



Cardiff and Vale
**Recovery &
Wellbeing College**

Prospectus

Spring Term 1

Monday 8th January 2024 – Friday 9th February 2024



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



A bit about us...

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://mindrecoverynet.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

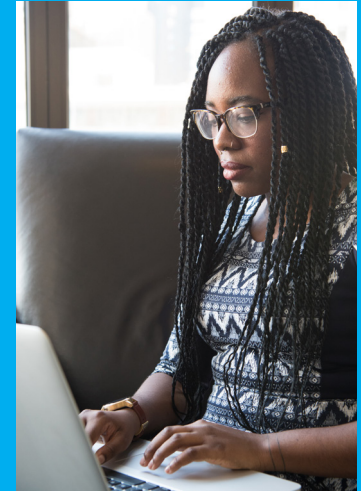
☎ 02921 832619

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



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

If you feel worried or unsure about coming to the college to begin with, it may be because you feel you don't know enough about the college yet and need more information. You may also be worried about talking in a group due to anxiety or loss of confidence. Or you might have concerns about being able to concentrate and fully participate in the course. If you have any of these concerns, our trainers will be able to support you during the courses and have designed the courses to be suitable for people experiencing a range of difficulties. You can also meet one of our trainers before coming to a course, as detailed below.



Come and meet one of our trainers

You are welcome to come and meet with one of our trainers one-to-one before coming to the college. At this meeting you can learn more about the college and our courses and explore what you are hoping to gain from attending the college. During the meeting, the trainer can work with you to develop an individual learning plan to help meet your individual needs. The individual learning plan can help you identify what you might like to learn, why you want to learn it and how it might help you with your wellbeing and recovery. This meeting also gives the trainers a chance to understand how we can support your learning by thinking about any barriers to learning you might have. If you have a disability or any specific health or learning difficulty, we can identify some changes which may make our courses more accessible for you. Please tell us on your enrolment form if you would like a meeting with a trainer.

Contents

1. Introduction Series	4
1.1 Induction to the Recovery & Wellbeing College	4
1.2 Introduction to Attend Anywhere and MRN2	4
1.3 Introduction to Individual Learning Plans	4
2. Understanding Series	5
2.1 Understanding Psychosis	5
2.2 Understanding Anxiety	5
2.3 Understanding Depression	5
2.4 Understanding Bipolar	6
3. Peer Support	6
3.1 Peer Support Skills	6
4. Wellbeing	7
4.1 I Just Can't Sleep	7
4.2 Connecting to Relationships	7
4.3 Men and Mental Health	8
4.4 Discovering Self Compassion	8
4.5 I'm more than just 'tired' - making sense of fatigue	8
4.6 Recovery and Identity	9
4.7 Growing your digital confidence	9
5. Movement for Recovery	10
5.1 Connecting Through Activity	10
Getting to know Cardiff and Vale Recovery & Wellbeing College	11
Student Charter	13
Code of Conduct for all	14



1. Introduction Series

1.1 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.

Course delivered and co-produced by:

Georgia Howard – Deputy Peer Training & Operational Lead

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

Tuesday 9th January 10.00am – 11.00am

1.2 Introduction to AA and MRN2 **NEW**

Delivery: 1-hour Attend Anywhere online workshop

Come along to our short session to introduce you to our new platforms Attend Anywhere and MRN2 booking system. This course welcomes all students who would like to gain more knowledge, understanding and build on their confidence to use Attend Anywhere and MRN2. We understand that there may be worries and anxieties when accessing these platforms for the first time, so there will be plenty of time to ask questions and learn from one another.

Course delivered and co-produced by:

Georgia Howard – Deputy Peer Training & Operational Lead

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

Tuesday 9th January 12:00pm – 1:00pm

1.3 Introduction to Individual Learning Plans **NEW**

Delivery: 1-hour Attend Anywhere online workshop

One of the ways we support our students is through offering Individual Learning Plans (ILPs). Completing an ILP involves meeting with an ILP peer and establishing self-identified goals based upon individual hopes and aspirations. To gain more understanding about ILPs and if they would support you through your Recovery College learning, join our short introductory session specifically about ILPs.

Course delivered and co-produced by:

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

Friday 12th January 12:00pm – 1:00pm



2. Understanding Series

2.1 Understanding Psychosis

Delivery: 2.5-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.

Course delivered and co-produced by:

Nicholas Chown – Peer Worker

Andrew Vidgen – Consultant Clinical Psychologist

Tuesday 23rd January 2:30pm – 5:00pm

2.2 Understanding Anxiety

Delivery: 2 x 2-hour Attend Anywhere online 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.

Course delivered and co-produced by:

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

Aleksandra Mazurkiewicz – Occupational Therapist Recovery & Wellbeing College

Session 1: Friday 26th January 10:00am – 12:00pm

Session 2: Friday 2nd February 10:00am – 12:00pm

2.3 Understanding Depression

Delivery: 2 x 2-hour Attend Anywhere online 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.

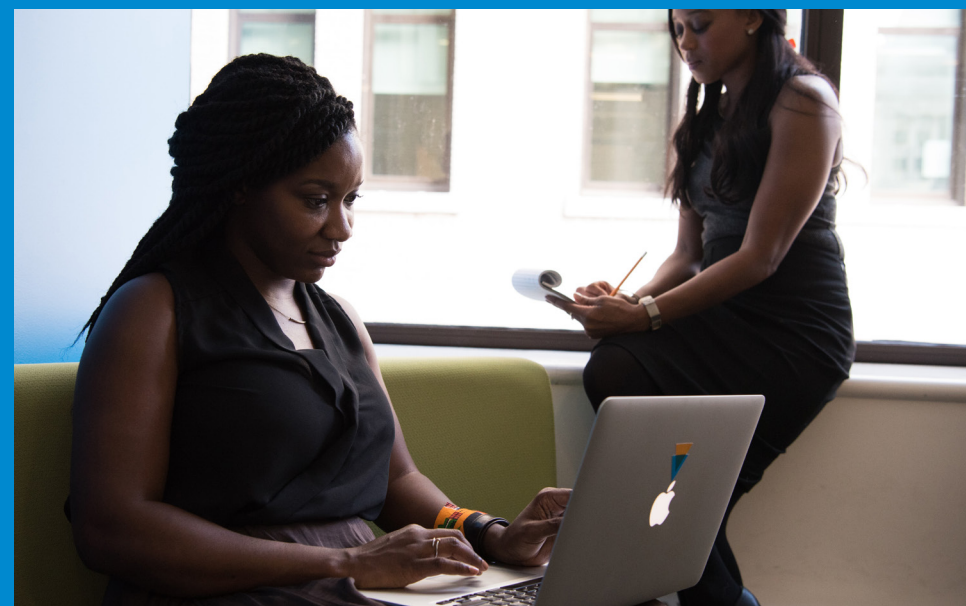
Course delivered and co-produced by:

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

Aleksandra Mazurkiewicz – Occupational Therapist Recovery & Wellbeing College

Session 1: Monday 8th January 10:00am – 12:00pm

Session 2: Monday 15th January 10:00am – 12:00pm



2.4 Understanding Bipolar

Delivery: 3-hour Attend Anywhere online workshop

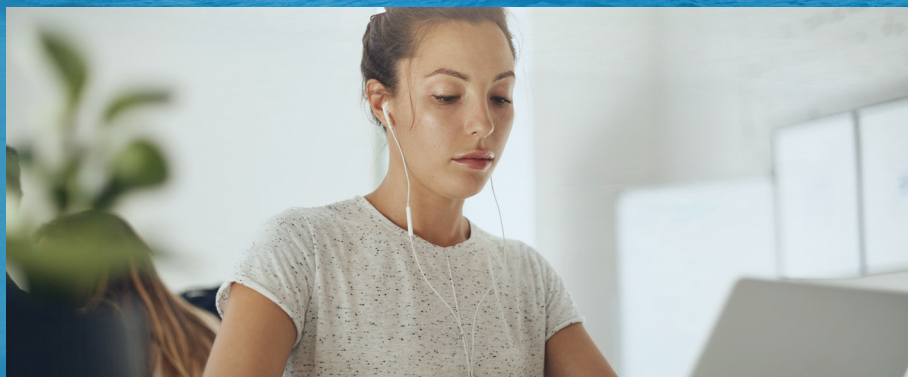
Bipolar disorder is a complex disorder in which people experience episodes of low and high mood. Experiencing Bipolar and being diagnosed can be a frightening and life-changing event. There are lots of myths and prejudices about Bipolar that can make coming to terms with this diagnosis even harder. This 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 31st January 10:00am – 1:00pm

FOUR



3. Peer Support

3.1 Peer Support Skills **NEW**

Delivery: 3 x 2.5-hour in-person workshops

A peer is someone who has 'lived experience of mental health and/or physical health challenges,' who wants to use this experience in order to support others with their own recovery. A peer offers support to others through sharing their personal experiences of recovery in a hope inspiring way. This course is a basic introduction to peer support skills and a perfect place to start your peer support worker journey. Learners do not have to have previous experience in peer support.

Course delivered and co-produced by:

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

Matthew Lewis – Peer Trainer Cardiff and Vale UHB

Session 1: Monday 22nd January 10:00am – 12:30pm

Session 2: Monday 29th January 10:00am – 12:30pm

Session 3: Monday 5th February 10:00am – 12:30pm



4. Wellbeing

4.1 I Just Can't Sleep

Delivery: 2-hour Attend Anywhere online 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 11th January 10:00am – 12:00pm

4.2 Connecting to Relationships: Understanding and Building Healthy and Supportive Relationships **NEW**

Delivery: 2 x 2.5 hour in person 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 workshop co-produced by Paul Whittaker and Susie Boxall 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 as well as 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.

Course delivered and co-produced by:

Susie Boxall – Recovery & Wellbeing College Peer Lead

Paul Whittaker – Bipolar Artist, Writer, Senior Peer Trainer, and Co-Curator of Art & Health Strand for the Recovery & Wellbeing College

Session 1: Wednesday 10th January 10:00am – 12:30pm

Session 2: Wednesday 17th January 10:00am – 12:30pm



4.3 Men and Mental Health

Delivery: 1 x 2.5-hour in-person workshop

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

Masculine stereotypes of needing to be strong can make a lot of men feel that they can't ask for help when they're struggling. Men are less likely to access therapy for problems such as anxiety, depression and even thoughts to harm themselves. Sometimes that pain can be expressed through harmful behaviours such as aggression or substance abuse. This workshop explores the experience of men suffering from mental health problems, the language men use when they express their difficulties and resources available to support men in maintaining their mental health.

Course delivered and co-produced by:

Matt Lloyd – Recovery College peer trainer with lived experience

Dan Miles – Deputy Ward Manager with Mental Health Rehabilitation Services

Tuesday 23rd January 10:00am – 12:30pm



4.4 Discovering Self compassion

Delivery: 1 x 3-hour in-person 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 Georgia Howard and Aleks Mazurkiewicz 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. Student voice - I particularly found the opportunity to speak with others and share experiences most useful.

Course delivered and co-produced by:

Aleksandra Mazurkiewicz – Occupational Therapist Recovery & Wellbeing College

Georgia Howard – Deputy Peer Training & Operational Lead

Tuesday 16th January 10:00am – 1:00pm

4.5 I'm more than just 'tired' - making sense of fatigue **NEW**

Delivery: 1 x 2 Hour Attend Anywhere 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 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 new 2-hour course looks at what fatigue is and why we 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:

Andrew Sims – Senior Peer Trainer and Ward Based Course Lead

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

Wednesday 24th January 10:00am – 12:00pm

4.6 Recovery and Identity **NEW**

Delivery: 1 x 2-hour Attend Anywhere online workshop

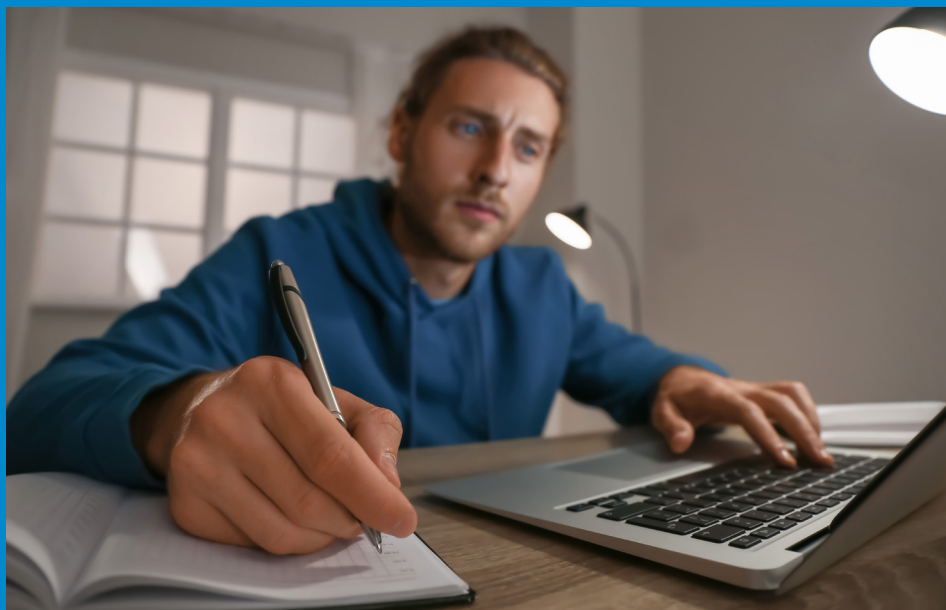
When given a diagnosis or living with a physical or mental condition, the word recovery gets used a lot by the people involved in our care and support, but what does it mean to me? How do I make space for this thing called recovery in my life and what does recovery look like when I have an enduring condition that won't just heal like a broken bone? In Recovery and Identity, we'll discuss how recovery can be interwoven into our identity, explore roles, relationships and values that are impacted by our unique situations, and the steps we can take to move towards being the people we aspire to be."

Course delivered and co-produced by:

Aleksandra Mazurkiewicz – Occupational Therapist Recovery & Wellbeing College

Andrew Sims – Senior Peer Trainer and Ward Based Course Lead

Wednesday 17th January 10:00am – 12:00pm



4.7 Growing your Digital Confidence **NEW**

Delivery: 3 x 2-hour Attend Anywhere online workshops

In a time where more and more information is only available online, being digitally excluded or lacking in the confidence to find certain information online, can and does have huge impacts on our wellbeing and mental health, especially if we are already experiencing mental health difficulties.

The course is designed to support you with the basics of getting online, providing the basic knowledge of how we stay safe online but also provide the tools to reap the many benefits that being digitally included can provide, especially for our wellbeing and mental health.

This 3-part course will look at:

- Digital Balance, our barriers and explore the opportunities of using digital technology
- Exploring ways to stay safe online, problem solving and accessing useful and trusted information
- Connecting with others online, resources and signposting

This course is co-produced and co-delivered by Georgia Howard, Peer Trainer and Rowan Walsh, Digital Peer, with the understanding, awareness and lived experience of how it can feel trying to learn or access something online when experiencing mental health challenges.

Course delivered and co-produced by:

Georgia Howard – Deputy Peer Training & Operational Lead

Rowan Walsh – Digital Peer Recovery & Wellbeing College

Session 1: Thursday 11th January 10:30am – 12:30pm

Session 2: Thursday 18th January 10:30am – 12:30pm

Session 3: Thursday 25th January 10:30am – 12:30pm

5. Activity/Movement for Recovery

5.1 Connections through Activities **NEW**

Delivery: 6 x 2-hour in-person workshops over 6 weeks

Engaging in different types of activity can sometimes feel daunting and overwhelming, especially if it's something new or something we haven't done in a while. It can also be incredibly rewarding. When we have positive engagement with a range of activities within our daily lives it can help us recognise our values and build better connection with others, but also with ourselves. It can surprise us and motivate us in ways we wouldn't have expected.

Connections through Activities explores a variety of activities through interactive conversation, taster tasks, and connecting through a shared learning experience as we discover together how daily activities can be meaningful to our lives.



Course delivered and co-produced by:

Aleksandra Mazurkiewicz – Occupational Therapist Recovery & Wellbeing College

Georgia Howard – Recovery College Deputy Peer Training & Operational Lead

Term 1

Session 1:	Tuesday 23rd January	3:00pm – 5:00pm
Session 2:	Tuesday 30th January	3:00pm – 5:00pm
Session 3:	Tuesday 6th February	3:00pm – 5:00pm

Half Term Break

Term 2

Session 4:	Tuesday 20th February	10:00am – 12:00pm
Session 5:	Tuesday 27th February	10:00am – 12:00pm
Session 6:	Tuesday 5th March	10:00am – 12:00pm

Getting to know Cardiff and Vale Recovery & Wellbeing College

The next Recovery & Wellbeing College Open Forum Event will be held on **Friday 12th April**.

This event will be a great opportunity to meet the Recovery College team and learn a little more about the fantastic courses we offer. Further details to follow.

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

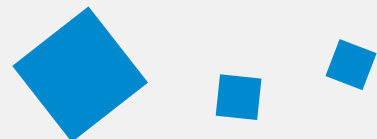
Digital Peers

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.



Individual Learning Plans (ILP's)

One of the ways we support our students is through offering Individual Learning Plans. 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 accessing and participate in our courses. It is also a fantastic opportunity to reflect upon one's strengths and skills, ensuring students get the most out of their experiences with the Recovery College.

ILP sessions are co-produced in a non-judgemental, informal, flexible, discussion-based way, and are facilitated by peers with lived experience and knowledge. If you would like to arrange an appointment, give us a call on 02921 832619 or email us at CardiffandvaleRecoverycollege@wales.nhs.uk

Ward Based Courses

We have a growing selection of stand-alone or multiple-session courses that can be delivered on wards, including “5 ways to wellbeing”, “Identity & Recovery” and “Living Well with Anxiety”.

If you're interested in co-producing a ward-based course or inviting us to deliver on your ward, please contact Lived_Experience.MHCB.Cav@wales.nhs.uk

Coming soon

- Trauma Adversity & Mental Health
- Parenting – NEW
- Experience of Addiction – NEW
- Living with Uncertainty – NEW
- Menopause and Movement – NEW
- Understanding Neurodiversity – NEW
- Vicarious Trauma – NEW
- Managing Stress Health & Wellbeing at Work
- Black, Asian Minority Ethnic Awareness Course – NEW
- While We Were Walking
- My Head is Full of Bees

Student Charter

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

Before you become a student:

You can expect us to:

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

We expect you to:

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

When you enrol at the Recovery & Wellbeing College:

You can expect us to:

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

We expect you to:

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

Throughout your time at the Recovery & Wellbeing College:

You can expect us to:

- Provide a warm, professional, healthy and safe learning environment and work with you to make learning enjoyable and accessible.
- Deliver high quality courses and workshops which promote recovery and social inclusion, and offer you hope, control and opportunity.
- Respect your personal beliefs, life choices, faith and cultural practices and traditions, making it an environment free from stigma and discrimination.
- Give you time and space within and outside the classroom to provide feedback about the Recovery & 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 & Wellbeing College Student Charter and Code of Conduct.
- Ask the college staff questions if you are not sure about anything.
- Attend courses on time or, if you are running late, to inform the college office.
- Contact the college office if you can no longer attend a course or workshop so we can offer your place to another student.
- Inform us of any difficulties or challenges that would make it difficult to attend.
- Ensure you enrol. Whilst many courses are being delivered online, it is important that all students attending enrol separately. We do not allow groups of students to attend together on one device to avoid disruption to other students' learning experience.
- Be respectful of the rights of all students and staff of the college.

Code of Conduct for all

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

.....

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

We would also ask that everyone attending the College:

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

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

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





Cardiff and Vale **Recovery & Wellbeing College**



Cardiffandvale.Recoverycollege@wales.nhs.uk



02921 832619



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



GIG
CYMRU
NHS
WALES

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