

Jersey Recovery College



Spring 2022 Prospectus

Welcome

Hello, and welcome to our new prospectus! These are the courses available for the spring semester.

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

We have a mixture of online and physical delivery.

We have sixteen courses available. For example, we have two of our 'recovery modules' returning. We also have new courses, including:

- An Introduction to Therapy Dogs
- Drawing and Painting for Wellbeing

We are proud to be working in partnership with other organisations, including Macmillan, Cancer.Je, and Liberate.

JRC would also like to thank the Jersey Library for providing a venue for many of our courses.

Understanding and Managing Fear and Stress

Wednesday, 19th January, 6-9pm (1 session)

Online (Zoom)

Stress affects most of us at some point. This course covers:

- The major factors that cause us to feel we are undergoing stress.
- The effects on our body, mind, and daily lives
- Ways to manage and interrupt the stress response.

Facilitators: Ronan Benson and Kevin Proctor

Drawing and Painting for Wellbeing

Begins Monday 24th January, 6.30-8.30pm (3 sessions)

Salvation Army (Minden Place)

Taking part in creative activities has several mental health benefits. These include confidence building and reducing stress.

We will:

- Explore Art in the forms of drawing, painting and craft.
- Take part in producing our own artwork and visual journal.
- Reflect how and why this might benefit your wellbeing.

No experience is necessary, and materials are provided.

Facilitators: Joanne Alm and Carrie Wilkinson

Essential Oils for Wellbeing

Begins Saturday 29th January, 10-12am (2 sessions)

The Bridge, training room

Our sense of smell is powerful. There is research that proves the use of essential oils can improve mental health.

This course will:

- Introduce what essential oils are and how they can support wellbeing in a safe and effective way. This includes reducing stress and improving sleep.
- Provide information on how the oils work, and how to use them.
- Invite you to try a couple of oils.

Facilitators: Carolyn Coverley and Kevin Proctor

This course is produced together with MYA – Mindfulness and Yoga for all.



What is Recovery?

Tuesday 1st February, 9.30-12.30 (1 session)

Dumaresq Room, Jersey Library

The Mental Health Recovery model was introduced in 1980s and is now seen around the world. Recovery is not just about a lack of symptoms but is about leading a satisfying life.

This course:

- Introduces the main principles of Mental Health Recovery
- How to apply them in your own life.

This is one of four recovery modules: completion of all modules would help you to gain a full understanding.

Facilitators: Ronan Benson and Deirdre Battye

Psychosis. What's Next?

Begins Saturday 5th February, 11-12.30 (2 sessions)

Salvation Army (Minden Place)

Psychosis is surprisingly common. This course will:

- Explore some of the myths and prejudices that can make living with psychosis more difficult.
- Cover what can be helpful in someone's recovery journey. This includes a range of treatment and self-help options.

We aim to inspire hope for recovery from psychosis.

Facilitators: Liz Kendrick-Lodge and a Peer Facilitator

This course is produced together with Focus on Mental Illness



Understanding Sleep

Monday 7th February, 5.30-8.30pm (1 session)

Salvation Army Worship Hall (Minden Place)

Sleep is a basic human need. The course hopes to offer practical solutions to common sleep difficulties. We will look at:

- The benefits of sleep
- What natural sleep looks like
- The negative impact of sleep deprivation on physical and mental health.
- Sleep medications and the impact these can have on our natural sleep cycle.
- Common sleep disorders
- Signposting students to where they can get additional support if necessary.

Facilitators: Ronan Benson and a Peer Facilitator

Yoga and Mindfulness for Everyday Life

Begins Wednesday 2nd March (6 weekly sessions) 6-8pm

The Bridge (Hall)

This popular course shares techniques that can help us to reduce physical and mental stress, stay more present and be more compassionate to ourself and others.

Each week we explore one of the chakras using this as a theme. Most sessions:

- Start with a brief presentation about aspects of mindfulness and yoga
- Followed by some breath awareness, yoga sequences and mindfulness and compassion practices.

The yoga will be gentle and relaxing and include chair and wall sequences; adaptations will be offered to make it accessible to all.

Facilitators: Carolyn Coverley and Kevin Proctor

Identity Matters: Becoming a New You

Begins Monday 7th March, 6-8pm (4 sessions)

Salvation Army Worship Hall (Minden Place)

Our identity is made up of our many things, including our values, and even how we look. When we experience a mental health difficulty, our identity can become lost. We can feel pressure to hide what we're going through from other people.

This course is designed to help students:

- understand what it means to question your identity;
- explore social stigmas;
- help those closest to you adjust;
- learn strategies for achieving acceptance of the new part of your identity so that you can embrace it;
- begin the work needed to come to peace with your new identity.

This course is suitable for anyone experiencing a mental health difficulty including those experiencing gender or sexual orientation challenges.

It is also for anyone adjusting to a recent disability, illness, or significant change to life circumstance such as parenthood or retirement.

Facilitators: Vic Tanner-Davy and Simon Irons



This course is produced together with Liberate.

What Makes a Good Life? (Autism Friendly Course)

Begins Tuesday 8th March, 6-8pm (2 sessions)

Eagle Lab, Jersey Library

Positive psychology is the science of what makes life worth living. Practicing positive psychology also makes you better at dealing with difficult situations. In this course, students will:

- Develop their knowledge of positive psychology and how to apply this to building a good life.
- Develop their understanding of personal strengths and the benefits of gratitude.

Facilitators: Ronan Benson and Simon Irons

This course has been designed to be 'Autism Friendly' and meet the needs of students on the autism spectrum. Registration is not restricted to these participants. Please contact us if you would like more information.

Express Yourself: Creative Writing (Poetry)

Begins Tuesday 15th March, 6-8pm (3 sessions)

Eagle Lab, Jersey Library

Have you ever wanted to write for pleasure? Creative writing can support our wellbeing in many ways, including by refocusing the mind away from unhelpful thoughts. This course will:

- Explore poetry, such as 'black out' poetry.
- Students will be provided with prompts and tips to create their own creative pieces.

No previous experience or knowledge of poetry is necessary.

Facilitators: Dreena Collins and Alan Rumfitt

Cancer: Your Mental Health Experience

Begins Wednesday 16th March, 6-8pm (2 sessions)

The Oasis, Macmillan, Lido Medical Centre

People diagnosed with Cancer can experience a range of mental difficulties. This course:

- Addresses the various challenges you might experience at different stages.
- This includes anxiety; fear; depression; and stress.
- We will offer insights and tools.

We are pleased to share that this course has been developed in partnership with Cancer JE and Macmillan Jersey. It has been developed with the support of the Co-op Community Fund.

Facilitators: Kate Fitzpatrick and Lorna Pirozollo



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An Introduction to Therapy Dogs

Saturday 19th March, 10-12 (1 session)

Salvation Army, Worship Hall (Minden Place)

Dogs can boost our wellbeing in a number of ways. Therapy Dogs can help many people, including those with additional needs and Mental Health difficulties. In this introductory course, students will:

- Learn more about the history of therapy dogs, and the work of Therapy Dogs Nationwide, Jersey.
- A number of dogs will be present (with their handlers) at this session.

Facilitators: Ro Cox and Kevin Proctor

This course is produced together with Therapy Dogs Nationwide, Jersey



Suicide Awareness

Saturday 26th March, 9.30-12.30 (1 session)

Eagle Lab, Jersey Library

This course will show you how to listen to, talk with and support someone who is suicidal. This course will be delivered via group exercises and discussion.

Facilitators: Jake Bowley and Alan Rumfitt

Resilience and Wellbeing

Monday 4th April, 5.30-8.30pm (1 session)

Online (Zoom)

The terms 'resilience' and 'wellbeing' are used frequently. This course is designed to:

- Enable students to improve their resilience and wellbeing.
- Explore the difference between the two ideas, and ways to improve both.

Facilitators: Ronan Benson and Simon Irons

An Introduction to Co-production

Tuesday 5th April, 5.30-8.30pm (1 session)

Eagle Lab, Jersey Library

Co-production is a term used in and around social services - but what does it mean?

The course explores:

- What co-production is and how it differs from other engagement models.
- How it works best.
- Why it is an important and powerful approach to designing and delivering services.

- The advantages and disadvantages of co-production.
- How to apply the co-production model to local projects.

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

Facilitators: Beth Moore and Carrie Wilkinson

An Introduction to Trauma

Thursday 7th April, 6-9pm (1 session)

Salvation Army, Minden Place

This course will be looking at:

- What trauma is
- The potential impact of traumatic experiences on us.
- The latest research, which particularly focuses on the body's responses.
- Tools that can help us and also briefly describe potential therapeutic approaches that are sometimes used.

Facilitators: Carolyn Coverley and Alan Rumfitt

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.ie/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:

Email: hello@recovery.je

Telephone: (01534) 505977

Address: Lincoln Chambers, 31 Broad Street, St Helier, Jersey,
JE2 3RR