

Jersey Recovery College



Summer 2022 Prospectus

Welcome

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

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

We have a mixture of online and physical delivery.

We have one of our 'recovery modules' returning. We also have new courses, including:

- Crisis Talk – Suicide Awareness
- The Kids Are Alright – But What About You? (Parents)

We are proud to be working in partnership with other organisations, including Age Concern and MYA.

JRC would also like to thank the Jersey Library for providing a venue for many of our courses, as well as Age Concern.



Immunity for Wellbeing

Thursday 23rd June, 9.30am-12.30pm (one session)

Age Concern Hall (Val Plaisant)

When our immune system is strong, we thrive.

On this course we will give you knowledge about how your immune system works and how it responds to seasonal change. We will explore some strategies to take care of yourself, to support your immune system and maintain a sense of wellbeing.

This course is suitable for all ages 18+.

Facilitators: Ronan Benson and Kevin Proctor

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.

Crisis Talk: Suicide Awareness

Tuesday 10th May, 5.30-8.30pm

Meeting Room 2, Jersey Town Library

How to Have Supportive Conversations in Times of Crisis.

In the UK, 1 in 5 people will consider suicide at some point in their lifetime. This means that we all need to understand suicide and become equipped to support others.

This introductory session covers some of the skills needed to support someone who may be considering suicide. It will show you how to listen to, talk with and support them, via group exercises and discussion, within a safe space.

Facilitators: Ronan Benson and Alan Rumfitt

The Kids are Alright – But What About You?

Fridays 13th and 20th May, 9.30-12.30

Salvation Army Conference Room

An Introduction to Self-Care for Parents and Guardians.

Self-care isn't selfish. It's essential. Being a parent can present a unique set of challenges for your own wellbeing.

Issues such as guilt, sleep deprivation, societal pressure, family interaction, or finances can impact your mental health.

This course explores some of the specific mental health issues that we may experience as a parent, why we may react in the way that we do – and will help you to devise your own toolkit to support your wellbeing.

Facilitators: Dreena Collins and Carrie Wilkinson (with Sally-Ann Fox)

What Makes a Good Life? (Positive Psychology)

Thursdays 19th and 26th May, 9.30-11.30am (2 sessions)

Age Concern Hall

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 Kevin Proctor

Psychosis. What's Next?

Begins Saturdays 14th and 21st May, 9.30-11am (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 Luke Canavan

This course is produced together with Focus on Mental Illness



Visual Journalling (Drawing and Painting for Wellbeing)

Begins Monday 6th June, 6-8pm (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

Chair Yoga for Older Adults

Begins Tuesday 7th June (6 weekly sessions) 2-3.30pm

Age Concern (Val Plaisant)

We are pleased to share that our popular Yoga and Mindfulness offer has been adapted this semester, to be even more accessible for older adults.

This course will introduce a variety of yoga and mindfulness practices that can be incorporated into daily life. This can help us to reduce physical and mental stress, stay more present and be compassionate to yourself and others.

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

This course is delivered with MYA Jersey (Mindfulness and Yoga for All) and with the additional support of Age Concern, Jersey.

Facilitators: Carolyn Coverley and Deirdre Battye

Students without transport who would otherwise be unable to attend Yoga may be able to access Age Concern free transport to the sessions.

Please call freephone 0800 735 0345.



Running for Recovery

Begins Tuesday 7th June, weekly for 8 weeks, 6-7pm

Meet at People's Park

Being outdoors and taking part in physical activities are both known to benefit your mental health.

This course is made up of group running sessions, suitable for all levels - whether new to running or you simply want to get more active.

You will need to train between each session and the aim is to complete a 5k run as a group, by the end of the eight weeks.

Facilitators: Luke Shobbrook and Tom Stewart

Growing Into Change

Monday, 13th June, 6-9pm

Salvation Army Hall

We all experience change; it is a natural part of life and yet we all have our individual responses to it. On this course, we will explore why we struggle with change (resistance), how we can work with it (awareness) and move forward with our lives (adaptability). We will do this through a range of individual and group activities and discussion.

Facilitators: Ronan Benson and Jocelyne Le Guerne

An Introduction to Co-production

Thursday 23rd June, 9.30-12.30pm (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 Kevin Proctor

Goal Setting in Recovery

Wednesday 6th July, 6-9pm

Virtual Course (Zoom)

Setting goals can help an individual to prioritise, remain focused and positive, and to recognise progress in a mental health recovery journey.

This course provides practical tools and techniques for students to devise personal strengths-based goals.

This is one of four modules that create our Recovery Programme. You can attend one of these modules or all four – others are delivered over the course of the year.

Facilitators: Ronan Benson and Simon Irons

An Introduction to Trauma

Wednesday 13th July, 6-9pm (1 session)

Eagle Lab, Town Library

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