

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



Football Skills

LEISURE/HOBBIES:

Football Skills

These workshops are held in the Sports Hall twice a week:

- From 2 to 3 pm on Wednesday afternoons
- From 3 to 4 pm on Friday afternoons

Each workshop will cover all or a combination of the following:

- ◆ Warm up
- ◆ Passing and receiving drills
- ◆ Targeted shooting
- ◆ Dribbling skills
- ◆ Game of football
- ◆ Cool down



In order to attend these workshops you must:

- Have section 117 leave to attend mixed ward sessions in the Sports Hall in the Stable Block area.
- Wear appropriate clothing and footwear



You can choose to attend either or both workshops each week.

All wards can attend the workshops.

Our football coach, Kevin Greenland is a qualified football coach and holds a Football Leaders Award.

FACILITATED BY:

Kevin Greenland TSW Awen

TO BOOK YOUR PLACE:

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



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