



Understanding mental health,
recovery and wellbeing through education,
collaboration and conversation.

*Autumn / Winter
Prospectus 2017*

**Roscommon East Galway
Advancing Recovery in Ireland
- a mental health community based initiative.**



REGARI
Recovery College



Vision

REGARI Recovery College is a community based initiative for adults that will empower you to become an expert in your own self-care and enhance skills and confidence to manage your own mental health, recovery and wellbeing through

Mission

- To promote social inclusion and community involvement.
- To develop and deliver modules through working in partnership with people with lived experience of mental health challenges, family members, carers, people working in mental health and others.
- To make these modules available throughout Roscommon and East Galway.
- To promote a culture of change to ensure an environment of mutual respect, opportunity, control and hope.

Connectedness

Hope

Identity

Meaning

Empowerment





Welcome note from Ailish Connaughton – REGARI RC Peer Educator

I am delighted to welcome you back with our Autumn/Winter 2017 Prospectus. This is set to be our most extensive term yet with lots of exciting learning opportunities for all. We have also introduced 5 new modules to run with a variety of existing modules.

Remember, these courses are open to adults with:

- Lived experience of mental health challenges including personally, as a family member, friend or carer
- Professional experience of working in the area of mental health
- An interest in mental health, recovery and wellbeing

I look forward to meeting you in the near future and please do not hesitate to contact me with any questions you might have.

Ailish Biography

Ailish graduated from Athlone Institute of Technology in 2006 with a Bachelor of Arts Honours Degree in Applied Social Studies in Social Care. Since then Ailish has worked in disability services such as St. Hilda's Services in Athlone, RehabCare and Nua Healthcare. She also spent some time teaching FETAC Level 5 and 6 in Moate Business College. Ailish also brings the very important element of lived experience to her role as Peer Educator having been out of work for two years with depression and anxiety. In fact, Ailish first became involved in the REGARI Recovery College project as a volunteer back at its earliest beginnings. She then became the Service-User Co-Lead alongside the HSE Co-Lead Orla O'Duinn. Ailish marked her two year anniversary as Peer Educator on June 22nd this year.





UNDERSTANDING MENTAL HEALTH ISSUES & TREATMENT OPTIONS

- **Let's Talk Mental Health**

This course will examine what we mean by mental health and looking at it in terms of the wellness spectrum. We will identify some common characteristics of mental health and mental ill-health and some coping strategies you may find useful. There will be rich discussion on how we can promote good mental health for ourselves and for others.

- **Let's Talk Anxiety**

Anxiety is a very common and often debilitating part of so many lives. This module consistently proves to be one of our most popular and this term it will run as two 3 hour sessions. We will look to gain an understanding of some of the common causes of anxiety and how it manifests itself in the different areas of our lives. We will identify the different types of anxiety We will explore what it is that is happening within our bodies and identify some useful coping strategies.

- **Let's Talk Depression**

This, the first of our new modules, will aim to explore the term depression, identify the signs, triggers and types of depression. We will also examine some coping strategies/treatments for depression with opportunities for Students to share their own knowledge with a view to inspire collaborative learning within the group.

- **Let's Talk "Schizophrenia"**

The aim of this new module is to explore and demystify the reality for people living with Schizophrenia and other related illnesses/conditions. An important part of this will be the conversation around the language we use as we recognise that the labels, names, conditions that people relate to (or not) is very individual. This module will provide the opportunity to explore this topic in a safe and understanding environment while also looking at the different associated theories, treatments and therapies.

- **Let's Talk "Bi-polar"**

The aim of this, another new module is to explore and demystify the daily reality for people living with Bi-polar and other related illnesses/conditions. This module will provide the opportunity to explore this topic in a safe and understanding environment while also looking at the different associated theories, treatments and therapies.



- **Making the Most of your Appointment with your Mental Health Professional**

At the end of this session we will have begun to examine quality mental health services and consumer rights by understanding the makeup and role of a Community Mental Health Team, discussing quality services, discussing and examining the rights of a service user attending the mental health services. We will explore how to prepare and plan for an appointment by looking at various methods/ techniques that will support service users to prepare and make the most out of appointments. Our hope is that the group will leave feeling empowered to manage and take control of their appointments in a meaningful way to enhance their recovery.

REFRAMING THE ILLNESS

- **Let's Talk Recovery**

Recovery is a very personal and unique experience. In this module we will look at the recovery model, the value of changing the language we use in relation to recovery. We will explore "personal recovery", what recovery means to you, how you may promote your own recovery and the characteristics of recovery promoting relationships with the people closest to us.

- **Recovery and The Family/Carer**

When a loved one becomes unwell it can have a huge effect on family members, carers and/or friends. This course will set out to examine the term "recovery", understand how to support recovery in a positive way. We hope there will be rich discussion on the impact of caring and giving support – understanding the importance of self-care and awareness of carer stress.

BUILDING A LIFE

- **Resilience**

Resilience is about how we bounce back from adversity. In this course we will explore what resilience means, how to foster resilience and how we might learn from our past experiences and responses to build resilience for the future.



- **Self Awareness**

In the course we will examine what self awareness means to us. We will explore the need for self awareness in relation to mental health and wellbeing looking at our own self awareness and how it might apply to the different areas of our lives. We hope that you will leave this session with a greater insight of your own self awareness and an understanding of how you might begin to practice self awareness.

- **Hope and Empowerment**

This course will, we hope, involve a lot of valuable and powerful conversation. We will identify what “hope” and “empowerment” mean to you, how they are present in the various roles and relationships within your life to date and how best to nurture hope and empowerment moving forward in your everyday life.

GENERAL HEALTH AND WELLBEING

- **Creativity and Wellbeing**

This course will set out to gain an understanding of what “creativity” and “wellbeing” mean to you. We will identify what activities come under the umbrella of creativity. We will spend some time reflecting on our own lives and identifying the ways in which we engage in creativity in our own daily tasks. We will examine how creativity promotes our wellbeing.

- **Nutrition**

This is an exciting new module that will run over two 3 hour sessions. We aim to look at the food pyramid and portion size, identify ways to eat healthy in a cost effective way, consider alcohol in terms of calorie intake and unit guidelines. We will engage in some practical work to explore sugar and salt content of foods. The group will also explore goal setting including looking at and overcoming barriers to healthy eating.

- **Introduction to Mindfulness**

In this new and ever relevant module we will explore the concept of Mindfulness, examine the unique value of Mindfulness, engage in the practice of Mindfulness and share some tips for Mindfulness practice. We will also explore compassion, self-belief and energy.



Here's what some of our Students said

Open and honest conversation...Well done on this amazing initiative, it is a massive benefit to the community, and will definitely help

(Gerald)

This course can help everyone who may not have a diagnosis. It is a great resource to learn from all those who attended the session

(Aisling)



“ Great course, great concept, great ideas, fantastic peer connections ”

(Anna)

“ Openness of Peer Trainer was very encouraging to know that others go through hard times also and come through it ”

(Edel)

“ Excellent, well thought out and informative, very inclusive. Very recovery focused. ”

(Paula)



Information Night	Information Night	Information Night
Tuesday August 29th 6.30 - 8pm Ballinasloe Library	Wednesday August 30th 6.30-8pm Roscommon Leader Partnership	Monday 4th Sept. 7.30-9pm C1164 Earl of Rosse Theatre Athlone Institute of Technology
Registration	Registration	Registration
Tuesday 5th September 2.30 – 5.30 pm Ballinasloe Library	Wednesday 6th September 10 am – 4pm REGARI RC, The Lodge, Athlone Rd., Roscommon	Thursday 7th September 5.30 – 8.30pm @AIT Lifelong Learning Centre Open Day Athlone Institute of Technology
Tuesday 2.30-5.30pm Ballinasloe Library	Wednesday 2pm-5pm Property Registration Authority, Roscommon	Thursday 6pm-9pm Athlone Institute of Technology Room D03 Main Block
	20th September Let's Talk Recovery	
26th September Let's Talk Recovery		
	4th October Creativity and Wellbeing	5th October Let's Talk Mental Health Room D03 Main Block
10th October Self Awareness		12th October Let's Talk Anxiety 1 of 2 Room D03 Main Block
	18th October Resilience	19th October Let's Talk Anxiety 2 of 2 Room D03 Main Block
24th October Recovery and the Family	25th October Nutrition 1 of 2	26th October Hope and Empowerment Room D03 Main Block
7th November Let's Talk "Bi-Polar"	8th November Nutrition 2 of 2	9th November Let's Talk Depression Room D03 Main Block
		16th November Making the Most of your Appointment with your Mental Health Professional Room D03 Main Block
21st November Let's Talk Depression	22nd November Let's Talk "Schizophrenia"	23rd November Cert of Attendance Presentation Room D03 Main Block
	29th November Introduction to Mindfulness	
12th December Cert of Attendance Presentation	13th December Cert of Attendance Presentation	

REGISTRATION IS ESSENTIAL FOR ALL MODULES!

Registration Fee is €5 for the Term. Modules are then free to attend

If you are unable to attend a registration session please contact Ailish Connaughton,
Peer Educator at 086 1304869 or email: regarirecoverycollege@gmail.com



Except for an enrolment fee of
€5 per term,

ALL COURSES ARE FREE!

College Venues:

- **Ballinasloe Library, Society Street, Ballinasloe**
- **Property Registration Authority, Golf Links Road, Roscommon**
- **Athlone Institute of Technology, Dublin Road, Athlone**



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Contact Details

Ailish Connaughton

Peer Educator

REGARI Recovery College

The Lodge,

Athlone Road,

Roscommon

086 1304869

Email: regarirecoverycollege@gmail.com



Regari Recovery College



@regarirc

Keen Print 090 6625787

Our Partners include:

