



Galway Recovery College

Mental Health Recovery Education through Transformative Learning



Prospectus for Spring/Summer Semester, 2021, Part One

Galway Recovery College is usually based in the Institute for Lifecourse and Society (ILAS) building, on the North Campus of NUIG, Upper Newcastle Road, Galway, H91 C7DK. Before the **Covid-19 pandemic our recovery education took place in this building. Since March 2020 we have been offering all sessions online using Zoom. We do not yet know when we will be able to return to face to face sessions and, for this reason, we are producing the prospectus for this semester on two parts - pre- and post-Easter. If you are not familiar with Zoom, contact us for a one to one tutorial.**

Pre-COVID-19, registration for face to face sessions was €5 per semester; then all sessions were free of charge. There is no charge at all for online sessions.

This semester we will be offering three recovery education sessions per week on Tuesday and Wednesday evenings (6-8pm) and a short one-hour session on Thursday afternoons (2.30-3.30) which we hope will also be joined by students currently in the Adult Acute Mental Health Unit. We are also offering a tutorial on Thursday mornings, in Remote Consultation for people who wish to meet with their clinicians via the Attend Anywhere app.

January

Tuesday 6pm		Wednesday 6pm		Thursday 10.30am and 2.30 pm	
26	Empowering Recovery 1	27	Trauma and Recovery 1	28	Am Remote consultation Pm Self-care

February

Tuesday 6pm		Wednesday 6pm		Thursday 10.30am and 2.30 pm	
2	Empowering Recovery 2	3	Trauma and Recovery 2	4	Am Remote consultation Pm Self-care
9	Empowering Recovery 3	10	Trauma and Recovery 3	11	Am Remote consultation Pm Self-care
16	Empowering Recovery 4	17	Diagnosis and Recovery 1	18	Am Remote consultation Pm Self-care
23	Empowering Recovery 5	24	Diagnosis and Recovery 2	25	Am Remote consultation Pm Self-care

March

Tuesday 6pm		Wednesday 6pm		Thursday 10.30am and 2.30 pm	
2	Empowering Recovery 6	3	Diagnosis and Recovery 3	4	Am Remote consultation Pm Self-care
9	Empowering Recovery 7	10	WRAP 1	11	Am Remote consultation Pm Self-care
16	Empowering Recovery 8		St Patrick's Day	18	Am Remote consultation Pm Self-care
23	Empowering Recovery 9	24	WRAP 2	25	Am Remote consultation Pm Self-care
30	Empowering Recovery 10	31	WRAP 3		



More information on our programmes

Tuesdays

Empowering Our Recovery

This semester we are devoting Tuesdays to a series of sessions on Recovery Skills. Designed to include skills that many people have found useful in their recovery, it includes sessions on:

- Mindfulness
- Distress tolerance
- Changing our emotions
- Interpersonal skills

Each session will build on the work done in the previous one so students will benefit most by joining as many sessions as possible. The first ten sessions will take place before Easter with a further ten sessions after Easter.

Wednesdays

Trauma and Recovery - Wednesdays start off with three sessions on Trauma and Recovery to enable students to explore both the impact of trauma on our mental health and ways of recovering from it.

Diagnosis and Recovery - We have then scheduled three sessions on Diagnosis and Recovery, to encourage students to explore ways of recovering from various diagnoses.

Wellness Recovery Action Planning (WRAP) - This programme encourages students to plan, work towards and maintain their own recovery. It starts March 9 and continues after Easter.

Thursdays

Mornings (10.30 - 11.30) Remote Consultation - Covid-19 has led to the development of remote consultation with members of the multi-disciplinary community mental health teams using the Attend Anywhere app. These sessions are designed to enable people who would like to engage in remote consultation to become familiar with using Attend Anywhere in a relaxed and unpressurised manner. Each session is the same and Attend Anywhere is easy to use. People are welcome to attend more than once, to build up confidence and familiarity, if they wish.

Afternoons (2.30 - 3.30) Self-care - These one-hour sessions are designed to look at various aspects on self-care. We hope that students currently in hospital will join us, along with students from the community.

MULTI-PART MODULES

Most of our sessions are multi-part modules rather than a repeat of the same session, except those on Remote Consultation. Therefore, to engage with the full content of each subject, students would need to participate in all parts of a module. The WRAP programme is closed to further students after the second session. Apart from WRAP, students are welcome to attend any session(s) of their choice once they have emailed us in advance to book a place.

We ask that you log on **5 minutes** before the start time of each session so as to ensure there are no technical issues before we begin.

CONTACT US

Virginia Moyles, Lead Peer Educator



(087) 3401667



galwayrecoverycollege@gmail.com



<https://www.recoverycollegewest.ie>



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