



**THE
RECOVERY
COLLEGE**
ISLE OF MAN

HOPE • CONTROL • OPPORTUNITY



SPRING PROSPECTUS 10 January – 26 March 2024



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, together with 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.

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 obtain them at the receptions of UCM and the Community Mental Health Service at Westmoreland Road, Douglas. Upon completion of the enrolment form, you can either drop it off at these receptions, or email it to recoverycollege@govim.

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@govim.

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





SPRING COURSES

WELLBEING TOOLKIT

LEARNING ABOUT THINKING, EMOTIONS AND RELATIONSHIPS



 DATES	 TIME
January 2024 10 // 17 // 24 // 31 February 2024 07 // 14 //	17:00 – 18:45

COURSE SUMMARY

This course introduces and discusses a range of tools and techniques that can be used in stressful moments, 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.

Please note that this course involves many skills similar to those covered in dialectical behaviour therapy (DBT). If you are currently completing DBT, we recommend that the Wellbeing Toolkit Course be completed after completion of this to prevent any possible interference or confusion. The Wellbeing Toolkit may then be a great way to add, refresh or further top up your wellbeing skills.



MANAGING ANXIETY



 DATES	 TIME
January 2024 11 // 18 // 25 February 2024 01 // 08	10:00 – 12:00
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, 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.	

WORKSHOP FOR WELLBEING





 DATES	 TIME
January 2024 24 // 31	15:00 - 17:00
February 2024 07 // 14 // 28	
March 2024 06	
COURSE SUMMARY	
<p>This is a six week course designed to promote positive emotional health, by building upon your personal resources, while helping you to develop new skills.</p> <p>This course is not about 'fixing' anything that may be wrong; instead you will be encouraged to explore and strengthen the factors that are known to contribute to overall emotional wellbeing. This course takes a holistic view of mental wellness, inspired by a blend of therapeutic approaches including Cognitive Behavioural Therapy (CBT) and Acceptance and Commitment Therapy (ACT).</p> <p>Topics covered will include building relationships, exploring personal values, living alongside difficult emotions, and developing self-compassion.</p>	
KEY LEARNING OUTCOMES	
<ul style="list-style-type: none">• To understand the factors that influence wellbeing.• To identify personal strengths and areas of development.• To set goals that are aligned with personal values.• To feel better equipped to deal with difficult emotions and thoughts.	

JOURNALING

FOR WELLBEING





 DATES	 TIME
<i>January 2024</i> 30 <i>February 2024</i> 06 // 13	18:00 – 19:30
COURSE SUMMARY	
<p>This course will explore what journaling is and the benefits of journaling for our wellbeing alongside introducing various different journaling techniques.</p> <p>Over the three week course, the opportunity to practise structured, unstructured and bullet journaling will be provided through activities and discussion in the hope of finding a style that works for you.</p> <p>The course will also signpost you to further journaling techniques and types for you to experience after the course.</p>	
KEY LEARNING OUTCOMES	
<ul style="list-style-type: none">• Describe the benefits of journaling for wellbeing.• Be aware of different journaling types and techniques.• Understand how to use different journaling techniques.• Be able to use a journaling technique.	

ASSERTIVENESS & CONFIDENCE

WORKSHOP



 DATES	 TIME
February 2024 26 March 2024 04 // 11 // 18	14:30 – 16:30
COURSE SUMMARY	
<p>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.</p> <p>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.</p>	
KEY LEARNING OUTCOMES	
<ul style="list-style-type: none">• 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.	

"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."

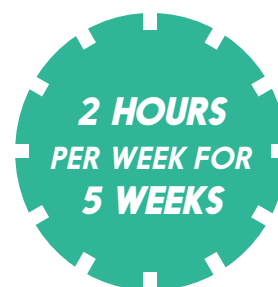
Lucinda, expert by experience.



"I never thought that I would find myself able to come to college, I was terrified. But, as the course went on, I was able to explore the facilities, get used to the environment. Everyone was really supportive, and now I'm looking for opportunities in adult education. Thank you."

"The course has been really helpful, I've met some lovely people who I will keep in touch with, and it has boosted my confidence no end."

CREATIVE DRAWING:

GEOMETRIC ART





 DATES	 TIME
February 2024 27 March 2024 05 // 12 // 19 // 26	16:30 - 18:30
COURSE SUMMARY	
<p>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.</p> <p>The course is for all drawing abilities. Over the five 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.</p>	
KEY LEARNING OUTCOMES	
<ul style="list-style-type: none">• 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.	

CROSS STITCH

FOR WELLBEING



 DATES	 TIME
February 2024 27 March 2024 05 // 12 // 19 // 26	17:15 – 19:15
COURSE SUMMARY	
<p>Cross Stitch is a relaxing activity that uses basic hand sewing techniques to create beautiful works of embroidery.</p> <p>This course will develop the foundations of cross stitch (e.g. hand sewing skills) alongside exploring the mindful and calming nature that cross stitch can bring. The creation of finished cross stitch pieces looks to build your confidence to embark on further creative projects.</p> <p>Over the five weeks we will work together to produce a cross stitch card (e.g. a festive, seasonal or celebration card) in a relaxing and welcoming atmosphere.</p>	
KEY LEARNING OUTCOMES	
<ul style="list-style-type: none">• Explore the mindful and calming nature of cross stitch.• Learn how to read and understand cross stitch patterns and symbols to create designs.• Explore creative options that can be added to your project such as using different colours or adding beads or charms.• To produce finished pieces of cross stitch that can bring focus and calmness.	

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; having inspired, challenged and empowered their students.

As well as courses for young people, UCM supports adults with upskilling and reskilling through full time, part time and work-based courses. Subjects are wide-ranging, from environments to construction, business to IT, health and social care to sports, hairdressing to catering – there really is something for everyone. UCM also offers English for Speakers of Other Languages (ESOL) courses, as well as FREE English & Maths GCSE courses for people who would like an up-to-date, recognised qualification or the opportunity to improve their general understanding and skills.

UCM's Adult Learning 'Upskilling' provision is perfect for those looking to develop and improve their skills through short courses designed to support career growth. As well as learning or developing your skills, these qualifications make great Continued Professional Development (CPD) opportunities and pathways into new industries.

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

interested in further learning?

University College Isle of Man (UCM) has hundreds of courses to progress to, such as Speak Out with Confidence, Yoga, Gardening, Psychology for Personal Growth and Wellbeing, Crochet for Beginners, and so much more!

Adult Learning encompasses all types of education for adults, and one of the things we love is seeing adults of all ages developing new skills – there is no age limit to learning!

Whether you're looking to plug a skills gap, upskill to move into a new industry or return to work, achieve a degree or postgraduate degree, or just want to have fun or boost your wellbeing, our Adult Learning programme can support your goals.

For more information and to view the Adult Learning Prospectus, visit www.ucm.ac.im/adult-learning.



A WORD FROM

University College Isle of Man (UCM)



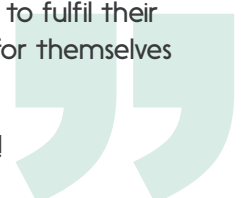
Jesamine Kelly *Principal, UCM*



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!





FURTHER RESOURCES & OPPORTUNITIES

Wellbeing Partnerships

The Wellbeing Partnership is a team comprising 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:



Kensington Arts

Kensington Arts is a venue run by the 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](#).



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RECOVERY COLLEGE ISLE OF MAN (RCM)

REGISTRATION FORM



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YOUR DETAILS

NAME			
DATE OF BIRTH		CONTACT NUMBER(S)	
ADDRESS			
EMAIL ADDRESS			
*GENDER		*ETHNICITY	

**We want to ensure all Manx residents are accessing our services equally, and giving us these details allows us to see if this is the case. However, if you prefer not to say, simply leave the box blank.*

YOUR LEARNING EXPERIENCE

Are there any specific conditions that may create additional needs or impact your learning experience we should know about?

- Learning/Communication difficulties ☐
- Physical health conditions ☐
- Accessibility requirements ☐

If you ticked yes, to any of these, please detail specifics below:

Preferred pronouns (please tick as many as apply)

- He/Him/His ☐
- She/Her/Hers ☐
- They/Them/Theirs ☐
- Other (please write in place of box) ☐

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How would you prefer us to contact you?
(please tick one)

- Letters ☐
- Email ☐

EMERGENCY CONTACT DETAILS

NAME	
RELATIONSHIP TO YOU	
CONTACT NUMBER(S)	

COURSE SELECTION

Please tick **no more than three**. See our prospectus for more information on each course's content and schedules.

- Wellbeing Toolkit ☐
- Managing Anxiety ☐
- Workshop for Wellbeing ☐
- Journaling for Wellbeing ☐
- Assertiveness and Confidence ☐
- Creative Drawing: Geometric Art ☐
- Cross Stitch for Wellbeing ☐

CONSENT

I agree to abide by RCM's rules and regulations and understand that any personal data submitted on the application form will be processed for the purposes of education and training administration, including analysis for management and statutory returns. Information will be processed by RCM in accordance with the General Data Protection Regulations (GDPR).

Please tick once you have read this: ☐

Today's date:

CRIMINAL CONVICTION DISCLOSURE

UCM is committed to creating learning environments where there is fairness, mutual respect, trust and equal opportunity.

Have you ever been convicted in a criminal court, cautioned, or bound over to be of good behaviour for any offence? This includes offences under the Income Tax Act 1970 and offences under the Social Security Administration Act 1992, but not including motoring offences. Please note that you do not need to disclose convictions which are considered to be spent pursuant to the Rehabilitation of Offenders Act 2001 (see www.gov.im/categories/working-in-the-isle-of-man/rehabilitation-of-offenders/ for further information). Please note that if your answer is 'yes', we will contact you for further details. We will treat all such disclosures as confidential.

Yes ☐ No ☐

Thank you for filling in all details asked of you. Please hand your completed form in to reception, or scan a copy to recoverycollege@gov.im. We will process your registration and begin the enrollment process, and you will hear back from us in due course.



