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**Website: www.recoverycollegesoutheast.com**

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| **Recovery College South East**  **Recovery Education Programme January to April 2024**  **You are invited to join us in our new Recovery Education Programme for Winter/Spring 2024.**  *All our courses and workshops are co-produced and co-delivered with 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.*    **This year, we are delighted to be able to offer integrated/hybrid workshops which means you have the option of attending some of the workshops in person or join online from home as specified on the timetable. It is important if you choose the online option, that you indicate your preference on the enrolment form so the link can be**  **sent to your email.**  **C:\Users\MY PC\Documents\Calendar Jan to April 2023\qrcode_www.recoverycollegesoutheast.com Jan-April 2023.png(For more detailed information on the workshops, please go to the Workshop Section of our Website –** [www.recoverycollegesoutheast.com](http://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**](mailto:enrolrecoverycollegesoutheast@gmail.com) **or** 2. **Phone us on 086 1746330 to enrol** | | | | |
| **January 2024** | | | | |
| **VENUE** | **WORKSHOP NAME** | | **DATES** | **TIME** |
| **Day Hospital, St Dympna’s Hospital, Carlow**  **(In-house only)** | **Mind over Mood (8 week workshop)**  Change how you feel by changing the way you think. This 8 week workshop is a Mindful Cognitive Behavioral Therapy (CBT) based programme to improve mood and is particularly suitable for those experiencing anxiety and depression.  See workshop description – page 4 | | Tuesday 9th, 16th, 23rd, 30th January and 6th, 13th, 20th and 27th February | 10am – 12pm |
| **Day Hospital, St Dympna’s Hospital, Carlow**  **(In-house only)** | **Compassionate Mind Practices (4 weeks)**  Compassion focused mindfulness practice specifically looks at cultivating and fostering a kinder, more soothing approach to deal with difficult emotions and self-criticism.  Just come to the Day Hospital at these dates and times if you are interested. You are welcome to attend one, two or all.  See workshop description – page 4 | | Wednesday 10th, 17th, 24th January and Wednesday 7th February | 10am – 11am |
| **Carlow – Venue to be decided** | **Group Sleep Programme (6 week programme)**  If you are having problems or difficulties sleeping, then this course might be for you. This unique evidenced based six-week Sleep Programme uses a blend of Mindfulness, Acceptance and Commitment Therapy techniques to improve your sleep.  See workshop description – page 5 | | Wednesday 10th, 17th, 24th January, 7th, 14th, 21st February | 11.30am – 1pm |
| **Recovery College South East**  **(In-house only)** | **Gardening for Wellbeing (Every Monday)**  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 15th January | 10am – 12pm |
| **Recovery College South East**  (In-house and Online) | **Writing Group**  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 10 | | Every Wednesday Starting Wednesday 17th January | 3pm – 4pm |
| **Involvement Centre, Kilkenny**  (In-house only) | **Much more than words**  “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 8 | | Every Friday Starting 19th January | 11am – 12pm |
| **Involvement Centre**  **Carlow**  (In-house only) | **Much more than words**  “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 8 | | Every Friday Starting 19th January | 11.30am – 12.30pm |
| **Recovery College South East**  (In-house and online) | **Let’s Talk Dementia (Morning workshop)**  Dementia is the term used to describe a group of experiences including memory loss, confusion, mood changes and difficulty with day to day tasks. Understanding the common difficulties can help us to manage the challenges. This introductory workshop will look at the different forms of dementia and ways of managing symptoms, the emotional and physical impact on someone and their world. It will look at helpful ways to communicating and making a connection with someone with dementia.  See workshop description – page 5 | | Wednesday 24th January | 10am – 12.30pm |
| **Recovery College South East**  (In-house only) | **WRAP – Wellness Recovery Action Plan(2 Full days)**  WRAP is for everybody. WRAP helps you to get to know yourself. WRAP is your personal plan which you have put in place in the good times to remind you and guide you through the bad times. WRAP helps to achieve and maintain and wellness and gain more control over our lives and the way we feel. It is developed to help us identify what works and what doesn’t work and how we can get better at staying well. See workshop description – Page 6 | | Monday 22nd and Monday 29th January | 10am – 4.30pm |
| **February 2024** | | | | |
| **VENUE** | | **WORKSHOP NAME** | **DATES** | **TIME** |
| **Recovery College South East**  (In-house and Online) | | **Writing Group**  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 10 | Every Wednesday | 3pm – 4pm |
| **Involvement Centre, Kilkenny**  (In-house only) | | **Much more than words**  “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 8 | Every Friday | 11am – 12pm |
| **Involvement Centre**  **Carlow**  (In-house only) | | **Much more than words**  “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 8 | Every Friday | 11.30am – 12.30pm |
| **Recovery College South East**  (In-house and online) | | **Personal Development (8 week programme)**  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.  See workshop description – Page 4  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | Thursday 8th, 15th, 22nd, 29th February, 7th, 14th, 21st and 28th March | 10am – 12.30pm |
| **Recovery College South East**  (In-house and Online) | | **Understanding and Managing Anxiety – 4 week workshop**  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.  This 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.  See workshop description – page 5 | Monday 12th, 19th, 26th February and Monday 4th March | 10am – 12.30pm |
| **Recovery College South East**  (In-house and online) | | **Living with Bi-Polar (2 week workshop)**  Living with Bi-Polar can be a turbulent experience and for some can cause them to lose sight of who they are and what is important to them.  This 2-part workshop will explore bi-polar and help you to better understand what it is and how you can best live with it. See workshop description – page 4 | Tuesday 13th and 20th February | 10am – 12.30pm |
| **Recovery College South East**  (In-house and online) | | **Understanding and Living with Hearing Voices (Morning Workshop)**  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. See workshop description – page 6 | Friday 23rd February | 10am – 12.30pm |
| **March 2024** | | | | |
| **VENUE** | | **WORKSHOP NAME** | **DATES** | **TIME** |
| **Recovery College South East**  (In-house and Online) | | **Writing Group**  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 10 | Every Wednesday | 3pm – 4pm |
| **Involvement Centre, Kilkenny**  (In-house only) | | **Much more than words**  “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 8 | Every Friday | 11am – 12pm |
| **Involvement Centre**  **Carlow**  (In-house only) | | **Much more than words**  “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 8 | Every Friday | 11.30am – 12.30pm |
| **Recovery College South East**  (In-house and online) | | **Understanding and Living with Psychosis/Paranoia (Morning Workshop)**  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. See workshop description – page 6 | Friday 1st March | 10am – 12.30pm |

***Workshop Descriptions***

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| **Workshop Title** | **Description** |
| **Compassionate Mind Practices (4 week workshop)** | Compassion focused mindfulness practice specifically looks at cultivating and fostering a kinder, more soothing approached to deal with difficult emotions and self-criticism,  The aim of this workshop is to:   * Recognize how critical self-talk lowers mood and sets up vicious negative cycles of feeling awful about ourselves. * Build compassion for ourselves to help counteract these vicious cycles. With a compassionate focus we can learn to think in a way that helps us to be more accepting of ourselves. |
| **Gardening for Wellbeing (10 week in-house workshop)** | 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.  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.  The aim of this workshop is:   * 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. |
| **Living with Bi-Polar ( 2 week workshop)** | Living with Bi-Polar can be a turbulent experience and for some can cause them to lose sight of who they are and what is important to them.  This 3-part workshop will explore bi-polar and help you to better understand what it is and how you can best live with it.  The aim of this workshop is to:   * Explore what bi-polar means to you and how it affects your life * Discuss the causes of bi-polar and the role of stress and underlying vulnerabilities * Explore effective strategies to help manage and live well with bi-polar**.** |
| **Mind over Mood ( 8 week in-house workshop)** | This is a mindfully based CBT group programme to improve mood. This course will be delivered over 8 consecutive weeks in St Dympna’s Hospital and is particularly suitable for those experiencing anxiety and/or depression and who wish to manage or improve their mood. Participants will learn skills and practical steps to feel better and make the changes they want. The duration of each session will be 2 hours, inclusive of a short tea/coffee break. Each week builds on the previous week so it is advised to attend all of the weeks if possible. Some suggestions will be offered for between session practice to enhance and consolidate learning. |
| **Much more than Words** | “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! |
| **Personal Development Programme (8 weeks)**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | 1. **Introduction to Personal Development**   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.   1. **Self-Awareness**   The aim of this session is to develop the participants’ understanding of self-awareness and its benefits for everyday living.   1. **Developing Positive Thinking**   The aim of this session is to help participants identify patterns of negative thinking and to acquire skills to help develop positive thinking.   1. **Building our Self –Confidence and Self Belief**   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.   1. **Assertiveness**   The aim of this session is to enhance participants’ understanding of what assertiveness is and to practice assertiveness skills.   1. **Effective communication**   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.   1. **Maintaining Motivation**   The aim of this session is to help participants understand motivation and identify effective strategies to increase and maintain a high level of motivation.   1. **Self-care and Wellbeing**   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.  **Reflective Session**  Delivered 4-6 weeks after completion of the programme, to check in with the Group and revisit areas of learning. |
| **Sleep Programme** | If you are having problems or difficulties sleeping, then this course might be for you.  This unique evidenced based **6 week** Sleep Programme uses a blend of Mindfulness and Acceptance and Commitment Therapy (ACT) techniques to improve your sleep.  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 necessary to complete if you wish to gain the benefits from this Programme.  The overall approach of the Programme is recognizing that the secret lies not in what you do but what you don’t do. Each session will be of **one and a half hours** duration. |
| **Support group for people who live with Anxiety** | This peer support group will give you an opportunity to share openly and safely your personal experience of anxiety, what worked well for you, the day-to-day challenges of living with anxiety, a chance to share your knowledge with and also learn coping tips and tools from others who have experience of anxiety. **This group is open to everyone and will meet the last Monday of every Month from 10am-11am.** |
| **Understanding and Managing Anxiety**  **( Four week workshop )**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | 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.  The aim of this four-part workshop is:   * 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. |
| **Understanding Dementia** | Dementia is the term used to describe a group of experiences including memory loss, confusion, mood changes and difficulty with day to day tasks. Understanding the common difficulties can help us to manage the challenges. This introductory workshop will look at the different forms of dementia and ways of managing symptoms, the emotional and physical impact on someone and their world. It will look at helpful ways to communicating and making a connection with someone with dementia. |
| **Understanding and Living with Hearing Voices**  **(Morning workshop)** | 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.  The aim of this workshop is:   * 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 |
| **Understanding and Living with Psychosis/Paranoia**  **(Morning workshop)** | 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.  The aim of this workshop is:   * 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 |
| **WRAP – Level 1**  **(2 day workshop)**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | WRAP is for everybody. WRAP helps you to get to know yourself. WRAP is your personal plan which you have put in place in the good times to remind you and guide you through the bad times. WRAP helps to achieve and maintain  wellness and gain more control over our lives and the way we feel. It is developed to help us identify what works and what doesn’t work and how we can get better at staying well. |
| **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. |

Greenshill

Kilkenny

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**Enrolment Form**

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| **Course title** | **Commencement date** | **In-house or Online (Zoom)**  **Please tick your preference below** | |
|  |  | **In-house** | **Online (Zoom)** |
|  |  | **In-house** | **Online (Zoom)** |
|  |  | **In-house** | **Online (Zoom)** |

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| **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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Family Member/Carer\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Service Provider (Area of Work) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Other (Please specify)/Prefer Not to Say\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | |
| **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.***

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| **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*

