

# RECOVERY COLLEGE NEWSLETTER



**BEING - BELONGING - BECOMING**



## WELCOME TO OUR SECOND NEWSLETTER OF 2025!

A huge thank you to everyone who has attended our workshops over the last few months. Your time, knowledge and expertise has been invaluable. From your thoughts and reflections, we are now creating a report and business case, to apply for both local and national funding

We hope you enjoyed the experience.

### PILOT COURSE

We completed our first pilot course on Care and Treatment plans at Nant Bran Community Centre - with huge thanks to Growing Space and Alex Kegie from Neurologik for making this an inclusive space.

Feedback included it being 'thought provoking' and 'great to see co-production' and 'more of this is needed'.

ISSUE 2 , JUNE 2025

# GUEST CONTRIBUTOR

## ROB

Volunteer with Llais



My conclusion from the first pilot was that the approach enabled an honest sharing of perspectives and understanding about an important topic. It gave the opportunity for us to fully understand the appropriateness, requirements and rights one has in the co-production of the Care and Treatment Plans. From the related discussions I felt some students were, for the first time, fully understood those rights.

My takeaway from the discussions was that this course would help future engagement with services

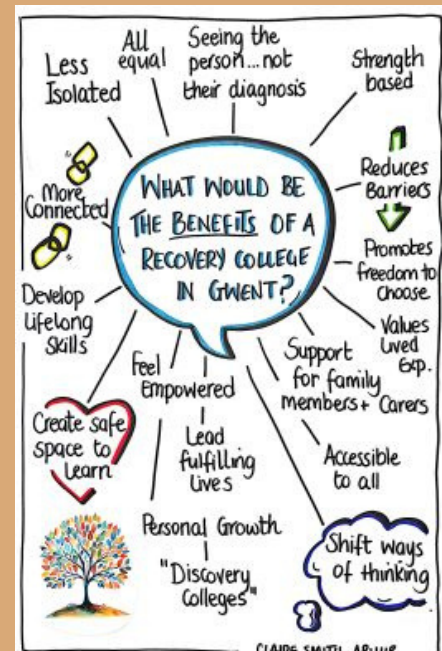
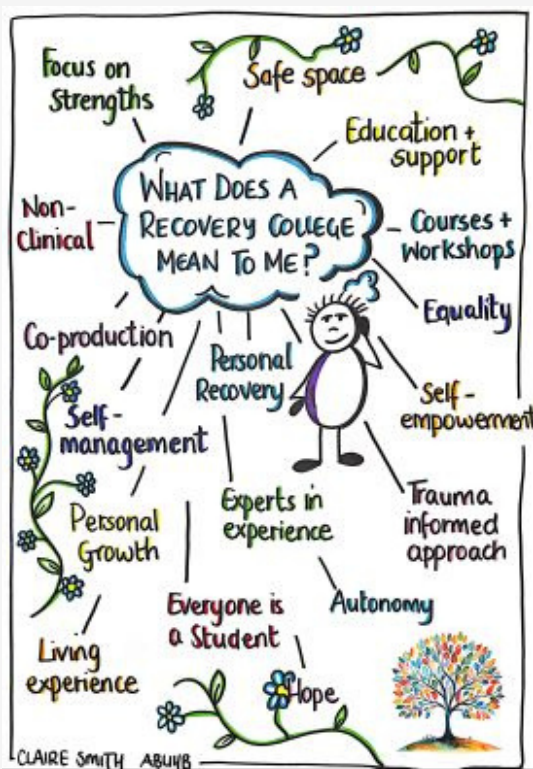
The pilot provided a valuable opportunity for all students to share and learn about an important topic in an appropriate setting for them. In bringing people together this way it enabled them to be better informed through a shared understanding of perspectives and experiences. In turn this should help identify and shape any changes that would be of benefit to more successful outcomes.



# WE GOT CREATIVE!

## WORKSHOP FEEDBACK

Here are some of your thoughts captured through creativity. A massive thank you to Alice Marie and Claire Smith who brought your thoughts to life.



# YOU TOLD US...

## WORKSHOP FEEDBACK

You all said you felt a Recovery College model was wanted in Gwent AND you all said you valued the expertise of Peers and Practitioners equally! This aligns strongly with the fidelity standards of the Recovery College model.

You also said that Gwent needs a model that exists both in the community and online

## FIDELITY STANDARDS

**FIDELITY STANDARDS**

1. Peer Led
2. Co-produce
3. Community focused
4. Personal Recovery focused
5. Relationship Centred Education
6. Wellbeing at every stage of Recovery
7. Transformational- Culture, service, dynamics



# WHAT'S NEXT?

## SECOND PILOT COURSE!

We are delighted to announce a second pilot Recovery College course on 'Recovery and Identity' which is currently in production.

### We would like to co-produce the name of the model in Gwent...

We had lots of wonderful suggestions about what the service should be called and as a result, a poll has now been launched with 10 potential names. To cast your vote please follow the below link.

The poll ends on July 1<sup>st</sup> 2025 so please get voting!!

**GWENT RECOVERY COLLEGE  
MODEL SERVICE NAME -  
VOTING CLOSSES JULY 31ST 2025**

## RECOVERY AND IDENTITY COURSE



**DATE: Tuesday 1<sup>st</sup> July 2025**



**TIME: 10:00 am - 13:00 pm**



**LOCATION: Abergavenny Wellbeing & Information Centre**

### BOOKING IS ESSENTIAL

Please contact:

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

**JOIN US IN OUR NEXT ISSUE OR CONTACT US TO BE ADDED TO OUR EMAILING LIST**

**OUR BEST WISHES  
RECOVERY COLLEGE MODEL TEAM**

ISSUE 2, JUNE 2025

