



Cardiff and Vale
**Recovery &
Wellbeing College**

Prospectus

Autumn Term 2021

Part 2



GIG
CYMRU
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WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board



Cardiff and Vale Recovery & Wellbeing College

The Cardiff and Vale Recovery & Wellbeing College provides free educational courses on a range of mental health, physical health and wellbeing topics. Our courses take place online or in-person at venues across Cardiff and Vale.

We welcome anyone to enrol as a student whether you are;

- Someone with lived experience of mental health and/or physical health challenges.
- Supporting or caring for someone with mental health or physical health challenges.
- Working as a member of staff within the UHB, Public and charitable sector

Peer support is at the core of all our courses which are co-produced and co-delivered by health care professionals and peer trainers with lived experience of mental health challenges and physical health challenges who intentionally use their experience to support others.

We believe clinical and lived experience expertise have equal value and our courses are a space where we can learn from one another and everyone's contributions are valued. We aim to bridge the gap between mental health and physical health and are developing a number of innovative partnerships to enhance the health and wellbeing of people across Cardiff and Vale.



Cardiffandvale.Recoverycollege@wales.nhs.uk



02921 832619



www.cavuhb.nhs.wales/recovery-college



Cardiff and Vale Recovery & Wellbeing College

If you are new to the Recovery & Wellbeing College, please complete our [New Student Registration Form](#):



If you are already a student at the Recovery & Wellbeing College, please follow this link to complete our [Enrolment Form](#):



Digital support

The Recovery and Wellbeing College offers additional support with accessing courses online via Zoom and also developing those skills to becoming more digitally included. The digital inclusion team can offer one-to-one support via phone, zoom, email or in-person.

If you would like further support with either accessing our courses online or further developing your digital skills, then please contact the college for more information.

Are you nervous or unsure about coming to the Cardiff and Vale Recovery & Wellbeing College for the first time?

If you feel worried or unsure about coming to the college to begin with it may be because you feel you don't know enough about the college yet and need more information. You may also be worried about talking in a group due to anxiety or loss of confidence. Or you might have concerns about being able to concentrate and fully participate in the course. If you have any of these concerns our trainers will be able to support you during the courses and have designed the courses to be suitable for people experiencing a range of difficulties. You can meet one of our trainers before coming to a course as detailed below or join us in our 'Introduction to the College' course on Wednesday 3rd November, 2-3pm to hear more about the Recovery & Wellbeing College and what it means to be a student.

Come and meet one of our trainers

You are welcome to come and meet with one of our trainers one-to-one before coming to the college. At this meeting you can learn more about the college and our courses, and explore what you are hoping to gain from attending the college. During the meeting, the trainer can work with you to develop an individual learning plan to help meet your individual needs. The individual learning plan can help you identify what you might like to learn, why you want to learn it and how it might help you with your wellbeing and recovery. This meeting also gives the trainers a chance to understand how we can support your learning by thinking about any barriers to learning you might have. If you have a disability or any specific health or learning difficulty, we can identify some changes which may make our courses more accessible for you. Please tell us on your enrolment form if you would like a meeting with a trainer.

Welcome to Cardiff and Vale Recovery & Wellbeing College

Autumn Term 2021 Part 2

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1. Getting to know Cardiff and Vale Recovery & Wellbeing College

1.1 Introduction to the College

Delivery: 1-hour Zoom workshop

Come along to this short co-produced session to hear more about the Recovery & Wellbeing College and what it means to be a student.

Wednesday 3rd November, 2-3pm



2. Understanding Series

2.1 Understanding Psychosis

Delivery: 3-hour Zoom workshops

Understanding Psychosis brings together Nick Chown and Andrew Vidgen to discuss their understanding of developing and recovering from psychosis and working with people who have experienced hearing voices or distressing beliefs. The course is open to people experiencing mental health challenges, carers and staff.

Course 1: Tuesday 2nd November,
2:30-5:30pm

Course 2: Tuesday 16th November,
2:30-5:30pm

Course 3: Tuesday 23rd November,
2:30-5:30pm

I would recommend this course to anyone and everyone. So brilliant.

Student voice

2.2 Understanding Anxiety

Delivery: 2.5-hour Zoom workshop

Anxiety is something we all experience from time to time. Most people can relate to those anxious, butterfly feelings when doing something which feels uncertain or feeling fearful about sitting exams, a medical appointment, going to the dentist. It is a natural feeling and can be useful, as it warns us when we need to take-action, when we may be in danger or can even help us to perform better. This workshop will look at the different types of anxiety, possible causes and how you can manage these feelings. You will have the opportunity to discuss your own personal experiences whilst learning from others.

Friday 19th November 10-12:30pm

What 3 things will you be taking away?

Improved understanding about the self-perpetuating cycle of anxiety, resources for support and better explanations to rationalise the effects of fight or flight.

Student voice

If you would like more support with accessing any courses via Zoom, please contact the college.

2.3 Understanding and Managing Stress and Anxiety

Delivery: In-person 6-week course in the Grange Medical Practice,
Bishop Street, Cardiff

Cardiff and Vale Recovery & Wellbeing College and Primary Care Liaison Service are excited to be able to deliver a co-produced course around managing anxiety within Central and South West Cluster GP Surgeries.

If we live with anxiety, understanding our emotions, the physical symptoms, and thought processes enables us to live our lives to the full.

The course looks at how anxiety can affect us in our daily lives and how to manage it and provides an opportunity for students to be able to share thoughts, ideas and coping strategies. There will also be an opportunity to learn some breathing exercises, mindfulness and relaxation techniques to develop some psychological and practical techniques to recognise and reduce stress and anxiety in daily life. Trainers will use their lived experience of anxiety to support students to explore what works for them and develop mutual peer support networks.

Session 1: Tuesday 2nd November, 2-4pm

Session 2: Tuesday 9th November, 2-4pm

Session 3: Tuesday 16th November, 2-4pm

Session 4: Tuesday 23rd November, 2-4pm

Session 5: Tuesday 30th November, 2-4pm

Session 6: Tuesday 7th December, 2-4pm

Note: Once registered on this course, further details and support will be provided about how to get to the GP surgeries and where to meet. If you have any further queries, please contact the Recovery & Wellbeing College



2.4 Understanding Depression

Delivery: 2.5-hour Zoom workshop

Depression is a common mental health condition that can take hold of your life and deeply disrupt how we think, feel and live our daily lives. Understanding the signs, symptoms and causes of depression is the first step to overcoming the problem. This course explores essential information about depression, how it is diagnosed and how it affects different people. We will discuss what can help overcome the hurdles to recovery, such as negative thinking and what professional support is available. We will offer practical tools to help overcome depression as well as discuss your experiences and learn from others too.

Friday 3rd December 2-4:30pm

What 3 things will you be taking away?

I learnt about the types of depression, wellness box, and gratitude apps.

Student voice

2.5 Understanding Bipolar

Delivery: 3-hour Zoom workshop

Bipolar disorder is a complex disorder in which people experience episodes of low and high mood. Experiencing Bipolar and being diagnosed can be a frightening and life-changing event. There are lots of myths and prejudices about Bipolar that can make coming to terms with this diagnosis even harder. This introductory workshop co-produced by Paul Whittaker and Kay Challoner to help people with their understanding of these issues. We will outline treatment options and explore ways to promote recovery and self-help.

Wednesday 24th
November, 10-1pm

FOUR

This course sheds light on bipolar and in particular the various issues relating to medication and managing the diagnosis. The way it is delivered is very tailor-made to the group attending and is very informative, as well as being a safe sharing space for questions and concerns".

Student voice

If you would like more support with accessing any courses via Zoom, please contact the college.

2.6 Living Well with Bipolar

Delivery: 3-hour Zoom workshop

Course aims:

Experiencing Bipolar and being diagnosed can be a frightening and life-changing event. Building on what we explore in the 'Understanding Bipolar' workshop, this workshop co-produced by Paul Whittaker and John Tredget aims to help people with their understanding of how we can live well with Bipolar. We will explore ways to manage this condition and promote recovery and self-help. We will explore personal experiences of Bipolar and identify the ways people have managed their experiences so that they can get on with their lives.

Friday 10th
December, 10-1pm

I've never been to a group for my mental health - can't face it, I get too anxious, but this, online - it feels safe, it's the first time I've ever felt like someone's listening - can't do in-person, I hate being on the phone, but this feels right. I'm really glad I came.

Student voice

2.7 Understanding Hoarding

Delivery: 2.5-hour Zoom workshops

Hoarding disorder is known to impact 2-6% of the population – potentially over 1.2 million people in the UK. Until 2013, the condition was thought to be linked to Obsessive Compulsive Disorder and so was researched and treated through this lens. We now know it to be a separate condition in the DSM (Diagnostic and Statistical Manual of Mental Health) yet the knowledge base of hoarding as a condition in its own right is relatively new and there is still much more to be learnt. Hoarding disorder has huge implications for the individual, their families and their extended communities. It is one of the leading causes of eviction, and is remarkably unresponsive to medication. Hoarding behaviours are also intertwined with other complex issues including capacity, substance use, safeguarding and welfare. This course will aim to unpack some of these issues by exploring the psychology behind hoarding and allowing participants to gain a fuller understanding of the complexities behind the condition.

Learning outcomes:

- Awareness and early identification
- Types of hoarding behaviours and where these fit into the new diagnostic criteria
- The tales behind the treasures – why do we hoard?
- Treatment pathways and practical support
- Compassionate conversations – where to start with someone who is hoarding
- The value of support networks – how can we help each other?

Course 1: Friday 5th November, 1:30-4pm

Course 2: Friday 3rd December, 1:30-4pm

What 3 things will you be taking away?

"I am taking away knowledge of how to support people who hoard, increased understanding and appreciation of the challenges posed by hoarding, a different perspective on hoarding and the importance/significance of seemingly menial objects."

Student voice

If you would like more support with accessing any courses via Zoom, please contact the college.





2.8 Living Well with Fatigue

Delivery: 3-hour Zoom workshop

Course aims:

Fatigue is a silent unseen symptom of many long-term conditions, and may also be a result of stress, medications and treatment. Fatigue affects how we think, feel and participate in everyday tasks and life.

Experiencing fatigue can make looking after ourselves a struggle and impact on our overall wellbeing. Fatigue is difficult to explain to ourselves and others. There is no cure for fatigue but understanding it, and how to manage it in the context of our lives may help improve our wellbeing.

This brief 3-hour course looks at what fatigue is and why you might be experiencing it. We will explore management strategies using the expertise of lived experience, and some clinical knowledge.

Learning outcomes:

- You will be able to describe fatigue
- You will know some of the main causes of fatigue
- You will understand energy management; the 5 p's and self-management
- You will find out about a range of refreshing and re-energising activities and have a chance to practice some of these.

Monday 15th November, 2-5pm



If you would like more support with accessing any courses via Zoom, please contact the college.

2. Peer mentoring

3.1 Peer Mentoring Accredited Level 1

Delivery: Multiple workshops, please check with the College when enrolling for online delivery or venue details

A peer mentor is someone who has a 'lived experience of mental health issues', who is trained and works (paid or voluntary) in a formalised role in support of others in recovery.

A peer mentor offers support to others through shared personal experiences of recovery in a way that inspires hope and the power to recover.

Peer mentors empower service users to take control of their own recovery, by sharing experiences of what works.

Course aims

To support the development of peer mentoring skills, this Level 1 course is a basic introduction to peer mentoring, and peer mentoring skills. Learners do not have to be in a peer mentor role to enrol on this course. The aim of the course is to support and develop peer mentoring skills.

Learning Outcomes

1. Understand the role and responsibilities of a peer mentor.
 - 1.1 Define the role of a peer mentor.
 - 1.2 Identify what is meant by: a) health and safety in peer mentoring b) boundaries in the peer mentor relationship c) confidentiality.
2. Understand equality and diversity in peer mentoring.
 - 2.1 Identify: a) how equality and diversity affects peer mentoring b) how to include all participants c) discriminatory behaviour.
3. Know how to use peer mentoring skills in delivering information to others.
 - 3.1 Plan how to deliver information to others.
 - 3.2 Deliver information to others as a peer mentor

If you would like more support with accessing any courses via Zoom, please contact the college.

Course 1:

Information session –

3rd November, 10-11am

Session 1 – 10th November, 10-12:30pm

Session 2 – 17th November, 10-12:30pm

Course 2:

Information Session –

24th November, 10-11am

Session 1 – 1st December, 10-12:30pm

Session 2 – 8th December, 10-12:30pm

Growing Space
Helping People Grow



4. Wellbeing

4.1 Discovering Self-Compassion

Delivery: 3-hour Zoom workshop

Do you find it hard to make time to look after yourself? Do you criticise yourself and treat yourself more harshly than you would other people? Learn to be compassionate to yourself and understand that being kinder to ourselves is possible for everyone.

Wednesday 1st
December, 2-5pm

What 3 things will
you be taking away?

I learnt that negative internal narrative are not facts! I learnt how to notice and challenge negative thoughts and that you have to consistently work on self-compassion.

Student voice

4.2 Men and Mental Health

Delivery: 2.5-hour Zoom workshop

What does “being a man” have to do with mental health? Men and women feel distress equally, but some men believe that they’re not supposed to talk about their emotions. The masculine stereotype that men need to be strong and expressions like “Just man up” can be very harmful, as it leaves a lot of men feeling that they can’t ask for help when they’re struggling. Men are far less likely to access therapy for problems such as anxiety, depression or even thoughts about hurting themselves and might try to manage their pain through harmful behaviours such as aggression or substance abuse. These courses explore the experience of men suffering from mental health problems, the language men use when they do express their difficulties and the resources available to support men in maintaining their mental health.

Wednesday
8th December,
2-4:30pm

What 3 things
will you be
taking away?

How to recognise signs of mental health issues in men, that men don't have to be masculine, that there is not one definition of a man... men come in all different shapes and sizes, some are strong, some write poetry, some talk about their feelings and some don't! It doesn't mean they are not men. I learnt to use more positive quotes like it takes courage to talk, its very brave to talk and encourage more open speaking.

Student voice

4.3 Recovery Through Activity

Delivery: 2-hour Zoom workshops over 6 weeks

Engaging in different types of activity can sometimes feel daunting and overwhelming, especially if it’s something new or something we haven’t done in a while. It can also be incredibly rewarding. When we have positive engagement with a range of activities within our daily lives it can help us recognise our values and build better connection with others, but also with ourselves. It can surprise us and motivate us in ways we wouldn’t have expected.

Recovery Through Activity explores a variety of activities through interactive conversation, taster tasks, and connecting through a shared learning experience as we discover together how daily activities can be meaningful to our lives. This course is co-produced by Tamsin Griffiths, Artist & Peer Trainer and Kate Blower, Occupational Therapist.

Session 1: Monday 1st November, 10-12pm

Session 2: Monday 8th November, 10-12pm

Session 3: Monday 15th November, 10-12pm

Session 4: Monday 22nd November, 10-12pm

Session 5: Monday 29th November, 10-12pm

Session 6: Monday 6th December, 10-12pm

What 3 things will
you be taking away?

FOUR

“I am taking away the different types of activity, that I really am creative, I will try activities I’ve never done before.”

100% recommend, Tam and
Kate are BRILLIANT!

Student voice

4.4 Singing for Wellbeing

Delivery: 5-day in-person course with 2 optional modules, venue to be confirmed

Singing can help lower stress, boost immunity and lung function, enhance memory and improve mental health and support pain management. This 5-day course aims to provide you with the techniques and skills to learn how you can use the power of the breath and controlled breathing to help enhance and improve your mood. You will have the opportunity to take part in some vocal exercises, breathing techniques and group discussions. We'll also sing some well-known songs to brighten your day.

Sessions 1 & 2 (module 1)

Friday 12th and 19th November, 10-12pm – Aims to explore the important role singing can have on our mental health and wellbeing. We will explore the ways in which certain breathing techniques and vocal exercises can either help calm, energise or makes us feel happier. There will be the opportunity for group discussions and guided singing.

Session 3 (optional module 2)

Friday 26th November, 10-12pm – Long Covid – An introduction session around breathing techniques specifically for student's living with Long Covid symptoms. These breathing techniques will help in increasing the flow of breath.

Session 4 (optional module 3)

Friday 3rd December, 10-12pm – Lower back pain and persistent pain – An introduction session to sample techniques to help with posture, core work and breathing exercises to help in minimising pain. This session is designed to help student's with chronic pain conditions manage their pain whilst taking part in a fun, social activity in a friendly environment.

Session 5 (module 1, continued)

Friday 10th December, 10-12pm – In this session, students come back together from all modules for an opportunity to put into practice some of the vocal techniques and sing more of the songs we enjoy to boost our wellbeing. There will be the opportunity for group discussions and further learning.

Session 3 and 4 are optional and students can attend one, all or none of the extra modules. Please specify when you enroll.

This course does not require any previous knowledge or experience of singing, as the main aim is to learn how and why singing, along with some guided techniques, can help improve mood, boost overall wellbeing and become a tool in your recovery.

This course is co-produced by award winning Welsh soprano, Musician and Vocal Coach, Ali Shone, along with Peer Trainer, Georgia Howard who has lived experience of mental health challenges and uses singing and breathing techniques to aid in her recovery.

What 3 things will you be taking away?

Singing focuses the mind, gives me energy and makes me feel good.

To consciously use singing out loud when I am struggling with mood regulation.



4.5 “My Head is Full of Bees” – How we can use the arts to express our emotions, moods, thoughts and behaviours in a meaningful way for ourselves and others to understand.

Delivery: 2.5-hour Zoom workshops

How can we tell someone we are depressed if we don't know the word depression, or what depression feels like? What if our feeling of anxiety is someone else's nervousness? Our abstract thoughts and feelings are unique to us based on our life experiences and can present themselves in different ways. They cannot be seen, heard, touched, smelled, or tasted and so they can be incredibly difficult to describe.

How do we communicate our feelings in other ways so that they can be understood by others? What does depression feel like? What is the colour of mania? What is the sound of anxiety? What is the temperature of discombobulation? Through creative conversation combined with a variety of arts practices, this course will explore how using creative metaphors can help us identify, understand and share our feelings to aid our self-expression. This course is suitable for all service users, health professionals and carers who have an interest and desire to explore a new language for self-expression. No previous arts experience is required. “My Head is Full of Bees” is co-produced and delivered by Bipolar Artist & Writer Paul Whittaker and Tamsin Griffiths, Artist and Peer Trainer.

Course 1:

Session 1 – Wednesday 3rd November, 10-12:30pm

Session 2 – Wednesday 10th November, 10-12:30pm

Session 3 – Wednesday 17th November, 10-12:30pm

Course 2:

Session 1 - Thursday 25th November 10am-12:30pm

Session 2 - Thursday 2nd December 10am-12:30pm

Session 3 - Thursday 9th December 10am -12:30pm

Session 3 and 4 are optional and students can attend one, all or none of the extra modules. Please specify when you enroll.

This course does not require any previous knowledge or experience of singing, as the main aim is to learn how and why singing, along with some guided techniques, can help improve mood, boost overall wellbeing and become a tool in your recovery.

This course is co-produced by award winning Welsh soprano, Musician and Vocal Coach, Ali Shone, along with Peer Trainer, Georgia Howard who has lived experience of mental health challenges and uses singing and breathing techniques to aid in her recovery.

“I'd recommend this course because using creativity to aid your own mental health recovery can be such a useful tool that many are afraid to try or don't know how to try and this course was a great intro to that toolbox. I'm taking away more knowledge about how to set up your own exhibition, the insights of different people with mental health disorders to me, that I need to do more art for myself.”

Student voice

FOUR

Cardiff & Vale
HealthCharity
Elusenlechyd
Caerdydd a'r Fro

If you would like more support with accessing any courses via Zoom, please contact the college.

5. Trauma Informed

5.1 Connecting with Hope: Understanding and Building Healthy and Supportive Relationships

Delivery: 2.5-hour Zoom workshop

Trauma and adverse life experiences can sometimes understandably leave people feeling disconnected, less able to trust and wary of the challenges that relationships can bring. This workshop co-produced by Paul Whittaker and Gemma Budge will provide some introductory information and opportunities for discussion on the range of interpersonal challenges people may face following trauma and adverse life events, including anxieties around future abandonment, abuse or what others think of us.

The workshop also provides some information and sharing of ideas on forging healthy and supportive relationships. The workshop draws on participants' lived experience as well as research and theory from the field of systemic and attachment theory. Attendees' reflections on their experience of relationships and their ideas about forging healthy relationships are welcomed. However, the workshop is not intended to replace psychological therapies.

Monday 13th December, 10-1pm

Has your knowledge on the subject increased?

FOUR

I think the space for group discussion in particular has given me different perspectives and thoughts on the subject which has been so valuable and moving.

Student voice

If you would like more support with accessing any courses via Zoom, please contact the college.

6. Employment Skills

6.1 Managing Stress, Health and Wellbeing at Work

Delivery: 2-hour Zoom workshop

This workshop is for people who are currently in employment and it is equally for people who are considering entering or re-entering employment as part of their recovery journey. Work can be rewarding and satisfying; suitable employment is well known to enhance mental and physical health. However, we also know that the workplace can be stressful and impact on our health and wellbeing.

Co-produced by Susie Boxall, Peer Trainer and Kate Blower, Occupational Therapist this workshop gives the opportunity to explore how we can manage work stress and maintain our health and wellbeing in increasingly demanding modern workplaces by exploring topics such as self-compassion and resilience to empower us to not only survive, but thrive in the workplace.

Wednesday 17th
November, 2-4pm

What 3 things will you be taking away?

I will take away the comfort I felt hearing Susie's story, it helped me accept my journey more. I have gained more confidence when thinking about going back into full-time employment. I feel more positive about managing my expectations when returning to work."

Student voice

6.2 Setting Work Goals and Identifying Skills

Delivery: 2-hour Zoom workshop

Co-produced by Susie Boxall, Peer Trainer and Kate Blower, Occupational Therapist this workshop will support you in identifying what your skills are in relation to life, and transferable skills for employment or voluntary work and help you identify goals that work for you.

Wednesday 10th
November, 2-4pm

Has your knowledge on the subject increased?

I am taking away improved confidence and resilience, I took solace in Susie's experience and positive outlook and being able to assess the skills I already possess which I take for granted. Therefore, when applying for a job I don't give myself the credit I deserve.

Student voice

7. Physical Activity for Recovery



7.1 Staying Healthy in Body and Mind

Delivery: Two 3-hour Zoom workshops

Have you experienced barriers or challenges to making a start with exercise?

Is motivation for exercise a challenge?

What could be stopping us from maintaining a healthier lifestyle?

These questions are answered in this fun and interactive course.

Physical activity and active movement is helpful in maintaining and improving physical and mental wellbeing. COVID-19 has brought its own difficulties, leading to people being socially isolated, venues closing decreasing opportunities to be active. Join this workshop to discover how to overcome challenges and barriers to being active in a supportive environment. We want to support you by giving you the opportunity to engage in some fun activities during this course. This session is open to everyone.

Learning outcomes

- To gain an understanding of the importance of the link between mental health and physical health
- To discuss the benefits of exercise and explore the challenges around taking part in activity
- To explore possible strategies to overcome barriers to activity
- To take part in some guided activity with our instructors
- To help build confidence in your ability to make a start taking part in activity or to build an increased amount of activity into your daily life
- To recognise that exercise and activity can be fun

Part 1 – Monday 22nd November, 2-4pm
Part 2 – Monday 29th November, 2-4pm

*Anything is possible, I can and WILL do it!
Exercise need not be painful!*

Student voice

7.2 Let's Get Active Together

Delivery: 6 in-person sessions at Eastern Leisure Centre over 3 weeks

Regular movement and exercise have been proven to help reduce anxiety, depression, improve sleep quality, reduce stress and negative mood and improves self-esteem and cognitive function. Exercise and regular movement have been proven to be a great way for people to meet new people in a safe and friendly environment allowing them to build their confidence along the way.

This course has been co-produced to support you in discovering the joys and fun in exercise and regular movement, whilst gaining all of the known benefits. This course is delivered through 6 sessions, over 3 weeks. We will help you experience various activities each session and we will be by your side, together, throughout. The activities have been carefully chosen to support you in your journey back in to regular movement and exercise.

This course has been co-produced by a professional personal trainer who has many years' experience of physiotherapy work within the mental health sector and by a Peer Trainer with lived experience of mental health challenges and using exercise to help aid in recovery.

Week 1

Session 1: Monday 1st November: 1:00-3:00pm
Session 2: Thursday 4th November: 1:00-3:00pm

Week 2

Session 3: Monday 8th November: 1:00-3:00pm
Session 4: Thursday 11th November: 1:00-3:00pm

Week 3

Session 5: Monday 15th November: 1:00-3:00pm
Session 6: Thursday 18th November: 1:00-3:00pm

Note: Please come dressed in comfortable clothing for movement. Once registered on to this course, further details and support will be provided about how to get to the leisure centre and where to meet. We will also ensure you are aware of times, dates and location for each session. If you have any further queries, please contact the Recovery and Wellbeing College.



7.3 Can Actions Speak Louder Than Words?

Delivery: 4-day in-person course, Western Leisure Centre

The Human Body is Amazing. All of its' voluntary and involuntary functions and capabilities are phenomenal and key to our day to day survival. So whether we consciously or subconsciously move, it is normally done with intention, purpose and efficiency. Our Human Bodies and Brains are purpose driven, designed to evolve and adapt to our ever-changing environments in order to fit in & function within the world around us. A blink of the eyes, the clenching of fists, the quickening of a heartbeat, or just a casual walk to the corner shop and exchanging a polite smile with the cashier to connect and make someone feel at ease. These are all Conscious and Subconscious movements we do every day to communicate & express ourselves without even thinking about it.

Where language can sometimes fail us, physical expression can help us communicate with others and often express what words can't. Hand gestures, voluntary & involuntary facial expressions, posture and body language formulate our everyday communication with the world. They also expose our emotional state & can provide information about our underlying intentions and mood, whether we want them to or not. Self-expression through movement is ingrained within the majority of us without noticing, and it can automatically aid us in our interpretation of the world; so what if we can take an active approach to understanding the Human Body and start to appreciate its capabilities and better connect with it for self-expression? If we know more about the incredible science behind our body and mind, can we use this knowledge to explore how to express ourselves in a meaningful, freeing way that words cannot do?

When I express myself through movement it becomes about the feeling, the internal expression, release of emotion and the absolute appreciation of the mechanical functions that lie beneath that very first layer of skin. With my curiosity and desire to learn more and more about what the human body can do, I find comfort in the science that allows me to move, explore, think, communicate and survive.

Tamsin Griffiths

"Movement can be valuable on so many levels. Whether it is a Yoga sequence, a Tai Chi form or any other activity, movement helps maintain a healthy body and healthy mind. Movement can result in a feeling of flow where you become deeply immersed in an activity and the activity becomes a sort of moving meditation, allowing you to have a sense of returning to yourself."

Steve Moore

This course will use guided & interactive creative movement and the visual arts to explore how the Human Body, Mind and Brain combine and discover how we can use this knowledge to look within, express our emotions, our stories and celebrate what it can do to help improve our mental and physical wellbeing.

This course is Co-Produced by Tamsin Griffiths, Artist, Arts & Health practitioner & Peer Trainer (Four in Four), and Steve Moore, Team Lead Physiotherapist Cardiff and Vale University Health Board.

Note: No previous experience needed, please come dressed in comfortable clothing for movement.

Session 1: Friday 5th November, 1:30-4pm

Session 2: Friday 12th November, 1:30-4pm

Session 3: Friday 19th November, 1:30-4pm

Session 4: Friday 26th November, 1:30-4pm



8. Care and Wellbeing Plans

8.1 Confidence in Care and Treatment Plan (CTP)

Delivery: 3-hour Zoom workshop

Join this workshop to explore how to coproduce your CTP to meet your individual needs on your unique journey to recovery. The session will give an overview of care and treatment planning under the Mental Health 2010 (Wales) Measure legal framework. This session is open to service users, carers and mental health professionals to develop confidence in the coproduction process.

Monday 6th December, 2-5pm

Open Forum

The next Cardiff and Vale Recovery & Wellbeing College Open Forum online meeting will be held on Friday 14th January 2022, 10:30-1pm. All are welcome to attend the Open Forum, so please share this date widely. This is a chance to catch up and see where we are, find out what courses are available and learn how to get involved. Please email the team for an online invitation.

Ward-based Recovery College courses

During the summer we have successfully piloted a Recovery College course in a ward environment at the Phoenix. The course 5 Ways to Wellbeing was co-produced and co-delivered by Andrew Sims (senior peer trainer) and Sarah Dunn (therapies technical instructor). Further expansion of ward-based courses is planned for the autumn term.

I have moved away from being ashamed of my illness and diagnosis, to being more compassionate with myself and others, to even take some pride in my journey of recovery and the proactive part I take in it.

Student, Cardiff and Vale Recovery & Wellbeing College

If you would like more support with accessing any courses via Zoom, please contact the college.

Recovery College Student Space Bubble

A message from our student representatives:

Alex and I, the student representatives for the Recovery College will be holding monthly bubble sessions for all current students and indeed anyone at all pondering what the Recovery College is all about. We will be rotating our sessions between an online forum and an in-person meet up to hopefully enable all those who want to join, the opportunity to attend in their preferred method. Our emphasis and purpose of holding these meet-ups will be for it to be relaxed, informal, welcoming and a very much 'ask us anything' chat 'student-to-student' about any queries and concerns regarding what the college offers. It is also an opportunity to give feedback on what the students would like to see in the college in regard to future courses, material, topics covered and anything else we could develop and improve. Essentially, our students are at the heart of what we are trying to do and we want to keep it that way. Hope to see you soon.

Kathryn and Alex

Next Student Space Bubble:

Monday 8th November, 10 - 11am meeting at Bute Park (Pettigrew Tea room entrance by bridge)

Wednesday 15th December, 9 - 10am online on Zoom

9. Digital Skills

9.1 Grow your Digital Confidence

Delivery: 1.5-hour Zoom workshops, over 4-weeks

This course is for anyone who would like to develop or brush up on their digital skills. This 4-week course will be supportive and interactive and will cover topics to help develop your confidence including digital devices, communication, transacting, online safety and accessing information.

As part of the course, we will consider what resources are available to support our mental health and what to be wary of when searching for information.

This course is co-produced by a professional with many years' experience of supporting people to be more digitally included, along with a peer trainer with lived experience.

Friday 19th November, 10:00-11:30

Friday 26th November, 10:00-11:30am

Friday 3rd December, 10:00-11:30am

Friday 10th December, 10:00-11:30am



If you would like more support with accessing any courses via Zoom, please contact the college.

Student Charter

When you study at the Cardiff and the Vale Recovery & Wellbeing College

Before you become a student:

You can expect us to:

- Efficiently manage your enquires and assist you with the enrolment process if you need support
- Always communicate in a friendly and professional manner
- Provide information about our courses, workshops, prospectus and timetable

We expect you to:

- Ask us for clarification if you're not sure about anything

When you enrol at the Recovery & Wellbeing College:

You can expect us to:

- Ask during the enrolment process if there are any issues which might make attending the course difficult for you. We will make reasonable adjustments to support your mental and physical health and ability to learn, providing you inform us at the time of enrolment
- Send you a reminder of your upcoming course

We expect you to:

- Complete our enrolment form and provide the relevant information such as your contact details and an emergency contact
- Agree to this student charter and code of conduct
- Tell us about any mental or physical health difficulties which could make your learning journey difficult. Communicating your needs to us is very important to enable us to support you

Throughout your time at the Recovery & Wellbeing College:

You can expect us to:

- Provide a warm, professional, healthy and safe learning environment and work with you to make learning enjoyable and accessible
- Deliver high quality courses and workshops which promote recovery and social inclusion, and offer you hope, control and opportunity
- Respect your personal beliefs, life choices, faith and cultural practices and traditions making it an environment free from stigma and discrimination

- Give you time and space within and outside the classroom to provide feedback about the Recovery and Wellbeing College, its services and staff without fear of recrimination
- Address any complaints and concerns confidentially and professionally

We expect you to:

- Adhere to the Recovery and Wellbeing College Charter and Code of Conduct
- Ask the college staff questions if you are not sure about anything
- Attend courses on time or, if you are running late, to inform the college office
- **Contact the college office if you can no longer attend a course or workshop so we can offer your place to another student**
- Inform us of any difficulties or challenges that would make it difficult to attend
- Ensure you enrol. Whilst many courses are being delivered online, it is important that all students attending enrol separately. We do

- not allow groups of students to attend together on one device to avoid disruption to other students' learning experience
- Be respectful of the rights of all students and staff of the college



Code of Conduct for all

We want to ensure that every student of the College has a positive and enriching experience of the courses they take part in

Students do not have to disclose anything about their personal or professional life, their history or their physical/mental health unless they wish to. If anyone does share anything, we ask you to treat what is discussed with complete confidentiality.

We would also ask that everyone attending the College:

- Be punctual. No students will be admitted to online courses later than 10 minutes after the course start time
- Behaves in a responsible manner that fosters mutual respect and understanding between all members of the College
- Respects the rights, life choices, beliefs and opinions of others, making no generalisations or stereotyping
- Does not behave in any way that may be considered threatening or disruptive, or that is likely to lead to physical or emotional harm to any students or staff
- Refrains from the use of alcohol, un-prescribed medication or illegal substances
- Does not behave in a way that prevents or disrupts learning or other activities
- Does not use violent, disorderly or offensive behaviour or language
- Does not record workshops or courses by phone or other means

All of us, students and staff, have a responsibility to ensure that this code is respected and observed. Please approach a member of the College staff if you have any concerns.

If we feel that you have breached this Code of Conduct, we will discuss this with you and try and find a way forward.





Cardiff and Vale Recovery & Wellbeing College

 Cardiffandvale.Recoverycollege@wales.nhs.uk

 02921 832619



www.cavuhb.nhs.wales/recovery-college/



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