

# Central and East Involvement Recovery and Wellness Centre

Virtual workshops delivered via Microsoft Teams - *access to a phone/laptop/tablet needed along with a internet connection. For information on face to face workshops please call 01625 505647.*

Workshop	Description	Aims	Dates and Times
<b>Advance Statement</b>	<p>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.</p> <p>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'.</p>	<ul style="list-style-type: none"><li>◆ To provide a guide to anyone who may have to make decisions on your behalf.</li></ul>	<ul style="list-style-type: none"><li>◆ Please call 01625 505647 to arrange a video appointment.</li></ul>
<b>Anxiety Management</b>	<p>These workshops can help you understand how anxiety affects your body mentally and physically, and introduces practical techniques to help reduce or manage anxiety.</p> <p>A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.</p>	<ul style="list-style-type: none"><li>◆ To teach you self-management strategies that help you to learn to overcome stress, anxiety &amp; worry.</li><li>◆ To help you regain control of your life.</li></ul>	<p><b>Four week course</b></p> <ul style="list-style-type: none"><li>◆ Thursday 27th August 11am - 12.30pm</li><li>◆ Thursday 3rd September 11am - 12.30pm</li><li>◆ Thursday 10th September 11am - 12.30pm</li><li>◆ Thursday 17th September 11am - 12.30pm</li></ul>

## Workshop

### Beating Psychological Distress with DBT Coping Practices

## Description

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).

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

## Aims

- ◆ 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.

## Dates and Times

### 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
- ◆ Monday 5th October 11am - 12.30pm
- ◆ Monday 12th October 11am - 12.30pm

### Expert Patient Programme

This programme is tailored to the needs of adults living with long-term physical or mental health condition(s) and their 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.

Subjects that are discussed include managing low mood, relaxation, planning for the future, problem-solving, and developing improved communication skills.

- ◆ Learn new skills to manage your health condition
- ◆ Meet others who are facing similar problems and share experiences
- ◆ Gain practical advice
- ◆ Learn new skills to help you continue with your daily activities

### Six week course

- ◆ Wednesday 19th September 10.30am - 1pm
- ◆ Wednesday 26th September 10.30am - 1pm
- ◆ Wednesday 2nd October 10.30am - 1pm
- ◆ Wednesday 9th October 10.30am - 1pm
- ◆ Wednesday 16th October 10.30am - 1pm
- ◆ Wednesday 23rd October 10.30am - 1pm

## Workshop

### Introduction to Managing Depression



## Description

This workshop will consider some of the symptoms and experiences of people with depression.

## Aims

- ◆ To explore different ideas and techniques for coping with and improving symptoms of depression.

## Dates and Times

### Individual Session

- ◆ Please register your interest

### Managing Psychosis

Living with psychosis is surprisingly common, and can include hearing voices (auditory hallucinations), unusual thoughts (delusions) and more visual experiences (visual hallucinations).

Having a better understanding of psychosis can help to make sense of this diagnosis

- ◆ To provide an awareness of issues that surround psychosis from diagnosis
- ◆ To discuss available treatment options and self management techniques that can help to promote recovery and well - being.

### Individual Session

- ◆ Monday 10th August  
1.30pm - 3.30pm



## Workshop

## Description

## Aims

## Dates and Times

### Mindfulness

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 practice those techniques

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

- ◆ Grow confidence in how to calm your own mind and stabilise yourself
- ◆ Take lots of things away that you can use in your daily life

#### Individual sessions

- ◆ Friday 31st July  
10.30am - 11.15am
- ◆ Friday 7th August  
10.30am - 11.15am
- ◆ Friday 28th August  
10.30am - 11.15am
- ◆ Friday 4th September  
10.30am - 11.15am

### Money Sense with NatWest



This workshop will look at the different 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.

- ◆ To provide tips on how to manage your money better
- ◆ To help you protect yourself from scams

#### Individual sessions

- ◆ Wednesday 26th August  
11am - 12.30pm

### 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

#### Four week course

- ◆ Tuesday 25th August  
11am - 12.30pm
- ◆ Tuesday 1st September  
11am - 12.30pm
- ◆ Tuesday 8th September  
11am - 12.30pm
- ◆ Tuesday 15th September  
11am - 12.30pm

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

## Workshop

### Tai Chi

#### Description

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.

#### Aims

- ◆ To improve your energy and well-being.
- ◆ Reduce feelings of stress and anxiety

#### Dates and Times

##### Individual Session

- ◆ Thursday 20th August  
3.30pm - 4.15pm

### The Reader



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**

### Wellness Recovery Action Plan (WRAP)

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.

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

- ◆ To create your own Wellness, Recovery, Action plan
- ◆ To gain a really good understanding 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](mailto: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](#)



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