

## 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

amazon

JACAMO

SimplyBe

GAME

SPORTS  
DIRECT

ONLINE SHOPPING

## LEISURE/HOBBIES:

### ONLINE Shopping

This workshop will enable learners to become more independent with their personal shopping.

The workshop will cover the following:

- ◆ Opening an online account
- ◆ How to place an online order
- ◆ How to pay for the order using either gift cards or a debit/credit card.
- ◆ How to input and confirm delivery details



#### PLEASE NOTE—

- ◆ You will need an email address; if you do not have one you will be supported to create one
- ◆ If you wish to pay by gift card you will need this with you at the time of ordering.
- ◆ If you wish to use your debit or credit card, you will need this in order to set it as your preferred method of payment when opening your account.

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 on Wednesdays.

#### In order to attend this workshop you must:

- ◆ Have the appropriate section 17 leave to the classroom in the stable block
- ◆ Have a completed approval form from your MDT for internet shopping with Amazon before you can make any purchases
- ◆ Read and signed the Patient rules for access to the internet for online shopping



This workshop will run for between 30 minutes and one hour on a Wednesday. A maximum of six service users can attend this workshop at any one time.

#### FACILITATED BY:

This session will be facilitated by Education and OTs or Ward Staff.

#### 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