



Jersey Recovery College
Hope · Empowerment · Opportunity



Summer 2020 Prospectus

Summer Semester 2020 courses are now available to register your interest for. Applications are open from Wednesday 8th April. We will confirm all enrolments via email. Some of our courses are popular so you may be placed on the waiting list if the courses are full.

We appreciate that in the current climate it's more important than ever for people to have access to mental health and wellbeing support, we've worked hard to come up with an alternative learning experience for you.

We're launching our courses via Zoom!

We will be providing courses via a virtual platform called Zoom. With all new things, there is a transitional period and we are here to help as much as possible. We have created a [Zoom Student User Guide](#) to assist with the new platform.

All of our courses will be registered in the same way, via our website and will be accessed via Zoom.

We know that times are very challenging at the moment, and you may have concerns over your mental health and well-being. We have put together a [list of local charities](#) and organisations that you might find useful during these difficult times.

Please take extra care of your wellbeing and do the good things to support your mental health.

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

Thank you.

Jersey Recovery College

How do I register?

Our application process is open via our website (www.recovery.je/courses), some of our courses are popular so you may be placed on the waiting list if the courses are full.

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

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).



What happens next?

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 each session.



How do I cancel?

The College gets measured on the number of people who attend and complete our courses.

If you can't attend your allocated course or any of the sessions, please contact us 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: 07829 908 252

Email: hello@recovery.je

Recovery Programme

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

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	This course will be delivered over two days.		
Date	28 th April and 29 th April	Trainers	Ronan Benson
Time	3.30pm – 5pm		Karen Dingle

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. This course will be delivered over two days.

Duration	This course will be delivered over two days.		
Date	11 th May and 13 th May	Trainers	Ronan Benson
Time	5.30pm – 7pm		Holly Benning

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	This course will be delivered over two days.		
Date	26 th May and 27 th May	Trainers	Ronan Benson
Time	5.30pm – 7pm		Holly Benning

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Duration	This course will be delivered over two days.		
Date	29 th June and 30 th June	Trainers	Ronan Benson
Time	3.30pm – 5pm		Holly Benning

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 This course will be delivered over two days.

Date	15 th July and 16 th July	Trainers	Ronan Benson
Time	5.30pm – 7pm		Holly Benning

Developing Life Skills

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.

Duration This course will be delivered every Thursday for six weeks.

Date	23 rd April – 29 th May	Trainers	Carolyn Coverley
Time	6.00pm – 7.30pm		Kevin Proctor

Duration This course will be delivered every Tuesday for six weeks.

Date	9 th June – 14 th July	Trainers	Carolyn Coverley
Time	6.00pm – 7.30pm		Kevin Proctor

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

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.

Duration This course will be delivered every Thursday for six weeks.

Date	4 th June – 9 th July	Trainers	Luke Shobbrook
Time	6.00pm – 8.00pm		Louise Lancashire

Understanding Mental Health Difficulties

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 This course will be delivered every Monday and Friday for two weeks.

Date 20th April – 1st May
Time 3.30pm – 5pm

Trainers Ronan Benson
Louise Clark

Duration This course will be delivered every Tuesday and Thursday for two weeks.

Date 12th May – 21st May
Time 4pm – 5.30pm

Trainers Ronan Benson
Louise Clark

In Partnership with



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 & small group work will cover what it is, what causes it and strategies to overcome it.

Duration This course will be delivered in one day.

Date 30th April
Time 3.30pm – 5pm

Trainers Ronan Benson
Alex Black

In Partnership with



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 This course will be delivered over two days.

Date 5th May and 6th May
Time 4pm – 5.30pm

Trainers Michelle Wedgbury
Louise Lancashire

Duration This course will be delivered over two days.

Date 1st June and 2nd June
Time 4pm – 5.30pm

Trainers Michelle Wedgbury
Louise Lancashire

Duration This course will be delivered over two days.

Date 6th July and 7th July
Time 4pm – 5.30pm

Trainers Michelle Wedgbury
Louise Lancashire

JRC Summer Semester Schedule

Week Commencing	MONDAY	TUESDAY		WEDNESDAY	THURSDAY		FRIDAY	
20th April	Understanding and Managing Anxiety Day 1 3.30 - 5pm					Introduction to Mindfulness 6 week course Every Thursday 6 - 7.30pm	Understanding and Managing Anxiety Day 2 3.30 - 5pm	
27th April	Understanding and Managing Anxiety Day 3 3.30 - 5pm	What is Recovery? Day 1 3.30 - 5pm		What is Recovery? Day 2 3.30 - 5pm	Living with Depression 1 session 3.30 - 5pm		Understanding and Managing Anxiety Day 4 3.30 - 5pm	
4th May	Bank Holiday	Understanding and Managing Fear and Stress Day 1 4 - 5.30pm		Understanding and Managing Fear and Stress Day 2 4 - 5.30pm				
11th May	Goal Setting in Recovery Day 1 5.30 - 7pm	Understanding and Managing Anxiety Day 1 4 - 5.30pm		Goal Setting in Recovery Day 2 5.30 - 7pm	Understanding and Managing Anxiety Day 2 4 - 5.30pm			
18th May		Understanding and Managing Anxiety Day 3 4 - 5.30pm			Understanding and Managing Anxiety Day 4 4 - 5.30pm			
25th May	Bank Holiday	Resilience and Wellbeing Day 1 5.30 - 7pm		Resilience and Wellbeing Day 2 5.30 - 7pm				
1st June	Understanding and Managing Fear and Stress Day 1 4 - 5.30pm	Understanding and Managing Fear and Stress Day 2 4 - 5.30pm	Introduction to Mindfulness 6 week course Every Thursday 6 - 7.30pm	Balanced Living for Beginners 6 week course Every Wednesday 6 - 8pm				
8th June								
15th June								
22nd June								
29th June	Resilience and Wellbeing Day 1 3.30 - 5pm	Resilience and Wellbeing Day 2 3.30 - 5pm						
6th July	Understanding and Managing Fear and Stress Day 1 4 - 5.30pm	Understanding and Managing Fear and Stress Day 2 4 - 5.30pm						
13th July				Steps to Recovery Day 1 5 - 7.30pm	Steps to Recovery Day 2 5 - 7.30pm			

