

# Gwent Recovery and Discovery College Project

*Compassionate Learning, Empowered Living*



## What is a Recovery College?

A Recovery College provides free co-produced educational courses on a range of mental health and wellbeing topics for anyone interested in improving their wellbeing.

Courses are open to:

- People with lived or living experience (including inpatients)
- Carers
- NHS staff
- Members of the public who want to promote their mental health and wellbeing

## Online Pilot Course (Microsoft Teams)

### Topic: Care and Treatment Plans

- **Pilot 1:** Tuesday 3<sup>rd</sup> February 2026
- **Pilot 2:** Wednesday 4<sup>th</sup> February 2026
- **Pilot 3:** Thursday 5<sup>th</sup> February 2026



**Time for all sessions: 10:30am – 13:00pm**

**How do I get involved?**

**Please contact: [ABB.RECOVERYCOLLEGEMODELPROJECT@WALES.NHS.UK](mailto:ABB.RECOVERYCOLLEGEMODELPROJECT@WALES.NHS.UK)**

**Booking is essential**