



Caerdydd a'r Fro
Cardiff and Vale

Coleg Adfer a Lles
Recovery &
Wellbeing College

Prospectus

Spring Term 2024 - Part 2

Monday 19th February – Friday 22nd March



GIG
CYMRU
NHS
WALES

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

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg



Cardiff and Vale Recovery & Wellbeing College

We provide a range of free courses on a range of mental health and wellbeing topics for those with lived experience of mental health challenges, service users, carers and staff.

The courses we have on offer are co-produced by people with lived experiences of mental health challenges, including those who have used mental health services, as well as mental health practitioners.

Our courses are accessible to all and we invite those with mental

health challenges, carers and staff to enrol.

If you would like to register as a student and enrol on our courses, please follow the link below.

https://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

1.1 Introduction to Attend Anywhere and MRN2	4
1.2 Introduction to Individual Learning Plans	4

2. Understanding Series

2.1 Understanding Psychosis	4
2.2 Understanding Anxiety	5
2.3 Understanding Bipolar	5
2.4 Understanding Depression	5
2.5 Understanding Neurodiversity NEW	6

3. Peer Support Skills

3.1 Peer Support Skills NEW	6
------------------------------------	---

4. Wellbeing

4.1 "My Head is Full of Bees"	7
4.2 I Just Can't Sleep	7
4.3 While We Were Walking	7
4.4 Living with Uncertainty NEW	8
4.5 I'm more than just 'tired' - making sense of fatigue NEW	8
4.6 Being a Parent with a Mental Health Condition NEW	9

4.7 Growing your digital confidence	9
4.8 Managing Stress, Health & Wellbeing at Work	10
4.9 Experience of Addiction NEW	10
4.10 Discovering Self Compassion	10
4.11 Recovery & Identity	11

5. Trauma Informed

5.1 Vicarious Trauma NEW	11
---------------------------------	----

6. Activity / Movement for Recovery

6.1 Menopause & Movement NEW	12
6.2 Connections Through Activities NEW	12

Getting to know Cardiff and Vale Recovery

& Wellbeing College	13
---------------------	----

Open Forum Event	13
------------------	----

Student Charter	14
-----------------	----

Code of Conduct for all	15
-------------------------	----

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.

Monday 19th February 10.00am - 11.00am

1.2 Introduction to AA and MRN2 **NEW**

Delivery: 1- hour Attend Anywhere 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.

Monday 19th February 1.00pm - 2.00pm

2. Understanding Series

2.1 Understanding Psychosis

Delivery: 2.5 - hour Attend Anywhere online Workshop

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

Course delivered and co-produced by:

Nicholas Chown, Peer Worker.

Andrew Vidgen, Consultant Clinical Psychologist.

Tuesday 12th March 2.30pm - 5.00pm



2.2 Understanding Anxiety

Delivery: 2 x 2hour workshops – In person

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 8th March	10.00am - 12.00pm
Session 2	Friday 15th March	10.00am - 12.00pm

2.3 Understanding Bipolar

Delivery: 1 x 3-hour Attend Anywhere workshop

Bipolar disorder is a complex disorder in which people experience episodes of low and high mood. Experiencing Bipolar and being diagnosed can be a frightening and life-changing event. There are lots of myths and prejudices about Bipolar that can make coming to terms with this diagnosis even harder. This introductory workshop co-produced by Paul Whittaker and Kay Challoner to help people with their understanding of these issues. We will outline treatment options and explore ways to promote recovery and self-help.

Course delivered and co-produced by:

Paul Whittaker, Bipolar Artist, Writer, Senior Peer Trainer, and Co-curator of the Arts & Health strand for the Recovery & Wellbeing College.

Kay Challoner, Specialist Mental Health Practitioner with Cardiff and Vale UHB.

Wednesday 20th March 10.00am - 1.00pm

FOUR

2.4 Understanding Depression

Delivery: 2 x 2 hour – In person

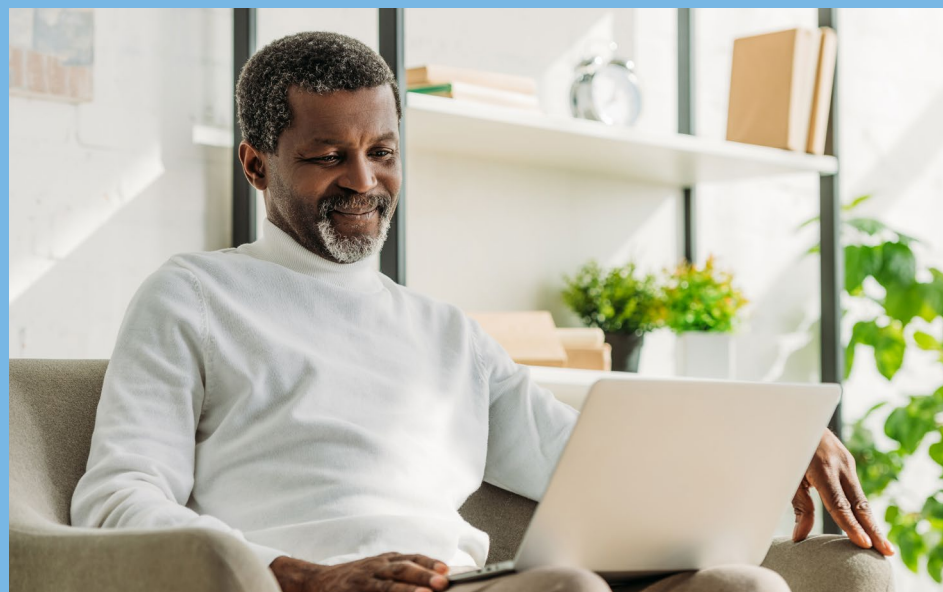
Depression is a common mental health condition that can take hold of your life and deeply disrupt how we think, feel, and live our daily lives. Understanding the signs, symptoms and causes of depression is the first step to overcoming the problem. This course explores essential information about depression, 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 26th February	10.00am - 12.00pm
Session 2	Monday 4th March	10.00am - 12.00pm



2.5 Understanding Neurodiversity **NEW**

Delivery: 5 x 2-hour Attend Anywhere sessions

This online course provides an opportunity to explore the meaning of neurodiversity and the emotional and social experiences of living as a neurodiverse person. We will consider identity, communication and mental health in relation to neurodiversity, and we will also explore the challenges and benefits of being neurodiverse. We will explore what helps and what doesn't help neurodiverse people, focusing on emotional wellbeing and self-acceptance.

Course delivered and co-produced by:

Georgia Howard, Deputy Peer Training & Operational Lead.

Rachel McAleer, Speech and Language Therapist.

Session 1	Thursday 22nd February	11.00am - 1.00pm
Session 2	Thursday 29th February	11.00am - 1.00pm
Session 3	Thursday 7th March	11.00am - 1.00pm
Session 4	Thursday 14th March	11.00am - 1.00pm
Session 5	Thursday 21st March	11.00am - 1.00pm



3. Peer Support Skills

3.1 Peer Support Skills **NEW**

Delivery: 3 x 2.5 hour Attend Anywhere 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 February	10.00am - 12.30pm
Session 2	Monday 29th February	10.00am - 12.30pm
Session 3	Monday 7th March	10.00am - 12.30pm



4. Wellbeing

4.1 “My Head is Full of Bees” – How we can use the arts to express our emotions, moods, thoughts and behaviours in a meaningful way for ourselves and others to understand.

Delivery: 3 x 2.5-hour in person workshops

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.

Session 1	Thursday 7th March	10.00am – 12.30pm
Session 2	Thursday 14th March	10.00am – 12.30pm
Session 3	Thursday 21st March	10.00am – 12.30pm

FOUR

4.2 I Just Can't Sleep

Delivery: 1x 2hr in person 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:

Georgia Howard, Deputy Peer Training & Operational Lead.

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

Thursday 29th February 10.00am - 12.00pm

4.3 While We Were Walking

Delivery: 4 x 2 hour in person sessions at Insole Court

Over 4 weeks we will be exploring together the 5 ways to Wellbeing: Connecting; Being Active; Taking notice; Keep learning and giving. We will meet in Insole Court, exploring the natural environment together, in a mindful and enjoyable way. Throughout the course we will reflect on how being active and being present in natural surroundings can help with our wellbeing. The sessions will be based in Bute Park Visitor Centre a perfect venue for exploring some simple art making techniques to capture what we find when we are connecting with nature. The walking is gentle, and all abilities are welcome.

Course delivered and co-produced by:

Louise Jensen, Peer trainer and Creative Arts Practitioner.

Aleksandra Mazurkiewicz, Occupational Therapist Recovery & Wellbeing College.

Session 1	Thursday 29th February	1.00pm – 3.00pm
Session 2	Thursday 7th March	1.00pm – 3.00pm
Session 3	Thursday 14th March	1.00pm – 3.00pm
Session 4	Thursday 21st March	1.00pm – 3.00pm

4.4 Living with Uncertainty **NEW**

Delivery; 3 x 2 hour In person sessions

One certainty in life is that we will all have to face uncertainty at some point. But what if those uncertainties start to impact our lives: discouraging us from making decisions; freezing us out of completing things we want to accomplish; or causing us to withdraw from friends and family?

This three-week course is designed to look at where uncertainty comes from and why it has become so prevalent in modern life. It explores how we can identify when uncertainties begin to spiral and the coping strategies that may help alleviate some of the anxiety that often accompanies uncertainty.

The course will also encourage participants to voice their own concerns in a safe environment and form strong plans to move towards a time when uncertainty does not hold any of us back from the things we want to achieve in life.

Course delivered and co-produced by:

Dr Laura Freeman, Clinical Psychologist Rehab & Recovery Mental Health Services.

Brian Nelis, Writer, Tutor & Peer Support.

Session 1	Thursday 27th February	9.30am - 11.30am
Session 2	Thursday 5th March	9.30am - 11.30am
Session 3	Thursday 12th March	9.30am - 11.30am



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

Delivery: 1 x 2hr in person 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 6th March 10.00am - 12pm



4.6 Being a Parent with a Mental Health Condition **NEW**

Delivery: 3 x 2.5 hours Attend Anywhere online workshops

Every parent will experience a range of difficulties alongside the many positives and rewards of parenting, such as tiredness, self-doubt, anxiety, and no one can ever claim to be a perfect parent but parenting with mental health challenges can make the experience harder.

Within this course we will be discussing the impact that being a parent can have on people with pre-existing Mental Health Challenges and those for whom parenting has led them to experience Mental Health Challenges for the first time.

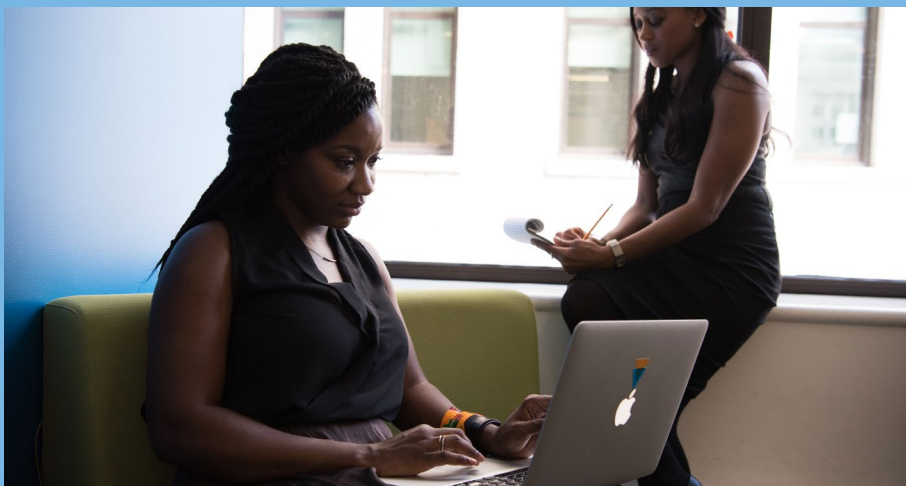
This course has not been created to teach people how to parent but to discuss our Mental Health Challenges and provide support.

Course delivered and co-produced by:

Dr Megan Davies, Mental Health Practitioner.

Paul Whittaker, Bipolar Artist, Writer, and Senior Peer Trainer.

Session 1	Friday 23rd February	10.00am - 12.30pm
Session 2	Friday 1st March	10.00am - 12.30pm
Session 3	Friday 8th March	10.00am - 12.30pm



4.7 Growing your Digital Confidence **NEW**

Delivery: 3 x 3 hour in person 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	Friday 1st March	1.00pm - 4.00pm
Session 2	Friday 8th March	1.00pm - 4.00pm
Session 3	Friday 15th March	1.00pm - 4.00pm

4.8 Managing Stress, Health & Wellbeing at Work

Delivery 3 x 2 hour in person workshops

'An estimated 17 million working days were lost due to work related stress, depression or anxiety in 2021/2022'

We are excited to offer our 3-part Managing Stress, Health and Wellbeing at work' course. This course is for people who are considering entering or re - entering employment and for those currently in employment. We ask that students commit to all 3 sessions to maximise the benefit from attending.

Work can be rewarding and satisfying, and suitable employment is known to enhance mental and physical health. However, we also know that thinking about returning to the workplace can be stressful and impact on our health and wellbeing. These three sessions will explore how to manage workplace stress, how to develop self - compassion and will look at practical exercises when returning to work and when in work. We will also be looking at a wellbeing passport and how to have difficult conversations in work. Being able to manage our own health and wellbeing either when preparing for work or in work by using strategies and skills which we focus on during these sessions empowers us to achieve our personal goals and improve our resilience to empower us to not only survive but thrive in the workplace.

Course delivered and co-produced by:

Alison Scrivens, Lead Counsellor of Employee and Wellbeing service Cardiff and Vale UHB.

Susie Boxall, Peer Lead of the Recovery College with lived experience of Mental Health Challenges in the Workplace.

Session 1	Wednesday 21st February	10.00am - 12.00pm
Session 2	Wednesday 28th February	10.00am - 12.00pm
Session 3	Wednesday 6th March	10.00am - 12.00pm



EMPLOYEE HEALTH & WELLBEING SERVICE
Occupational Health
Occupational Physiotherapy
Employee Wellbeing

4.9 Experience of Addiction **NEW**

Delivery 2 x 2hour in person workshops

Experience of Addiction brings together Rachel Martin-Suarez and Katya Brown to discuss their lived experience of addiction, as well as their experience of working with people experiencing addiction challenges. This course is suitable for people living in addiction, their family members and professionals who are working to support them.

Course delivered and co-produced by:

Rachel Martinez-Suarez, Learning and development lead, Cardiff and Vale Drug and Alcohol Service.

Katya Brown, Peer Trainer & Digital Peer Lead Recovery & Wellbeing College.

Session 1	Tuesday 20th February	10.00am - 12.00pm
Session 2	Tuesday 27th February	10.00am - 12.00pm



4.10 Discovering Self Compassion

1 x 3 hour Attend Anywhere 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.

Course delivered and co-produced by:

Aleksandra Mazurkiewicz, Occupational Therapist Recovery & Wellbeing College.

Georgia Howard, Deputy Peer Training & Operational Lead.

Wednesday 21st February 2.00pm - 5.00pm

4.11 Recovery & Identity

1 x 2 hour In-person 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 28th February 10.00am - 12.00pm



5. Trauma Informed

5.1 Vicarious Trauma: What Happens When We Take It Home?

NEW

Delivery; 3 x 2.5 hour In Person sessions

Empathy is a trait we can all aspire to, but what happens when it goes too far?

Vicarious trauma is something you might not have heard of, but something we can all experience. Taking on the trauma of others can happen to anyone and can have serious impact in our lives, both at work and home.

This three-week course will breakdown what vicarious trauma looks like and how it can negatively affect our daily lives. Such topics as social isolation, the breakdown of our closest relationships, and how even our physical health can be seriously affected will be explored and discussed. Followed by some coping strategies that may be used when we see these difficulties in ourselves or those that we are close to.

Through use of the creative arts, our facilitators hope to provide an interactive experience where our participants move towards a personal insight into their own experiences of vicarious trauma whilst keeping an empathetic heart.

Course delivered and co-produced by:

Dr Sarah Cavill Mental Health Rehabilitation Occupational Therapist.

Brian Nelis Writer, Tutor & Peer Support.

Session 1	Monday 4th March	1.00pm - 3.30pm
Session 2	Monday 11th March	1.00pm - 3.30pm
Session 3	Monday 18th March	1.00pm - 3.30pm

6. Activity / Movement for Recovery

6.1 Menopause & Movement **NEW**

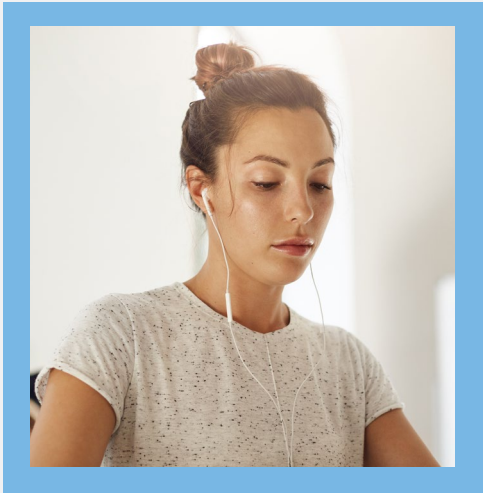
Delivery 1 x 2 hour Attend anywhere workshop & 1 x 2.5hour in person workshop

Are you curious about menopause? Do you or someone you know struggle with menopausal systems? This course offers you the opportunity to share your experiences and increase your knowledge around menopause through discussion, reflection and expressive movement. You will look at ways to support your menopause symptoms. This course is split into 2 sessions, one online and one in person. No previous movement experience is needed.

Course delivered and co-produced by:

Heidi Wilson, Movement and Dance Practitioner and Peer Trainer.
Alison Scrivens, Lead Counsellor in the Employee Wellbeing Service of Cardiff and Vale University Health Board.

Session 1	Friday 23rd February	10.30am - 12.30pm
Session 2	Wednesday 13th March	10.30am - 1.00pm



6.2 Connections through Activities

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, and 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:

Georgia Howard, Deputy Peer Training & Operational Lead.
Aleks Mazurkiewicz, Occupational Therapist.

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
- Black, Asian Minority Ethnic Awareness Course **NEW**
- Grief and Loss **NEW**
- Staying Healthy in Body and Mind



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 and Wellbeing College, its services and staff without fear of recrimination
- Address any complaints and concerns confidentially and professionally

We expect you to:

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

attend together on one device to avoid disruption to other students' learning experience

- Be respectful of the rights of all students and staff of the college.



Code of Conduct for all

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

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

We would also ask that everyone attending the College:

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

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

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





Caerdydd a'r Fro
Cardiff and Vale

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

 Cardiffandvale.Recoverycollege@wales.nhs.uk

 02921 832619

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



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