***TIME TABLE Autumn/Winter semester 2017***

**All about Recovery: Information, Skills and Tools:**

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| **Let’s talk about Recovery** | *Wednesdays, September 20th and 27th and October 4th, 10 am to 1pm* |
| **Recovery and the Family** | *Thursdays, September 21st and 28th, 6 to 9pm* |
| **Introducing Mayo Employability services** | *Tuesday, September 26th, 10am to 1pm* |
| **Story Telling** | *Tuesdays, October 3rd,10th,17th and 24th,*  *10am to1pm* |
| **The 12 steps demystified** | *Thursday, October 26th, 6 to 9pm* |
| **All Ears, Listening Skills** | *Wednesday, November 8th, 10am to 1pm* |
| **Hearing Voices** | *Tuesday, November 21st, 10am to 1pm* |
| **All about Stress** | *Wednesdays, November 15th,22nd and 29th, 10am to 1pm* |
| **Self Esteem** | *Thursdays, November 23rd and 30th, 6 to 9pm* |
| **Recovery and Mindfulness** | *Thursday, December 7th, 6 to 9pm* |

**General Mental Health And Medical Issues:**

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| --- | --- |
| **Let’s TOP it, OCD and phobias** | *Tuesday September 19th ,10am to 1pm* |
| **Supporting people with Eating Disorders** | *Thursday October 5th, 6 to 9pm* |
| **Understanding Self Harm** | *Wednesdays, October 11th and 18th, 10am to1pm* |
| **Living with Depression and beyond** | *Thursdays, October 12th and 19th, 6 to 9pm* |
| **Let’s talk about Smoking** | *Wednesday, October 25th, 10am to 1pm* |
| **Living with Psychosis/Schizophrenia and beyond** | *Tuesdays, October 7th and 14th, 10am to 1pm* |
| **Understanding Suicide** | *Thursdays, November 9th and 16th,6 to 9pm* |
| **Anxiety and Panic Attacks** | *Tuesdays, November 28th and December 5th,*  *10am to 1pm* |
| **Mental Health and Nutrition** | *Wednesday, December 6th, 10am to 1pm* |

***Please see calendar at the last part of booklet***

Contact Details: Jutta Kirrkamm on 086 0294 901 or mayorecoverycollege@gmail.com

***AUTUMN/WINTER Calendar 2017***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **M** | **TUESDAYS**  **10pm to 1pm** | **WEDNESDAYS**  **10pm to 1pm** | | **THURSDAYS**  **6pm to 9pm** | **F** | **S** | **S** |
| ***SEPTEMBER 2017*** | | | | | | | |
| **18** | **19**  **Let’s TOP it**  **OCD and Phobias** | | **20**  **Let’s talk about Recovery (1)** | **21**  **Recovery and the family (1)** | **22** | **23** | **24** |
| **25** | **26**  **Introducing the Employability**  **services** | | **27**  **Let’s talk about Recovery (2)** | **28**  **Recovery and the family (2)** | **29** | **30** |  |
| ***OCTOBER 2017*** | | | | | | | **1** |
| **2** | **3**  **Story Telling (1)** | | **4**  **Let’s talk about Recovery (3)** | **5**  **Supporting people with Eating Disorders** | **6** | **7** | **8** |
| **9** | **10**  **Story Telling (2)** | | **11**  **Understanding Self Harm (1)** | **12**  **Living with Depression and beyond (1)** | **13** | **14** | **15** |
| **16** | **17**  **Story Telling (3)** | | **18**  **Understanding Self Harm (2)** | **19**  **Living with Depression and beyond (2)** | **20** | **21** | **22** |
| **23** | **24**  **Story Telling (4)** | | **25**  **Let’s talk about Smoking** | **26**  **The 12 steps demystified** | **27** | **28** | **29** |
| **30** | **31st mid-term break** | |  |  |  |  |  |
| ***NOVEMBER 2017*** | | | | | | | |
|  |  | **1st mid-term break** | | **2nd mid-term break** | **3** | **4** | **5** |
| **6** | **7**  **Living with Psychosis/Schizophrenia and beyond (1)** | **8**  **All Ears**  **- listening skills** | | **9**  **Understanding Suicide (1)** | **10** | **11** | **12** |
| **13** | **14**  **Living with Psychosis/Schizophrenia and beyond (2)** | **15**  **All about Stress (1)** | | **16**  **Understanding Suicide (2)** | **17** | **18** | **19** |
| **20** | **21**  **Hearing Voices** | **22**  **All about Stress (2)** | | **23**  **Self Esteem (1)** | **24** | **25** | **26** |
| **27** | **28**  **Anxiety and Panic Attacks (1)** | **29**  **All about Stress (3)** | | **30**  **Self Esteem (2)** |  |  |  |
| ***DECEMBER 2017*** | | | | | | | |
|  |  |  | |  | **1** | **2** | **3** |
| **4** | **5**  **Anxiety and Panic Attacks (2)** | **6**  **Mental Health and Nutrition** | | **7**  **Recovery and Mindfulness** | **8** | **9** | **10** |
| ***All courses will take place in GMIT, enrolment day is Wednesday September 6th from 9.30am to 6pm, if you miss this day or would like further information please contact***  ***Jutta Kirrkamm on 086 0294 901 or mayorecoverycollege@gmail.com*** | | | | | | | |

***VISION***

***MISSION***

**As in previous prospectus**

***Welcome Note from Jutta Kirrkamm – Principal Peer Educator***

**I want to welcome new and returning students to our Autumn/Winter semester 2017.**

**Our Enrolment day will be held on Wednesday September 6th from 9.30 to 6pm in GMIT. If you miss this day feel free to contact me directly.**

**I feel so privileged to be involved in the college and I have witnessed and heard about the positive effects that Recovery Education has on the students.**

**Again I want to emphasise that the college is for *everybody*, as Mental Health is everybody’s business. We are all directly or indirectly affected by it.**

**I hope the prospectus inspires you and the courses will support your recovery/discovery journey**

**Looking forward to meeting you soon**

**Jutta**

***ALL ABOUT RECOVERY: INFORMATION, SKILLS AND TOOLS***

**Let’s talk about Recovery**

**This course will start with the attempt to define what HEALTH actually is. We then explore RECOVERY in Mental Health, historical context and definitions from different perspectives.**

**Over the 3 sessions we will present and discuss tasks, conditions and tools, as indicated by international research. The news is good! As always we are hoping for a lively conversation and fresh thinking.**

**Family and Recovery**

**When a loved one becomes unwell it can have a huge effect on family members and/or friends. This course will explore the implications and discuss pathways for wellness and empowerment. We will also introduce the existing support systems in County Mayo.**

**Introducing Mayo’s Employability services**

**The title here speaks for itself! We want to give an overview about this valuable service. Who it is for! What it can or cannot provide!**

**Story Telling**

**Nothing is more powerful than listening to somebody telling their unique story with all its ups and downs. Your story could be told through writing, poem, song or another creative way. This course aspires to provide you with some tools to express yourself in the most authentic way. We will discuss reasons for telling a story, the appropriateness and effectiveness for different settings and consider safe guards for yourself and your privacy**

**The 12 steps demystified**

**Ever wondered what the 12 step programmes like AA (Alcoholics Anonymous), NA (Narcotics Anonymous, ALANON (for people affected by an addiction of a relative or friend) etc. are all about. This module will introduce you to its origins, underlying belief systems and purpose for recovery. We will try to lift the veil of mystery and are hoping for a lively discussion.**

**All Ears, Listening Skills**

**Communication is an important aspect of all human interactions. It can also lead to big misunderstandings and conflicts. In this course we will explore the LISTENING part in a fun and down to earth way with an emphasis on the vital importance of this skill, which is often taken for granted. Enjoy!**

**Hearing voices**

**Nobody really knows why some people hear voices. There are so many theories!**

**Over the last decades we have seen the emergence of Hearing Voices Groups internationally. Evidence suggests that people who hear voices benefit largely if they openly talk to other voice hearers in a safe setting. We want to shine some light on this phenomenon, especially because Mayo has its own Hearing Voices Group now.**

**All about Stress**

**Excessive STRESS is universally accepted as an obstacle to wellness, therefore it well worth it to have a closer look. We will discuss definitions, possible causes and symptoms. This will be followed by discussing aspects of Stress Management and strategies to help us to cope better with the ups and downs of life. Life happens and can bring unexpected challenges, which can feel discouraging and devastating.**

**We’ll follow up by introducing and discussing numerous tools.**

**Self Esteem**

**Firstly we will explore the term “Self –Esteem”, how it can be defined and what influences it. What are the connections to life experiences and how we think about ourselves and the world? Then we will focus on solutions and what can actually be done to develop authentic self-esteem. Some tools and exercises will be introduced.**

**Recovery and Mindfulness**

**Recovery is the journey of Discovery and recently “Mindfulness” has become a much discussed practice to help people to centre themselves in day to day living. We will present and discuss origins, background and theories and will introduce some very basic tools. Please share your experiences and thoughts with the group if you feel comfortable to do so!**

***GENERAL MENTAL HEALTH AND MEDICAL ISSUES***

**Let’s TOP it, OCD and phobias**

**A large number of people are affected by OCD short for Obsessive Compulsive Disorder and/or phobias and we will take a closer look. Additionally – a self-help group which originated in the UK was set up in Sligo in recent years. It is called TOP, which stands for Triumph over Phobia. We will explore what a group like that can offer.**

**Supporting people with Eating Disorders**

**Some students of the College – people with self experience and family members, as well as professionals – asked if we could run a course on Eating Disorders, as these conditions seem to be on the increase and usually start at a young age. We will provide an overview of what Eating Disorders are, from the professional, self-experience and family/friends perspective. We will give information on treatments and embark on a discussion about how best to support people with these challenges.**

**Understanding Self Harm**

**Evidence shows that Self Harm is on the increase, worryingly becoming more evident in a growing number of very young people too. We try to shed some light on this phenomenon, exploring possible causations, treatments and approaches. This is an attempt to foster a deeper understanding of this subject. Please note that this course contains some material which is emotional by nature.**

**Living with Depression and beyond**

**This course will explore the nature and experience of Depression and consider its wide-ranging impact on all aspects of life. We will reflect on diagnosis and medication as well as alternative practical steps that some people found helpful in managing this experience. Please feel free to share if you feel comfortable to do so.**

**Let’s talk about Smoking**

**The percentage of smokers amongst people with mental health issues seems to be much higher than in the rest of the population. Everyone is aware of the health implications and we will try to explore reasons, solutions and supports. We’ll discuss the way forward to smoking cessation. This course might be very valuable to professionals too, who are faced with this issue in their day to day interactions.**

**Living with Psychosis/Schizophrenia and beyond**

**This course will start to explore the different aspects of this experience – from diagnosis and medication to Recovery tools for self-management. Psychosis/Schizophrenia does not have to stop people from living a fulfilling and meaningful life. This course could be a step towards developing effective strategies for managing symptoms and ways to take back control and manage challenges. Students with self experience are very welcome to share their story if they feel safe to do so. This will be followed up by the “Hearing Voices” module.**

**Understanding Suicide**

**Partners and students of the Mayo Recovery College have expressed the need to address the subject of Suicide. The statistics show a worrying trend and it is a subject that many people find uncomfortable to talk about. This is an attempt to start the conversation and discuss some myths and attitudes surrounding this subject. Please note that this course contains some material which is emotional by nature.**

**Anxiety and Panic Attacks**

**This course was put together on request of many previous students. Anxiety plays a big role in most mental health difficulties. We want to discuss symptoms and underlying causes and discuss some tools to manage these sometimes crippling feelings and reactions.**

**Mental Health and Nutrition**

**The term “Nutrition” turns up everywhere in the context to wellbeing. We will have a closer look in the context of overall and Mental Health.**

I found a photo on 123rf.com which I like.

Image ID: 46631754

Image Type: Stock Photo

You might have or find something similar

The time table is more simplistic now, for first page!

I redesigned the calendar as well according to feedback from my students and other individuals. The important bit was that the numbers of the days appear in a different colour than the text. Blue font on white background for content was considered best etc.

You could enhance it with a nice “frame”

Otherwise could you please keep it like see above! Thank you!