



Cardiff and Vale  
**Recovery &  
Wellbeing College**

# Prospectus

## Autumn Term 2022 (part 2)

*Monday 7th November – Friday 16th December*

**6-WEEK TERM**



**GIG**  
CYMRU  
**NHS**  
WALES

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

*This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg*



# Cardiff and Vale Recovery & Wellbeing College

**We provide a range of free courses on a range of mental health and wellbeing topics for those with lived experience of mental health challenges, service users, carers and staff.**

The courses we have on offer are co-produced by people with lived experiences of mental health challenges, including those who have used mental health services, as well as mental health practitioners.

Our courses are accessible to all and we invite those with mental health challenges, carers and staff to enrol.

If you would like to book onto a workshop, please contact us for more information about enrolling using the below details.

 [Cardiffandvale.Recoverycollege@wales.nhs.uk](mailto:Cardiffandvale.Recoverycollege@wales.nhs.uk)

 02921 832619

 [www.cavuhb.nhs.wales/recovery-college/](http://www.cavuhb.nhs.wales/recovery-college/)



## 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 also meet one of our trainers before coming to a course, as detailed below.

## 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 2022 (Part 2)

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# 1. Understanding Series

## 1.1 Understanding Psychosis

*Delivery: 3-hour Zoom workshop*

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.

### **Course delivered and co-produced by:**

Nicholas Chown, Peer Worker  
Andrew Vidgen, Consultant Clinical Psychologist

**Tuesday 22nd November 2.30pm - 5.30pm**

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## 1.2 Understanding Depression

*Delivery: 2 x 2-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.

### **Course delivered and co-produced by:**

Ruth Farrish, Mental Health Nurse working with GP surgeries in Cardiff  
Sian Powell, Teacher with lived experience of anxiety and depression.

They are both passionate about the role of education within mental health recovery and are delighted to be working with Wales' first Recovery College.

**Part 1 Friday 11th November 1.30pm – 3.30pm**

**Part 2 Friday 18th November 1.30pm – 3.30pm**

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

## 1.3 Understanding Anxiety

*Delivery: 2 x 2-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. Co-produced and Delivered by Sian Powell and Ruth Farrish.

### **Course delivered and co-produced by:**

Ruth Farrish, Mental Health Nurse working with GP surgeries in Cardiff  
Sian Powell, Teacher with lived experience of anxiety and depression.

They are both passionate about the role of education within mental health recovery and are delighted to be working with Wales' first Recovery College.

**Part 1 Friday 25th November 1.30pm – 3.30pm**

**Part 2 Friday 2nd December 1.30pm – 3.30pm**



## 1.4 Understanding Hoarding

*Delivery: 2.5-hour Zoom workshop*

Hoarding disorder affects 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 5 (Diagnostic and Statistical Manual of Mental Health). The knowledge base of hoarding as a condition in its own right is relatively new and there is still much more to be learnt. This course will aim to help people to develop a more sympathetic understanding of the complexities behind the condition, through exploring the common human experiences which underpin it.

### **Course delivered and co-produced by:**

Penny Gripper, Peer Trainer

James Gregory, Clinical Psychologist/Senior Lecturer

**Friday 9th December 1.30pm - 4.00pm**

## 1.5 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.

### **Course delivered and co-produced by:**

Kay Challoner, Specialist Mental Health Practitioner with Cardiff and Vale UHB

Paul Whittaker is a Bipolar Artist, Writer, Senior Peer Trainer and Co-curator of the Arts & Health strand for the Recovery & Wellbeing College

**Wednesday 16th November 10am – 1.00pm**

**FOUR**



## 2. Peer mentoring

### 2.1 Peer Mentoring Accredited Level 1

*Delivery: 1 x 1-hour introduction & 2 x 2.5 hour zoom workshop*

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. This 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.

#### 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

#### Introduction

Tuesday 29th  
November,  
10-11am

#### Session 1

Tuesday 6th  
December,  
10-12:30pm

#### Session 2

Tuesday 13th  
December,  
10-12:30pm

**Growing Space**  
Helping People Grow

## 3. Wellbeing

### 3.1 Men and Mental Health

*Delivery: 2.5-hour Zoom workshop*

#### What does “being a man” have to do with mental health?

Masculine stereotypes of needing to be strong can make a lot of men feel that they can't ask for help when they're struggling. Men are less likely to access therapy for problems such as anxiety, depression and even thoughts to harm themselves. Sometimes that pain can be expressed through harmful behaviours such as aggression or substance abuse. This workshop explores the experience of men suffering from mental health problems, the language men use when they express their difficulties, and resources available to support men in maintaining their mental health.

#### Course delivered and co-produced by:

Matt Lloyd, Recovery College peer trainer with lived experience

Dan Miles, Deputy Ward Manager with Mental Health Rehabilitation Services

**Thursday 8th December 2.00pm – 4.30pm**



## Getting to know Cardiff and Vale Recovery & Wellbeing College

### Ward-based courses

We have a growing selection of stand-alone or multiple-session courses that can be delivered on wards, including “5 ways to wellbeing”, “Identity & Recovery” and “Living Well with Anxiety”. If you're interested in co-producing a ward-based course or inviting us to deliver on your ward, please contact the college manager/curriculum lead for further information.

[CardiffandvaleRecoverycollege@wales.nhs.uk](mailto:CardiffandvaleRecoverycollege@wales.nhs.uk)



# Student Charter

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

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## 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

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**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

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