

# Jersey Recovery College



Summer 2024 Prospectus

April and May

# Welcome

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

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

We have some popular courses returning.

We are proud to be working in partnership with other organisations, including Mencap Jersey.

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

Supported by



## **An Introduction to Somatic Movement**

**Wednesdays, 17th, 24th April, 1<sup>st</sup> and 8<sup>th</sup> May (four weeks),  
6.30-8pm**

**Salvation Army, Community Hall**

Somatic Movements help to restore painless, efficient movement to the body.

They help to release tension in muscles. They are simple and accessible to everyone. They may help those who are experiencing chronic pain.

Facilitators: Claire Corson and Jo Alm

---

## **Understanding and Managing Stress (Accessible)**

**Tuesdays, 23rd and 30th April (two weeks), 2-4pm**

**Jersey Library, Workspace**

This course covers the main reasons why we feel stressed. It looks at the effects on our body and mind. The course also covers ways to manage the stress response.

This course is suitable for adults with learning disabilities.

Students are welcome to come with a friend, carer, or family

member. (Please both register so we can manage numbers.)

This course has been developed with the support of Jersey MENCAP.

Facilitators: Ronan Benson and Deirdre Battye

---

## **Breath Works**

**Saturday, 27th April (one weeks), 10am-12pm**

**Phillip Maurant Centre, Room 9**

Ever wanted to explore the Whim Hoff method?

Controlled breathing can have benefits for our body and mind. This session will look at Whim Hoff breathing techniques – no ice baths required.

Facilitators: Russ Allchin and Tom Stewart

---

## **An Introduction to Co-Production**

**Wednesday, 1st May, 9.30am-12.30pm**

**Jersey Library, Workspace**

The course looks at:

- what co-production is
- how it differs from other engagement models
- how it works best
- why it's an important approach to designing and delivering services.

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

Facilitators: Beth Moore and Anny Bodenstein

---

## **Understanding and Managing Anxiety Lite**

**Wednesday 29th May (one week), 5.30-8pm**

**Jersey Library, Workspace**

Everyone has anxiety at times, but when anxiety takes over it can be unhelpful.

This course will develop an understanding of what anxiety is. It looks at how it impacts your life, and what you can do about it.

Facilitators: Thanh Luu and Deirdre Battye

---

## **Introduction to Trauma**

**Tuesdays, 14th and 21st May (two weeks), 6-8pm**

**Jersey Library, Dumaresq**

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, we will discuss tools and models that can help us with regulation.

Facilitators: Carolyn Coverley and Kevin Proctor

---

## **Walking Meditation**

**Tuesdays, 7th, 14th, 21st, 28th May (four weeks), 6-7.15pm**

**Salvation Army, Community Hall**

Walking can still the mind. This course will introduce the techniques to successfully meditate while moving.

The walking will be gentle and indoors unless previously agreed by the group. This will be a supportive and accessible class, and no prior experience is necessary.

Facilitators: Andrew Wilson and Simon Irons

## 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