

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



GEOCACHING

LEISURE/HOBBIES:

GEOCACHING

This course consists of a series of introductory sessions into the hobby of geocaching.

Geocaching is an outdoor recreational activity in which participants all over the world use a GPS or mobile device to hide and seek out containers called 'geocaches' at specific locations marked by co-ordinates. .

These workshops are aimed at the complete beginner in which course leaders will introduce you to the concept of geocaching. There will be a series of six workshops incorporating both classroom and community based sessions.

At the end of the course, participants will be able to:

- ◆ Create an online geocaching group
- ◆ Learn to use the handheld Global Positioning System (GPS) device to plan and navigate routes
- ◆ Understand the basic principles of map reading with ordnance survey maps and a compass and use these skills outdoors in the countryside
- ◆ Learn how to use devices to log health and fitness achievements
- ◆ Upload geocaching data and share with the geocache online community



In order to attend this workshop you must:

- ◆ Have the appropriate section 17 leave to the classroom in the stable block, and ideally group community leave also
- ◆ Have permission from your MDT to access the internet

There will need to be at least four learners wishing to attend this course for it to run.

FACILITATED BY:

Jamie Vale

TO BOOK YOUR PLACE:

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



Geocaching makes use of new technologies like global positioning satellites and fitness apps for smart phones to record information about your route, including how far you've walked and how many calories you've burnt doing it.

