

Mental Health Education for Everyone



Jersey Recovery College

Prospectus

Spring 2024

January and February

Who we are:

JRC is a community-based independent mental health charity. We offer free education and training to people experiencing mental health difficulties and the family, friends and professionals who support them.

We also run a Mental Health At Work programme for industry and can be secured for staff training at all levels. This important work not only educates the workforce in how to manage mental health needs and support one another, but also helps to subsidise our community provision.

Contact us via hello@recovery.je or visit www.recovery.je/mental-health-at-work



Supported by



Welcome

A warm welcome to our prospectus, detailing what is available for the first half of the spring term - a range of free community courses on mental health, recovery, and wellbeing.

This year we are releasing our courses approximately every half term, so we will have another update for you with more courses, during January.

We have our popular Somatic Movement course returning - simple and accessible movement that some find useful for pain and relaxation.

We hope to see you at some of our courses and do keep an eye out for our next prospectus! Join our mailing list to ensure you are the first to know when we release courses - you can do this via our website or by emailing us at hello@recovery.je

Dreena Collins - Deputy Executive Officer



Courses at a Glance

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“It is spring again. The earth
is like a child that knows
poems by heart.”

Rainer Maria Rilke

January Courses

COURSE: An Introduction to Somatic Movement and Wellbeing

DATE: Mondays 8th, 15th, 22nd and 29th January, 6-7.30pm

VENUE: Community Hall, Salvation Army

Somatic Movements 'rewire the brain' to restore painless, efficient, functional movement to the body. They are a means to release chronic tension in muscles caused by habitual movement and compensatory patterns.

Somatic movements (SM) are simple and are therefore accessible to everyone and may help those who are experiencing chronic pain, impacting both mind and body.

This course is once a week for four weeks.

Facilitators: Claire Corson and Jo Alm

COURSE: Immunity for Wellbeing

DATE: Wednesdays 10th and 17th January, 6.30-8pm

VENUE: Jersey Town Library. (Meet in Dumaresq (MR2) for week one.)

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 of treatment of any physicians or healthcare professionals.

This course is over two sessions.

Facilitators: Ronan Benson and Kevin Proctor

COURSE: Express Yourself: Creativity Through Monoprinting
DATE: Tuesday 23rd, 30th January and 6th February, 6-8pm
VENUE: Community Hall, Salvation Army

Monoprinting is a great introduction to printmaking that is quick and easy to learn. It allows the artist to express themselves by using a tactile process, and each print produced is unique.

This is a practical course, where participants will take part in producing their own artwork, and reflect how and why it might benefit their wellbeing, within a safe space. No prior experience is necessary, and materials are provided.

This course is once a week for 3 weeks

Facilitators: Jo Alm and Gosia Krzysztofik

COURSE: Understanding and Managing Anxiety
DATE: Wednesdays, 24th, 31st January and 7th February, 6-8pm
VENUE: Workspace, Jersey Library

Everyone has feelings of anxiety at times, but when anxiety takes over it can be unhelpful, and even debilitating.

This course will develop an understanding of what anxiety is, how it impacts your life, and what you can do about it. We will explore this topic through group discussion, individual activities, and by applying practical techniques.

This course is over three sessions

Facilitators: Ronan Benson and Alan Rumfitt



February

COURSE: Living with Depression

DATE: Monday 19th February, 5.30-8.30pm

VENUE: Workspace, Jersey Library

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.

Facilitators: Ronan Benson and Simon Irons

How do I register?

All courses are free.

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

- Access the Student Learning Portal on our website (www.recovery.je/courses).
- You will then receive an email confirming receipt. Please check your junk/spam inbox if you don't receive one.
- To see your courses, go to the 'Student Login' link on the top right-hand corner of the website, then click on 'My Courses'.
- The status will be 'provisional' until we confirm course places.
- You can register at any time but may be placed on the waiting list if the courses are full.

If you need any support, please give us a call on 01534 505977, or email hello@recovery.je

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