



Caerdydd a'r Fro  
Cardiff and Vale

**Coleg Adfer a Lles**  
**Recovery &**  
**Wellbeing College**

# Prospectus

## Autumn Term 2024

*Monday 16th September – Friday 13th December*



**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 register as a student, or log in to your account and enrol on our courses, please follow the link below.

<https://cardiffandvaleuhb.heiapply.com/portal/login>

If you have any queries or would like further information about the Recovery & Wellbeing College, please contact us on the details below.

 [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.

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## Recovery & Wellbeing College Trainers

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## Student Charter

## Code of Conduct for all

# 1. Introduction Series

## 1.1 Induction to the College

*Delivery: 1- hour online session*

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

**Session: Tuesday 17th September 11.00am - 12.00pm**

## 1.2 Introduction to Individual Learning Plans

*Delivery: 1-hour online session*

One of the ways we support our students is through offering Individual Learning Plans (ILPs). Completing an ILP involves meeting with a peer trainer and establishing self-identified goals based upon individual hopes and aspirations. To gain more understanding about ILPs and if they would support you through your Recovery and Wellbeing College learning, join our short introductory session specifically about ILPs.

**Session: Thursday 19th September 12.00pm - 1.00pm**



# 2. Understanding Series

## 2.1 Understanding Anxiety

*Delivery: 2 x 2-hour sessions*

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 session 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 1 (In person)

Session 1: Friday 11th October 10.00am - 12.00pm

Session 2: Friday 18th October 10.00am - 12.00pm

### Course 2 (Online)

Session 1: Friday 15th November 10.00am - 12.00pm

Session 2: Friday 22nd November 10.00am - 12.00pm

## 2.2 Understanding Bipolar

*Delivery: 1 x 3-hour Online session*

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 session 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 1

Session: Wednesday 2nd October 10.00am - 1.00pm

### Course 2

Session: Wednesday 4th December 10.00am - 1.00pm

**FOUR**

## 2. Understanding Series

### 2.3 Understanding Depression

*Delivery: 2 x 2-hour sessions*

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 1 (In person)

Session 1: Friday 27th September 10.00am - 12.00pm

Session 2: Friday 4th October 10.00am - 12.00pm

#### Course 2 (Online)

Session 1: Friday 29th November 10.00am - 12.00pm

Session 2: Friday 6th December 10.00am - 12.00pm



### 2.4 Understanding Neurodiversity

*Delivery: 4 x 2.5-hour online sessions*

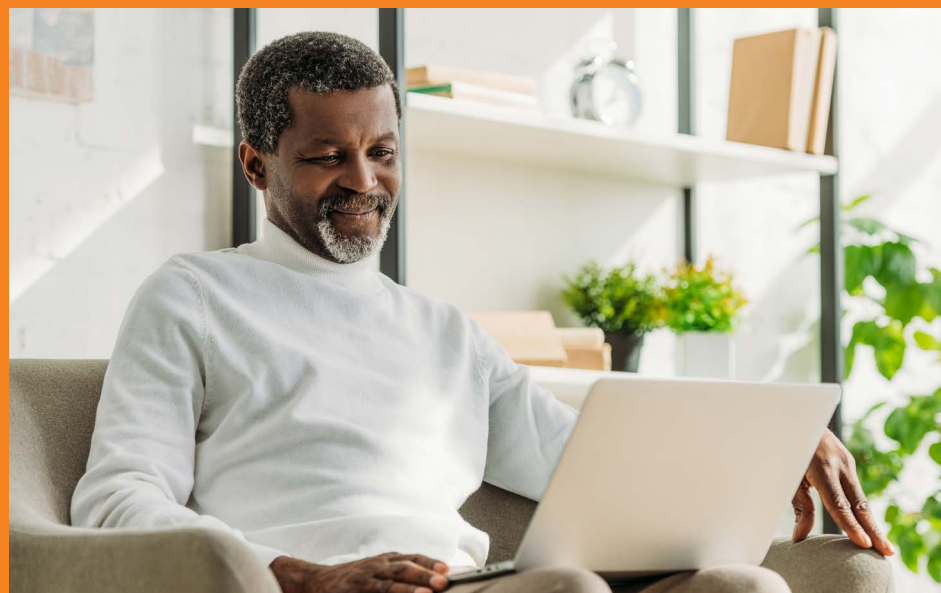
This course provides an opportunity to explore the meaning of neurodiversity and the emotional and social experiences of living as a neurodivergent person. We will consider identity, communication and mental health in relation to neurodiversity, and we will also explore the challenges and benefits of being neurodivergent. We will explore what helps and what doesn't help neurodivergent people, focusing on emotional wellbeing and self-acceptance.

Session 1: Thursday 21st November 11.00am - 1.30pm

Session 2: Thursday 28th November 11.00am - 1.30pm

Session 3: Thursday 5th December 11.00am - 1.30pm

Session 4: Thursday 12th December 11.00am - 1.30pm



## 3. Peer Support Skills

### 3.1 Peer Support Skills

*Delivery: 4 x 2.5-hour in person sessions*

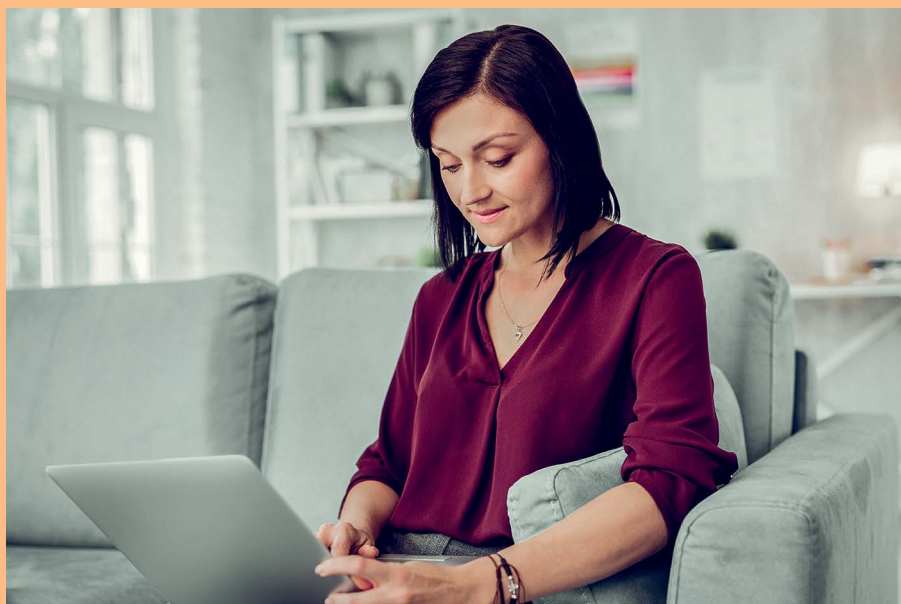
A peer is someone who has 'lived experience of mental health and/or physical health challenges,' who wants to use this experience in order to support others with their own recovery. A peer offers support to others through sharing their personal experiences of recovery in a hope inspiring way. This course is a basic introduction to peer support skills and a perfect place to start your peer support worker journey. Learners do not have to have previous experience in peer support.

**Session 1: Thursday 7th November 10.00am - 1.00pm**

**Session 2: Thursday 14th November 10.00am - 1.00pm**

**Session 3: Thursday 21st November 10.00am - 1.00pm**

**Session 4: Thursday 28th November 10.00am - 1.00pm**



## 4. Wellbeing

### 4.1 "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 in person 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. 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.

**Session 1: Thursday 26th September 10.00am - 12.30pm**

**Session 2: Thursday 3rd October 10.00am - 12.30pm**

**Session 3: Thursday 10th October 10.00am - 12.30pm**

**FOUR**

### 4.2 I Just Can't Sleep

*Delivery: 1 x 2.5-hr session*

Living with a mental or physical health challenge can affect our sleep. When our sleep is impacted it can also affect our health and wellbeing. This session will explore how sleep works, why we need it and the common causes of some sleep difficulties, with the aim of helping you form some strategies to improve your sleep.

**Session: Tuesday 1st October 10.00am - 12.30pm**

### 4.3 While We Were Walking

*Delivery: 4 x 2-hour in person sessions*

Over 4 weeks we will be exploring together the 5 ways to Wellbeing: Connecting; Being Active; Taking notice; Keep learning and Giving. We will meet in Sport Wales, exploring the natural environment together, in a mindful and enjoyable way. Throughout the course we will reflect on how being active and being present in natural surroundings can help with our wellbeing. The sessions will be based at Sport Wales, Sophia Garden, a perfect venue for exploring some simple art making techniques to capture what we find when we are connecting with nature. The walking is gentle, and all abilities are welcome.

**Session 1: Wednesday 6th November 1.00pm - 3.00pm**

**Session 2: Wednesday 13th November 1.00pm - 3.00pm**

**Session 3: Wednesday 20th November 1.00pm - 3.00pm**

**Session 4: Wednesday 27th November 1.00pm - 3.00pm**



### 4.4 I'm more than just 'tired' - making sense of fatigue

*Delivery: 1 x 3-hr in person session*

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

**Session 1: Tuesday 29th October 10.00am - 1.00pm**



## 4.5 Being a Parent with a Mental Health Challenge

*Delivery: 4 x 2.5-hours in person sessions*

Every parent will experience a range of difficulties alongside the many positives and rewards of parenting, such as tiredness, self-doubt, anxiety, and no one can ever claim to be a perfect parent but parenting with mental health challenges can make the experience harder.

Within this course we will be discussing the impact that being a parent can have on people with pre-existing Mental Health Challenges and those for who parenting has led them to experience Mental Health Challenges for the first time. This course has not been created to teach people how to parent but to discuss our Mental Health Challenges and provide support.

**Session 1: Friday 25th October 10.00am - 12.30pm**

**Session 2: Friday 1st November 10.00am - 12.30pm**

**Session 3: Friday 8th November 10.00am - 12.30pm**

**Session 4: Friday 15th November 10.00am - 12.30pm**

**FOUR**



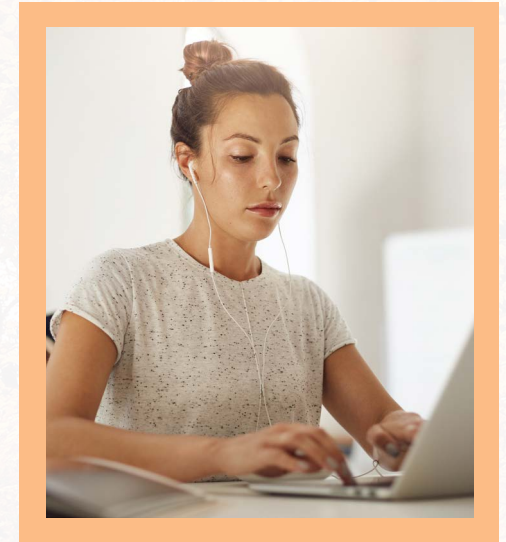
## 4.6 Managing Stress, Health & Wellbeing at Work

*Delivery: 3 x 2-hour in person sessions*

*An estimated 17 million working days were lost due to work related stress, depression or anxiety in 2021/2022'*

We are excited to offer our 3-part Managing Stress, Health and Wellbeing at work course. This course is for people who are considering entering or re - entering employment and for those currently in employment. We ask that students commit to all 3 sessions to maximise the benefit from attending.

Work can be rewarding and satisfying, and suitable employment is known to enhance mental and physical health. However, we also know that thinking about returning to the workplace can be stressful and impact on our health and wellbeing. These three sessions will explore how to manage workplace stress, how to develop self - compassion and will look at practical exercises when returning to work and when in work. We will also be looking at a wellbeing passport and how to have difficult conversations in work. Being able to manage our own health and wellbeing either when preparing for work or in work by using strategies and skills which we focus on during these sessions empowers us to achieve our personal goals and improve our resilience to empower us to not only survive but thrive in the workplace.



**Session 1: Wednesday 20th November 10.00am - 12.00pm**

**Session 2: Wednesday 27th November 10.00am - 12.00pm**

**Session 3: Wednesday 4th December 10.00am - 12.00pm**



## 4.7 Experience of Addiction

*Delivery: 2 x 2-hour in person sessions*

Experience of Addiction brings together Rachel Martin-Suarez and Susie Boxall to discuss their lived experience of addiction, as well as their experience of working with people experiencing addiction challenges. This course is suitable for people living in addiction, their family members and professionals who are working to support them.

**Session 1: Tuesday 15th October 10.00am - 12.00pm**

**Session 2: Tuesday 22nd October 10.00am - 12.00pm**



## 4.8 Discovering Self Compassion

*Delivery: 2 x 2.5-hour sessions*

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? We welcome you to join us to learn to be more compassionate to yourself and understand that being kinder to ourselves is possible for everyone.

**Course 1 (In person)**

**Session 1: Monday 23rd September 10.00am – 12.30pm**

**Session 2: Monday 30th September 10.00am – 12.30pm**

**Course 2 (Online)**

**Session 1: Monday 25th November 10.00am – 12.30pm**

**Session 2: Monday 2nd December 10.00am – 12.30pm**

## 4.9 Recovery & Identity

*Delivery: 1 x 3-hour session*

When given a diagnosis or living with a physical or mental condition, the word recovery gets used a lot by the people involved in our care and support, but what does it mean to me? How do I make space for this thing called recovery in my life and what does recovery look like when I have an enduring condition that won't just heal like a broken bone? In Recovery and Identity, we'll discuss how recovery can be interwoven into our identity, explore roles, relationships and values that are impacted by our unique situations, and the steps we can take to move towards being the people we aspire to be.

**Course 1 (In person)**

**Session: Thursday 17th October 10.00am - 1.00pm**

**Course 2 (Online)**

**Session: Thursday 5th December 10.00am - 1.00pm**



## 4.10 Connecting to Relationships: Understanding and Building Healthy and Supportive Relationships

*Delivery: 3 x 2.5-hour in-person sessions*

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 session co-produced by Paul Whittaker and Susie Boxall 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 session also provides some information and sharing of ideas on forging healthy and supportive relationships. The session 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 session is not intended to replace psychological therapies.

**Session 1: Monday 21st October 10.00am - 12.30pm**

**Session 2: Monday 28th October 10.00am - 12.30pm**

**Session 3: Monday 4th November 10.00am - 12.30pm**

**FOUR**



## 4.11 Men and Mental Health

*Delivery: 1 x 3-hour in-person session*

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 session 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.

**Session: Wednesday 9th October 1.00pm - 4.00pm**

## 4.12 Persistent Pain **NEW**

*Delivery: 2 x 2.5-hour in-person sessions*

Pain is something that most of us experience from time to time, if we touch something hot or fall over, and for the most part it goes away again. However, sometimes pain can become persistent and something that you have to live with day to day. On average people with persistent pain spend less than 3 hours with a health professional per year. They have to self-manage their condition and its impact for the other 8,757 hours.

Join Alex and Andrew to have a look at how this happens and to explore opportunities and practical ideas for living well.

**Session 1: Thursday 14th November 1.00pm - 3.30pm**

**Session 2: Thursday 21st November 1.00pm - 3.30pm**

## 4.13 Living with Uncertainty

*Delivery: 3 x 2-hour in-person sessions*

One certainty in life is that we will all have to face uncertainty at some point. But what if those uncertainties start to impact our lives: discouraging us from making decisions; freezing us out of completing things we want to accomplish; or causing us to withdraw from friends and family?

This three-week course is designed to look at where uncertainty comes from and why it has become so prevalent in modern life. It explores how we can identify when uncertainties begin to spiral and the coping strategies that may help alleviate some of the anxiety that often accompanies uncertainty.

The course will also encourage participants to voice their own concerns in a safe environment and form strong plans to move towards a time when uncertainty does not hold any of us back from the things we want to achieve in life.

**Session 1: Tuesday 26th November 10.00am - 12.00pm**

**Session 2: Tuesday 3rd December 10.00am - 12.00pm**

**Session 3: Tuesday 10th December 10.00am - 12.00pm**

## 4.14 Care and Treatment Planning **NEW**

*Delivery: 1 x 2.5-hour in person session*

The Care and Treatment Plan course offers an excellent opportunity for anyone who would like to increase their knowledge and understanding around co-producing care and treatment plans within Cardiff and Vale mental health services. Everyone is welcome whether you are a service user, person with lived experience, clinician, family member or carer.

The course addresses the legal rights of service users and carers, what a CTP is and isn't and the importance of CTP's being co-produced to reflect the service user's recovery goals. It includes examples of professionals and service users' experiences of CTP's and offers opportunities for discussion and reflection

This course was developed in partnership with HEIW and Social Care Wales Strategic mental health workforce plan.

**Session: Thursday 24th October 10.00am - 12.30pm**

## 4.15 Introduction to Eating Disorders **NEW**

*Delivery: 2 x 2.5-hour online sessions*

Living with an Eating Disorder can be incredibly challenging, leaving people feeling isolated and lonely with an intense sense of shame and guilt; not knowing where to turn or how to even begin to talk about it. But what if we can find a way to have open and honest conversations about these thoughts and feelings?

Introduction to Eating Disorders looks at:

- what Eating Disorders are.
- the challenges and barriers faced by people around seeking support.
- challenge the myths and stigma attached to eating disorders.
- explore how living with an eating disorder can affect the relationships we hold, including the relationship we have with ourselves.

An Introduction to Eating Disorders explores how to better understand what is going on, build stronger and more open relationships with ourselves and our loved ones.

**Session 1: Monday 11th November 10.00am - 12.30pm**

**Session 2: Monday 18th November 10.00am - 12.30pm**



## 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 in person sessions*

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 have 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.

**Session 1: Monday 7th October 10.00am - 12.30pm**

**Session 2: Monday 14th October 10.00am - 12.30pm**



### 5.2 Vicarious Trauma: What Happens When We Take It Home?

*Delivery: 3 x 2.5-hour in person sessions*

Empathy is a trait we can all aspire to, but what happens when it goes too far?

Vicarious trauma is something you might not have heard of, but something we can all experience. Taking on the trauma of others can happen to anyone and can have serious impact in our lives, both at work and home.

This three-week course will breakdown what vicarious trauma looks like and how it can negatively affect our daily lives. Such topics as social isolation, the breakdown of our closest relationships, and how even our physical health can be seriously affected will be explored and discussed. Followed by some coping strategies that may be used when we see these difficulties in ourselves or those that we are close to.

Through use of the creative arts, our facilitators hope to provide an interactive experience where our participants move towards a personal insight into their own experiences of vicarious trauma whilst keeping an empathetic heart.

**Session 1: Tuesday 24th September 1.00pm - 3.30pm**

**Session 2: Tuesday 1st October 1.00pm- 3.30pm**

**Session 3: Tuesday 8th October 1.00pm - 3.30pm**



## 6. Activity / Movement for Recovery

### 6.1 Menopause & Movement

*Delivery: 1 x 2-hour Attend anywhere session & 1 x 2.5 hour in person session*

Are you curious about menopause? Do you or someone you know struggle with menopausal symptoms? This course offers you the opportunity to share your experiences and increase your knowledge around menopause through discussion, reflection and expressive movement. You will look at ways to support your menopause symptoms. This course is split into 2 sessions, one online and one in person. No previous movement experience is needed.

**Course 1: Wednesday 16th October 1.30pm - 3.30pm (Online)**

**Course 2: Wednesday 11th December 10.30am - 1.00pm (In person)**

### 6.2 Connections through Activities

*Delivery: 6 x 2.5-hour in person sessions 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, and with ourselves. It can surprise us and motivate us in ways we wouldn't have expected.

Connections through Activities 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.

**Session 1: Tuesday 15th October 1.00pm - 3.30pm**

**Session 2: Tuesday 22nd October 1.00pm - 3.30pm**

**Session 3: Tuesday 29th October 1.00pm - 3.30pm**

**Session 4: Tuesday 5th November 1.00pm - 3.30pm**

**Session 5: Tuesday 12th November 1.00pm - 3.30pm**

**Session 6: Tuesday 19th November 1.00pm - 3.30pm**

### 6.3 Staying Healthy in Body and Mind

*Delivery: 2 x 2.5-hour online sessions*

Have you been thinking about finding ways to introduce some more movement and activity into your life, but are experiencing barriers or challenges to making a start?

Sometimes finding the motivation to engage in a new physical activity can be difficult, with all sorts of emotional challenges surrounding our decisions. What could be stopping us from engaging with and maintaining a lifestyle where we can start to move more?

The activities we engage with should be fun and meaningful to us. This course explores the challenges and barriers we face to engagement, what motivates us to engage in activities that allow us to move more and actually enjoy it in a supportive and safe environment. We invite you to join us in our interactive, conversational course and explore some fun activities with us over two 2.5-hour sessions.

**Session 1: Thursday 24th October 2.00pm - 4.30pm**

**Session 2: Thursday 31st October 2.00pm - 4.30pm**

## 7. Carers

### 7.1 Experience of Caring **NEW**

*Delivery: 2 x 2.5-hour in person sessions*

This 2-part course aims to explore the experiences of unpaid carers in Cardiff and the Vale. During these sessions, we will explore:

- The experiences and emotional impact of unpaid carers.
- Opportunities for practical tools and strategies to support wellbeing and self-care.
- Further resources within Cardiff and the Vale.
- Shared learning.

This course will provide the space to share individual experiences, as well as providing the opportunity to learn from the experiences of those providing unpaid care and to celebrate this very important role.

**Session 1: Wednesday 23rd October 10.00am - 1.00pm**

**Session 2: Wednesday 30th October 10.00am - 1.00pm**

# Recovery College Trainers

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**Georgia Howard** – Deputy Peer Training & Operational Lead

**Katya Brown** – Peer Support Lead Mental Health Clinical Board

**Nicholas Chown** – Peer Worker

**Andrew Vidgen** – Consultant Clinical Psychologist

**Aleksandra Mazurkiewicz** – Occupational Therapist Recovery & Wellbeing College

**Paul Whittaker** – Bipolar Artist, Writer & Peer Consultant

**Kay Challoner** – Specialist Mental Health Practitioner with Cardiff and Vale UHB

**Matthew Lewis** – Peer Trainer Cardiff and Vale UHB

**Rachel Wallbank** – AHP Clinic and Team Lead for the COVID team

**Susie Boxall** – Recovery & Wellbeing College Peer Lead

**Matt Lloyd** – Recovery College Peer trainer with lived experience

**Dan Miles** – Deputy Ward Manager with Mental Health Rehabilitation Services

**Andrew Sims** – Senior Peer Trainer and Ward Based Course Lead

**Rachel McAleer** – Speech and Language Therapist

**Tamsin Griffiths** – Multimedia Artist, Storyteller and Peer Consultant

**Louise Jensen** – Peer trainer and Creative Arts Practitioner

**Brian Nelis** – Writer, Tutor & Peer Support

**Dr Megan Davis** – Practitioner Psychologist

**Alison Scrivens** – Lead Counsellor of Employee and Wellbeing service Cardiff and Vale UHB

**Rachel Martinez-Suarez** – Learning and development lead, Cardiff and Vale Drug and Alcohol Service

**Heidi Wilson** – Movement and Dance Practitioner and Peer Trainer

**Lucie Wheeler** – Counselling Psychologist

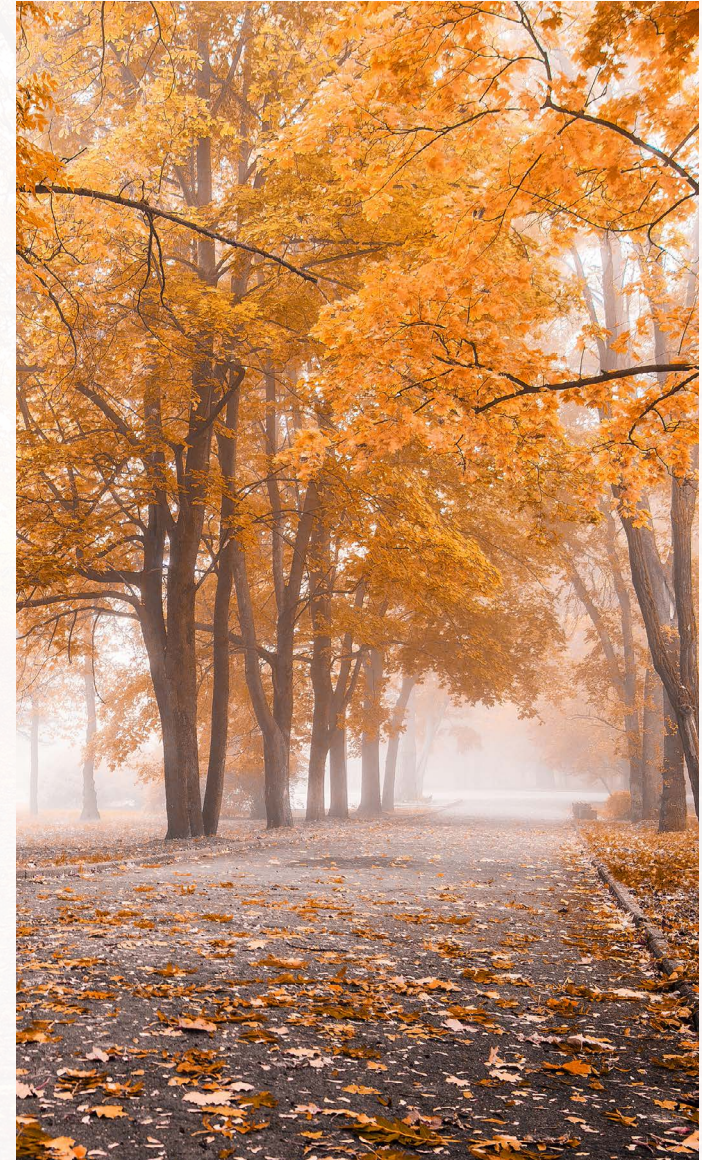
**Bethan Henderson** – Senior Nurse Manager

**Alex Ewins** – Senior Physiotherapist

**Andrea Sullivan** – Senior Nurse for Education, Quality, Safety and Patient Experience

**Alison Jones** – Peer Carer Support Worker

**Emma Pead** – Occupational Therapist



# Getting to know Cardiff and Vale Recovery & Wellbeing College

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## Individual Learning Plans (ILP's)

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One of the ways we support our students is through offering Individual Learning Plans. Completing an ILP involves meeting with an ILP peer and establishing self-identified goals based upon individual hopes and aspirations. This one-to-one session also offers our students the chance to identify any learning or support they may require accessing and participating in our courses. It is also a fantastic opportunity to reflect upon one's strengths and skills, ensuring students get the most out of their experiences with the Recovery College.

ILP sessions are co-produced in a non-judgemental, informal, flexible, discussion-based way, and are facilitated by peers with lived experience and knowledge. If you would like to arrange an appointment, give us a call on 02921 832619 or email us at [CardiffandvaleRecoverycollege@wales.nhs.uk](mailto:CardiffandvaleRecoverycollege@wales.nhs.uk)

If you would like to learn more about ILP's sign up to our 'Introduction to Individual Learning Plans' 1-hour session.

## 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 [Lived\\_Experience.MHCB.Cav@wales.nhs.uk](mailto:Lived_Experience.MHCB.Cav@wales.nhs.uk)



# 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.

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.**





Caerdydd a'r Fro  
Cardiff and Vale

## **Coleg Adfer a Lles Recovery & Wellbeing College**

 [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/)



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CYMRU  
**NHS**  
WALES

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