

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



Debt Advice

DEVELOPING LIFE SKILLS:



Debt Advice

This is a single workshop that will cover the following:

- ◆ How to find out how much you owe and to whom
- ◆ Understanding what debts need to be prioritized
- ◆ Where to go for help



This workshop lasts for around one hour.

This workshop will give you the understanding of what steps you need to take should you find yourself in debt problems and who you can go to for help.



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