



Cardiff and Vale
**Recovery &
Wellbeing College**

Prospectus

Spring Term 2022 (Part 1)



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



Recovery & Wellbeing College

The Cardiff and Vale Recovery & Wellbeing College provides free educational courses on a range of mental health, physical health and wellbeing topics. Our courses take place online or in-person at venues across Cardiff and Vale.

We welcome anyone to enrol as a student, you may be:

- Someone with lived experience of mental health and/or physical health challenges.
- Supporting or caring for someone with mental health or physical health challenges.
- A member of Cardiff and Vale University Health Board staff or work in the public or charitable sector.

Peer support is at the core of our courses, all co-produced and co-delivered by health care professionals and peer trainers with lived experience of mental health and physical health challenges. Course leads use their experience to support others.

We believe clinical and lived experience expertise have equal value and our courses are a space where we can learn from one another and everyone's contributions are valued. We aim to bridge the gap between mental health and physical health and are developing a number of innovative partnerships to enhance the health and wellbeing of people across Cardiff and Vale.

If you wish to find out more about any of our courses or sign up, please contact us:

 Cardiffandvale.Recoverycollege@wales.nhs.uk

 02921 832619

Contents

1. Understanding Series

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

2. Peer Mentoring

- 2.1 Peer Mentoring Accredited Course Level 1

3. Wellbeing

- 3.1 Persistent Pain (NEW)
- 3.2 Discovering Self-Compassion
- 3.3 "My Head is Full of Bees"
- 3.4 Living Well with Fatigue
- 3.5 Men and Mental Health

4. Trauma

- 4.1 Trauma, Adversity and Mental Health

5. Physical Activity for Recovery

- 5.1 Staying Healthy in Body and Mind

If you would like more support with accessing any courses via Zoom, please contact the college.

1. Understanding Series

1.1 Understanding Psychosis

Delivery: 3-hour Zoom workshop

Understanding Psychosis brings together Nick Chown and Andrew Vidgen to discuss their understanding of developing and recovering from psychosis and working with people who have experienced hearing voices or distressing beliefs.

Course delivered and co-produced by:
Nicholas Chown, Peer Worker
Andrew Vidgen, Consultant Clinical Psychologist

**Tuesday 1st February 2022,
2:30pm – 5:30pm**

1.2 Understanding Depression

Delivery: 2 x 2.5 hour Zoom workshops

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:
Ruth Farrish, Mental Health Nurse working with GP surgeries in Cardiff
Sian Powell, Teacher with lived experience of anxiety and depression

Part 1:
Friday 21st January 2022,
10am – 12:30pm

Part 2:
Friday 28th January 2022,
10am – 12:30pm

1.3 Understanding Anxiety

Delivery: 2 x 2.5-hour Zoom workshops

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.

Co-produced and Delivered by Sian Powell and Ruth Farrish.

Course delivered and co-produced by:
Ruth Farrish, Mental Health Nurse working with GP surgeries in Cardiff
Sian Powell, Teacher with lived experience of anxiety and depression

Part 1:
Friday 4th February 2022,
10am – 12:30pm

Part 2:
Friday 11th February 2022,
10am – 12:30pm

1.4 Understanding Hoarding

Delivery: 2.5 hour Zoom workshop

Hoarding disorder affects 2-6% of the population – potentially over 1.2 million people in the UK. Until 2013, the condition was thought to be linked to Obsessive Compulsive Disorder and so was researched and treated through this lens. We now know it to be a separate condition in the DSM 5 (Diagnostic and Statistical Manual of Mental Health). The knowledge base of hoarding as a condition in its own right is relatively new and there is still much more to be learnt. This course will aim to help people to develop

a more sympathetic understanding of the complexities behind the condition through exploring the common human experiences which underpin it.

Course delivered and co-produced by:
Penny Gripper, Peer Trainer
James Gregory, Clinical Psychologist/
Senior Lecturer

**Friday 4th February 2022,
1:30pm – 4:00pm**

1.5 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 of the Recovery & Wellbeing College
Kay Challoner, Specialist Mental Health Practitioner, Cardiff and Vale UHB

Wednesday 19th January
2022, 10:00am – 1:00pm



2. Peer Mentoring

2.1 Peer Mentoring Accredited Level 1

Delivery: 1 x 1-hour introduction and 2 x 2.5 hour Zoom workshops

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:

Thursday 3rd February
2022, 10:00am – 11:00am

Session 1:

Thursday 10th February
2022, 10:00am – 12:30pm

Session 2:

Thursday 17th February
2022, 10:00am – 12:30pm

Growing Space
Helping People Grow



3. Wellbeing



3.1 Persistent Pain

Delivery: 1 x 2.5 hour Zoom workshop

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 it's 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.

Course delivered and co-produced by:

Andrew Sims, Senior Peer Trainer, Recovery and Wellbeing College

Alex Ewins, Specialist Physiotherapist, Cardiff and Vale UHB

Thursday 20th January 2022, 10am – 12:30pm



3.2 Discovering Self-Compassion

Delivery: 3-hour Zoom workshop

Do you find it hard to make time to look after yourself? Do you criticise yourself and treat yourself more harshly than you would other people? This course is co-produced by Andrew Sims and Kate Blower who welcome you to join them to learn to be more compassionate to yourself and understand that being kinder to ourselves is possible for everyone.

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

“I learnt that negative internal narrative are not facts! I learnt how to notice and challenge negative thoughts and that you have to consistently work on self-compassion.”

Course delivered and co-produced by:

Andrew Sims, Senior Peer Trainer, Recovery and Wellbeing College
Katherine Blower, Recovery College Curriculum Lead and Occupational Therapist

Wednesday 2nd February 2022, 2:00pm – 4:30pm

3.3 “My Head is Full of Bees”

Delivery: 3 x 2.5-hour Zoom workshop

How we can use the arts to express our emotions, moods, thoughts and behaviours in a meaningful way for ourselves and others to understand.

How can we tell someone we are depressed if we don't know the word depression, or what depression feels like? What if our feeling of anxiety is someone else's nervousness? Our abstract thoughts and feelings are unique to us based on our life experiences and can present themselves in different ways. They cannot be seen, heard, touched, smelled, or tasted and so they can be incredibly difficult to describe.

Through creative conversation combined with a variety of arts practices, this course will explore how using creative metaphors can help us identify, understand and share our feelings to aid our self-expression. No previous arts experience is required.

Course delivered and co-produced by:

Tamsin Griffiths, Multimedia Artist, Storyteller and Senior Peer Trainer

Paul Whittaker, Bipolar Artist, Writer and Senior Peer Trainer

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

Session 1:
Wednesday 2nd February 2022, 10am - 12:30pm

Session 2:
Wednesday 9th February 2022, 10am - 12:30pm

Session 3:
Wednesday 16th February 2022, 10am - 12:30pm

FOUR

3.4 Living Well with Fatigue

Delivery: 1 x 3-hour Zoom workshop

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 on 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 brief 3-hour course looks at what fatigue is and why you might be experiencing it. We will explore

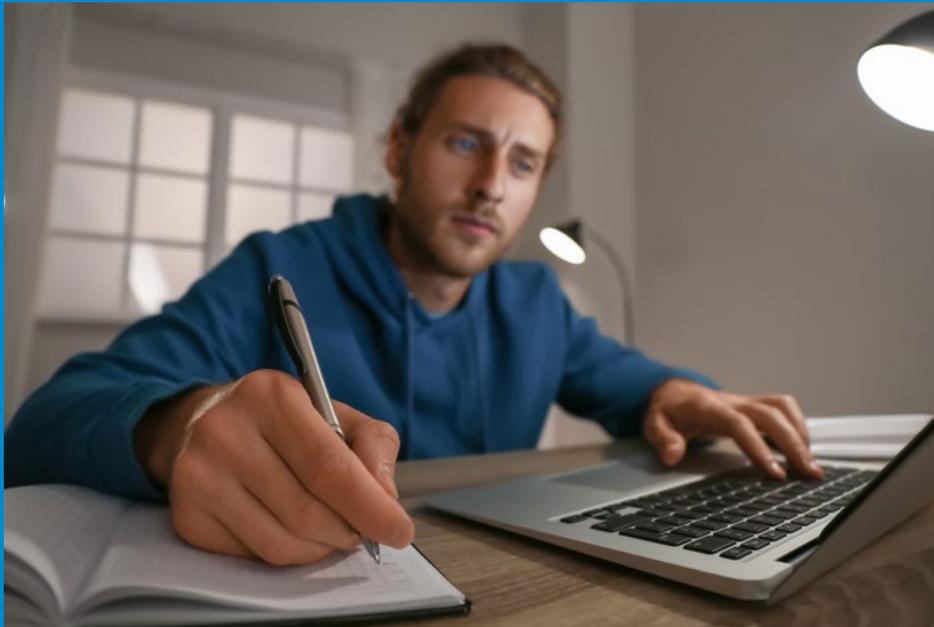
management strategies using the expertise of lived experience, and some clinical knowledge.

Course delivered and co-produced by:

Penny Gripper, Peer Trainer

Rachel Wallbank, AHP Clinic and Team Lead for the COVID team

Monday 31st January 2022,
1pm – 4pm



3.5 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.

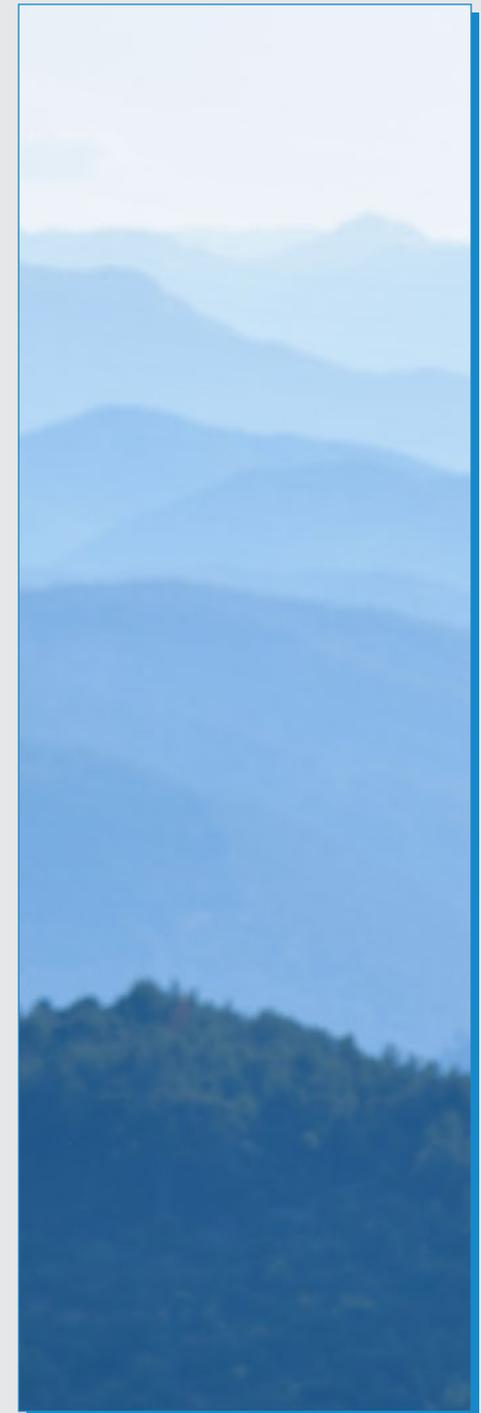
Sometimes that pain can be expressed through harmful behaviours such as aggression or substance abuse. This workshop explores the experience of men suffering from mental health problems, the language men use when they express their difficulties and resources available to support men in maintaining their mental health.

Course delivered and co-produced by:

Matt Lloyd, Recovery & Wellbeing College Peer Trainer with lived experience

Dan Miles, Deputy Ward Manager for Mental Health Rehabilitation Services

Thursday 27th January 2022,
2pm – 4.30pm





4. Trauma Informed Mental Health

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 Zoom workshops (part 2 includes 30 minutes course evaluation)

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

symptoms and it's hoped that the course provides a forum for people to share their experiences of trauma recovery if they wish.

Course delivered and co-produced by:

Paul Whittaker, Bipolar Artist, Writer, Senior Peer Trainer and Co-curator of the Arts & Health strand of the Recovery & Wellbeing College
Gemma Budge, Clinical Psychologist with a passion for collaborative practice in Adult Mental Health

Workshop 1: Thursday 20th January 2022, 10am-12:30pm

Workshop 2: Monday 24th January 2022, 10am-1pm

FOUR

5. Physical Activity for Recovery

5.1 Staying Healthy in Body and Mind

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

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

This course has been co-produced by a professional personal trainer who has many years' experience of physiotherapy work within the mental health sector and by a Peer Trainer with lived experience of mental health challenges and using exercise to help aid in recovery.

Course delivered and co-produced by:

Georgia Howard, Senior Peer Trainer at the Recovery & Wellbeing College and Lead for the Live Well Partnership

Justin Jones, Physiotherapy Technical Instructor

Session 1:

Wednesday 2nd February 2022, 2pm – 4pm

Session 2:

Wednesday 9th February 2022, 2pm – 4pm

Living Well 



Getting to know Cardiff and Vale Recovery & Wellbeing College

Induction to the College

Delivery: 1-hour Zoom workshop

Come along to this short co-produced session to hear more about:

What it means to be a student:

Tuesday 18th January 2022, 1pm - 2pm

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 the college manager/curriculum lead for further information.

Individual Learning Plan Meeting Space

Delivery: 3-hour Zoom workshop

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

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

Session 1:

Wednesday 19th January 2022,
10am – 1pm

Session 2:

Wednesday 16th February 2022,
1pm – 4pm

Find out more about Cardiff and Vale Recovery & Wellbeing College on our web page:

<https://cavuhb.nhs.wales/recovery-college/>

Or scan the QR code:



We look forward to welcoming you...



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:

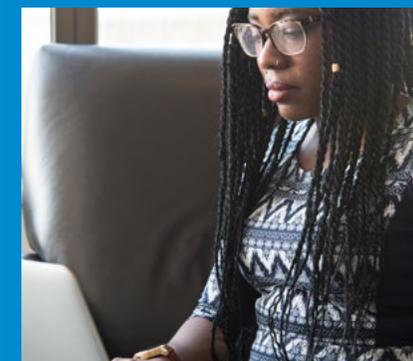
- Provide a warm, professional, healthy and safe learning environment and work with you to make learning enjoyable and accessible
- Deliver high quality courses and workshops which promote recovery and social inclusion, and offer you hope, control and opportunity
- Respect your personal beliefs, life 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.

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.

Recovery & Wellbeing College Student Space Bubble

A message from our student representatives:

We are the student representatives for the Recovery & Wellbeing College will be holding monthly bubble sessions for all current students and indeed anyone at all pondering what the college is all about. We will be rotating our sessions between an online forum and an in-person meet up to hopefully enable all those who want to join, the opportunity to attend in their preferred method. Our emphasis and purpose of holding these meet-ups will be for it to be relaxed, informal, welcoming and a very much 'ask us anything' chat 'student-to-student' about any queries and concerns regarding what the college offers. It is also an opportunity to give feedback on what the students would like to see in the college in regard to future courses, material, topics covered and anything else we could develop and improve. Essentially, our students are at the heart of what we are trying to do and we want to keep it that way. We hope to see you soon.

Kathryn and Alex



Cardiff and Vale Recovery & Wellbeing College

✉ Cardiffandvale.Recoverycollege@wales.nhs.uk

☎ 02921 832619

🌐 cavuhb.nhs.wales/recovery-college/



GIG
CYMRU
NHS
WALES

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