



**THE
RECOVERY
COLLEGE**
ISLE OF MAN

HOPE • CONTROL • OPPORTUNITY



manx care

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Colleish-Ollooscollil, Eilan Vannin
a College of Further & Higher Education



SUMMER PROSPECTUS - 26th April - 20th July 2023



WELCOME TO Recovery College Isle of Man

You may well be asking what is a 'Recovery College'? The term is perhaps little-known on the Island at the moment, and so it's important to start by clarifying this for you.

A Recovery College offers a range of courses and learning experiences that are focused on helping individuals to learn new skills that will help them to recover from health and wellbeing challenges they may face. They form a core part of a recovery-focused integrated mental health service, with an emphasis on courses with professionals and people who have lived experience of having overcome mental health challenges.

RCM (Recovery College Isle of Man) is a concept that is being developed by Manx Care in partnership with University College Isle of Man (UCM), as a way to increase knowledge, education and skills of individuals. This is to help people develop self management strategies that they can confidently apply to their everyday lives, and allow them to build a life that they find satisfying, meaningful and valuable.

what do we do?

RCM offers a range of courses for individuals aged 16 and over, who want to improve their own wellbeing, and/or the health and wellbeing of someone they support. Currently, the courses are open to those individuals who have an open referral to mental health services on the Isle of Man, their families and support networks, as well as the students and staff of UCM.

RCM provides a relaxed and informal educational approach to wellbeing and recovery. We provide a safe place where people can come together in confidence to learn ways to live healthier, happier and more fulfilling lives.

All of our courses are free of charge, and offer a welcoming environment with small, friendly groups. We have several core courses, and all students can receive help with enrolment, alongside the development of an Individual Learning Plan (ILP).

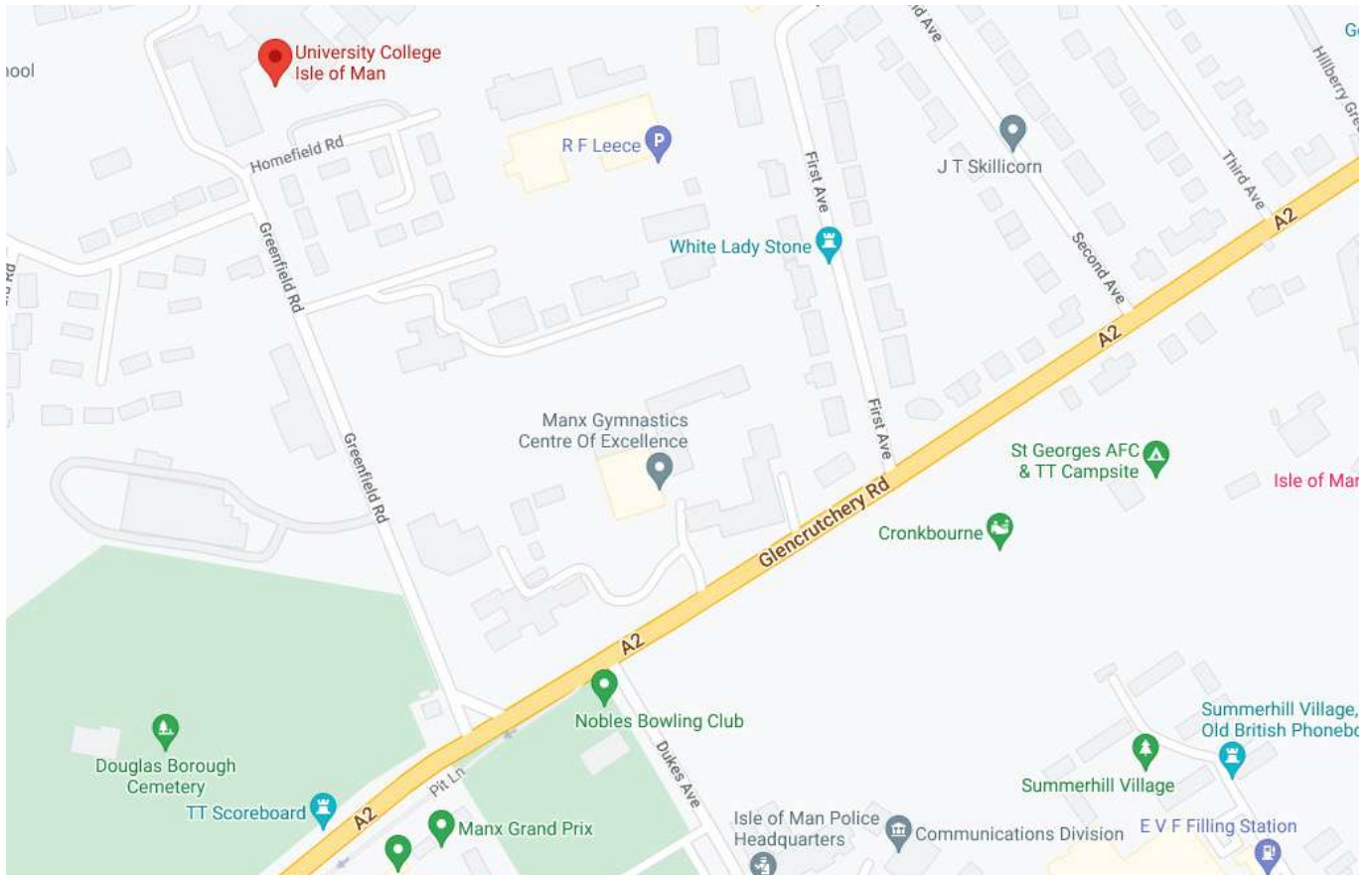
co-production of our courses

As much as possible, our courses are developed and delivered in partnership with people with lived experience of the topic (peers). We acknowledge that life is not lived through a textbook, and that peers can use their own experiences to support and inspire others. This model is at the heart of RCM, and allows for a rich, diverse perspective on wellbeing, and the journey that is recovery.

where is RCM based?

RCM will initially hold its courses at educational facilities run by University College Isle of Man (UCM) at Greenfield Road in Douglas. As we further develop our prospectus, and depending on the type of courses we look to develop, we will aim to offer a range of courses in campuses across the Island, in order to be more accessible.

Finding your way to UCM is easy as there are regular buses to Greenfield Road. Please refer to the map below.



about UCM

University College Isle of Man (UCM) has a long-standing reputation for excellence in learning, training and education on the Island. We are proud to have inspired, challenged and empowered our students over the years to make a positive impact on the world around them.

We offer a broad programme of courses to meet the needs of the economy and the individual, and we support upskilling and retraining through full time, part time and work based flexible provision. UCM's courses are delivered across six campuses, each boasting fantastic facilities.

UCM is pleased to deliver the Education Programme at the Isle of Man Prison.

Visit www.ucm.ac.im for more information.



how to register for a programme offered by RCM

To register with RCM, you can complete the enrolment form at the back of this prospectus or found at the following receptions. Upon completion, you can either drop it in to the reception at UCM, or the Community Mental Health Service at Westmoreland Road, Douglas. Alternatively, you can email it to recoverycollege@gov.im.

If you have any queries or questions about the college, you can contact us on 07624 201321.

learning support

We offer information, advice and guidance about our courses and their content. When you enrol, we will arrange to chat with you via telephone to prepare your Individual Learning Plan (ILP), which will aim to identify your goals, hopes and ambitions..

We can help you to choose the best courses to achieve these goals. As well as the courses we offer, we can also signpost you to a number of other opportunities run by other agencies in the community.

developing your ILP

When you enrol, a member of the RCM team will help you complete your ILP. This plan is designed to help you identify your goals for the course, that relate to your hopes and ambitions for your personal recovery. At this point, you will book onto the courses that you have expressed an interest in, and also discuss any individual learning needs that you may have. You will be able to enrol on a maximum of three courses per term with RCM.

Please be aware that you will not be able to enrol on the same course more than three times in three years.

If you have any queries, please contact 07624 201321 or email recoverycollege@gov.im.

i've finished my course - what's next?

When you have completed your course(s), your ILP will be reviewed with you. You will then be given the opportunity to explore future courses, or offered support with other educational or employment options.



Teresa Cope *CEO, Manx Care*

Photo courtesy of Media Isle of Man



The background is a solid teal color with several large, overlapping, abstract shapes that resemble leaves or petals. These shapes are in various shades of teal, from a light, almost white-blue to a darker, more saturated teal. They are arranged in a way that creates a sense of depth and movement, with some shapes appearing to be in the foreground and others receding into the background.

SUMMER COURSES

A GOOD NIGHT'S SLEEP:

WAYS TO PROMOTE OUR SLEEP

2 HOURS
PER WEEK FOR
4 WEEKS

 DATES	 TIME
<i>June 2023</i> 27	14.00 – 16.00
<i>July 2023</i> 04 // 11 // 18	

COURSE SUMMARY

A good night's sleep can support and promote your health and wellbeing. This course will discuss how sleep works, explore factors that influence your sleep and support you in creating and implementing practical ways to help you improve your chances of getting a good night's sleep.

KEY LEARNING OUTCOMES

- To learn about how sleep works
- To learn about how sleep can support your health and wellbeing
- To explore your current sleep patterns, habits, and routines
- To understand factors that can influence your sleep
- To implement sleep hygiene tips that support your sleep

*'Mindful and
practical tips to
aid a good night's
sleep, 5 stars!'*

My first experience with the Recovery College was doing the sleep classes - I really enjoyed the experience and the whole vibe that the course offered. I loved and appreciated learning more for my self-care and mindfulness practices in an educational environment and method. It really felt like a form of progress and moving forward; from going to therapy in the mental health treatment rooms, to attending college for my well-being, really boosted my self esteem. I felt more productive and it helped me gain more structure and routine long-term.

And now I'm creating my own course to run in the Recovery College, that esteem is going from strength to strength. My organisational skills are growing stronger, it's encouraging my creative side in a way I didn't know I was capable of, but more importantly it's making my abilities feel so incredibly valid.



Thanks to the Recovery College, I've reached a level of feeling capable within myself that I'd never even considered; I thought it was out of my reach.

Lucinda, expert by experience.

LIFESTYLE STRATEGIES

TO PROMOTE OUR
HEALTH AND WELLBEING





 DATES	 TIME
<p>April 2023 26</p> <p>May 2023 03 // 10 // 17 // 24</p>	<p>14:00 – 16:00</p>
COURSE SUMMARY	
<p>Developing and sustaining strong lifestyle foundations provides us with an opportunity to promote our health and wellbeing. This course will explore how the 'five ways to wellbeing', physical activity, nutrition, sleep and routine can support our wellbeing alongside supporting you to implement practical ways to build and maintain such lifestyle strategies into your life.</p>	
KEY LEARNING OUTCOMES	
<ul style="list-style-type: none">• To understand how different types of lifestyle strategies can support our health and wellbeing• To learn about health and wellbeing coaching and behaviour change techniques• To explore how behaviour change techniques can be applied to support lifestyle changes• To explore ways we can incorporate lifestyle strategies into our daily lives• To implement lifestyle strategies to support our health and wellbeing	

WELLBEING TOOLKIT

LEARNING ABOUT THINKING, EMOTIONS AND RELATIONSHIPS



 DATES	 TIME
April 2023 26	17.00 – 18.45
May 2023 03 // 10 // 17 // 24	

COURSE SUMMARY

This course introduces and discusses a range of tools and techniques that can be used in stressful times, for effective communication with others, or just to keep yourself in the moment.

KEY LEARNING OUTCOMES

- Using mindfulness to reduce suffering and gain more control over our reactions
- Education around our emotions, how they work and what they do for us
- Techniques to manage and reduce emotional distress
- Ways to increase our emotional resilience and cope with challenging situations

A group like this offers the opportunity to learn from each others' practice, share experiences, and benefit from mutual support.

Regular home practice is essential to get a good result.

CREATIVE DRAWING:

GEOMETRIC ART



 DATES	 TIME
<p>June 2023</p> <p>12 // 19 // 26</p> <p>July 2023</p> <p>03</p>	<p>16:00 - 17:45</p>

COURSE SUMMARY

Creative drawing is a mindful activity that uses a combination of drawing techniques to create artistic pieces which express imagination, an idea, or an emotion. This course focuses on Geometric Art, which has featured as a design since the Bronze Age and can be seen here on the Isle of Man in many places.



The course is for all drawing abilities. Over the four weeks, you will explore the geometry of six, through drawing with pencils, pens, a compass and paint, and will finish with a uniquely drawn Celtic Triquetra. All materials required for the course (including a compass) are provided for each session.

KEY LEARNING OUTCOMES

- To learn a new skill that can be used in other creative work (e.g. quilting, ceramics, and woodworking)
- To practice precision and concentration that promotes mindfulness
- To learn how to use pencils, pens, a compass and paints to create unique works of art
- To explore the shapes and patterns you create and how they relate to the world
- To feel a sense of fulfilment and accomplishment by completing works of art through their entirety

MINDFUL ART FOR EXPRESSION AND RELAXATION

2 HOURS
PER WEEK FOR
5 WEEKS

 DATES	 TIME
<i>June 2023</i> 19 // 26	10.00 – 12.00
<i>July 2023</i> 03 // 10 // 17	

COURSE SUMMARY

Mindful art is all about relaxation and enjoyment alongside the opportunity for self-expression. Over the five week course, foundational art skills will be developed through fun and experimentation that discusses an overarching theme and uses different objects and your own ideas to help create artistic work with individual meaning.

The course is for all artistic abilities. The hope is that you will develop skills and confidence to continue creating art in your own style well beyond the course, and perhaps join one of the many art groups on the island.



KEY LEARNING OUTCOMES

- To have fun, relax, and explore how art can practice mindfulness.
- To learn and develop foundational art skills that will give you confidence to create artistic pieces in your own style.
- To explore how themes, objects and your own ideas can be incorporated into pieces of art.

ASSERTIVENESS & CONFIDENCE

WORKSHOP



 DATES	 TIME
<i>June 2023</i> 26	14.30 – 16.30
<i>July 2023</i> 03 // 10 // 17	

COURSE SUMMARY

The aim of this course is to provide an understanding of the assertive communication style, whilst finding ways to practise this in your day-to-day life. Assertiveness is a healthy way of communicating with other people, which is achieved by having the ability to speak up for ourselves in a way that is honest and respectful. A further aim is to practise behaving and communicating more assertively, and to reduce acting and communicating in passive and/or aggressive ways, which usually results in distress. Developing skills in assertiveness can help in many areas of your life including work, relationships and setting boundaries.



Confidence can be seen as a skill that helps you improve the beliefs that you have within yourself and subsequently your ability to succeed and approach new challenges. Developing skills in this area can help you seize more opportunities and improve many areas of your life.

KEY LEARNING OUTCOMES

- Understanding assertiveness and the barriers that stop us being assertive
- Identifying helpful and unhelpful communication styles
- Developing skills to become more assertive
- Learning how to say 'No', and coping with criticism
- Understanding confidence as a skill, and learning how thinking relates to confidence



HEALTHY SEX & RELATIONSHIPS



 DATES	 TIME
<p><i>July 2023</i> 20</p>	<p>10:00 - 16:00</p>
COURSE SUMMARY	
<ul style="list-style-type: none">• To develop a positive and respectful approach to our own and others' sexual health.• Explore why sexual health and healthy relationships are important to our emotional and physical wellbeing.• Explore what types of contraception are available, and where we can go for help.	
KEY LEARNING OUTCOMES	
<ul style="list-style-type: none">• Look at consequences of poor sexual health and reduce our risk taking• Empower people to make informed decisions and take responsibility for their sexual health• Explore what can influence our thinking about sexual health• Look at the difference between healthy and unhealthy relationships	

MANAGING ANXIETY



 DATES	 TIME
<p>April 2023 27</p> <p>May 2023 04 // 11 // 18 // 25</p>	<p>10:00 – 12:00</p>
COURSE SUMMARY	
<p>This course aims to provide information, understanding, and practical coping skills, to manage worry and anxiety more effectively.</p> <p>The course uses a Cognitive Behavioural approach. This means that we will explore the interaction between how we think (our cognitions), how we act (our behaviours), and how we feel (our emotions).</p> <p>We will look at adapting the ways in which we think and act, to in turn influence how we feel and thereby reducing anxiety..</p>	
KEY LEARNING OUTCOMES	
<ul style="list-style-type: none">• To learn about the cognitive behavioural approach• To understand why we feel anxious• To learn some relaxation techniques• To explore the role of automatic thoughts in anxiety	

MENTAL HEALTH FIRST AID



 DATES	 TIME
<i>July 2023</i> 06 // 07	09:00 – 17:00

COURSE SUMMARY

Become a Mental Health First Aider (MHFAider®)

Mental Health First Aid (MHFA®) is a 2 day interactive skills based training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

MHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening. You'll learn to recognise warning signs of mental ill health, and develop the skills and confidence to approach and support someone while keeping yourself safe. You'll also learn how to empower someone to access the support they might need for recovery or successful management of symptoms. This could include self-help books or websites, accessing therapy services through their GP, their school or place of work, online self-referral, support groups, and more.



What's more, you'll gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.

KEY LEARNING OUTCOMES

- Develop an understanding of mental health, and the factors that can affect wellbeing
- Recognise the signs and indicators of mental ill health
- Develop the confidence to step in, support and reassure an individual in distress
- Develop knowledge of where to signpost individuals who may require ongoing support
- Develop skills to create a positive culture of emotional health and wellbeing

CREATIVE WRITING: FOR EMOTIONAL EXPRESSION



 DATES	 TIME
<p>May 2023 10 // 17 // 24</p> <p>June 2023 14 // 21 // 28</p>	<p>17:30 - 19:00</p>
COURSE SUMMARY	
<p>Do you struggle with staring at a blank page, with all these words and emotions in your head and heart that you want to express but seemingly can't? Do you have thoughts and ideas that could be something great but there seems to be a "cork in the bottle" preventing you from moving forward with that – whether it be a lack of confidence or perceived capability?</p> <p>The creative writing group for emotional expression is for those who face the same set of desires and struggles that come with wordsmithing. We want to give you the knowledge to approach your dreams and passions with; handing you the skills and tools relating to creative and emotional written expression, and all in a fun, safe, judgement-free zone.</p> <p>We're all experimenting and growing with our writing styles and capabilities, and look forward to being part of your writing journey!</p>	
KEY LEARNING OUTCOMES	
<ul style="list-style-type: none">• To learn and develop a greater understanding of the different forms of literature and the purposes and reason behind utilising them• To take an in-depth look at narrative and descriptive styles and the tools to effectively write in those styles• To gain a greater knowledge of emotional depth and how to convey and explore that through the medium of writing• To unlock creative ability and build confidence within a relaxed and encouraging environment• To expand upon your current vocabulary and strengthen your relationship with literature and language	

are you interested in becoming a peer support worker?

Have you got personal experience of mental ill health and wellbeing? Perhaps you have been involved with mental health services, either as a service user, or carer?

If you have, and you would like to help others, you may wish to consider becoming a Peer Support Worker with RCM.

If you'd like more information on this, including how to apply for our Peer Support Worker course, contact us by telephone on 07624 201321, or email us at recoverycollege@gov.im.



A WORD FROM University College Isle of Man (UCM)



Jesamine Kelly *Principal, UCM*

“

UCM is pleased to be collaborating with Manx Care to enable people in our community to progress from education-based courses that support the development of their mental health and wellbeing, into developing pathways that will help them to further their education or move into employment.

RCM is a really important initiative that will help lots of people in our community to fulfil their potential and make better lives for themselves and their families.

We're really proud to be involved!

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FURTHER RESOURCES & OPPORTUNITIES

Wellbeing Partnerships

The Wellbeing Partnership is a team comprising of Government and third sector organisations who work together to help people to stay well in their own community. They are available for anyone who is aged 18+ and is registered with their GP in the following locations: Peel Group Practice, Southern Group Practice, Castletown Medical Centre, Ballasalla Medical Centre, Ramsey Group Practice. The launch of the Eastern Wellbeing Partnerships are planned for later in 2023. Look out for further announcements over the coming months.

For more information and the services available, please visit the Isle of Man Government webpage and search for Wellbeing Partnerships, or contact your respective partnership below:

Western Wellbeing Centre
Derby Road
Peel IM5 1HP
t: 01624 685846
e: westernwellbeingpartnership@gov.im



Northern Wellbeing Centre
Dalmeny House, Cumberland Road
Ramsey IM8 3RH
t: 01624 686432
e: northernwellbeingpartnership@gov.im

Southern Wellbeing Centre
Thie Rosien, Station Road
Port Erin IM9 6BP
t: 01624 686109
e: southernwellbeingpartnership@gov.im

Kensington Arts

Kensington Arts is a venue run by Culture Division within the Department of Education, Sport and Culture, which currently organises activities for young people aged 8 and upwards, to support and develop creative expression. These include weekly classes, workshops and projects in a range of artistic disciplines such as visual art, music, drama, dance, multimedia and creative writing.

For more information and to see what's on, please visit <https://www.kensingtonarts.im> or check out their social media @KensingtonArtsIM



Notes

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