



Carlow Calendar of Events Winter/Spring 2019

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.

VENUE	WORKSHOP NAME	DATES	TIME
January 2019			
Training Rooms, St Dymphna's Hospital, Carlow	Good Stress/Bad Stress (Morning Workshop) Many people believe that all stress is bad, but you may have heard that there's "good stress" and "bad stress." Do you know what people mean by that? We rarely hear people say, "I'm really feeling stressed—isn't that great? These days, many aspects of life can feel highly stressful, affecting our ability to think clearly, to relax or to look after ourselves. Whilst small amounts of stress can prompt us to action, too much stress over a long period of time can seriously affect our emotional and physical health. This introductory workshop supports you to look at the causes of your stress, giving you practical activities and suggestions that can help you to reduce the impact on your life.	Tuesday 29 th January	10am – 1pm
February 2019			
Training Rooms, St. Dymphna's Hospital, Carlow	<u>WRAP – Level 1 (2 full day workshops)</u> 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.	Wednesday 6 th , and 7 th February	10am - 4pm
Training Room, St. Dymphna's Hospital, Carlow	<u>Co-Production (2 week workshop, 2 full days each week)</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.	Monday 11 th , Tuesday 12 th , Monday 18 th and Tuesday 19 th February	10am-4pm
Training Room, St Dymphna's Hospital Carlow	<u>Learning Self Compassion and Kindness for myself –(Morning workshop)</u> Do you ever feel cut off from others and feel like other people are somehow better able to cope? Is it difficult to find time to look after yourself, do you tend to criticise and judge yourself more harshly than you would others? Do you concentrate more on mistakes and failures rather than your strengths and successes? There is another way. Developing self -compassion and learning to	Thursday 21st February	10am - 1pm

	be kinder to ourselves is possible for everyone. It can help us to discover who we are even in times of difficulty. This workshop will explore what self-compassion is and how to overcome barriers to developing it.		
Training Room, St Dymphna's Hospital Carlow	<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 27 th February	9.30am – 1.30pm
March 2019			
Training Room, St Dymphna's Hospital Carlow	<u>Understanding Depression (4 week workshop, one half day each week)</u> Depression goes beyond feelings of sadness or unhappiness and can deeply disrupt how we think, feel and live in our daily lives. Some people will have experiences which are not well-known features of depression. This workshop covers essential information about depression, how it is diagnosed and how it affects different people. We also look at the different tools for managing depression. This is a space to discuss your experiences and learn from others too. 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.	Every Wednesday 6 th , 13 th , 27 th and 27 th March	10am – 1pm
April 2019			
Training Room, St Dymphna's Hospital Carlow	<u>Understanding and Managing Anxiety (Four week workshop one half day each week)</u> 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. In this workshop we will look at how anxiety affects people in different ways - both emotionally and physically - and when these periods of unease, fear or worry affects your mental health. We will look at the different types of anxiety, it's possible causes and how you can help manage these feelings. You will have the opportunity to discuss your own personal experiences whilst learning from others. This workshop will provide you with a safe space to discuss your concerns, find out about support, and self-help groups available in your community. members and service providers bring to the recovery process	Every Tuesday 2 nd , 9 th , 16 th and 23 rd April	10am – 1pm
Training Room, St Dymphna's Hospital Carlow	<u>Music for Mood –(Morning workshop)</u> Do you listen to music? Has it ever uplifted your mood? How does music influence or affect our mental health? This workshop will explore why some music can motivate us or sooth us and how we can use music as a wellness tool in our everyday lives.	Thursday 11 th April	10am – 1pm
May 2019			
Training Room, St Dymphna's Hospital Carlow	<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 29 th May	9.30am – 1.30am



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RECOVERY COLLEGE SOUTH EAST

Recovery College South East Enrolment Form

Course title	Commencement date

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

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

Are you happy for us to keep you informed by email, post or text about the Recovery College South East or future courses? (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

