

# Jersey Recovery College



Spring 2023 Prospectus  
(Half Term 2)

# Welcome

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

This spring, we have been focusing on HOPE as one of our core values and much needed in the early days of the year.

We have one of our staple 'recovery modules', along with popular courses returning, including A Further Exploration of Trauma.

We are also running a new course: Self-Compassion and Long-Term Conditions.

On Saturday March 4th, we have tailored a full day of activities - attend as much or little as you wish - in honour of International Women's Day (8th March). Look out for a similar offer for men this coming November!

We hope to see you at some of our courses and do keep an eye out for our next prospectus - due March 2023.

## **Resilience and Wellbeing**

- **Saturday 4<sup>th</sup> March, 10-12pm (1 session)**
- **Philip Mourant Centre, Trinity**

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

This is a 'lite' version of our usual three-hour course.

This is part of our International Women's Day event. You can attend this session alone or stay on for a free lunch from 12-1pm.

Lunch is provided by Jersey Community Relations Trust.

Facilitators: Mandy Snook and JRC Facilitator

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

- **Saturday 4<sup>th</sup> March, 1-4pm (1 session)**
- **Philip Mourant Centre, Trinity**

This is a one-off session of yoga and mindfulness.

These practices can help us to reduce physical and mental stress, stay more present and be more compassionate.

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

## **A Further Exploration of Trauma**

- **Monday 27th February, 9.30-12.30pm (one session)**
- **TBC, St Helier**

This is part two of our trauma courses.

This is suitable for those who have attended our Introduction to Trauma course and are seeking further information.

We will recap part one and provide a deeper exploration of the models used.

Facilitators: Carolyn Coverley and Kevin Proctor

## **Understanding and Managing Fear and Stress**

- **Monday 6th March, 9.30-12.30pm**
- **Pomme D'Or Hotel, Bramley Suite**

Stress affects most people at some point in their lives. This course covers the major factors why we feel we are undergoing stress, the effects on our body, mind and daily lives.

We will also look at ways to manage and interrupt the stress response.

Facilitators: Ronan Benson and Simon Irons

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

- **Thursdays 2nd, 9th and 16th March (3 weeks), 6-8pm**
- **Salvation Army, Conference Room**

Monoprinting is a great introduction to printmaking that is quick and easy to learn. Each print produced is unique.

This is a practical course, where you will produce your own artwork and reflect how and why it might benefit your wellbeing

No experience is necessary, and materials are provided.

Facilitators: Joanne Alm and Deirdre Battye

## **Expressing Creativity Through Jewellery Making**

- **Saturday 11th March, 10am-1pm**
- **Salvation Army Hall**

Jewellery making is a great hobby and offers mental health benefits as well. On this course we will provide you with the basic knowledge of beaded jewellery making.

This course is suitable for people who have little or no jewellery making experience.

Facilitators: Dreena Collins and Deirdre Battye (with Mary Collins)

## **What is Recovery?**

- **Tuesday March 14<sup>th</sup>, 9.30-12.30**
- **Zoom (Virtual Course)**

The Mental Health Recovery model was introduced in 1980s and is now advocated in a number of countries around the world.

The concept of Recovery is not just about a lack of symptoms, or problems, but is about leading a satisfying life – as each person defines it.

This course has been designed to introduce the main principles of Mental Health Recovery and how to apply them in your own life.

Facilitators: Ronan Benson and Simon Irons

## **The Kids Are Aright - But What About You?**

- **Tuesdays, 21st and 28th March, 6-9pm**
- **The Bridge**

An Introduction to Self-Care for Parents and Guardians.

Being a parent can present challenges for your own wellbeing. Issues such as guilt, sleep deprivation, pressure, or finances can impact your mental health.

This course explores some of the specific issues that we may experience as a parent and why we may react in the way that we do. It will also help you to create your own toolkit to support your wellbeing.

Facilitators: Ronan Benson and Sally-Ann Fox

## **Self-Compassion and Long-term Conditions**

- **Thursdays, 23rd and 30th March, 6-8pm**
- **Salvation Army Conference Room**

Living with a long-term health condition can impact our mind as well as the body. Issues such as pain, changes to mobility, physical strength, or energy levels, can all have impact our psychological health.

Research suggests that self-compassion can be a powerful tool in counteracting some of these stressors and challenges to our mental wellbeing.

This course looks at self-care for those with chronic health issues by focusing on the mind rather than the body.

Facilitators: Carolyn Coverley and Deirdre Battye

## **Crisis Talk: Suicide Prevention**

- **Saturday 25th March, 11am-2pm**
- **Quaker Hall, Colomberie**

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.

Facilitators: Ronan Benson and Alan Rumfitt

## **Meeting the Challenges in Healthcare**

This course focusses on the growing and constant pressures to our wellbeing in healthcare. You can sign up to one or all.

We will explore the challenges, how we can look after ourselves, and what steps we can take to move our teams, organisations and the sector forward while still provide high-quality care.

### **Thursday, 2nd March, 11am–2pm**

Session 1: Recognising the wellbeing challenges in healthcare (for all healthcare workers)

### **Thursday, 9th March, 11am–2pm**

Session 2: Building your wellbeing toolkit (for all healthcare workers)

### **Thursday, 16th March, 11am–2pm**

Session 3: Responding to the challenges (for all supervisors, managers and senior leaders in healthcare)

Sign up for these sessions by visiting our 'Pandemic Recovery Courses' Tab at [www.recovery.je/pandemic-recovery-courses](http://www.recovery.je/pandemic-recovery-courses)



## 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