

JERSEY RECOVERY COLLEGE

Spring semester 2018
January to April



HOPE EMPOWERMENT OPPORTUNITY



Jersey Recovery College

Hope · Empowerment · Opportunity

Welcome to Jersey Recovery College's Spring Semester 2018. In January we will mark one year since our launch and we're delighted to still be growing. This Spring Semester we will be offering a range of courses that we hope appeal; some familiar courses, some new ones. Please do let us know if there is something you'd like us to programme that you can't see in the prospectus.

As always, we will be managing the applications via timeframes. The opening date for applications is 13th November and will close on 14th December. You can apply via our website – www.recovery.je/courses or by contacting us for an application pack. We will confirm all enrolments via email or post in December. We recommend applying for courses in order of preference to help us manage enrolments. Our courses are very popular and we do our best to meet everyone's needs.

Our Spring Semester will run from 13th January to the 5th April and we really hope to see you on one of our courses.

Please don't hesitate to contact us if you have any questions.

Jersey Recovery College

Introduction to Recovery

Recovery in Action

Duration: 1 session
Date: Tuesday 23rd January
Time: 2 – 5pm
Venue: Kensington Chambers
Trainers: Jake Bowely and Ian Baudains

or

Duration: 1 session
Date: Tuesday 27th February
Time: 5.30 – 8.30pm
Venue: Kensington Chambers
Trainers: Tracy Meson and Ian Baudains

This workshop explores just what the “Recovery” in Jersey’s Recovery College is. We will look at the meaning of recovery for people with mental health difficulties, their friends and families, and for the professionals who work with them.

Duration: 1 session
Date: Tuesday 13th February
Time: 2 – 5pm
Venue: Kensington Chambers
Trainers: Jake Bowely and Ian Baudains

or

Duration: 1 session
Date: Tuesday 20th March
Time: 5.30 – 8.30pm
Venue: Kensington Chambers
Trainers: Tracy Meson and Ian Baudains

This workshop focuses on putting recovery into action; looking at some of the ways we can try to feel more hopeful, more in-control and more ready and able to create and make the most of opportunities.

Co-Production in Action

Duration: 1 session
Date: Tuesday 6th March
Time: 2 – 5pm
Venue: Kensington Chambers
Trainers: Jake Bowely and Joanna Le Cocq

Co-production is a word used often in and around health services, but what does it really mean?

Co-production involves professionals, usually health professionals or organisations that deliver services, working in partnership with the people using their services to design, evaluate and run them

This course explores what co-production is, how it works best and why it is an important and powerful approach to delivering services. It is suitable for anybody interested in working within a co-production model whether that is someone interested in using their lived experience to contribute to services or any health professionals or third sector organisations interested in exploring co-production within their own field.

We recommend this course for anyone interested in becoming a trainer with Jersey Recovery College in the future.

Facilitation Skills

Duration: 1 session
Date: Wednesday 31st January
Time: 9am – 4pm
Venue: Kensington Chambers
Trainers: Beth Moore and Karen Dingle

This workshop is for anyone who would like to run a Jersey Recovery College Course.

It would also be suitable for anyone who would like to learn more about facilitating a group of adults, particularly those affected by mental health difficulties and anyone involved in their care.

The workshop aims to explore what makes a good trainer and course, how to structure a course, how to manage difficult situations in the classroom and how to evaluate the session.



Carer and Family Education Programme

Duration: 5 sessions
Date: Saturday 13th January to
Saturday 10th February
Time: 9am – 12pm
Venue: St James's Centre
Trainers: Stephen McCrimmon and Karen Dingle

This programme aims to educate anyone involved with caring for someone with a mental health difficulty. It includes sharing and learning from one another, looking after ourselves, communication skills, crisis planning, where to find support and hope for the future.

in partnership with:



Exploring Self-Compassion

Duration: 1 session
Date: Sunday 28th January
Time: 10am – 1pm
Venue: St James's Centre
Trainers: Steve Wharmby and Jo Thorpe

or

Duration: 1 session
Date: Tuesday 13th March
Time: 6 - 9pm
Venue: St James's Centre
Trainers: Steve Wharmby and Jo Thorpe

Self-compassion involves treating ourselves kindly, like we would a person we care about.

During this introductory workshop we will explain the meaning of self-compassion and its benefits and challenges. We will invite students to participate in some brief exercises and meditations, which are designed to bring awareness to our experiences and to ourselves. We will provide some resource information for those wishing to continue to explore the subject.

Understanding Low Self-Esteem

Duration: 1 session
Date: Saturday 24th February
Time: 10am - 2pm
Venue: St James's Centre
Trainers: Tracey Meson and Joanna Le Cocq

or

Duration: 1 session
Date: Saturday 24th March
Time: 10am - 2pm
Venue: St James's Centre
Trainers: Tracy Meson and Joanna Le Cocq

This course will help us to explore what low self-esteem means to us, how it can develop, what can keep our self-esteem low and encourage us to start to thinking about healthy self-esteem.

Understanding Peer Support

Duration: 1 session
Date: Thursday 29th March
Time: 2 – 5pm
Venue: Kensington Chambers
Trainers: Jenny Browne and Ian Baudains

Do you know what peer support is and how it can help people experiencing mental health difficulties? Have you ever thought about becoming a peer support worker?

Peer support is about giving and receiving help and encouragement based on respect, mutuality and shared lived experience. The value of peer support in recovery is being increasingly accepted worldwide, and the States of Jersey has recognised its importance in its most recent Mental Health Strategy.

It is aimed at people who are interested in understanding the principles and benefits of peer support, in particular those who may be considering becoming peer support workers.

In partnership with:



JERSEY RECOVERY COLLEGE

w: www.recovery.je t: 01534 505977 e: hello@recovery.je



Balanced Living for Beginners Lite Balanced Living for Beginners

Duration: 1 session
Date: Wednesday 24th January
Time: 6.30 – 8pm
Venue: Kensington Chambers
Trainers: Luke Shobbrook and Joanna Le Cocq

or

Duration: 1 session
Date: Wednesday 28th March
Time: 6.30 – 8pm
Venue: Kensington Chambers
Trainers: Luke Shobbrook and Joanna Le Cocq

(A standalone session or a good precursor for six-week course)

This workshop provides a brief overview of some key skills to help manage emotions and relationships. It gives a flavour of our six-week course and can be attended as a standalone session or as a taster for those uncertain whether or not they would like to commit to the full course.

Duration: 6 sessions
Date: Wednesday 7th February to
Wednesday 14th March
Time: 6.30 – 8pm
Venue: Kensington Chambers
Trainers: Luke Shobbrook and Joanna Le Cocq

This six-week course is for anyone who wants to learn techniques to help restore balance to their life. It teaches a number of key skills that would be useful for anyone that regularly experiences difficult and stressful situations. With practice these skills can help you respond more flexibly and more effectively to all kinds of problems.

Please note: The Balanced Living for Beginners Lite session is a good precursor to this six-week course.



Introduction to Kundalini Yoga

Duration: 6 sessions
Date: Thursday 18th January to
Thursday 22nd February
Time: 6 – 7.30pm
Venue: Kalimukti Yoga, West Centre
Trainers: Tania Jackson and Jo Thorpe

Duration: 6 sessions
Date: Thursday 1st March to
Thursday 5th April
Time: 6 – 7.30pm
Venue: Kalimukti Yoga, West Centre
Trainers: Tania Jackson and Jo Thorpe

This course is open to everyone. No previous yoga experience is necessary.

If you are interested in self-development and would like to improve your physical, emotional, and/or mental health then it is definitely something for you.

Kundalini Yoga brings together postures, breathing and meditation and aims to support you with tools to use in helping to manage every day stresses and challenges.

Please note: Wear comfortable clothing that you can easily move around in (a 'fitted' top is beneficial for inverted postures), bring a light weight blanket and some water to drink.

Please note: This course has limited spaces. We ask that those who apply for this course can commit to attend as many sessions as possible.



Jersey Recovery College Spring Semester 2018 Schedule

	JANUARY		FEBRUARY		MARCH			
MON								
TUES	Introduction to Recovery (1 session) 23rd January 2-5pm		Recovery in Action (1 session) 13th February 2-5pm	Introduction to Recovery (1 session) 27th February 5.30-8.30pm	Co-Production in Action (1 session) 6th March 2-5pm	Exploring Self-Compassion (1 session) 13th March 6-9pm	Recovery in Action (1 session) 20th March 5.30-8.30pm	
WED	Balanced Living for Beginners Lite (1 session) 24th January 6.30 - 8pm	Facilitation Skills (1 session) 31st January 9am - 4pm	Balanced Living for Beginners (6 week course) 7th February - 14th March 6.30 - 8pm					Balanced Living for Beginners Lite (1 session) 28th March 6.30 - 8pm
THU	Introduction to Yoga (6 week course) 18th January - 22nd February 6 - 7.30pm				Introduction to Yoga (6 week course) 1st March - 5th April 6 - 7.30pm			Understanding Peer Support (1 session) 29th March 2-5pm
SAT	Carer and Family Education Programme (5 week course) 13th January - 10th February 9am - 12pm			Understanding Low Self-Esteem (1 session) 24th February 10am - 2pm				Understanding Low Self-Esteem (1 session) 24th March 10am - 2pm
SUN		Exploring Self-Compassion (1 session) 28th January 10am - 1pm						

We will look forward to seeing you at our
spring semester courses.

THANK YOU

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