

MAYO RECOVERY COLLEGE NEWSLETTER



SEPTEMBER 2020

September is a curious month. In one sense, it signals the end, or the beginning of the end of nature's cycle. Trees start to wither and fade, leaving a beautiful carpet of gold, yellows and browns on the beckoning earth.

In another sense, September heralds a fresh start, a new beginning. Like the trees, we must let go of the comfortable, the "known" and embrace the uncertainty of the "unknown".

We may be going back to college, starting a new job or we may be watching our children, friends and loved ones going back to their lives in this so called "new normal".

This can be difficult. Change is always difficult. It can awaken feelings of fear, anxiety and loneliness within us.

However, by taking care of our mental health; facing these fears, working through our anxieties and connecting with others who feel the same, we, like the trees, can turn our pain and anguish into something beautiful for the world to see.

We, at the Mayo Recovery College are excited to be starting our new Autumn/Winter semester. This month, we will be running a host of online modules, specifically designed to help people transition through this challenging month, including "Anxiety and Panic", "Living with Depression" and "Let's Talk Recovery". We will also be running an "Introduction to Online Recovery Education" where people will have the opportunity to learn new "online" skills and explore the benefits of recovery education.



Karen McHale is the Principal Peer Educator in the Mayo Recovery College. She has extensive experience of working in

the fields of Mental Health Recovery Education, Family Peer Support & Community Development. She applies her Social Capital in the Recovery sphere to support a Recovery culture to flourish and expand.



Billy Clarke is a Recovery Education Facilitator with the Mayo Recovery College. Recovery Education is something that Billy has a

deep passion for. As a person with lived experience of mental health challenges he has witnessed first-hand how Recovery Education can transform the lives of people with mental health challenges, their families and communities



Shane McHale is a Recovery Education Facilitator with the Mayo Recovery College. A graduate of the GMIT Social Care programme, Shane

incorporates the values of a non-judgemental, person centred approach into his work. Living with depression for many years has given Shane insight into how we can lose ourselves in the midst of a mental health issue. He is passionate about education and self-expression

To register and join our video or audio interactive sessions

Send your name and number to 0860294901 or email recovery.educatormrc@hse.ie

WEEK	Monday	Tuesday 11am-1	Wednesday 11am-1	Thurs 6-8pm	Friday 11am-1
7-11 September	Free Registration open from today onwards 0860294901 Recov- ery.educatormrc@ hse.ie	Introduction to Online Recovery Education	Introduction to Online Recovery Education	Introduction to Online Recovery Education	
14-18 September	Living Well 10.30am – 1 (*see below)	STAFF TRAINING	STAFF TRAINING	STAFF TRAINING	STAFF TRAINING
21-25 September	Living Well 10.30am - 1	Recovery – Let’s talk 1	Recovery – Let’s talk 2	Living with De- pression 1	
28 September – 2 nd October	Living Well 10.30am - 1	Anxiety & Panic 1	Anxiety & Panic 2	RPPT 2 (HSE Staff training) 10am – 1.30	Co-production
	Creative Space 7-9pm			Living with De- pression 2	

Introduction to Online Recovery Education

In this fun and informal module, individuals will get the opportunity to learn new online skills, explore the benefits of Recovery Education and register for the upcoming semester.

Living Well

Living Well is a free **online** group programme, delivered over six workshops (2.5hrs x 6). It is delivered by trained leaders, most of whom are also living with long-term conditions. Living Well can help you develop the skills and confidence to manage your health condition(s) on a day to day basis. **You must register in advance as places are limited to 10/12 participants. Please note - you do not have to disclose your health condition on the programme.** Please contact Liam Gildea on 0873490393 or by email at liam.gildea@mayocil.ie

Recovery – Let’s talk

This module will attempt to define what health actually is. We then explore RECOVERY in Mental Health, historical context and definitions from different perspectives. Over the 2 sessions we will present ideas and discuss recovery responsibilities, conditions, principles and characteristics.

Living with Depression and beyond

This module will explore the nature and experience of Depression and consider the wide-ranging impact on all aspects of life. We will reflect on diagnosis and medication as well as alternative practical steps that some people find helpful in managing this experience.

Anxiety and Panic Attacks

Anxiety plays a big role in many mental health difficulties. Over the two modules we will discuss symptoms, underlying causes and explore some tools to manage these sometimes debilitating feelings and reactions.

Recovery Principles and Practice Training 2 (RPPT)

This is an evidence informed workshop which has been co-produced for delivery to HSE Mental Health Teams. Workshops are co-facilitated in line with true partnership, collaboration and co-production from the perspective of the Service User, Family Member and Service Provider.

Co-production

These workshops will run the first Friday of every month between 11am and 1pm and will be of interest to students who wish to collaborate on the design and production of module content for the Recovery College. Those interested in co-production will need to have attended a minimum of 3 classes first from this or previous semesters. Mental Health staff are invited and encouraged to attend.

Creative Space

“Creative Space” is a monthly 2hr module which aims to empower students to express their creative abilities, learn creative techniques and connect with each other through music, art, poetry ,photography and storytelling.