



Jersey Recovery College
Hope · Empowerment · Opportunity

Summer 2019 Prospectus

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



Exploring Self-Compassion

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 1 st June to Saturday 22 nd June 2019
Time	9am – 12pm
Venue	St James's Centre – Room 1
Trainers	Stephen McCrimmon Karen Dingle

Open Water Swimming

For many years, in many cultures, people have identified the positive mental and physical benefits of open water or “wild swimming”. On this course we will introduce the benefits of open water swimming/bathing, while enjoying the opportunity to be outside in our natural Jersey surroundings.

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 24 th June to Friday 19 th July 2019
Time	10am– 11am (24 th June will finish at 11.30am)
Venue	Kensington Chambers (24 th June only) / Havre des Pas Swimming Pool
Trainers	Mike Swain Louise Clark

Supported by 



Introduction to Recovery

This workshop explores just what the “Recovery” in Jersey's Recovery College is. We will look at the meaning of recovery for people with mental health difficulties, their friends and families, and for the professionals who work with them.

- 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'

Duration 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

Understanding Peer Support

Do you know what peer support is and how it can help people experiencing mental health difficulties? Have you ever thought about becoming a peer support worker using your experiences of mental health difficulties to help others?

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
Time 5.30pm – 8.30pm
Venue Kensington Chambers
Trainers Jenny Browne
Louise Lancashire

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for better mental health

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
Date Tuesday 16th July 2019
Time 2pm – 5pm
Venue Kensington Chambers
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

Understanding and Managing Anxiety in a Meaningful Way

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 for Recovery

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 16 th May to Thursday 11 th July 2019
Time	6pm – 7pm (16 th May session will start at 5.30pm)
Venue	Kensington Chambers (16 th May only) / People's Park
Trainers	Luke Shobbrook Alex Black



Seed to Plate

This course is an opportunity to discover, experience and interact with life in an organic garden. We will use basic mindfulness practice to connect with the nourishing elements provided by our natural surroundings.

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 14 th May to Tuesday 18 th June 2019
Time	2pm - 4pm
Venue	Birdsong Garden, St Ouens
Trainers	Sebastien Valax Kevin Proctor

In Partnership with **Birdsong Garden**

Jersey Recovery College Summer Semester 2019 Schedule

	APRIL	MAY	JUNE	JULY
MON				Open Water Swimming (4 week, 8 session course) 24th June - 19 July 10am - 11.30am at Kensington Chambers (Session 1 only) 10am - 11am 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 - 8.30pm 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 5.30pm - 7pm at Kensington Chambers (week1 only) 6pm - 7pm at People's Park
FRI				Open Water Swimming (4 week, 8 session course) 24th June - 19 July 10am - 11am Havre Des Pas
SAT		Understanding Low Self- (1 session) 18th May 10am - 2pm St James's Centre	Supporting Someone with a Mental Health Difficulty (4 week course) 1st June - 22nd June 9am - 12pm St James's Centre	
SUN				

We look forward to seeing you at our Summer Semester!

