



Kilkenny 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			
Recovery College South East. (Kilkenny)	<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.	Wednesday 16 th January	10am – 1pm
Recovery College South East. (Kilkenny)	<u>Understanding Self Esteem (2 morning workshops)</u> We believe that real self-esteem comes from a healthy respect for yourself and an understanding of what your role is in the world. Each week we will look at a different aspect of how you feel about yourself and how to build on that. Some of the topics covered: interactions with others, low and positive self-esteem and positive affirmations. We look at areas including; Your awareness of who you are, How you think and feel about your strengths and weaknesses. The expectations you place on yourself. Your awareness of what you want from your life. Do you accept yourself for who you are or not? How you view yourself in comparison to others, How you think and feel about what other people say about you.	Thursday 17 th January and Thursday 24 th January	10am – 1pm
Recovery College South East. (Kilkenny)	<u>WRAP – Level 1 (2 full day workshops)</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.	Monday 21 st January and Tuesday 22 nd January	10am – 4pm
Recovery College South East. (Kilkenny)	<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.	Wednesday 23 th and 30 th January. Wednesday 6 th and 13 th February	10am – 1pm

Recovery College South East. (Kilkenny)	<u>Food for Mood</u> This workshop will explore the connection between food and mental health and wellness. How true are the old sayings “An apple a day keeps the Doctor away” and “Your health is your wealth”? Simple tips and tools for eating right for your mental health.	Monday 28 th January	10am – 1pm
Recovery College South East. (Kilkenny)	<u>WRAP for Family Members (5 week workshop – one evening per week)</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. As individuals around the world use WRAP for identifying what they need for everyday wellness, it’s natural that WRAP began to become a part of their family life. Developing skills and tools from a personal WRAP helps make family living better for the whole family. Family WRAP helps each member contribute to plans that the family will use to improve day-to-day interactions, meet daily challenges, and promote mutual cooperation.	Monday 28 th January and Monday 4 th , 11 th , 18 th and 25 th February	7pm – 9pm
Recovery College South East. (Kilkenny)	<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.	Tuesday 29 th January	9.30am – 1.30pm
Recovery College South East. (Kilkenny)	<u>Getting a good night’s sleep (Morning Workshop)</u> Do you have difficulty getting off to sleep at night? Wake up early in the morning? Spend the night tossing and turning? This workshop gives basic information about sleep and the common causes of sleep problems. Will explore the things that may get in the way of getting a good night’s sleep and offers tips and tools to help you to sleep better.	Thursday 31 st January	10am – 1pm
February 2019			
Recovery College South East. (Kilkenny)	<u>Hearing Voices, Paranoia and Psychosis. (3 week workshop – one morning per week)</u> Having unusual thoughts, hearing voices, hallucinating or experiencing things that some would describe as psychosis can be very confusing and unsettling. These workshops will offer a safe and welcoming place to develop an increased awareness and understanding of these experiences. We will explore some of the causes, triggers and share ideas on what we can do to keep well and look at possible tools to stay well and manage. We will also explore personal narratives, and look at some of the useful ways people have used to manage their own lived experiences. These workshops are for people who are interested in learning more about these topics.	Thursday 7 th , 14 th and 21 st February	10am – 1pm
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

Recovery College South East. (Kilkenny)	<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 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.	Wednesday 20 th February	10am – 1pm
Recovery College South East. (Kilkenny)	<u>Food for Mood- (Morning workshop)</u> This workshop will explore the connection between food and mental health and wellness. How true are the old sayings “An apple a day keeps the Doctor away” and “Your health is your wealth”? Simple tips and tools for eating right for your mental health.	Tuesday 26 th February	10am – 1pm
Recovery College South East. (Kilkenny)	<u>Good Stress/Bad Stress (Morning Workshop)</u> 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.	Thursday 28 th February	10am – 1pm
March 2019			
Recovery College South East. (Kilkenny)	<u>WRAP – Level 1 (2 full day workshops)</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.	Monday 4 th and Tuesday 5 th March	10am – 4pm
Recovery College South East. (Kilkenny)	<u>Understanding alcohol and drug use (four week workshop one half-day each week)</u> This workshop is for people who are curious or concerned about their own alcohol or drug use, or are concerned about the alcohol or drug use of someone they care about. It is also for people who work in services who want to support people more confidently around alcohol and drug issues. We will be exploring this subject in a sensitive and non-judgemental way where people don't need to share their personal experience if they don't feel comfortable. We will explore and recognise the types of substances that can be misused and the harm misusing substances can cause mentally, psychically and socially. We will look at some of the reasons why people use drugs or alcohol, how people can decide whether their use of alcohol or drugs is a problem or not, how people have taken back control of their lives.	Thursday 7 th , 14 th , 21 st and 28 th March	10am – 1pm

Recovery College South East. (Kilkenny)	<p><u>Growing towards Health and wellness (6 week workshop, one morning per week)</u></p> <p>Calling all “green fingers” 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. This six week workshop will 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. Be it sowing and minding your own flower pot, tending to a vegetable plot, or simply deciding where the garden seat will go.</p> <p>The creation of a physical thing from your own work, that you can then use to nourish yourself, is a great boost to self-esteem that can't be underestimated.</p>	Monday 11th, 18th, 25th March and Monday 1st, 8th, 15th April	10am 1.30pm
Recovery College South East (Kilkenny)	<p><u>Building my Self Confidence (2 week workshop – one morning per week)</u></p> <p>Knowing ourselves and having confidence in ourselves is not only important but is helpful in living well. Focussing on inner confidence rather than behaviour, this course will share strategies that enable you to identify your strengths and qualities in order to live well and maintain your wellbeing. This workshop will focus on understanding the importance of self-confidence for wellbeing, explore strategies for increasing and maintaining our confidence.</p>	Tuesday 12th and 19th March 2019	10am- 1pm
Recovery College South East. (Kilkenny)	<p><u>Personal Narrative (4 week workshop, one morning per week)</u></p> <p>We each have our own unique life story that has shaped who we are. This workshop looks at how we share this story in an effective but also in a safe and supported way. Stories are very powerful and can have a huge impact on both the storyteller and the listener. This workshop will help you to work out your own personal life story, learn what you want to share and what you don't want to, and then look at how best to share your own story with others. This workshop will also give you the skills and tools to use your personal narrative positively to support yourself and others on the recovery journey.</p>	Tuesday 26th March, Tuesday 2nd, 9th and 16th April	10am – 1pm
April 2019			
Recovery College South East. (Kilkenny).	<p><u>Understanding Dementia (Morning Workshop)</u></p> <p>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 of communicating and making a connection with someone with dementia.</p>	Wednesday 3rd April	10am – 1pm
Recovery College South East. (Kilkenny)	<p><u>Loneliness and Isolation (Morning Workshop)</u></p> <p>Everybody can be affected by loneliness, and research shows that it can especially cause difficulties for the recovery of people who experience illnesses that affect both our physical and mental health. In this workshop we will share ideas on how loneliness can be positively addressed, explore what resources and services might be available locally and identify how we can help people to make connection to others.</p>	Thursday 4th April	10am – 1pm

Recovery College South East. (Kilkenny)	<u>Understanding Medication (Morning Workshop)</u> The aim of this workshop is to give you a chance to talk about the use of medications, the benefits, the challenges and how we can manage their use more effectively. We will explore potential side effects as well as other available options. We will also discuss access to reliable information re medication as well as who to contact if you have any questions in the future. This workshop will give you an opportunity to ask questions and learn from others.	Wednesday 10 th April	10am – 1pm
Recovery College South East. (Kilkenny)	<u>Managing Life Changes (Morning Workshop)</u> This workshop will explore how changes in life affect us and how we can work towards acceptance to help ourselves and our wellbeing. We will look at the process of change, the different types of change and explore what holds us back from change. We will also look at the importance of taking care of ourselves during times of change, learn tips and tools for adapting to and managing change.	Thursday 11 th April	10am – 1pm
Recovery College South East. (Kilkenny)	<u>Volunteering (Morning Workshop)</u> Volunteering opportunities come in many shapes and sizes. Some volunteer a few hours regularly, others when called upon. Want to make a difference in your local community? Have the opportunity to meet like-minded people and give something back? This workshop will help you find out what is possible and how to begin volunteering. You will learn the benefits associated with volunteering.	Thursday 18 th April	10am – 1pm
Recovery College South East (Kilkenny)	<u>WRAP – Level 1 (2 full days)</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.	Monday 29 th and Tuesday 30 th April	10am – 4pm
Recovery College South East (Kilkenny)	<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 1 st May	9.30- 1.30pm



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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



National Learning Network
Investing in People, Changing Perspectives

