



Spring 2019 Prospectus

Welcome to Jersey Recovery College's Spring Semester 2019

We're very excited to launch our new Student Learning Portal. From December 2018 onwards all online course registrations will be done via the student portal which is available on the top right corner of our website, www.recovery.je

We understand that some of our students don't have email addresses which prevents them from registering for an account with us. You can still register using our paper application form.

We have created some user guides to help you set-up your Student Learning Portal account and how to register interest for courses. You can find the guides on our website (www.recovery.je/news).

User guides include guidance for:

- If you're a new student and don't have an account
- If you have an account and would like to know how to register for courses
- Registration process guide
- Application form to print or save

The JRC team thank you in advance for your patience with getting used to a new way of registering for our courses and managing your personal details. Please don't hesitate to ask our team for help if you are having any questions.

We will confirm all enrolments via email or post by Friday 18th January.

We really hope to see you on one of our courses.

Thank you.

Jersey Recovery College

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.

- To understand the term 'self-compassion'
- Practice self-compassion meditations
- Be aware of how to respond to difficulties with self-kindness

Disclaimer: Exploring self-compassion can sometimes be emotionally challenging. Please contact JRC if you'd like to discuss the suitability of this course for you at this time.

Duration 1 session
Date Tuesday 9th April 2019
Time 6pm – 9pm
Venue St James's Centre – Hall
Trainers Steve Wharmby
Beth Moore

Mindful Moments

Mindful Moments is a taster workshop for those new to mindfulness who may not have the time for long, meditative practice. We will explore what mindfulness is and isn't, and then introduce a number of short, informal practices, which can be integrated into daily life.

- Understand what mindfulness is
- Experience mindfulness practice for self
- Apply some simple exercises into your daily life

Duration 1 session
Date Tuesday 2nd April 2019
Time 6pm – 9pm
Venue St James's Centre – Hall
Trainers Steve Wharmby
Beth Moore

Introduction to Kundalini Yoga

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. The class structure will follow:

- Tuning In / Tuning Out
- Kriya (physical yoga practice)
- Meditation Practice/Mindfulness Practice
- Savasana (resting position)

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

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.

Duration 6 session course
Date Tuesday 19th February to Tuesday 26th March 2019
Time 6pm – 7.30pm
Venue To be confirmed
Trainers Tania Jackson
Beth Moore

Balanced Living for Beginners

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. A few of these are listed below:

- Employ a range of strategies to distract attention and help you to tolerate distress
- Use self-care to reduce your own vulnerability to Emotional Mind
- Identify a range of activities to build positive experiences and generate positive emotions
- Use listening skills to actively show people that they are being heard and understood
- Understand how to set limits and look after your own needs by making or refusing requests
- Understand the importance of maintaining relationships and dealing constructively with conflict

Duration 6 session course
Date Thursday 21st February to Thursday 28th March 2019
Time 6.30pm – 8pm
Venue Kensington Chambers
Trainers Luke Shobbrook
Siobhan Poingdestre

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.

- Explore what Recovery means for us and for others
- Think about what different things help with Recovery
- Come up with your own definitions of 'Recovery'

Duration 1 session
Date Tuesday 19th March
Time 2pm – 5pm
Venue Kensington Chambers
Trainers Jake Bowley
Kevin Proctor

Recovery in Action

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 ready and able to create and make the most of opportunities.

- Discuss the varying obstacles that can impede recovery and how we might overcome them
- Start developing a Wellness Tool Kit
- Explore the Wheel of Wellbeing
- Learn the importance of values
- Learn about SMART goals
- Setting your own recovery SMART goal

Duration 1 session
Date Tuesday 26th March 2019
Time 2pm – 5pm
Venue Kensington Chambers
Trainers Jake Bowley

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.

- Define what is meant by the term 'peer support'
- Identify some of the challenges and benefits of peer support
- Give examples of how peer support can support recovery
- Know how to become involved in peer support

Duration 1 session
Date Wednesday 10th April
Time 2pm – 5pm
Venue Kensington Chambers
Trainers Jenny Browne
Louise Lancashire

Co-production in Action

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

The 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

- Anyone interested in using their lived experiences to work within a co-produced model in order to contribute to services
- Any health professional or third sector organisation interested in exploring co-production within their own field
- During the course we will explain what co-production is
- Identify advantages and disadvantages of co-production
- Apply the co-production model to local projects

Duration 1 session
Date Tuesday 5th February 2019
Time 2pm – 5pm
Venue Kensington Chambers
Trainers Jake Bowley
Karen Dingle

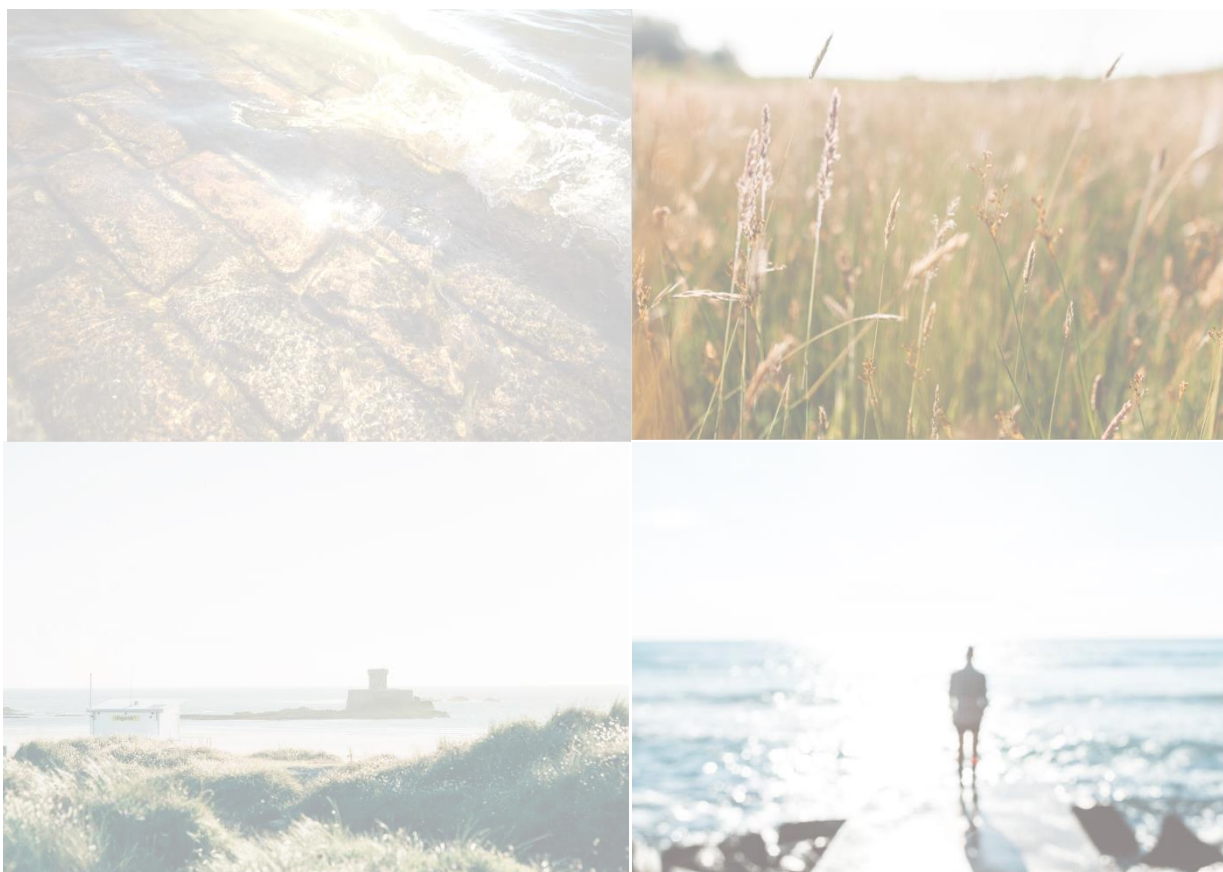
Jersey Recovery College Spring Semester 2019 Schedule

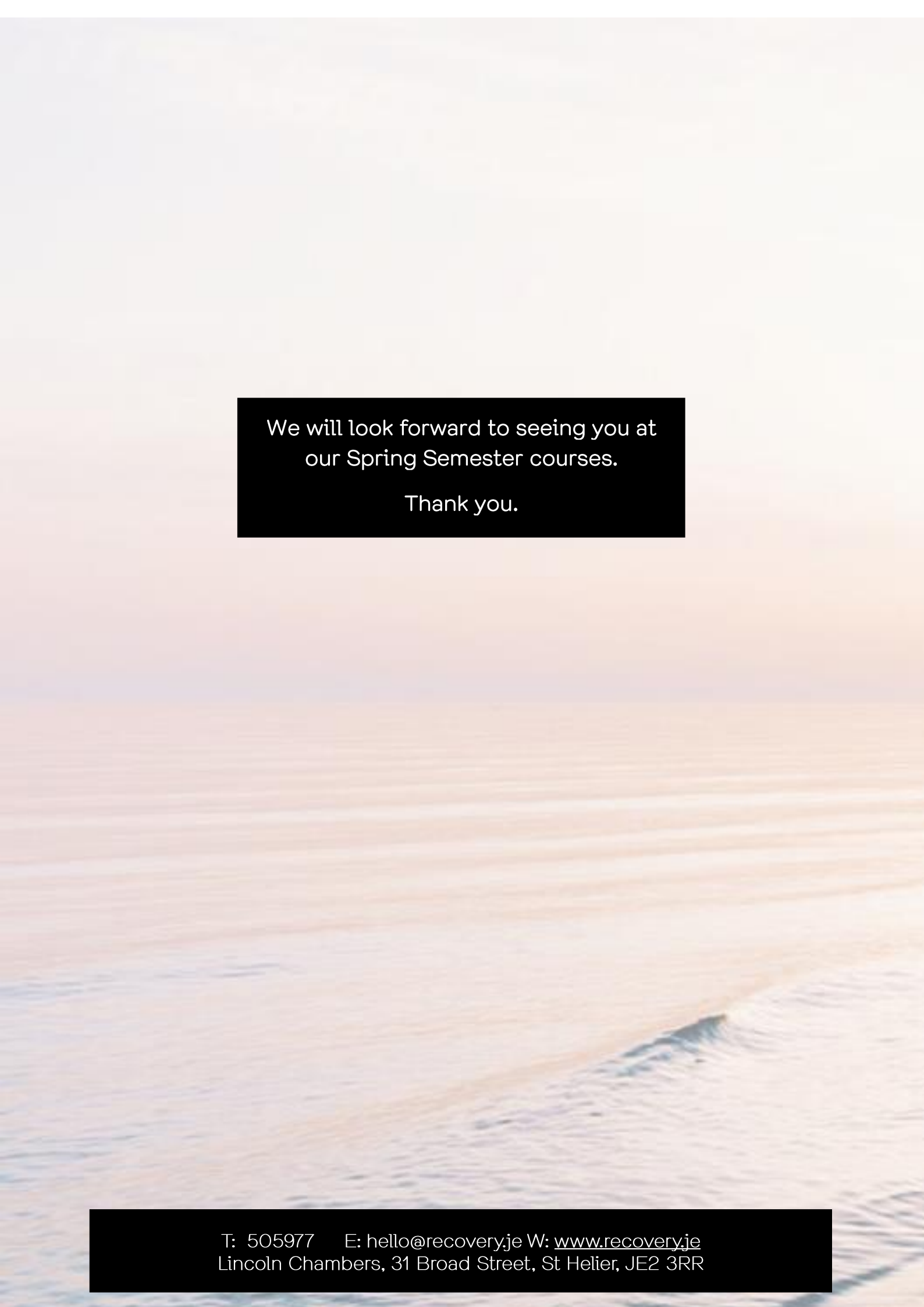
	FEBRUARY	MARCH			APRIL	
MON						
TUES	Co-Production in Action (1 session) 5th February 2-5pm	Introduction to Yoga (6 week course) 19th February - 26th March 6 - 7.30pm	Introduction to Recovery (1 session) 19th March 2-5pm	Recovery in Action (1 session) 26th March 2-5pm	Mindful Moments (1 session) 2nd April 6-9pm	Exploring Self-Compassion (1 session) 9th April 6-9pm
WED						Understanding Peer Support (1 session) 10th April 2-5pm
THU		Balanced Living for Beginners (6 week course) 21st February - 28th March 6.30 - 8pm				
FRI/SAT /SUN						

This semester we have introduced some courses which were very popular amongst our students in previous semesters.

We are delivering a reduced amount of courses for the first semester of 2019. We have recently employed four new peer trainers with the view to develop and deliver new courses in the Summer and Autumn Semesters of 2019.

Thank you so much for your support and we hope to see you soon.





We will look forward to seeing you at
our Spring Semester courses.

Thank you.