

Jersey Recovery College



Summer 2024 Prospectus

June and July

Welcome

A warm welcome to our prospectus, listing what is available in June and July.

We have the return of popular courses such as Yoga and Mindfulness, Growing Into Change, an art course, as well as It's Not Weak to Speak (men's mental health).

We are also in the process of planning further sessions to run in July and August, including a summer school. Please follow our social media to keep up to date!

We hope to see you at some of our courses.

Yoga and Mindfulness for every day life

Thursdays, 4th, 11th, 18th, 25th June, 2nd and 9th July (6 weeks), 6-8pm

The Bridge, Training Room

This course introduces students to different yoga and mindfulness practices. You can use these every day. They can help reduce physical and mental stress and increase your compassion.

Each week we explore one of the chakras using this as a theme. Most sessions will start with a brief presentation. Then we have some breath awareness, yoga and mindfulness and compassion.

The yoga will be gentle and relaxing and include chair and wall sequences; adaptations if you need this.

This course is once a week for six weeks.

Facilitators: Carolyn Coverley and Deirdre Battye

It's Not Weak to Speak (Men's Mental Health)

Wednesday, 5th June (1 week), 6-8pm

Salvation Army, Community Hall

Men's mental health is now discussed more than ever – but there are still lots of myths about it.

Join us for this positive course where we explore these issues and select our own tools to improve our mental health.

Facilitators: Ronan Benson and Alan Rumfitt

What is Recovery?

Monday, 10th June (1 week), 5.30-8.30pm

Jersey Library, Workspace

Everyone's Recovery journey is different. Recovery is not just about a lack of symptoms but is about leading a satisfying life.

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

Facilitators: Ronan Benson and Alan Rumfitt

Living with Depression

Monday 17th June (1 week), 5.30-8.30pm

Jersey Library, Workspace

Depression is the most commonly diagnosed mental health problem. We will explore this topic and how it effects our lives.

Through individual and small group work we will cover what depression is. We will also look at what causes it and how to overcome it.

Facilitators: Ronan Benson and Kevin Proctor

Creativity for Wellbeing

Dates to be confirmed

Contact us for information

Being creative is proven to help your wellbeing. However, many people are reluctant to explore something that they think they won't be good at.

This course aims to teach you fun and easy techniques that use colour, shape and texture. We will help you to create artwork without self-judgement.

No drawing skills are necessary for this course.

Facilitators: Jo Alm and Deborah Dickinson

Growing Into Change

Monday 8th July, (1 week) 10am-1pm

Jersey Library, Workspace

Change is a natural part of life, but we all have our individual responses to it.

On this course, we will explore why we struggle with change. We will also look at how we can work with it and move forward.

We will do this through a range of individual and group activities and discussion.

Facilitators: Ronan Benson and Kevin Proctor

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 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

Email: hello@recovery.je

Telephone: (01534) 505977