

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



Jewellery Making

LEISURE/HOBBIES:

Jewellery Making

These workshops are held twice a year, once in the summer (July or August) and once in November. They are aimed at complete beginners up to competent Jewellery makers. For those that need it, your instructor will take you through the basic techniques step by step, through to the completion of your piece(s) of jewellery.

At the end of the workshop you will have anywhere from one up to four pieces of Jewellery to take away with you

You will cover:

- ◆ Tools and equipment
- ◆ Choosing the right beads
- ◆ Understanding what crimp beads are used for
- ◆ Construction of your pieces of jewellery



PLEASE NOTE—

If you wish to attend the Jewellery making workshops then you will need to purchase your beads at the start of the session. The cost for two strands of genuine gemstone beads and all the necessary findings to complete up to 4 pieces of jewellery is £8.

Up to four workshops will be held on a Wednesday with a maximum number of three people at each workshop. If more workshops are required then another date will be arranged.

There needs to be at least four service users wishing to attend these workshops (throughout the day in order for them to run.



In order to attend this workshop you must:

- ◆ Have the appropriate section 17 leave to the classroom in the stable block
- ◆ Be able to use sharps

FACILITATED BY:

Adult Tutor

TO BOOK YOUR PLACE:

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



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