



Cheshire and Wirral Partnership **NHS**
NHS Foundation Trust

CENTRAL AND EAST RECOVERY COLLEGE



PROSPECTUS FOR APRIL 2018 TO AUGUST 2018

Care • Well-being • Partnership

CENTRAL AND EAST RECOVERY COLLEGE

IMPORTANT INFORMATION

Welcome to the Central and East Recovery College summer term prospectus. **Please be advised we are currently running a limited amount of workshops due to some staffing changes we are experiencing within the college. We apologize for any inconvenience this may cause but we hope to be back with a full time table as soon as possible.** In the meantime please do not hesitate to contact us with any suggestions you have for any future workshops or to have your name added to the waiting list.

Kind regards



What is a Recovery College?

We run educational workshops about mental health conditions and ways to improve your wellbeing. Our aim is to provide you with the skills, knowledge, and understanding to help you live a more fulfilled life and become better at self managing yourself and your conditions. We work in a group setting using the experience of peers and professionals alike.

Who can attend the Recovery College?

- Anyone who is over 18 and currently accessing CWP secondary services.
- People referred to us from **IAPT or the Gateway teams in the Crewe or Winsford areas only.** Being referred through this pathway, or via the **Single Point of Access team**, gives you access to **one term's worth of courses.**
- Anyone who is a family member or main carer for anyone using the services detailed above.



CENTRAL AND EAST RECOVERY COLLEGE

How do I book onto a workshop?

To attend any of our workshops, you need to complete the enrolment form (see page ?? To the back of this booklet) and send it back to us. This can be done by posting it to:

**Central and East Recovery College
Jocelyn Solly Resource Centre
Victoria Road
Macclesfield
SK10 3JE**

Alternatively, you can email us on ce.recoverycollege@cwps.nhs.uk and we will send you a digital enrolment, or enrol over the phone on **01625 505647**.

Do I need to attend every session?

In order to get the most out of each workshop we recommend you attend each session however we understand that things happen. All we ask is that if you are unable to attend please contact us on 01625 505647. If you do miss a workshop we may call you to check if you require any further support.

Do you provide support during a workshop?

The course tutor is there to support you as well as facilitate the workshop, however most of our courses also have a learner support in attendance to support the students and the tutor. If you wish to have one to one learner support during your workshop please let us know and we will do our best to try and accommodate you.

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WORKSHOPS THAT WORK FOR YOU

Each workshop is colour coded, and we have provided an explanatory guide below.

This is because some of our courses are more intensive than others. Some take place over a number of weeks, or have lots of interactive content, or demand a high level of concentration. You may want to think about this when choosing your workshops.

Advanced:



These workshops require more interaction and concentration from participants. They may take place over a longer period of time, and you may need to carry out activities between sessions.

Intermediate:

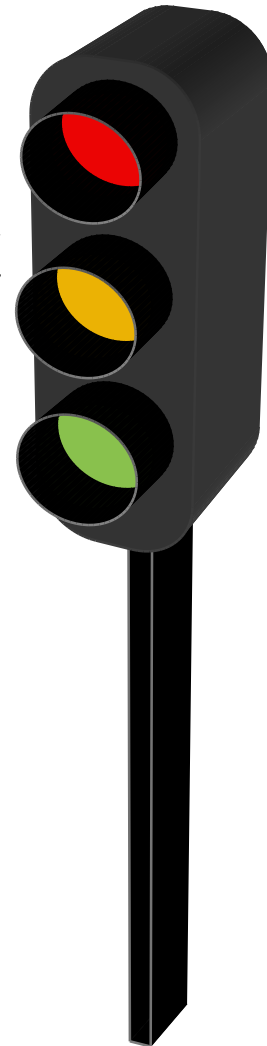


These workshops are slightly more demanding. You may be required to attend more than one session, and there may be some interactive activities.

Basic:



Basic workshops require less time, interaction, and concentration. They are an excellent introduction into the College.



More information about our workshops can be found over the following pages. Once you know what you'd like to attend, please fill out the enrolment form on the back page.

NOT SURE WHERE TO START?

Sometimes when you're unwell goals are difficult to identify; let alone figuring out the steps to get you there.



At the Recovery College we can help you break down this task by working with you to create a learning plan.

WHAT IS A LEARNING PLAN?

A Learning Plan is a tool to help you identify your goals, so you can get the most out of your time at the Recovery College. After these goals have been set in place, the Learning Plan helps make a pathway to reach them.



To create your Learning Plan, you will have a one-to-one appointment with a member of Recovery College staff called a Pathway Planner or with a member of the community mental health team.



WHO IS A PATHWAY PLANNER?

A Pathway Planner is a member of staff or a Peer Support Volunteer, who can help you set your goals and give you some ideas to help you reach them. This can involve suggesting workshops to attend at the college.



Remember: the Pathway Planner is only here to help and guide you. **The ultimate journey is for you to decide!**

STEPPING STONES TO YOUR RECOVERY

Developing the skills you need to manage your condition(s) and practice self-care is a process, and it's different for every person.

At the Central and East Recovery College we think of this learning process as a journey. While every journey is different, most have maps and guides to help you on the way. Here is our suggested three-stage Stepping Stone approach to aid your Recovery journey.

Not sure where to start? Ask a member of Recovery College staff for a learning plan. There's more



ACCEPT That a more satisfying life is possible. Our workshops provide self-management skills to help you start your journey.

ADAPT Your skills even further by joining some community groups —ask us how to find groups in your local area.

ACHIEVE Your long-term goals by moving forward with the steps **YOU** want to take - whether that's volunteering, employment, taking up education opportunities, or getting involved in the community.

For more information about volunteering, visit the Community & Voluntary Service website at www.cvsce.org.uk or go to www.cwp.nhs.uk to find out more about involvement opportunities in the Trust.

A-Z Overview with Start Dates

Course Title	Location	Start Date	Page
Astronomy	Macclesfield	Wednesday 20 th June	27
Anxiety Management	Crewe	Tuesday 5th June	26
	Macclesfield	Tuesday 10th April	
	Winsford	Tuesday 1st May	
Creativity	Crewe	Thursday 7th June	14
	Macclesfield	Friday 11th May	
Dementia Engagement and Empowerment Project (DEEP)	Crewe	Wednesday 9th May	13
	Wilmslow Library	Wednesday 11th April	12
Discover Your Recovery Journey	Crewe	Wednesday 13th June	15
Drama for Wellbeing	Macclesfield	Thursday 10th May	16
Expert Patients Programme	To be confirmed	Monday 11th June	28-29
Food and Mood	Macclesfield	Wednesday 9th May	17



A-Z Overview with Start Dates

Course Title	Location	Start Date	Page
Infection Prevention and Control	Crewe	Tuesday 19 th June	18
Living Well With Dementia	Crewe	Wednesday 25 th April	20
	Wilmslow Library	Wednesday 16 th May	
Money Sense	Crewe	Wednesday 13 th June	22-23
	Winsford	Tuesday 22 nd May	
Peer Support Drop In	Macclesfield	Wednesday 2 nd May	23
Protecting Yourself and Keeping Safe	To be confirmed	Coming Soon	25
The Reader	Crewe	Monday 16 th April	24
Understanding you Medications	Macclesfield	Wednesday 25 th July	19
Understanding Mindfulness	Crewe	Wednesday 2 nd May	25
Walk in the Park	Macclesfield	Thursday 10 th May	28

REGISTER YOUR INTEREST

We are hoping to introduce the following workshops very soon. Please let us know if you are interested in attending any of them by contacting us on ce.recoverycollege@cwps.nhs.uk or **01625 505647**, or by including the workshops on your enrolment form.

Money Workshops

In association with the community banker from NatWest we are looking to run a series of workshops where you can receive help and advice on budgeting, the different ways to bank in a digital world and how to protect yourself against frauds and scams.



Shared Decision Making

The main theme of this workshop—which looks at ways of working well with healthcare professionals, and rights and responsibilities of in mental healthcare—is ‘No Decision About Me Without Me’.

Peer Support

This workshop explains the benefits of discussing mental health with those who have shared, lived experiences, and how Peer Support volunteers are important to the Recovery College.

Living Well With Dementia (Macclesfield)

This workshop in conjunction with DEEP provides straight forward information about dementia, and offers practical advice, support and strategies for friends and family.

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OTHER INFORMATION



The Recovery College Charter

You can expect us to:

- Deal with your enquiries in a professional and friendly manner.
- Provide guidance on workshops, learning resources, and study skills.
- Ensure courses promote learning, achieving, and thriving.
- Make all possible adjustments so that everyone can access our workshops, content, and environment.
- Provide a safe and healthy environment free from discrimination.
- Respect your choices, traditions, culture, religion, and practices.
- Give you the opportunity to express your views of the college

We expect you to:

- Give us the relevant information that we need to register you.
- Attend courses and workshops punctually or to cancel in good time.
- Be considerate of all students' rights, choices, beliefs and opinions.
- Switch your mobile phone to silent.
- Smoke off-site as we are a smoke-free Trust.



Crisis Contacts and Information

Sometimes a crisis arises unexpectedly or the usual support is not around. If you have a care coordinator, such as a CPN, they are normally your first point of contact. If they are not available, then a duty CPN is offered.

If your crisis occurs out of hours—at night or weekends—or if you are not registered with mental health services, you can call the following:

NHS 111
SANE
Samaritans

Freephone: 111
Telephone: 0300 304 7000, 4.30pm-10.30pm
Freephone: 116 123



DEMENTIA ENGAGEMENT AND EMPOWERMENT PROJECT (DEEP)



The Dementia Engagement and Empowerment Project (DEEP) brings together people with dementia from across the UK nationally and locally to influence the services and policies that affect them.

Venue	Date	Activities	Time
Wilmslow Library South Drive Wilmslow, Cheshire SK9 1NW	Wednesday 11th April	Introduction to the project	2pm-4pm
	Wednesday 16th May	Effective communication and discussion around the benefits of continuing activities and a visit from Cheshire East Council to discuss what is available in the Cheshire East care directory	
	Wednesday 13th June	All About Me session and work on the project	
	Wednesday 18th July	Solicitors workshop	



DEMENTIA ENGAGEMENT AND EMPOWERMENT PROJECT (DEEP)

Venue	Date	Activities	Time
Delamere Resource Centre, Crewe	Wednesday 9 th May	To be confirmed	1.30pm-3.30pm
	Wednesday 6 th June		
	Wednesday 11 th July		
	Wednesday 8 th August		
	Wednesday 5 th September		

If you would like to join our group to try to change things for the better or just join us for peer support, please call 01625 505647 or email ce.recoverycollege@cwps.nhs.uk to confirm your place.



The UK Network of Dementia Voices **Care • Well-being • Partnership**

CREATIVITY

- What is this workshop rated? BASIC.
- What will I learn in this workshop?



No experience necessary, and all tools and materials will be provided. Discover new crafts in a fun and supportive environment and each week looks at a different craft!

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Friday 11 th May	2pm-4pm
	Friday 18 th May	
	Friday 25 th May	

Venue	Date	Time
Delamere Resource Centre, Crewe	Thursday 7 th June	9.45am-11.15am
	Thursday 14 th June	
	Thursday 21 st June	



Additional paperwork for Community Learning will need to be completed on day one, as this course is facilitated by a third party provider. This information may be shared with other agencies. Please ask the Recovery College or the tutor for more information.

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DISCOVER YOUR OWN RECOVERY JOURNEY



What is this workshop rated? BASIC.



What will I learn in this workshop?

This workshop explores definitions of recovery and looks at how to build your life around a definition YOU find meaningful for YOU.

Venue	Date	Time
Delamere Resource Centre, Crewe	Wednesday 13 th June	11am-1pm



DRAMA FOR WELL-BEING



What is this workshop rated? BASIC.

What will I learn in this workshop?

Self-expression and communication are important needs in our lives but they're not always easy skills to develop. Drama is a good way to practice those skills by exploring our feelings, working with other people, and stretching our imaginations and a great way to have fun!

This brand new workshop aims to demonstrate how drama can help us strengthen our understanding of emotion, improve self-expression, and work cooperatively in a group.



Venue	Date	Time
Jocelyn Solly Resource Centre Macclesfield	Thursday 10 th May	2pm-4pm
	Thursday 17 th May	
	Thursday 24 th May	

Please note that this workshop is only held at Jocelyn Solly Resource Centre.



FOOD AND MOOD



What is this workshop rated? BASIC.

What will I learn in this workshop?

You are invited to this interactive workshop to taste some healthy snacks and learn how they can influence your mood. Find out which foods can have a negative impact upon your mental and physical wellbeing, and discover foods that can boost your mood and physical health.

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 9 th May	11am-1pm
	Wednesday 16 th May	



Allergy Information:

Please let staff know when you are booking onto this workshop if you have an allergy.

HEALTHY LIVING

Infection Prevention & Control

What is this workshop rated? BASIC.

What will I learn in this workshop

The aim of the workshop is to explore how the principles of Infection Prevention & Control can be used to maintain good health at home. You will learn about the nature of bacteria and germs in and on the human body and the links with good health and how we pick up germs and bacteria as we go about our daily lives.

Venue	Date	Time
Delamere Resource Centre, Crewe	Tuesday 19 th June	2pm-4pm





HEALTHY LIVING

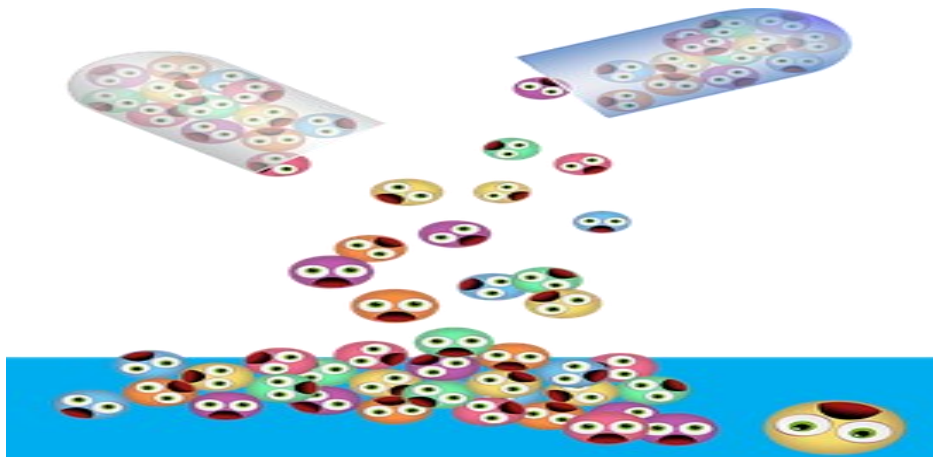
Understanding your medications

What is this workshop rated? BASIC.

What will I learn in this workshop

You will gain an understanding about your medications and how they can effect your physical health.

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 25 th July	11am-1pm



LIVING WELL WITH DEMENTIA

- What is this workshop rated? BASIC.
- What will I learn in this workshop?

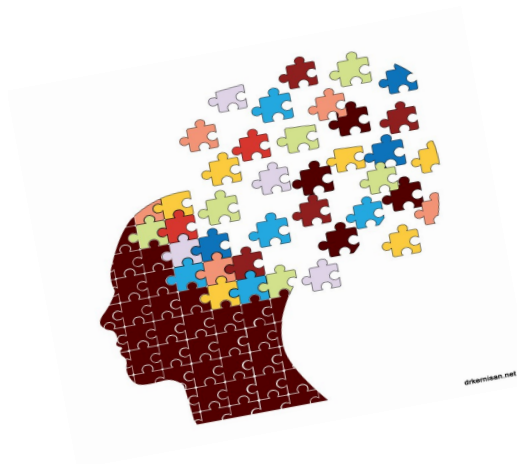
If you are a carer for someone with dementia, you may find this series of educational workshops useful. The workshops provide straight-forward information about dementia, and offers practical advice and strategies for friends and family. There is also a well-being session run for people living with dementia. We acknowledge that there are many different types of dementia and some people have multiple diagnoses, his is reflected in our workshop resources.

Venue	Date	Time
Delamere Resource Centre, Crewe	Wednesday 28 th March	10.30am-12.30pm
	Wednesday 25 th April	
	Wednesday 23 rd May	
	Wednesday 20 th June	
	Wednesday 18 th July	



LIVING WELL WITH DEMENTIA

Venue	Date	Time
Wilmslow Library, South Drive, Wilmslow, Cheshire SK9 1NW	Wednesday 11th April	2pm-4pm
	Wednesday 16th May	
	Wednesday 13th June	
	Wednesday 18th July	



MONEY SENSE - Scam Awareness and Digital Safety

- What is this workshop rated? BASIC.
- What will I learn in this workshop?

As we live in an ever increasingly digital world where scams are on the increase. This workshop is designed to increase awareness of scams both on and offline along with what to look out for and how to deal with them. It will also look at how to keep yourself safe while working online.

Venue	Date	Time
Vale House Resource Centre, Winsford	Tuesday 22 nd May	1pm-3pm

Venue	Date	Time
Delamere Resource Centre, Crewe	Wednesday 13 th June	2pm-4pm





MONEY SENSE - Ways to Bank and Budgeting

- What is this workshop rated? BASIC.
- What will I learn in this workshop?

This workshop will look at the different ways you can do your banking and also some tips on Budgeting for household expenses and how to save for the unexpected.

Venue	Date	Time
Vale House Resource Centre, Winsford	Thursday 14 th June	1pm-3pm

Venue	Date	Time
Delamere Resource Centre, Crewe	Wednesday 18 th July	2pm-4pm



PEER SUPPORT DROP IN



Why not join us at the peer support drop in?

At the peer support drop in sessions you will find a safe and enjoyable environment that allows you to chat freely and openly with your peers and lived experience volunteers about a variety of topics that may support you in your recovery.



Please join us for a:

- ◆ **Chat**
- ◆ **Laugh**
- ◆ **Listen**
- ◆ **Light refreshments**
- ◆ **Reminder of the self management strategies we can all use**

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 2nd May	11am-1pm
	Wednesday 30th May	
	Wednesday 27th June	1.30pm-3.30pm
	Wednesday 1st August	11am-1pm

Please note these sessions are facilitated by peer support volunteers. Although they are trained to support and sign post others, they are not a substitute for crisis or any other intervention from a healthcare professional.

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PROTECTING YOURSELF AND KEEPING SAFE



In association with Cheshire Constabulary and Cheshire Fire and Rescue Service come along to one of our sessions to learn all about how you can protect yourself and your home.



**Coming Soon, register your
interest now.**

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THE READER



What is this workshop rated? BASIC.

What will I learn in this workshop?

Back by popular demand, The Reader is a shared reading group where you can read and relax. Shared reading has been shown to help with memory, concentration, confidence, and relaxation. 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. Tea and refreshments will be provided.



When will this course take place?

Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 16 th April	2pm-4pm
	Monday 23 rd April	
	Monday 30 th April	
	Monday 14 th May	
	Monday 21 st May	
	Monday 4 th June	



UNDERSTANDING MINDFULNESS



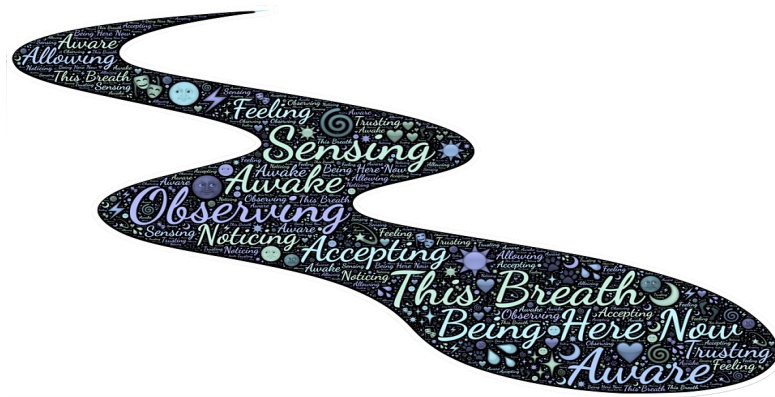
What is this workshop rated? BASIC.

What will I learn in this workshop?

These Mindfulness workshops look at focusing attention and awareness by simply looking at practical ways to notice thoughts, physical sensations, sights, sounds, smells - anything we might not normally notice.

Once mastered, it can help increase awareness, clarity and acceptance of our present-moment reality. Mindfulness is recommended by the National Institute for Health and Care Excellence (NICE) as a way to prevent depression and anxiety.

Venue	Date	Time
Delamere Resource Centre, Crewe	Wednesday 9th May	11am-1pm
	Monday 14th May	



WALK IN THE PARK



As part of National walking month join us for a walk around West Park in Macclesfield on Friday 11th May. The walk will start and finish at Jocelyn Solly Resource Centre where refreshments will be provided. To confirm your attendance please call us on 01625 505647.

"Walking is a fantastic way to keep active and maintain a healthy heart as it is fun, flexible and free."

Venue	Date	Time
West Park, Macclesfield	Friday 11 th May	10.30am-12.30pm



UNDERSTANDING ANXIETY

- What is this workshop rated? INTERMEDIATE.
- What will I learn in this workshop?
-



These workshops can help you understand how anxiety affects your body mentally and physically, and introduces practical techniques to help reduce or manage anxiety.

Venue	Date	Time
Delamere Resource Centre, Crewe	Tuesday 5th June	11am-1pm
	Tuesday 12th June	
	Tuesday 19th June	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Tuesday 10th April	11am-1pm
	Tuesday 17th April	
	Tuesday 24th April	

Venue	Date	Time
Vale House Resource Centre, Winsford	Tuesday 1 st May	11am-1pm
	Tuesday 8 th May	
	Tuesday 15 th May	1pm-3pm



ASTRONOMY



Macclesfield Astronomical Society



What is this workshop rated? ADVANCED.

How much time does this workshop take?
Five 2-hour sessions.



What will I learn in this workshop?

Facilitated by the Macclesfield Astronomical Society,. This five week workshop aims to take you on an interactive journey through our Solar System, visiting our moon, the sun, the major constellations and out into the wider cosmos. Daytime practical astronomy will be available, weather permitting, and no previous experience is required.



Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 20 th June	11am-1pm
	Wednesday 27 th June	
	Wednesday 4 th July	
	Wednesday 11 th July	
	Wednesday 18 th July	



EXPERT PATIENTS PROGRAMME



What is this workshop rated? ADVANCED.

How much time does this workshop take? Six 2.5-hour sessions.

What will I learn in this workshop?

The Expert Patients Programme is tailored to the needs of adults living with long-term physical or mental health condition(s) and their carers. **Anyone living in the South Cheshire or Vale Royal areas can attend.**

The Programme focuses on self-management techniques which are designed to help people improve their quality of life and take control over the personal situations and experiences. Subjects that are discussed in the workshops include managing low mood, relaxation, planning for the future, problem-solving, and developing improved communication skills

The Programme is a combination of two courses as follows:

- **Living With Long-Term Health Conditions (LTHC)**, designed to help adults who are living with physical or mental health conditions
- **Looking After Me: A Course For Carers**, designed to help adult carers of people living with physical or mental health conditions.

The course runs for six weeks, and is led by volunteers who themselves live with long-term health conditions or carers and have attended the Expert Patients Programme in the past.

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EXPERT PATIENTS PROGRAMME

To gain the most from this course, you should be comfortable with being in a group and concentrating for extended periods of time each week.

If you are interested, please phone the EPP team on **01625 505617** or at [**EPPC@cwp.nhs.uk**](mailto:EPPC@cwp.nhs.uk), or look at the course details on the next page

Venue	Date	Time
Venue to be confirmed	Monday 11th June	10.30am-1pm
	Monday 18th June	
	Monday 25th June	
	Monday 2nd July	
	Monday 9th July	
	Monday 16th July	

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APPS THAT YOU MAY FIND

USEFUL



Disclaimer—Any use of the apps listed is for your information only. It is not intended to be a recommendation or substitute for intervention from a healthcare professional. The named supplier is solely responsible for the app, and CWP is not responsible for any advise/information etc. that you may obtain through these apps. For further information please visit: <https://apps.beta.nhs.uk/>



Rally Round

Rally Round is for parents of children with an illness or challenging behaviour who need to organise practical support.

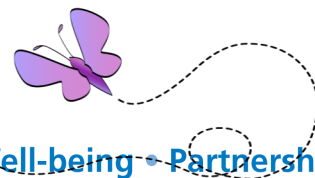
How do you access it?

Rally Round is a website. You can access it at www.rallyroundme.com/mhfamily.

How does it work?

Rally Round enables parents and carers to create private online support groups so they can get support from other family members and trusted friends.

It's easy to get started. Set up a support group and invite trusted family and friends to join. Everyone takes a look at what needs doing and offers to help out.





APPS THAT YOU MAY FIND

USEFUL



Catch It

Catch It is for anyone who struggles with feelings like anxiety, depression, anger and confusion

How does it work?

Catch It uses cognitive behavioural therapy (CBT) to help you change the way you think and feel about things.

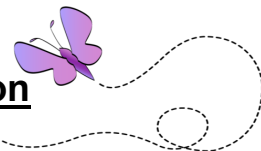
Use the app to record your mood in three simple steps:

- 'Catch It' records and rates your mood.
- 'Check It' asks you to take a moment to reflect on what you're thinking.
- 'Change It' asks you to think about a better way of dealing with a problem.

Catch It is not a substitute for professional mental health care. If you are worried about any aspects of your mental health, contact a professional.



Stress and Anxiety Companion



The stress and anxiety companion is for people with mild to moderate anxiety or stress.

How does it work

Stress and Anxiety companion uses cognitive behavioural therapy (CBT) to help you change the way you think and feel about things. Use the app to help manage your anxiety and stress at home and on the go



APPS THAT YOU MAY FIND

USEFUL



Calm Harm

The app is designed for people who are trying to manage with urges to self harm.

How does it work?

Calm Harm is based on the principles of dialectical behaviour therapy (DBT). DBT is a type of talking therapy that's often effective in people with mood disorders.

The app provides tasks that encourage users to distract themselves from urges to self-harm and help manage their "emotional mind" in a more positive way.



Active 10

Active 10 is for people looking for easy ways to add activity to their day and improve their health.

How does it work?

Active 10 tracks your walking and tells you when you need to increase your pace to achieve a brisk walk (about 3 miles an hour).

The app is based on the idea that a regular 10-minute brisk walk has lots of health benefits.

To keep things interesting, the app gives you goals to work towards and rewards your progress.

All of the above apps can be purchased for free from your app store.

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EXTERNAL SUPPORT LINKS



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We are proud to work alongside the following organisations, who provide additional support & materials across Cheshire East. Over the following pages you will see some of the services available to you in the community, if you would like to book a place on any of the workshops please contact them directly on 01625 374928 for Macclesfield and 01270 371280 for Crewe





Activity in mind (Macclesfield only)

- This is a Male only group; one of the main purposes of the AIM group is **to work on setting targets** for ourselves.
- No-one will set them for you, but you will be supported to think about what it is you want to achieve.
- Unless we know where we are going, we do not know which way to go; which directions to choose along the way, or even when we have arrived.
- If you have drifted for a while, the road to recovery looks long and can be daunting. It helps to have a map to give you some direction.

The AIM target is a way of setting targets for yourself.

Think about where it is you want to get to. If you have completely recovered and your life is back on track; what does that look like? Try to imagine it.

Where would you be?

What will you be doing?

What will have changed?

Once you have worked out your **AIM**, each week we will support you to set weekly targets.

We will meet 6 times. Each session will consist of an hour's forum, in a group, with other men & 2 support workers. The workers have been running sessions like this for several years and understand the issues that might be causing you problems.

Each member of the group will have the opportunity to talk about progress and identify the challenges they face. The rest of the group will provide a supportive environment to seek possible solutions.

Each week we will look at how we are progressing towards our targets, and set new short term targets for ourselves, which will lead towards our **AIM**.

Following our forum, there will be an organised activity available for group in the Leisure Centre. This will give you the opportunity to start moving forward by engaging in physical activity.

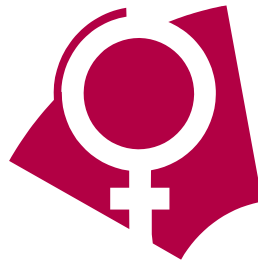
We look forward to seeing you at the first session.

Jim Jenkinson – **AIM** group leaders

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F.A.I.M.



Female Activity in Mind (Macclesfield only)

F.A.I.M is a group for ladies aiming to improve health and wellbeing with some light exercise within a leisure centre setting.

6 sessions will consist of an hour's forum delivered by 2 female senior support workers and then followed by an organised activity for the group within the leisure centre.

All activities are optional.

Our aim is to improve your self esteem, confidence and motivation. We will look at relaxation techniques, keeping yourself safe and your overall wellbeing.

Beverley Stevens - 01625-374928



Improving self-esteem and self confidence **(Macclesfield and Crewe)**

Welcome to our course, which has been designed to help you to improve your self-esteem and self-confidence.

Over 6 weeks we will meet to spend some time working out how you can do this.

We will get together at Macclesfield **Library**. We will be working in a group who understand your needs will certainly help you to improve how you feel about yourself.

My name is MARIA HIGHFIELD and I will be leading the group.

You can contact me on 01625 374928.

Over the duration of the course we will be working through some exercises which will help you to understand:

- What self esteem is?
- How you feel about yourself and how this affects your behaviour.
- Why people have low self-esteem.
- How we can change our image of ourselves.
- How we can build on our strengths.
- How to appear more confident.
- How to feel better about yourself.
- How to think more positively.

There is **NO** role-play.

You will not have to stand up in front of people if you don't want to.

You will only be asked to share with the group, that which you feel comfortable talking about.

If you have any special requirements then please let us know so that we can make our session fit your needs. I would be happy to answer any questions you may have, so feel free to call me.

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WELLNESS RECOVERY ACTION PLAN (Macclesfield only)



Cheshire and Wirral Partnership 
NHS Foundation Trust



WRAP is a self management plan developed in America by Mary Ellen Copeland, author, educator and mental health recovery advocate.

WRAP is a structured way to help you monitor distressing symptoms and, through planned responses, reduce, modify or eliminate those symptoms. It also includes plans for responses from others, when symptoms make it impossible for you to continue to make decisions, take care of you and stay/keep safe.

How can WRAP help you?

WRAP gives you control, making you feel more empowered.

WRAP gives you hope that things can be different.

WRAP enables you to build on your existing skills and learn new skills.

WRAP gives you choice.

WRAP acknowledges the importance of others e.g. support network.

How is WRAP different?

WRAP is different from other documentation because it is written, owned and kept by you.

WRAP can be shared and used, if you wish, to enhance existing plans of care. The crisis plan is similar to an advance directive but there are other sections in WRAP which help you to manage the phases pre and post crisis. WRAP can be used and kept how, when and where you want.

The benefits of using WRAP.

Research shows that using a self management tool like WRAP could mean fewer relapses and shorter and less distressing administrations to hospital. (Spencer and Birchwood 1981).

To book your place on this six week course at Macclesfield Town Hall please contact Beverley Stevens at Mental Health Reablement on 01625-374928



Care • Well-being • Partnership



Cheshire and Wirral Partnership 
NHS Foundation Trust

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**CARE4CE MENTAL HEALTH
REABLEMENT AND NHS
RECOVERY TEAM
(Macclesfield only)**



Walking back to health is a programme for individuals who enjoy socialising & walking. It has been developed to help with fitness, self esteem & build confidence. Two mental health professionals will organise & accompany you on walks using local transport & accessible routes.



What you will need

Drink and snack Sensible footwear and clothing & money for bus fare etc.

IF YOU ENJOY WALKING AND WOULD LIKE TO MEET NEW PEOPLE COME AND TRY OUR 6 WEEK PROGRAMME IN THE MACCLESFIELD AREA.

To book your place please contact the office on 01625 374928 or call

SANDRA MOORES 07826858935

JANET BOWKER 07748780456

Care • Well-



What our students have to say...

"I will certainly try using the techniques in taking responsibility more with my actions. Talk to my friends more noticing my mood & behaviour".
Understanding Bipolar.

"Good reminder & made me think of doing more to help with stress"
Mindfulness.

"Felt at ease & comfortable"
E.P.P

"Hope for a better future."
W.R.A.P

"Really enjoyed reading out loud with people without feeling silly or inadequate"
The Reader

"Very good course, very educative, very informal really enjoyed the course. Wish I had known this from 1st day of my placement. Well Done trainer."
Understanding Bipolar.

"Well delivered-every bit of it. I would really encourage delivery to as many service users as possible. An excellent & well informing training session".

"Useful tips & friendly trainer"
Sleep Management.



What our students have to say...

"Course tutor's enthusiasm for the subject makes a massive difference in understanding the course."

"Course tutor is good and able to make you engage without feeling bored, and it's very helpful. She is also bubbly and not judgmental."

"Lovely approachable volunteers and wide range of problems addressed. Very helpful."

"I have to say the whole course for me was useful to me and has given a lot of knowledge and insight on how to deal with mental health issues."

"I now understand the importance of getting quality sleep and will aim to get a good pattern"
Sleep Management

"I learned a lot – gave me more confidence."

"Most pleased with the whole experience."



My Recovery Calendar

April 2018	4	30
10	5	31
11	6	June 2018
12	7 Bank Holiday	1
13	8	2
14	9	3
15	10	4
16	11	5
17	12	6
18	13	7
19	14	8
20	15	9
21	16	10
22	17	11
23	18	12
24	19	13
25	20	14
26	21	15
27	22	16
28	23	17
29	24	18
30	25	19
May 2018	26	20
1	27	21
2	28 Bank Holiday	22
3	29	23



24	19	13
25	20	14
26	21	15
27	22	16
28	23	17
29	24	18
30	25	19
July 2018	26	20
1	27	21
2	28	22
3	29	23
4	30	24
5	31	25
6	August 2018	26
7	1	27 Bank Holiday
8	2	28
9	3	29
10	4	30
11	5	31

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This calendar maybe useful if you like to write things down to keep a record of all the workshops you are booked onto.

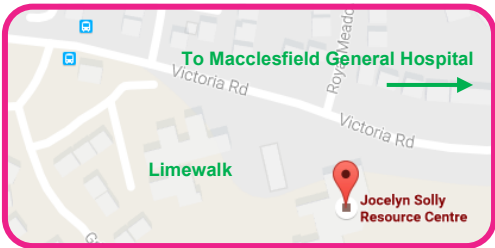
If you are unable to attend any of the dates or wish to cancel, please let the Recovery College know

on: 01625 505647



HOW TO FIND US

The administration for the College is based at Jocelyn Solly Resource Centre in Macclesfield, with workshops also held in Crewe and Winsford. Please use the maps below to help plan your travel.



MACCLESFIELD
Jocelyn Solly Resource Centre
Victoria Road
Macclesfield
SK10 3JE



CREWE
Delamere Resource Centre
Delamere Street
Crewe
CW1 2ER



WINSFORD
Vale House Resource Centre
High Street
Winsford
CW7 2AS

CONTACT Phone: 01625 505647
 Text: 07920 283135
 Email: ce.recoverycollege@cwps.nhs.uk

Personal Details			
First Name:		Staff: date of receipt:	
Family Name/ Surname:		Date of Birth:	
Address (including postcode):			
Telephone:			
Email:			
Please tell us how you would prefer us to contact you.	<input type="checkbox"/> Phone	<input type="checkbox"/> Email	<input type="checkbox"/> Text
Please tick here if you would like to receive information from us in Easy Read. Easy Read is a way of making written information easier to understand by using clear and simple words, pictures or photos, and large font size.			<input type="checkbox"/> Yes
Is there anything that may impact your attendance or participation with us? This may include learning, accessibility, or medical needs.			
Your Contact with CWP			
Please tick which the following options which are applicable to you:			
<input type="checkbox"/> I use secondary mental health services delivered by CWP	<input type="checkbox"/> I have been referred from SPA		
<input type="checkbox"/> I am a carer for someone using secondary mental health services	<input type="checkbox"/> I have been referred from IAPT/ Gateway (<i>Delete as appropriate</i>)		
	<input type="checkbox"/> I am a staff member or volunteer		
Where did you hear about us?			

Emergency Details		
Your GP Surgery:		
Who should we contact in case of emergency?	Name:	Phone:
Recovery College Course Sign-Up		
Please tell us which courses you would like to enrol in:		
I would like to attend in:	<input type="checkbox"/> Crewe <input type="checkbox"/> Macclesfield <input type="checkbox"/> Winsford	
Please tick if you would like to attend a Learning Plan session	<input type="checkbox"/>	
Monitoring		
The following questions are optional and used for statistical purposes only.		
What is your gender? :		
What is your ethnicity? Ethnicity refers to your cultural background.		
<input type="checkbox"/> White British <input type="checkbox"/> White Irish <input type="checkbox"/> Any other White background <input type="checkbox"/> Black British <input type="checkbox"/> Any other Black background	<input type="checkbox"/> Asian British <input type="checkbox"/> Any other Asian background <input type="checkbox"/> Chinese <input type="checkbox"/> Mixed/multiple ethnic backgrounds <input type="checkbox"/> Other :	

Signed: _____

Dated: _____

By signing this form you are agreeing to the Recovery College Charter which can be found in this prospectus. As per the Data Protection Act 1998 we will keep your details secure and anything you share with us will be treated as confidential.

