



Annual Report 2022

Mental Health Education for Everyone





It's a pleasure to reflect on 2022: not an easy year for any charity, including JRC. As the island returned to normal following the pandemic, we ensured our offer continued to be impactful for the community. This was made easier given the team's skills, commitment, and willingness to embrace change.

Recognising we were at a pivotal point, we revisited our strategic aims and restructured and increased the team, enabling us to grow. Clearly, funding is key, and we devised a new funding plan, including development of our Mental Health at Work programme, supporting our free community courses as well as making a significant impact on positive workplace mental health.

We relocated to temporary offices as we began the challenging job of finding a suitable base. The good news: negotiations have started to secure premises to enable us to run courses in-house and thus establish a 'college' identity, which has long been our aim. This will provide a welcome base for students and staff.

With strong foundations in place, we have been able to set ambitious growth plans, with work underway on several projects that support island-wide objectives.

None of this is possible without the incredible support of our Board, Management Team, volunteers, and supporters, to which I extend my sincere thanks. And, of course, our wonderful students, who are the reason we continue to work so hard.

A handwritten signature in yellow ink, which appears to read "Teresa Lamy". The signature is written in a cursive style and is enclosed within a yellow circular outline.

Teresa Lamy, Chair





Our fifth birthday party in June 2022 was a significant milestone for Jersey Recovery College (JRC). It was a moment for reflection and celebration, supported by the beautiful 1000 origami cranes exhibition made by the community and supported by Ramparts and Jersey Library.

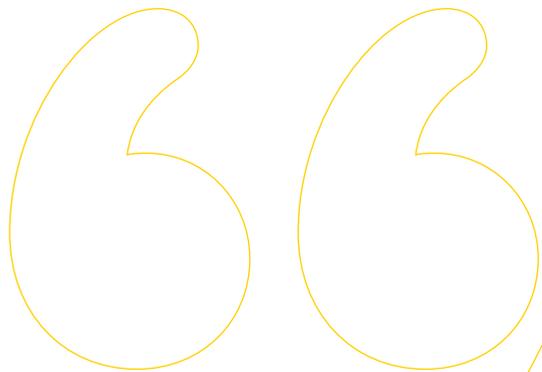
The first five years has been about establishing JRC, supporting our community by creating high-quality free-to-access courses, building the team and developing a workplace training offer to create mentally healthy workplaces and provide sustainable income to the charity.

Our five-year anniversary also felt like the right time to look forward and be ambitious; towards setting up a College building, developing a service for young people, delivering more hours of free community education, growing our Mental Health at Work offer and driving co-production across the health system. There is so much we want to achieve to support the mental health of our island.

Over the next twelve months we plan to take some big leaps forward. I feel so lucky to walk this path with the best team, Board and volunteers, and with such supportive partners. We all believe passionately in the power of education to support mental health.

Beth Moore

Beth Moore, CEO





Our mission

To champion good mental health through education



Our vision

To be leaders in mental health education and co-production and to support our students to have the most satisfying and meaningful lives possible



Our values

Hope, Empowerment and Opportunity

Hope that recovery is possible

Empowerment through education to better manage mental health

Opportunities to learn, connect, heal and grow



Strategic aims for 2022

Support wider healthcare system by developing courses focusing on chronic conditions and their impact on mental health

Create mentally healthy businesses. Develop Mental Health at Work

Champion and embed co-production in the mental health system

Support the island's COVID recovery by developing programmes for affected groups

Increase profile and income through employing a marketing and fundraising coordinator

Build organisational resilience by developing Associate Programme

2022 at a glance

2022 was our most successful year to date:

- 648 individual students
- 75 courses delivered
- 97% of our students would recommend a JRC course

“

More courses like this please. As well as creating gorgeous art all attendees happily chatted to one another and shared bits of their story/recovery journey. So reassuring.

”

In 2022, we:

- welcomed our highest student numbers to date
- developed our chronic conditions and mental health programme
- celebrated our fifth birthday
- grew the number of partners who we work with
- embedded our Associate Programme
- worked with over 300 people and 26 organisations for our Mental Health at Work programme
- created the 1000 crane Exhibition at Jersey Library with Ramparts
- delivered our first summer school
- launched the Co-production Network project





Mental health education for everyone

JRC's community provision provides free to access self-referral courses for, and about, your mental health. Co-production and recovery are at the heart of what we do. All our courses are designed and delivered by a practitioner, working as an equal with a peer facilitator with lived experience of mental health difficulties. We are unique on the island in working this way.

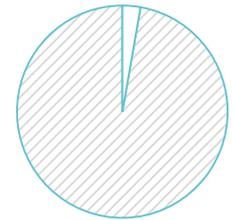
We work with a range of partners to ensure our curriculum offer meets community and student demand. In 2022, had a number of powerful partnerships, including a course on Cancer: Your Mental Health Experience with Macmillan Jersey, and another with FOCUS on Mental Illness (Psychosis: What's Next?).

In 2022, we:

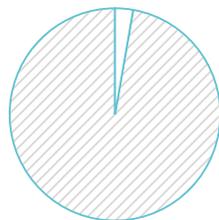
- had our greatest ever variety of courses run in a year (43 different courses)
- had 541 enrolments
- welcomed 140 new students, we have now worked with 1322 community students since our inception
- created and delivered 13 new courses
- received over 97%+ average satisfaction rates from students on:
 - Meeting our learning objectives
 - Meeting or exceeding their expectations
 - Recommending our courses to family/friends



541 enrolments

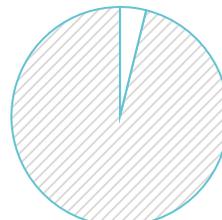


97%+ average students satisfaction rate



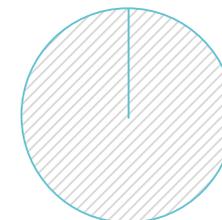
Hope

97% said 'this course has helped me feel more positive about the future'



Empowerment

98% said 'this course has helped me feel more confident and given me more direction'



Opportunity

100% said 'this course has helped me to feel more supported and connected to other people'

Connecting with our island community

JRC often attends outreach sessions and events, as well as taking part in island initiatives to meet the needs of the community. During 2022, we worked hard to raise our profile by attending several community events, including:

- PRIDE Jersey – we manned a pop-up stall for the public
- Full Circle Festival – we spread the word and raised funds for the college via neon face-painting at this music festival
- The Jersey Marathon – we entered a relay team, and our very own Nancy Thomas also completed the entire marathon alone!

One major event in our calendar was our fifth birthday party. January 2022 was our five year anniversary, and we celebrated this in June (when COVID-19 restrictions were reduced) at Jersey Library. We also created a challenge for ourselves, with the support of the community – aiming to produce 1000 origami cranes in time for the event.

This was inspired by the Japanese tradition of passing a crane to someone as a symbol of hope or good luck. Our cranes were created by the public, other charities, our students, and a local arts-based organisation, RampArts, who then created a hanging display for us that was a beautiful centrepiece at the party.

During 2022, we also developed our provision, adding value to what we do via some new initiatives. This included a pilot summer school: we ran specially requested short courses at The Bridge (family centre), customising these to be two hours long to enable participants to access the creche at the venue. We also provided outreach to a raft of groups and companies, including HSBC, an ADHD Parents and Carers' Support Group, and a session for staff in the Inclusion Team of Education.



I couldn't think of any way I could improve the course, thank you.



Creating mentally healthy workplaces

The Mental Health at Work programme has continued to grow in 2022. We provided mental health education courses for 26 workplaces covering topics from senior leadership to cultural change and stigma reduction. We have run in-depth programmes alongside bespoke deliveries for a variety of organisations across the island helping workplaces build mentally healthy environments by creating awareness and enabling self-care and management.

Our Courses:

- Senior Leaders' Workshop for Mental Health
- A Manager's Guide to Mental Health
- Individual Wellbeing in the Workplace
- How to Support Colleagues
- Wellbeing courses



In 2022:



We supported
328
delegates

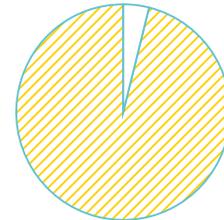


We partnered with
26
organisations

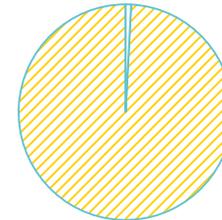


We delivered
198
hours of training

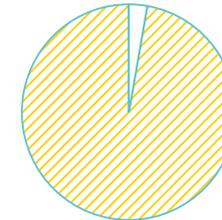
We asked our 2022 delegates about our programme:



96%
said it gave them hope of positive change within their organisation



99%
said they had a better understanding of Mental Health



97%
said they now have knowledge to better manage their own Mental Health

Co-production in action



By working as we did whilst exploring the subject and facilitating a great session my wellbeing, views and experiences were respected and taken into account. A very positive experience, thanks.

Co-production participant



Co-production involves people with lived experience, family members, those who fund services, clinicians and those who manage services working as partners to shape services. Unlike consultation, co-production is built on a power-sharing model, where all parties have an equal say in decision making. We are committed to promoting and embedding co-production as a model of choice across the mental health system.

The Co-production Network

In 2022 we secured funding and support from the Mental Health Systems Partnership Board to run a pilot designed to embed co-production across mental health services. Working in partnership with equals by experience, carers, Mind Jersey, Focus on Mental Illness, the Listening Lounge, Public Health and Health and Community Services, we have designed a project to:

- establish a Co-production Network of practitioners skilled in designing and facilitating pieces of co-production to work across the mental health system

- establish a network of stakeholders with a shared understanding of the co-production model, the practicalities of adopting it, a commitment to best practice and a passion for embedding it within our mental health system
- co-produce the design of an Engagement Framework supporting co-production in mental health
- create a Co-production Network model that can be rolled out to wider health and community/public services

This project continues into 2023.

Co-production training

We have three pieces of co-production training – Introduction to Co-production, Designing Co-production and Facilitating Co-production. In 2022 we:

- delivered Introduction to Co-production three times in the community, to 22 people from a variety of organisations

- delivered in-house co-production training sessions for CYPES (Children, Young People, Education and Skills) to 18 people

Using co-production

We are committed to using co-production to shape our services at JRC. We do this via course design and delivery and projects. During 2022, we:

- co-produced ‘Pandemic Recovery Courses’ with a number of providers, including Jersey Hospice, Family Nursing and Home Care, funeral homes and care companies, using the Bailiff’s Recovery Fund to create targeted courses around grief, loss, and the experiences of the mental health impact of the pandemic on care sector staff

Recovery in action

JRC not only provides opportunities for students in the community, but also as an employer.

We are proud to employ several staff with lived experience of mental health difficulties. They bring their valuable insight to the development of courses and college projects, and their roles within the organisation can be instrumental in growing their career and within their recovery journey.

In the last five years, we have seen staff flourish in a number of ways: whether moving from voluntary to paid work, progressing within JRC to more substantial roles, or even moving on to new opportunities with other third sector providers, we are proud of them and grateful to have been a part of their story,

Staff tell us:

- 98%* say JRC has helped them grow professionally
- 98%* say JRC has helped them feel more confident
- 96%* say they would recommend working with JRC – rising to 100% in 2022

How we develop our staff:

- Providing multiple roots and models of engagement: for example, volunteering (which may lead to paid work); Associates; fixed-term contracts; project work
- Opportunities for support and sharing practice
- Providing in-house and external training opportunities for employees, such as ‘Facilitating Co-Production’ and ‘Emotional Safety’ sessions
- Supporting staff to acquire accredited qualifications including IMRoC Peer Support qualification, the Award in Education and Training, and First Aid for Mental Health Instructor Training (all in 2022)



Representing the college in my role has a profound impact on me, showing the contrast from where I was looking for help and answers or even lights at the end of the tunnel, to where I am now.



*Mean average first 5 years



Student testimonial

“I have been experiencing mental health difficulties and have regular contact with a psychiatrist and Mind Jersey. JRC was recommended to me.

In 2022, I have attended two different art courses and a surfing session. Previously, I have also attended Yoga, and the Recovery modules: ‘What is Recovery?’, ‘Goal Setting in Recovery’, ‘Steps to Recovery’, as well as ‘Balanced Living’.

I attend courses to make a connection with people with similar experiences. The art and surf courses this year gave me an enormous sense of achievement. It was a safe place to venture out of my comfort zone. I’ve also learnt vital life skills and now have tools for emotional regulation.

JRC has provided me with hope and a sense of achievement. I feel more in control of my mental health now. I’m better equipped to cope.

I know that JRC is a safe place that I can return to for support to help maintain my mental well-being. It’s one of my safety nets.

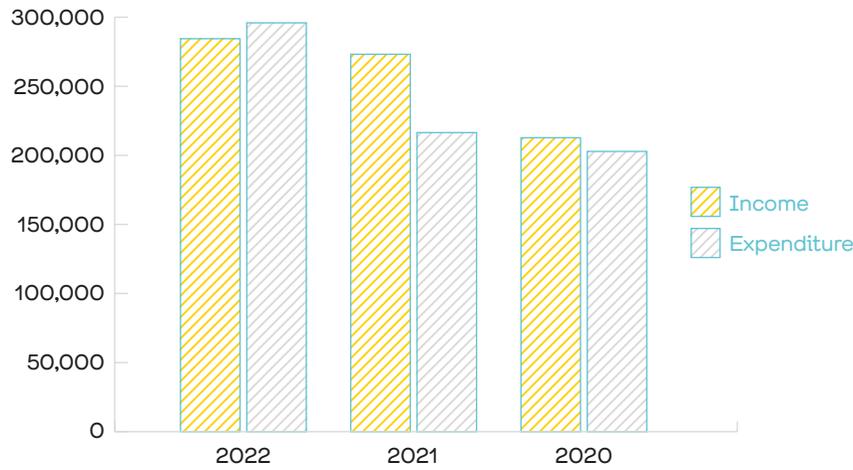
Thank you sincerely for the much-needed service you offer.

So much of my recovery is based on what I’ve learnt and experienced on your courses.”

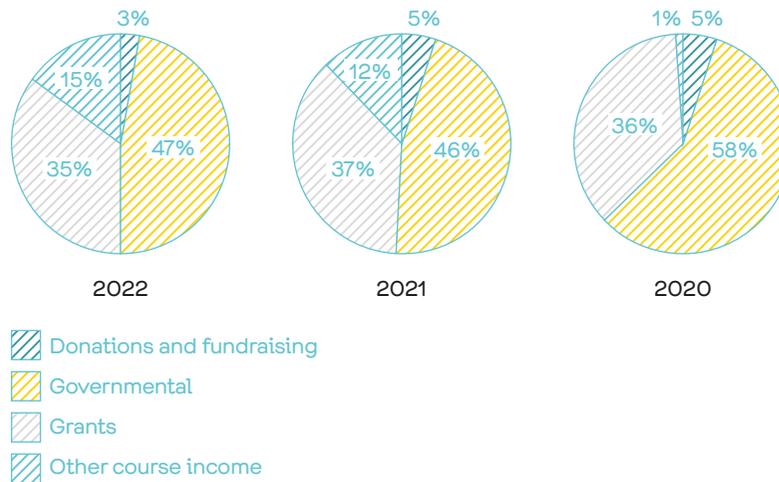


Financial overview

Income / Expenditure



Funding profile



Financial strategy

Our financial strategy is to increase the amount of unrestricted funds coming into the charity, therefore, reducing the risks associated with grant-based income. We will do this by increasing Other course income (Mental Health at Work courses mainly). We have created a Development team and employed a Fundraising and Marketing Manager to drive this.

Operating reserve

We aim to have three month's running costs in the bank at all times to ensure the charity can weather any unexpected financial challenges.

2023 and beyond

2023 will be an ambitious year for Jersey Recovery College as we seek to build further on the results of 2022. Our aspirations will include:

- Running even more Community courses
- Welcoming more new students
- Creating a physical college which will help us to build a safe and supportive environment for our team and students
- Expanding our Co-production Network
- Creating a new service dedicated to young people
- Further expanding our Mental Health at Work programme
- And fostering new and exciting partnerships

“

[The facilitators] were fantastic – I cannot stress this enough. Encouraging, supportive, friendly, and helpful.

”

Where are we going



Get Involved

We believe that cost should not be a barrier to getting support with mental health issues, which is why JRC community courses are free. This means we rely on fundraising, grants and donations, so if you are able to support us please go to our Just Giving page at

www.justgiving.com/jerseyrecoverycollege

If you would be interested in attending any of our courses, please go to www.recoveryje/courses to see what's on offer and to register to attend

To find out more about how our Mental Health at Work programme could help support your workplace, please email nancy.thomas@recoveryje

If you have any ideas for courses, or would like to volunteer to support Jersey Recovery College, please email us at hello@recoveryje



It's good to be reminded that
you're not alone



Thank you

We are extremely grateful to all of our sponsors, funders, supporters and partners who have joined us on our journey for 2022. Your contributions make a real difference to us and to the lives and mental wellbeing of our island community.

Thank you



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