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**Website: www.recoverycollegesoutheast.com**

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| **Recovery College South East**  **Recovery Education Programme April – June 2023**  **Clonmel Community Mental Health Centre, Western Road.**  **You are invited to join us in our new Recovery Education Programme for Spring/Summer 2023.**  *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. Recovery College South East uses an educational approach to develop strengths, talents and personal resources.*  **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** | | |
| **May 2023** | | |
| **WORKSHOP NAME** | **DATES** | **TIME** |
| **Getting a Good Night’s Sleep (2 week in-house workshop)**  Do you have difficulty getting off to sleep at night? Wake up early in the morning? Spend the night tossing and turning? Getting a good night’s sleep and developing a good sleep routine is important to your wellbeing and recovery. This workshop will explore:   * How we sleep * Why we need sleep * Benefits of sleep * What helps us sleep | Tuesday 2nd and Tuesday 9th May | 10.30am – 12.30pm |
| **Understanding and Managing Anxiety (In-house morning workshop**)  Everyone experiences periods of anxiety at some stage in their lives. We can feel tense, uncertain fearful and nervous. In this workshop, we will look at how anxiety affects people in different ways, both emotionally and physically. We will look at the different types of anxiety, it’s possible causes and how you can help manage these feelings. This workshop will provide you with a safe space to discuss your concerns, find out about support, treatments and self help groups. | Tuesday 16th May | 10.30am – 12.30pm |
| **Positive Thinking (In-house morning workshop)**  This workshop will help participants identify patterns of negative thinking and to acquire skills to help develop positive thinking. | Tuesday 23rd May | 10.30am – 12.30pm |
| **Assertiveness (Morning In-house workshop)**  Learning to communicate in an assertive way is an important life skill.  Lack of assertiveness can rob us of our self-esteem and lead to us feeling bad about ourselves. This workshop examines what “assertiveness” means, different styles of communicating, and learning how to say “NO”. Practical suggestions and strategies to improve assertiveness will be offered. | Tuesday 30th May | 10.30am – 12.30pm |
| **June 2023** | | |
| **Goal Setting (Morning In-house workshop)**  The aim of this session is to help participants identify specific goals and develop effective strategies to achieve these goals. | Tuesday 6th June | 10.30am – 12.30pm |
| **WRAP – Level 1 (Four week in-house workshop)**  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. | Tuesday 13th, 20th, 27th June and Tuesday 4th July | 10am – 2pm |

***Workshop Descriptions***

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| **Workshop Title** | **Description** |
| **Building our Self Confidence** | How we view ourselves shapes and determines a good deal of our behaviour.  If we want to change how we feel about ourselves and how we behave, we need to address issues in respect of our own self-esteem and confidence.  This workshop defines what self-confidence and self-esteem are and details ways to begin improving our confidence and self-esteem |
| **Creative Writing** | Finding it hard to fill in your day? Looking for an activity or new interest? Why not join our online creative writing group? Its 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. |
| **Growing Towards Health and Wellness – In house**  **(10 week workshop)** | Calling all “greenfingers” and those that have an interest but not necessarily the knowledge skills or experience in gardening. 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 self-esteem.  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 designing, planting, sowing and digging. * To experience the creation of a physical thing from your own work, that you can then use to nourish yourself |
| ***Mental Health and Family Caring, Supporting the Supporter***  ***(5 week workshop)*** | Mental Health and Family Caring: Supporting the Supporters, is a five-week programme for family members supporting a loved one living with a mental health challenge. It was coproduced in partnership with [Family Carers Ireland](https://familycarers.ie/?external=1) and people with lived experience of a mental health challenge alongside family members.  The Mental Health and Family Caring booklet was coproduced with input from participants of the programme and gives some insight to the content of the programme. You will receive this booklet when you register. The programme and booklet cover the following modules:  1. Let’s Talk Mental Health,  2. Family Recovery,  3. Communications,  4. Boundaries, and  5. Supports and Services.  For more information contact the Recovery College South East 056 7703666 or your local Mental Health Ireland Development Officer [gina@mentalhealthireland.ie](mailto:gina@mentalhealthireland.ie) |
| **Personal Narrative**  **(3 week workshop)** | Everyone of us has a story to tell. Stories entertain s, inform us and can help us to make sense of our world and out life experience. The use and benefit of personal narrative in mental health recovery is well established and documented (Egglestone, 2019).  This 3-part workshop will introduce the topic of personal narrative and discuss some of the main aspects of its sage use in promoting and advancing recovery.  The aim of this workshop is to:   * Explore the positive role of personal narrative in mental health recovery * Look at some of the potential risks associates with personal narrative * Discuss practical ways of developing and delivering personal narrative |
| **Positive Thinking** | The power of positive thinking is remarkable. Developing a positive attitude can transform you whole life for the better. The aim of this workshop is to:   * Explore ways we practice positive thinking ourselves * Provide practical tips and tools to maintain positive thinking patterns |
| **Practical Facilitation Skills** | Delivering an effective presentation and having basic facilitation skills, whether for a recovery education workshop or for other training sessions, to talk at a conference or even get through a job interview, is becoming increasingly important.  The aim of this 4 part workshop is to   * Gain a good understanding of the roles and responsibilities of a facilitator * Explore co-facilitation in relation to recovery education. * Explore different facilitation styles, the power of body language, helpful attitudes, values and interpersonal skills. * Gain practical experience in developing and delivering a short 10 minute presentation in a safe and supportive environment. |
| **Self Belief** | Self-belief is a person’s belief in their ability to complete tasks and to achieve their goals (Bandura, 1995). This 2-part workshop will explore the term self-belief and how it can influence your life in many ways. It will also look at different ways of how to enhance your level of self-belief.  The aim of this workshop is to:   * Discuss the term self-belief ad explore what it means to you * Gain an understanding of how self-belief can influence your sense of self and identity * Explore skills and strategies which help develop self-belief |
| **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 and Living well with Bi Polar (2 week workshop)**  ***To get the full benefit from this series of workshops, it is recommended that you attend all sessions.*** | Living with Bipolar 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 two-part workshop will explore bipolar 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 bipolar means to you and how it affects your life * To discuss the causes of bipolar and the role of stress and underlying vulnerabilities * To explore effective strategies to help manage and live well with bipolar |
| **Understanding and Living with Hearing Voices** | 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** | 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 |
| **Understanding and Managing Anger** | What is Anger? Why do we feel it? Does Anger affect your wellbeing and quality of life?  Anger is a natural powerful emotion that we all experience from time to time. However unchecked, it can impact negatively in our lives.  The aim of this workshop:   * Discuss how to manage and be in control during moments of anger so that you can live well and ensure your wellbeing during those moments. * Explore what anger is and its effects. * Recognise our own anger cycle and identify strategies to work with. * Look at the process of anger and ways of truly dealing with physical and emotional responses. * Recognise the feelings and thoughts that are hidden behind our anger. * Understand the importance of effective communication when dealing with challenging situations will also be explored. |
| **Working Together- Co-Production** | Co-Production has emerged and been identified as a concept that helps in the delivery of recovery orientated services within the mental health arena (BOBAIRD 2007; Dunston et al. 2009)  The process of co-production can occur in various different ways and many areas around the country have been successfully working in co-production.  This workshop is practical in nature and will involve group exercises that are designed to increase your skills and enhance your competence in all aspects of Co-Production.  The aim of this 4 part series of workshops is to   * Explore the co-production process and how it works within mental health services. * Explore Co-Production and Recovery Education * Understand and learn more about the role of Personal Narratives in Co-Production |
| **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. |

Greenshill

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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*

