paperwork and encouragement to engage. Every student is different, you state what would be most useful for you.

The Buddy Project has built a lovely library of books for you to borrow, we run untutored events (see page 30) host relaxed get togethers including informative ones on subjects such as ADHD. These gatherings have proved to be very popular.

Volunteering as a Buddy is a powerful experience. It's a fantastic way to boost your own confidence and can even be a stepping stone toward future employment. All Buddies receive training, dedicated supervision, and are DBS checked.

To request Buddy support, please indicate this on your application form. If you are interested in becoming a Buddy, contact me using the details below.



moose.azim@southdown.org



07356 132311

Natasha's story

I've struggled with my mental health since I was eight years old.



Childhood bullying became the catalyst for years of emotional pain, confusion, and self-doubt. Those early experiences shaped so much of how I saw myself and the world. Instead of feeling safe or supported, I grew up feeling isolated and different, carrying wounds I didn't yet have the words to explain.

As I got older, those wounds only deepened. In 2010, I was diagnosed with Bipolar Disorder after three major episodes of psychosis, and in 2022, I received an ADHD diagnosis. During my depressive lows I would isolate myself even more, overwhelmed by fear and uncertainty. For most of my life, I didn't have true friends or anyone I felt I could speak openly to about my mental health apart from a few therapists along the way.

Everything began to change when, at the end of 2023, an NHS counsellor recommended the Recovery College and their upcoming Open Day. I knew something in my life needed to shift, and walking into that Open Day in 2024 became my first real step toward healing. Every course I attended opened my eyes a little more. I learnt about psychosis, depression, ADHD, bipolar disorder and, most importantly, I learnt about myself. I began building a toolbox of skills that now helps me navigate daily life with strength and understanding. Life is still tough, but easier.

The Recovery College has had a profound and life-changing impact on me. From the moment I walked through their doors, I felt myself beginning a journey of empowerment. The Recovery College gave me love, understanding, equality, beautiful friendships, practical tools, and after so many years of feeling small, I now have renewed sense of self-worth and belonging.

After about six months of gaining so much, I felt it was time to give something back. I decided to become a buddy for new students. Supporting others has shown me that when you help someone else, you also heal parts of yourself. I remember how hard it felt to take that first step as a new student, and being able to walk beside someone in those early moments truly can and does make all the difference.

Natasha - Volunteer Buddy

A happy journey

My journey with Recovery College started with arriving to different courses and workshops which led to becoming a volunteer buddy, supporting others with their journey. I was inspired to create a course making puppets.

Art and creativity, imagination and play was supported with delight from the college and the Wellbeing Hub. So began a ten week course at the Wellbeing Hub and was a lot of fun and was asked to create another one.

After that, I created a four week course making marionettes at the Recovery College.

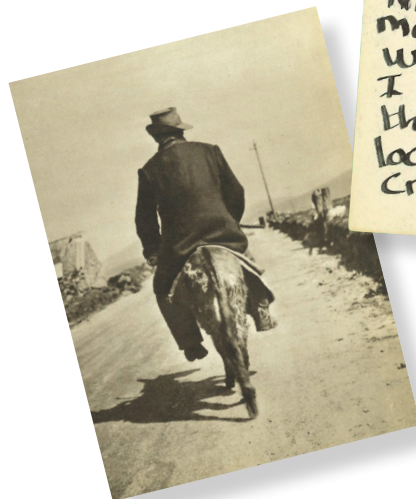
My gratitude for the opportunity of bringing a vision to share has been an inspiration to my world and I give thanks.

With these courses that were created I liked naming them The Collective Puppet Making. So being, we inspired each other. Not to feel to be in control, I felt more relaxed and trusted all would be well and fun.

I learnt a lot about myself with the giving and receiving and look forward to the joy of creating more.

Vlad

Volunteer Buddy



*A happy Journey
My journey with Recovery College started with arriving to different courses and workshops which led to becoming a volunteer buddy - supporting others with their journey. I was inspired to create a course making puppets. Art and creativity, imagination and play was supported with delight from the college and the Wellbeing Hub. So began a ten week course at the Wellbeing Hub and was a lot of fun and was asked to create another one. After that, created a four week course making marionettes at the Recovery College. My gratitude for the opportunity of bringing a vision to share has been an inspiration to my world and I give thanks. With these courses that were created I liked naming them The Collective Puppet Making. So being, we inspired each other. Not to feel to be in control? I felt more relaxed and trusted all would be well and fun. I learnt a lot about myself with the giving and receiving and look forward to the joy of creating more.*
Vlad.

Above and left - A personal handwritten reflection paired with an image that reflects the journey of recovery.



Online learning

At Brighton and Hove Recovery College, our online courses make learning accessible for people who are unable to attend face to face sessions due to health, caring responsibilities, or other circumstances.

Sessions are delivered via a secure Microsoft Teams link and led by experienced Peer Tutors. They are interactive and supportive, designed to closely reflect the experience of a face to face class.

Accessibility

Whether you're managing physical health conditions, have mobility challenges, or face other barriers, our online courses bring learning to your doorstep.

Flexibility

Attend courses in a space that feels safe and comfortable, allowing you to focus entirely on your recovery and growth.

Privacy and convenience

Learning from home provides an opportunity to engage in recovery-focused education without the logistical demands of commuting.

Connect from anywhere

Our online classes foster a sense of belonging and community, even when participants are physically apart. Peer tutors facilitate open dialogue and interactive activities to ensure everyone feels included and supported.

Guidelines for online learning

To make online sessions safe, respectful, and enjoyable for everyone, please follow these guidelines:

- Keep your camera switched on at all times so tutors and other students can see you. This helps communication and trust. Anyone without their camera on may be removed from the session.
- Join from a quiet, private space with no interruptions, to protect confidentiality and reduce distractions.
- If you are in a public place, make sure no one else can see your screen.
- Please do not have other people, children, or pets on screen.
- Plan how you will manage interruptions such as phone calls or the doorbell.
- Use a plain, neutral background with no personal or identifying items visible.
- Make sure you are appropriately dressed and that there are no offensive images or logos on screen.
- Do not share joining links or session details with anyone else or post them online.
- Only students who are enrolled and have been sent joining details may attend.
- Do not record any part of the session, including photos, video, or audio.
- Arrive on time and log in five minutes before the session starts.
- Respect the privacy of other students at all times.
- Use an appropriate profile name so tutors know who is attending.



Above - A student taking part in online learning with Brighton & Hove Recovery College.

Enrolment & allocation

How to enrol

Step 1: Complete your enrolment form

You can do this in one of two ways:

- Complete and submit the enrolment form online using the link on our webpage.
- Download the enrolment form in Microsoft Word, then complete it electronically or print it and fill it in by hand.

Visit: www.southdown.org/recovery-college-brighton-hove

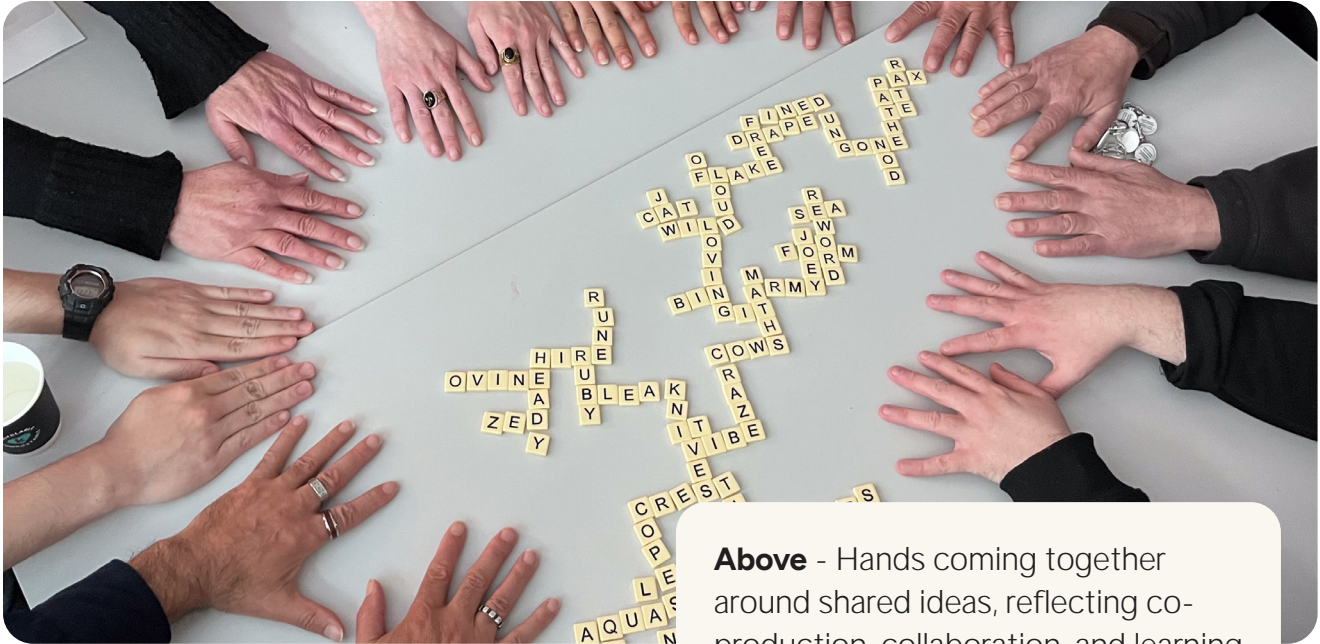
Step 2: Send us your enrolment form

- If you complete the online enrolment form, it will be sent to us automatically and you do not need to do anything else.
- If you download the Microsoft Word enrolment form, please return it by email to: recoverycollege@southdown.org.

or post it to:

Brighton and Hove Recovery College
Isetta Square
35 New England Street
Brighton
BN1 4GQ





Above - Hands coming together around shared ideas, reflecting co-production, collaboration, and learning together at the Recovery College.

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 are often oversubscribed.

If you have provided an email address on your enrolment form, we will email you to let you know once the enrolment window has closed and places have been allocated. This is usually the week before term starts. If we do not have an email address for you we will send you this information by post. We will also send you a reminder text message a few days before the

course or workshop you are due to attend.


We prioritise students who are new to the Recovery College and who haven't done a course with us before. Following that we will allocate returning students who did not get a space on their chosen courses or workshops in previous terms.

We endeavour to offer every student at least one place on their chosen courses or workshops. 'Places are only allocated to courses and workshops after the enrolment window has closed; it is not a first-come, first-served process.

A request from us

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

 recoverycollege@southdown.org

 01273 749500

Mental health and self-management

ADHD

NEW

This course is designed for anyone who identifies with and experiences living with ADHD, as well as for those who live with, care for, or support someone who identifies as having ADHD.

The course aims to build a better understanding of adult ADHD and any co-occurring conditions. Participants will explore how ADHD affects the brain and behaviour, gain insight into its different aspects, and learn about practical coping strategies and self-management tools. The course also aims to explore the unique strengths and positive traits that ADHD can bring to everyday life.

Learning outcomes:

- Develop a deeper understanding of adult ADHD.
- Build an overview of how the ADHD brain works, including co-occurring conditions and common symptoms.
- Become familiar with and practise effective coping strategies and self-management tools.



Anxiety management

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 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:

- Describe personal signs and symptoms of anxiety states
- Identify helpful and unhelpful behaviours, and think about how to change our anxiety behaviours
- Identify and apply a range of self-help strategies



Building confidence

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

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

Emotional regulation

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:

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

Introduction to complex emotional needs (EUPD/EID)

This self-help course provides the opportunity for students to increase awareness of their complex emotional and relational needs (EUPD/EID). A full diagnosis is not necessary to access this course.

We will explore 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:

- Have an understanding of the diagnosis of complex emotional/relational needs (EUPD/EID) and the impact on peoples' lives
- Develop strategies and goals to cope with the impact of complex emotional and relational needs and EUPD

Living well with long term physical health conditions

About 30% of the population in England live with one or more chronic health conditions, which are often linked with mental health challenges.

This course is aimed at those with chronic (long-term) physical health conditions, both with and without a diagnosis.

We aim to provide an open and non-judgemental space to explore, share and choose tools and techniques to promote living well with your health condition(s).

Learning outcomes:

- Explore your experiences and the challenges of your physical health
- Identify and build on personal resources which can benefit your physical and psychological wellbeing
- Practice key strategies to make and maintain changes

Please note that this is not a clinical course.





Living with grief and loss

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:

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

Managing depression

During this 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:

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

Mindfulness based Cognitive Behavioural Therapy (MCBT)

This course is designed to enable people to build on their knowledge of mindfulness. It is particularly helpful for anyone with some previous experience of mindfulness, but this is not essential.

The eight sessions together will teach a range of meditation practices and cognitive therapy techniques. Each session will include mindfulness practices, guided information, small group discussions and mindful exercises. Participants attending all eight sessions will experience a comprehensive understanding of all the main mindfulness practices and themes.

Learning outcomes:

- Identify how to be more present through mindfulness practices and how this can impact on our wellbeing
- Explore in depth the main practices and theories used in mindfulness
- Understand the difference between formal and informal mindfulness practices and how to incorporate mindfulness into daily life

Please note - If you are interested in this course, please contact the college or include it on your enrolment form, and we will arrange for you to be contacted by the facilitators, to discuss your prior knowledge.

Understanding and living with Obsessive Compulsive Disorder (OCD)

This course is aimed at anyone directly or indirectly affected by OCD, providing helpful information and strategies for managing this diagnosis. Blending a mix of taught and practical learning, the course will give students an insight into psychological and behavioural processes that maintain OCD. With this knowledge, students will be taught evidence-based tools for managing OCD symptoms – including intrusive thoughts and ritualised behaviours. The course will give students a better understanding of their diagnosis, offering an insight into how Cognitive Behavioural Therapy (CBT), Mindfulness, Relaxation and Exposure and Response Therapy can help relieve symptoms. The course offers students an opportunity to share their lived experience in a confidential, safe and non-judgemental space.

Learning outcomes:

- Understand what OCD is and what it is not, including an insight into OCD subtypes such as Pure, Contamination, Checking and Hoarding based OCD
- Be able to identify personal OCD related triggers
- Be able to apply CBT, Mindfulness, Relaxation and Exposure and Response Therapy in the management of intrusive thoughts and rituals

Understanding autism

Autism is a neurodiversity that comes with strengths and differences that can impact everyday life. It is thought that around 1 in 50 people are autistic. Autism has a significant co occurrence with ADHD and is a spectrum condition, meaning sensory and social differences can vary widely from person to person.

This course offers a brief overview of common strengths associated with autism, alongside differences that can become challenging when navigating sensory and social environments. We will explore autistic friendly strategies and reasonable adjustments to help manage feelings of overwhelm and support wellbeing.

Learning outcomes:

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

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



Understanding bipolar

This short course will give an overview of the main descriptions of bipolar and the types of medication commonly prescribed. We will also look at a range of other ways of managing mental health that students have found work in practice.

We will look at potential triggers and early warning signs that indicate the possible onset of a bipolar episode. Attention will be given in the session to what action can be taken to reduce the likelihood of this, particularly when noticing signs at an early stage.

Learning outcomes:

- Describe key features of bipolar
- Identify potential triggers that could lead to a deterioration in mental health
- Develop ideas to reduce relapse and know where to go for further support



Understanding psychosis

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 professionals.

Learning outcomes:

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

Health and wellbeing

Developing self-esteem



Self-esteem is something anyone can struggle with at any time. It can be short-lived or long-term. When anyone has experienced a mental health struggle or condition, self-esteem is something that can easily ebb away.

Developing self-esteem is a key part of recovery. It helps equip a person with tools to move forward, to experience new things, or return to activities previously enjoyed.

Learning outcomes:

- Use a nurturing approach to developing self-esteem
- Use self-esteem to help you navigate day to day life
- Recognise negative self-patterns and how to avoid them

Exploring relaxation

Relaxation is the natural state of the body – it is not passive or vague, but is a powerful way of relieving stress and anxiety, helping to create calmness and confidence. Everyday stressors impact on our nervous system which can become out of balance.

This course explores how active relaxation practice turns off the 'Fight or Flight Response' and turns on the 'Rest and Digest System'.

During the course you will be invited to practice short breathing techniques and different types of relaxation.

Learning outcomes:

- Describe how active relaxation turns off our stress response and brings balance to the nervous system
- Identify a relaxation technique(s) of your choice and put it into practice on a daily basis
- Identify and use calming and relaxing activities in daily life



Mindfulness for recovery and wellbeing

This course introduces simple mindfulness practices and the benefits they can bring to wellbeing and recovery. Across three sessions, participants gain a practical understanding of mindfulness through short guided practices, clear information, and gentle small group discussion.

As part of the Mindfulness Pathway, students who attend all three sessions can apply for the nine week Mindfulness Based Cognitive Therapy course held in the Summer term. All sessions are taught in an accessible and supportive way that students consistently value.

Learning outcomes:

- Demonstrate an understanding of how mindfulness works to aid mental health and recovery
- Practice the skills to apply mindfulness in everyday life situations, as they are happening
- Explain the main mindfulness practices and themes contained within the longer mindfulness courses (MBCT / MBSR)
- Understand how to take this further and apply for the longer Mindfulness Based Cognitive Therapy Course for the Summer term

Sleep management

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:

- Monitor your own sleep using a sleep diary
- Analyse how your lifestyle and surroundings can affect your sleep
- Describe strategies to improve your sleep



Understanding and coping with the menopause

Menopause happens to all of us women at some point in our lives. This introductory course will explain what perimenopause and menopause is and give you an understanding of the part our hormones play.

You will gain an understanding how it can affect you physically, mentally and emotionally, including your thoughts and behaviour.

We will identify treatments for these symptoms such as HRT, and alternative treatments, including stress busters.

Learning outcomes:

- Understand the signs and symptoms associated with peri/menopause
- Explore medical ways to manage the symptoms of peri/menopause
- Identify alternative treatments and management to help deal with peri/menopause



Above - Recovery College students taking part in a Cooking for Recovery course.

Developing life skills

Autism and employment

Autistic people have one of the lowest employment rates in the UK, but with the right support in place we can be up to 30% more productive than our neurotypical colleagues.

On this course you will learn practical strategies to help you enter employment and thrive at work. We will cover: transferable skills and autistic strengths, applications, CVs, and cover letters, the interview process, reasonable adjustments, community support, and self-care at work.

This course is suitable for autistic people who are looking to start a new job, or learn more about support and strategies to maintain their current employment. We also welcome parents, carers, and professionals working with autistic people who would like to learn about autism in the workplace.

Learning outcomes:

- Identify and understand your unique workplace strengths and challenges
- Understand how to identify and apply for suitable roles
- Be aware of what support is available to you in the workplace, and how to access it and advocate for yourself at work

Cooking for recovery

NEW

Knowing how and why to cook and eat well is key to long term recovery, feeding mind, body and soul, the basis of human creativity, health and wellbeing. It is not always easy to motivate ourselves in the kitchen, as we might worry about mess or mistakes, or just not sure where (or why) to start.

This course will guide students through the practical skills for making good food to support wellbeing. Each week we will make a meal that we will enjoy together, whilst exploring how cooking can support recovery. Recipes will be easily adaptable, playful and practical, with ideas for menu planning, basic budgeting and building confidence in the kitchen. Adding the spice of fun into the pot promises a great meal every time.

Learning outcomes:

- Understand more about the relationship between healthy eating and mental health
- Learn about menu planning, basic budgeting and creative cookery to fuel your recovery
- Plenty of kitchen skills, tips and tricks to help you enjoy cooking for recovery.

Please note - This course will run at Preston Park Hub on Mondays, 11am to 2pm for between four and five weeks.

Exploring work and wellbeing

NEW

This course helps build knowledge and confidence around work, whether you are in, or considering, voluntary or paid employment. Across three sessions, we focus on developing skills while recognising and supporting your wellbeing.

We explore purpose, self esteem, and the transferable skills you already have, alongside practical guidance on CVs and job applications. The course also looks at how job searching and career changes can affect wellbeing, with strategies for managing these transitions.

You will learn about your rights under the Equality Act 2010, decisions around disclosing a health condition, Access to Work, and how employment interacts with the benefits system, helping you feel informed and prepared for next steps.

Learning outcomes:

- Understand where and how to search for work that suits you, your skills and aspirations
- Build knowledge of your rights as an employee and the support available to you
- Become familiar with effective CV writing and job application techniques
- Explore common interview questions and build confidence in your responses

Introduction to self-compassion

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:

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

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

Money matters

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

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



Creative and discovery

Art and craft

Research shows that getting involved in arts and crafts significantly reduces stress and anxiety.

During this course we will be using relaxation techniques and freeing exercises to promote confidence and to build upon your artistic expression.

The range of activities we offer are rewarding and enjoyable, they are less about skill and more about the exploration of the process.

There will be an opportunity to work collaboratively or independently, engaging with a variety of techniques.

We warmly welcome you, whether you are a complete beginner or more experienced in art activities.

All materials will be provided, though you are encouraged to bring your own materials if you wish to.

Learning outcomes:

- Experiment with various art techniques
- Build up a sketchbook of work
- Practice some methods to improve your mood

Creativity and self-care for carers

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:

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

Please note - This course has been designed in partnership with the Carers Centre.

Drama games, creativity and play

This course will use drama games, creativity and play to empower you and help you to 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.

You will also have the opportunity to build on these skills using script reading and acting techniques.

Everyone is welcome, whatever your level of experience or ability. The emphasis is on having fun.

Learning outcomes:

- Identify how engaging in creative activity and play can improve your confidence and communication skills
- Experience drama games as a way to challenge anxiety and depression
- Create collaborative drama for fun and to increase social interaction



Mindful drawing

Mindfulness is all about stepping back and being present in the moment.

Throughout this course we will explore how observational drawing can be a tool for grounding, and how it can connect us to the world around us. When we draw from life, we are forced to slow down and notice the details, and consider everyday objects in a new light.

Each week we will explore different mediums, focussing on the process rather than worrying about the outcome. All supplies will be provided (though you are welcome to bring your own), and we welcome everyone, regardless of experience or skill level.

Learning outcomes:

- Explore the grounding effects of observational drawing
- Explore different processes and mediums
- Increase your awareness of the world around you
- Build up a sketchbook of your work

Mindful photography

Using your smartphone or other photographic device you will explore the local surroundings using mindfulness and photography techniques.

You will be encouraged to look at subjects in new ways, recording images as a journal of your experience.

Each week there will be a new focus to improve your photography skills, such as exposure, composition and light.

In the last session a short display will be shown highlighting some of the images created by the group.

Learning outcomes:

- Demonstrate mindful movement through walking and observation
- Create images using mindful awareness and photographic techniques



Spending time in nature

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 The Wellbeing Hub at Preston Park.

Learning outcomes:

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

Please note - 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.

Writing for wellness

This course will give you the chance to explore how writing and being creative can help with managing and processing emotions.

You will also have a chance to meet others, chat about your favourite books/plays/TV shows, and develop your writing style.

Each session will start with some quick warm up exercises and then move into a free writing period.

You don't need to be an aspiring author to come – we welcome everyone, regardless of experience or skill level.

Learning outcomes:

- Explore and experiment with different writing styles in a relaxed environment



Join us for the opportunity to meet other students in a small group

Our **Coffee and Chat** sessions offer a relaxed way to meet other students in a small group and enjoy a friendly discussion over a cuppa.

These sessions are built around open and thoughtful questions, encouraging reflection and shared discussion in a light hearted and respectful way between trainers and students.

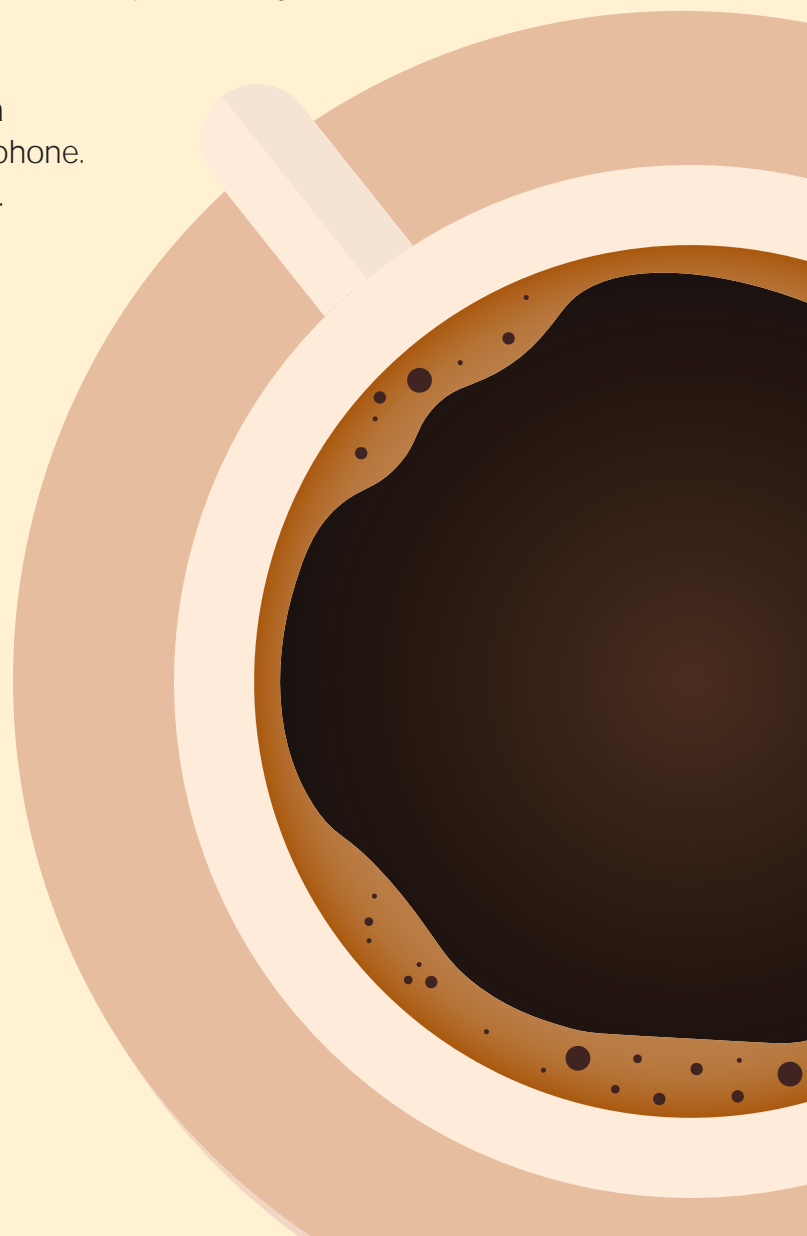
Dates and details are shared on our social media channels. You can also get in touch by email or phone. Contact details can be found on the back cover.

Come to our small and welcoming themed gatherings

Each term, we host a small number of light hearted themed gatherings in a calm and respectful space, giving you time to relax and connect with fellow students.

Previous sessions have included Poetry Appreciation, Collage and Board Games. We welcome new ideas and suggestions.

A quiet area is available at all gatherings, along with light refreshments, usually cake. A small library is also available for everyone to use free of charge.



Start your recovery journey

Research and recovery

The college is provided in partnership with 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:

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



Tree of Life

This workshop 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, carers, family members and professionals are welcome to attend.

Learning outcomes:

- Learn about a strengths-based approach to mental health challenges
- 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

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



What's holding you back and how can you find your purpose?

Do you feel you have things stopping you from moving forward?

Do you feel stuck in the past but want to get 'past' the thoughts and feelings which have kept you there?

Let us help you develop tools and techniques to find your purpose and potential and lead a happier and more fulfilled life.

Learning outcomes:

- Analyse the thoughts and feelings that are holding you back
- Identify tools and techniques to help you find your purpose
- Identify tools and techniques to unlock your potential

Mental health and self-management

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



Self-care is something anyone can struggle with at any time. It can be short-lived, 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:

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

Please note - The workshop is delivered in two sessions. Students must be able to attend both sessions.



Understanding autism

Autism is a neurodiversity that comes with strengths and differences, that impact on everyday life. It is thought that around 1 in 50 people are autistic. Autism is a spectrum condition and so the sensory and social differences associated with it can vary greatly from person to person.

This one day workshop will give 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.

Learning outcomes:

- Identify some of the common everyday sensory and social challenges faced by autistic individuals
- Recognise personal signs of stress associated with social and sensory overwhelm
- Use a variety of autistic-friendly strategies on a daily basis to promote wellbeing

Please note - This workshop is appropriate for autistic people, individuals who think they may be autistic, family members and professionals, providing the opportunity to learn how they can best aid the person they are supporting.

Understanding and managing hoarding

This workshop enables students to explore their understanding of hoarding and their relationship with it.

The aim is to empower students with not only knowledge about their condition, but also how to tackle it.

There will be the opportunity for both discussion and reflective practice to increase awareness around the condition. This will serve to demystify the subject and increase confidence when de-cluttering.

Learning outcomes:

- Explore the causes of hoarding to understand its origins and how it can be managed
- Identify 'solution-focused' ideas for coping with hoarding
- Identify helpful and constructive ways to talk to yourself whilst decluttering and learn how to praise and reward your efforts

Please note - This workshop is open to family members, carers, friends and professionals, providing the opportunity to learn how they can best aid the person they are supporting.



Understanding and managing Seasonal Affective Disorder (SAD)

This workshop will focus on identifying the key features of Seasonal Affective Disorder (SAD) and how this relates to your individual experience.

We will identify how to recognise triggers and explore tips, techniques and tried and tested methods to help alleviate the symptoms of the condition.

Learning outcomes:

- Recognise the key features of your own experience with SAD
- Select and implement tips and techniques which will feel best help you manage your experience of SAD



Health and wellbeing

Calming and energising sensory strategies

For many reasons life can be destabilising, and when it is, our emotions may become out of balance. We can find ourselves over reacting or under reacting to any number of circumstances. We may find it difficult to identify and get on with the things we would like to or need to do.

This workshop explores the use of sensory strategies to bring balance to our emotions. To calm or energise, depending on our needs, so we may 'carve a path in life' i.e. to identify and achieve our goals day by day and moment to moment.

Learning outcomes:

- Describe how different types of sensory input can calm or energise our nervous system
- Identify a range of calming and/or energising sensory strategies
- Apply these into daily life using different strategies appropriate to each situation

Please note - This workshop has an optional follow up session. Your tutor will provide you with further information about this additional session.



Surviving Christmas

Christmas is often quoted as being 'the most wonderful time of the year'. However, what if it isn't?

It can be one of the most tense times, and for some, cause real anxiety. Festive unease is real. From finding money for the 'perfect' gift, to hosting and having to put on a display of cheerfulness and being sociable, it can make one feel far removed from the 'season of goodwill'.

If this sounds familiar, then please join us as we help you find your way through the festivities and avoid an anxious advent. We will explore how to navigate social unease, loneliness, Christmas health gripes and how to have fun on a budget.

Learning outcomes:

- Know your triggers and what to do and what to avoid
- Explore ways to navigate social unease and loneliness
- Identify activities that can be fun on a budget



Understanding and coping with the menopause

Menopause happens to all of us women at some point in our lives. This introductory course will explain what perimenopause and menopause is and give you an understanding of the part our hormones play.

You will gain an understanding how it can affect you physically, mentally and emotionally, including your thoughts and behaviour.

We will identify treatments for these symptoms such as HRT, and alternative treatments, including stress busters.

Learning outcomes:

- Understand the signs and symptoms associated with peri/menopause
- Explore medical ways to manage the symptoms of peri/menopause
- Identify alternative treatments and management to help deal with peri/menopause

Developing life skills

Find your joy (without breaking the bank)



When you hear the word 'joy', what image or images does it conjure up for you? What if there were ways to bring more joy into your life on a consistent basis and hold on to it? How would you like to find joy again? Please come and join us as we share tips and ideas on how to find that joy with little or no financial cost and how doing so, can really benefit our mental health.

Learning outcomes:

- Explore what joy means to you.
- Learn skills which can be incorporated into your life for pockets of joy.
- Students will have the opportunity to walk their mental health journey with joy in their step.



Creativity and discovery

Art and collage

Collage can be flat or three-dimensional creations made from different pieces of paper and other materials. It is a tactile, hands-on, relaxing activity where you can use a myriad of objects and discarded papers.

For inspiration we will introduce you to some accessible techniques and look at some artists who use collage in their work. There will be plenty of time to be playful and intuitive during this session.

This is a great opportunity to look for and bring along any objects from around the house such as old magazines, photographs, packets, wrapping paper, envelopes, ribbons and buttons for your collage.

Don't worry, all materials will be provided, but if you have any recycling that you may like to use please bring it along.

Learning outcomes:

- Apply collage techniques to create a unique piece of art
- Identify a variety of ways to create a collage with recycled materials



Art and craft

Research shows that getting involved in arts and crafts significantly reduces stress and anxiety.

During these workshops we will be using relaxation techniques and freeing exercises to promote confidence and to build upon your artistic expression.

The range of activities we offer are rewarding and enjoyable, they are less about skill and more about the exploration of the process.

There will be an opportunity to engage with a variety of techniques. We warmly welcome you, whether you are a complete beginner or more experienced in art activities. All materials will be provided, though you are encouraged to bring your own materials if you have any favourites.

Learning outcomes:

- Develop an understanding of creative techniques
- Become absorbed in expression and exploration
- Experience ways that creativity benefits our wellbeing

NEW

Art and drawing

This absorbing workshop will include practicing observational drawing techniques, and offer the opportunity to play with a range of drawing materials.

No previous art experience is needed; everyone can draw.

All art materials will be provided. We provide aprons to protect your clothes but do bring your own if you prefer.

Learning outcomes:

- Experiment with a variety of different art materials
- Become absorbed in mark-making and observational drawing
- Experience ways that creativity benefits our mental wellbeing



Chanting and drumming for recovery

Chanting and drumming have proven benefits for mental and physical wellbeing such as lowered blood pressure, reduced anxiety and improved mood.

As a group, you will learn chants from various cultures and times including African, Aboriginal, Buddhist and others.

There will be an opportunity to try drumming as an accompaniment to the chanting using small handheld drums.

No previous experience of drumming or chanting is required. If you would like to bring your own handheld drum please feel free to do so.

Learning outcomes:

- Understand the health and wellbeing benefits of chanting and drumming
- Learn and practice chants from various cultures and time periods
- Experiment with a small range of hand held drums incorporating chanting

Drama games for confidence

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

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





So brilliantly orchestrated by Nicky and Moose. I thank you so much. I feel like my troubles have floated away on a cloud for a little while. I needed today so much, and thank everyone for taking their part.

- Recovery College student

Exploring clay

In this workshop, we will use air-dry clay to spark your creativity and bring your ideas to life.

Whether you're sculpting your favourite animal, crafting a decorative piece, or simply exploring the material, the possibilities are endless.

We will demonstrate some simple techniques to get you started, and then you'll have the freedom to create and experiment in your own way.

All supplies will be provided, and we welcome everyone, regardless of experience or skill level.

Learning outcomes:

- Explore how clay can be used to express yourself
- Be creative
- Have fun

Exploring poetry

Did you know that many studies evidence the positive effects on our mental health of reading or writing poetry?

Come along and join us in exploring how engaging with poetry can support your mental health. Together we'll read, explore, and appreciate different styles of poetry in a relaxed and inclusive environment.

Feel free to bring along any poems you love, to share with the group.

Learning outcomes:

- Explore different styles of poetry and poems
- Share experiences of enjoying poetry e.g. reading, writing, listening to poetry
- Identify how reading and writing creatively can help with processing and managing emotions
- Write a short poem together and / or an individual poem

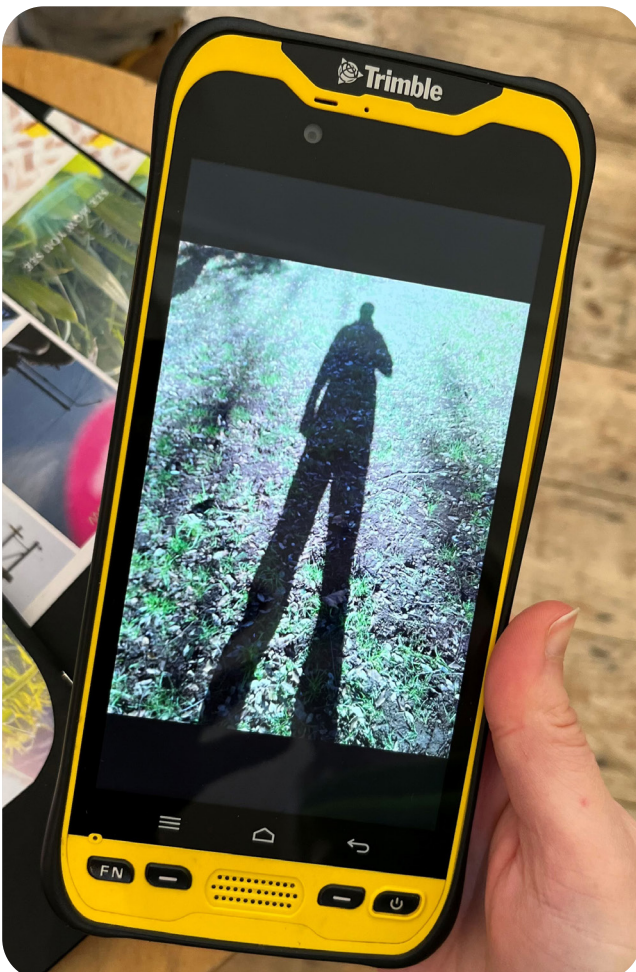
Mindful photography

This workshop is an introduction and opportunity to spend an afternoon participating in mindful photography techniques and learning more about the topic.

We will go out in the local area to take photos as well as using the indoor space. You will explore activities to continue at home.

Learning outcomes:

- Demonstrate mindful movement, walking and observation
- Take photographs using mindful awareness techniques



It was a brilliant workshop, I felt seen and it felt very calming and informative. I've left the session feeling calmer and inspired, thank you.

- Recovery College student

Painting with acrylics

In this workshop we learn about the colour spectrum and how to mix paints to produce new colours. Then we practice using colour as a means of expression. Come along and discover the joy of paint. No previous art experience needed.

All art materials will be provided. We provide aprons to protect your clothes but do bring your own if you prefer. Please bring a snack for lunch.

Learning outcomes:

- Develop an understanding of colour through paint
- Become absorbed in expression and exploration
- Experience ways that creativity benefits our wellbeing

Where to find Recovery College

The majority of classroom-based sessions will take place at our main college campus at 35 New England Street, Brighton, however we do also use other venues across Brighton & Hove on occasion.

We will be using Microsoft Teams to deliver our online courses and workshops. Don't worry, if you don't have the Teams app or a Teams account, you can still access courses and workshops. For more information and instructions please either see the Microsoft Team's support page here: <https://shorturl.at/jkMQ0> or talk to a member of college staff.

We endeavour to make sure that our courses are accessible to all and we invite those with mental health challenges, carers and professionals to enrol.

If you have a disability, or a specific health or learning difficulty that you would like us to be aware of, please let us know on your enrolment form and we will contact you to discuss how we can work together to make our courses more accessible for you.

Brighton & Hove Recovery College locations include:



Brighton and Hove Recovery College

Southdown
35 New England Street
Brighton
BN1 4GQ



The Wellbeing Hub at Preston Park

18 Preston Park Avenue
Brighton
BN1 6HL



BMECP Centre

10A Fleet Street
Brighton
BN1 4ZE



Brighthelm Centre

North Rd
Brighton
BN1 1YD

Our pledge to students

We are driven by our students' needs and aspirations. We pledge to each and every one of our students to:

Aim to get things right first time and every time.

Monitor satisfaction of our services.

Listen to and respond to all feedback.

Regularly check on the quality of our services and inform students of the results.

Continually look for ways to improve the standard and efficiency of the support we provide.

What's important to us

Education

You register as a student and choose what you want to learn about.

Co-production

Courses are co-delivered by Peer Tutors with lived experience of mental health challenges and clinical trainers, practitioners or other professionals, working on an equal footing. Peer Tutors use their own experiences to support and inspire students. This approach is central to the Recovery College and brings diverse perspectives.

Accessibility

The Recovery College is open to anyone aged 18 and over with lived experience of mental health challenges, their friends, family and carers, mental health practitioners and clinicians.

A safe space

We aim to provide a supportive, friendly learning environment where students can share experiences and ideas in confidence, in order to develop skills needed for living with mental illness.

Learning support

The Recovery College will do its best to meet the needs of students with physical, mental or sensory challenges that may be a barrier to learning. We have a Buddy service to provide valuable one-to-one support where it is needed most.





Getting involved

Graduation

Graduation is an opportunity to recognise and celebrate learning and achievement at the Recovery College. When held, it brings together students, tutors, friends, family and carers to mark the end of the college year.

Details about graduation events, including eligibility and dates, will be shared when confirmed.



TOTUM Student Card

Benefit from great student discounts

Brighton & Hove Recovery College is the first of its kind in the UK to be affiliated with the National Union of Students (NUS).

When you have enrolled on one of our courses or workshops you are then entitled to apply for a TOTUM card (formally known as an NUS Extra Card). Further details will be in your Welcome Pack.

Find out more:

Visit: www.nus.org.uk/totum

Buddies

Our Buddy service offers extra support for students who would like help to attend their chosen courses or workshops. Buddies can support face to face courses and provide additional help around online courses where useful, such as practising access and building confidence to take part.

Recruitment and training for Buddies is offered regularly. We do our best to match everyone who requests support, subject to availability.

Join our steering group

As a student you can become a representative on the **Recovery College Steering Group** which will be reconvened in 2026.

A steering group, is a committee made up of all stakeholders involved with the college where all strategic decisions are discussed and made together.

Central to our philosophy here is the commitment to, and value in the process of co-production; where those with lived experience; students, Buddies and Peer Tutors have equal say in decision making alongside other staff and partner representatives.

Other volunteering opportunities

If you are interested in other voluntary work opportunities within the Recovery College apart from Buddying, we are open to try to accommodate this on an individual basis.

Currently for Southdown as an organisation, a significant project is being developed to offer more diversity of volunteering opportunities and pathways for people to gain new skills and experience.

Find out more

To find out more about these opportunities or discuss how to get involved please contact our our Volunteer & Student Involvement Lead.

Email: moose.azim@southdown.org

Feedback

We always offer opportunities for students to give feedback, both on the courses or workshop sessions they have attended, or generally about the college as a whole. Feedback is always treated in confidence and shared only with those who need to know, this type of feedback is invaluable to us, whether a compliment, comment, consideration, or complaint – it's a powerful way to have your views heard, and improvements made to ensure we are always listening, developing and evolving.

To ensure we continue to provide excellent support it is important that we learn from the experiences of our students. We are also keen to hear from anyone else who comes into contact with us, for example a relative or friend of a student and health and social care professionals we work with.

We can provide you with a comments, compliments and complaints leaflet or you can complete the form on the Southdown website: www.southdown.org/feedback-contacts.

Supporting your recovery journey

Learning plans and surveys

To support students to think about the things they might like to learn and achieve while attending a course, the College asks students who are attending courses* to complete two short forms, an Individual Learning Plan (ILP) and the Recovering Quality of Life (ReQoL) survey.

Our 'Individual Learning Plan' (ILP) encourages you to think about your hopes and goals and how the College might support you towards achieving them, and in doing so aid wellbeing and recovery. The ILP can also provide our tutors with the information they need to understand how we can best support you by thinking about any specific barriers to learning you might have. If you have a disability or any health or learning difficulties, we can identify changes which may make our facilities or courses more accessible for you.

Our 'Recovering Quality of Life' (ReQoL) survey helps you to see the progress you have made as you complete courses and helps us to anonymously evaluate the College itself. Both the ILP and ReQoL forms are completed at, or prior to, your first course session and then reviewed again in your last session.

If you are attending online courses, you 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.

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.

*ILP and ReQoL forms do not apply to workshops.

Reach out for support

I'm

~~actually not doing very well.~~
~~everything exhausts me and~~
~~I feel lonely. Trying not to~~
~~be a burden and feel~~

OK.



FIND OUT MORE

www.uok.org.uk

0808 196 1768

Mon - Fri, 9am - 5pm

Email us at: chat@uok.org.uk

Southdown

NHS
Sussex

Brighton & Hove
City Council

Looking for free local mental health support?

We understand it can be challenging to know where to turn, or who to talk to when you don't feel yourself.

We can help you find support that's right for you.

Our services cover a range of options, from group workshops to money advice and bereavement care. We also offer access to a digital mental health platform - Qwell.

All support is FREE of charge.

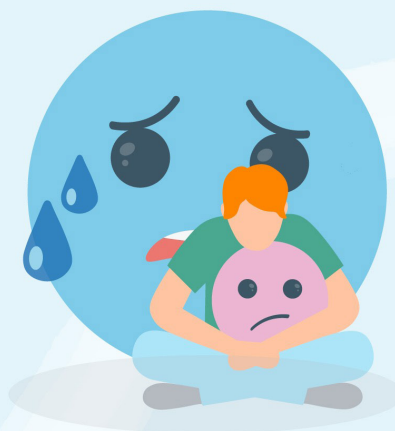
Support for your Mental Health

⓪Sussex

**Unable to cope? Worried you may hurt yourself or somebody else?
Experiencing suicidal feelings?**

- Call NHS 111 and select the mental health option or the Samaritans on 116 123 (available 24/7)
- Visit a Staying Well service
- Text SUSSEX to 85258
- Download the Stay Alive app

Immediate help: Call 999 or go to A&E



Get in touch



01273 749500



recoverycollege@southdown.org

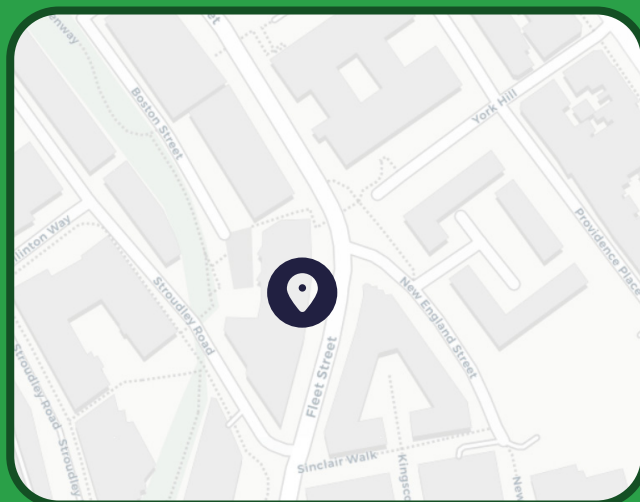
Find us

Our main campus building is located behind Brighton train station. The building entrance can be found next to the pedestrian crossing on New England Street.



Recovery College

Southdown
35 New England Street
Brighton
BN1 4GQ



Southdown is an exempt charity registered with the Regulator of Social Housing (L1829) and committed to the National Housing Federation's code of governance. Southdown is also a registered society under the Co-operative and Community Benefits Societies Act 2014 (20755R).