

# Jersey Recovery College



Spring 2024 Prospectus

March

# Welcome

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

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

Supported by



## **Resilience and Wellbeing Lite**

**Wednesday 6<sup>th</sup> March, 5.30-7.30pm**

**Salvation Army Community Hall**

Students will be able to use strategies to improve their resilience and wellbeing.

We will use individual and group activities. We will explore the two words, and look at how to improve both.

Facilitators: Ronan Benson and Simon Irons

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## **Wood Whittling For Wellbeing (Elder whistles)**

**Saturday 23<sup>rd</sup> March, 10am-12pm**

**Community Hall, Salvation Army**

The process of wood whittling can help us to relax and clear the mind. Trying something new can give a sense of achievement.

In this session we will create whistles to take home with you!

Facilitators: Stephen Le Quesne and Kevin Proctor

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## **Steps to Recovery**

**Monday 11<sup>th</sup> March, 5.30-8.30pm**

**Dumaresq, Jersey Library**

Learners will be given the skills and knowledge to promote wellbeing and prepare for crisis. We will do this through different individual and group activities.

Facilitators: Ronan Benson and Alan Rumfitt

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## **Living Well with Hearing Loss**

**Tuesdays 12<sup>th</sup> and 19<sup>th</sup> March, 6-8pm**

**Multi-purpose Room, St Martin's Primary School**

This course will explore the wider issues hearing loss can produce. For example, our personal wellbeing and sense of self.

We will look at a toolkit and share learning in a safe space.

Please let us know of any possible further needs you may have to allow you to take part in this course. We will do our best to address them.

This course is over two sessions

Facilitators: Carole Jordas and Dreena Collins

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## **Crisis Talk – Suicide Prevention**

**Wednesday 20<sup>th</sup> March, 5.30-8.30pm**

**Dumaresq, Jersey Library**

This introductory session covers some of the skills needed to support those who may be considering suicide.

It will show you how to listen to, talk with and support them. We will do this via group exercises and discussion.

Facilitators: Ronan Benson and Kevin Proctor

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## 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:**

[www.recovery.je/courses](http://www.recovery.je/courses)

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

Telephone: (01534) 505977