



Cardiff and Vale
**Recovery &
Wellbeing College**

Prospectus

Autumn Term 2021



GIG
CYMRU
NHS
WALES

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



Cardiff and Vale 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.

 Cardiffandvale.Recoverycollege@wales.nhs.uk

 02921 832619

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



Digital support

The Recovery and Wellbeing College offers additional support with accessing courses online via Zoom and also developing those skills to becoming more digitally included. The digital inclusion team can offer one-to-one support via phone, zoom, email or in-person.

If you would like further support with either accessing our courses online or further developing your digital skills, then please contact the college for more information.

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 meet one of our trainers before coming to a course as detailed below or join us in our 'Induction to the College' course on Wednesday 29th September 2-3pm to hear more about the Recovery & Wellbeing College and what it means to be a student.

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.

Welcome to Cardiff and Vale Recovery & Wellbeing College

Autumn Term 2021 Part 1

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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.

Tuesday 19th October, 2-5pm

I would recommend this course to anyone and everyone. So brilliant.

Student voice when asked

1.2 Understanding Anxiety

Delivery: 2.5-hour Zoom workshop

Anxiety is something we all experience from time to time. Most people can relate to those anxious, butterfly feelings when doing something which feels uncertain or feeling fearful about sitting exams, 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.

Friday 1st October 2-4:30pm

What 3 things will you be taking away?

Improved understanding about the self-perpetuating cycle of anxiety, resources for support and better explanations to rationalise the effects of fight or flight.

Student voice when asked

1.3 Understanding Depression

Delivery: 2.5-hour Zoom workshop

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.

Friday 22nd October 10-12:30pm

What 3 things will you be taking away?

I learnt about the types of depression, wellness box, gratitude apps.

Student voice when asked

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



1.4 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 aims to help people with their understanding of these issues. We will outline treatment options and explore ways to promote recovery and self-help.

Wednesday 13th October,
2-5pm

FOUR

This course sheds light on bipolar and in particular the various issues relating to medication and managing the diagnosis. The way it is delivered is very tailor-made to the group attending and is very informative, as well as being a safe sharing space for questions and concerns.

Student voice

1.5 Living Well with Bipolar

Delivery: 3-hour Zoom workshop

Experiencing bipolar and being diagnosed can be a frightening and life-changing event. Building on what we explore in the 'Understanding Bipolar' workshop, this workshop co-produced by Paul Whittaker and John Tredget aims to help people with their understanding of how we can live well with Bipolar. We will explore ways to manage this condition, promote recovery and self-help. We will explore personal experiences of bipolar and identify the ways people have managed their experiences so that they can get on with their lives.

Friday 22nd October,
2-5pm

FOUR

I've never been to a group for my mental health - can't face it, I get too anxious, but this, online - it feels safe, it's the first time I've ever felt like someone's listening - can't do in-person, I hate being on the phone, but this feels right. I'm really glad I came.

Student voice

1.6 Living Well with Fatigue

Delivery: 3-hour Zoom workshop



Course aims

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.

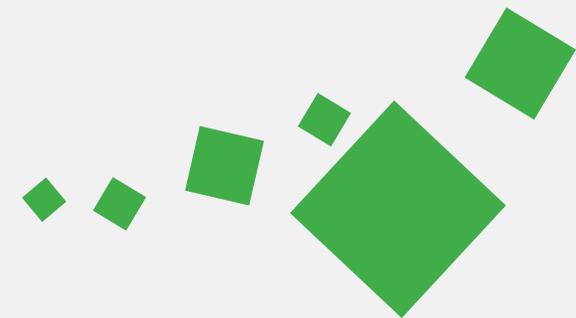
This brief 3-hour course looks at what fatigue is and why you might be experiencing it. We will explore management strategies using the expertise of lived experience, and some clinical knowledge.

Learning outcomes:

- You will be able to describe fatigue
- You will know some of the main causes of fatigue
- You will understand energy management; the 5 p's and self-management
- You will find out about a range of refreshing and re-energising activities and have a chance to practice some of these.

Wednesday 13th October 10-1pm

Living Well 



2. Peer mentoring

2. Peer Mentoring Accredited Level 1

Delivery: Multiple workshops, please check with the College when enrolling for online delivery or venue details

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.

Course aims

To support the development of peer mentoring skills, this Level 1 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. The aim of the course is to support and develop peer mentoring skills.

Learning Outcomes

1. Understand the role and responsibilities of a peer mentor.
 - 1.1 Define the role of a peer mentor.
 - 1.2 Identify what is meant by: a) health and safety in peer mentoring b) boundaries in the peer mentor relationship c) confidentiality.
2. Understand equality and diversity in peer mentoring.
 - 2.1 Identify: a) how equality and diversity affects peer mentoring b) how to include all participants c) discriminatory behaviour.
3. Know how to use peer mentoring skills in delivering information to others.
 - 3.1 Plan how to deliver information to others.
 - 3.2 Deliver information to others as a peer mentor

Information session

Wednesday 29th
September, 10-11am

Session 1

Wednesday 6th
October, 10-12:30pm

Session 2

Wednesday 13th
October, 10-12:30pm

Growing Space
Helping People Grow



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

3. Wellbeing

3.1 | Just Can't Sleep

Delivery: 2.5-hour Zoom workshop

Living with a mental health or physical health challenge can affect our sleep. When our sleep is impacted it can also affect our health and wellbeing. This 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.

Thursday 21st October 2-4:30pm



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

Student voice

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

Thursday 14th October, 10-1:00pm

What 3 things will you be taking away?

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.

Student voice

4. Trauma Informed

4.1 Trauma, Adversity and Mental Health: Introduction to Understanding and Managing the Impact of Challenging Life Experiences on Mental Health

Delivery: 2.5-hour Zoom workshops with half an hour evaluation in part 2

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

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

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

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

Part 1: Thursday 14th October, 2-4:30pm
Part 2: Wednesday 20th October, 2-5pm

I think the space for group discussion in particular has given me different perspectives and thoughts on the subject which has been so valuable and moving.

Student voice

FOUR

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

5. Physical Activity for Recovery

5.1 Staying Healthy in Body and Mind

Delivery: 2-hour Zoom workshop with half an hour evaluation in part 2

We all know that physical activity is part of our day-to-day lives.
How much activity is enough activity? Should you be doing more or less?
Have you experienced barriers to making a start with exercise?
Do you recognise what those barriers may be? Is motivation for exercise a challenge?
What could be stopping us from maintaining a healthier lifestyle?

Physical activity is helpful in maintaining and improving mental wellbeing. By taking part in physical activity, we can improve our mental health and wellbeing. Similarly, with improved mental health, we may be more able to improve our physical health and wellbeing. COVID-19 has brought its own difficulties, leading to people being socially isolated and venues being closed, decreasing opportunities. However, there may be ways of working around these challenges which we hope to demonstrate by giving you the opportunity to engage in some fun activity virtually during the course.

Learning outcomes

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

Part 1 – Monday 11th
October, 2-4pm

Part 2 – Monday 18th
October, 2-4:30pm

*Anything is possible, I
can and WILL do it!
Exercise need not
be painful!*

Student voice

Living Well 

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

6. Care and Wellbeing Plans

NEW
COURSE

6.1 Confidence in Care and Treatment Plan (CTP) Co-production

Delivery: 3-hour Zoom workshop

Join this workshop to explore how to co-produce your CTP to meet your individual needs on your unique journey to recovery. The session will give an overview of care and treatment planning under the Mental Health 2010 (Wales) Measure legal framework. This session is open to service users, carers and mental health professionals to develop confidence in the co-production process.

Thursday 21st October, 10-1pm





7. Getting to know Cardiff and Vale Recovery & Wellbeing College

7.1 Induction to the College

Delivery: 1-hour Zoom 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.

Wednesday 29th September 2-3pm

Ward-based Recovery & Wellbeing College courses

During the summer we have successfully piloted a Recovery & Wellbeing College course in a ward environment at the Phoenix. The course 5 Ways to Wellbeing was co-produced and co-delivered by Andrew Sims (senior peer trainer) and Sarah Dunn (therapies technical instructor). Further expansion of ward-based courses is planned for the autumn term.

Open Forum

The next Cardiff and Vale Recovery & Wellbeing College Open Forum online meeting will be held on 1st October, 10:30-1pm. All are welcome to attend the Open Forum, so please share this date widely. This is a chance to catch up and see where we are, find out what courses are available and learn how to get involved. Please email the team for an online invitation.

I have moved away from being ashamed of my illness and diagnosis, to being more compassionate with myself and others, to even take some pride in my journey of recovery and the proactive part I take in it.

Student, Cardiff and Vale Recovery & Wellbeing College

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

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
- 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.



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

**Next Student Space Bubble:
Monday 25th October, 10 – 11am**



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