

Jersey Recovery College



Autumn 2023 Prospectus
September and October

Welcome

Hello, and welcome to our new prospectus! These are the courses available for September and October.

We provide free community courses on mental health, recovery, and wellbeing.

We have some popular courses returning. We also have a new course: Walking Meditation

We are proud to be working in partnership with other organisations, including MYA Jersey.

JRC would also like to thank the Jersey Library for providing a venue for some of our courses.

Supported by



An Introduction to Mindfulness

Mondays, 4th September to 9th October (six weeks), 6-8pm

Salvation Army Community Hall

The course teaches a range of mindfulness practices. Mindfulness can help us to develop a greater acceptance of unhelpful experiences. This can then improve our ways of coping.

This course is once a week for six weeks.

Living with Depression

Tuesdays, 5th and 12th September (two weeks), 6-7.30pm

The Bridge, Board Room

Depression is the most commonly diagnosed mental health problem.

We will explore this topic and how it effects our lives.

Through individual and small group work we will cover what depression is, what causes it and strategies to overcome it.

Express Yourself: Visual Journaling

Thursdays, 7th to 21st September (three weeks), 6.30-8.30pm

Salvation Army Community Hall

Taking part in creative activities is good for our mental health. This includes confidence building and reducing stress.

In this course, we will explore art in the forms of drawing and painting by using visual journaling.

This is a practical course, where you will produce your own artwork.

No experience is necessary, and materials are provided.

An Introduction to Surfing

Tuesday 12th September, 2.30-4pm or 4.30-6pm

La Braye

Surfing is good for our body and our mind. With Healing Waves, we will provide taster sessions in surfing, with a focus on the benefits to our wellbeing and mental health.

There will be several staff at all sessions and no experience is necessary.

All ages (18+) and abilities welcome!

Somatic Movement for Wellbeing

**Wednesdays 13th September to 4th October (four weeks),
6.30-8pm**

Salvation Army Community Hall

Somatic Movements help to restore painless, efficient movement to the body.

They help to release chronic tension in muscles. They are simple and accessible to everyone and may help those who are experiencing chronic pain.

Goal Setting in Recovery

Thursday 21st September, 9.30-12.30pm

JET Training Rooms, Kensington Chambers

This course enables students to apply goal setting to everyday life. We will be exploring this topic in relation to mental health recovery.

Walking Meditation

Tuesdays, 19th September to 17th October (five weeks), 6.30-8pm

Salvation Army Community Hall

Walking can still the mind. This course will introduce the techniques to successfully meditate while moving.

The walking will be gentle and indoors unless previously agreed by the group. This will be a supportive and accessible class, and no prior experience is necessary.

Understanding and Managing Anxiety

Thursday 21st September 6-8.30pm

Salvation Army Worship Hall

Everyone has anxiety at times, but when anxiety takes over it can be unhelpful.

This course will develop an understanding of what anxiety is. It looks at how it impacts your life, and what you can do about it.

Meeting the Challenges in Healthcare

Thursdays, 5th, 12th and 19th October, 9.30-12.30pm

Salvation Army Conference Room

These courses have been designed to support the wellbeing challenges for staff working in the healthcare sector.

You can attend as many or as few sessions as needed.

Session One: Building Your Wellbeing Toolkit

Suitable for all healthcare workers. This course relates to the pressures in healthcare and the mental wellbeing of staff.

Session Two: Recognising the Wellbeing Challenges

This session is for all healthcare workers. We will explore how we can look after ourselves and move our teams, organisations, and the sector forward.

Session Three: Responding to the Challenges

This session is for managers and senior leaders.

Crisis Talk: Suicide Prevention

Saturday, October 7th, 9.30-12.30pm

MR2 Dumaresq Room, Jersey Library

In the UK, 1 in 5 people will consider suicide at some point. Evidence shows that talking about suicide openly can make a positive difference.

This session covers some of the skills needed to support people who may be considering suicide.

What Makes a Good Life? (Positive Psychology)

Tuesday, 17th October, 9.30-12.30pm

Work Space, Jersey Library

Positive psychology focuses on what's strong, not what's wrong.

In this course, students will apply concepts to building a good life. We will develop our understanding of our personal strengths. We will look at the key features of a good life, such as gratitude, helping others and more.

How Do I Register for a Course?

This is a self-referral process.

All registrations must be completed by the student.

1. Access the Student Learning Portal on our website:
<https://www.recovery.ie/courses>
2. 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.
3. 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 it.

You can register at any time but might 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.

If you need any support in applying, please give us a call: 01534 505977.

Support during the Course

We are a small charity, but we are keen to make our courses as accessible as possible.

If you would like to attend a course but think you may need support (for example, adapted resources) please contact us to see if we can help.

Contact Information:

www.recovery.je/courses

Email: hello@recovery.je

Telephone: (01534) 505977