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**Website: www.recoverycollegesoutheast.com**

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| **Recovery College South East**  **Recovery Education Programme April to June 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** | | | | |
| **April 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 7 | Every Wednesday Starting Wednesday  10th April | | 3pm – 4pm |
| **Involvement Centre, Kilkenny**  **R95 YYCO**  (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 6 | Every Friday Starting Friday  5th April | | 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 6 | Every Friday Starting Friday  12th April | | 11.30am – 12.30pm |
| **Recovery College South East**  **R95 YYCO**  **(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 6 | Starting Monday  8th April | | 10am – 12pm |
| **Online Only**  **Open to Everyone**  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **In-house and online**  Venue: Auxiliary, Wolfe Tone Street  Kilkenny. | **Better Together (Online support) South East Regional Drug and Alcohol Task Force** [**www.serdaft.ie**](http://www.serdaft.ie)  Better Together is a peer led community organisation offering a seven - day programme of recovery supports online, providing daily support groups, individual peer support, recovery education workshops, topic groups, as well as organised social recovery events or meet ups.  Click on the link below for more information or if you would prefer you can contact the Better Together Peer coordinator on 0834177016 or at [laura@better-together.ie](mailto:laura@better-together.ie).  <https://scanner.topsec.com/?d=2304&r=show&u=https%3A%2F%2Fserdatf.ie%2Fbettertogether%2Fwhat-we-offer%2Fpeer-support%2F&t=3459eb35fbb681e40f72f74a50aed25ae8328daa>  **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Local Mental Health Forums**  Mental Health Forums are for people who access services, family members and supporters, service providers and interested community members and groups. This is a partnership approach to mental health service improvement where we meet every 4-6 weeks to take feedback, progress plans, and decide together how to improve things for everyone.  For more information on how to get involved contact Paul Fallon at 086 7812951 or 056 7720591. | For Dates and times of workshops just scan the QR Code or contact Laura on 083 4177016  [www.serdaft.ie](http://www.serdaft.ie)  \_\_\_\_\_\_\_\_\_\_  Wednesday 10th April | | \_\_\_\_\_\_\_\_\_  2pm – 3.30pm |
| **Online Family Support Group** | **Online Family/Supporters Peer Support Group**  This is a peer led group offering support and information to families and supporters of loved ones accessing Mental Health Services in the South East.  (Contact Belinda Coyle to receive an online link for the meeting – Phone Number 087 2340527, or Sharon Maher – Phone Number 087 7502537. | Starting 8th April and every Monday evening excluding Bank Holidays | | 7pm – 8pm |
| **In-house Family Support Group**  **Dept of Psychiatry,**  **St Luke’s Hospital,**  **Kilkenny** | **Family/Supporters Peer Support Group**  This is a peer led group offering support and information to families and supporters of loved ones accessing Department of Psychiatry, St Luke’s Hospital, Kilkenny.  Contact Belinda Coyle for more information 087 2340527 or email: belinda.doyle@hse.ie | Starting 8th March and Every Friday | | 1pm – 2pm |
| **In-house Family Support Group**  **Brook House,**  **Cork Road,**  **Waterford X91 VW6A** | **Family/Supporters Peer Support Group**  This is a peer led group offering support and information to families and supporters of loved ones accessing mental health services in the Department of Psychiatry in Waterford.  For more information – please contact Sharon Maher 087 7502537 | Starting Tuesday 5th March and every Tuesday | | 11am – 12pm |
| **In-house only**  **Recovery College South East, Kilkenny**  **R95 YYCO** | **Mind over Mood (6-week workshop)**  Change the way you feel by changing the way you think. This 6-week workshop is an interactive programme based on a cognitive behavioural Therapy (CBT) approach aimed at improving mood and is particularly suitable for those experiencing anxiety and/or depression. The aim of this series of workshops is to:   * Learn how your thoughts, emotions, physical feelings, behaviours, and life situations are all interconnected and affect each other * Identify and challenge unhelpful thoughts and beliefs, and develop more helpful and balanced ways of thinking * Identify and change aspects of your behaviour that may be perpetuating or worsening your mood * Learn tools, skills and practical steps you can take to make positive changes, to improve your mood and to feel better * Each week builds on the previous week, so it is advised to attend all of the weeks if possible.  Home practice exercises will be suggested for in between session practices.   See workshop description – page 6 | Thursday 4th, 11th, 18th & 25th April, and Thursday 2nd & 9th May | | 10.00am – 12.30pm |
| **Board Room, Ground Floor,**  **St Dympna’s Complex, Carlow**  **R93 DE62** | I**mprove your Self-Esteem ( 6 week in-house workshop)**  Everyone, at some point or another, is uncertain about themselves, lacks self-confidence, doubts their abilities, or thinks negatively of themselves. If you think that you have problems with low self-esteem, then this six week programme might be helpful to you. It will look at what self-esteem is, and in particular low self-esteem, and what kind of impact low self-esteem might have on a person and their life*.*  See workshop description – page 6 | Thursday 25th April, Thursday 2nd, 9th, 16th, 23rd and 30th May | | 10am – 12pm |
| **May 2024 2024** | | | | |
| **VENUE** | **WORKSHOP NAME** | **DATES** | | **TIME** |
| **Recovery College South East**  **R95 YYCO**  (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 7 | Every Wednesday Starting | | 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 6 | Every Friday Starting | | 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 6 | Every Friday Starting | | 11.30am – 12.30pm |
| **In-house and online**  Venue: Auxiliary, Wolfe Tone Street  Kilkenny. | **Local Mental Health Forums**  Mental Health Forums are for people who access services, family members and supporters, service providers and interested community members and groups. This is a partnership approach to mental health service improvement where we meet every 4-6 weeks to take feedback, progress plans, and decide together how to improve things for everyone.  For more information on how to get involved contact Paul Fallon at 086 7812951 or 056 7720591. | Wednesday 8th May | | 2pm – 3.30pm |
| **Recovery College South East**  **R95 YYCO**  (In-house and online workshop) | **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 7 | Tuesday 7th, 14th, 21st and 28th May | | 10am – 12.30pm |
| **Recovery College South East**  In-house and online workshop | **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 7 | Wednesday 8th May | | 10am – 12.30pm |
| **Recovery College South East**  **R95 YYCO**  **(In-house workshop)** | **WRAP - Wellness Recovery Action Plan (2 Full Day Workshops)**  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 7 | Monday 20th and 27th May | | 10am – 4.30pm |
| **Recovery College South East**  **R95 YYCO**  (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 7 | Wednesday 22nd May | | 10am – 12.30pm |
| **Recovery College South East**  **R95 YYCO**  **(In-house workshop)** | **Getting a Good Night’s Sleep (6 week programme)**  If you are worried about your sleep and having difficulty sleeping, this workshop might be for you.  Sleep is important to our wellbeing and many people struggle with their sleep at some point in their lives. Often, sleepless nights can become a vicious cycle, but there are ways to sleep better and feel better in your day to day life. This workshop will look at how we can stop struggling and start sleeping; looking at the unhelpful thoughts and emotions that can go with our struggle to sleep, and exploring how we can build new sleep patterns that help us live the lives we want to live.  See workshop description – page 6 | Tuesday 21st, 28th, May and Tuesday 4th, 11th, 18th, 25th June | | 2pm – 4pm |

***Workshop Descriptions***

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| **Workshop Title** | **Description** |
| **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. |
| **Getting a Good Night’s Sleep (6 week programme)** | Content Overview:   * Why you need to stop struggling to start sleeping. * Recognising and accepting your own struggles with sleep. * Learning to welcome the unhelpful thoughts and emotions that are interfering with your ability to sleep well. * Building a new sleep pattern. * Live your days to the full and sleep well every night. |
| **Improve your Self Esteem (6 week workshop)** | Everyone, at some point or another, is uncertain about themselves, lacks self-confidence, doubts their abilities, or thinks negatively of themselves. If you think that you have problems with low self-esteem, then this six week programme might be helpful to you. It will look at what self-esteem is, and in particular low self-esteem, and what kind of impact low self-esteem might have on a person and their life. It teaches us how **self-acceptance**  is the precondition for change and growth. A large portion of the course examines how low self-esteem develops, is maintained and how it can be improved through greater self-acceptance and a variety of strategies and skills. If applied, these strategies and skills can help people gain confidence in changing self-defeating thoughts and behaviours and in overcoming the problems caused by low self-esteem.  At the end of each session, suggestions will be made for practice between sessions to maximize learning. Each week builds on the previous week so it is important to be able to attend for ALL of the six weeks if at all possible in order for it to be of most benefit to yourself. |
| **Mind over Mood**  **(6 week in-house workshop)** | This is a mindful CBT based group programme aimed at improving mood. This course will be delivered over 6 consecutive weeks in the Recovery College South East, Kilkenny and is particularly suitable for those experiencing anxiety and/or depression who wish to better manage and improve their mood. Participants will learn how their thoughts, emotions, physical feelings, behaviours, and environment/life situations all affect each other, and how by identifying and challenging their unhelpful thoughts, beliefs, and behaviours and developing more helpful, balanced and positive ways of thinking and behaving, they can make positive changes in their lives which can improve their mood and help them to feel better.  The duration of each session will be 2 ½ 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! |
| **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 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

056 7703666

086 1746330

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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*

