

Course Prospectus

2020 – 2021

Wealden College
of
Counselling & Psychotherapy
Est. 1986
Part of Wealden Psychology Institute
United Kingdom Association for Transactional Analysis
Registered Training Establishment

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and

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Welcome!

Wealden College of Counselling and Psychotherapy (established in Crowborough in 1986) is an independent vocational training college offering courses accredited and recognised by the British Association for Counselling & Psychotherapy (BACP) and the United Kingdom Association for Transactional Analysis (UKATA). Our psychotherapy training is recognised by the European Association for Transactional Analysis (EATA) the United Kingdom Council for Psychotherapy (UKCP) and the International Transactional Analysis Association (ITAA).

Wealden College is a part of the Wealden Psychology Institute; an organisation dedicated to the provision of excellence within the counselling, psychology and psychotherapy fields.

We have enjoyed a reputation in the South East since 1986 for developing highly skilled practitioners of counselling and psychotherapy, who remain committed to their ongoing professional and personal development.

We offer a Certificate in Counselling (10 Mondays), as well as training in specialist trauma therapy and therapy using animals as co-therapists.

We have a centre in South West France offering a range of events. These are included on our Short Course Programme which is regularly updated and can be found on our website.

Our courses are delivered by highly qualified, experienced and skilled professionals who are in practice with clients, receive ongoing supervision and remain committed to their own personal therapy. Our courses receive external moderation, and independent practitioners are involved in the assessment and examination process.

We look forward to welcoming you to Wealden College.

Joanna Beazley Richards

Principal

John Baxendale

Vice Principal

Taster Half Days (2pm to 4.30pm) and Open Evenings (5pm to 7pm)

Taster Half Day	Monday 13th January 2020
Open Evening	Monday 17th February 2020
Taster Half Day	Monday 9th March 2020
Open Evening	Monday 13th April 2020
Taster Half Day	Monday 11th May 2020
Open Evening	Monday 1st June 2020
Taster Half Day	Monday 20th July 2020
Open Evening	Wednesday 12 August 2020
Taster Half Day	Wednesday 9th September 2020

Attendance at Open Evenings is free of charge – all are welcome

Taster half days are an opportunity for you to get a ‘feel’ for Wealden College as well as an introduction to the counselling / psychotherapy professions. They are also an opportunity to ask the questions you have always wanted to ask and never had the chance.

Taster Half Days are charged at £15

To book a place on a Taster Half Day please use the flyer from our website or contact the office.

Interviews are by arrangement.

Please telephone 01892 655195 and ask about arranging an interview.

Wealden College of Counselling and Psychotherapy and its

Philosophy

Wealden College of Counselling Psychotherapy is a part of the Wealden Psychology Institute, which specialises in the application of research findings in the behavioural sciences to a range of human situations, issues and difficulties. Institute services include: consultancy, coaching and mentoring for organisations, assessment, treatment, report writing and risk assessment in relation to criminal and civil legal proceedings, clinical psychology, counselling and psychotherapy for individuals, couples and families. We have a small organic farm 3 miles South of the Collegewhich is involved in our educational, research, therapeutic and assessment work.

The Founder and Principal of the Institute and College, Joanna Beazley Richards, MSc, TSTA, is a Chartered Psychologist and Psychotherapist registered with the United Kingdom Council for Psychotherapy (UKCP) and registered with the Health and Care Professions Council as a Clinical Psychologist. Joanna has over 40 years experience working with clients and organisations. She is a registered Trauma Specialist, and an Accredited EMDR Consultant. Vice Principal John Baxendale, MSc, PTSTA is Joanna's husband, and is a qualified and UKCP registered Psychotherapist, BACP Accredited Counsellor, and Accredited EMDR practitioner. John has a lifelong experience of caring and support roles. All the tutors and core staff team at the college are highly qualified and experienced in the field of Counselling and Psychotherapy.

Situated in the East Sussex town of Crowborough, the College building offers a unique, relaxed and comfortable environment for all our courses and services.

The college philosophy is broadly humanistic in that we believe that:

- Individuals are worthy of respect, acceptance and understanding because they are human.
- People are responsible for the decisions they make, how they think, feel and behave and can change these decisions.

- People are responsible for making their own meanings and for their beliefs about themselves and others.
- People are experts on themselves.
- People have a tendency to seek self-actualisation (to realise their own potential).
- Behaviour is functional, or at one time was functional, even if it now seems not to be.
- Ownership of positive goals will enable people to work towards them more energetically.

These values and beliefs are embedded in all our training programmes and are reflected in their content and structure and in the kind of people who are tutors.

We believe that all techniques and theories are limited and should never be used in ways that avoid or distort contactful relationship between client and counsellor or psychotherapist. We are aware that within our society not everyone is treated equally or justly, and we are committed to doing what we can to ensure equality of treatment and seek to offer a learning environment in which people are valued for themselves.

We believe that all students on clinical courses need to be in personal psychotherapy or counselling, according to the course on which they are training, as this experience as a client is crucial in developing the individual student's competence as a practitioner. We believe that this enables the students to deal with their own painful emotional material thus enabling them to deepen their competency as counsellors or psychotherapists.

Our Code of Ethics and Professional Practice

Our trainers, tutors and supervisors are all members of BACP and/or UKATA and adhere to the relevant codes of practice for trainers and supervisors.

College Farm. We have a small organic farm, which has been Certified organic by the Soil Association since the early 1990s, 3 miles from the College, which is managed in a way that is

sensitive to the environment. Students of the college are encouraged to become involved in our work with animals and plants. College Farm is used as the base for our Animal Assisted training courses, as well as by therapists using animal facilitated therapy.

We offer short courses in therapeutic work with animals, and there is sometimes a chance to join in with work with people with special needs who are learning at the farm.

Wealden Institute Codes and Procedures are available on our website [please click here](#).

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General Aims of the Training Curriculum

Personal Attributes and Experience

We aim to provide the student with a training journey that will develop the personal attributes and qualities needed by a professional counsellor and/or psychotherapist. To this end the student will:

- be in personal counselling or psychotherapy with a qualified practitioner on at least a weekly basis, which is of the type that they are intending to practice.
- participate in a group "check in" at the start of each module of training.
- participate in frequent experiential exercises which aim to provide change and development in personal growth and attributes.
- receive regular feedback on the way that their peers and tutors experience them, including their attributes, qualities and attitudes.
- be asked to develop an attitude of personal responsibility toward their own learning, their group participation, and care for their environment.
- explore issues of race, culture, class, gender and sexuality.

The aims of the above are that by the end of training, our graduates will demonstrate an ability to:

- make contact with their clients with depth and immediacy.
- relate to clients with genuineness, unconditional positive regard and empathic understanding, with good boundaries and clear contracts.
- maintain appropriate self-support.
- give and take feedback constructively.
- be stable under stress and help clients through crises.
- use supervision conscientiously and effectively.
- work constructively with colleagues from other professions.

Overview of Courses 2020-2021

- **60 hour Certificate in Counselling (10 Mondays)**
- **Introductory Certificate and Diploma in Trauma Therapy**
- **Introductory Certificate and Diploma in Animal Assisted Therapy**
- **Introductory Certificate and Diploma in Mindfulness**
- **Continuing Professional Development and Short Course Programme
(including the official TA 101 course)**
- **Programme of short courses and CPD workshops at Wealden Institute
France**

CERTIFICATE IN COUNSELLING

Course Tutor: **Anna Pester** BA(Hons) Couns., Dip Couns PG, Cert.Sup., MBACP (Accred)

Other contributing Tutors:

Joanna Beazley Richards MSc, BA (Hons), Dip.TMHA, CPsychol, TSTA, AFBPS, MBIM,
UKCP Registered Psychotherapist, EMDR Accredited Consultant.

John Baxendale MSc, PTSTA, CTA, UKCP Accredited Psychotherapist, BACP Accred.,
ADFCEP, EMDR Accredited Practitioner.

The Certificate in Counselling course is a 60 hour introductory course designed to equip people with basic skills and an understanding of some of the theories underlying counselling. It is particularly suitable for:

- people who are thinking of going into professional training in counselling and psychotherapy,
- people who wish to enhance their people skills in their current work,
- people who wish to develop their understanding of counselling processes and what they may offer for their personal or professional growth.

The course is offered as 10, usually consecutive, Mondays, in the Spring, Summer and Autumn

The dates for this year are available on the Course Dates file on our website, available by [clicking here](#).

The course content includes:

- (a) An overview of major theories of counselling and psychotherapy
- (b) Boundaries and ethics.
- (c) Basic skills of attending, listening and questioning.
- (d) The counselling relationship.

- (e) Types of presenting problem.
- (f) Managing successful endings
- (g) Professional practice

The course is a combination of teaching, exercises and skills practice. To gain the Certificate, students must actively participate on the course and complete a learning journal, reporting what has been taught and their personal response to the experience. Feedback will be given on the best ways to fulfil this requirement and additional advice and support given for those students who have limited experience in completing written work. In the event that students cannot attend any specific module, tutors may require that the student reads a particular passage or complete a task that relates to the content of the module.

If attendance is below 90% a Certificate will not be awarded. Please note students wishing to go on to train as professional counsellors or psychotherapists will be given tutors' opinion as to their suitability for further training. Certificate students will be interviewed for those courses by other tutors but completing the Certificate course is not a guarantee of acceptance on other courses.

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INTRODUCTORY CERTIFICATE AND DIPLOMA IN TRAUMA THERAPY

The introductory certificate training provides the basis for the Diploma in Trauma Therapy.

Acceptance onto the Course usually requires at least one year of prior training in

Counselling or Psychotherapy.

Course Tutor: Joanna Beazley Richards MSc, TSTA, BA (Hons), Cert ED, Dip.TMHA, CPsychol., EMDR Consultant

A five day introductory training covering:

- The definition of trauma,
- Signs and symptoms,
- Post-Traumatic Stress Disorder
- The neurological correlates of trauma
- The four stage treatment programme
- Therapy with traumatised children
- Severe and complex trauma and dissociation
- Attachment, attachment disorder, trauma and recovery

Students must take the basic Trauma and Recovery day first, thereafter the other four days may be taken in any order.

To gain the Introductory Certificate students will be required to:

- Attend all modules
- Actively participate on the course
- Keep an ongoing journal showing their understanding of the course contents and ability to reflect on their process and practice.
- Write a critical appraisal of the book “Trauma and Recovery” by Judith Lewis Herman, 1992, Basic Books, New York (1000 to 2000 words)
- Read and give a statement of having read “The Body Remembers”, Volumes 1 and 2, and

“The Body Remembers Casebook” by Babette Rothschild, 2017, Norton, New York and London, and “The Body Keeps the Score”, 2014 by Bessel van der Kolk.

These will be assessed by a tutor.

To gain the Diploma in Trauma Therapy:

People who have achieved the Introductory Certificate in Trauma Therapy and who have received at least 120 hours of Diploma level Counselling or Psychotherapy training will be eligible to attend the Diploma level training in Trauma Therapy, held as a block five days at our French branch.

Upon completion of the block course, a learning journal of those five days must be submitted, plus a substantial piece of case study based written work must be assessed as a pass for the award of the Diploma in Trauma Therapy.

INTRODUCTORY CERTIFICATE AND DIPLOMA IN ANIMAL ASSISTED THERAPY

This training provides the basis for the Diploma in Animal Assisted Therapy.

Course Tutors: John Baxendale MSc, PTSTA, CTA, UKCP Registered Psychotherapist,
BACP Accredited Counsellor, ADFCP, EAGALA

Joanna Beazley Richards MSc, BA (Hons), TSTA, CTA, Cert ED, Dip.TMHA, CPsychol,
AFBPS, UKCP Registered Psychotherapist.

A five day introductory training covering:

- The psychology of relationship with animals
- Safety and protection
- Types of client group
- Types of animals used in therapy,
- Advantages of Animal Assisted Therapy
- Types of problems for which Animal Assisted Therapy is suitable
- Equine Assisted Therapy
- Use with couples

Each day course will emphasise one Transactional Analysis concept and its application in Animal Assisted Therapy

To gain the Introductory Certificate students will be required to:

- Attend five modules in any order
- Actively participate on the course
- Keep an ongoing journal showing their understanding of the course contents and ability to reflect on their process and practice. This will be assessed by a tutor.

The Diploma is a further five days, and to obtain the Diploma you must also complete a substantial piece of written work, as well as background reading and recorded practical experience for which you have received supervision.

INTRODUCTORY CERTIFICATE AND DIPLOMA IN MINDFULNESS

This training provides the basis for the Diploma in Mindfulness

Course Tutor: Joanna Beazley Richards MSc, TSTA, BA (Hons), Cert ED, Dip.TMHA, CPsychol., EMDR Consultant

A 30 hour introductory training covering:

- What Mindfulness is and what it means to be mindful;
- The history of Mindfulness;
- The theoretical underpinnings of Mindfulness;
- Why Mindfulness is "suddenly" centre stage in the therapy world;
- How you can use it both personally and professionally.
- How to practice Mindfulness.
- The skills of Mindfulness

To gain the Introductory Certificate students will be required to:

- Attend all modules
- Actively participate on the course
- Practice mindfulness between the taught classes
- Keep an ongoing journal showing their understanding of the course contents and ability to reflect on their process and practice. This will be assessed by a tutor.

To gain the Diploma students will be required to:

- To gain the Diploma, students must attend a residential 5 day course in France, and complete a substantial piece of written work.

CONTINUING PROFESSIONAL DEVELOPMENT & SHORT COURSE PROGRAMME

We offer a programme of short courses, which is constantly updated and published separately to this prospectus.

Courses offered are suitable for a variety of purposes including:

- Personal development (suitable for everyone including clients).
- Professional development for beginning and seasoned practitioners.

For up to date details, go to the College section of our website www.wealdeninstitute.co.uk for our separate short course and continuing professional development programme.

WEALDEN FRANCE WORKSHOP PROGRAMME

The French Centre of the Wealden Institute is based in South West France, in the rolling foothills of the Massif Central, east of Bordeaux.

For information or in order to enrol on any of the courses or seminars offered at Wealden Institute France, please contact the office directly.

The Diploma Level Courses that follow the Introductory Certificates are often held in France.

OTHER INSTITUTE DEPARTMENTS AND SERVICES

In addition to Wealden College of Counselling and Psychotherapy, Wealden Psychology Institute offers a number of services to the community.

These include:

- Counselling and psychotherapy for men and women, children and adolescents, couples and families.
- Specialised trauma therapy.
- Animal Assisted Therapy
- Coaching, mentoring and consultancy, including EMDR.
- Supervision for professionals in counselling, psychotherapy and clinical and counselling psychology.
- Training on psychological topics for the public and private sectors.
- Psychological assessment including IQ testing.
- An Expert Witness service.
- Wealden Institute Young Peoples' service (WIYPS).

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APPLYING FOR A PLACE ON A COURSE

Certificate Courses

The online Application Form is available on the Wealden College home page of our website.

Please [click here](#) to open the document in pdf format.

You will need to complete this and return it by email to the Admissions Secretary on admin@wealdeninstitute.co.uk . If you prefer you may fill it in by hand and send it to us through the post. Should you have any difficulties please contact our office.

If you prefer the paper application form, please go to the following pages.

Please send the two Reference Request Forms (provided on the following pages after the application form) directly to your referees, and ask them to return them to us. They may do so by email if they so wish.

Once we receive your application we will contact you to arrange an interview and/or to invite you to visit the College if you have not already done so.

Our interview process is relaxed and intended to support you and us in ensuring the suitability of the training for you. We encourage you to visit the College separately from the interview, either at one of our Taster Half Days or Open Evening so that you have as much information as possible in choosing your course and getting acquainted with the College. **Any offer of a place at Certificate level will be subject to a satisfactory outcome of your interview, and appropriate references.**

Short Course/Continuing Professional Development Programme

A booking form for the Short Courses or Workshops is to be found on the individual flyers which are available in paper form in the College foyer and on our website. Please complete this and return to the address on the form, with your payment to reserve your place. Your place on the workshop will not be reserved until the College has received your application form and payment.

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Wealden College Course Application Form

An electronic application form is available [on our website](#) for those who prefer this to a paper form.

Please email this completed application form to the Admissions Secretary on: admin@wealdeninstitute.co.uk

We will then contact you to arrange an interview.

Please note that for all short courses, workshops, introductory certificates and diploma level training, the flyers with booking slips are available on the [Wealden Institute website](#).

Please provide your name and full contact details.

Name:		Date of birth:	
Address:			
Telephone(s):			
Email:			

Please read carefully and tick the boxes below to indicate your agreement to the following regarding the

I agree to be contacted by email by Wealden College admin in order to process my course application.	<input type="checkbox"/>
I agree to Wealden College using my email address to keep me updated on Wealden College news.	<input type="checkbox"/>
I understand that I can request that my details be deleted if I do not enrol on a course with Wealden	<input type="checkbox"/>
I understand that I can request to see the data concerning me held by Wealden College at any time.	<input type="checkbox"/>

Please select the course for which you are applying. If you wish to apply for more than one course

please complete a separate application for each one.

Certificate in Counselling	<input type="checkbox"/>
Certificate in Trauma Therapy	<input type="checkbox"/>
Certificate in Animal Assisted Therapy	<input type="checkbox"/>
Certificate in Mindfulness	<input type="checkbox"/>

Please list your prior counselling or psychotherapy training.

Course title	Hours	Start Date	End Date
Diploma in Mindfulness			
Diploma in Trauma Therapy			
Diploma in Animal Assisted Therapy			
Please list all your Professional / Academic qualifications			
Qualification			Date
Please provide details of your educational history			
School / University	Date started	Date ended	Educational Outcome
Please provide information on your work experience:			
Please list your employment and/or volunteer experience chronologically, beginning with the most recent			
Dates	Name of Employer	Nature of work	Paid or volunteer

Please describe briefly your current employment (please use a separate sheet if necessary)			
Please write a letter of application, stating your reasons for applying to undertake this training at this point in your life and what use you intend to make of the training, in no more than 500 words (please use			
Referees			
<p>Please list two people whom you know well, but with whom you do not have a close personal relationship, and who are willing to submit a professional reference on your behalf. Two “reference request” letters are provided in the Course Prospectus available on our website. Please forward them to your referees. If you have trained at</p>			
<p>Name and Address of referee 1 [please state relationship and how long known]:</p>			

Name and Address of referee 2 [please state relationship and how long known]:

Data Protection

Wealden College of Counselling and Psychotherapy is Registered with the ICO and complies with the requirements of the GDPR 2018. The information you provide will be used to process your application, and if accepted on a course, to administer and manage your student relationship with us. This may involve sharing with appropriate third parties including professional bodies e.g. BACP, UKATA, placement agencies etc. It will be processed fairly, accurately and confidentially and will not be disclosed to others unlawfully.

You may ask to consult the information we hold about you at any time.

Statement of truth

I confirm that the details on this Application form are correct to the best of my knowledge.

Signature:

By typing your name in the box above you agree that this is equivalent to your physical signature, and that the information provided on this form is accurate.

Date:

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Wealden College
of
Counselling and Psychotherapy

REFERENCE REQUEST

REFERENCE REGARDING: (Name of applicant)

The above person is an applicant for admission to join our Certificate in Counselling Course

We will appreciate a confidential statement from you assessing the applicant's capacity to meet the intellectual and emotional demands of the Certificate in Counselling Course. In addition, please

indicate how long and in what capacity you know the applicant (this should not be a close personal relationship). We would welcome any additional comments. Please return the completed reference to **Admissions Secretary** at the address below. You may return it in pdf format by email if you prefer, to the address provided below. Thank you for your time.

NAME AND ADDRESS: -----

OF REFEREE: -----

TELEPHONE NO: -----

SIGNATURE OF REFEREE: -----

DATE: -----

2 QUARRY VIEW, WHITEHILL ROAD

CROWBOROUGH

EAST SUSSEX

TN6 1JT

TEL:(01892) 655195

email: admin@wealdeninstitute.co.uk



Wealden College
of
Counselling and Psychotherapy

REFERENCE REQUEST

REFERENCE REGARDING: (Name of applicant)

.....

The above person is an applicant for admission to basic counsellor training, on the Certificate in
Counselling course:

.....

We will appreciate a confidential statement from you assessing the applicant's capacity to meet the intellectual and emotional demands of the Certificate in Counselling Course. In addition, please indicate how long and in what capacity you know the applicant (this should not be a close personal relationship). We would welcome any additional comments. Please return the completed reference to **Admissions Secretary** at the address below. You may return it in pdf format by email if you prefer, to the address provided below. Thank you for your time.

NAME AND ADDRESS: -----

OF REFEREE: -----

TELEPHONE NO: -----

SIGNATURE OF REFEREE: -----

DATE: -----

2 QUARRY VIEW, WHITEHILL ROAD

CROWBOROUGH

EAST SUSSEX

TN6 1JT

TEL: (01892) 655195

Email: admin@wealdeninstitute.co.uk

COURSE FEES FOR 2020

Please see the following page for Additional Notes and Terms & Conditions.

NB. ALL FEES ARE INCLUSIVE OF VAT AT 20%

Certificate in Counselling Course

(ten Mondays)

£589 for the course, payable in advance. **A deposit of £100 is required in order to secure your place. ***

TA101 Courses (2 days)

£187

(Recognized internationally by UKATA, EATA and ITAA)

*** Please refer to the Additional Notes, and Terms & Conditions on the following page.**

NB. ALL FEES ARE INCLUSIVE OF VAT AT 20%

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Additional Notes

Wealden College of Counselling and Psychotherapy is an independent college. We always work hard to keep our fees as low as possible, but we do **not** have access to state or education authority funding or support.

We are a recognised provider of training for students who wish to apply for career development loans. (Number 9140)

All cheques payable to Wealden Institute. Payments may be made over the telephone or in person by Debit Card.

NB We prefer payments by online bank transfer. Please contact the office for our account details. When paying by bank transfer, please ensure that your payment is clearly referenced in a way that allows us to identify you.

The above fees are payable in accordance with our normal terms and conditions.

For courses of more than a year's duration a slight increase in fees may occur each year.

Terms and Conditions

The course fee is payable in a single payment which must be received before the start of the course, as specified in the training contract. Non-payment of fees will result in automatic removal from the course.

Students are responsible for the full course fee once they have accepted their place by returning a signed contract and the course fee or a deposit as indicated on previous page.

Fees are not refunded, and if a student withdraws from a course part way through the year, they will not receive a partial refund of their fees.

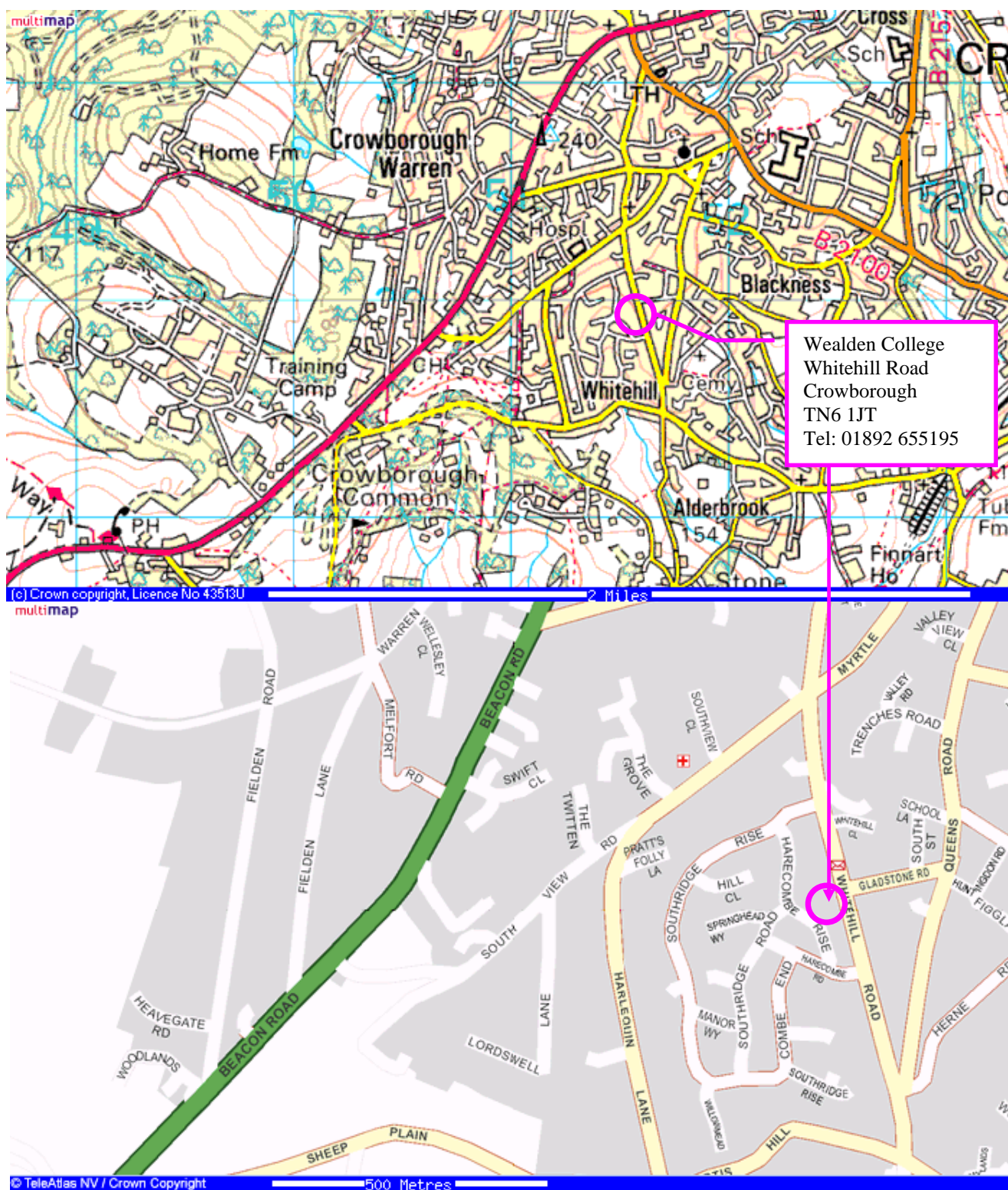
If the College asks a student to withdraw from a course, the student is liable for the fees up to and including the end of that term. The remainder of fees paid to the end of the academic year will be refunded, calculated on a termly basis.

We will take out legal proceedings to recover fees owing to us.

Students should note that there is no automatic right of progression from one course stage to the next, as this is assessed on the criteria set out for each course.

If students experience financial difficulties we are willing to consider a proposal for payment over an extended period of time in appropriate circumstances. If the proposal is accepted by the College Principal, that is considered to be binding. We suggest that students take out an insurance policy that will cover their course fees in unforeseen circumstances. If Wealden College cancels a course for which a student has paid, the full amount paid will be refunded.

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Wealden College is located in Whitehill Road just 10 minutes walk from the centre of Crowborough, East Sussex. A local landmark is the Bricklayers Arms, two doors away. Crowborough is located on the A26 about 7 miles south of Tunbridge Wells, Kent.

By car Brighton is about 45-50 minutes away, Tunbridge Wells 15 minutes, and Hastings and Eastbourne are between 45 and 60 minutes. There are direct buses from Brighton, Lewes and Tunbridge Wells, with a bus stop outside the Institute. There is a railway station in Crowborough in the Jarvis Brook area of the town, 2 miles from the Institute.