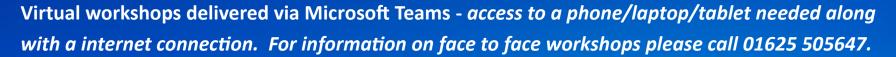
Central and East Involvement Recovery and Wellness Centre





Workshop	Description	Aims	Dates and Times
Advance Statement	Advance statements are good for us to have for when we might lose the ability to make a decision for ourselves in the future because of illness or Injury as they can reflect our views, beliefs and wishes. To provide a guide to anyone wh may have to make decisions on your behalf.	◆ Please call 01625 505647 to arrange a video appointment.	
	Although an advance statement is not a legally binding document, medical professionals are nevertheless keen to make a practical effort to follow your wishes. The Mental Capacity Act states that decisions about your care and treatment should be made in your 'best interests'.		
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Anxiety Management	how anxiety affects your body mentally and physically, and introduces practical techniques to help reduce or manage anxiety. how anxiety affects your body mentally and to overcome stress, anxiety & worry. To help you regain control of your body mentally and to overcome stress, anxiety & worry.	strategies that help you to learn to overcome stress, anxiety &	Four week course ◆ Thursday 27th August 11am - 12.30pm ◆ Thursday 3rd September
A workhook accompanies this		To help you regain control of your !:fo	11am - 12.30pm
workshop, but it can also be		 Thursday 10th September 11am - 12.30pm 	
alone tool.			◆ Thursday 17th September 11am - 12.30pm

Workshop	Description	Aim	ns	Dat	es and Times
Beating Psychological Distress with DBT Coping Practices	Do you experience emotions very intensely and find it hard to manage these feelings? To help you feel more in control, this workshop has been developed in collaboration with people living with these difficulties and also with trained experts in Dialectical Behavioural Therapy (DBT).	•	To introduce you to coping skills utilising some of the strategies based on DBT coping practices. Experience, recognise and accept intense emotions safely, so that further coping strategies can be introduced and practiced.	Six week course	
				•	Monday 7th September 11am - 12.30pm
				•	Monday 14th September 11am - 12.30pm
				•	Monday 21st September 11am - 12.30pm
				•	Monday 28th September 11am - 12.30pm
A workbook accompanies this workshop,				•	Monday 5th October 11am - 12.30pm
but it can also be requested and utilised as a stand alone tool.				•	Monday 12th October 11am - 12.30pm
				媥	
Expert Patient Programme	This programme is tailored to the needs	•	Learn new skills to manage	Six	week course
	of adults living with long-term physical or		your health condition Meet others who are facing similar problems and share experiences Gain practical advice	•	Wednesday 19th September
	mental health condition(s) and their				10.30am - 1pm
	carers. It focuses on self-management techniques which are designed to help people improve their quality of life and take control over personal situations and experiences.	p d ◆		•	Wednesday 26th September 10.30am - 1pm
				•	Wednesday 2nd October
			Learn new skills to help you continue with your daily		, 10.30am - 1pm
				•	Wednesday 9th October

activities

10.30am - 1pm

10.30am - 1pm

10.30am - 1pm

Wednesday 16th October

Wednesday 23rd October

skills.

Subjects that are discussed include

managing low mood, relaxation, planning

for the future, problem-solving, and

developing improved communication

Workshop	Description	Aims	Dates and Times
Mindfulness A workbook accompanies this workshop, but it can also be requested and	Mindfulness is the ability to be able to choose what we bring our awareness to and what we're doing, and to not overly react or be overwhelmed by what's going on around us. It's a skill that anyone can learn. This workshop teaches and helps you	 Grow confidence in how to calm your own mind and stabilise yourself 	
utilised as a stand alone tool.	This workshop will look at the different	◆ To provide tips on how to	10.30am - 11.15am Individual sessions
Money Sense with NatWest	ways you can do your banking, how to protect yourself against scams and also some tips on Budgeting for household expenses and how to save for the unexpected.	manage your money better	♦ Wednesday 26th August 11am - 12.30pm
	A Relance can involve difficulties caning	To become aware of our triggers	Four week source
Relapse Prevention	A Relapse can involve difficulties coping with day to day activities, increased anxiety, increased symptoms of panic or increased negative thoughts.	 To become aware of our triggers and other warning signs Learn new recovery tools Create a plan of action 	 Tuesday 25th August 11am - 12.30pm Tuesday 1st September 11am - 12.30pm

A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.

- Tuesday 8th September 11am - 12.30pm
- Tuesday 15th September 11am - 12.30pm

Workshop	Description	Aims	Dates and Times
	Tai Chi is a martial art which involves slow, graceful movements. It is gentle exercise suitable for all ages and levels of fitness. This course will involve practising Tai Chi movements to music, breathing techniques and warm-up exercises.	well-being.	Individual Session ◆ Thursday 20th August 3.30pm - 4.15pm
			à.
CONNECT	The Reader is a shared reading group where you can read and relax. We will read everything together in the group, so there's no homework! You don't need to be a confident reader to join in, or even a reader at all. You can sit back and listen, or try reading aloud.	◆ To help with memory, concentration, confidence and relaxation.	◆ Please register your interest
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Plan (WRAP) A workbook accompanies this workshop, but it can also be requested and	This workshop offers an introduction to the Wellness Recovery Action Planning process, or WRAP for short. WRAP is a self-management strategy designed by mental health advocate Mary Ellen Copeland, from her own experience of living with a long-term mental health condition.	 To create your own Wellness, Recovery, Action plan To gain a really good under- standing of your recovery and crisis plans 	Two week course ◆ Tuesday 28th July 11.00am - 12.30pm ◆ Tuesday 4th August 11.00am - 12.30pm

Our virtual courses are available to anyone in East Cheshire, West Cheshire and the Wirral who are accessing CWP's secondary care services.

If you are interested in participating in a course, and would like more information, advice, or support, please contact us on:

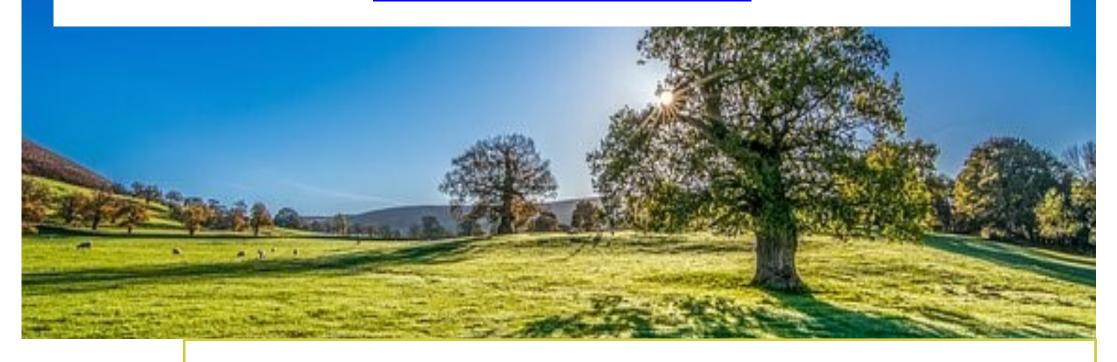
Tel: 01625 505647 or email: cwp.involve-and-recover@nhs.net

To download an enrolment form or access any of our workbooks please see the link below:

http://www.cwp.nhs.uk/services-and-locations/services/involvement-recovery-and-wellness-centre/

To access our YouTube channel where you can find self help videos, please see the link below:

IRWC Cheshire & Wirral NHS Foundation Trust - YouTube





Please follow our twitter page for news and updates.

@CWP IRWC