

Discovery College

What is Discovery College?

Discovery College is a place for children and young people in East Sussex and their supporters (relatives, friends and carers) to have new experiences and learn more about emotional wellbeing and particular mental health challenges. We also have courses just for parents. Everything is done in groups with other people who listen without judgement, offer support without being patronising and have an interest in who you are and would like to be. Very importantly the courses are FREE. Discovery College is growing steadily: each term we offer more and more courses.

How to sign up

To register for a course all you or your supporter (relative, friend or carer) need do is contact us, giving us your address and titles of the courses you would like to attend. A registration form will then be sent to you by post for you to fill in. If you find completing the form difficult for any reason, please call us to confirm you can attend the first session and come along with your form, so we can support you to complete it. We can do a home visit if you would find that helpful.

Giving consent to attend

The registration form will ask you and a parent/ carer to sign to say you are consenting to take part. If you are 16 or older and you cannot get a parental signature you can sign for yourself. If you are 15 and under we will ask you to get a parent/carer signature, but contact us if this is difficult for any reason and we can decide together whether you can take part without it.

What next?

Once we have received your form you will be booked onto the course and a letter of confirmation will be sent to you. If the course is fully booked we will inform you that you have been added to a waiting list; this means if there is a cancellation you could be offered a place. Our waiting lists do not roll over from one term to the next, so please make sure you re-apply each term.

Peer Mentors and Peer Trainers

The exciting thing about Discovery College is that all our courses are designed and delivered with young people who have experienced mental health challenges.

Peer Mentors are volunteers who have reached a point of wanting to support other young people to attend Discovery College courses. One of the main skills they have is the ability to put their own needs to one side for the duration of the session in order to be there for other young people. They are supported by having a chance to de-brief at the end of each session. If you think you would like to become a Peer Mentor then please sign up for our Peer Mentor course.

Peer Trainers are young people aged 18yrs+ who may have been Peer Mentors and have discovered they really enjoy the role and wish to take on more responsibility, maybe even lead activities in some of the sessions. To become a Peer Trainer you need to attend an interview and if successful you will be placed on a 12-week training course. On completion of the course you become an employee of Sussex Partnership NHS Foundation Trust and are paid for all the planning and delivery of sessions you are involved in.

Term times

Our term times are **September to March** and **April to July**. We are always happy to hear from you so if you have any questions or require additional information or support with registering please contact us.

☎ 0300 303 8086

✉ sussex.recoverycollege@nhs.net

Discovery College

Aldrington House
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Coming along to a new group
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