

Jersey Recovery College



Autumn 2023 Prospectus
October, November, and December

Welcome

Hello, and welcome to our prospectus, for the second half of the autumn term. These are the courses available for October, November and December.

We provide free community courses on mental health, recovery, and wellbeing.

This term, we will hold our first retreat day for men. This takes place on November 18th.

We have one of our 'recovery modules', along with popular courses returning, such as 'Self-Compassion' and 'Long-term Conditions'. We also have new courses:

- What's the Evidence
- Understanding and Managing Stress
- Walking Meditation

We hope to see you at some of our courses!

What's the Evidence?

Mondays, 30th October and 6th November (2 weeks), 6-8pm

Salvation Army, Community Hall

How to Make Informed Choices About Your Wellbeing.

This course will look at the evidence used within the health and wellbeing industry. Language choices, references to research studies, and promises of life-changing outcomes can cause confusion. Making informed choices about what is right for you is important.

Facilitators: Carolyn Coverley and Kevin Proctor

A Further Exploration of Trauma

Saturday, 4th November, 9.30am-12.30pm

Jersey Town Library, MR2 (Dumaresq Room)

This course is suitable for those who attended our 'Introduction to Trauma' course and want further information. We will recap part one, and then provide a deeper review of the models used.

Facilitators: Carolyn Coverley and Alan Rumfitt

Steps to Recovery

Monday, 6th November, 9.30am-12.30pm

Online (via Zoom)

This course is designed to give students the skills and knowledge to prepare for a crisis.

We will be exploring this topic through different individual and group activities using elements of WRAP®.

There are four modules that create our Recovery Programme, you can attend one of these courses or all four.

Facilitators: Ronan Benson and Simon Irons

Understanding and Managing Stress (Accessible Course)

Tuesdays, 7th and 14th November (2 weeks), 6-8pm

Salvation Army, Community Hall

This course covers the main reasons why we believe we are feeling stressed. It looks at the effects on our body and mind.

The course also covers ways to manage and interrupt the stress response.

This course is suitable for adults with learning disabilities. Students are welcome to come with a friend, carer, or family member. (Please both register so we can manage numbers.)

This course has been developed with the support of Jersey MENCAP.

Facilitators: Ronan Benson and Dreena Collins

Self Compassion and Long-term Health Conditions

Wednesdays, 8th and 15th November (2 weeks), 6-8pm

The Bridge, Training Room

This course looks at self-care for those with chronic health issues. Focusing on the mind rather than the body, and sharing tools we can use to manage our emotions and mental health through kindness and care for self.

Facilitators: Carolyn Coverley and Deirdre Battye

Walking Meditation

Thursdays, 9th, 16th, 23rd November (3 weeks), 6-7.30pm

Salvation Army, Community Hall

Walking can still the mind and help to focus. This course will introduce the techniques to successfully meditate while moving.

The walking will be gentle and indoors, unless previously agreed by the group. This will be an accessible class, no prior experience needed.

Facilitators: Andrew Wilson and Kevin Proctor

Living With Death and Grief

Thursdays, 16th, 23rd and 30th November (3 weeks), 6-8pm

The Bridge, Board Room

This course is an explores the impact of death and loss.

Over three sessions and a range of activities and discussions, we aim to help people recognise and manage their own grief and loss.

Facilitators: Ronan Benson and Deborah Dickinson

International Men's Day

Saturday, 18th November, 9am-3.30pm

Philip Maurant Centre, Trinity

This is our first retreat day for men.

The day includes three brand new sessions:

- It's Not Weak to Speak – Men's Mental Health, 9.45-11am, facilitators: Ronan Benson and Alan Rumfitt
- Wood Whittling for Wellbeing (Elder whistles), 11.15am-12.45pm, facilitators: Stephen Le Quesne and a JRC Facilitator
- Breath Works, 1.30-3.30pm, facilitators:

Students can come to one or all sessions, staying for the entire day, which includes a light breakfast and a free lunch.

Growing Into Change

Monday, 20th November, 9.30am-12.30pm

Jersey Town Library, Workspace

On this course, we will explore why we struggle with change, how we can work with it and move forward with our lives. We will do this through individual and group activities and discussion.

Facilitators: Simon Irons and Ronan Benson

Understanding Sleep

Mondays, 20th and 27th November (2 weeks), 6-8pm

Jersey Town Library, MR2 (Dumaresq Room)

Covering the benefits of sleep and the impact of sleep deprivation on both our physical and mental health. This course will outline

the basic need we have as humans to sleep and what natural sleep looks like.

We hope to offer practical solutions to common sleep problems with an easy to follow plan, which students will be invited to evaluate in the second week.

Facilitators: Alan Rumfitt and Ronan Benson

An Introduction to Co-production

Wednesday, 29th November, 1-4pm

The Bridge, Training Room

The course looks at:

- what co-production is
- how it differs from other engagement models
- how it works best
- why it's an important approach to designing and delivering services.

This course is suitable for anyone interested in the model or taking part in co-production work.

Please note there is no parking at The Bridge at this time.

Facilitators: Anny Bodenstein and Mark Le Feuvre

Resilience and Wellbeing

Tuesday, 5th December, 1.30-4.30pm

The Bridge, Board Room

This course will look at the difference between resilience and wellbeing and provide ways of improving both.

There are four modules that create our Recovery Programme, you can attend one of these or all four.

Facilitators: Ronan Benson and Mark Le Feuvre

How Do I Register for a Course?

This is a self-referral process.

All registrations must be completed by the student.

1. Access the Student Learning Portal on our website:
<https://www.recovery.je/courses>
2. After you have registered your interest, you will receive an email confirming receipt. Please check your junk/spam inbox if you don't receive one.
3. To see your courses, go to the 'Student Login' link on the top right-hand corner of the website. Once logged in, click on 'My Courses'. The status will be 'provisional' until we confirm it.

You can register at any time but might be placed on the waiting list if the courses are full.

If you can't access the portal, we can email an application form to you.

If you need any support in applying, please give us a call: 01534 505977.

Support during the Course

We are a small charity, but we are keen to make our courses as accessible as possible.

If you would like to attend a course but think you may need support (for example, adapted resources) please contact us to see if we can help.

Contact Information:

www.recovery.je/courses

Email: hello@recovery.je

Telephone: (01534) 505977