

# Jersey Recovery College



Summer 2023 Prospectus  
(April and May)

# Welcome

A warm welcome to our prospectus, detailing what is available for summer term- a range of free community courses on mental health, recovery, and wellbeing.

This summer, we have been focusing on EMPOWERMENT as one of our core values.

We have one of our 'recovery modules' (Resilience and Wellbeing) along with popular courses returning, including A Further Exploration of Trauma.

In May we are running courses linked to Mental Health Awareness Month. We are also promoting 'Mindfulness May' with courses including Beach Mindfulness and Creativity, and Chair Yoga and Mindfulness for Everyday Life.

We hope to see you at some of our courses. Keep an eye out for our next prospectus, which will include courses for June and July.

## **An Introduction to Trauma**

- **Mondays, 17<sup>th</sup> and 24<sup>th</sup> (2 weeks), 5.30-7.30pm**
- **Jersey Town Library, MR2 Dumaresq Room**

The Introduction to Trauma course will be looking at what trauma is and the impact of traumatic experiences on our lives.

With focus on the body's responses to trauma, we will discuss tools and models that can help us with regulation.

(Please note: this is a repeat of the same course as run previously, but split over two sessions)

Facilitators: Carolyn Coverley and Kevin Proctor

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## **'Chair Yoga and Mindfulness for Everyday Life'**

- **Wednesdays, 19<sup>th</sup> April to 24<sup>th</sup> May (6 weeks) 6-8pm**
- **Philip Maurant Centre, Trinity**

This course will introduce a variety of yoga and mindfulness practices that can help us reduce physical and mental stress.

The yoga will be gentle and relaxing, and adaptations will be offered to make the practices accessible to all, including the use of a chair.

Facilitators: Carolyn Coverley and Deirdre Battye

## **Growing Into Change**

- **Tuesdays, 25<sup>th</sup> April and 2<sup>nd</sup> May (2 weeks), 6-7.30pm**
- **Salvation Army, Worship Hall**

We all experience change, which is a natural part of life.

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.

Funded by the Bailiff's COVID-19 Appeal Fund.

Facilitators: Ronan Benson and Kevin Proctor

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## **An Introduction to Somatic Movement**

- **Thursdays, April 27<sup>th</sup> to May 25<sup>th</sup> (5 weeks) 6-7.30pm**
- **Salvation Army, Community Hall**

Somatic Movements 'rewire the brain' to restore painless, efficient movement to the body.

They release chronic tension in muscles caused by bad habits in our movement.

Somatic movements are simple and are accessible to everyone.

Facilitators: Claire Corson and Joanne Alm

*Disclaimer:*

*The information and statements made are intended for educational purposes only. It is not suitable 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.*

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## **Beach Mindfulness and Creativity**

- **Saturdays, 29<sup>th</sup> April, 6<sup>th</sup> May, and 13<sup>th</sup> May (3 weeks), 10-11.30am**
- **Various (outdoors)**

Spending time outside in nature and taking part in creative activities are both known to have a positive impact on our wellbeing.

You will enjoy various beautiful beach locations across the island and learn some new skills along the way.

- **Week 1 La Rocque- Shell Mandalas**
- **Week 2 La Braye- Sand Drawing**

- Week 3 Long Beach (Gorey)- Collaborative sand sculpture

We can advise on bus times for those without transport.

Facilitators: Joanne Alm and Peer Facilitator

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## **Immunity for Wellbeing**

- **Thursdays, 11<sup>th</sup> and 18<sup>th</sup> May (2 weeks), 6-7.30pm**
- **Salvation Army, Conference Room**

When our immune system is strong, we thrive.

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.

Funded by the Bailiff's COVID-19 Appeal Fund.

Facilitators: Ronan Benson and Kevin Proctor

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## **Understanding and Managing Anxiety**

- **Monday, 15<sup>th</sup> May, 1.30-4pm**
- **St Clément's Parish Hall**

Mental Health Awareness week falls in the month of May, and the theme this year is Anxiety.

This course will develop an understanding of what anxiety is, how it impacts your life, and what you can do about it. We will explore the topic through group discussion, individual activities, and by applying practical techniques.

Facilitators: Ronan Benson and Alan Rumfitt

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## **Resilience and Wellbeing**

- **Tuesday, 16<sup>th</sup> May, 1-4pm**
- **Jersey Town Library, MR2 Dumaresq Room**

This course enables students to apply strategies to improve their resilience and wellbeing.

Through individual and group activities we will explore the two terms, and find ways of improving both.

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

Funded by the Bailiff's COVID- 19 Appeal Fund.

Facilitators: Ronan Benson and Simon Irons

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## **Living with Depression**

- **Tuesdays, 23rd and 30th May, 6-7.30pm**
- **Virtual Classroom (Zoom)**

Depression is the most commonly diagnosed mental health difficulty and it can have a big impact on our lives.

We will explore this topic and how it affects us in order to bring hope.

Through individual and small group work we will cover what depression is and how we can overcome it.

Facilitators: Ronan Benson and Simon Irons

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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:**

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

Telephone: (01534) 505977

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