



Jersey Recovery College

Autumn 2020

Prospectus



# Welcome to JRC

Autumn Semester 2020 is now available to register your interest. Applications are open from Wednesday 19th August, 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.

This semester we will be providing virtual and classroom-based courses.

## What's new?

We're eager to bring you new courses this semester! We have virtual courses on immunity and understanding sleep. We delighted to bring a 'walk and talk' course to you which will include education and reflective practices. There will also be a 9-week course on 'Positive Psychology for Older Adults' which we haven't had the pleasure to deliver yet.

## What's returning?

Consistently we will offer our recovery programme that is split into four separate modules, returning along with courses on depression, anxiety, fear and stress, mindfulness and yoga. We have scheduled our 'Introduction to Co-production' into this semester.

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](http://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.
- 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](mailto:hello@recovery.je)

01534 505977 | [hello@recovery.je](mailto:hello@recovery.je) | [www.recovery.je](http://www.recovery.je)  
Lincoln Chambers, 31 Broad Street, St Helier, JE2 3RR

# How is JRC keeping their staff and students safe?

There are a number of measures that we are putting into place to keep our staff and students safe during the COVID pandemic.

What you can expect from us:

- 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 for the Autumn that covers both.
- We are reducing classroom sizes to adhere to the 1m social distancing rule.
- We are following Government advice on safe hygiene and ensuring the venues we use also do so.
- Tissues and hand sanitiser will be available on each table.
- Staff will disinfect the classroom and toilets (if required) before and after the course.
- We will be considerate in how we run activities on our courses.

What we expect from you:

- We ask that you do not attend a JRC course if you are displaying any signs of COVID.
- 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.
- We will no longer be providing refreshments on our courses so please remember to bring your own.
- Please bring your own notebook and pen to our courses.
- Please wash your hands or use hand sanitiser provided when attending our courses. Please follow any other hygiene and safety asked of you by JRC.



# Autumn Semester Course Overview

Contents	No. of Sessions	Start Date	Time
<b>Giving back to the Community (page 4)</b>			
Introduction to Co-production	1 session	8 <sup>th</sup> September	5.30pm – 8.30pm
<b>Living Well (page 5)</b>			
Introduction to Gentle Yoga	6 sessions	24 <sup>th</sup> September	6.30pm - 7.30pm
Walk and Talk	6 sessions	7 <sup>th</sup> September	11am – 12pm
Taking care of my immune system - online	2 sessions	5 <sup>th</sup> October	5.30pm – 7.30pm
<b>Developing Life Skills (page 6)</b>			
Introduction to Mindfulness - online	6 sessions	3 <sup>rd</sup> November	6pm – 8pm
Understanding Sleep - online	2 sessions	26 <sup>th</sup> October	5.30pm – 7.30pm
Positive Psychology for Older Adults	9 sessions	12 <sup>th</sup> October	2pm – 3.30pm
<b>Understanding Mental Health Difficulties (page 7)</b>			
Understanding and Managing Fear and Stress - online	2 sessions	19 <sup>th</sup> October	4.30pm – 6pm
Living with Depression - online	2 session	28 <sup>th</sup> October	5.30pm – 7pm
Understanding and Managing Anxiety - online	4 sessions	8 <sup>th</sup> September	5.30pm – 7pm
<b>Exploring recovery and rebuilding your life (page 8-9)</b>			
What is Recovery?	1 session	22 <sup>nd</sup> September	5.30pm – 8.30pm
Goal Setting in Recovery	1 session	11 <sup>th</sup> November	2pm – 4pm
Resilience and Wellbeing	1 session	25 <sup>th</sup> November	2pm - 5pm
Steps to Recovery	1 session	9 <sup>th</sup> December	2pm - 5pm

## 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.

<b>Duration</b>	1 session – Tuesday
<b>Date</b>	Tuesday 8 <sup>th</sup> September
<b>Time</b>	5.30pm – 8.30pm
<b>Venue</b>	Salvation Army – Worship Hall
<b>Trainers</b>	Beth Moore Karen Dingle



## Introduction to Gentle Yoga

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.

<b>Duration</b>	6 weeks – Thursday's
<b>Date</b>	Thursday 24 <sup>th</sup> September to Thursday 29 <sup>th</sup> October
<b>Time</b>	6pm – 7pm
<b>Venue</b>	Highlands College
<b>Trainers</b>	Carolyn Coverley Louise Clark

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who wanted to support peoples  
recovery towards mental  
wellbeing

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## Walk and Talk

Coming out of lockdown, we want to connect with nature and other people and see how it impacts our wellbeing. Do you know if you feel better at the beach, in the woods or up high looking over a landscape? We will go on different walks (roughly 45 minutes and moderately paced) and a hold review session to determine which are the best settings for your walks and whether walking improves your individual wellbeing. You must be able to walk 1 hour comfortably, wear comfortable clothes and shoes.

<b>Duration</b>	6 weeks – Monday's
<b>Date</b>	Monday 7 <sup>th</sup> September to Monday 12 <sup>th</sup> October
<b>Time</b>	11am – 12pm
<b>Venue</b>	Various Locations (confirmation via email)
<b>Trainers</b>	Ronan Benson Kevin Proctor

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## Taking Care of my Immune System

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.

<b>Duration</b>	2 sessions – Monday and Tuesday
<b>Date</b>	Monday 5 <sup>th</sup> October to Tuesday 6 <sup>th</sup> October
<b>Time</b>	5.30pm – 7.00pm
<b>Venue</b>	ONLINE: Zoom – Virtual Classroom
<b>Trainers</b>	Ronan Benson Louise Lancashire

## 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.

<b>Duration</b>	6 weeks – Tuesday's
<b>Date</b>	Tuesday 3 <sup>rd</sup> November to Tuesday 8 <sup>th</sup> December
<b>Time</b>	6pm – 8pm
<b>Venue</b>	ONLINE: Zoom – Virtual Classroom
<b>Trainers</b>	Carolyn Coverley Kevin Proctor

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mindfulness & yoga for all

## Understanding Sleep

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.

<b>Duration</b>	2 weeks – Monday's
<b>Date</b>	Monday 26 <sup>th</sup> October to Monday 2 <sup>nd</sup> November
<b>Time</b>	5.30pm – 7.30pm
<b>Venue</b>	ONLINE: Zoom – Virtual Classroom
<b>Trainers</b>	Alison Pell Louise Lancashire

## 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.

<b>Duration</b>	9 weeks – Monday's
<b>Date</b>	Monday 12 <sup>th</sup> October to Monday 7 <sup>th</sup> December
<b>Time</b>	2pm – 3.30pm
<b>Venue</b>	Jersey Library
<b>Trainers</b>	Jane Holmshaw Karen Dingle



## Understanding and Managing Fear and Stress

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.

<b>Duration</b>	2 sessions – Monday and Tuesday
<b>Date</b>	Monday 19 <sup>th</sup> October to Monday 20 <sup>th</sup> October
<b>Time</b>	4.30pm – 6pm
<b>Venue</b>	ONLINE: Zoom – Virtual Classroom
<b>Trainers</b>	Siobhan Poingdestre Louise Lancashire

## Living with Depression

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

<b>Duration</b>	2 session – Wednesday and Thursday
<b>Date</b>	Wednesday 28 <sup>th</sup> October to Thursday 29 <sup>th</sup> October
<b>Time</b>	5.30pm – 7pm
<b>Venue</b>	ONLINE: Zoom – Virtual Classroom
<b>Trainers</b>	Ronan Benson Simon Irons

## Understanding and Managing Anxiety

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.

<b>Duration</b>	4 sessions – Tuesday's and Thursday's
<b>Date</b>	Tuesday 8 <sup>th</sup> September to Thursday 17 <sup>th</sup> September
<b>Time</b>	5.30pm – 7.30pm
<b>Venue</b>	ONLINE: Zoom – Virtual Classroom
<b>Trainers</b>	Ronan Benson Louise Clark

## Recovery Programme

This programme 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. 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.

You can attend one of these courses or all four. Our recovery modules as a programme are recommended for a fuller picture of ‘recovery’ within Jersey Recovery College.

### What is Recovery?

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.

Duration	1 session - Tuesday
Date	Tuesday 22 <sup>nd</sup> September
Time	5.30pm – 8.30pm
Venue	Salvation Army – Worship Hall
Trainers	Ronan Benson Kevin Proctor

### Goal Setting in Recovery

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

Duration	1 session - Wednesday
Date	Wednesday 11 <sup>th</sup> November
Time	2pm – 4pm
Venue	Salvation Army – Worship Hall
Trainers	Ronan Benson Liana Summers-Shaw

## Resilience and Wellbeing

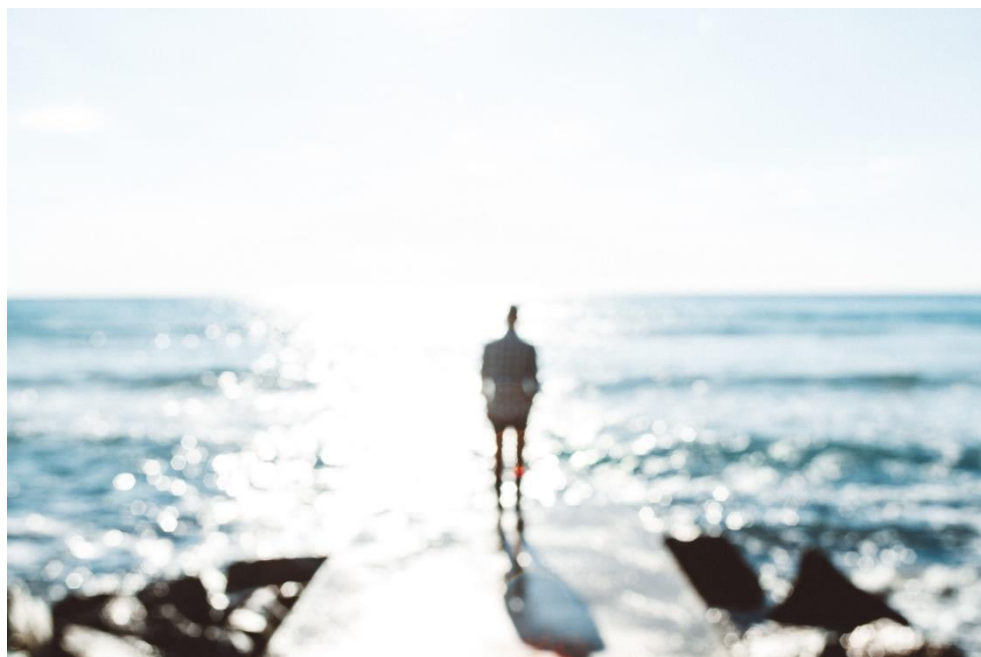
To enable students to effectively apply concepts to improve their resilience and wellbeing. These are two words used a lot these days; through various individual and group activities we will explore the difference and shine a light on ways of improving both for optimal health.

<b>Duration</b>	1 session - Wednesday
<b>Date</b>	Wednesday 25 <sup>th</sup> November
<b>Time</b>	2pm – 5pm
<b>Venue</b>	Salvation Army – Worship Hall
<b>Trainers</b>	Ronan Benson Carrie Wilkinson

## Steps to Recovery

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®.

<b>Duration</b>	1 session - Wednesday
<b>Date</b>	Wednesday 9 <sup>th</sup> December
<b>Time</b>	2pm – 5pm
<b>Venue</b>	Salvation Army – Worship Hall
<b>Trainers</b>	Ronan Benson Rory Mitchell







Jersey Recovery College

We are looking forward to  
welcoming you at our  
Autumn Semester!

01534 505977 | [hello@recovery.je](mailto:hello@recovery.je) | [www.recovery.je](http://www.recovery.je)  
Lincoln Chambers, 31 Broad Street, St Helier, JE2 3RR