



Summer 2024: April and May

Prospectus



Mental Health Education for Everyone

Who we are:

JRC is a community-based independent mental health charity. We offer free education and training to people experiencing mental health difficulties and the family, friends and professionals who support them.

We also run a Mental Health At Work programme for employers and we can provide staff training at all levels. This important work not only educates the workforce in how to manage mental health needs and support one another, but also helps to subsidise our community provision.

Contact us via hello@recovery.je or visit www.recovery.je/mental-health-at-work



Welcome

A warm welcome to our prospectus, detailing what is available for the first half the summer term - a range of free community courses on mental health, recovery, and wellbeing.

The beautiful photograph showcased on our front cover is a local image by Vic Tucker. As with previous cover images, this was donated by the Jersey Photographic Club along with several others, which capture the concept of recovery beautifully.

This summer, we have our flagship Introduction to Co-production course, suitable for anyone working on community projects in areas such as health or education. We also have the return of several popular courses, including An Introduction to Trauma and Somatic Movement for Wellbeing.

Don't forget that we now release a prospectus every half term (approximately every 6-8 weeks) rather than three times per year.

We hope to see you at some of our courses and do keep an eye out for our next prospectus, which will include courses for June and July.



Dreena Collins - Deputy Executive Officer

Courses at a Glance

An Introduction to Somatic Movement P. 5

Understanding and Managing Stress (accessible) P. 5

Breath Works P. 6

An Introduction to Co-production P. 6

Understanding and Managing Anxiety P. 7

An Introduction to Trauma P. 7

Walking Meditation P. 8



COURSE: An Introduction to Somatic Movement
DATE: Wednesdays, 17th, 24th April, 1st and 8th May (4 weeks),
6.30-8pm
VENUE: Salvation Army, Community Hall

Somatic Movements 'rewire the brain' to restore painless, efficient, functional movement to the body. They are a means to release chronic tension in muscles caused by habitual movement and compensatory patterns.

Somatic movements are simple and are therefore accessible to everyone and may help those who are experiencing chronic pain, impacting both mind and body.

Disclaimer:

The information and statements made are intended for educational purposes only. It is not a substitute for diagnosis and/or treatment of any health condition or disease. Nor is it intended to replace services of treatment of any physicians or healthcare professionals.

Facilitators: Claire Corson and Jo Alm



COURSE: Understanding and Managing Stress (Accessible)
DATE: Tuesdays, 23rd and 30th April (2 weeks), 2-4pm
VENUE: Jersey Library, Workspace

Stress affects most people at some point in their lives. This course covers the main reasons why we believe we are feeling stressed. It looks at the effects on our body and mind.

The course also covers ways to manage and interrupt the stress response.

This course is suitable for adults with learning disabilities.

Students are welcome to come with a friend, carer, or family member. (Please both register so we can manage numbers.)

This course has been developed with the support of Jersey MENCAP

Facilitators: Ronan Benson and Deirdre Battye

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COURSE: Breath Works
DATE: Saturday 27th April (1 week), 10am-12pm
VENUE: Phillip Maurant Centre, Room 9

Ever wanted to explore the Whim Hoff method? Effective and controlled breathing can have benefits for our body and mind. This session will look at the breathing techniques associated with this – no ice baths required.

Facilitators: Russ Allchin and Tom Stewart

COURSE: An introduction to Co-production
DATE: Wednesday 1st May (1 week), 9.30am-12.30pm
VENUE: Jersey Library, Workspace

Co-production is a term used often, in and around social public services - but what does it really mean?

The course explores what co-production is, how it differs from other service user and stakeholder engagement models and how it works best, why it is an important and powerful approach to designing and delivering services. It explores the advantages and disadvantages of co-production and how to apply the co-production model to local projects.

This course is suitable for anyone interested in understanding the co-production model and using or participating in co-production work.

Facilitators: Beth Moore and Anny Bodenstein

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COURSE: Understanding and Managing Anxiety
DATE: Wednesday 29th May, (1 week) 5.30-8pm
VENUE: Jersey Library, Workspace

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

This course will develop an understanding of what anxiety is. It looks at how it impacts your life, and what you can do about it.

Facilitators: Thanh Luu and Deirdre Battye

COURSE: Introduction to Trauma
DATE: Tuesdays, 14th and 21st May (2 weeks), 6-8pm
VENUE: Jersey Library, Dumaresq

The Introduction to Trauma course will be looking at what trauma is and the potential impact of traumatic experiences on us, our lives and relationships based on the latest research, which particularly focuses on the body's responses. We will discuss tools that can help us with regulation and also briefly describe potential therapeutic models that are sometimes used.

(Please note: this is a repeat of the same course as run previously, but split over two sessions.)

Facilitators: Carolyn Coverley and Kevin Proctor

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COURSE: Walking Meditation

DATE: Tuesdays, 7th, 14th, 21st and 28th May (4 weeks), 6-7.15pm

VENUE: Salvation Army, Community Hall

Walking meditation is the ancient practice of meditation in motion. Walking can still the mind and help focus. This course will introduce the concepts and techniques to successfully meditate while moving, allowing students to develop a new tool for their own wellbeing that they can introduce into everyday life.

The walking will be gentle and indoors unless previously agreed by the group. This will be a supportive and accessible class, and no prior experience is necessary.

Facilitators: Andrew Wilson and Simon Irons



How do I register?

All courses are free.

This is a self-referral process; all registrations must be completed by the student.

- Access the Student Learning Portal on our website (www.recovery.je/courses).
- You will then receive an email confirming receipt. Please check your junk/spam inbox if you don't receive one.
- To see your courses, go to the 'Student Login' link on the top right-hand corner of the website, then click on 'My Courses'.
- The status will be 'provisional' until we confirm course places.
- You can register at any time but may be placed on the waiting list if the courses are full.

If you need any support, please give us a call on 01534 505977, or email hello@recovery.je



Mental Health At Work

Creating Mentally Healthy Workplaces

Want to make a real difference in the workplace?
You could gain an accredited qualification in the process.
We have a handful of spaces left on our First Aid for Mental
Health courses for £220pp

Contact us today for more information: hello@recovery.je

First Aid for Mental Health



Become a first aider
in just one day.

23rd April 2024

OR

21st May 2024

9.30-4pm



Contact us now to book
hello@recovery.je



Mental Health Education for Everyone

hello@recovery.je
(01534) 505977



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