

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



HEALTH AND
WELLBEING

PHYSICAL AND MENTAL WELLBEING:

HEALTH AND WELLBEING

These workshops will be run over six weeks and you will learn about various topics that will help you become better informed on making healthier lifestyle choices.

The workshops will cover the following:

- ◆ Introduction & what is diabetes
- ◆ Living with diabetes
- ◆ Making healthier choices.
- ◆ AND a further 3 topics which will be advised closer to the dates—look out for the posters on the wards.



Once you have completed the workshop you will receive a certificate and will then be given the opportunity to attend further workshops that are held in the classroom from 1:30 to 1:50 pm; available on most Mondays, Tuesdays, Thursdays and Fridays.

In order to attend these workshop you must:

- ◆ Have the appropriate section 17 leave to the classroom in the stable block.



These workshops will run for between 45 minutes and one hour on a Wednesday.

A maximum of nine service users can attend the workshops at any one time.

FACILITATED BY:

This session will be facilitated by Nicholas Green, Sports Therapist.

TO BOOK YOUR PLACE:

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



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