

# Jersey Recovery College



## Autumn 2022 Prospectus

# Welcome

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

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

We have a mixture of online and physical delivery.

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

- A Further Exploration of Trauma
- Essential Oils for Wellbeing – for those with sight loss
- Card Design for the Festive Season (accessible course)

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.



Supported by



# September Courses

## **‘What is Recovery?’**

- **Tuesday 6th September 2022, 6-9 pm (1 session)**
- **Eagle Lab, Jersey Library**

Everyone’s mental health journey is unique.

The Recovery model was introduced in 1980s and is now used in many countries around the world. The concept of Recovery is not just about a lack of symptoms but is also about leading a satisfying life.

This course gives an introduction to the main principles of Mental Health Recovery and how to apply them in your own life.

## **‘Yoga and Mindfulness for Everyday Life’**

- **Wednesday 14th September - 19th October 6-8 pm (6 sessions)**
- **The Bridge (Training Room)**

This popular course shares techniques that can help us to reduce physical and mental stress

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

The yoga will be gentle and relaxing. It will include chair and wall sequences.

Adaptations will be offered to make it accessible to all.

## **‘The Menopause and Your Mental Health Experience’**

- Saturday 17th September 9.30-12.30 (1 session)
- Eagle Lab (Jersey Town Library)

The perimenopause can be the cause of anxiety. It can also trigger or make worse mental health difficulties. Hormones may make our emotions erratic.

Understanding the menopause can help us to address some of these issues.

This new course will explore why we feel the way we do during this time in our life. It will offer some practical tools and advice to prioritise our emotional health and wellbeing.

### 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.

## **‘Connecting With Walking and Nature’**

- **Saturday 17th September - 8th October 11-12 (4 sessions)**
- **Various locations**

Tune into the sights and sounds of our natural environment. Submerge yourself in the connection with nature.

The difficulty of the walks will be basic. Reservoir walks, and coast roads. No St Helier walks.

## **‘An Introduction to Surfing’**

- Tuesday 20th September, daytime sessions (various)
- Healing Waves, La Braye

There are many benefits to surfing.

We are working with Healing Waves to provide taster sessions in surfing. There will be a focus on the benefits to our wellbeing and mental health.

There will be lots of staff at all sessions and no experience is necessary.

All ages (18+) and abilities welcome!

Surfing equipment will be provided. Please bring a towel, water, and swimwear.

## **October Courses**

### **‘Express Yourself: Mono-printing’**

- **Thursday 6th October to 20th October, 6-8pm (3 sessions)**
- **Salvation Army, Conference Room (Minden Place)**

Mono-printing is a great introduction to printmaking that is quick and easy to learn.

Each print produced is unique.

This is a practical course, where students will produce their own artwork.

No experience is necessary, and materials are provided.

### **‘Express Yourself: Creativity Through Jewellery’**

- **Saturday 8th October, 10-1pm (1 session)**
- **The Bridge (Training Room)**

Taking part in creative activities has several emotional and mental health benefits.

In this fun introductory session, we will explore how jewellery making can benefit your mood. We will also introduce jewellery making tools, and begin to make our own pieces.

### **‘An Introduction to Coproduction’**

- **Wednesday October 12th, 9.30-12.30 (1 session)**
- **MR 2 Dumaresq Room, Jersey Library**

The course explores what co-production is, how it differs from other engagement models. It covers why it is an important and powerful approach to delivering services.

We will explore the advantages and disadvantages of co-production and how to apply the model to local projects.

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

## **‘Crisis Talk: Suicide Prevention’**

- **Tuesday October 18th, 6-9pm (1 session)**
- **Salvation Army, Conference Room (Minden Place)**

In the UK, 1 in 5 people will consider suicide at some point in their life. 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.

## **November Courses**

### **‘Steps to Recovery’**

- **Tuesday 1st November, 6-9pm (1 session)**
- **Eagle Lab, Jersey Library**

This course will equip students with the skills and knowledge to promote wellbeing.

We will be exploring this topic of mental health Recovery through various individual and group activities.

## **‘Essential Oils for Wellbeing - for those with sight loss’**

- **Tuesday 8th and 15th November, 2.15-4.15pm**
- **Age Concern, Val Plaisant**

Our sense of smell is powerful.

There is research that proves the use of essential oils can improve mental health.

In this accessible course we will cover the same content as our usual Essential Oils course but with some modifications for those with Visual Impairments.

## **Living with Depression**

- **Wednesday 9th November 6-9pm (1 session)**
- **Salvation Army Conference Room (Minden Place)**

Depression is the most commonly diagnosed mental health problem. We will explore this topic in a safe environment.

Through individual and small group work we will cover what depression is, what causes it, and strategies to overcome it.

## **‘Express Yourself: Card Design for the Festive Season’**

- **Saturday November 26th, 12.30-3.30pm (1 session)**
- **Salvation Army Conference Room (Minden Place)**

This course will allow you to make some unique Christmas cards and explore some creative techniques that you can use and apply at home.

### **‘The Kids Are Alright - But What About You? (Self-care for Parents and Guardians)’**

- **Wednesday 30th November and 7th December, 6-9pm (2 sessions)**
- **Online (Zoom)**

Being a parent can present challenges for your wellbeing.

Issues such as guilt, sleep deprivation, or finances can impact your mental health.

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

## **December**

### **‘A Further Exploration of Trauma’**

- **Thursday December 1st, 6-9pm (1 session)**
- **Eagle Lab, Jersey Library**

This new course is suitable for those who have attended our Introduction to Trauma course and would like further information.

## **‘Express Yourself: Card Design for the Festive Season’ (accessible)**

- **Saturday November 26th, 12.30-3.30pm (1 session)**
- **Salvation Army Conference Room (Minden Place)**

If you enjoy art and crafts but have coordination difficulties or any other physical challenges, this could be the course for you!

This second offer of our card design course is offered in two shorter sessions, with a spacious setting, and a supportive environment.

This course will allow you to make some unique Christmas cards and explore some creative techniques that you can use and apply at home.

## 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:**

Email: [hello@recovery.je](mailto:hello@recovery.je)

Telephone: (01534) 505977

Address: Regus, Floor One, Liberation Station, Esplanade, St Helier, Jersey, JE2 3AS