



Autumn 2019 Prospectus

Jersey Recovery College is excited to bring you new and improved courses for our Autumn Semester. Our popular Balanced Living six-week course and Suicide Awareness are making a return and everything else is new!

JRC has re-designed our recovery courses and now offering four recovery modules which you can attend as a single session or full recovery course.

Following student feedback, our anxiety management course has been improved and extended to three weeks. With the high demand, this course will also be delivered twice!

The new courses will include a 4-week mindfulness course, 6-week trapeze yoga, a course to understand depression and a 9-week Positive Psychology course for older adults.

We understand that some of you don't have email addresses, you can still register using our paper application form. Contact us to request a form.

You can register your interest from Thursday 25th July until Tuesday 27th August, we will confirm all enrolments via email or post. After this time, you can still register but may be placed on the waiting list.

We're looking forward to seeing you. Thank you.

Jersey Recovery College

Recovery Programme

We will explore just what the "Recovery" in Jersey's Recovery College is.

We will look at the meaning of recovery for people with mental health difficulties. These four modules have been co-produced to look at some of the ways we can try to feel more hopeful and more in-control; allowing us to make the most of opportunities and move forwards in our Recovery.

We do recommend that all four of our recovery modules are attended for a fuller picture of 'recovery' within Jersey Recovery College.

What is Recovery?

This module is the first of four where we will be looking at describing recovery principles, what helps in Recovery and evaluating what recovery means for ourselves.

This course has been designed to aid a better understanding of recovery and what is available to all our students.

Duration	1 session
Date	Wednesday 11 th September
Time	9.30am – 11.30am
Venue	Kensington Chambers
Trainers	Ronan Benson Ian Baudains

Goal Setting in Recovery

This module is the second of four where we will be explaining Maslow's Hierarchy of Needs, introducing you to SMART principles, identify your personal needs and creating a personalised SMART plan based on Maslow's Hierarchy of Needs.

This course has been designed as an interactive workshop to aid with goal settings in everyday life.

Duration	1 session
Date	Wednesday 25 th September
Time	9.30am – 11.30am
Venue	Kensington Chambers
Trainers	Ronan Benson Louise Lancashire

Resilience and Wellbeing

This module is the third of four where we will be explaining wellbeing, discussing the Wheel of Wellbeing, resilience and how to bounce back.

This course has been designed to aid in personal resilience and wellbeing in everyday life.

Duration	1 session
Date	Wednesday 9 th October
Time	9.30am – 11.30am
Venue	Kensington Chambers
Trainers	Ronan Benson Louise Lancashire

Steps to Recovery

This is our final module where we will be looking at how to keep yourself well, how to recognise when you are not well and what you can do in times of difficulty. You will learn how to maintain your recovery with a personalised action plan for everyday life.

Duration	1 session
Date	Wednesday 30 th October 2019
Time	9.30am – 12.30pm
Venue	Kensington Chambers
Trainers	Ronan Benson Louise Lancashire

Understanding and Managing Anxiety

We will explore anxiety in the context of our own lives. Over three sessions we will cover what anxiety is, what causes it and what can we do about it. Through group discussion and activities, we will look at how our modern day lives impact on our basic needs as a social being.

Duration 3 weeks
Date Thursday 19th September – Thursday 3rd October
Time 2.30pm – 4.30pm
Venue Salvation Army
Trainers Ronan Benson
Louise Clark

Duration 3 weeks
Date Tuesday 15th October – Tuesday 29th October
Time 5.30pm – 7.30pm
Venue Kensington Chambers
Trainers Ronan Benson
Louise Lancashire

Introduction to Co-production

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.

Duration 1 session
Date Tuesday 10th December
Time 2pm – 5pm
Venue Kensington Chambers
Trainers Jake Bowley
Karen Dingle

Introduction to Mindfulness

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. The course will benefit the student with:

- Reduction of stress, anxiety and improvement of mood.
- Improvement in concentration.
- Increase in self-compassion and therefore becoming less critical and kinder to self.
- For some it can simply be one of the above or just the awareness of breath or stillness

Duration 4 weeks
Date Tuesday 12th November – Tuesday 3rd December
Time 6pm – 8pm
Venue Salvation Army
Trainers Carolyn Coverley

Trapeze Yoga

Life from a Different Angle

A trapeze is a material swing with handles, it supports you with yoga poses which enables enjoyment of physical exercise.

These classes offer a gentle introduction where students can learn at their own pace, building self-belief and focus. Students can grow physically stronger and increase their confidence in a safe environment and promote social engagement.

Students will learn simple breathing techniques which will stimulate the relaxation response in the body which can then be used on a regular basis outside of the sessions.

Duration 6 weeks
Date Wednesday 16th October 2019 – Wednesday 20th November 2019
Time 3pm – 4pm
Venue St John's Recreation Centre
Trainers Lorna Kearny
Kevin Proctor

Suicide Awareness

This session aims to create empathy and challenge stigma by developing understanding of suicidal behaviour. You will know your role in suicide prevention and be able to respond to someone in distress and be able to use the resources provided to know how to seek help.

Duration 1 session
Date Tuesday 10th September
Time 2pm – 4.30pm
Venue Kensington Chambers
Trainers Steve Tumelty
Karen Dingle

Duration 1 session
Date Thursday 24th October
Time 2pm – 4.30pm
Venue Kensington Chambers
Trainers Steve Tumelty
Karen Dingle

Positive Psychology for Older Adults

In this busy world it is common to spend time worrying about the future and dwelling on the past. Developing the skills of Positive Psychology can help you to reconnect with yourself and others.

The course is aimed at ages 65+ and will focus on fostering and developing positive elements of wellbeing, rather than focusing on symptoms / reduction of symptoms.

Duration 9 weeks
Date Monday 30th September –
Monday 2nd December
(break on Monday 21st October)
Time 2pm – 3.30pm
Venue Library
Trainers Jane Holmshaw
Louise Clark

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 difficulties.

Duration 6 weeks
Date Wednesday 18th September –
Wednesday 23rd October
Time 6.30pm – 8pm
Venue Kensington Chambers
Trainers Luke Shobbrook
Alex Black

Living with Depression

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

Duration 1 session
Date Thursday 14th November
Time 5.30pm – 8.30pm
Venue Kensington Chambers
Trainers Ronan Benson
Alex Black

We look forward to
seeing you at our
Autumn Semester!



Jersey Recovery College
Hope · Empowerment · Opportunity

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