

Calendar of Events Spring/Summer 2018

VENUE	WORKSHOP NAME	DATES	TIME
February			
Kilkenny - Recovery College South East.	<u>Let's Talk Anxiety (4 Workshops)</u> 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, its 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.	Monday 5th, 12th, 19th February and 5th March	10am – 1pm
Kilkenny - Recovery College South East.	<u>Wellness Recovery Action Plan (WRAP) 2 Day Workshop</u> WRAP is for everybody. It is a tool to help us to achieve and maintain wellness and gain more control over our lives and the way we feel. It is designed to help us identify what works and what doesn't work and how we can get better at staying well.	6th and 13th February	10am - 4pm
Wexford – WMHA Building, Henrietta Street.	<u>Co-Production (4 workshops)</u> This series of workshops will give people the skills and knowledge required to design, develop, and deliver recovery education workshops in partnership with the Recovery College South East. Co-Production is working together, expert by expertise, working alongside expert by experience, bringing together the clinical experience and the lived experience to empower people through education on mental health challenges and addiction challenges.	14th, 15th, 21st and 22nd February	10am – 4pm
Carlow - Day Hospital	<u>WRAP</u> WRAP is for everybody. It is a tool to help us to achieve and maintain wellness and gain more control over our lives and the way we feel. It is designed to help us identify what works and what doesn't work and how we can get better at staying well.	Mondays 19th, 26th February and 5th and 12th March	2pm - 4pm
Kilkenny - Recovery College South East.	<u>Service User & Family Member Involvement Training</u> This training will cover: Service User & Family Member Involvement/Input to improve clinical governance. The involvement of Service Users & Family Members in their own care (NDRIC). Service User & Family Member involvement in strategy and policy development Involving Service Users in the development of peer education and prevention initiatives. Service user involvement as a measure of quality standards (QUADS)	Wednesday 28th February	10am – 4pm
Carlow – Involvement Centre	<u>Recovery Principles and Practice</u> Recovery Principles and Practice aims to bring an increased awareness to all staff in the Mental Health Services of the benefits of a recovery approach in practice. The training is built on incorporating the unique expertise that core stakeholders, service users, family members and service providers bring to the recovery process.	Wednesday 28th February	9.30am – 1.30pm

March 2018

Enniscorthy – LINK.	<p><u>What is Recovery?</u> What recovery means to me! A short morning workshop to discuss different views on Recovery. The factors involved in our individual recovery, barriers and ways to overcome them, using tools and techniques on the Recovery Journey.</p>	Friday 2 nd March	11am – 2pm
Waterford (Waterford Institute of Technology)	<p><u>Recovery Principles and Practice</u> Recovery Principles and Practice aims to bring an increased awareness to all staff in the Mental Health Services of the benefits of a recovery approach in practice. The training is built on incorporating the unique expertise that core stakeholders, service users, family members and service providers bring to the recovery process.</p>	Thursday 8 th March	9.30am – 1.30pm
Kilkenny - Recovery College South East.	<p><u>Let's Talk Addictions (4 Workshops)</u> This workshop is aimed at anyone who wishes to receive more information and education about recovery from substance misuse, and hopes to explore helpful strategies to help cope with difficulties relating to substance misuse. It is for people who are curious and concerned about their own alcohol or drug use or are concerned for someone they care about.</p>	Monday 12 th , 19 th , 26 th March and Monday 9 th April	10am – 1pm
Kilkenny - Recovery College South East.	<p><u>Self Esteem – Morning workshop</u> This introductory workshop looks at understanding the term “self esteem”. How we view and think about ourselves and the value that we place on ourselves as a person.</p>	Tuesday 13 th March	10am – 1pm
Carlow – Involvement Centre	<p><u>Self Esteem – Morning Workshop</u> This introductory workshop looks at understanding the term “self esteem”. How we view and think about ourselves and the value that we place on ourselves as a person.</p>	Wednesday 14 th March	10am – 1pm
Kilkenny - Recovery College South East.	<p><u>Building my Self Confidence – Morning workshop</u> Starting the conversation on self-esteem and confidence, learning how to have a positive attitude about yourself, learning to deal with negative emotions, and practicing greater self-care.</p>	Tuesday 20 th March	10am – 1pm
Tipperary - Youth Tipperary Offices, 17 Bank Place, Tipperary.	<p><u>Let's Talk Anger</u> Misunderstanding emotions can lead to unhealthy behaviours and feelings of negativity. This short workshop aims to give the person an opportunity to explore the emotion of “Anger” and its expression both healthy and unhealthy.</p>	Tuesday 20 th , 27 th March	10.am – 12.30pm
Carlow – Involvement Centre	<p><u>Building my Self Confidence – Morning workshop</u> Starting the conversation on self-esteem and confidence, learning how to have a positive attitude about yourself, learning to deal with negative emotions, and practicing greater self-care.</p>	Wednesday 21st March	10am – 1pm
Enniscorthy – LINK.	<p><u>CHIME (Connectiveness, Hope, Identity, Meaning and Empowerment)</u> In this CHIME workshop, we will be looking at the five common processes that people with mental health challenges consider essential for recovery to occur in their own lives. CHIME – Connectedness, Hope, Identity, Meaning and Empowerment. We will talk about how we can use CHIME in our own lives to promote Wellness and Recovery.</p>	Friday 23 rd March	11am – 2pm
Kilkenny - Recovery College South East.	<p><u>CHIME</u> In this CHIME workshop, we will be looking at the five common processes that people with mental health challenges consider essential for recovery to occur in their own lives. CHIME – Connectedness, Hope, Identity, Meaning and Empowerment. We will talk about how we can use CHIME in our own lives to promote Wellness and Recovery.</p>	Tuesday 27 th March	10am – 1pm

Carlow – Involvement Centre	<p>CHIME</p> <p>In this CHIME workshop, we will be looking at the five common processes that people with mental health challenges consider essential for recovery to occur in their own lives.</p> <p>CHIME – Connectedness, Hope, Identity, Meaning and Empowerment.</p> <p>We will talk about how we can use CHIME in our own lives to promote Wellness and Recovery.</p>	Wednesday 28th March	10am – 1pm
South Tipperary – To be confirmed	<p>Recovery Principles and Practice</p> <p>Recovery Principles and Practice aims to bring an increased awareness to all staff in the Mental Health Services of the benefits of a recovery approach in practice. The training is built on incorporating the unique expertise that core stakeholders, service users, family members and service providers bring to the recovery process.</p>	Wednesday 28th March	9.30am – 1.30pm

April 2018			
Kilkenny - Recovery College South East.	<p>Advocacy and Empowerment(Morning workshop)</p> <p>In this short workshop, we will look at understanding concepts of Advocacy and Empowerment in Mental Health and Addiction challenges and explore ways to apply them to recovery.</p> <p>We look at understanding advocacy and empowerment. “Know yourself – know what you need, know how to get it.”</p>	Tuesday 10 th April	10am – 1pm
Kilkenny - Recovery College South East.	<p>Wellness and Recovery Action Plan (WRAP)</p> <p>WRAP is for everybody. It is a tool to help us to achieve and maintain wellness and gain more control over our lives and the way we feel. It is designed to help us identify what works and what doesn't work and how we can get better at staying well.</p>	Tuesday 10 th , 17 th 24th April	10am – 4pm 10am – 1pm
Carlow - Involvement Centre -	<p>Advocacy and Empowerment(Morning workshop)</p> <p>In this short workshop, we will look at understanding concepts of Advocacy and Empowerment in Mental Health and Addiction challenges and explore ways to apply them to recovery.</p> <p>We look at understanding advocacy and empowerment. “Know yourself – know what you need, know how to get it.”</p>	Wednesday 11 th April	10am – 1pm
Carrick-on-Suir - (Nano Nagle Centre, Carrick-on-Suir)	<p>Let's Talk Anxiety (4 Workshops)</p> <p>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, its 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.</p>	Wednesday 11 th , 18 th , 25 th April and 2nd May	10am – 1.30pm
Kilkenny - Recovery College South East.	<p>Living Well with Depression (4 Workshops)</p> <p>This workshop will explore the nature and experience of depression and consider its wide ranging impact on all aspects of life. We will reflect on diagnosis and medication as well as alternative practical steps which some people find helpful in managing this experience.</p> <p>This workshop will introduce and explore depression at both an educational level and from an experienced perspective. The course aims to educate students about the symptoms, causes and treatment options associated with depression. Reflection and self-awareness are key aspects of this course.</p>	Thursday 12 th , 19 th , 26 th April and 3 rd May	10am – 1pm

Kilkenny - Recovery College South East.	<u>Diagnosis and Beyond (Morning workshop)</u> This short workshop will provide a broad understanding of diagnosis in Mental Health and Addiction and explore how diagnosis relates to recovery.	Tuesday 17 th April	10am – 1pm
Carlow - Involvement Centre	<u>Diagnosis and Beyond (Morning workshop)</u> This short workshop will provide a broad understanding of diagnosis in Mental Health and Addiction and explore how diagnosis relates to recovery.	Wednesday 18 th April	10am – 1pm
Waterford – Venue to be advised	<u>Co-Production Training (4 Workshops)</u> This series of workshops will give people the skills and knowledge required to design, develop, and deliver recovery education workshops in partnership with the Recovery College South East. Co-Production is working together, expert by expertise, working alongside expert by experience, bringing together the clinical experience and the lived experience to empower people through education on mental health challenges and addiction challenges.	Thursday 19 th and Friday 20 th April, Thursday 26 and Friday 27 th April	10am – 3.30pm
Enniscorthy - LINK	<u>Advocacy and Empowerment</u> In this short workshop, we will look at understanding concepts of Advocacy and Empowerment in Mental Health and Addiction challenges and explore ways to apply them to recovery. We look at understanding advocacy and empowerment. “Know yourself – know what you need, know how to get it.”	Friday 20 th April	11am – 2pm
Kilkenny - Recovery College South East.	<u>Understanding the Mental Health Service (Morning workshop)</u> This workshop will provide a broad understanding of the structure and functions of the Mental Health and /or Addiction Services and empower our students to make recovery gains from using these services.	Tuesday 24 th April	10am – 1pm
Carlow – Involvement Centre	<u>Understanding the Mental Health Service (Morning workshop)</u> This workshop will provide a broad understanding of the structure and functions of the Mental Health and /or Addiction Services and empower our students to make recovery gains from using these services.	Wednesday 25 th April	10am – 1pm
Kilkenny - Recovery College South East.	<u>Recovery Principles and Practice (Morning workshop)</u> Recovery Principles and Practice aims to bring an increased awareness to all staff in the Mental Health Services of the benefits of a recovery approach in practice. The training is built on incorporating the unique expertise that core stakeholders, service users, family members and service providers bring to the recovery process.	Wednesday 25 th April	9.30am – 1.30pm
Enniscorthy - LINK	<u>Building my Self Confidence</u> Starting the conversation on self-esteem and confidence, learning how to have a positive attitude about yourself, learning to deal with negative emotions, and practicing greater self-care	Friday 27 th April	11am – 2pm

May 2018

Kilkenny - Recovery College South East.	<p><u>The Emotion of Anger (2 workshops)</u> Misunderstanding emotions can lead to unhealthy behaviours and feelings of negativity. This short workshop aims to give the person an opportunity to explore the emotion of “Anger” and its expression both healthy and unhealthy.</p>	Tuesday 1 st May and 8 th May	10am – 1pm
Carlow – Involvement Centre	<p><u>The Emotion of Anger (2 workshops)</u> Misunderstanding emotions can lead to unhealthy behaviours and feelings of negativity. This short workshop aims to give the person an opportunity to explore the emotion of “Anger” and its expression both healthy and unhealthy.</p>	Wednesday 2 nd May and 9 th May	10am – 1pm
South Tipperary – ETB Ormonde Centre, Clonmel	<p><u>Let’s Talk Anxiety</u> 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, its 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.</p>	Wednesdays 2 nd , 9 th , 16 th 23 rd May	10am – 1pm
Enniscorthy (To be confirmed)	<p><u>Let’s Talk Anxiety (4 Workshops)</u> 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, its 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.</p>	Thursday 3 rd , 10 th , 17 th , 24 th May	10am – 1pm
Kilkenny - Recovery College South East.	<p><u>What is Recovery? Introductory workshop</u> What recovery means to me! A short morning workshop to discuss different views on Recovery. The factors involved in our individual recovery, barriers and way to overcome them using tools and techniques.</p>	Tuesday 15 th May	10am – 1pm
Carlow – Involvement Centre	<p><u>What is Recovery? Introductory workshop</u> What recovery means to me! A short morning workshop to discuss different views on Recovery. The factors involved in our individual recovery, barriers and way to overcome them using tools and techniques.</p>	Wednesday 16 th May	10am – 1pm
Carrick-on-Suir (Nano Nagle Centre, Carrick-on-Suir)	<p><u>Building my Self Confidence</u> Starting the conversation on self-esteem and confidence, learning how to have a positive attitude about yourself, learning to deal with negative emotions, and practicing greater self-care.</p>	Wednesday 30 th May	10am – 1.30pm
Carlow – Involvement Centre	<p><u>Recovery Principles and Practice</u> Recovery Principles and Practice aims to bring an increased awareness to all staff in the Mental Health Services of the benefits of a recovery approach in practice. The training is built on incorporating the unique expertise that core stakeholders, service users, family members and service providers bring to the recovery process.</p>	Wednesday 30 th May	9.30am – 1.30pm

*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.*



Student Enrolment Form

PLEASE COMPLETE USING BLOCK CAPITAL LETTERS		
Surname:		
First name(s)		
Address:		
Telephone:	Mobile	Home/Work
Email:		
All our workshops are based around discussion with some written exercises at your own discretion.		

I would like to register for the following course/s

Course title	Commencement date

All our Workshops are free however, there is an enrolment fee of €5 per semester, per student. Our workshops are also open to everyone.

Student Signature _____

Date _____