



Recovery Education Programme – Kilkenny 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 Southeast are for everyone and are free.

(For more detailed information on the 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 Southeast at enrolrecoverycollegesoutheast@gmail.com or
2. Phone us on 086 1746330 to enrol



January/February 2025

VENUE	WORKSHOP NAME	DATES	TIME
Recovery College South East Kilkenny R95 YYCO In-house	<u>Gardening for Wellbeing (Every Monday)</u> Are you interested in learning how you can improve your overall wellbeing through gardening and connecting with others? If so, why not become part of a social gardening group, with a relaxed, friendly, fun atmosphere. No experience required. See workshop description – Page 4	Starting Monday 13 th January	10.00am – 12.00pm
Recovery College South East Kilkenny R95 YYCO In-house & online	<u>Writing Group (Every Tuesday)</u> This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. So, come along, join the group and give it a go. Looking forward to meeting you. See workshop description – Page 7	Starting Tuesday 14 th January	3.00pm – 4.00pm
Involvement Centre Kilkenny 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! See workshop description – Page 5	Starting Friday 17 th January	11.00am – 12.00pm

<p>Recovery College South East Kilkenny R95 YYCO In-house</p>	<p><u>WRAP – Level 1 (6-week workshop - one morning per week)</u></p> <p>WRAP (Wellness Recovery Action Plan) is a programme that helps you develop your own personally tailored Wellness Action Plan that you can use on a day-to-day basis to manage your wellness and that you can use if you become unwell to restore it.</p> <p>See workshop description – Page 6</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 21st & 28th January 4th, 11th, 18th & 25th February</p>	<p>10.00am - 12.30pm</p>
<p>Recovery College South East Kilkenny R95 YYCO In-house</p>	<p><u>Personal Development (8-week programme – one morning per week)</u></p> <p>This eight-week workshop will help you build confidence and self-esteem, identify and develop the skills that can help you to set life goals which can enhance job prospects, and help you live a more fulfilling quality of life.</p> <p>See workshop description – Page 5</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Wednesday 22nd & 29th January 5th, 12th, 19th, 26th February 5th & 12th March</p>	<p>10.00am - 12.30pm</p>
<p>Recovery College South East Kilkenny R95 YYCO In-house</p>	<p><u>Let’s Talk Anxiety (4-week workshop – one morning per week)</u></p> <p>Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful or nervous. Anxiety is a word used to describe these moments of discomfort.</p> <p>This four-week workshop is for people who want to learn more about the facts of anxiety and learn practical and effective ways of managing and living with anxiety.</p> <p>See workshop description – Page 6</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Thursday 23rd & 30th January 6th & 13th February</p>	<p>10.00am - 12.30pm</p>
<p>Recovery College South East Kilkenny R95 YYCO In-house</p>	<p><u>Understanding and Living with Hearing Voices (Morning Workshop)</u></p> <p>The experience of hearing voices can differ from person to person. The aim of this workshop is to gain a better understanding of the common nature of voice hearing, to explore and share ideas for managing and living well with hearing voices.</p> <p>See workshop description – Page 6</p>	<p>Friday 21st February</p>	<p>10.00am - 12.30pm</p>
<p>Recovery College South East Kilkenny R95 YYCO In-house</p>	<p><u>Loneliness, Isolation and Reconnecting (3-week workshop - one morning per week)</u></p> <p>This three-week workshop explores how loneliness and isolation impacts on all aspects of life and shares ideas on how loneliness and isolation can be positively addressed.</p> <p>See workshop description – Page 4</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Thursday 20th & 27th February and 6th March</p>	<p>10.00am - 12.30pm</p>

March/April 2025

<p>Recovery College South East Kilkenny R95 YYCO In-house</p>	<p><u>Understanding and Living with Psychosis/Paranoia (Morning Workshop)</u></p> <p>While psychosis/paranoia is surprisingly common, it can be a very unsettling and frightening experience for the person experiencing it as well as the people who care about them. This workshop is for anyone who wants to better understand psychosis and paranoia and learn effective ways of living well with it.</p> <p>See workshop description – Page 6</p>	<p>Friday 7th March</p>	<p>10.00am - 12.30pm</p>
<p>Recovery College South East Kilkenny R95 YYCO (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>See workshop description – Page 5</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>
<p>Recovery College South East Kilkenny R95 YYCO In-house</p>	<p><u>Let's Talk Depression (3-week workshop – one morning per week)</u></p> <p>Depression can be experienced differently from person to person. This three-week workshop helps you to explore depression and understand what it means to you and how you can manage it effectively.</p> <p>See workshop description – Page 4</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Thursday 20th, 27th March 3rd April</p>	<p>10.00am - 12.30pm</p>
<p>Recovery College South East Kilkenny R95 YYCO In-house</p>	<p><u>Discovering Hope (Morning Workshop)</u></p> <p>Hope is believing in the possibility that things can get better.</p> <p>Hope can be cultivated by seeing how we can have more active control over our lives and how others have found a way forward.</p> <p>Hope is the starting point of recovery.</p> <p>With hope anything is possible.</p> <p>See workshop description – Page 4</p>	<p>Thursday 10th April</p>	<p>10.00am - 12.30pm</p>

Workshop Descriptions

Workshop Title	Description
<p>Discovering Hope (Morning Workshop)</p>	<p>Hope is believing in the possibility that things can get better.</p> <p>Hope can be cultivated by seeing how we can have more active control over our lives and how others have found a way forward.</p> <p>Hope is the starting point of recovery.</p> <p>With hope anything is possible.</p> <p>The aim of this workshop is:</p> <ul style="list-style-type: none"> • To discuss what hope is and why it is important in life • To explore ways of cultivating hope
<p>Gardening for Wellbeing</p>	<p>Are you interested in learning how you can improve your overall wellbeing through gardening and connecting with others? If so, why not become part of a social gardening group, with a relaxed, friendly, fun atmosphere.</p> <p>We would like your help in further developing our garden into an open space that reflects wellness and recovery, where people can sit, relax and enjoy. The benefits of this can't be underestimated and it can be a great boost to your overall wellbeing.</p> <p>The aim of this workshop is:</p> <ul style="list-style-type: none"> • To offer people an opportunity to explore the link between gardening, nature, wellness and wellbeing, while having the practical elements of planting, sowing and digging. • To connect to others, learn more and have some fun.
<p>Let's Talk Depression (3-week in-house workshop – one morning per week)</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Depression can be experienced differently from person to person. This four-part workshop helps you to explore depression and understand what it means to you and how you can manage it effectively.</p> <p>The aim of this workshop is:</p> <ul style="list-style-type: none"> • To explore what depression is and the factors that may lead to depression • To provide practical and effective ways to help promote recovery from depression
<p>Loneliness, Isolation and Reconnecting (3-week in-house workshop - one morning per week)</p> <p><i>To get the full benefit from this series of workshops, it is</i></p>	<p>Everybody can be affected by loneliness and isolation, and research shows that it can especially cause difficulties for recovery in mental and physical health.</p> <p>The aim of this workshop is to:</p> <ul style="list-style-type: none"> • Explore how loneliness and isolation impacts on all aspects of life • Share ideas on how loneliness and isolation can be positively addressed

<p><i>recommended that you attend all sessions.</i></p>	<ul style="list-style-type: none"> • Identify practical ways of making connections to others. • Explore what resources and services are available locally
<p>Much more than Words</p>	<p>“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>
<p>Personal Development Programme (8-week in-house workshop – one morning per week)</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>1. Introduction to Personal Development</p> <p>The aim of this session is to explore the components of personal development and how it can benefit us in achieving our goals in life.</p> <p>2. Self-Awareness</p> <p>The aim of this session is to develop the participants’ understanding of self-awareness and its benefits for everyday living.</p> <p>3. Developing Positive Thinking</p> <p>The aim of this session is to help participants identify patterns of negative thinking and to acquire skills to help develop positive thinking.</p> <p>4. Building our Self –Confidence and Self Belief</p> <p>The aim of this session is to define and discuss self-confidence and belief in self, to empower participants to develop practical ways for building their own self-belief.</p> <p>5. Assertiveness</p> <p>The aim of this session is to enhance participants’ understanding of what assertiveness is and to practice assertiveness skills.</p> <p>6. Effective communication</p> <p>The aim of this session is to explore the concept of communication and the role it plays in your life and to develop effective communication skills through exploring a range of tips and tools.</p> <p>7. Maintaining Motivation</p> <p>The aim of this session is to help participants understand motivation and identify effective strategies to increase and maintain a high level of motivation.</p> <p>8. Self-care and Wellbeing</p> <p>The aim of this session is to enable participants to understand what wellbeing is and to provide participants with practical self-care tips and tools to be able to manage and reduce stress in their day to day working and personal life.</p> <p>Reflective Session</p> <p>Delivered 4-6 weeks after completion of the programme, to check in with the Group and revisit areas of learning.</p>
<p>Supporting the Supporters - Mental Health Family Support Programme (5-week online workshop – one morning per week)</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Is someone in your family unwell from a physical illness and/or mental health and/or addiction challenges, and are you involved in supporting them? If yes, you may find this five-week online workshop beneficial to you.</p> <p>This workshop will:</p> <ul style="list-style-type: none"> • Explore the challenges people face when trying to support themselves as well as other people. • Explore communication in the context of family life.

	<ul style="list-style-type: none"> • Provide information on local support services and the opportunity to chat to and learn from others in similar situations. <p>The Meridan Family programme is a programme which promotes the development of family sensitive mental health and addiction services.</p>
<p>Understanding and Living with Hearing Voices (Morning workshop)</p>	<p>The experience of hearing voices can differ from person to person. Our uniqueness as individuals is often reflected in the voices people experience. These voices can have distinct content, identities, meaning and impact on the person experiencing them.</p> <p>The aim of this workshop is:</p> <ul style="list-style-type: none"> • To gain a better understanding of the common nature of voice hearing • To explore the different individual experiences within the group • To discuss and share ideas for managing and living well with hearing voices
<p>Understanding and Living with Psychosis/Paranoia (Morning workshop)</p>	<p>Psychosis /paranoia can be experienced as having a different sense of reality to other people or hearing voices. While psychosis/paranoia is surprisingly common, it can be a very unsettling and frightening experience for the person experiencing it as well as the people who care about them. This workshop is for anyone who wants to better understand psychosis/paranoia and learn effective ways of living well it.</p> <p>The aim of this workshop is:</p> <ul style="list-style-type: none"> • To help you to understand psychosis and paranoia through exploring existing knowledge and different perspectives around the topic • To provide coping strategies for living with psychosis/paranoia and for promoting recovery
<p>Understanding and Managing Anxiety (4-week in-house workshop – one morning per week)</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain, fearful or nervous. Anxiety is a word used to describe these moments of discomfort. Anxiety can change from something everyone experiences in mild forms, to something which is persistent, excessive or over-whelming. It can begin to interfere with many aspects of your life – from confidence, to physical wellbeing and engagement in basic or complex activities of living.</p> <p>The aim of this four-part workshop is:</p> <ul style="list-style-type: none"> • To explore the facts around anxiety • To explore the causes and symptoms associated with anxiety • To look at how anxiety affects people in different ways • To explore practical and effective ways of managing and living with anxiety.
<p>WRAP – Level 1 (6-week in-house workshop - one morning per week)</p> <p><i>To get the full benefit from this series of workshops, it is recommended that you attend all sessions.</i></p>	<p>WRAP (Wellness Recovery Action Plan) is a programme that helps you develop your own personally tailored Wellness Action Plan that you can use on a day-to-day basis to manage your wellness and that you can use if you become unwell to restore it.</p>

Writing Group

Finding it hard to fill in your day? Looking for an activity or new interest? Why not join our online creative writing group? It's fun, it's entertaining and it is also a great way to meet new friends.

This group is open to anyone, regardless of whether you are an experienced writer, a beginner or even just curious about creative writing. This is a great way to express yourself and what may be going on for you in your world.

So, come along, join the group and give it a go. Looking forward to meeting you.



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RECOVERY COLLEGE SOUTH EAST

Enrolment Form

Course title	Commencement date	<u>In-house or Online (Zoom)</u> <u>Please tick your preference below</u>	
		<u>In-house</u>	<u>Online (Zoom)</u>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<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"/>
All our workshops are based around discussion and group work. Pen and paper would be helpful to have to hand for participants.		

All our Workshops are free of charge.

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