



Cardiff and Vale  
**Recovery &  
Wellbeing College**

# Prospectus

## Summer Term 2022

*25th April 2022 – 27th May 2022*



**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 to 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 experience 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 Summer Term 2022

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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

Course 1: Tuesday 26th April 2.30pm – 5.30pm

Course 2: Tuesday 10th May 2.30pm – 5.30pm

## 1.2 Understanding Depression

*Delivery: 2 x 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.

### 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

Part 1: Friday 6th May 1.30pm – 3.30pm

Part 2: Friday 13th May 1.30pm – 3.30pm

## 1.3 Understanding Anxiety

*Delivery: 2 x 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.

### 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

Part 1: Friday 20th May 1.30pm – 3.30pm

Part 2: Friday 27th May 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 20th May 1.30pm – 4.00pm

## 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.

**Introduction: Tuesday 10th May 10.00am – 11.00am**

**Session 1: Tuesday 17th May 10.00am – 12.30pm**

**Session 2: Tuesday 24th May 10.00am – 12.30pm**

**Growing Space**  
Helping People Grow

## 3. Wellbeing

### 3.1 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? This course is co-produced by Andrew Sims and Kate Blower who welcome you to join them to learn to be more compassionate to yourself and understand that being kinder to ourselves is possible for everyone.

"I particularly found the opportunity to speak with others and share experiences most useful."

**Student voice when asked '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."

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

Andrew Sims, Senior Peer Trainer within the Recovery & Wellbeing College

Katherine Blower, Recovery & Wellbeing College Curriculum Lead and Occupational Therapist

**Friday 20th May 10.00am – 1.00pm**

### 3.2 “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: 3 x 2.5-hour Zoom workshop*

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.

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. No previous arts experience is required.

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

Tamsin Griffiths, Multimedia Artist, Storyteller and Senior Peer Trainer

Paul Whittaker, Bipolar Artist, Writer, and Senior Peer Trainer

Tamsin and Paul are co-curators of the Arts & Health strand for the Recovery & Wellbeing College

Session 1: Thursday 28th April 10.00am – 12.30pm

Session 2: Thursday 5th May 10.00am – 12.30pm

Session 3: Thursday 12th May 10.00am – 12.30pm

**FOUR**

## 4. While We Were Walking



### 4.1 While We Were Walking

*Delivery: In person course - 4 Sessions*

Over 4 weeks we will be exploring together the 5 ways to Wellbeing; Connecting; Giving; Being Active; Keep learning and Taking notice. For two of the weeks, we will meet in Bute Park, exploring the natural environment together, in a mindful and enjoyable way. Throughout the course we will reflect on how being active and present in natural surroundings can help with our wellbeing. Two of our sessions will be held in Grange Gardens Bowls Pavilion, a perfect venue for exploring some simple art making techniques to capture what we find. The walking is gentle, and all abilities are welcome.

#### **Co-produced and delivered by:**

Louise Jensen, Peer trainer and Creative Arts Practitioner

Kate Blower, Occupational Therapist

Session 1: Thursday 19th May 2.00pm - 4.00pm - Bute Park

Session 2: Thursday 26th May 2pm – 4.00pm - Grange Gardens Bowls Pavilion

Session 3: Thursday 9th June 2.00pm - 4.00pm - Bute Park (Summer Term part 2)

Session 4: Thursday 16th June 2.00pm - 4.00pm - Grange Gardens Bowls Pavilion (Summer Term part 2)



## 5. Trauma Informed

### 5.1 Trauma, Adversity and Mental Health:

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

*Delivery: 2 x 2.5-hour Zoom workshops with half an hour evaluation in part 2*

Trauma and adverse life experiences, including but not limited to abuse, bullying, poverty and complex bereavement, can have a significant impact on mental health. This two-part course provides information about the nature and effects trauma and adverse life experiences on mental health. The course provides opportunities to discuss how traumatic events can influence people's mood, relationships, and overall functioning. We'll also cover strategies to help manage trauma symptoms and it's hoped that the course provides a forum for people to share their experiences of trauma recovery if they wish.

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

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

Gemma Budge, Clinical Psychologist with a passion for collaborative practice in Adult Mental Health

Workshop 1: Thursday 19th May 10:00am-12:30pm

Workshop 2: Thursday 26th May 10:00am-13:00pm

FOUR

## 6. Physical Activity for Recovery

### 6.1 Staying Healthy in Body and Mind

*Delivery: 2 x 2-hour Zoom workshop (session 2 includes 30 minutes course evaluation)*

Regular movement and physical activity have been proven to have huge benefits on our mental health and wellbeing. This 2-day course aims to explore and promote these benefits whilst providing you with some useful tips to overcome your barriers, support in maintaining the habit and understanding your motivations better. This course is open to everyone.

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.

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

Georgia Howard, Digital Peer Lead & Physical Health Lead  
Justin Jones, Physiotherapy Technical Instructor

Session 1: Thursday 19th May 2.00pm – 4.00pm

Session 2: Thursday 26th May 2.00pm – 4.30pm



## 7. Employment Skills

### 7.1 *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. This workshop provides 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.

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

Susie Boxall, Deputy Peer Lead Recovery & Wellbeing College

Kate Blower, Recovery & Wellbeing College Curriculum Lead and Occupational Therapist

Wednesday 18th May 2.00pm - 4.00pm

### 7.2 *Setting Work Goals and Identifying Skills*

*Delivery: 2-hour Zoom workshop*

Co-produced and delivered by Susie Boxall, Deputy Peer Lead 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.

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

Susie Boxall, Deputy Peer Lead Recovery & Wellbeing College

Kate Blower, Recovery & Wellbeing College Curriculum Lead and Occupational Therapist

Friday 13th May 2.00pm - 4.00pm

## 8. Digital Skills

### 8.1 *Growing your Zoom Confidence*

*Delivery: 1 x 1.5-hour zoom workshop*

Zoom is a major tool in communicating with others online, be it for work or connecting with family and friends. Here at the Cardiff and Vale Recovery & Wellbeing College, we have adapted to using Zoom and have transferred the majority of our courses online. We understand that there may be worries and anxieties when getting used to using Zoom or trying it for the first time. This course welcomes all students who would like to gain more knowledge, understanding and build on their confidence using Zoom. This course aims to explore the functions on Zoom in a fun and interactive way. There will be many opportunities to practice, ask questions and learn from one another.

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

Georgia Howard, Digital Peer Lead & Physical Health Lead

Sarah Jaques, Digital Peer with lived experience

Wednesday 25th May 10.30am - 12.00pm



# Getting to know Cardiff and Vale Recovery & Wellbeing College

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## Induction to the College

Delivery: 1-hour Zoom workshop

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

**Monday 25th April 12.00pm – 1.00pm**



## Learning Plan Meeting Space

Delivery: 3-hour Zoom workshop

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Individual Learning Plans are created from conversations between a student and a peer worker. You can tell us about any specific learning needs you have or talk through what would make it easier for you to engage with Recovery & Wellbeing College courses. Additionally, we welcome students who just to touch base with a Peer Trainer prior to booking onto courses and do not wish to create an Individual Learning Plan. Our ILP Meeting Space is an open-access digital event where you can drop-in and have a private one-to-one chat with a Peer Trainer in a breakout room.

If you would prefer to have an in-person meeting with a Peer Trainer, then we can facilitate this for you upon request (COVID-19 restrictions permitting).

**Session 1:  
Wednesday 4th May 10.00am – 1.00pm**

**Session 2:  
Monday 23rd May 1.00pm – 4.00pm**

## Ward-based courses

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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.

## Open Forum

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The next Cardiff and Vale Recovery & Wellbeing College Open Forum online meeting will be held on Friday 10th June 2022 10:30am - 1.00pm. 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.

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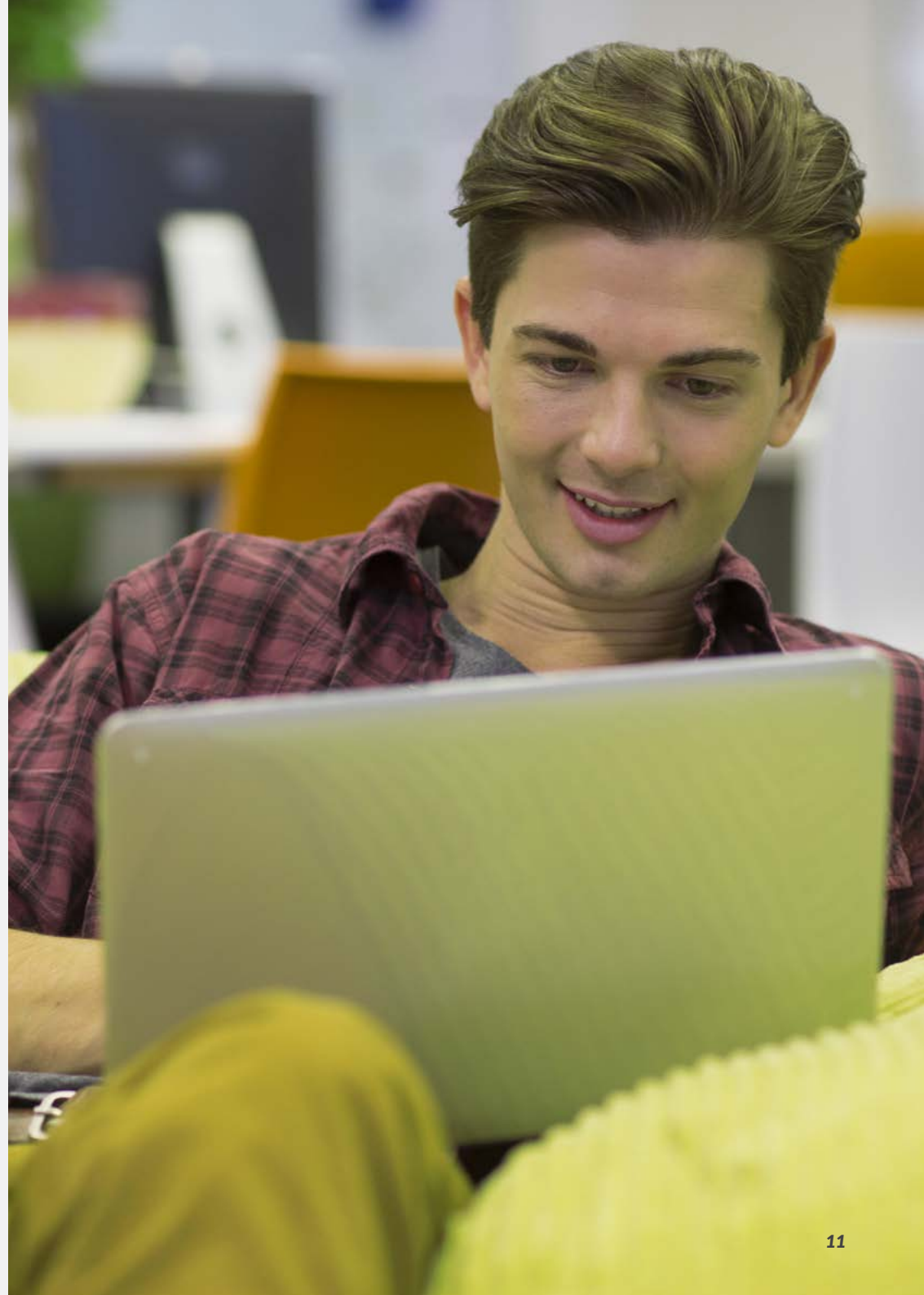
Students do not have to disclose anything about their personal or professional life, their history or their physical/mental health unless they wish to. If anyone does share anything, we ask you to treat what is discussed with complete confidentiality.

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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