



Cardiff and Vale  
**Recovery &  
Wellbeing College**

# Prospectus

## Spring Term 2021

January 4th - March 26th



**GIG**  
CYMRU  
**NHS**  
WALES

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



# A bit about us...

**We provide a range of free courses to service users, carers and staff, on a range of mental health and wellbeing topics.**


The courses we have on offer are co-produced by people with lived experience of mental health issues, 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 e-mail us for more information about enrolling.

 [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/)

# Contents

## 1. Understanding Series

- 1.1 Understanding Psychosis
- 1.2 Understanding Anxiety
- 1.3 Understanding Depression
- 1.4 Understanding Bipolar
- 1.5 Understanding Hoarding

---

## 2. Peer Mentoring

- 2.1 Peer Mentoring Accredited Level 2

---

## 3. Wellbeing

- 3.1 Better Sleep During COVID
- 3.2 Discovering Self-Compassion
- 3.3 Men and Mental Health
- 3.4 Recovery Through Activity

---

## 4. Trauma

- 4.1 Trauma Informed
- 4.2 Trauma, Adversity and Mental Health

---

## 5. Employment Skills

- 5.1 Managing Stress, Health and Wellbeing at Work
- 5.2 Setting Work Goals and Identifying Skills

---

## 6. Physical Activity for Recovery

- 6.1 Fighting Fit for Recovery
- 6.2 Staying Healthy in Body and Mind

---

## 7. Diversity and Social Inclusion in Mental Health

- 7.1 BAME Mental Health Awareness Raising Session

# 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.

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

**Course One:**  
Tuesday 26th January, 2:30 - 5pm

**Course Two:**  
Thursday 4th March, 2:30 - 5pm

**Course Three:**  
Tuesday 16th March, 2:30 - 5pm

## 1.2 Understanding Anxiety

*Delivery: 2 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, having a medical, 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, its 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 One:**  
Tuesday 23rd February, 10 - 12pm

**Course Two:**  
Tuesday 9th March, 10 - 12pm

## 1.3 Understanding Depression

*Delivery: 2 hour Zoom workshop*

Depression is a common mental health condition which 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 One:**  
Tuesday 2nd March, 10 - 12pm

**Course Two:**  
Tuesday 16th March, 10 - 12pm

## 1.4 Understanding Bipolar

*Delivery: 2.5 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 a professional aims to help people with their understanding of these issues.

We will outline treatment options and explore ways to promote recovery and self-help.

We will explore personal experiences of Bipolar and identify the ways people have managed their experiences so that they can get on with their lives.

**Course One:**  
Friday 5th March, 10 - 12:30pm

**Course Two:**  
Monday 15th March, 10 - 12:30pm

FOUR

## 1.5 Understanding Hoarding

Delivery: 2.5 hour Zoom workshop

Hoarding disorder is known to impact 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 (Diagnostic and Statistical Manual of Mental Health) yet the knowledge base of hoarding as a condition in its own right is relatively new and there is still much more to be learnt.

Hoarding disorder has huge implications for the individual, their families and their extended communities. It is one of the leading causes of eviction, and is remarkably unresponsive to medication.

Hoarding behaviours are also intertwined with other complex issues including capacity, substance use, safeguarding and welfare.

This course will aim to unpack some of these issues by exploring the psychology behind hoarding and allowing participants to gain a fuller understanding of the complexities behind the condition.

### Learning outcomes

- Awareness and early identification.
- Types of hoarding behaviours and where these fit into the new diagnostic criteria.
- The tales behind the treasures - *why do we hoard?*
- Treatment pathways and practical support.
- Compassionate conversations - *where to start with someone who is hoarding.*
- The value of support networks - *how can we help each other?*

**Course One:**  
Monday 22nd February  
2 - 4:30pm

**Course Two:**  
Monday 22nd March  
2 - 4:30pm



## 2. Peer Mentoring

### 2.1 Peer Mentoring Accredited Level 2

Delivery: Three 3 hour Zoom workshops

This course is delivered in partnership with Growing Space and builds on Level 1, students must have attended Level 1 to enrol on this course. A large part of the course will include personal reflection, journaling and creative ways of engaging with people.

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

#### The learning outcomes include:

- peer mentor skills,
- communication skills,
- values,
- attitudes,
- professional boundaries,
- the mentoring process,
- and personal reflection.

**Pre course meeting:**  
Friday 8th January  
9 - 10am

**Pre course meeting:**  
Monday 11th January  
9 - 10am

**Session 1:**  
Wednesday 13th January  
10 - 1pm

**Session 2:**  
Wednesday 3rd February  
10 - 1pm

**Session 3:**  
Wednesday 24th February  
10 - 1pm

**Growing Space**  
Helping People Grow



## 3. Wellbeing

### 3.1 Better Sleep During COVID

Delivery: Zoom

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

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

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

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

#### Course One:

Friday 22nd January  
2 - 4pm

#### Course Two:

Friday 26th February  
2 - 4pm

#### Course Three:

Wednesday 24th March  
2 - 4pm

### 3.2 Discovering Self-Compassion

Delivery: 2 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?

Learn to be compassionate to yourself and understand that being kinder to ourselves is possible for everyone.

#### Course One:

Wednesday 20th January  
2 - 4pm

#### Course Two:

Friday 5th February  
2 - 4pm

#### Course Three:

Friday 19th March  
2 - 4pm

### 3.3 Men and Mental Health

Delivery: 2.5 hour Zoom workshop

What does “being a man” have to do with mental health?

Men and women feel distress equally, but some men believe that they’re not supposed to talk about their emotions. The masculine stereotype that men need to be strong and expressions like “Just man up” can be very harmful, as it leaves a lot of men feeling that they can’t ask for help when they’re struggling. Men are far less likely to access therapy for problems such as anxiety, depression or even thoughts to hurt themselves and might manage their pain 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 do express their difficulties and the resources available to support men in maintaining their mental health.

#### Course One:

Tuesday 16th March  
2 - 4:30pm

#### Course Two:

Friday 26th March  
2 - 4:30pm

### 3.4 Recovery Through Activity

Delivery: Six 2 hour sessions on Zoom

Living a life that reflects our values helps us to stay motivated, feel satisfaction and experience achievement. This course aims to enable students to recognise the long-term benefits and value of participation in a range of meaningful activities to recover skills, interests and confidence that may have been lost. The course explores the different activities of daily living and how engaging with these positively can increase independence and control. Like all our Recovery College workshops – this course is co-produced between someone with lived experience and a professional, Tamsin Griffiths and Kate Blower. Within this course we are also working in partnership with DICE tutors.

Wednesday 3rd February  
Wednesday 10th February  
Wednesday 24th February  
Wednesday 3rd March  
Wednesday 10th March  
Wednesday 17th March  
2 - 4pm



FOUR

# 4. Trauma

## 4.1 Trauma Informed

### Connecting with Hope: Understanding and Building Healthy and Supportive Relationships

*Delivery: One 2.5 hour Zoom workshop*

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 workshop co-produced by Paul Whittaker and Gemma Budge 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 workshop also provides some information and sharing of ideas

on forging healthy and supportive relationships.

The workshop draws on participants lived experience, research and theory from the field of systemic and attachment theory.

Attendees' reflections on their experience of relationships and their ideas about forging healthy relationships are welcomed; however the workshop is not intended to replace psychological therapies.

**Wednesday 10th February**  
9:45 – 12:15pm



## 4.2 Trauma, Adversity and Mental Health

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

*Delivery: Two 2.5 hour Zoom workshops*

Trauma and adverse life experiences, including, but not limited to abuse, bullying, poverty and complex bereavement, can have a significant impact on mental health. These workshops bring together Paul Whittaker and Gemma Budge to provide information and the opportunity to discuss the many ways in which challenging life experiences can affect a person's mood, relationships and functioning, introducing some basic skills to begin managing some of these effects.

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

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

mood, interpersonal relationships and functioning.

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

**Part 1**  
Friday 22nd January  
9:15 – 12:30pm

**Part 2**  
Wednesday 27th January  
9:45 – 12:15pm





## 5. Employment Skills

### 5.1 Managing stress and health and wellbeing at work

Delivery: 2 hour Zoom workshop

This workshop is for people who are currently in employment including staff working in Cardiff and Vale services, it is equally for people who are considering entering or re-entering employment as part of their mental health 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 2 hour workshop will 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 thrive and not only survive in the workplace.

**Course One:**  
Monday 25th January  
2 - 4pm

**Course Two:**  
Monday 1st March  
2 - 4pm

## 5.2 Setting work goals and identifying skills

Delivery: 2 hour Zoom workshop

This 2 hour workshop will support you in identifying what your skills are in relation to employment and help you identify employment related goals.

**Course One:**  
Tuesday 2nd Feb, 2 - 4pm

**Course Two:**  
Tuesday 9th March, 2 - 4pm



## 6. Physical Activity for Recovery

### 6.1 Fighting Fit for Recovery

Delivery: 2.5 hour Zoom workshop

Through engaging in physical activity, physical recovery, and exercise; including non-contact boxing, 'Fighting Fit for Recovery' aims to aid recovery and improve physical, emotional and mental wellbeing safely to empower the students to thrive beyond the duration of the course.

'Fighting Fit for Recovery' has been co-produced by 'Empire Fighting Chance' & Tamsin Griffiths from 'Four in Four'.

This exciting 10-week course will run from January to March.

FOUR



**5th, 6th, 7th January**  
- pre course appointments

**12th January** - 1:30 - 4pm

**19th January** - 1:30 - 4pm

**26th January** - 1:30 - 4pm

**2nd February** - 1:30 - 4pm

**9th February** - 1:30 - 4pm

**16th February** - 1:30 - 4pm

**23rd February** - 1:30 - 4pm

**2nd March** - 1:30 - 4pm

**9th March** - 1:30 - 4pm

**16th March** - 1:30 - 4pm

## 6.2 Staying healthy in body and mind

Delivery: 3 hour Zoom workshop

We all know that physical activity is part of our day to day lives.

How much activity is enough activity?

Should you be doing more or less?

Have you experienced barriers to making a start with exercise? Do you recognise what those barriers may be?

Is motivation for exercise a challenge?

What could be stopping us from maintaining a healthier lifestyle? Physical activity is helpful in maintaining and improving mental wellbeing.

By taking part in physical activity, we can improve our mental health and wellbeing. Similarly, with improved mental health, we may be more able to improve our physical health and wellbeing.

COVID-19 has brought its own difficulties, leading to people being socially isolated and venues being closed, decreasing opportunities however, there may be ways of working around these challenges which we hope to demonstrate

by giving you the opportunity to engage in some fun activity virtually during the course.

### Course Aims

- To gain an understanding of the importance of the link between mental health and physical health.
- To discuss the benefits of exercise and explore the challenges around taking part in activity.
- To explore possible strategies to overcome barriers to activity.
- To take part in some guided activity with our instructors.
- To help build confidence in your ability to make a start taking part in activity or to build an increased amount of activity into your daily life.
- To recognise that exercise and activity can be fun.

### Course dates:

Thursday 25th February  
1 – 4pm

Thursday 4th March  
1 – 4pm

Thursday 11th March  
1 – 4pm

Thursday 18th March  
1 – 4pm





## 7. Diversity and Social Inclusion in Mental Health

### 7.1 BAME Mental Health Awareness Raising Session

Delivery: 3.5 hour session by Zoom

The session aims to create a better understanding and raise awareness of the issues facing people from the Black, Asian and Minority Ethnic (BAME) communities seeking to access mental health services, by exploring the experiences, values, perceptions and beliefs of participants (staff, carers

and people with mental health challenges), and as part of this exploration provide a better understanding of the disparity in the services provided to BAME individuals as a result of the impact of unconscious bias, and the lack of culturally competent services.

#### The session will enable participants to:

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



Course date:

Thursday 11th February  
10:00 – 1:30pm

## Open Forum

The next Cardiff and Vale Recovery & Wellbeing College Open Forum online meeting will be held on the 8th February, between 11.30am – 1pm.

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.

### You are welcome to come and meet with one of our trainers one-to-one before coming to the college.

At this meeting you can learn more about the college, our courses and explore what you are hoping to gain from attending the college.

During the meeting, the trainer can work with you to develop an individual learning plan to help meet your individual needs.

The individual learning plan can help you identify what you might like to learn, why you want to learn it and how it might help you with your wellbeing and recovery.

This meeting also gives the trainers a chance to understand how we can support your learning by thinking about any barriers to learning you might have.

If you have a disability or any specific health or learning difficulty, we can identify some changes which may make our courses more accessible for you.

Please tell us on your enrolment form if you would like a meeting with a trainer.

## Also coming soon...

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

# Student Charter

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

---

## Before you become a student:

### You can expect us to:

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

### We expect you to:

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

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

### You can expect us to:

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

### We expect you to:

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

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

### You can expect us to:

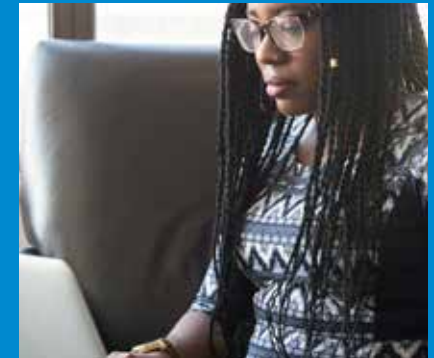
- Provide a warm, professional, healthy and safe learning environment and work with you to make learning enjoyable and accessible
- Deliver high quality courses and workshops which promote recovery and social inclusion, and offer you hope, control and opportunity
- Respect your personal beliefs, life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

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

### We expect you to:

- Adhere to the Recovery and Wellbeing College Charter and Code of Conduct
- Ask the college staff questions if you are not sure about anything
- Attend courses on time or, if you are running late, to inform the college office
- Contact the college office if you can no longer attend a course or workshop so we can offer your place to another student
- Inform us of any difficulties or challenges that would make it difficult to attend
- Be respectful of the rights of all students and staff of the college

Are you nervous or unsure about coming to the Cardiff and Vale Recovery & Wellbeing College for the first time?



If you feel worried or unsure about coming to the college to begin with, it may be because you feel you don't know enough about the college yet and need more information. You may also be worried about talking in a group due to anxiety or loss of confidence. Or you might have concerns about being able to concentrate and fully participate in the course.

If you have any of these concerns our trainers will be able to support you during the courses and have designed the courses to be suitable for people experiencing a range of difficulties. You can also meet one of our trainers before coming to a course.



# Cardiff and Vale 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/)



GIG  
CYMRU  
NHS  
WALES

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