



Galway Recovery College

Mental Health Recovery Education through Transformative Learning



Newsletter October 2020

It's autumn now and it's hard to believe that over six months have gone by since we last had our modules in ILAS, NUIG. Fortunately, we were able to continue our modules online, via Zoom during the intervening months, and we welcomed many new students to our modules in this way. However, we are very aware that some of our ILAS students have not been able to engage with us online and this is the cause of much regret.

This has been a difficult time of much uncertainty, change and adjustment for everyone. We have been trying to organise a safe return to the ILAS building and had hoped to be able to offer "concurrent classes" where some students are in the seminar room and others are online.

However, in the face of increasing COVID-19 cases and the current government closure of colleges, we have been informed that it will not be possible to return to face to face classes this semester. We will therefore continue to offer our modules online via Zoom. Everyone who is willing and able to engage online is welcome to join us.

Our Autumn/Winter Prospectus, based on our consultation with students, is now underway. It includes a nine-week Wellness Recovery Action Plan (WRAP) programme, starting on the 14th of October.

Last semester, we had a very successful programme in collaboration with the Castlebar Centre for Independent Living, "Living Well Programme", and we are pleased to be able to promote it again this semester. It takes place, via Zoom, on Mondays from 2 November to 7 December, from 7.00 to 9.30pm.

We hope that, during these difficult and challenging times, our modules will provide a means of looking after our mental health, through transformative learning and peer support.



kintsukuroi

(n.) (v. phr.) "to repair with gold"; the art of repairing pottery with gold or silver lacquer and understanding that the piece is more beautiful for having been broken

Contact us at galwayrecoverycollege@gmail.com or 087-3401667.





Galway Recovery College

Mental Health Recovery Education through Transformative Learning



Meet the college team



Virginia Moyles is the Peer Educator with the College. She brings many years of experience in education, training and personal development - as well as her own experience of mental health challenges and recovery - to the provision of transformative learning in recovery in mental health. She spent several years facilitating support groups with Aware and is also a founder member of Cosáin, Galway's community peer-led peer support group.



Teresa Nilan is a Recovery Education Facilitator with Galway Recovery College and a trainee Psychotherapist. With a background in education, Teresa retrained in mental health recovery some years ago, and has been working as a Facilitator with Shine, Aware and Cosáin. Passionate about transformative learning, personal responsibility and empowerment, she uses her training in education and psychotherapy, combined with personal experience of mental health challenges, to make recovery education accessible to all.



Siobhan Colleran is a Recovery Education Facilitator with the Galway Recovery College. Siobhan is a graduate of NUI Galway after completing a BA in Community & Family Studies in 2016. She brings both knowledge and lived experience of mental health challenges to the Recovery College coupled with an understanding of the unique and highly personalised nature of the recovery journey. She is passionate about recovery-focused initiatives that openly address mental health issues, rooted in the belief that recovery is an achievable goal for all.

Of course, lots of other people, including mental health service providers and other people with lived and family member experience of mental health difficulties also co-produce and co-facilitate with us and we are most appreciative of their support. A special thanks to Maria Lawton Murray and Paul Clabby, Peer Supporters, who have worked with the college since we opened.

