



Autumn/Winter Term October–December 2021 Timetable

A Shared Journey

Solent Recovery College at the University of Portsmouth

Hub Address: The SRC Student Hub, Cambridge Road, PO1 2EF

Email: SRC@solentmind.org.uk

Phone or Text: 07971 348 555 (Weds – Fri)

To Enrol with SRC: Visit our website www.solentmind.org.uk

To Register for a Class: Email, Call or Text SRC

You must be enrolled with the college before taking a class

Solent 
NHS Trust

 Portsmouth
CITY COUNCIL

 mind
Solent

 UNIVERSITY of
PORTSMOUTH



Autumn-Winter Term 2021

Face to face classes are held on Mondays and Fridays at:

The Blue Room, 2nd Floor, Nuffield Centre
St Michael's Road, Portsmouth, PO1 2ED

Online classes are held on Wednesdays

Via Zoom - link will be emailed to you after registering for the class.

Skills for Life

Skills for Life is running on Fridays. It will begin with online classes then move to face to face classes from Week 4, full details on page 2.



Skills For Life Sept-Dec 2021

Skills for Life will be running online for the first 4 classes, then face to face for the remaining 9 classes:		
Friday 10 th September 1PM - 2PM	Class online via Zoom	Skills for Life Introduction
Friday 17 th September 1PM - 3PM	Class online via Zoom	Skills for Life – Week 1
Friday 24 th September 1PM - 3PM	Class online via Zoom	Skills for Life – Week 2
Friday 1 st October 1PM – 3PM	Class online via Zoom	Skills for Life – Week 3
Friday 8 th October 1PM – 3PM	Class face to face at Nuffield Centre	Skills for Life – Week 4
Friday 15 th October 1PM – 3PM	Class face to face at Nuffield Centre	Skills for Life – Week 5
Friday 22 nd October 1PM – 3PM	Class face to face at Nuffield Centre	Skills for Life – Week 6
Friday 29 th October 1PM – 3PM	Class face to face at Nuffield Centre	Skills for Life – Week 7
Friday 5 th November 1PM – 3PM	Class face to face at Nuffield Centre	Skills for Life – Week 8
Friday 19 th November 1PM – 3PM	Class face to face at Nuffield Centre	Skills for Life – Week 9
Friday 26 th November 1PM – 3PM	Class face to face at Nuffield Centre	Skills for Life – Week 10
Friday 3 rd December 1PM – 3PM	Class face to face at Nuffield Centre	Skills for Life – Week 11
Friday 10 th December 1PM – 3PM	Class face to face at Nuffield Centre	Skills for Life – Week 12
See page 1 for Nuffield Centre address.		



Face to Face Classes - October 2021

Face to Face Classes in The Blue Room, University of Portsmouth

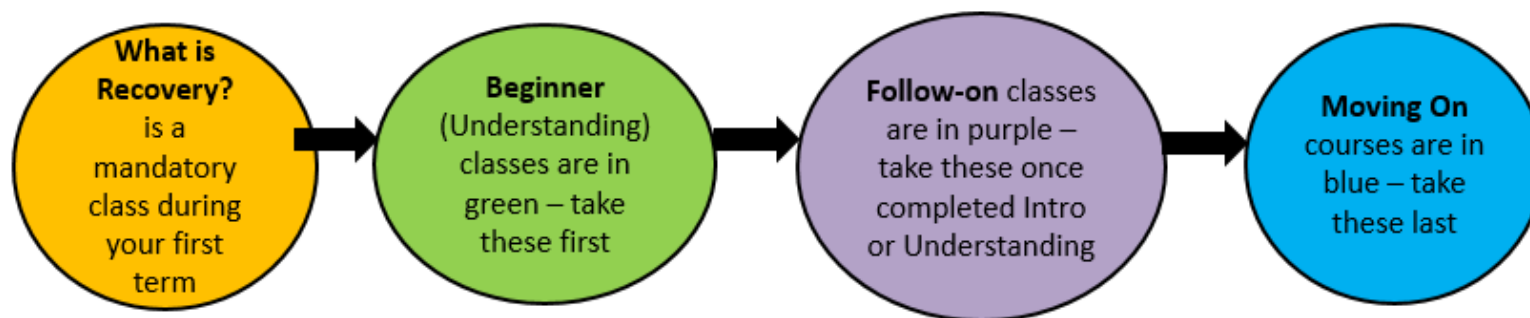
Date of Class	Time of Class	Name of Class
Monday 4 th October	10AM – 12PM	What is Recovery?
Friday 8 th October	10AM – 12PM	Understanding Depression
Monday 11 th October	10AM – 12PM	First Steps to Recovery: Sleep Better
Friday 15 th October	10AM – 12PM	Understanding Bipolar
Monday 18 th October	10AM – 12PM	First Steps to Recovery: Stress Less
Friday 22 nd October	10AM – 12PM	Understanding Mindfulness
Monday 25 th October	10AM – 12PM	First Steps to Recovery: Food & Mood



Online Classes - October 2021

Online Classes via Zoom

Date of Class	Time of Class	Name of Class
Wednesday 6 th October	11AM – 12:30PM	Understanding Anxiety
Wednesday 13 th October	11AM – 12:30PM	Understanding Psychosis & Schizophrenia
Wednesday 20 th October	2PM – 3:30PM	What is Recovery?
Wednesday 27 th October	2PM – 3:30PM	Understanding Personality Disorder





Face to Face Classes – November 2021

Face to Face Classes in The Blue Room, University of Portsmouth

Date of Class	Time of Class	Name of Class
Monday 1 st November	10AM – 12PM	First Steps to Recovery: Communication
Monday 15 th November	10AM – 12PM	First Steps to Recovery: Problem Solving
Fri 19 th November	10AM – 12PM	Understanding Anxiety
Monday 22 nd November	1PM – 3PM	First Steps to Recovery: Balanced Lifestyle
Fri 26 th November	10AM – 12PM	Living with Anxiety: Week 1

HALF TERM - Monday 8th November – Friday 12th November 2021



Online Classes – November 2021

Online Classes via Zoom

Date of Class	Time of Class	Name of Class
Wednesday 3 rd November	2PM – 3:30PM	What is Recovery?
Wednesday 17 th November	11AM – 12:30PM	Understanding Depression
Wednesday 17 th November	2PM – 3:30PM	Living with Personality Disorder: Week 1
Wednesday 24 th November	11AM – 12:30PM	Living with Depression: Week 1
Wednesday 24 th November	2PM – 3:30PM	Living with Personality Disorder: Week 2

HALF TERM - Monday 8th November – Friday 12th November 2021



Face to Face Classes – December 2021

Face to Face Classes in The Blue Room, University of Portsmouth

Date of Class	Time of Class	Name of Class
Friday 3 rd December	10AM – 12PM	Living with Anxiety: Week 2
Monday 6 th December	10AM – 12PM	Coping in a Crisis
Friday 10 th December	10AM – 12PM	Living with Anxiety: Week 3

Christmas Holidays: Monday 13th December 2021 – Tuesday 4th January 2022



Online Classes – December 2021

Online Classes via Zoom

Date of Class	Time of Class	Name of Class
Wednesday 1 st December	11AM – 12:30PM	Living with Depression: Week 2
Wednesday 1 st December	2PM – 3:30PM	Living with Personality Disorder: Week 3
Wednesday 8 th December	11AM – 12:30PM	Living with Depression: Week 3

Christmas Holidays: Monday 13th December 2021 – Tuesday 4th January 2022