

Welcome! You have made the first step, which is, to see what we can do to help you in your Recovery journey, or to help you help others in their Recovery journey.

Our courses have much to offer anyone for building skills in self-management, communication, team-working, emotional intelligence and problem solving.

"The wisest mind has something yet to learn"
George Santayana

Our courses and workshops are designed with the expectation that many people will be Nervous, worried or have difficulty concentrating.

For every course and workshop there are two trainers, one of these may be a Peer Trainer who has direct life experience of Recovery. The other will be a Practitioner Trainer, for example a Psychologist, Social Worker, Occupational Therapist, Registered Nurse or Healthcare Worker, who are experienced in supporting people who use our services.

Both trainers will support students who are nervous or are worried throughout the training

Frequently asked questions

How do I find a course?

All of our courses and workshops are advertised in this prospectus.

How do I enroll onto a course?

Please chat to one of the Occupational Therapy Team or your primary nurse.

Why is the course that I want in the prospectus but not in the timetable?

We are not always able to offer every course and workshop each term, although we do our best. This is because of a difference in local demand or trainer availability. It is always helpful to us to know if you are keen that a certain course should run.

What do I do if I need further information about a course?

We are always happy to talk to you regarding any further information you need.

How much do courses cost?

Our courses and workshops are free of charge to students



Recovery College
Ty Catrin

PRIORY
HEALTHCARE

Courses on Offer

Courses starting in April 2019;

CANDO

Partnering with Leonard Cheshire charity to offer a 12-week rolling program of community-facing, community-benefiting activities. City & Guilds qualification on completion of the program.

Introduction to Making Hanging Baskets

A co-facilitated session on the arrangement of hanging baskets in preparation for the spring/summer.

Introduction to Making Faberge Eggs-

A co-facilitated 6 week short course offering an introduction to the art of Faberge egg crafting. We plan to exhibit these pieces as part of a celebration of the creativity of those residing at Ty Catrin.

Introduction to Retail Skills

To understand good retail practice in a sales area, to know what good customer care is, to know how to make a sale and to know how to work safely.

Interviewing skills

This is a single workshop that demonstrates the correct way to conduct yourself during an interview, in order to make a good first impression.

To Book Your Place
If you would like to take part in any of these workshops or courses please ask a member of staff to refer you to the Occupational Therapy team.

Working to the Agored specifications with plans to offer accredited courses later in the year.

Pop Up Workshops

Last Monday of the Month. Different Topics every month including:

- “Even Better You”
- Sexual Health**
- Sleep Hygiene**
- Healthy Eating**

Moving On Group

- Overcome negative thinking
- Manage negative feelings
- Develop problem solving skills

Wednesday

14:00-15:00 Piazza

20th March - 8th May