

**JERSEY RECOVERY COLLEGE**  
HOPE • OPPORTUNITY • EMPOWERMENT

**SPRING SEMESTER 2017**

# Welcome

Welcome to Jersey Recovery College's first semester. We're delighted to be at this stage.

Please find enclosed details of the courses we will be running for our first semester. As you know, this is our 'soft launch'. This means we are opening our courses to the people who have been involved in, or expressed an interest in, the Jersey Recovery College so far. We will be asking all students in our first semester to help us evaluate how close we are to the vision we set as a community and to help us get the Jersey Recovery College experience as good as it can be for our first public term in May.

We want as many students as possible to experience our first semester with us, so please do submit your application details by Wednesday 4<sup>th</sup> January and we will aim to get as many people as possible onto one of their course choices.

Thank you for helping us get here. See you in the new year.

***Beth***

Jersey Recovery College Manager

## Introduction to Recovery

**Date:** Tuesday 7<sup>th</sup> February

**Time:** 2.00 – 5.00pm

**Duration:** 1 session

**Date:** Tuesday 14<sup>th</sup> March

**Time:** 5.30 – 8.30pm

**Duration:** 1 session

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

## Carer and Family Education and Support Programme

**Dates:** Saturday 28<sup>th</sup> January – Saturday 25<sup>th</sup> February

**Time:** 9.00 – 12.00pm

**Duration:** 5 weeks

The Carer and family education and support programme is a support course for carers of people experiencing mental health difficulties. It is innovative and covers key areas including information sharing and coping strategies for carers and family members.

## Wellbeing in the Wild

**Date:** Sunday 19<sup>th</sup> March

**Time:** 2.00 – 5.00pm

**Duration:** 1 session

**Date:** Sunday 26<sup>th</sup> March

**Time:** 2.00 – 5.00pm

**Duration:** 1 session

This course will explore the use and benefits of nature related activities on emotional health and wellbeing. Activities will include an introduction to bushcraft and Forest School, as well as exploring the wildlife of St. Ouen's Pond and discovering how the outdoors impacts on our wellbeing.

**Please note:** Please dress appropriately for outdoor activities. There will be a campfire at the end of each session where we will have tea, coffee, hot chocolate and plenty of marshmallows to hand.

## Compassionate Mindfulness

**Dates:** Thursday 2<sup>nd</sup> February – Thursday 23<sup>rd</sup> March

**Time:** 6.30 – 8.30pm

**Duration:** 8 weeks

Mindfulness and Self-compassion have been shown to improve many areas of wellbeing, including lowering stress, improving mood and increasing life satisfaction. The Compassionate Mindfulness 8-week course aims to explain the concepts of mindfulness and self-compassion and to offer various practices to help embed these into our lives.

A willingness to practice daily is essential to getting the most out of the course.

## Balanced Living for Beginners Lite

**Date:** Wednesday 25<sup>rd</sup> January

**Time:** 6.30 – 8.00pm

**Duration:** 1 session

This workshop provides an overview of some key skills to help manage emotions and relationships. It is a lite version of the longer six-week course. It can be attended as a standalone course or as a good precursor to anyone wishing to undertake the full course.

## Balanced Living for Beginners: An Everyday Guide to Managing Emotions and Relationships

**Dates:** Wednesday 15<sup>th</sup> February – Wednesday 22<sup>nd</sup> March

**Time:** 6.30 – 8.00pm

**Duration:** 6 weeks

This six week course is for anyone who wants to learn skills 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.

# JERSEY RECOVERY COLLEGE COURSE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		<p><b>Balanced Living for Beginners Lite</b></p> <p>(1 session)</p> <p>25th January 2017 6.30 – 8pm</p>			<p><b>Carer and Family Education and Support Programme</b></p> <p>(5 week course)</p> <p>28th January to 25th February 2017</p> <p>9am – 12pm</p>	
	<p><b>Introduction to Recovery</b></p> <p>7th February 2017 2 - 5pm</p>		<p><b>Compassionate Mindfulness</b></p> <p>(8 week course)</p> <p>2nd February to 23rd March 2017</p> <p>6.30 – 8.30pm</p>			
		<p><b>Balanced Living for Beginners</b></p> <p>(6 week course)</p> <p>15th February to 22nd March 2017</p> <p>6.30 – 8pm</p>				
	<p><b>Introduction to Recovery</b></p> <p>14th March 2017 5.30 – 8.30pm</p>					<p><b>Wellbeing in the Wild</b></p> <p>19th March 2017 2 – 5pm</p>
						<p><b>Wellbeing in the Wild</b></p> <p>26th March 2017 2 – 5pm</p>