

Essential Information

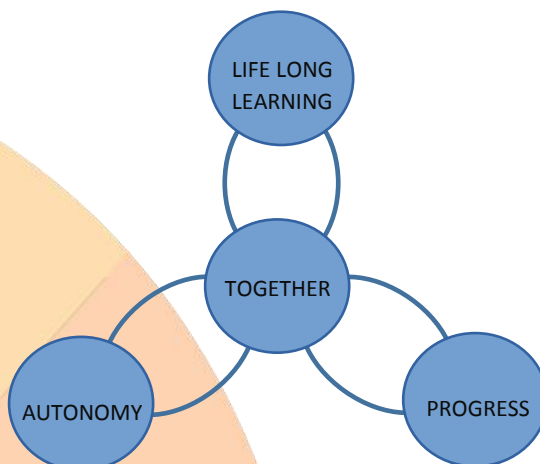
- The life course is free of charge.
- 18 sessions, 3 socials.
- Maximum of 6 students per course.
- Students will be invited to an informal interview before the course starts. This is very relaxed and for us to assess their recovery needs.
- Students can self-refer although it is preferred that your application is supported by a support worker or health care professional.
- Students are encouraged to attend the whole course to get the most out of it.

Course info

- We have 4 modules:
 - 1) Self care** – Valuing and looking after ourselves, mind, body, Spirit
 - 2) Mind Matters** – Being mentally healthy
 - 3) Healthy relationships** – Being emotionally and relationally healthy
 - 4) Life management** – Being practically healthy
- Each module has 4 topics (18 sessions in all) plus 3 social outings.
- Sessions run every Tuesday & Thursday 11.30 – 1.30PM. Please arrive at least 10 mins early so we can start on time.
- Each session will be approximately 2 x 45 mins with a 15min break.
- Hot drinks & snacks available.

The AIM of the course is to FACILITATE:

1. **LIFE LONG LEARNING** - Encourage each other to keep **learning** and **growing** as people, rather than resigning to apathy.
2. **AUTONOMY** - Encourage personal **responsibility** rather than blaming others or simply following the herd.
3. **PROGRESS** - To set our own helpful **goals** and **actively** head towards them rather than just talking about it.
4. **TOGETHER** – Encourage learning in **community** rather than isolating with my own self-defeating thoughts and behaviours.



Frequently Asked Questions

“Can I still be using drugs or drinking and attend the course?”

People are not allowed to attend drug or alcohol affected. Prescribed medication is accepted unless it significantly renders someone unable to engage well. All course attendees need to be stable enough to attend the full course. We recommend attendees have at least 1 month free from their problem substance / behaviour. We work with those from both abstinence based or harm reduction philosophies. We are realistic – if someone has a lapse during the course, we’ll support them to keep them engaged, without putting others at risk on the course. Anyone not intentional about their recovery will be asked to leave and re-apply for another course when they are ready.

“Is this course religious?”

No. Any spiritual content on the course is low key, recovery-related, respectful and accessible to anyone from any, or no faith background. We neither proselytise nor apologise for spirituality. We respect people may have had positive or negative experiences of spirituality. It can be a great aid for recovery should people choose to explore it wisely. Attendees will have brief non-pressured opportunities to engage safely with, or opt out from, silent contemplation, prayer or meditation.

“The course is for both addiction and mental health? Can this diversity cause any potential challenges?”

No. We see ‘recovery’ in the holistic sense of the word. The course material is aimed at recovery from any life-controlling or self-defeating behaviours, thoughts or compulsions.

Is it a mixed gender course?

Yes. It’s a safe atmosphere where everyone is respected.

Is there one to one support alongside the Life course?

Yes. Attendees can request a few additional one to one support if needed. Telephone support is also available.

Can I carry on receiving support when the course finishes?

Attendees can attend a few optional one to one sessions after the course has finished to help transition to the next stage of their recovery journey.

What happens when the course finishes?

Throughout the course, attendees will be supported to apply for further recovery support, volunteering, and meaningful occupation for when they complete the course. We are happy to give references for those applying for volunteering or employment opportunities.

Can I attend the life course whilst attending other courses at the same time?

Yes absolutely, as long as it doesn’t clash or undermine your attendance to the Life course.

Can I pick and choose modules or sessions I am interested in and miss other ones?

No. To get the best out of it will require attending the full course.

Recovery can be hard work, will it be fun too?

Yes! Fun activities and banter are in the mix alongside the serious stuff!

More questions?

Please Call or text: Sue Fourie 07713864876 **or Email:** sue.fourie@genesistrust.org.uk