



**RECOVERY COLLEGE
SOUTH EAST**

Greenshill

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Recovery Education Programme - Carlow January – April 2025

You are invited to join us in our new Recovery Education Programme for Spring 2025.

All our courses and workshops are co-produced and co-delivered by those who have lived experience in partnership with professional expertise, **“the expert by experience working alongside the expert by profession”**.

Courses and workshops at the Recovery College South East are for everyone and are free.

(For more detailed information on our workshops, please go to the Workshop Section of our Website – www.recoverycollegesoutheast.com.) You can scan our QR code for quick access to our website.

1. Complete the attached enrolment form and email it to the Recovery College South East at enrolrecoverycollegesoutheast@gmail.com or
2. Phone us on 086 1746330 to enrol



January – April 2025

VENUE	WORKSHOP NAME	DATES	TIME
Involvement Centre Carlow In-house	<u>Much more than words (Every Friday)</u> “Much more than words” – a space where you can share a poem, tell a short story, write a few words, sing a song, draw a picture or just sit, listen and enjoy. Open to everyone, it’s fun, entertaining and a great way to meet people – a good way to express yourself and what may be going on for you in your world. Come along and give it a go!	Every Friday commencing 17 th January	11.30am – 12.30pm
Day Hospital, St Dymphna’s Hospital, Carlow In-house	<u>Group Sleep Programme (7-week workshop) - one morning per week</u> If you are having problems or difficulties sleeping, then this course might be for you. This unique evidenced based seven-week Sleep Programme uses a blend of Mindfulness and Acceptance and Commitment Therapy techniques to improve your sleep. <i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions if possible. Each week builds on the previous week and home practice exercises will be suggested for in between session practices.</i>	Wednesday 12 th , 19 th and 26 th February 5 th , 12 th , 19 th and 26 th March	11.30am – 1.00pm

<p>The Boardroom, St Dymphna's Hospital, Carlow In-house</p>	<p><u>Handling Distress & Building Resilience (12-week workshop – one morning per week)</u></p> <p>Dealing with distressing emotions and thoughts & living positively can be challenging. In this 12-week group-based programme you will learn skills and strategies to better deal with overwhelming emotions and distressing thoughts and to recognise and build on your existing strengths, with a view to not only addressing difficulties but also to gain strength and confidence to move your life in a positive direction.</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions if possible. Each week builds on the previous week and home practice exercises will be suggested for in between session practices.</i></p>	<p>Thursday 23rd and 30th January</p> <p>6th, 13th, 20th and 27th February</p> <p>6th, 13th, 20th and 27th March</p> <p>3rd and 10th April</p>	<p>10.00am – 12.00pm</p>
<p>Recovery College South East (Online Only)</p>	<p><u>Supporting the Supporters - Mental Health Family Support Programme (5-week online workshop – one morning per week)</u></p> <p>Is someone in your family unwell from either a physical illness, mental health and /or addiction challenge and are you involved in supporting them? If yes, you may find this five-week online workshop beneficial to you.</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Tuesday 4th, 11th, 18th, 25th March 1st April</p>	<p>10.00am - 12.30pm</p>

Workshop Descriptions

Workshop Title	Description
<p>Much More than Words</p>	<ul style="list-style-type: none"> • “Much more than words” – a space where you can share a poem, tell a short story, write a few words, sing a song, draw a picture or just sit, listen and enjoy. Open to everyone, it’s fun, entertaining and a great way to meet people – a good way to express yourself and what may be going on for you in your world. Come along and give it a go!
<p>Group Sleep Programme (7-week workshop)</p>	<p>If you are having problems or difficulties sleeping, then this course might be for you.</p> <p>This unique evidenced based 7-week Sleep Programme uses a blend of Mindfulness and Acceptance and Commitment Therapy (ACT) techniques to improve your sleep and has been found to be a successful method for many people with sleep problems.</p> <p>It will introduce you to facts about sleep and address the vicious cycle of sleepless nights and help you find ways to sleep better and restore your quality of life. There will be between session practice which forms the bedrock of the Programme and is important to complete if you wish to gain the full benefits from this Programme.</p> <ul style="list-style-type: none"> • The overall approach of the Programme is recognising that the secret lies not in what you do when you can’t sleep but what you don’t do. • Each session will be of one and a half hours duration, with a short tea/coffee break.
<p>Handling Distress and Building Resilience (12-week workshop)</p>	<ul style="list-style-type: none"> • Dealing with distressing emotions and thoughts & living positively can be challenging. In this 12-week group-based programme participants will learn skills and strategies to better deal with overwhelming emotions and distressing thoughts and also to recognise and build on existing strengths, with a view to not only addressing difficulties but also to gain strength and confidence to move their lives in a positive direction. Specific skills for handling distress will be taught to support participants in dealing with anxiety, depression and other mood states, from minor to more major stresses, arising from both internal and external sources. Encouraging the recognition of both positive and negative thoughts and emotions and learning effective ways to address these forms the basis of this course, along with the factors related to resilience and how to foster and develop resilience in one’s life. • The programme draws on evidence-based research and a number of therapeutic approaches and their application to a variety of mental health issues. It can benefit individuals with a variety of presentations. While there is a specific content for the group, this will be further shaped by the participants’ needs. It’s important for participants to try and attend all the sessions as each week builds on the previous week, with in-between suggested personal practice. • The group will take place weekly on Thursday mornings, with each group session being 2 hours duration, including a tea/ coffee break.



Enrolment Form

Course title	Commencement date	<u>In-house or Online (Zoom)</u> <u>Please tick your preference below</u>	
		<u>In-house</u> <input type="checkbox"/>	<u>Online (Zoom)</u> <input type="checkbox"/>
		<u>In-house</u> <input type="checkbox"/>	<u>Online (Zoom)</u> <input type="checkbox"/>
		<u>In-house</u> <input type="checkbox"/>	<u>Online (Zoom)</u> <input type="checkbox"/>
		<u>In-house</u> <input type="checkbox"/>	<u>Online (Zoom)</u> <input type="checkbox"/>

PLEASE COMPLETE USING BLOCK CAPITAL LETTERS		
Surname:		
First name(s)		
Address:		
Telephone:	Mobile	Home/Work
Email:		
Contact Details in Case of Emergency:	Name	Number
Where did you hear about the Recovery College		
Please tick the box that best describes you	Service User/Lived Experience _____	<input type="checkbox"/>
	Family Member/Carer _____	<input type="checkbox"/>
	Service Provider (Area of Work) _____	<input type="checkbox"/>
	Other (Please specify)/Prefer Not to Say _____	<input type="checkbox"/>
<p>All our workshops are based around discussion and group work. Pen and paper would be helpful to have to hand for participants.</p> <p><i>All our Workshops are free of charge.</i></p>		

Are you happy for us to contact you periodically by email, post or text about different events, workshops, surveys in relation to the Recovery College South East? (Please tick this box if yes.)

Student Signature _____ Date _____

Recovery is moving on, achieving and learning, being the best and the best that I can be with confidence" Mental Health Discussion Group Clonmel 2013