



Cardiff and Vale
**Recovery &
Wellbeing College**

Course Information

Autumn Term 2020

29th September – 18th December 2020



GIG
CYMRU
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WALES

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



Introducing the Cardiff and Vale Recovery & Wellbeing College

Cardiff and Vale University Health Board has officially launched our Recovery & Wellbeing College.

We will be providing a range of free courses to service users, carers and staff, on a range of mental health and wellbeing topics.

The courses we have on offer are co-produced by people with lived experience of mental health issues,

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 e-mail us for more information about enrolling.



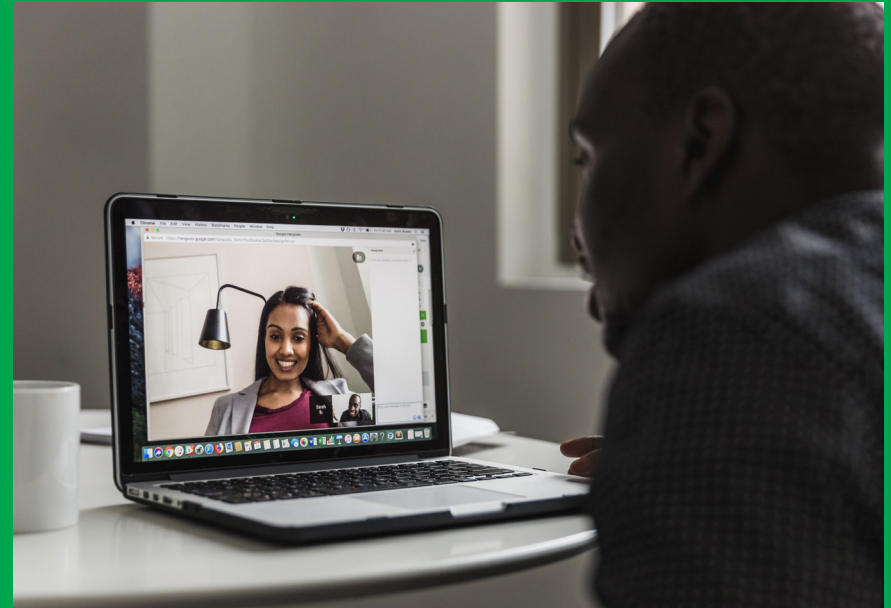
Cardiffandvale.Recoverycollege@wales.nhs.uk



02921 832619



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



Better Sleep During COVID

Delivery: Zoom workshop

Living with a mental health or physical health challenge can affect our sleep.

When our sleep is impacted it can also affect our health and wellbeing.

This two hour free online workshop will start to explore how sleep works, why we need it, and the common causes of some sleep difficulties, with the aim of helping with some strategies to improve our sleep.

The course is accessible to all and open to those with mental health challenges, carers and staff.

Course One

Tuesday 6th October 2020
10am - 12pm

Course Two

Tuesday 20th October 2020
10am - 12pm

Understanding Psychosis

Delivery: 2-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.

The course is open to people who use mental health services, carers and staff.

Course One

Thursday 8th October 2020

3pm - 5pm

Course Two

Tuesday 3rd November 2020

3pm - 5pm

Peer Mentoring

Delivery: In-person / Zoom workshops

A peer mentor is someone who has a 'lived experience of mental health', 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."

Peer Mentoring Accredited Level 1

Purpose and Aim: 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.



Course 1

Thursday 22 October 2020
1.30pm – 4pm

Thursday 29 October 2020
1.30pm – 4pm

Course 2

Monday 16th November 2020
1.30pm – 4pm

Friday 20th November 2020
1.30pm – 4pm

Friday 27th November 2020
1.30pm – 4pm

Course 3

Tuesday 1st December 2020
9am - 12.30pm

Friday 11th December 2020
1.30pm – 4pm

Location: Hafan Y Coed,
University Hospital Llandough.

Growing Space
Helping People Grow

Peer Mentoring Accredited Level 2

*Delivery: Four 3-hour in-person
workshops*

This course builds on level 1.

A large part of the course will include personal reflection, journaling and creative ways of engaging with people.

The aim of the course is to understand the peer mentoring process.

The learning outcomes include:
Peer mentor skills, communication skills, values, attitudes, professional boundaries, the mentoring process and personal reflection.

Dates

Wednesday 16th December 2020
10am – 1pm

Wednesday 13th January 2021
10am – 1pm

Further dates to be confirmed.

Location: Hafan Y Coed,
University Hospital Llandough.

BAME Mental Health Awareness Session

Delivery: 3.5 hour Zoom workshop

The session aims to create a better understanding and raise awareness of the issues facing people from the BAME communities seeking to access mental health services.

This session will explore the experiences, values, perceptions and beliefs of participants (staff, carers and people with mental health challenges), and as part of this exploration provide a better understanding of the disparity in the services provided to BAME individuals as a result of the impact of unconscious bias, and the lack of culturally competent services.

The session will enable participants to:

1. Be more aware of the cultural and religious issues faced by

BAME individuals and explore how to address these issues

2. Consider the reasons for the disproportionate BAME referrals and detention
3. Consider the potential barriers that may be faced by BAME individuals
4. Understand the meaning and impact of unconscious bias and the importance and need of providing culturally competent services for BAME individuals
5. Explore how to practically address these issues

Date

Monday 26th October 2020
12.30pm - 4pm



Connecting with Hope

Understanding and Building Healthy and Supportive Relationships

Delivery: One 2.5-hour Zoom workshop

Trauma and adverse life experiences can sometimes leave people feeling disconnected, less able to trust and wary of the challenges that relationships can bring.

This workshop provides 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, 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.

Dates

Wednesday 2nd December 2020

Friday 4th December 2020



Trauma, Adversity and Mental Health

Introduction to Understanding and Managing the Impact of Challenging Life Experiences on Mental Health

Delivery: Two 2.5-hour Zoom workshops

Trauma and adverse life experiences, including, but not limited to abuse, bullying, poverty and complex bereavement, can have a significant impact on mental health. These workshops will provide information and the opportunity to discuss the

many ways in which challenging life experiences can affect a person's mood, relationships and functioning, introducing some basic skills to begin managing some of these effects.

These workshops are not intended to replace psychological therapies and are not intended to be a space for people to discuss in detail their personal experiences of trauma and adversity. Attendee's reflections on how they understand trauma and adversity to affect mental health and how they've coped with these affects are welcomed.

Workshop 1 will cover information and provide opportunities for discussion on the nature of trauma and adverse life events, their role in a range of commonly diagnosed mental health difficulties and resulting effects on mood, interpersonal relationships and functioning.

Workshop 2 will cover an introduction to basic skills, enabling service users to put together their own self-care plan manage the effects of trauma and adversity and share their experiences of managing trauma and adverse life events. Skills covered include distraction, grounding and reaching out for help.

Course One

Thursday 12th November and Friday 20th November 2020

Course Two

Monday 7th December and Thursday 10th December 2020



Recovery Through Activity

Living a life that reflects our values helps us to stay motivated, feel satisfaction and experience achievement.

Delivery: Zoom workshop

This course aims to enable students to recognise the long-term benefits and value of participation in a range of meaningful activities to recover skills, interests and confidence that may have

been lost. The course explores the different activities of daily living and how engaging with these positively can increase independence and control.

Occupational Therapists have believed in the healing powers of meaningful activity for over 100 years, learn about how this evidence-based treatment works and how it aims to help people to help themselves.

The course is like all our Recovery College workshops- co-produced between a professional and someone with lived experience.

Dates

Friday 13th November 2020

Friday 20th November 2020

Friday 27th November 2020

Friday 4th December 2020

2pm – 4pm

Discovering Self-Compassion

Delivery: 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.

Course 1

Monday 2nd November

2pm - 4pm

Also coming soon...

Recovery & Wellbeing College courses designed for people who are in ward environments.



Need technical support? Get in touch and we'll do our best to help.

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:

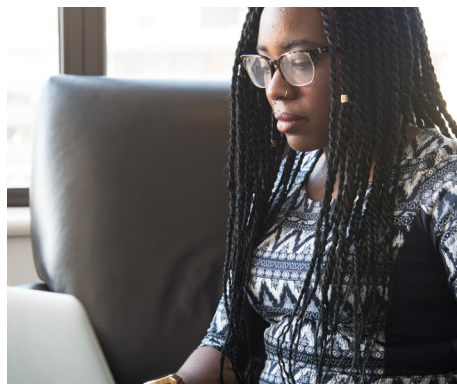
- Provide a warm, professional, healthy and safe learning environment and work with you to make learning enjoyable and accessible
- Deliver high quality courses and workshops which promote recovery and social inclusion, and offer you hope, control and opportunity
- Respect your personal beliefs, life 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
- Be respectful of the rights of all students and staff of the 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 opposite.

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, 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.



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