

WHAT IS THE RECOVERY COLLEGE?

The Recovery College is a programme of individual modules that gives you the opportunity to choose what activities you would like to undertake to help facilitate your recovery and rehabilitation.

Each module is a programme of learning opportunities and activities that can help you to understand and manage your mental health, develop your life and employment skills or help you to develop/improve on hobbies and leisure activities.

We are committed to our learners and always try to ensure that we include equality and diversity so that everyone can play a part in their recovery.



Central to learning is working with people who have lived experience when developing and running courses.

If you would like to co-produce and/or co-facilitate recovery college courses or workshops, please ask one of your wards staff to refer you to Andrew Bishop who will arrange a meeting to discuss your plans with you.

If after the discussion we plan to run your course or workshop, you will be given plenty of help and support to produce and run it.



Llanarth Court Hospital

RECOVERY COLLEGE



Budgeting Skills

DEVELOPING LIFE SKILLS:



Budgeting Skills

This is a single workshop that will cover the following:

- ◆ Understanding how to set a budget
- ◆ How to prioritise payments



This workshop lasts for around one hour.

PLEASE NOTE—

This workshop will provide you with:

- General information on the importance of setting a budget.
- Understanding how to set a budget for your weekly, monthly and annual expenditure.
- How to prioritise payments.



In order to attend this workshop you must have the appropriate section 17 leave to either the Therapy Group Room or the classroom in the stable block.

FACILITATED BY:

This session will be facilitated by Hafal.

TO BOOK YOUR PLACE:

If you would like to take part in this workshop, please ask a member of staff to refer you to Andrew Bishop



OTHER COURSES AND WORKSHOPS AVAILABLE:

- ◆ Understanding Benefits
- ◆ Budgeting Skills
- ◆ Debt Advice
- ◆ Interviewing Skills
- ◆ How to Run a Small Business (Café)
- ◆ Understanding Internet Security
- ◆ Shopping Online
- ◆ Silver Clay Creations
- ◆ Jewellery Making
- ◆ Football Skills
- ◆ DIY Basics
- ◆ Word Art
- ◆ Furniture Restoration
- ◆ Discovering Mindfulness
- ◆ Health and Wellbeing