



Caerdydd a'r Fro
Cardiff and Vale

Coleg Adfer a Lles
Recovery &
Wellbeing College

Prospectus

Summer Term 2023 - Part 2

Monday 5th June - Friday 14th July



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

☎ 02921 832619

🌐 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 2023 (Part 2)

Contents

1. Understanding Series

1.1 Understanding Psychosis	4
1.2 Understanding Depression	4
1.3 Understanding Anxiety	4
1.5 Understanding Bipolar	4

2. Peer Mentoring

2.1 Peer Mentoring Accredited Level 1	5
---------------------------------------	---

3. Wellbeing

3.1 While We Were Walking (NEW)	5
3.2 I Just Can't Sleep	6
3.3 Men and Mental Health	6

4. Trauma Informed

4.1 Trauma, Adversity and Mental Health:	7
<i>Introduction to Understanding and Managing the Impact of Challenging Life Experiences on Mental Health</i>	

5. Activity / Movement for Recovery

5.1 Staying Healthy in Body and Mind	7
--------------------------------------	---

6. Employment

6.1 Managing Stress, Health, and Wellbeing at Work	8
--	---

Getting to know the College

9

Student Charter

10

Code of Conduct for all

11

1. Understanding Series

1.1 Understanding Psychosis

Delivery: 2.5-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 13th June 2.30pm - 5.00pm

1.2 Understanding Depression

Delivery: 2 x 2-hour in person workshops at the Grange Pavilion

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 is it 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:

Katya Brown Digital Peer Lead Recovery & Wellbeing College
Megan Roberts Occupational Therapist Recovery & Wellbeing College

Part 1: Friday 7th July 1.30pm – 3.30pm
Part 2: Friday 14th July 1.30pm – 3.30pm

1.3 Understanding Anxiety

Delivery: 2 x 2-hour in person workshops at the Grange Pavilion

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, or 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 and 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:

Susie Boxall Peer Lead Recovery & Wellbeing College
Katya Brown Digital Peer Lead Recovery & Wellbeing College

Part 1: Friday 16th June 1.30pm – 3.30pm
Part 2: Friday 23rd June 1.30pm – 3.30pm

1.4 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:

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

Kay Challoner Specialist Mental Health Practitioner with Cardiff and Vale UHB

Wednesday 28th June 10.00am – 1.00pm

FOUR

2. Peer Mentoring

2.1 Peer Mentoring Accredited Course 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	Wednesday 21st June	10.00am – 11.00am
Session 1	Wednesday 28th June	10.00am – 12.30pm
Session 2	Wednesday 5th July	10.00am – 12.30pm

Growing Space
Helping People Grow

3. Wellbeing

3.1 While We Were Walking

Delivery: 4 x 2-hour in person sessions at Bute Park Visitor Centre



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 Bute Park, 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 in Bute Park Visitor Centre 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.

Course delivered and co-produced by:

Louise Jensen, Peer trainer and Creative Arts Practitioner

Meriel Jones, Bute Park Education Officer, Wellbeing in Nature Practitioner

Session 1	Thursday 22nd June	2:00pm – 4:00pm	Bute Park
Session 2	Thursday 29th June	2:00pm – 4:00pm	Bute Park
Session 3	Thursday 6th July	2:00pm – 4:00pm	Bute Park
Session 4	Thursday 13th July	2:00pm – 4:00pm	Bute Park

3.2 I Just Can't Sleep

Delivery: 2.5hr Zoom Workshop

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 online workshop 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.

Course delivered and co-produced by:

Katya Brown Peer Trainer & Digital Peer Lead Recovery & Wellbeing College
Rachel Wallbank AHP Clinic and Team Lead for the COVID team

Thursday 22nd June 10.00am – 12.30pm



3.3 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

Tuesday 6th June 10am – 12.30pm



4. Trauma Informed

4.1 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 workshops at Bute Park Visitors Centre

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:

Susie Boxall Recovery & Wellbeing College Peer Lead

Lucie Wheeler Counselling Psychologist

Workshop 1	Monday 12th June	10:00am – 12.30pm
Workshop 2	Monday 19th June	10:00am – 12.30pm



5. Activity / Movement for Recovery

5.1 Staying Healthy in Body and Mind

Delivery: Two 2.5-hour Zoom workshops

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. These sessions are open to everyone.

Course delivered and co-produced by:

Tamsin Griffiths Multimedia Artist, Storyteller and Peer Consultant
Recovery & Wellbeing College

Alex Ewins Senior Physiotherapist Cardiff & Vale

Session 1	Wednesday 14th June	10:00am – 12.30pm
Session 2	Wednesday 21st June	10:00am – 12.30pm

6. Employment

6.1 Managing Stress, Health, and Wellbeing at Work

Delivery: 3 x 2-hour in-person sessions at Museum of Cardiff, The Old Library

'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.

Course delivered and co-produced by:

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

Susie Boxall Peer Lead of the Recovery College with lived experience of Mental Health Challenges in the Workplace

Session 1	Wednesday 28th June	10am - 12pm
Session 2	Wednesday 5th July	10am - 12pm
Session 3	Wednesday 12th July	10am - 12pm



Getting to know Cardiff and Vale Recovery & Wellbeing College



Individual Learning Plans

One of the ways we support our students is through offering Individual Learning Plans.

This term we will be holding a dedicated Individual Learning Plan week (ILP). 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 in order to access and participate in our courses. It's also a great 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

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: 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

 02921 832619

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



GIG
CYMRU
NHS
WALES

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