

Summer 2021 Prospectus



Welcome to JRC!

Summer Semester 2021 is now available to register your interest. You can register at any time but may be placed on the waiting list if the courses are full; we will confirm all enrolments via email. We feel it's important to run classroom sessions where we can in a safe way. But we're also conscious that some people prefer doing courses virtually at the moment, so we have designed a curriculum that covers both.

What's available this semester?

This semester we are providing you with five brand new courses on change, habits, journaling, trauma and a carers therapy model.

We will be reintroducing two courses, our nine-week running programme and four-week carer and family programme that we are very excited to be delivering again.

Four of our popular courses from the last semester will also be delivered, resilience and wellbeing, immunity for wellbeing, mindfulness and sleep.

We really hope to see you on one of our courses, if virtually or in person!

Summer Semester Course Overview

Contents	No. of Sessions	Start Date	Time
Running for Recovery	9	Tuesday 13 th April	6pm – 7pm
Resilience and Wellbeing – Virtual Classroom	1	Wednesday 21 st April	5.30pm – 8.30pm
Growing into Change	1	Wednesday 28 th April	10am – 1pm
Journey into Journaling	3	Monday 10 th May	6pm – 8pm
Introduction to Mindfulness	6	Tuesday 11 th May	6pm – 8pm
Forming Healthy Habits – Virtual Classroom	3	Thursday 13 th May	6.30pm – 8.30pm
Supporting Someone with a Mental Health Difficulty	4	Saturday 29 th May	9.30am – 12.30pm
Understanding and Managing Anxiety	3	Wednesday 9 th June	6pm – 8pm
Understanding Sleep	1	Tuesday 22 nd June	6pm – 8pm
Introduction to Trauma	1	Thursday 24 th June	5.30pm – 8.30pm
Immunity for Wellbeing	1	Tuesday 6 th July	10am – 1pm
Understanding Family Work for Mental Health	1	Saturday 10 th July	10am – 11.30am



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 will 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 12th June), guidelines permitting.

Duration	9 weeks – Tuesday's
Date	Tuesday 13 th April to Tuesday 8 th June
Time	6pm – 7pm (first session will be until 7.30pm)
Venue	Victoria Avenue
Trainers	Luke Shobbrook Rory Mitchell

Resilience and Wellbeing in Recovery

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	Wednesday 21 st April
Time	5.30pm – 8.30pm
Venue	Zoom
Trainers	Ronan Benson Simon Irons

Growing into Change

We all experience change; it is a natural part of life and yet we all have our individual responses to it.

On this course, we will explore why we struggle with change (resistance), how we can work with it (awareness) and move forward with our lives (adaptability). We will do this through a range of individual and group activities and discussion.

Duration	1 session
Date	Wednesday 28 th April
Time	10am – 1pm
Venue	Jersey Library
Trainers	Ronan Benson Kevin Proctor

Journey into Journaling

This course is an opportunity to learn and explore a variety of journaling styles and their benefits to mental health and wellbeing.

Regardless of where you are on your journaling journey, whether you have had experience or not, this course is suitable for everyone. Over the three sessions we will look at many different types of journals and techniques to help find the right style for you.

The course will explore how to use 'The Feelings Wheel' to develop emotional understanding as well as looking at fun, creative and impactful ways to develop your journaling skills.

Duration	3 weeks – Monday's
Date	Monday 10 th May to Monday 24 th May
Time	6pm – 8pm
Venue	Highlands College
Trainers	Emma Tanner Liana Summers-Shaw

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.

In partnership with  mya
mindfulness & yoga for all

Duration	6 weeks – Tuesday's
Date	Tuesday 11 th May to Tuesday 15 th June
Time	6pm – 8pm
Venue	Jersey Library
Trainers	Carolyn Coverley Kevin Proctor

Forming Healthy Habits

Do you wonder why new year's resolutions don't normally stick? We all know about the benefits of activities such as exercise, eating well, meditating, practicing gratitude etc. But we also know these things are much easier said than done and we often blame ourselves for not practicing them due to a "lack of willpower".

This course will show students how to use the science of behaviour to make it easier and more enjoyable to practice healthy habits and behaviours.

Applying these principles will increase how often these behaviours are practiced and can lead to long term increases in wellbeing. We will look at myths behind willpower, the science of behaviour, clarifying our intentions behind habits, and how to make habits easier to practice.

Duration	3 weeks – Thursday's
Date	Thursday 13 th May to Thursday 27 th May
Time	6.30pm – 8.30pm
Venue	Zoom
Trainers	Ronan Benson Rory Mitchell

Supporting Someone with a Mental Health Difficulty

This programme aims to educate anyone involved with caring for 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.

In partnership with  **FOCUS**
On Mental Illness

Duration	4 weeks – Saturday's
Date	Saturday 29 th May to Saturday 19 th June
Time	9.30am – 12.30pm
Venue	Salvation Army
Trainers	Stephen McCrimmon Karen Dingle

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 – Wednesday's
Date	Wednesday 9 th June to Wednesday 23 rd June
Time	6pm – 8pm
Venue	Jersey Library
Trainers	Ronan Benson Liana Summers-Shaw

Understanding Sleep

This course will outline the basic need we have as humans to sleep and what natural sleep looks like. We will cover the benefits of sleep and the detrimental impact of sleep deprivation on both our physical and mental health. The course hopes to offer practical solutions to common sleep difficulties with an easy to follow plan, which students will be invited to evaluate in the second week. We will look at sleep medications and the impact that these can have on our natural sleep cycle, alongside common sleep disorders and signposting students to where they can seek additional support should they suspect these.

Duration	2 weeks – Tuesday's
Date	Tuesday 22 nd June to Tuesday 29 th January
Time	6pm – 8pm
Venue	Jersey Library
Trainers	Alison Pell Simon Irons



Introduction to Trauma

The introduction to trauma course will be looking at what trauma is and the potential impact of traumatic experiences on us, our lives and relationships based on the latest research which particularly focuses on the body's responses. We will discuss tools that can help us with regulation and also briefly describe potential therapeutic models that are sometimes used.

In partnership with  **mya**
mindfulness & yoga for all

Duration	1 week
Date	Thursday 24 th June
Time	5.30pm – 8.30pm
Venue	Salvation Army
Trainers	Carolyn Coverley Louise Clark

Immunity for Wellbeing

On this course we would like to empower you with knowledge about how your immune system works and how it responds to seasonal change which can have an impact on your mental health and wellbeing. When our immune system is strong, we thrive. We will explore some holistic strategies to take care of yourself, support your immune system and maintain a sense of wellbeing.

Disclaimer

The information and statements made are intended for educational purposes only. It is not a substitute for diagnosis and/or treatment of any health condition or disease. Nor is it intended to replace services or treatment of any physicians or healthcare professionals.

Duration	1 week
Date	Tuesday 6 th July
Time	10am – 1pm
Venue	Jersey Library
Trainers	Ronan Benson Kevin Proctor

Understanding Family Work for Mental Health

On this short introductory course, we will explain what Behavioural Family Therapy is and how it works. Mental health difficulties don't just affect the person who has them, they affect the whole family. Behavioural Family Therapy helps to bring the family together to address communication skills, problems and goal setting.

In partnership with  **FOCUS**
On Mental Illness

Duration	1 week
Date	Saturday 10 th July
Time	10am – 11.30am
Venue	Salvation Army
Trainers	Stephen McCrimmon Karen Dingle

How do I register?

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) or
- Application form which can be emailed to you. During this semester we are attempting to limit posting the paper application form, but can do so if required.
- Phone Call if you are unable to complete the form on our website or filling in the application form.

After you have registered your interest, you will receive an email confirming your registration has been received. Please check your junk/spam 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.

What happens next?

We will confirm course places with students as soon as possible.

Online

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

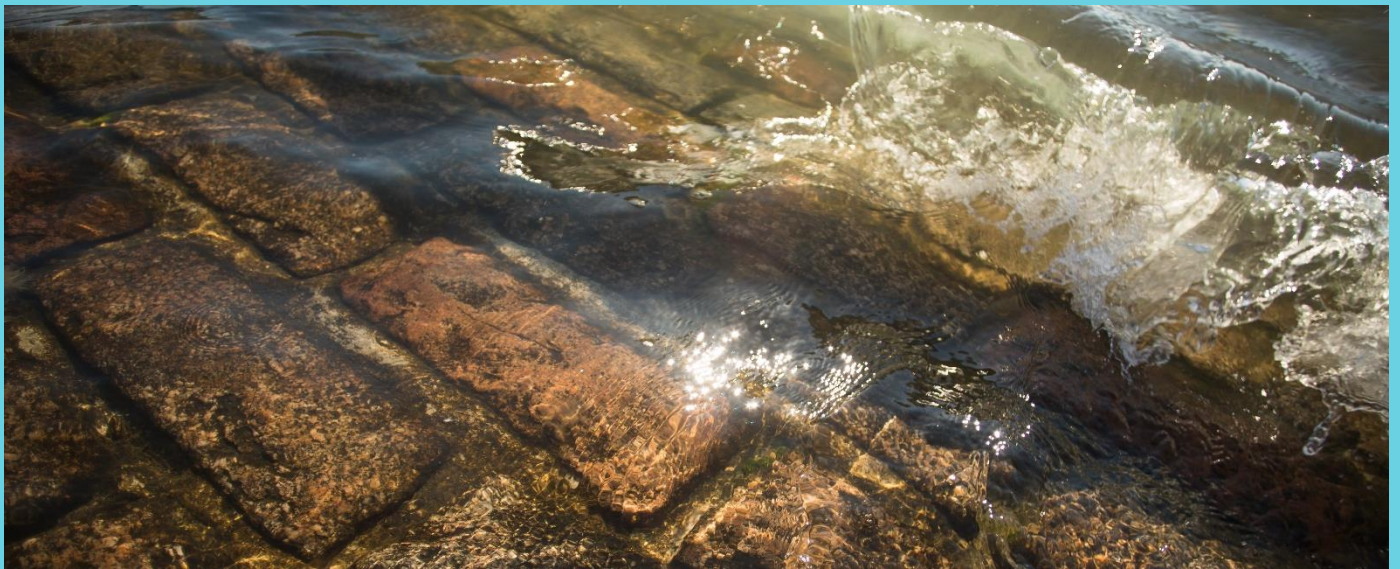
You can check your courses by logging onto the Student Learning Portal. Once logged in, click on 'My Courses'. The status will be marked as 'booked' or 'waiting list'. If you are on the waiting list, we will notify you up to the day before the course if we have any cancellations.

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 and information.





What if I can't attend?

JRC often runs waiting lists for courses and we also get measured by the number of attendees on our courses. We understand it's not always possible to attend a session and sometimes it can be very difficult to do so.

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

How is JRC keeping their staff and students safe?

There are a number of measures we have put into place to keep our staff and students safe during the COVID pandemic. Government guidelines are continuously changing, so we will keep you updated on what you can expect from JRC and what we expect from our students on our website and updates sent to you via email.

- We ask that you do not attend a JRC course if you are displaying any signs of COVID or feeling unwell.
- If you are travelling back into Jersey leading up to the course you are kindly asked not to attend and follow Government guidelines.
- If you develop COVID symptoms after attending a JRC course, please contact the COVID Helpline so that we can be notified.
- If you have been requested to isolate by contact tracing, we ask that you do not attend.