

2018

Autumn Prospectus



Welcome to Jersey Recovery College's Autumn Semester 2018.

You can apply via our website (www.recovery.je/register-interest) or by contacting us for an application pack.

We will confirm all enrolments via email or post by 25th October.

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

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

Jersey Recovery College

Introduction to Recovery

This workshop explores just what the "Recovery" in Jersey's Recovery College is.

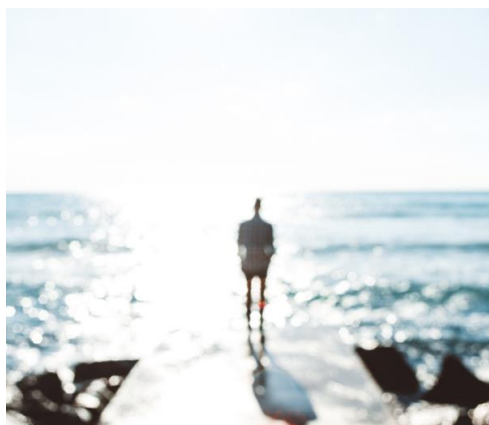
We will look at the meaning of recovery for people with mental health difficulties, their friends and families, and for the professionals who work with them.

Duration	1 session
Date	6 th November 2018
Time	2pm – 5pm
Venue	Kensington Chambers
Trainers	Jake Bowley Siobhan Poingdestre

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	13 th November 2018
Time	6pm – 9pm
Venue	St James's Centre – Hall
Trainers	Steve Wharmby Beth Moore



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.

Duration	1 session
Date	20 th November 2018
Time	2pm – 5pm
Venue	Kensington Chambers
Trainers	Jake Bowley Siobhan Poingdestre

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.

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	11 th December 2018
Time	6pm – 9pm
Venue	St James's Centre – Hall
Trainers	Steve Wharmby Beth Moore

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 anyone interested in using their lived experience to work within a co-production model in order to contribute to services. Alternatively, it is suitable for any health professional or third sector organisation interested in exploring co-production within their own field.

Date 5th December 2018
Time 2pm – 5pm
Venue St James's Centre – Room 1
Trainers Jake Bowley
Karen Dingle

Supporting Someone with a Mental Health Difficulty

This course aims to educate people who are caring or supporting 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 sessions (Saturday's)
Date 17th November to
15th December 2018*
Time 9am to 12pm
Venue St James's Centre – Room 1
Trainers Stephen McCrimmon
Karen Dingle

*there is a break on Saturday 1st December

In partnership with  **Mind Jersey**
for better mental health



Jersey Recovery College Autumn Semester 2018 Schedule

November				December		
MON						
TUES	Introduction to Recovery 6th November 2 - 5pm Kensington Chambers	Mindful Moments 13th November 6 - 9pm St James's Centre - Hall	Recovery in Action 20th November 2 - 5pm Kensington Chambers		Exploring Self-Compassion 11th December 6 - 9pm St James's Centre - Hall	
WED					Co-Production in Action 5th December 2 - 5pm St James's Centre - Room 1	
THU						
FRI						
SAT					Supporting Someone with a Mental Health Difficulty (4-week course) 17th November - 15th December (break on 1st December) 9am - 12pm St James's Centre - Room 1	

Everyone Jersey Recovery College employs has experience of a mental health difficulty. That is our strength. We are good at what we do because we get it. It also means that we sometimes have to take time to focus on the wellbeing of our organisation.

With this in mind, we have reduced the amount of courses we will deliver in our Autumn Semester 2018.

The JRC team will be using this time to plan for 2019 to offer more new courses.

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

Thank you.

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www.recovery.je

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