



Jersey Recovery College

Hope · Empowerment · Opportunity

SUMMER SEMESTER 2017

May – August 2017



Welcome

Welcome to Jersey Recovery College's Summer Semester 2017.

We are delighted to offer eight separate courses between May and August. We have incorporated the learnings from our soft-launch and have programmed a few new courses too.

The closing date for applications for this upcoming semester is 28th April. You can apply via our website – www.recovery.je/courses, or by contacting us for an application pack.

Our Summer Semester will commence on 15th May and run until 8th August. Some courses are restricted to a limited number of students. While we do our best to make sure everyone gets enrolled on the course/s they apply for, we can't guarantee everyone a place. We encourage you to apply as soon as you can to help us manage demand. We will confirm all enrolments via email or phone in the first two weeks of May.

Please don't hesitate to contact us if you have any questions. We hope to see you at one of our courses soon.

Jersey Recovery College

W: www.recovery.je **T:** 505977 **E:** hello@recovery.je
A: Jersey Recovery College, Lincoln Chambers, 31 Broad Street, St Helier, JE2 3RR

Introduction to Recovery

Date: Tuesday 16th May
Time: 2.00 – 5.00pm
Duration: 1 session

Or

Date: Tuesday 4th July
Time: 5.30 – 8.30pm
Duration: 1 session

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.

Recovery in Action

Date: Tuesday 13th June
Time: 2.00 – 5.00pm
Duration: 1 session

Or

Date: Tuesday 8th August
Time: 5.30 – 8.30pm
Duration: 1 session

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 take opportunities.

Open Water Swimming

Date: Monday 19th June – Friday 14th July

Time: 10:00 – 11:00am

Duration: 4 weeks (Mondays and Fridays – 8 sessions)

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.

Carer and Family Education Programme

Dates: Saturday 27th May – Saturday 1st July

Time: 9.00 – 12.00pm

Duration: 5 sessions (No session on 17th June)

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.

Introduction to Compassionate Mindfulness

Date: Thursday 18th May

Time: 6.30 – 8.00pm

Duration: 1 session (*Precursor for the June Course*)

Or

Date: Thursday 3rd August

Time: 6.30 – 8.00pm

Duration: 1 session (*Precursor for our Winter Semester course - September*)

This workshop is aimed at those interested in attending the eight-week Compassionate Mindfulness course. It will provide an overview of the longer course to enable individuals to decide whether or not they would like to continue with the eight-week course.

Please note: We are running two Introduction sessions this semester, the first as a precursor to our eight-week course starting in June, and the second as a precursor to our Winter Semester course (September – December. Dates TBC).

Compassionate Mindfulness

Dates: Thursday 8th June – Thursday 27th July

Time: 6.30 – 8.30pm

Duration: 8 weeks

Mindfulness and Self-compassion have been shown to improve many areas of wellbeing, including lowering stress, improving mood and increasing life satisfaction. The Compassionate Mindfulness eight-week course aims to explain the concepts of mindfulness and self-compassion and to offer various practices to help embed these into our lives.

A willingness to practice daily is essential to getting the most out of the course.

Please note: We recommend also applying for the Introduction to Compassionate Mindfulness course on the 18th May if you would like to complete this eight-week course.

Balanced Living for Beginners Lite

Date: Wednesday 24th May

Time: 6.30 – 8.00pm

Duration: 1 session

Or

Date: Thursday 12th July

Time: 6.30 – 8.00pm

Duration: 1 session

(A standalone session or a good precursor for six-week course)

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 standalone session or as a taster for those uncertain whether or not they would like to commit to the full course.

Balanced Living for Beginners: An Everyday Guide to Managing Emotions and Relationships

Dates: Wednesday 31st May – Wednesday 5th July

Time: 6.30 – 8.00pm

Duration: 6 weeks

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 problems.

Please note: The Balanced Living for Beginners Lite session is a good precursor to this six-week course.

Jersey Recovery College Summer Semester 2017 Schedule



	MAY	JUNE	JULY	AUGUST
MON		Open Water Swimming (4 week course) 19 th June – 14 th July 10am-11am		
TUE	Intro to Recovery 16 th May 2 – 5pm	Recovery in Action 13 th June 2 – 5pm	Intro to Recovery 4 th July 5.30 – 8.30pm	Recovery in Action 8 th August 5.30 – 8.30pm
WED	Balanced Living for Beginners Lite 24 th May 6.30 - 8pm	Balanced Living for Beginners (6 week course) 31 st May to 5 th July 6.30 - 8pm		Balanced Living for Beginners Lite 12 th July 6.30 - 8pm
THU	Intro to Compassionate Mindfulness 18 th May 6.30 - 8pm	Compassionate Mindfulness (8 week course) 8 th June to 27 th July 6.30 - 8.30pm		Intro to Compassionate Mindfulness 3 rd August 6.30 - 8pm
FRI				
SAT		Carer and Family Education Programme (5 week course) 27 th May to 1 st July 9am - 12pm <i>(No session on 17th June)</i>		
SUN				

Thank you

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