

Jersey Recovery College



Spring 2024 Prospectus
January and February

Welcome

Hello, and welcome to our new prospectus! These are the courses available for January and February.

We provide free community courses on mental health, recovery, and wellbeing.

JRC would also like to thank the Jersey Library for providing a venue for many of our courses.

Supported by



An Introduction to Somatic Movement

Mondays, 8th, 15th, 22nd and 29th January (4 weeks), 6-7.30pm

Salvation Army Community Hall

Somatic Movements 'rewire the brain' to bring painless movement to the body. They release tension in muscles.

Somatic movements are simple and are accessible to everyone. They may help those with chronic pain.

Facilitators: Claire Corson and Jo Alm

Immunity For Wellbeing

Wednesdays, 10th and 17th January (2 weeks), 6.30-8pm

Jersey Library (meet at MR2 Dumaresq for week one)

On this course you will learn how your immune system works. We will give some strategies for taking care of yourself and supporting your immune system.

Disclaimer: The information given is for educational purposes only. It is not a replacement for diagnosis and/or treatment of any health condition or disease treated through healthcare professionals.

Facilitators: Ronan Benson and Kevin Proctor

Express Yourself: Creativity Through Monoprinting

Tuesdays, 23rd, 30th January and 6th February (3 weeks), 6-8pm

Community Hall, Salvation Army

Monoprinting is an introduction to printmaking that is quick and easy to learn. You will create your own artwork, and reflect how and why it might benefit your wellbeing, within a safe space.

No experience is needed, and materials are provided.

Facilitators: Jo Alm and Gosia Krzysztofik

Understanding and Managing Anxiety

Wednesdays, 24th, 31st January and 7th February, 6-8pm

Workspace, Jersey Library

Everyone has feelings of anxiety at times, but when anxiety takes over it can be unhelpful.

This course explores:

- what anxiety is,
- how it impacts your life, and
- what you can do about it

Facilitators: Ronan Benson and Alan Rumfitt

Living with Depression

Monday, 19th February, 5.30-8.30pm

Workspace, Jersey Library

Depression is the most commonly diagnosed mental health problem. We will explore this topic and how it effects our lives.

We will cover:

- what depression is,
- what causes it, and
- strategies to overcome it.

Facilitators: Ronan Benson and Simon Irons

How Do I Register for a Course?

This is a self-referral process.

All registrations must be completed by the student.

1. Access the Student Learning Portal on our website:
<https://www.recovery.ie/courses>
2. After you have registered your interest, you will receive an email confirming receipt. Please check your junk/spam inbox if you don't receive one.
3. To see your courses, go to the 'Student Login' link on the top right-hand corner of the website. Once logged in, click on 'My Courses'. The status will be 'provisional' until we confirm it.

You can register at any time but might be placed on the waiting list if the courses are full.

If you can't access the portal, we can email an application form to you.

If you need any support in applying, please give us a call: 01534 505977.

Support during the Course

We are a small charity, but we are keen to make our courses as accessible as possible.

If you would like to attend a course but think you may need support (for example, adapted resources) please contact us to see if we can help.

Contact Information:

www.recovery.je/courses

Email: hello@recovery.je

Telephone: (01534) 505977