

Mental Health Education for Everyone



Summer 2022 Prospectus



Jersey Recovery College
Hope · Empowerment · Opportunity

Welcome!



Hello, and welcome to our new prospectus, detailing what is available for the summer semester! We are back to provide free community courses on mental health, recovery, and wellbeing.

We have a module from our recovery programme - Goal Setting in Recovery - along with some new courses. These include 'The Kids Are Alright - But What About You?' (An Introduction to Self-Care for Parents and Guardians), and Chair Yoga for Older Adults. We are also pleased to confirm that some of our most popular courses are being repeated, as they were over-subscribed in recent semesters: Visual Journalling, and An Introduction to Trauma.

JRC would like to thank the Jersey Library for providing a venue for many of our courses, and a new partner, Age Concern, who are also supporting us with a venue for three courses.

We hope there is something for everyone - so why not take advantage of our offer?

How do I register?



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

Access the Student Learning Portal on our website (www.recovery.je/courses). After you have registered your interest, you will receive an email confirming receipt. Please check your junk/spam inbox if you don't receive one. To see your courses, go to the 'Student Login' link on the top right-hand corner of the website. Once logged in, click on 'My Courses'. The status will be 'provisional' until we confirm course places. You can register at any time but may be placed on the waiting list if the courses are full.

If you can't access the portal, we can email an application form to you, and if you need any support with completion, please give us a call!

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April Courses



COURSE: Immunity for Wellbeing
DATE: Friday 29th April, 9.30-12.30 am (1 session)
VENUE: Age Concern Hall, Val Plaisant

When our immune system is strong, we thrive. 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. We will explore some holistic strategies to take care of yourself, support your immune system and maintain a sense of wellbeing.

This course is suitable for all ages 18+. With thanks to Age Concern for providing a venue for this session.

Facilitators: Ronan Benson and Kevin Proctor



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 of treatment of any physicians or healthcare professionals.

May Courses

COURSE: Crisis Talk - Suicide Awareness
DATE: Tuesday 10th May, 5.30-8.30pm (1 session)
VENUE: Meeting Rm 2 (Dumaresq) Town Library

How to Have Supportive Conversations in Times of Crisis. In the UK, 1 in 5 people will consider suicide at some point in their lifetime. This means that we all have a part to play in ensuring we understand suicide and are equipped to support others. Evidence shows that talking about suicide openly - and offering support to those who may be considering taking their life - can make a significant difference to their outcomes.

This introductory session covers some of the skills needed to support those who may be considering suicide. It will show you how to listen to, talk with and support them, via group exercises and discussion, within a safe space.

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Facilitators: Ronan Benson and Alan Rumfitt

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COURSE: The Kids are Alright - But What About You? (Parents)
DATE: Fridays, 13th and 20th May, 9.30am -12.30pm (2 sessions)
VENUE: Salvation Army Conference Room



An Introduction to Self-Care for Parents and Guardians.

Self-care isn't selfish. It's essential. Whether you have one child or five, a baby or teenager, being a parent can present a unique set of challenges for your own wellbeing. Issues such as guilt, sleep deprivation, societal pressure, family interaction, or finances can impact your mental health.

This course explores some of the specific mental health issues that we may experience as a parent, why we may react in the way that we do – and will help you to devise your own toolkit to support your wellbeing.

Facilitators: Dreena Collins and Carrie Wilkinson (with Sally-Ann Fox)

COURSE: What Makes a Good Life? (Positive Psychology)
DATE: Thursdays, 19th and 26th May, 9.30-11.30 am
VENUE: Age Concern Hall, Val Plaisant

Better relationships, more empathy, improved sleep and greater self-esteem. These are just some of the benefits of practicing positive psychology.

Practicing positive psychology also makes you less likely to suffer from depression, addiction and burnout, and be better at dealing with difficult situations. Positive psychology is the science of what makes life worth living. It focuses on how to increase positivity, rather than just decreasing negativity, as well as focusing on what's strong, rather than what's wrong.

In this course, students will have opportunities to develop their knowledge of positive psychology and how to apply concepts to building a good life. We will develop our understanding of our personal strengths, the benefits of gratitude, helping others and more. We will explore these topics together through a variety of activities and discussions over two sessions.

Facilitators: Ronan Benson and Kevin Proctor

COURSE: Psychosis - What's Next?
DATE: Saturdays, 14th and 21st May, 9.30-11 am (2 sessions)
VENUE: Salvation Army Conference Room

The experience of psychosis is surprisingly common. This course will explore some of the myths, misconceptions and prejudices that can make living with psychosis more difficult. It will also cover what can be helpful in someone's recovery journey, including a range of treatment and self-help options and personal experiences.

We aim to inspire hope for recovery from psychosis.

In partnership with

Facilitators: Liz Kendrick-Lodge and Luke Canavan



June Courses

COURSE: Visual Journalling (Drawing and Painting for Wellbeing)
DATE: Begins Monday 6th June, 6-8pm (3 weekly sessions)
VENUE: Salvation Army Conference Room

Taking part in creative activities is proven to have several mental health benefits. These include personal expression, confidence building, and reducing stress, by allowing your mind to rest from intrusive or unhelpful thoughts.

In this course, we will explore Art in the forms of drawing and painting. This is practical course, where participants will take part in producing their own artwork, and reflect how and why it might benefit their wellbeing, within a safe space. No prior experience is necessary, and materials are provided. This course is a repeat of the same offer that was oversubscribed last semester.

Facilitators: Jo Alm and Carrie Wilkinsaw

Funded by the late

Roberta Tupper



who wanted to support peoples
recovery towards mental
wellbeing

COURSE: Chair Yoga for Older Adults
DATE: Begins Tuesday 7th June, 2-3.30pm (6 weekly sessions)
VENUE: Age Concern Hall, Val Plaisant

We are pleased to share that our popular Yoga and Mindfulness offer has been adapted this semester, to be even more accessible for older adults. This course will introduce a variety of yoga and mindfulness practices that can be incorporated into daily life. These practices can help us to reduce physical and mental stress, stay more present and be compassionate to yourself and others.

The yoga will be gentle and relaxing and include chair sequences; adaptations will be offered to make the practices accessible to all.

This course is delivered in conjunction with MYA Jersey (Yoga and Mindfulness for All) and with the additional support of Age Concern, Jersey.

Facilitators: Carolyn Coverley and Deirdre Battye

Students without transport who would otherwise be unable to attend Yoga may be able to access Age Concern free transport to the sessions.

Please call freephone 0800 735 0345.

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COURSE: Running For Recovery
DATE: Begins Tuesday 7th June, 6-7pm (8 weekly sessions)
VENUE: Meet at People's Park

Being outdoors and taking part in physical activities are both known to benefit your mental health.

This course is made up of group running sessions, suitable for all levels - whether new to running or you simply want to get more active. You will need to train between each session and the aim is to complete a 5k run as a group, by the end of the eight weeks.

Facilitators: Luke Shobbrook and Tom Stewart



COURSE: Growing into Change
DATE: Monday, 13th June, 6-9pm (1 session)
VENUE: Salvation Army Hall

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.

Facilitators: Ronan Benson and Jocelyne Le Guerne



COURSE: An Introduction to Co-production
DATE: Thursday, 23rd June, 9.30-12.30pm (1 session)
VENUE: Eagle Lab, Town Library

Co-production is a term used often, in and around social services - but what does it really mean?

The course explores what co-production is, how it differs from other engagement models and how it works best, why it is an important and powerful approach to designing and delivering services. It explores 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 the co-production model or participating in co-production work.

Facilitators: Beth Moore and Kevin Proctor

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COURSE: Goal Setting in Recovery (Virtual Course)
DATE: Wednesday 6th July, 6-9pm (1 session)
VENUE: Zoom (online)

Setting goals can help an individual to prioritise, remain focused and positive, and to recognise incremental progress in a mental health recovery journey. Applying this in everyday life is key to advancing mental health – and this course provides practical tools and techniques for students to devise personal strengths-based goals.

This is one of four modules that create our Recovery Programme. You can attend one of these modules or all four – others are delivered over the course of the year. Completion of the full programme is recommended for a fuller picture of ‘recovery’ within Jersey Recovery College.

Facilitators: Ronan Benson and Simon Irons

COURSE: An Introduction to Trauma
DATE: Wednesday, 13th July, 6-9pm (1 session)
VENUE: Eagle Lab, Town Library

This course will consider what trauma is, and the potential impact of traumatic experiences on us. It will look at the latest research, which particularly focuses on the body's responses. We will explore tools that can help us, including briefly describing the potential therapeutic approaches that are sometimes used.

This is a repeat of the same course, which was oversubscribed last semester

Facilitators: Carolyn Coverley and Kevin Proctor

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COVID-19

Guidelines relating to COVID-19 have eased but they are ever-evolving. We will do everything we can to try to keep our students and staff as safe as possible. Please monitor your emails for any health and safety updates, once you have enrolled on a course.



Coming Soon

Self-Care Summer School

In a brand new initiative, we plan to run a summer school for parents this year for the first time, with morning activities covering 'bite-sized' versions of some of our most popular courses. Students can attend the whole week, or standalone sessions.

We intend to hold this in August. Follow our social media pages or join our newsletter to hear more details when booking goes live!



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