



Caerdydd a'r Fro  
Cardiff and Vale

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

# Prospectus

## Autumn Term 2023 (part 1)

*Monday 25th September – Friday 27th October*



**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 and enrol on our courses, please follow the link below.

[https://mindrecovery.net.org.uk/providers\\_profile/cardiff-and-vale-uhb-recovery-college/](https://mindrecovery.net.org.uk/providers_profile/cardiff-and-vale-uhb-recovery-college/)

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.

# Welcome to Cardiff and Vale Recovery & Wellbeing College

## Autumn Term 2023 (Part 1)

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# 1. Understanding Series

## 1.1 Understanding Psychosis

*Delivery: 2.5 -hour Attend Anywhere online 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 10th October 2.30pm – 5.00pm**

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## 1.2 Understanding Anxiety

*Delivery: 2 x 2hour 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, 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:**

**Katya Brown Peer Trainer & Digital Peer Lead Recovery & Wellbeing College**

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

**Part 1 Tuesday 3rd October 1.30pm – 3.30pm**

**Part 2 Tuesday 10th October 1.30pm – 3.30pm**

## 1.3 Understanding Bipolar

*Delivery: 3-hour Attend Anywhere 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 4th October 10.00am – 1.00pm**



## 2. Peer mentoring

### 2.1 Peer Mentoring Accredited Course Level 1

*Delivery: 1 x 1-hour introduction & 2 x 2.5-hour Microsoft Teams sessions*

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 11th October	10.00am - 11.00am
Session 1	Wednesday 18th October	10.00am - 12.30pm
Session 2	Wednesday 25th October	10.00am - 12.30pm

### Course aims

To support the development of peer mentoring skills, this Level 1 course is a basic introduction to peer mentoring, and peer mentoring skills. Learners do not have to be in a peer mentor role to enrol on this course. The aim of the course is to support and develop peer mentoring skills.

### Learning Outcomes

#### 1. Understand the role and responsibilities of a peer mentor.

- 1.1 Define the role of a peer mentor.
- 1.2 Identify what is meant by: a) health and safety in peer mentoring b) boundaries in the peer mentor relationship c) confidentiality.

#### 2. Understand equality and diversity in peer mentoring.

- 2.1 Identify: a) how equality and diversity affects peer mentoring b) how to include all participants c) discriminatory behaviour.

#### 3. Know how to use peer mentoring skills in delivering information to others.

- 3.1 Plan how to deliver information to others.
- 3.2 Deliver information to others as a peer mentor

**Growing Space**  
Helping People Grow



## 3. Wellbeing

### 3.1 “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, Bute Park Visitors Centre*

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 is a Co-curator of the Arts & Health strand for the Recovery & Wellbeing College alongside Paul Whittaker.**

<b>Session 1</b>	<b>Wednesday 11th October</b>	<b>10.00am – 12.30pm</b>
<b>Session 2</b>	<b>Wednesday 18th October</b>	<b>10.00am – 12.30pm</b>
<b>Session 3</b>	<b>Wednesday 25th October</b>	<b>10.00am – 12.30pm</b>

**FOUR**

### 3.2 I Just Can't Sleep

*Delivery: 2.5hr Attend Anywhere 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 12th October 10.00am – 12.30pm**

### 3.3 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.

**Co-produced and delivered by:**

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

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

<b>Session 1</b> Thursday 5th October 1.00pm – 3.00pm Bute Park	<b>Session 2</b> Thursday 12th October 1.00pm – 3.00pm Bute Park	<b>Session 3</b> Thursday 19th October 1.00pm – 3.00pm Bute Park	<b>Session 4</b> Thursday 26th October 1.00pm – 3.00pm Bute Park
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## 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: Thursday 5th October 10am - 12.30pm**

**Workshop 2: Thursday 19th October 10am - 12.30pm**

## 5. Activity / Movement for Recovery

### 5.1 Staying Healthy in Body and Mind

*Delivery: Two 2.5-hour In Person sessions at the Eastern Leisure Centre*

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 12th October 10am - 12.30pm**

**Session 2: Wednesday 19th October 10am - 12.30pm**



# Getting to know Cardiff and Vale Recovery & Wellbeing College

The Recovery & Wellbeing College Open Forum Event on Friday 22nd September 10.00am – 12.00pm. This event will be a great opportunity to meet the Recovery College team and learn a little more about the fantastic courses we will be offering in the Autumn term.

We will also be sharing contributions from Recovery College students and associate trainers.

## Digital Peers

Does technology make you nervous?

Digital Peers can help you with this; by offering support in setting up an email, registering with the Recovery & Wellbeing College and enrolling on your chosen courses.

Digital Peers have their own lived experience of digital exclusion, getting online and learning new skills. Sharing their own experiences of digital exclusion allows digital peers to empathise and understand some of the barriers and challenges to becoming digitally included.

The focus of the Digital Peer role is to empower students to be able to use digital devices, such as computers, iPad, smartphones and the internet to promote and support digital inclusivity. If this is something you feel would benefit you on your recovery journey, please contact the Recovery & Wellbeing College to arrange a suitable time for you to meet a Digital Peer.

## Induction to the College

*Delivery: 1-hour Attend Anywhere Online workshop*

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

**Tuesday 26th September 1.30pm - 2.30pm**

## 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](mailto:Lived_Experience.MHCB.Cav@wales.nhs.uk)

## ILP Week

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) on the week commencing September 25th. 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.

**Monday 25th September 2pm – 5pm**

**Wednesday 27th September 10am – 1pm**

**Thursday 28th September 2pm - 5pm**

**Friday 29th September 10pm - 1pm**

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)

# Student Charter

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

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## Before you become a student:

### You can expect us to:

- Efficiently manage your enquires and assist you with the enrolment process if you need support
- Always communicate in a friendly and professional manner
- Provide information about our courses, workshops, prospectus and timetable

### We expect you to:

- Ask us for clarification if you're not sure about anything

## When you enrol at the Recovery & Wellbeing College:

### You can expect us to:

- Ask during the enrolment process if there are any issues which might make attending the course difficult for you. We will make reasonable adjustments to support your mental and physical health and ability to learn, providing you inform us at the time of enrolment
- Send you a reminder of your upcoming course

### We expect you to:

- Complete our enrolment form and provide the relevant information such as your contact details and an emergency contact
- Agree to this student charter and code of conduct
- Tell us about any mental or physical health difficulties which could make your learning journey difficult. Communicating your needs to us is very important to enable us to support you

## Throughout your time at the Recovery & Wellbeing College:

### You can expect us to:

- Provide a warm, professional, healthy and safe learning environment and work with you to make learning enjoyable and accessible
- Deliver high quality courses and workshops which promote recovery and social inclusion, and offer you hope, control and opportunity
- Respect your personal beliefs, life choices, faith and cultural practices and traditions making it an environment free from stigma and discrimination

- Give you time and space within and outside the classroom to provide feedback about the Recovery and Wellbeing College, its services and staff without fear of recrimination
- Address any complaints and concerns confidentially and professionally

### We expect you to:

- Adhere to the Recovery and Wellbeing College Charter and Code of Conduct
- Ask the college staff questions if you are not sure about anything
- Attend courses on time or, if you are running late, to inform the college office
- Contact the college office if you can no longer attend a course or workshop so we can offer your place to another student
- Inform us of any difficulties or challenges that would make it difficult to attend
- Ensure you enrol. Whilst many courses are being delivered online, it is important that all students attending enrol separately. We do

- not allow groups of students to attend together on one device to avoid disruption to other students' learning experience
- Be respectful of the rights of all students and staff of the college



# Code of Conduct for all

We want to ensure that every student of the College has a positive and enriching experience of the courses they take part in.

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

**We would also ask that everyone attending the College:**

- Be punctual. No students will be admitted to online courses later than 10 minutes after the course start time
- Behaves in a responsible manner that fosters mutual respect and understanding between all members of the College
- Respects the rights, life choices, beliefs and opinions of others, making no generalisations or stereotyping
- Does not behave in any way that may be considered threatening or disruptive, or that is likely to lead to physical or emotional harm to any students or staff
- Refrains from the use of alcohol, un-prescribed medication or illegal substances
- Does not behave in a way that prevents or disrupts learning or other activities
- Does not use violent, disorderly or offensive behaviour or language
- Does not record workshops or courses by phone or other means

All of us, students and staff, have a responsibility to ensure that this code is respected and observed. Please approach a member of the College staff if you have any concerns.

If we feel that you have breached this Code of Conduct, we will discuss this with you and try and find a way forward.





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