

**We help people learn to take control of mental health challenges and live better lives**

**SUSSEX RECOVERY COLLEGE**

**A learning journey to wellbeing**

# Spring/Summer Term Open Days

## What we do

We enable people to learn to take control of mental health challenges and live better lives. We're a college, not a clinic. We have students, not patients. Our open and free courses help individuals manage mental health challenges and recovery.

## Learn to live well

Our focus is education. Each course enables students to become an expert in their own mental health recovery through structured class-based learning.

## Real life experience

Trainers with personal experiences of mental health challenges help design and deliver every course – bringing unique insight and empathy.

## A safe environment

We're a supportive and open community, free from mental health stigma. We empower students to take control and find their own answers.

## How to apply

All courses are FREE for adults with mental health related challenges, their supporters (relatives and carers), the staff of Sussex Partnership NHS Foundation Trust and partner organisations.

Please drop in at your nearest Open Day to learn more about the courses on offer. If you would like to register and you're unable to make the Open Day, please contact us by phone or email.

## Open Days in East Sussex

### Hastings

Muriel Matters House (formerly Aquila House), Breeds Place, Hastings, East Sussex, TN34 3UY

**Monday 1 April 2019**

1.00pm – 3.00pm

### Eastbourne

Eastbourne International Tennis Centre, Devonshire Park College Road, Eastbourne, BN21 4JJ

**Tuesday 2 April 2019**

1.00pm – 3.00pm

## Open Days in West Sussex

### Chichester

New Park Community Centre, New Park Road, PO19 7XY

**Monday 1 April 2019**

1.00pm – 3.00pm

### Crawley

Crawley Library, Southgate Avenue, RH10 6HG

**Wednesday 3 April 2019**

1.00pm – 3.00pm

### Bognor Regis

The Regis Centre, Belmont Street, Bognor Regis, PO21 1BL

**Thursday 4 April 2019**

1.00pm – 3.00pm

### Worthing

Heene Community Centre, 122 Heene Rd, Worthing BN11 4PL

**Wednesday 10 April 2019**

1.00pm – 3.00pm

Sussex Partnership   
NHS Foundation Trust

### Sussex Recovery College

Aldrington House, 35 New Church Road, Hove, BN3 4AG

**Phone** 0300 303 8086

**Email** [sussex.recoverycollege@nhs.net](mailto:sussex.recoverycollege@nhs.net)

**Website** [sussexrecoverycollege.org.uk](http://sussexrecoverycollege.org.uk)

