



Solent Recovery College Timetable Update and Newsletter



March 2025

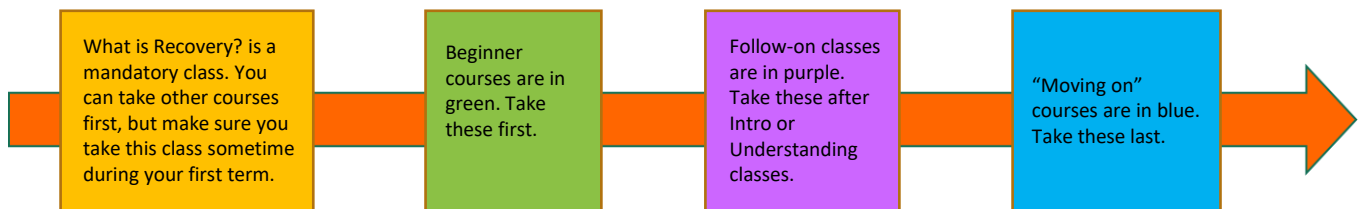


Contact us on:
07971 348 555

SRC@solentmind.org.uk

This document shows the remaining courses we are offering this term.

Monday	March	10	First Steps to Recovery: Balanced Lifestyle (online)	1:00-3:00
Wednesday	March	12	What is Recovery?	10:00-12:00
Friday	March	14	Developing a Wellness Plan, s1	10:00-12:00
Monday	March	17	First Steps to Recovery: Sleep Better (online)	1:00-3:00
Wednesday	March	19	Understanding Depression	10:00-12:00
Wednesday	March	19	Understanding OCD	1:00-3:00
Friday	March	21	Developing a Wellness Plan, s2	10:00-12:00
Monday	March	24	First Steps to Recovery: Food and Mood (online)	1:00-3:00
Tuesday	March	25	Understanding Co-Production	10:00-12:00
Thursday	March	27	What is Recovery?	1:00-3:00



- *To sign up for a course, contact us (details below).*
- *Face-to-face classes are held on the University of Portsmouth campus. We send our class locations a few weeks before they run. More information about our classrooms can be found in our Newsletter.*
- *Online classes are generally held on Monday afternoons.*
- **You must take the 'Understanding' class before the 'Living with' classes.*
- *This timetable may be subject to change. We will notify all students registered for an affected class by email or text.*

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We have cancelled our April courses due to some upcoming organizational changes.

As of April 1st , the SRC partnership will say goodbye to Solent Mind and our Solent Mind staff will move into the NHS. At the same time, our recovery college will merge with Southern Health's recovery college to create a larger organisation with capacity to reach new and existing students all over Hampshire and the Isle of Wight.

You can read Solent Mind's official statement here:
[Solent Recovery College in Portsmouth is joining Hampshire and Isle of Wight Healthcare NHS Foundation Trust](#)

Our next timetable should be released in May. We will email the timetable to all our registered students. We'll have a new name, but we don't know what yet!

We don't have our new contact details yet, but you can use our current details, and all communication will be forwarded to us.

We're looking forward to seeing you in the classroom or online.