

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



COOKING ON A BUDGET

DEVELOPING LIFE SKILLS:

COOKING ON A BUDGET

This is a series of workshops and cooking sessions that will cover the following:

MENU PLANNING WORKSHOPS

Find recipes that you would like to cook and price the ingredients required. We will adapt recipes to ensure that they are healthier and cost effective.

COOKING SESSIONS

Cook the meal that you have planned (and eat it!) and record how long it took you to prepare and to cook the meal for future reference.

There will be between four and six menu planning workshop, each one followed by a cooking session to prepare your chosen meal.



If you would like to obtain an Open College Network (OCN) Entry 3 Numeracy qualification you will need to complete the rest of the workbook. This will take place over 1-3 sessions.

WORKBOOK SESSIONS

This theory based sessions will cover:

- ◆ Understanding special offers in supermarkets (advantages and disadvantages)
- ◆ Comparing the price of food items and value for money (e.g. pre-packaged or loose vegetables, multipacks etc.)
- ◆ Understanding different cooking methods and cooking times



The total duration of the course will be between 9-15 weeks, depending on how much you wish to complete.

You must have leave to attend cooking sessions and be able to use sharps.

FACILITATED BY:

These sessions will be facilitated by Occupational Therapists and Therapy Support Workers on each ward and reviewed by the Education Department.

TO BOOK YOUR PLACE:

If you would like to take part in this workshop, please talk to your ward OT or TSW.



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