



Cardiff and Vale
**Recovery &
Wellbeing College**

Prospectus

Spring Term 2022 (Part 2)



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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

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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 Psychologist

Course 1: Tuesday 1st March
2.30pm – 5.30pm

Course 2: Tuesday 29th March
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 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. Co-produced and delivered by Sian Powell and Ruth Farrish.

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

Part 1: Friday 25th March 2022
1pm – 3.30pm

Part 2: Friday 1st April 2022
1pm – 3.30pm

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.

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

Part 1: Friday 11th March 2022
1pm – 3.30pm

Part 2: Friday 18th March 2022
1pm – 3.30pm

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 1st April 1.30pm - 4pm

1.5 Understanding Bipolar

Delivery: 3-hour Zoom workshop

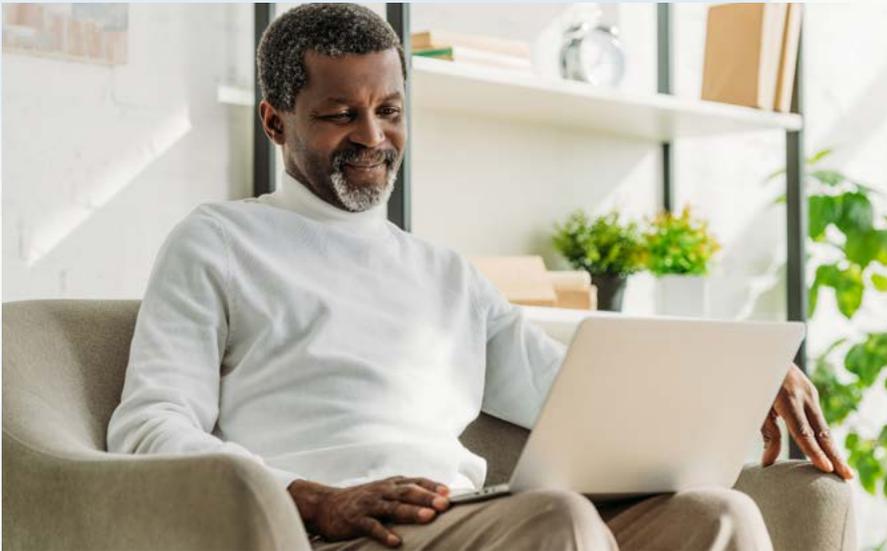
Bipolar disorder is a complex disorder in which people experience episodes of low and high mood. Experiencing Bipolar and being diagnosed can be a frightening and life-changing event. There are lots of myths and prejudices about Bipolar that can make coming to terms with this diagnosis even harder. This 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 for the Recovery & Wellbeing College
Kay Challoner, Specialist Mental Health Practitioner, Cardiff and Vale University Health Board

**Wednesday 16th March,
1pm - 4pm**

FOUR



2. Trauma

2.1 Connecting with Hope

Delivery: 2 x 2.5-hour Zoom workshops

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 two part course, co-produced by Paul Whittaker and Gemma Budge, provides information and opportunities for discussion on the range of interpersonal challenges people may face following trauma and adverse life events. The workshop draws on participants' lived experience as well as research and theory from the field of systemic and attachment theory. The course also provides some information and sharing of ideas on forging healthy and supportive relationships.

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

Gemma Budge, Clinical Psychologist with a passion for collaborative practice in Adult Mental Health.

**Part 1: Thursday 3rd March
10am - 12.30pm**

**Part 2: Thursday 10th
March 10am - 12.30pm**

FOUR



3. Peer Mentoring

3.1 Peer Mentoring Accredited Course Level 1

Delivery: 1 x 1-hour introduction & 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.

Course 1

Introduction
Monday 28/02/2022,
10am - 11am

Session 1
Monday 07/03/2022,
10am - 12.30pm

Session 2
Monday 14/03/2022,
10am - 12.30pm

Course 2

Introduction
Monday 21/03/2022,
10am - 11am

Session 1
Monday 28/03/2022,
10am - 12.30pm

Session 2
Monday 04/04/2022,
10am - 12.30pm

Growing Space
Helping People Grow

4. Wellbeing

4.1 Discovering Self Compassion

Delivery: 1 x 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 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."

Andrew Sims, Senior Peer Trainer

Kate Blower, Recovery College Curriculum Lead and Occupational Therapist

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

Wednesday 23rd March,
10am - 1pm

4.2 “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 Zoom 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.

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.

Part 1
24/03/2022, 10am - 12.30pm

Part 2
31/03/2022, 10am - 12.30pm

Part 3
07/04/2022, 10am - 12.30pm



4.3 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 within the Recovery and Wellbeing College

Alex Ewins Specialist Physiotherapist working in Cardiff and Vale UHB

Monday 21st March,
1.30pm - 4pm





4.4 Living Well with Fatigue

Delivery: 1 x3-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. This workshop has been co-produced and delivered by Penny Gripper and Rachel Wallbank.

Course delivered and co-produced by: Penny Gripper, Peer Trainer Rachel Wallbank, AHP Clinic and Team Lead for the COVID team.

Monday 7th March,
1pm – 4pm



4.5 While We Were Walking Introduction to Understanding and Managing the Impact of Challenging Life Experiences on Mental Health



Delivery: In person course - 4 Sessions

Over 4 weeks we will be exploring together the 5 ways to Wellbeing; Connecting; Giving; Being Active; Keep Learning, and Taking Notice. For two of the weeks 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. Two of our sessions will be held in Grange Gardens Bowls Pavilion, a perfect venue for exploring some simple art making techniques to capture what we find.

Co-produced and delivered by:

Louise Jensen, Peer trainer and Creative Arts Practitioner

Kate Blower, Occupational Therapist and Recovery College Curriculum Lead

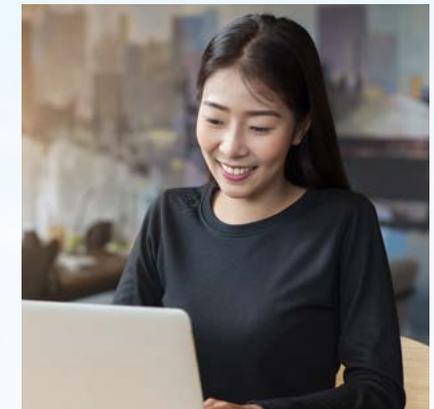


Session 1
Thursday 3rd March,
2pm-4pm, Bute Park

Session 2
Thursday 10th March,
2pm-4pm, Grange Gardens
Bowls Pavilion

Session 3
Thursday 24th March,
2pm-4pm, Bute Park

Session 4
Thursday 31st March,
2pm-4pm, Grange Gardens
Bowls Pavilion



4.6 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 with Mental Health Rehabilitation Services

**Tuesday 22nd March,
2pm – 4.30pm**

5. Physical Activity for Recovery

5.1 Let's Get Active Together

Delivery: In person course, 6 sessions over 3 weeks

This course has been co-produced to support you in discovering the joys and fun in exercise and regular movement, whilst gaining all of the known benefits. This course is delivered through 6-sessions, over 3-weeks. We will support you to experience various activities each session and we will be by your side, together, throughout. The activities have been carefully chosen to support you in your journey back in to regular movement and exercise.

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 College and Lead for the Live Well Partnership.

Justin Jones, Physiotherapy Technical Instructor and Professional Personal Trainer

Location: TBC

Week 1

**Monday 7th March,
1pm - 3pm**

**Thursday 10th March,
1pm - 3pm**

Week 2

**Monday 14th March,
1pm - 3pm**

**Thursday 17th March,
1pm - 3pm**

Week 3

**Monday 21st March,
1pm - 3pm**

**Thursday 24th March,
1pm - 3pm**



6. Employment Skills

6.1 Managing Stress, Health and Wellbeing at Work

Delivery: 2-hour Zoom workshop

This workshop is for people who are currently in employment and it is equally for people who are considering entering or re-entering employment as part of their 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 workshop gives the opportunity to 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 not only survive, but thrive in the workplace.

Course delivered and co-produced by:

**Susie Boxall Deputy Peer Lead
Recovery College**

**Kate Blower Recovery College
Curriculum Lead and Occupational
Therapist**

**Wednesday 9th March,
2pm-4pm**

6.2 Setting Work Goals and Identifying Skills

Delivery: 2-hour Zoom workshop

Co-produced and delivered by Susie Boxall, Deputy Peer Lead and Kate Blower, Occupational Therapist this workshop will support you in identifying what your skills are in relation to life, and transferable skills for employment or voluntary work and help you identify goals that work for you.

Student voice: What 3 things will you be taking away?
"Skills I didn't know I had and the confidence to set goals and use them usefully."

Course delivered and co-produced by:

Susie Boxall, Deputy Peer Lead Recovery & Wellbeing College

Kate Blower, Recovery & Wellbeing College Curriculum Lead and Occupational Therapist

Wednesday 2nd March, 2pm - 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:



7. Other

7.1 Digital Skills

Growing your Zoom Confidence

Delivery: 1 x 1.5-hour Zoom workshop

Zoom is a major tool in communicating with others online, be it for work or connecting with family and friends. Here at the Cardiff and Vale Recovery & Wellbeing College, we have adapted to using Zoom and have transferred the majority of our courses online. We understand that there may be worries and anxieties when getting used to using Zoom or trying it for the first time. This course welcomes all students who would like to gain more knowledge, understanding and build on their confidence to use Zoom. This course aims to explore the functions on Zoom in a fun and interactive way. There will be many opportunities to practice, ask questions and learn from one another.

Course delivered and co-produced by:

Georgia Howard, Digital Inclusion Lead, Cardiff and Vale Recovery & Wellbeing College

Sarah Jaques, Digital Peer with lived experience

Wednesday 9th March, 10.30am – 12pm

7.2 ILP Meeting Space

Delivery: 2 x 3-hour Zoom workshop

Individual Learning Plans 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 & Wellbeing 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 2nd March 1pm – 4pm

Session 2:

Wednesday 6th April 1pm – 4pm

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.

Student Charter

When you study at the Cardiff and 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:

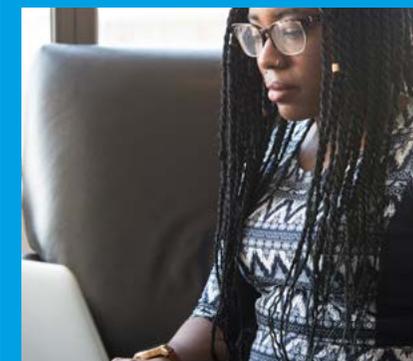
- Provide a warm, professional, healthy and safe learning environment and work with you to make learning enjoyable and accessible
- Deliver high quality courses and workshops which promote recovery and social inclusion, and offer you hope, control and opportunity
- Respect your personal beliefs, life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

Help shape 'Your Ideal Recovery & Wellbeing College'

The Cardiff and Vale Recovery & Wellbeing is inviting people to get involved in exploring the direction of travel for the college beyond its infancy. The success of the college means it is now at a pivotal point where next steps need to be identified to ensure that the model is sustainable and continues to provide an exceptional offering to the Health Board's local population.

The Recovery & Wellbeing College would like anyone from Cardiff and the Vale of Glamorgan with an interest in the college to attend a series of online sessions called 'Your Ideal Recovery & Wellbeing College' which will inform the co-production of business plans. The college wants to ensure prospective plans are designed in a way that are reflective of the needs of the local population.



'Your Ideal Recovery & Wellbeing College' Zoom sessions:

- Friday 18th February, 1-2pm
(Session topic: Venue)
- Friday 25th February, 1-2pm
(Session topic: Resources and staffing)
- Friday 4th March, 1-2pm
(Session topic: Education and wellbeing priorities)
- Friday 11th March, 1-2pm
(Session topic: Working with our wider community)
- Friday 18th March, 1-2pm
(Session topic: Evaluation and outcomes)
- Friday 25th March, 1-2pm
(Session topic: Future priorities)

Face-to-face session:

- Friday 1st April, 1-2pm
(Session topic: All themes)

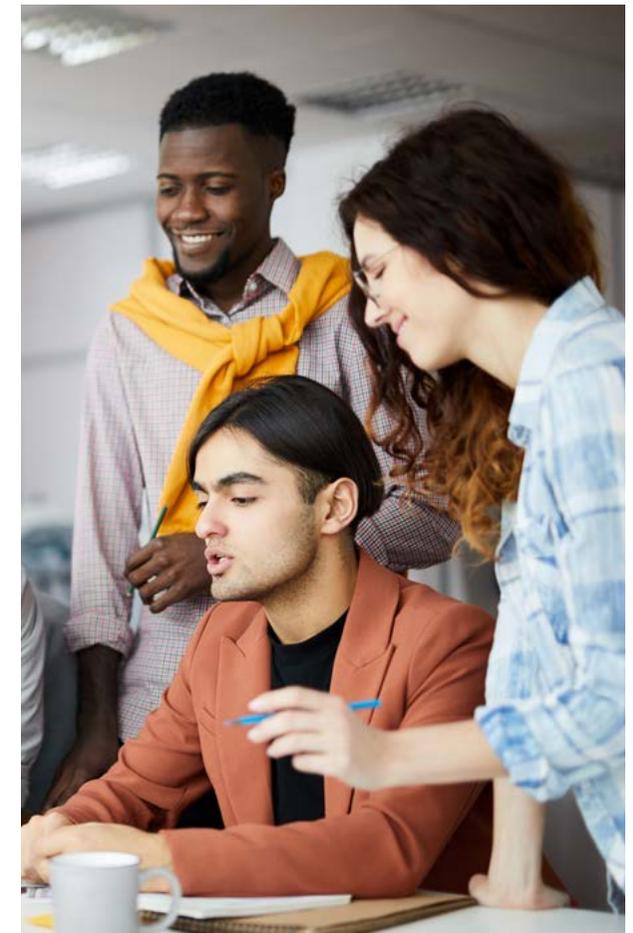
Findings and next steps Zoom session:

- Friday 8th April, 1-2:30pm

For access information to the above sessions, please email:

Cardiffandvale.Recoverycollege@wales.nhs.uk

highlighting which ones you would like to attend. Whilst some sessions have a focus theme there will be opportunities to contribute more widely.





Cardiff and Vale Recovery & Wellbeing College

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☎ 02921 832619

🌐 cavuhb.nhs.wales/recovery-college/



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