

Art Lab



DISCOVERY
COLLEGE

Sussex Discovery College provides courses to **support young people** with their **mental health, resilience** and **emotional wellbeing**.

Art Lab is a **free course** which will nurture talent, **confidence, resilience** and **friendships** in a relaxed atmosphere.

Come and join us to experiment with a range of arty stuff, such as: sculpture, photography, drawing, printmaking, collage and painting.

All abilities welcome!

When?

Saturdays 2-4pm

4 November (online),
11, 18 and 25
November (in person)

2 and 9 December (in
person) 1.30-4.30pm

Where?

De La Warr Pavilion,
Bexhill

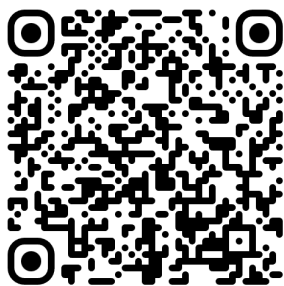
Safe

Non-judgemental

**Written and delivered
with young people for
young people**

Free

**Register your
Interest**



www.tinyurl.com/sussexdisco

Who For?

Anyone aged **12-20**
seeking mental health
and wellbeing support
in **Sussex** and
Brighton & Hove.

Baking



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As our **confidence** in the kitchen grows, so too does our **self-esteem** and sense of **wellbeing**. We can be proud of ourselves for achieving something and baking delicious food. Whatever your baking ability this **free Baking course** welcomes everyone to come along and have a go.

When?

Fortnightly on Thursdays from 4.15pm

12 October (meet and greet), 19 October, 2, 16, and 30 November and 14 December

Where?

Online via Zoom

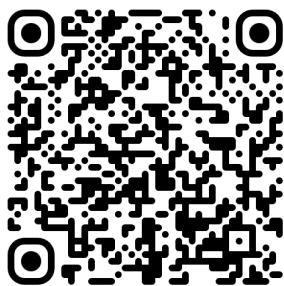
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Discovering Our Best Selves



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On this **free course** you will have support in thinking about your **wellbeing** and building **resilience** in **creative** ways and managing **connections** with other people and yourself.

Activities will include; creative journaling, mindfulness exercises, collage art and crafting.
All artistic abilities welcome.

When?

Tuesdays 4-6pm

31st October, 7th,
14th, 28th November
and 5th December

Where?

The Old Market,
Brighton

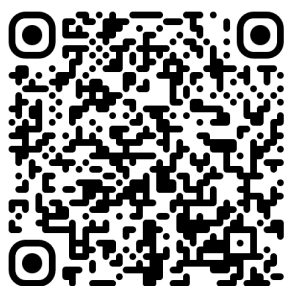
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Inside/Outside



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Sussex Discovery College provides courses to **support young people** with their **mental health, resilience** and **emotional wellbeing**.

Do you have stories to share? Would you like to reach out to a wider audience through **drama, film** or **music**? In this **free drama course** we will create a 30 minute play. Through working together we will **support** each other, develop **mutual understanding** and **friendship**.
Performance is not compulsory.

When?

Tuesdays 5-7pm
(snack provided)

3 October - 5
February with breaks
for half term and
Christmas

Where?

St Saviour's Church
Hall, **Eastbourne**

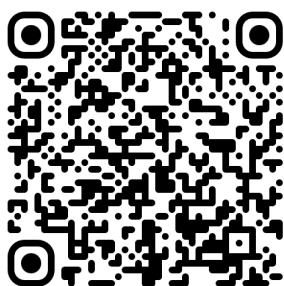
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Who For?

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Supported using public funding by
**ARTS COUNCIL
ENGLAND**

**The
Company**

Sussex Partnership 
NHS Foundation Trust

Nature Space in the woods



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Sussex Discovery College provides courses to **support young people** with their **mental health, resilience** and **emotional wellbeing**.

Would you like to come to a **woodland space**, try out some activities and spend time away from your usual environment to be **outside in nature?**

Some of the activities we might try during this **free course** are: simple cooking on the fire, nature games, conservation, nature art and woodland crafting.

When?

Friday 27th October
10.30 - 3.00pm

Where?

Woodland in
Laughton

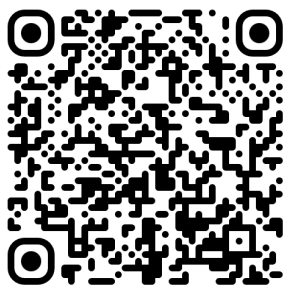
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Sussex Partnership 
NHS Foundation Trust