



Jersey Recovery College

Summer Semester 2018

HOPE

EMPOWERMENT

OPPORTUNITY

Welcome

Welcome to Jersey Recovery College's Summer Semester 2018.

This Semester we will be offering some familiar courses and some new ones.

We manage the applications via timeframes. The opening date for applications is 19th March and will close on 15th April.

You can apply via our website – www.recovery.je/courses or by an application form. We will confirm all enrolments via email or post at the end of April.

We recommend applying for courses in order of preference to help us manage enrolments. Our courses are very popular and we do our best to meet everyone's needs.

The Summer Semester will run from 9th May to 27th July and we will look forward to seeing you on one of our courses.

Please don't hesitate to contact us if you have any questions.

Jersey Recovery College

Tune into Recovery

A fun and informal singing group.

Singing is brilliant for stress relief so come along and join us.

The course is open to everyone. No musical knowledge or experience is needed, just a 'give it a go' attitude and the willingness to take part in a non-judgemental and safe environment.

Each week we will sing a variety of songs and hopefully introduce new ones, possibly requested by yourselves, to build our collection.

Come along and sing your tensions away!

Duration	6 weeks (Wednesdays)
Date	6 June – 11 July
Time	1 – 2pm
Venue	Trinity Parish Hall
Trainers	Sue Le Marquand Jo Thorpe

Introduction to Recovery

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.

Duration 1 session
Date 12 June
Time 5.30 – 8.30 pm
Venue St James’s Centre
Trainers Tracy Meson
Ian Baudains

Or

Duration 1 session
Date 10 July
Time 2 - 5 pm
Venue Kensington Chambers
Trainers Jake Bowley
Ian Baudains

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

Duration 1 session
Date 19 June
Time 5.30 – 8.30 pm
Venue Kensington Chambers
Trainers Tracy Meson
Ian Baudains

Or

Duration 1 session
Date 17 July
Time 2 - 5 pm
Venue Kensington Chambers
Trainers Jake Bowley
Ian Baudains



Balanced Living for Beginners Lite

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 stand alone session or as a taster for those uncertain whether or not they would like to commit to the full course in the future.

Duration 1 session
Date 17 May
Time 6.30 – 8pm
Venue Kensington Chambers
Trainers Luke Shobbrook
Jo Thorpe

Or

Duration 1 session
Date 26 July
Time 6.30 – 8pm
Venue Kensington Chambers
Trainers Luke Shobbrook
Jo Thorpe

Understanding Low Self-Esteem

This course will help us 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.

Duration 1 session
Date 26 May
Time 10am – 2pm
Venue St James's Centre
Trainers Tracy Meson
Jo Thorpe

Exploring Self-Compassion

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.

Duration	1 session
Date	22 May
Time	6 – 9pm
Venue	St James's Centre
Trainers	Steve Wharmby Jo Thorpe

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.

Duration	1 session
Date	5 June
Time	6 – 9pm
Venue	St James's Centre
Trainers	Steve Wharmby Jo Thorpe



Facilitation Skills

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.

Duration	1 session
Date	16 May
Time	9am - 4pm
Venue	Kensington Chambers
Trainers	Karen Dingle

Co-Production In Action

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.

Duration	1 session
Date	26 June
Time	2 – 5pm
Venue	Kensington Chambers
Trainers	Jake Bowley

Sleep Management

Since the industrial revolution sleep has been trimmed from each end of the working day. Research is now highlighting the dire effects this is having on individuals and society.

The course will discuss this research, its far-reaching effects and why you should make sleep the most important part of your waking day.

Duration 2 sessions
Date 14 June – 21 June (Thursdays)
Time 5.30 – 7.30pm
Venue Kensington Chambers
Trainers Marcus Leonard
Ian Baudains

Or

Duration 2 sessions
Date 5 July – 12 July (Thursdays)
Time 5.30 – 7.30pm
Venue Kensington Chambers
Trainers Marcus Leonard
Ian Baudains

In partnership with



Understanding Peer Support

Do you know what peer support is and how it can help people experiencing mental health difficulties? Have you ever thought about using peer support or 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.

This session is aimed at people who are interested in understanding the principles and benefits of peer support, in particular those who may be considering accessing peer support for themselves or volunteering as a peer support worker.

Duration 1 session
Date 18 July
Time 5.30 – 8.30pm
Venue Kensington Chambers
Trainers Jenny Browne
Ian Baudains

In partnership with



Carer and Family Education Programme

This programme aims to educate anyone involved with caring for someone with a mental health difficulty. It includes sharing and learning from one another, looking after ourselves, communication skills, crisis planning, where to find support and hope for the future.

Duration 4 weeks (Saturdays)
Date 9 June – 30 June
Time 9am – 12pm
Venue St James's Centre
Trainers Stephen McCrimmon
Karen Dingle

In partnership with



Hope
Empowerment
Opportunity

Jersey Recovery College

www.recovery.je 01534 505977 hello@recovery.je

Open Water Swimming

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.

Duration 4 weeks (Mondays and Fridays)
Date 25 June – 20 July
Time 10 – 11/11.30am
Venue Kensington Chambers/Havre des Pas
Trainers Mike Swain
Jo Thorpe

Lifeguard support through



Jersey Recovery College Summer Semester 2018 Schedule

	May		June				July				
MON							Open Water Swimming (4 week course - Mon & Fri) 25-Jun - 20-Jul 10 - 11/11.30am				
TUES		Mindful Moments (1 session) 22-May 6 - 9pm		Exploring Self-Compassion (1 session) 05-Jun 6 - 9pm	Introduction to Recovery (1 session) 12-Jun 5.30-8.30pm	Recovery in Action (1 session) 19-Jun 5.30-8.30pm	Co-Production in Action (1 session) 26-Jun 2-5pm	Introduction to Recovery (1 session) 10-Jul 5.30-8.30pm	Recovery in Action (1 session) 17-Jul 5.30-8.30pm		
WED	Facilitation Skills (1 session) 16-May 9am - 4pm			Tune into Recovery (6 week course) 6-Jun - 11-Jul 1 - 2pm						Understanding Peer Support (1 session) 18-Jul 5.30-8.30pm	
THU	Balanced Living for Beginners Lite (1 session) 17-May 6.30 - 8pm				Sleep Management (2 sessions) 14-Jun - 21 Jun 5.30 - 7.30pm			Sleep Management (2 sessions) 5-Jul - 12-Jul 5.30 - 7.30pm			Balanced Living for Beginners Lite (1 session) 26-Jul 6.30 - 8pm
FRI							Open Water Swimming (4 week course - Mon & Fri) 25-Jun - 20-Jul 10 - 11/11.30am				
SAT		Understanding Low Self-Esteem (1 session) 26-May 10am -2pm		Carer and Family Education Programme (4 week course) 9-Jun - 30-Jun 9am - 12pm							
SUN											



We will look forward to seeing you at our summer semester courses.

Thank you.

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