

Welcome to Jersey Recovery College's Summer Semester 2019. This semester we're excited to bring you new courses on anxiety management, running and gardening for mental health. Our popular open water swimming and understanding low self-esteem courses are also making a return.

We launched our new Student Learning Portal in December 2018 for you to register your interest on our courses. Click the 'login' button on the top right corner of our website to log in, www.recovery.je. User guides are still available on our website in the news section. Please don't hesitate to contact us for assistance.

We understand that some of you don't have email addresses, you can still register using our paper application form. Contact us to request a form.

Applications open on Monday 25th March until Tuesday 16th April, we will confirm all enrolments via email or post. After this time, you can still register but may be placed on the waiting list.

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

Thank you.

Jersey Recovery College





Self-compassion involves treating ourselves kindly, like we would a person we care about.

During this introductory workshop we will explain the meaning of self-compassion and its benefits and challenges. We will invite students to participate in some brief exercises and meditations, which are designed to bring awareness to our experiences and to ourselves. We will provide some resource information for those wishing to continue to explore the subject.

- To understand the term 'self-compassion'
- Practice self-compassion meditations
- Be aware of how to respond to difficulties with self-kindness

Disclaimer: Exploring self-compassion can sometimes be emotionally challenging. Please contact JRC if you'd like to discuss the suitability of this course for you at this time.

Duration 1 session

Date Thursday 6th June 2019

Time 6pm - 9pm Venue Salvation Army Trainers Steve Wharmby

Louise Clark

Mindful Moments



Mindful Moments is a taster workshop for those new to mindfulness who may not have the time for long, meditative practice. We will explore what mindfulness is and isn't, and then introduce a number of short, informal practices, which can be integrated into daily life.

- Understand what mindfulness is
- Experience mindfulness practice for self
- Apply some simple exercises into your daily life

Duration 1 session

Date Thursday 23rd May 2019

Time 6pm - 9pm

Venue St James's Centre - Hall

Trainers Steve Wharmby

Louise Lancashire

Supporting Someone with a Mental Health Difficulty

This course aims to educate and connect people who are supporting someone with a mental health difficulty. It includes;

- Sharing and learning from one another
- Looking after ourselves
- Communication skills
- Crisis planning
- Where to find support and hope for the future

This course is suitable for anyone caring for or supporting someone with their mental health including family, loved ones, friends or colleagues. It is also suitable for professionals working with individuals who have mental health difficulties.

Duration 4 session course

Date Saturday 1st June to Saturday 22nd June 2019

Time 9am – 12pm

Venue St James's Centre - Room 1

Trainers Stephen McCrimmon

Karen Dingle

Open Water Swimming



This course is for anyone who would like to experience open water swimming, improve their personal wellbeing, enjoy some physical activity, spend some time in our beautiful natural surroundings and mix with other likeminded people.

Please note: The classroom session is compulsory in order to attend the course. It involves swimming in the sea and students should be able to swim 50m (2 lengths of a standard length pool) unsupported. We have trained lifeguards on hand.

Duration 8 session course

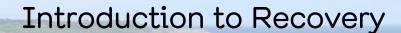
Date Monday 24th June to Friday 19th July 2019 Time 10am-11am (24th June will finish at 11.30am)

Venue Kensington Chambers (24th June only) / Havre des Pas Swimming Pool

Trainers Mike Swain

Louise Clark







- Explore what Recovery means for us and for others
- Think about what different things help with Recovery
- Come up with your own definitions of 'Recovery'

Duratio 1 session

n

Date Tuesday 30th April 2019

Time 5.30pm - 8.30pm Venue St James's Centre

Trainers Jake Bowley

Alex Black

Recovery in Action



This workshop focuses on putting recovery into action; looking at some of the ways we can try to feel more hopeful, more in-control and ready and able to create and make the most of opportunities.

- Discuss the obstacles that can impede recovery and how we might overcome them
- Start developing a Wellness Tool Kit
- Explore the Wheel of Wellbeing
- Learn the importance of values
- Learn about SMART goals
- Setting your own recovery SMART goal

Duration 1 session

Date Tuesday 14th May 2019

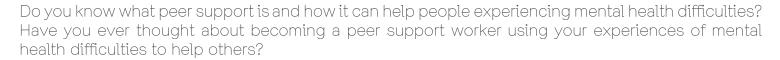
Time 2pm – 5pm

Venue St James's Centre

Trainers Jake Bowley

Louise Lancashire





Peer support is about giving and receiving help and encouragement based on respect, mutuality and shared lived experience. The value of peer support in recovery is being increasingly accepted worldwide, and the States of Jersey has recognised its importance in its most recent Mental Health Strategy.

It is aimed at people who are interested in understanding the principles and benefits of peer support, in particular those who may be considering becoming peer support workers or those wanting to access peer support.

Duration 1 session

Date Wednesday 17th July 2019

5.30pm - 8.30pm Time Kensington Chambers Venue

Trainers Jenny Browne

Louise Lancashire



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
- How to apply the co-production model to local projects

This course is suitable for anyone interested in using their lived experience 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

Tuesday 16th July 2019 Date

2pm - 5pm Time

Kensington Chambers Venue

Trainers Jake Bowley

Karen Dingle

Understanding Low Self-Esteem

This course will help us to explore what low self-esteem means to us, how it can develop, what can keep our self-esteem low and encourage us to start to thinking about healthy self-esteem. It includes:

- Having an understanding of what low self-esteem is
- How low self-esteem can develop
- What can keep low self-esteem going
- Ideas about healthy self-esteem

Duration 1 session

Date Saturday 18th May 2019

Time 10am – 2pm

Venue St James's Centre - Room 1

Trainers Tracy Ruellan

Karen Dingle

Living with Anxiety



Anxiety is experienced by everyone at some points in our lives. However for some anxiety can have a major impact on their lives.

On this course we will explore what anxiety is and how it impacts on body, mind and daily life. We will look at ways to help manage anxiety through a variety of self-help approaches and strategies.

Duration 1 session

Date Thursday 13th June 2019

Time 6pm - 9pm

Venue St James's Centre - Room 1

Trainers Steve Wharmby

Louise Clark



Running is a simple and effective way to improve health that requires very little equipment other than a pair of running shoes. It helps manage or relieve stress and has been shown to combat anxiety and depression through the release of the body's natural antidepressants.

The course is for people who have never run before, are returning to exercise or just want to get more active to improve their health and wellbeing. It follows an established nine week 'Couch to 5K' programme that has already helped thousands of people worldwide get into running.

It starts with lots of walking and introduces running gradually, allowing participants to build up fitness and stamina over a number of weeks and work together on the shared goal of running a 5K non-stop.

Please Note: you would need to train in between each session and the aim is to take part in a 5k Parkrun at the end of the 9 weeks as a group (Saturday 13th July).

Duration 9 session course

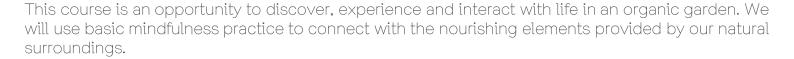
Date Thursday 16th May to Thursday 11th July 2019 Time 6pm - 7pm (16th May session will start at 5.30pm)

Venue Kensington Chambers (16th May only) / People's Park

Trainers Luke Shobbrook

Alex Black

Seed to Plate



We'll practice;

- Gentle gardening
- Cultivating awareness
- Discovering living soil and how to prepare it
- Sowing seeds and learning to recognise and provide good conditions for the plants to develop towards maturity
- Harvesting, preparing and enjoying the seasonal food offered by the garden

Please Note: This is an outdoor activity in a garden in St Ouen's. You should dress for gardening and be prepared for rain. The bus routes are 8,9,28 and it will take 6-10 minutes to walk from the bus stop. There is parking available on site.

Duration 6 session course

Date Tuesday 14th May to Tuesday 18th June 2019

Time 2pm - 4pm

Venue Birdsong Garden, St Ouens

Trainers Sebastien Valax

Kevin Proctor

In Partnership with **Birdsong Garden**

T: 505977 E: hello@recovery.je W: www.recovery.je Lincoln Chambers, 31 Broad Street, St Helier, JE2 3RR

Jersey Recovery College Summer Semester 2019 Schedule

	APRIL	APRIL MAY		JUNE			JULY
MON						(4 week, 8 24th Ju 10am - 11.30am at Kensing	ter Swimming session course) ine - 19 July gon Chambers (Session 1 only) at Havre Des Pas
TUES	Introduction to Recovery (1 session) 30th April 5.30pm - 8.30pm St James's Centre	Recovery in Action (1 session) 14th May 2pm - 5pm St James's Centre		Seed to Plate (6 week course) 14th May - 18th June 2pm - 4pm Birdsong Garden			Co-Production in Action (1 session) 16th July 2-5pm Kensington Chambers
WED							Understanding Peer Support (1 session) 17th July 5.30pm - 8.30pmm Kensington Chambers
THU			Mindful Moments (1 session) 23rd May 6pm - 9pm St James's Centre	Exploring Self- Compassion (1 session) 6th June 6pm - 9pm Salvation Army	Living with Anxiety (1 session) 13th June 6pm - 9pm St James's Centre Running for Recovery (9 week course) 16th May - 11th July 7pm at Kensington Chambe 6pm - 7pm at People's P	ers (week1 only)	
FRI	Open Water Swimming (4 week, 8 session course) 24th June - 19 July 10am - 11am Havre Des Pas						session course) ıne - 19 July m - 11am
SAT		Understanding Low Self- (1 session) 18th May 10am - 2pm St James's Centre		Supporting §	Someone with a Mental He (4 week course) 1st June - 22nd June 9am - 12pm St James's Centre	alth Difficulty	
SUN							

