



All courses  
are FREE  
of charge

## Summer Term online Prospectus

7th June - 13th August 2021



Brighton & Hove Recovery College is provided by Southdown, in partnership with the Sussex Partnership NHS Foundation Trust and as part of the Community Roots network of mental health support.

# Welcome!

Hi, I'm Lisa, Service Lead for Employment and Learning for Southdown.



Over the last year all our services have moved to virtual support, including the Brighton and Hove Recovery College. Throughout this time the College has successfully delivered three online, virtual terms.

The College continues to work successfully with Sussex Partnership NHS Foundation Trust to ensure that courses are co-produced and co-delivered in order to continue to support the recovery journey for students.

The Peer Tutors/Trainers will continue to deliver courses and workshops via Zoom whilst embracing and adapting to new technology and new ways of teaching. Thank you to the students for also adapting to new technology and virtual learning, and continuing to access the college throughout this period.

The summer term will see a variety of our usual clinical courses such as Managing Depression, Managing Anxiety and Living with Bipolar, as well as new additions to our non-clinical courses such as Exploring Relaxation.

This prospectus covers all you need to know about the courses and workshops on offer and how to apply.

We look forward to welcoming new and returning students.

**Wishing you a safe and healthy summer.**

## Summer term...

This term we will be running a variety of short courses and workshops. At this stage we are still not holding face-to-face courses and workshops (with the exception of our 'Spending Time in Nature' course), therefore all sessions will be online via a software application called Zoom.

This prospectus details all you need to know in order to select a course or workshop, apply and also join our Students' Union if you'd like to. Do take a read through our **Frequently Asked Questions** section and feel free to get in touch if you have any questions that aren't covered.

The prospectus is divided into **courses** and **workshops**. Courses are a series where you attend multiple sessions. Workshops are one off single sessions that you attend just once.

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**The Brighton & Hove Recovery College has been a great place for me to learn how to manage my wellbeing, and some of the specific Covid-related courses have been especially helpful through lockdown.**

**I am consistently impressed with the high level of training offered, and the model used, as I feel both clinical and peer trainer input makes a very good balance.**

**The online training has been very good during Covid and the trainers have been very capable at managing the restrictions of Zoom.**

**This has been such a bonus for us all, to have the technology to be supported while we are in lockdown. Thank you to everyone!”**

- Student, Spring Term 2021

# Applying for online Courses and Workshops

## Step One

- ✓ Download and complete the enrolment form from our website - you will find this in the 'Downloads' section on this page:  
[www.southdown.org/how-we-help/mental-health-recovery/recovery-college-brighton-hove](http://www.southdown.org/how-we-help/mental-health-recovery/recovery-college-brighton-hove)

## Step Two

- ✓ Return your enrolment form either by email or post:

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

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

Enrolment forms must reach us no later than  
Friday 28th May 2021

## What happens next?

We do our best to match as many of your choices as possible. 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.

We will send you a letter or email confirming your enrolment and which courses/workshops you have a place on and further information from Wednesday 2nd June. You will also receive a text reminder prior to your course/workshop.

## 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 Registration 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.



## 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.**

Tel: 01273 749500 / Email: [recoverycollege@southdown.org](mailto:recoverycollege@southdown.org)

# Spending Time in Nature

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

## Art and Craft

**Course length:** Three sessions

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

**Tuesday:** 22nd, 29th June & 6th July

A three 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



- Nature mandala by Peer Trainer, Nicki  
'Spending Time in Nature' course

## Balancing Physical and Mental Health

**Course length:** Three sessions

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

**Monday:** 28th June, 5th & 12th July

This course will explore different ways of managing some of the difficulties of living with a chronic physical and mental health problem.

Pacing is fundamental to managing energy and pain levels and associated feelings.

Acceptance and Commitment Therapy (ACT) aims to maximise your potential for a rich and meaningful life by teaching skills to help you deal with your struggles more effectively. ACT uses metaphors to help you reflect on experiences, and encourages you to focus on what is truly of value to you.

## Learning Outcomes:

1. Describe the process of pacing and why it is beneficial
2. Apply the basic principles of ACT and identify some small valued actions for the future
3. Make a plan as to how you will apply principles of pacing and ACT in their own lives

# Courses

## Introduction to Anxiety

**Course runs twice:** Three session per course  
**Time:** 11:30am - 1:30pm (Wednesdays)  
**Course One:** 23rd, 30th June & 7th July  
**Course Two:** 14th, 21st and 28th July

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

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

## Introduction to Mindfulness

**Course length:** Three sessions  
**Time:** 1:00pm - 3:30pm  
**Friday:** 11th, 18th & 25th June

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



# Courses

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



## Living with Bipolar

**Course length:** Three sessions

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

**Thursday:** 17th, 24th June & 1st July

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 practise.

In Session Two 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:

1. Describe key features of Bipolar
2. Identify potential triggers that could lead to a deterioration in mental health
3. Develop ideas to reduce relapse and know where to go for further support.

## Managing Depression

**Course length:** Five sessions

**Time:** 12:00pm - 2:00pm

**Monday:** 7th, 14th, 21st 28th June & 5th July

Over this five session course you will be introduced to 'action based' strategies proven effective in managing depression. You will develop a framework to be able to notice the quality of how you spend time - in terms of 'depleting', 'nourishing' and 'neutral' activities.

You will explore the benefits of taking actions (and making changes) that are aligned with personal values. Using the concepts of 'Circle of Concern' and 'Circle of Influence' you will explore the quality of how you spend your time, thinking about how this impacts on mood.

### Learning Outcomes:

1. Use new approaches to improve the quality of how you spend time
2. Practice stress busting techniques to improve wellbeing
3. Identify personal core values and set realistic goals aligned with values

# Courses

## Sleep Management

**Course length:** Four sessions

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

**Thursday:** 1st, 8th, 15th and 22nd July

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. Strategies to improve your sleep

### ADVISORIES: Spending Time in Nature

The course does not require strenuous exercise, however you would need to be able to walk and stand for up to two hours, be able to walk on uneven ground and be comfortable in various weather conditions.

**Due to the Covid-19 pandemic, this course is subject to date changes and/or cancellation.**

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

## Spending Time in Nature

Outdoor Course

**Course length:** Three sessions

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

**Friday:** 2nd, 9th & 16th July

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 in Preston Park with some time based indoors 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

◀..... Please see important course advisories



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### Our Recovery College course

‘Spending Time In Nature’ looks at ways of being in nature that can increase your wellbeing, like being more present, appreciating the beauty of nature, identifying species, and not getting so caught up in difficult thoughts.

When we took the course online, students went out to connect with their own area and came back to the class and shared their own stories. It was a lovely way to connect with each other from different parts of the city.

Sometimes we don’t realise what’s on our doorstep. Connecting with the natural world helps us care for it, and that can help us care more for ourselves too.”

- Abbie, Course Tutor

# Courses

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



## Understanding and Living with Autism

**Course runs twice:** Four sessions per course

**Time:** 10:30am - 12:30pm (Thursdays)

**Course One:** 10th, 17th, 24th June & 1st July

**Course Two:** 8th, 15th, 22nd & 29th July

Autism is a neurodiversity that comes with strengths and challenges, that impact on everyday life. It is thought that around 1 in 100 people are autistic. Autism is a spectrum condition and so the sensory and social challenges associated with it can vary greatly from person to person.

This course will give a brief overview of common strengths and challenges related to Autism. It will explore autistic-friendly strategies and reasonable adjustments to manage distressing feelings and promote wellbeing. This course is appropriate for autistic people, individuals who think they may be autistic, family and professionals.

### Learning Outcomes:

1. Describe some of the common everyday sensory and social challenges faced by autistic individuals
2. Recognise personal signs of stress associated with social and sensory overwhelm
3. Demonstrate autistic friendly strategies to meet your individual needs

## Understanding Psychosis

**Course length:** Three sessions

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

**Wednesday:** 7th, 14th & 21st July

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

# Workshops

Workshops are one off single sessions that you attend just once

## Calming and energizing sensory strategies

**Workshop duration:** Two hours

**Time:** 12:00pm - 2:00pm

**Monday:** 12th **or** 19th July

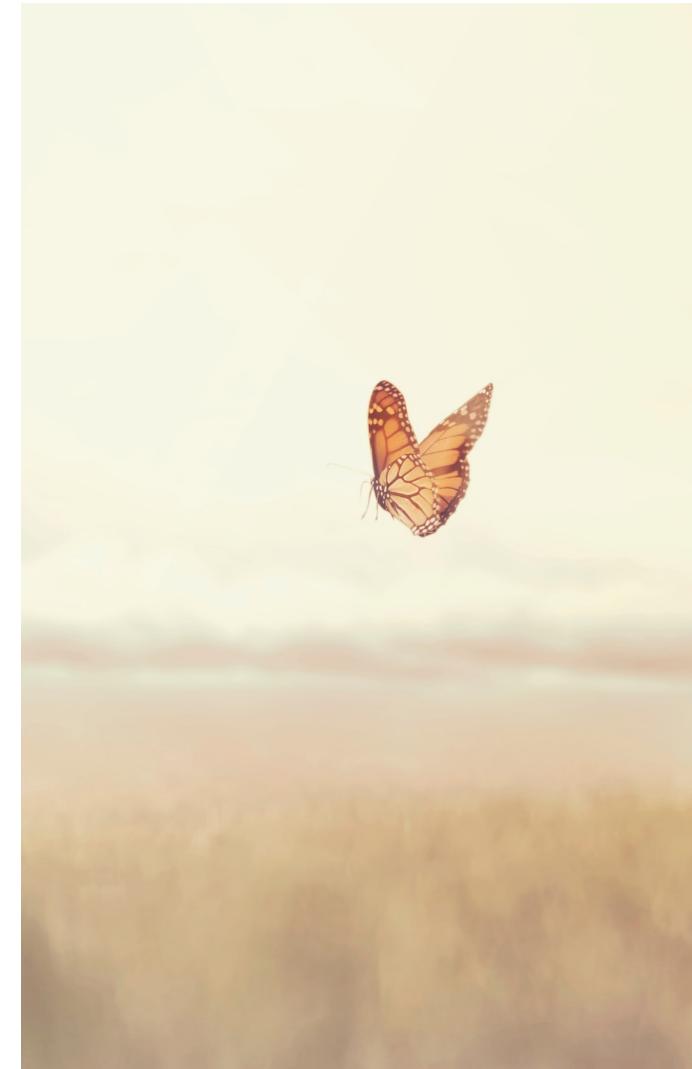
**Please also see advisory box .....**

For many reasons life can be destabilising, and when it is, our emotions may become out of balance. We can find ourselves overreacting 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:

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



**ADVISORY:** This workshop has an optional follow up session which will be held on 20th July, 12:00pm - 2:00pm. Your tutor will provide you with further information about this additional session.

# Workshops



Workshops are one off single sessions that you attend just once

## Coffee and Chat

Join us for the opportunity to meet other students and to have a friendly discussion over a cup of tea or coffee.

We will be running Coffee and Chat sessions throughout the term and will share the dates and details for these on our webpage and social media channels.

Sessions will be based on:

- Favourite book
- Favourite film
- Favourite place

To find out more about these sessions, keep an eye on our webpage and social media. Or get in touch with us via email.

**Web:** <https://bit.ly/3tB17I7>

**Facebook:** [@BHRecoveryCollege](#)

**Twitter:** [@SHA\\_RCBrighton](#)

**Email:** [recovery.college@southdown.org](mailto:recovery.college@southdown.org)

## Exploring Relaxation

Returning workshop

**Workshop duration:** Two hours

**Time:** 11:30am - 1:30pm

**Monday:** 7th or 14th or 21st June

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.

This workshop explores how active relaxation practice enables the Rest and Digest System and turns down the Fight or Flight Response. During the workshop you will be invited to practice short breathing techniques and a visualisation relaxation practice.

## Learning Outcomes:

1. Practice, on a regular basis, a breathing technique of your choosing
2. Practice, on a regular basis, a relaxation technique of your choosing
3. Identify and use relaxing activities in your daily life

# Workshops

## How has the last year impacted my hoarding?

**Workshop duration:** Three hours

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

**Thursday:** 22nd or 29th July

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 this pandemic
2. Consider why the pandemic might have brought changes in your relationship with items
3. Apply 'solution focused' ideas for coping with hoarding during this pandemic

Workshops are one off single sessions that you attend just once

## 'Unlocking' - What have I learned from Lockdown?

**Workshop duration:** 1.5 hours

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

**Thursday:** 8th July

This workshop will explore how students and tutors have developed resilience over the past year and reflect on how we are managing in the current climate.

### Learning Outcomes:

1. Identify what the pandemic/lockdown has taught you about yourself
2. Reflect on and consider what matters to you as a result of your time spent in lockdown
3. Describe one or more things you may wish to bring into your life, or change, post pandemic/lockdown



# Frequently Asked Questions

## Summer Term and the Registration Process

### When is the Summer Term?

The Summer will run from Monday 7th June – Friday 13th August.

### 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.

### Where will teaching be based?

This term we will be running a variety of short courses and workshops. Due to the current situation, we are still running the majority of courses online (with the exception of '**Spending Time in Nature**'). Online sessions are delivered via a software application called Zoom. Our college building at Frederick Place will not be open at this time.

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

You will need to complete a Registration Form which you can find online on at [www.southdown.org/how-we-help/mental-health-recovery/recovery-college-brighton-hove](http://www.southdown.org/how-we-help/mental-health-recovery/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 Registration Form to you by email or post.

### 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 along with a mixture of clinical sessions on topics such as Managing Depression, Managing Anxiety and Living with Bipolar and non-clinical sessions such as Exploring Relaxation and Art and Craft.

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

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

# Frequently Asked Questions

## Summer Term and the Registration 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 College remaining online, 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 Registration Form we will email you to let you know from Wednesday 2nd June. 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:

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. \*Surveys do not apply to workshops.

Students can chose whether to complete the two surveys independently or attend an online 'Orientation' workshop where we can support students to complete them. Further details of how to sign up for this workshop will be sent during the enrolment process.

## 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/how-we-help/mental-health-recovery/recovery-college-brighton-hove](http://www.southdown.org/how-we-help/mental-health-recovery/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.

### 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 07458 092317.

### 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 Registration 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.

## Graduation:

### Will there still be a Graduation Ceremony like the College has done previously?

Prior to the Coronavirus pandemic, at the end of each college year (in summer), all students who had attended 60% or more of their classes or workshop would normally be invited to attend our Graduation Ceremony to celebrate achievements with fellow students and tutors. Due to the ongoing Covid-19 related restrictions at the time of producing this prospectus, we are unable to plan a Graduation Ceremony for summer 2021. If this should change and become a possibility, we will contact applicable students with further details.