



Jersey Recovery College

Hope · Empowerment · Opportunity

AUTUMN SEMESTER 2017
September - December



Welcome

Welcome to Jersey Recovery College's Autumn Semester 2017.

We are delighted to offer twelve separate courses between September and December. We have incorporated some of our established courses and have programmed a few new courses too.

The closing date for applications for this upcoming semester is 25th August. You can apply via our website – www.recovery.je/courses, or by contacting us for an application pack.

Our Autumn Semester will commence on 4th September and run until 8th December. Some courses are restricted to a limited number of students. While we do our best to make sure everyone gets enrolled on the course/s they apply for, we can't guarantee everyone a place. We encourage you to apply as soon as you can to help us manage demand.

We will confirm all enrolments via email or phone in the first two weeks of September.

Please don't hesitate to contact us if you have any questions. We hope to see you at one of our courses soon.

Jersey Recovery College

Introduction to Recovery

Date: 17th October
Day: Tuesday
Duration: 1 session
Time: 2.00 – 5.00pm
Location: Kensington Chambers
Trainers: Jake Bowley and Ian Baudains

Or

Date: 21st November
Day: Tuesday
Duration: 1 session
Time: 5.30 – 8.30pm
Location: Kensington Chambers
Trainers: Jake Bowley 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.

Recovery in Action

Date: 31st October
Day: Tuesday
Duration: 1 session
Time: 2.00 – 5.00pm
Location: Kensington Chambers
Trainers: Jake Bowley and Ian Baudains

Or

Date: 28th November
Day: Tuesday
Duration: 1 session
Time: 5.30 – 8.30pm
Location: Kensington Chambers
Trainers: Jake Bowley 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.

Reconnecting with Nature through Photography

In partnership with Société Jersiaise



Date: 13th September
Day: Wednesday
Duration: 1 session
Time: 9.00am – 3.00pm (45 mins for lunch)
Location: Société Jersiaise and St Ouen's Bay
Trainers: Tanja Deman and Joanna Le Cocq

Connection with nature is essential for protecting our environment and for people's well-being and happiness.

This photography workshop celebrates creative self-expression as healing and life-enhancing, through focusing on re-establishing our connection with the nature.

In the workshop students are taught how to make landscape photography or how to construct imaginary landscapes with photo materials in order to tell a story, express an idea or convey a feeling. This process of making art encourages the expression of inner thoughts or feelings where verbalisation is difficult or not possible.

The course will allow the opportunity to exercise the eyes and hands, improve eye-hand coordination, and stimulate neurological pathways from the brain to the hands.

Please Note: You will require 5-6 printed images (your own work or inspirational images) your own laptop, camera and lunch for this session, please let the college know if you don't have a laptop or camera.

Understanding Low Self-Esteem

Date: 2nd December
Day: Saturday
Duration: 1 session
Time: 10am – 2pm
Location: St James's Centre
Trainers: Tracy Meson and Joanna Le Cocq

This course will help people 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.

Balanced Living for Beginners Lite

Date: 20th September
Day: Wednesday
Duration: 1 session
Time: 6.30 – 8.00pm
Location: Kensington Chambers
Trainers: Luke Shobbrook and Joanna Le Cocq

Or

Date: 22nd November
Day: Wednesday
Duration: 1 session
Time: 6.30 – 8.00pm
Location: 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.

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

Dates: 4th October – 15th November (*no session on 25th October*)
Day: Wednesdays
Duration: 6 weeks
Time: 6.30 – 8.00pm
Location: 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.

Open Water Swimming

Thank you to **Serco** who are providing lifeguards for us this course.

Date: 4th September to 29th September
Days: Mondays and Fridays
Duration: 8 sessions (over 4 weeks)
Time: 10:00 – 11:00am
Location: St James's Centre / Havre des Pas
Trainers: Mike Swain and Jo Thorpe
Assistant: Natasha Borman



For many years, in many cultures, people have identified the positive mental and physical benefits of open water or “wild swimming”.

On this course we will introduce the benefits of open water swimming/bathing, while enjoying the opportunity to be outside in our natural Jersey surroundings.

This course is for anyone who would like to experience open water swimming, improve their personal wellbeing, enjoy some physical activity, spend some time in our beautiful natural surroundings and mix with other likeminded people.

Please note: This course involves swimming in the sea. Applicants should be able to swim 50m (2 lengths of a standard length pool) unsupported. We have trained lifeguards on hand.

First session is a classroom session and attendance is compulsory.

Compassionate Mindfulness

Dates: 21st September - 9th November
Day: Thursdays
Duration: 8 weeks
Time: 6.30 – 8.30pm
Location: St James's Centre
Trainers: Steve Wharmby and Jo Thorpe

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 eight-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.

Please note: This course is very popular. We ask that those who apply for this course can commit to attend as many sessions as possible.

Co-production in Action

Date: 7th November
Day: Tuesday
Duration: 1 session
Time: 2 – 5pm
Location: Kensington Chambers
Trainers: Jake Bowley 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

How to deliver a recovery college course

Date: 6th December
Day: Wednesday
Duration: 1 session
Time: 9am – 4pm
Location: 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.



Jersey Recovery College Autumn Semester 2017 Schedule

| | SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER |
|-----|--|--|---|--|
| MON | Open Water Swimming (4 week course, Mon and Fri) 4th September - 29th September 10am-11am | | | |
| TUE | | Intro to Recovery (1 session) 17th October 2 - 5pm | Recovery in Action (1 session) 31st October 2 - 5pm | Recovery in Action (1 session) 28th November 5.30 - 8.30pm |
| WED | Reconnecting with Nature through Photography (1 session) 13th September 9am- 3pm | Balanced Living for Beginners (6 week course) 4th October - 15th November 6.30 - 8pm | Co-Production in Action (1 session) 7th November 2-5pm | Balanced Living for Beginners Lite (1 session) 22nd November 6.30 - 8pm |
| THU | | Compassionate Mindfulness (8 week course) 21st September - 9th November 6.30 - 8.30pm | | Facilitation Skills (1 session) 6th December 9am - 4pm |
| FRI | Open Water Swimming (4 week course, Mon and Fri) 4th September - 29th September 10am-11am | | | |
| SAT | | | | Understanding Low Self-Esteem (1 session) 2nd December 10am - 2pm |
| SUN | | | | |

Thank you



W: www.recovery.je

T: 505977

E: hello@recovery.je

A: Jersey Recovery College, Lincoln Chambers, 31 Broad Street,
St Helier, JE2 3RR