



Jersey Recovery College

Hope • Empowerment • Opportunity

Spring 2021 Prospectus

Supported by



Welcome to JRC

Spring Semester 2021 is now available to register your interest. Applications are open from Monday 7th December; we will confirm all enrolments via email. You can register at any time but may be placed on the waiting list if the courses are full. We feel it's important to run classroom sessions where we can in a safe way. But we're also conscious that some people prefer doing courses virtually at the moment, so we have designed a curriculum that covers both.

What's available this semester?

We have our staple recovery programme that is split into four separate modules returning in the classroom along with mindfulness, gentle yoga, immunity for wellbeing, co-production and our six-week Balanced Living for Beginners course. We will introduce a new course on how essential oils can support your wellbeing.

In the classroom and virtual classroom, we will deliver courses on depression, anxiety, sleep, fear and stress.

JRC would also like to thank the Jersey Library for providing a free venue for our courses in the Spring Semester. We appreciate the support in ensuring we provide education on mental health, recovery and wellbeing to the community.

We really hope to see you on one of our courses, if virtually or in person!

How do I register?

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

You can register your interest via our

- Student Learning Portal on our website (www.recovery.je/courses) or
- Application form which can be emailed to you. During this semester we are attempting to limit posting the paper application form, but can do so if required.
- Phone Call if you are unable to complete the form on our website or filling in the application form.

Online Applications

After you have registered your interest online, you will receive an email confirming your registration has been received. Please check your junk/spam inbox if you don't receive one.

To see the courses you have registered for, go to the Student Learning Portal by using the 'Student Login' link on the top right-hand corner of the website. Once logged in, click on 'My Courses'. The status will be marked as 'provisional' until we confirm course places (see below).

Emailed or Posted Applications

We will input any application forms we receive into our student portal booking system. You will receive confirmation that we have received your application form.

What happens next?

We will confirm course places with students as soon as possible.

Online

You will receive confirmation/waiting list emails for each individual course. The emails will confirm all the course details.

You can check your courses by logging onto the Student Learning Portal. Once logged in, click on 'My Courses'. The status will be marked as 'booked' or 'waiting list'. If you are on the waiting list, we will notify you up to the day before the course if we have any cancellations.

In addition, you will also receive course reminder emails one week before and one day before the course is due to start.

Paper

Students that do not have a login/email address will receive course information via post along with venue maps and information.

What if I can't attend?

JRC often runs waiting lists for courses and we also get measured by the number of attendees on our courses. We understand it's not always possible to attend a session and sometimes it can be very difficult to do so.

If you can't attend your allocated course or any of the sessions, please contact us either by phone or email as soon as possible, preferably before the session or course starts. This means those on the waiting list will be able to attend.

Student Learning Portal: Once logged in, select 'My Courses'

Telephone: 01534 505 977

Email: hello@recovery.je


How is JRC keeping their staff and students safe?

There are a number of measures we have put into place to keep our staff and students safe during the COVID pandemic. Government guidelines are continuously changing, so we will keep you updated on what you can expect from JRC and what we expect from our students on our website and updates sent to you via email.

- We ask that you do not attend a JRC course if you are displaying any signs of COVID or feeling unwell.
- If you are travelling back into Jersey leading up to the course you are kindly asked not to attend and follow Government guidelines.
- If you develop COVID symptoms after attending a JRC course, please contact the COVID Helpline so that we can be notified.
- If you have been requested to isolate by contact tracing, we ask that you do not attend.

Spring Semester Course Overview

Contents	No. of Sessions	Start Date	Time
Introduction to Co-production	1 session	Wednesday 20 th January	1pm – 4pm
Introduction to Gentle Yoga	6 sessions	Thursday 21 st January	6pm – 7pm
Essential Oils and Wellbeing	2 sessions	Monday 15 th February	6pm – 8pm
Immunity for Wellbeing	1 session	Wednesday 31 st March	5.30pm – 8.30pm
Introduction to Mindfulness	6 sessions	Tuesday 12 th January	6pm – 8pm
Balanced Living for Beginners	6 sessions	Thursday 28 th January	6.30pm – 8pm
Understanding Sleep - Online	2 sessions	Tuesday 19 th January	5.30pm – 7.30pm
Understanding Sleep	2 Sessions	Thursday 18 th March	5.30pm – 7.30pm
Understanding and Managing Fear and Stress – Online	2 sessions	Wednesday 13 th January	6.30pm 8pm
Understanding and Managing Fear and Stress	1 session	Tuesday 16 th March	5.30pm – 8.30pm
Living with Depression - Online	2 session	Wednesday 3 rd March	6.30pm – 8pm
Living with Depression	1 session	Tuesday 9 th March	5.30pm – 8.30pm
Understanding and Managing Anxiety – Online	4 sessions	Monday 18 th January	6.30pm – 8pm
Understanding and Managing Anxiety	3 session	Monday 1 st March	6pm – 8pm
What is Recovery?	1 session	Wednesday 3 rd February	5.30pm – 8.30pm
Goal Setting in Recovery	1 session	Wednesday 10 th February	5.30pm – 8.30pm
Resilience and Wellbeing	1 session	Wednesday 24 th February	5.30pm – 8.30pm
Steps to Recovery	1 session	Tuesday 2 nd March	5.30pm – 8.30pm

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Introduction to Co-production

Duration	1 session
Date	Wednesday 20 th January
Time	1pm – 4pm
Venue	Jersey Library
Trainers	Beth Moore Karen Dingle

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

The course explores what co-production is and how it works best, why it is an important and powerful approach to delivering services, 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 using their lived experience to work within a co-produced model in order to contribute to services. It is also for health professionals or third sector organisations interested in exploring co-production within their own field.

Introduction to Gentle Yoga

Duration	6 weeks – Thursday's
Date	Thursday 21 st January to Thursday 25 th February
Time	6pm – 7pm
Venue	Highlands
Trainers	Carolyn Coverley Louise Clark

This will be a gentle introduction to the practice of yoga. The course will include some breathing practices, yoga poses and relaxation. This will involve gentle movement based on stretch and developing flexibility and does not require any previous experience. The aim of the course is to provide a space where students can focus on their own needs, relax and develop greater mindfulness of body and breath.

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Essential Oils for Wellbeing

Duration	2 weeks – Monday's
Date	Monday 15 th February to Monday 22 nd February
Time	6pm – 8pm
Venue	Jersey Library
Trainers	Carolyn Coverley Kevin Proctor

There is research demonstrating the use of essential oils to improve and maintain mental health. The sense of smell is closely linked to emotions and memory and the sensory experience itself can have an uplifting effect. The course will introduce what essential oils are, how they can support mental wellbeing (including reducing stress, improving sleep, enhance present moment awareness) in a safe and effective way. The course will provide information on how the oils work, what their uses are and how to use them. We will look at a few oils in more detail and invite you to explore a couple of selected oils.

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Immunity for Wellbeing

Duration	1 session
Date	Wednesday 31 st March
Time	5.30pm – 8.30pm
Venue	Jersey Library
Trainers	Ronan Benson Karen Dingle

Moving into the colder months we want to empower you with knowledge about how your immune system works and how it responds to seasonal change. We will provide some holistic strategies to taking care of yourself and supporting your immune system.

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 or treatment of any physicians or healthcare professionals.

Introduction to Mindfulness

Duration	6 weeks – Tuesday's
Date	Tuesday 12 th January to Tuesday 16 th February
Time	6pm – 8pm
Venue	Jersey Library
Trainers	Carolyn Coverley Kevin Proctor

The course teaches students a range of mindfulness and compassion practices. Mindfulness can lead us to developing a greater tolerance and acceptance of unhelpful experiences which can then reduce our suffering and allows the development of more effective ways of coping.

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Balanced Living for Beginners

Duration	6 weeks – Thursday's
Date	Thursday 28 th January to Thursday 11 th March
Time	6.30pm – 8pm
Venue	Jersey Library
Trainers	Luke Shobbrook Rory Mitchell

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 difficulties.

There will be a week break on Thursday 18th February.

Understanding Sleep

Duration	2 sessions (ONLINE)
Date	Tuesday 19 th January and Tuesday 26 th January
Time	5.30pm – 7.30pm
Venue	Zoom
Trainers	Alison Pell Louise Lancashire

Duration	2 weeks – Thursday's
Date	Thursday 18 th March and Thursday 25 th March
Time	5.30pm – 7.30pm
Venue	Jersey Library
Trainers	Alison Pell Louise Lancashire

This course will outline the basic need we have as humans to sleep and what natural sleep looks like. We will cover the benefits of sleep and the detrimental impact of sleep deprivation on both our physical and mental health. The course hopes to offer practical solutions to common sleep difficulties with an easy to follow plan, which students will be invited to evaluate in the second week. We will look at sleep medications and the impact that these can have on our natural sleep cycle, alongside common sleep disorders and signposting students to where they can seek additional support should they suspect these.

Understanding and Managing Fear and Stress

Duration	2 sessions (ONLINE)
Date	Wednesday 13 th January and Thursday 14 th January
Time	6.30pm – 8pm
Venue	Zoom
Trainers	Ronan Benson Carrie Wilkinson

Duration	1 session
Date	Tuesday 16 th March
Time	5.30pm – 8.30pm
Venue	Jersey Library
Trainers	Ronan Benson Carrie Wilkinson

Stress affects most people at some point in their lives. This course covers the major factors why we believe we are undergoing stress, the effects on our body, mind and daily lives and ways to manage and interrupt the stress response.

Living with Depression

Duration	2 sessions (ONLINE)
Date	Wednesday 3 rd March and Thursday 4 th March
Time	6.30pm – 8pm
Venue	Zoom
Trainers	Ronan Benson Simon Irons

Duration	1 session
Date	Tuesday 9 th March
Time	5.30pm – 8.30pm
Venue	Jersey Library
Trainers	Ronan Benson Simon Irons

Depression is the most commonly diagnosed mental health problem. We will explore this topic and how it affects our lives. Through individual and small group work we will cover what depression is, what causes it and strategies to overcome it.

Understanding and Managing Anxiety

Duration	4 sessions (ONLINE) Monday's and Wednesday's
Date	Monday 18 th January to Wednesday 27 th January
Time	6.30pm – 8pm
Venue	Zoom
Trainers	Ronan Benson Liana Summers-Shaw

Duration	3 weeks – Monday's
Date	Monday 1 st March To Monday 15 th March
Time	6pm – 8pm
Venue	Jersey Library
Trainers	Hugo Forrester Louise Clark

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Students will develop an understanding of what Anxiety is, how it impacts your life and what you can do about it. We'll be exploring this topic through group discussion, individual activities and applying practical techniques.

What is Recovery?

Duration	1 session
Date	Wednesday 3 rd February
Time	5.30pm – 8.30pm
Venue	Jersey Library
Trainers	Lisa Kennedy Liana Summers-Shaw


This course has been designed to provide an introduction to the main principles of Recovery and how to apply them in the context of your own life.

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Goal Setting in Recovery

Duration	1 session
Date	Wednesday 10 th February
Time	5.30pm – 8.30pm
Venue	Jersey Library
Trainers	Lisa Kennedy Liana Summers-Shaw


To enable students to apply goal setting to everyday life based on needs. We will be exploring this topic in relation to Recovery.

In partnership with  LISTENING LOUNGE

Resilience and Wellbeing

Duration	1 session
Date	Wednesday 24 th February
Time	5.30pm – 8.30pm
Venue	Jersey Library
Trainers	Hugo Forrester Liana Summers-Shaw

To enable students to effectively apply concepts to improve their resilience and wellbeing. These are two words used a lot these days; through various individual and group activities we will explore the difference and shine a light on ways of improving both for optimal health.

In partnership with  Mind Jersey

Steps to Recovery

Duration	1 session
Date	Tuesday 2 nd March
Time	5.30pm – 8.30pm
Venue	Jersey Library
Trainers	Ronan Benson Rory Mitchell

To equip students with the skills and knowledge to promote wellbeing and prepare for crisis. We will be exploring this topic through different individual and group activities using elements of WRAP®.