



Jersey Recovery College

Hope • Empowerment • Opportunity

## Spring 2020 Prospectus

Spring Semester 2020 is now available to register your interest. Applications are open from Monday 9<sup>th</sup> December until Monday 6<sup>th</sup> January, we will confirm all enrolments via email or post. After this time, you can still register but may be placed on the waiting list if the courses are full.

### What's new?

We're excited to bring you new courses on overcoming fear and stress, living with psychosis, relaxing yoga and expressing creativity with jewellery.

### What's returning?

Our popular recovery programme that was delivered for the first time in the Autumn semester will be returning along with courses on depression, anxiety and mindfulness. A reoccurring favourite, Balanced Living for Beginners, has also been programmed.

We really hope to see you on one of our courses.

Thank you.

*Jersey Recovery College*

# How do I register?

Our application process is open for four weeks. Once closed, you can still apply for courses but may be placed on a waiting list if courses are full.

This is a self-referral process, all registrations must be completed by the student

You can register your interest via our

- Student Learning Portal on our website ([www.recovery.je/courses](http://www.recovery.je/courses)) or
- Paper application form which can be posted or emailed to you.

## Online

After you have registered your interest online, you will receive an email confirming your registration has been received. Please check your junk inbox if you don't receive one.

To see the courses you have registered for, go to the Student Learning Portal by using the 'Student Login' link on the top right-hand corner of the website. Once logged in, click on 'My Courses'. The status will be marked as 'provisional' until we confirm course places (see below).

## Paper

We will input any paper application forms we receive into our student portal booking system. You won't receive confirmation at this time.

# What happens next?

Two weeks before the semester begins, we will confirm course place with students.

## Online

You will receive confirmation/waiting list emails for each individual course. The emails will confirm all the course details.

You can check your courses by logging onto the Student Learning Portal. Once logged in, click on 'My Courses'. The status will be marked as 'booked' or 'waiting list'. If you are on the waiting list, we will notify you up to the day before the course if we have any cancellations.

In addition, you will also receive course reminder emails one week before and one day before the course is due to start.

## Paper

Students that do not have a login/email address will receive course information via post along with venue maps.



# How do I cancel?

The College gets measured on the number of people who attend and complete our courses. We understand it's not always possible to attend a session and sometimes it's very difficult but if you are booked on a course and do feel able to attend, please do go along.

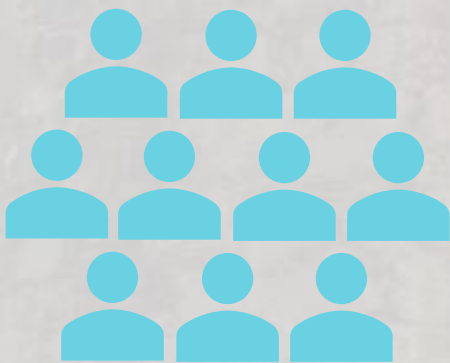
If you can't attend your allocated course or any of the sessions, please contact us either by phone or email as soon as possible, preferably before the session or course starts. This means those on the waiting list will be able to attend.

**Student Learning Portal:** Once logged in, select 'My Courses'

**Telephone:** 01534 505 977

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

## JRC Statistics from January 2017 – July 2019



**987 individual students registered**

(some students have attended more than one semester)

Students were asked how much the course has given them hope, empowerment and opportunity. The questions were answered 'very much', 'quite a lot' or 'somewhat'.

**93%** felt more confident and given more direction

**95%** felt more supported and connected to other people

**96%** felt more positive for the future

# Recovery Programme

We will explore just what the "Recovery" in Jersey's Recovery College is.

We will look at the meaning of recovery for people with mental health difficulties. These four modules have been co-produced to look at some of the ways we can try to feel more hopeful and more in-control; allowing us to make the most of opportunities and move forwards in our Recovery.

You can attend one of these courses or all four. Our recovery modules as a programme are recommended for a fuller picture of 'recovery' within Jersey Recovery College.

## What is Recovery?

This course has been designed to provide an introduction to the main principles of Recovery and how to apply them in the context of your own life.

**Duration** 1 session  
**Date** Tuesday 21<sup>st</sup> January  
**Time** 2pm – 5pm  
**Venue** Kensington Chambers  
**Trainers** Ronan Benson  
Ian Baudains

## Goal Setting in Recovery

To enable students to apply goal setting to everyday life based on needs. We will be exploring this topic in relation to Recovery.

**Duration** 1 session  
**Date** Tuesday 4<sup>th</sup> February  
**Time** 2pm – 4pm  
**Venue** Kensington Chambers  
**Trainers** Ronan Benson  
Kevin Proctor

## Resilience and Wellbeing

To enable students to effectively apply concepts to improve their resilience and wellbeing. These are two words used a lot these days; through various individual and group activities we will explore the difference and shine a light on ways of improving both for optimal health.

**Duration** 1 session  
**Date** Tuesday 18<sup>th</sup> February  
**Time** 5.30pm – 8.30pm  
**Venue** Kensington Chambers  
**Trainers** Ronan Benson  
Ananda Rousseau

## Steps to Recovery

To equip students with the skills and knowledge to promote wellbeing and prepare for crisis. We will be exploring this topic through different individual and group activities using elements of WRAP®.

**Duration** 1 session  
**Date** Tuesday 10<sup>th</sup> March  
**Time** 2pm – 5pm  
**Venue** Kensington Chambers  
**Trainers** Ronan Benson  
Holly Benning

# Developing Life Skills

## Balanced Living for Beginners

This six-week course is for anyone who wants to learn techniques to help restore balance to their life. It teaches a number of key skills that would be useful for anyone that regularly experiences difficult and stressful situations. With practice these skills can help you respond more flexibly and more effectively to all kinds of difficulties.

<b>Duration</b>	6 weeks – Wednesday's
<b>Date</b>	Wednesday 22 <sup>nd</sup> January to Wednesday 26 <sup>th</sup> February
<b>Time</b>	6.30pm – 8pm
<b>Venue</b>	Kensington Chambers
<b>Trainers</b>	Luke Shobbrook Alex Black

## Introduction to Mindfulness

The course teaches students a range of mindfulness and compassion practices. Mindfulness can lead us to developing a greater tolerance and acceptance of unhelpful experiences which can then reduce our suffering and allows the development of more effective ways of coping.

<b>Duration</b>	4 weeks – Tuesday's
<b>Date</b>	Tuesday 17 <sup>th</sup> March to Tuesday 7 <sup>th</sup> April
<b>Time</b>	6.00pm – 8.00pm
<b>Venue</b>	St James's Centre - Hall
<b>Trainers</b>	Carolyn Coverley Kevin Proctor

In Partnership with  mya  
mindfulness & yoga for all

# Living Well

## Introduction to Gentle Yoga

This will be a gentle introduction to the practice of yoga. The course will include some breathing practices, yoga poses and relaxation. This will involve gentle movement based on stretch and developing flexibility and does not require any previous experience. The aim of the course is to provide a space where students can focus on their own needs, relax and develop greater mindfulness of body and breath.

<b>Duration</b>	6 weeks – Monday's
<b>Date</b>	Monday 27 <sup>th</sup> January to Monday 2 <sup>nd</sup> March
<b>Time</b>	6pm – 7pm
<b>Venue</b>	The Bridge
<b>Trainers</b>	Carolyn Coverley Louise Clark

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## Expressing Creativity with Jewellery

Jewellery making is a great hobby and offers health benefits as well. Making your own jewellery allows you to unleash your creativity and feel the sense of accomplishment.

On this course we will provide you with the basic knowledge of jewellery making which helps relieve stress and improves self-confidence.

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

<b>Duration</b>	1 session
<b>Date</b>	Wednesday 15 <sup>th</sup> April
<b>Time</b>	5.30pm – 8.30pm
<b>Venue</b>	Kensington Chambers
<b>Trainers</b>	Siobhan Poingdestre Louise Lancashire



# Understanding Mental Health Difficulties

## Understanding and Managing Fear and Stress

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

**Duration** 1 session  
**Date** Wednesday 8<sup>th</sup> April  
**Time** 1.30pm – 4.30pm  
**Venue** Kensington Chambers  
**Trainers** Michelle Wedgbury  
Louise Lancashire

## Living with Psychosis

To enable students to reach an understanding of what is meant by the term psychosis and how to live well with psychosis.

**Duration** 1 session  
**Date** Thursday 27<sup>th</sup> February  
**Time** 5.30pm – 8.30pm  
**Venue** Kensington Chambers  
**Trainers** Ronan Benson  
Louise Lancashire

## Living with Depression

Depression is the most commonly diagnosed mental health problem. We will explore this topic and how it affects our lives. Through individual and small group work will cover what is, what causes it and strategies to overcome it.

**Duration** 1 session  
**Date** Thursday 13<sup>th</sup> February  
**Time** 2pm – 5pm  
**Venue** Kensington Chambers  
**Trainers** Ronan Benson  
Ian Baudains

**Duration** 1 session  
**Date** Thursday 12<sup>th</sup> March  
**Time** 5.30pm – 8.30pm  
**Venue** Kensington Chambers  
**Trainers** Ronan Benson  
Alex Black

## Understanding and Managing Anxiety

Students will develop an understanding of what Anxiety is, how it impacts your life and what you can do about it. We'll be exploring this topic through group discussion, individual activities and applying practical techniques.

**Duration** 3 weeks – Thursday's  
**Date** Thursday 23<sup>rd</sup> January to  
Thursday 6<sup>th</sup> February  
**Time** 5.30pm – 7.30pm  
**Venue** Kensington Chambers  
**Trainers** Ronan Benson  
Louise Lancashire

**Duration** 3 weeks – Thursday's  
**Date** Tuesday 24<sup>th</sup> March to  
Tuesday 7<sup>th</sup> April  
**Time** 2.30pm – 4.30pm  
**Venue** Kensington Chambers  
**Trainers** Ronan Benson  
Louise Clark

# Giving to the Community

## Introduction to Co-production

Co-production is a word often used in and around health services but what does it really mean?

The course explores what co-production is and how it works best, why it is an important and powerful approach to delivering services, the advantages and disadvantages of co-production and how to apply the co-production model to local projects

This course is suitable for anyone interested in using their lived experience to work within a co-produced model in order to contribute to services. It is also for health professionals or third sector organisations interested in exploring co-production within their own field.

**Duration** 1 session  
**Date** Thursday 2<sup>nd</sup> April  
**Time** 2pm – 5pm  
**Venue** Kensington Chambers  
**Trainers** Jake Bowley  
Karen Dingle

## Suicide Awareness

This session aims to create empathy and challenge stigma by developing understanding of suicidal behaviour. You will learn your role in suicide prevention, be able to respond to someone in distress and use the resources provided to seek help.

**Duration** 1 session  
**Date** Wednesday 19<sup>th</sup> February  
**Time** 2pm – 4.30pm  
**Venue** Kensington Chambers  
**Trainers** Steve Tumelty  
Karen Dingle

## What students have to say

"I'd like to thank the guys for taking their time out to be helpful and extremely approachable"

"I love the informal feeling of the course and people felt comfortable enough to interact"

"Being surrounded by people who some of them have had similar feelings/experiences to me was surprisingly reassuring and a great benefit to attending"

A few student comments who attended the Autumn 2019 Semester.

"Was nice to be in the company of others who understand"

"Just to say thank you. It's great to know this was available"

"Great dynamic with the two facilitators. Both clear, helpful, supportive, inject energy into the course"

# Jersey Recovery College Spring Semester 2020 Schedule

	MONDAY	TUESDAY		WEDNESDAY		THURSDAY
JANUARY		What is Recovery? (1 session) 21-Jan 2-5pm				Understanding and Managing Anxiety  (3 week course) 23 Jan - 6 Feb 5.30 - 7.30pm
FEBRUARY	Introduction to Gentle Yoga  (6 week course) 27 Jan - 2 Mar 6 - 7pm	Goal Setting in Recovery (1 session) 04-Feb 2-4pm			Balanced Living for Beginners  (6 week course) 22 Jan - 26 Feb 6.30 - 8pm	Living with Depression (1 session) 13-Feb 2-5pm
		Resilience and Wellbeing (1 session) 18-Feb 5.30 - 8.30pm		Suicide Awareness (1 session) 19-Feb 2-4.30pm		
						Living with Psychosis (1 session) 27-Feb 5.30 - 8.30pm
MARCH		Steps to Recovery (1 session) 10-Mar 2-5pm		Living with Depression (1 session) 12-Mar 5.30 - 8.30pm		
			Understanding and Managing Anxiety			Introduction to Mindfulness  (4 week course) 17 Mar - 7 Apr 6.00 - 8.00pm
APRIL		Introduction to Co-Production (1 session) 02-Apr 2-5pm	(3 week course) 24 Mar - 7 Apr 2.30 - 4.30pm			
				Understanding and Managing Fear and Stress (1 session) 08-Apr 1.30 - 4.30pm		
				Expressing Creativity with Jewellery (1 session) 15-Apr 5.30 - 8.30pm		

We look forward to seeing you  
at our Spring Semester!