



# CENTRAL AND EAST RECOVERY COLLEGE

ACCEPT      ADAPT      ACHIEVE



PROSPECTUS FOR SEPTEMBER 2017 TO MARCH 2018

Care • Well-being • Partnership

# WELCOME TO CENTRAL AND EAST RECOVERY COLLEGE

## 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 to self-manage yourself and your conditions. We work in a group setting using the experience of peers and professionals alike.

## Who can attend?

- 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. **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 any one using the services detailed above.
- Anyone who is a CWP Staff member or volunteer.

## How to I book onto a workshop?

To attend any of our workshops, you need to fill in the enrolment form on the back page of this booklet. This can then be sent to:

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

Alternatively, email us on [ce.recoverycollege@cwp.nhs.uk](mailto:ce.recoverycollege@cwp.nhs.uk) and we can send you a digital enrolment, or enrol over the phone on **01625 505647**.

Once enrolled, you can book onto courses by phoning or emailing us.

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## WORKSHOPS THAT WORK FOR YOU

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.

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

### 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:

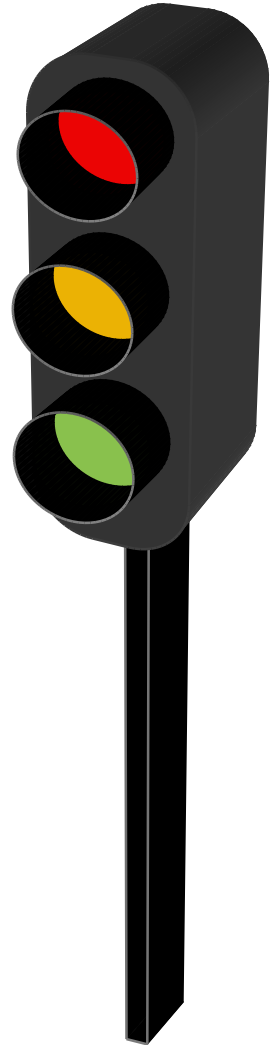


These workshops are slightly more demanding. You may be required to attend more than one session, and there may be some interactive activities.

### 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.

# REGISTER YOUR INTEREST

The following workshops are coming soon. Let us know you are interested by contacting us on **ce.recoverycollege@cwps.nhs.uk** or **01625 505647**, or by including the workshops on your enrolment form.

## 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.

## Care Planning

A care plan is a statement of support made in partnership with your mental healthcare team, which can help you manage your long-term care in a way that is clear and easy to understand.

## Your Recovery Story (CREWE ONLY)

This workshop aims to create a supportive environment where people can share stories about their recovery.

## Singing and Instrumental Workshop (CREWE ONLY)

Recent research has shown music has various benefits for your mental health and wellbeing. This relaxed workshop is open to all, regardless of skill.

## A-Z Overview with Start Dates

Course Title	Location	Start Date	Page
<b>Anger Management</b>	Crewe	Wednesday 22nd November	31
	Macclesfield	Tuesday 23rd January 2018	
<b>Anxiety Management</b>	Crewe	Tuesday 5th September	30
	Macclesfield	Wednesday 15th November	
	Winsford	Thursday 12th October	
<b>Assertiveness</b>	Crewe	Thursday 16th November	32
	Macclesfield	Thursday 23rd November	
	Winsford	Thursday 30th November	
<b>Believe It Or Not</b>	Crewe	Tuesday 28th November	27
	Macclesfield	Monday 20th November	
<b>Confidence Building</b>	Crewe	Friday 8th September	10
<b>Creativity</b>	Macclesfield	Thursday 7th September	11
<b>Discover Your Recovery Journey</b>	Crewe	Tuesday 21st November	12
	Macclesfield	Monday 6th November	
	Winsford	Monday 13th November	
<b>Drama for Wellbeing</b>	Macclesfield	Tuesday 7th November	13
<b>Expert Patients Programme</b>	Crewe	Friday 8th September	34-35
	Winsford	Thursday 12th October	
<b>Food and Mood</b>	Crewe	Friday 13th October	14
	Macclesfield	Wednesday 27th September	
	Winsford	Friday 12th January 2018	
<b>Goal Setting</b>	Crewe	Friday 3rd November	15
	Macclesfield	Friday 17th November	
	Winsford	Friday 2nd March 2018	
<b>Healthy Living</b>	Crewe	Wednesday 4th October	16

## A-Z Overview with Start Dates

Course Title	Location	Start Date	Page
<b>Introduction to WRAP</b>	Crewe	Tuesday 24th October	17
	Macclesfield	Tuesday 7th November	
	Winsford	Friday 1st December	
<b>Living Well With Dementia</b>	Crewe	Wednesday 20th September	18
<b>Managing My Mental Health With My Consultant</b>	Macclesfield	Wednesday 20th September	29
<b>Managing Psychological Distress</b>	Crewe	Monday 23rd October	33
	Macclesfield	Tuesday 20th February 2018	
<b>Sleep Management</b>	Crewe	Friday 20th October	19
	Macclesfield	Thursday 14th December	
	Winsford	Friday 27th October	
<b>The Reader</b>	Crewe	Monday 2nd October	20
<b>This Is Me</b>	Crewe	Friday 8th December	21
<b>Understanding Bipolar Disorder</b>	Crewe	Monday 2nd October	28
	Macclesfield	Monday 4th September	
<b>Understanding Mindfulness</b>	Crewe	Thursday 21st September	22
	Macclesfield	Thursday 2nd November	
	Winsford	Friday 19th January 2018	
<b>Understanding Pain</b>	Crewe	Monday 4th December	23
<b>Understanding Psychosis</b>	Crewe	Monday 6th November	24
	Macclesfield	Monday 5th March 2018	
<b>Yoga</b>	Crewe	Wednesday 27th September	25-26
	Macclesfield	Tuesday 19th September	
	Winsford	Thursday 21st September	

## 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.



## 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 information about learning plans on page 7.

**ACCEPT** that a more satisfying life is possible. Our workshops provide self-management skills

**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 CVS website at [www.cvsce.org](http://www.cvsce.org), or go to [www.cwp.nhs.uk](http://www.cwp.nhs.uk) to find out more about involvement opportunities in the Trust.

# CONFIDENCE BUILDING

**What is this workshop rated?** BASIC.

**What will I learn in this workshop?** Everyone lacks confidence in some parts of their life. This 6 week course helps you to identify areas where you want to gain confidence set confidence goals and learn techniques and skills in developing your confidence and overall wellbeing.

## When will this course take place?

Venue	Date	Time
Delamere Resource Centre, Crewe	Friday 8th September	1.30pm-3.30pm
	Friday 15th September	
	Friday 22th September	
	Friday 29th Septmber	
	Friday 6th October	
	Friday 20th October	
	Friday 27th October	

**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.**

# CREATIVITY FOR WELLBEING TASTER SESSIONS



**What is this workshop rated?** BASIC.

**What will I learn in this workshop?** Discover new crafts in a fun and supportive environment. No experience necessary, and all tools and materials will be provided. Each week looks at a different craft!

**When will this course take place?**

Venue	Date	Time
Jocelyn Solly Resource Centre Macclesfield	Thursday 7th September	2pm-4pm
	Thursday 14th September	
	Thursday 21st September	
	Thursday 28th September	
	Thursday 5th October	
	Thursday 19th October	
	Thursday 26th October	

**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.**

# DISCOVER YOUR OWN RECOVERY JOURNEY

What is this workshop rated? BASIC.

What will I learn in this workshop? Recovery is an individual process—driven by agency, opportunity, and hope.

You may be asking yourself “What do those words mean? How could knowing what those words mean help me?”

This workshop explores definitions of recovery, how to build your life around a definition YOU find meaningful, and how the Recovery College and other organisations or services can assist you in your journey to a better you.

**When will this course take place?**

Venue	Date	Time
Delamere Resource Centre Crewe	Tuesday 21st November	11am—1pm

Venue	Date	Time
Jocelyn Solly Resource Centre Macclesfield	Monday 6th November	11am—1pm

Venue	Date	Time
Vale House Resource Centre Winsford	Monday 13th November	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.



**When will this course take place?**

Venue	Date	Time
Jocelyn Solly Resource Centre Macclesfield	Tuesday 7th November	2pm—4pm
	Tuesday 14th November	
	Tuesday 21st November	

**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.

### When will this course take place?

Venue	Date	Time
Delamere Resource Centre, Crewe	Wednesday 1st November	11am—1pm

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 27th September	1pm—3pm

Venue	Date	Time
Vale House Resource Centre, Winsford	Friday 12th January 2018	11am—1pm

**Allergy Information:** Please note that we offer snacks containing nuts.

# GOAL SETTING



**What is this workshop rated?** BASIC.

**What will I learn in this workshop?** Goal Setting, Action Planning and Problem Solving are all techniques that can help to motivate us to achieve things. During this session you will learn the importance of all 3 of these tools, as well as implement them for your own goals. There will be opportunities to identify your own goals, create an action plan to move forward with it, and problem solve some barriers that may be stopping you from completing your plan.

The workshop is interactive, discussing what an effective goal is, sharing tips and tricks to help complete goals we set, and working together as a group to problem solve.

**When will this course take place?**

Venue	Date	Time
Delamere Resource Centre Crewe	Friday 3rd November	11am—1pm
	Friday 10th November	

Venue	Date	Time
Jocelyn Solly Resource Centre Macclesfield	Friday 17th November	11am—1pm
	Friday 24th November	

Venue	Date	Time
Vale House Resource Centre Winsford	Friday 2nd March 2018	11am—1pm
	Friday 9th March 2018	

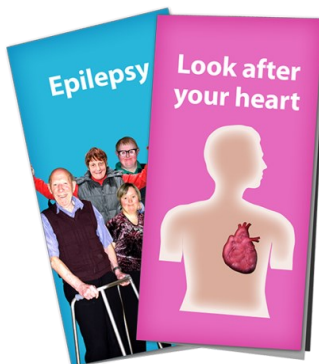
# HEALTHY LIVING

**What is this workshop rated?** BASIC.

**What will I learn in this workshop?** With a focus on both mental and physical wellbeing, these workshops can help you understand medications, recognise and manage health problems, develop self-care strategies, and understand what is meant by 'healthy living'. This course also invites Nurses and Pharmacists to discuss ways to promote healthy living, be it through medication, or preventing infection.

## When will this course take place?

Venue	Date	Time
Delamere Resource Centre Crewe	Wednesday 4th October	1pm-3pm
	Wednesday 11th October	
	Wednesday 18th October	
	Wednesday 25th October	





# INTRODUCTION TO WRAP

**What is this workshop rated?** BASIC.

**What will I learn in this workshop?** 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.

The first session will provide an overview of WRAP, enabling you to explore this tool and consider if it could benefit your own recovery.

The second sessions is an opportunity to get creative and make your own Wellness Recovery Action Plan, which can be used by yourself or others in the future to help support your wellbeing.

## When will this course take place?

Venue	Date	Time
Delamere Resource Centre Crewe	Tuesday 24th October	11am—1pm
	Tuesday 31st October	

Venue	Date	Time
Jocelyn Solly Resource Centre Macclesfield	Tuesday 7th November	11am—1pm
	Tuesday 14th November	

Venue	Date	Time
Vale House Resource Centre Winsford	Friday 1st December	11am—1pm
	Friday 8th December	

# 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 four educational workshops useful. The workshops provide straight-forward information about dementia, and offer 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—this is reflected in our workshop resources.

## When will this course take place?

Venue	Date	Time
Delamere Resource Centre  Crewe	Wednesday 20th September	10.30am— 12.30pm
	Wednesday 18th October	
	Wednesday 15th November	
	Wednesday 13th December	

**Coming soon to Jocelyn Solly Resource Centre in Macclesfield! Register your interest with us at [ce.recoverycollege@cwp.nhs.uk](mailto:ce.recoverycollege@cwp.nhs.uk), or on 01625 505647.**

# SLEEP MANAGEMENT



**What is this workshop rated?** BASIC.

**What will I learn in this workshop?** The loss of sleep can have a major impact upon your health and wellbeing. This workshop discusses how to get the amount of rest you need, as well as examining the strategies of how to get a good night's sleep, helping you be at your best during the day.

## When will this course take place?

Venue	Date	Time
Delamere Resource Centre Crewe	Friday 20th October	1pm—3pm

Venue	Date	Time
Jocelyn Solly Resource Centre Macclesfield	Thursday 14th December	1pm—3pm

Venue	Date	Time
Vale House Resource Centre Winsford	Friday 27th October	1pm—3pm

## 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 2nd October	2pm—4pm
	Monday 9th October	
	Monday 16th October	
	Monday 23rd October	
	Monday 30th October	

# THIS IS ME: ONE PAGE PROFILES

**What is this workshop rated?** BASIC.

**What will I learn in this workshop?** “This Is Me” looks at a recovery tool called a One Page Profile. A One Page Profile captures all the important information about you on a single sheet of paper under 3 simple headings:

- What people appreciate about you
- What’s important to you
- How best to support you.

This tool can be used by yourself, or shared with other people such as family, friends, health professionals. This will provide people with a greater understanding of you and how best to support you.

## When will this course take place?

Venue	Date	Time
Delamere Resource Centre Crewe	Friday 8th December	11am-1pm
	Friday 15th December	

Venue	Date	Time
Vale House Resource Centre Winsford	Wednesday 17th January	11am—1pm
	Wednesday 24th January	

# UNDERSTANDING MINDFULNESS

**What is this workshop rated?** BASIC.



**What will I learn in this workshop?** These Mindfulness workshops look at focusing attention and awareness, based on the concept of mindfulness in Buddhist meditation. It is not intended to conflict with any personal beliefs, tradition, religious, cultural or scientific viewpoints. It is simply a practical way 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.

**When will this course take place?**


Venue	Date	Time
Delamere Resource Centre Crewe	Thursday 21st September	11am—1pm
	Thursday 28th September	

Venue	Date	Time
Jocelyn Solly Resource Centre Macclesfield	Thursday 2nd November	11am—1pm
	Thursday 9th November	

Venue	Date	Time
Vale House Resource Centre Winsford	Friday 19th January 2018	11am—1pm
	Friday 26th January 2018	

# UNDERSTANDING AND MANAGING PAIN

 **What is this workshop rated?** BASIC.

 **What will I learn in this workshop?** This course provides an overview of pain management techniques and coping strategies, helping you develop a personalised plan for managing long-term pain. It will also explain:

- How pain works and how it affects you
- The relationship between stress and pain
- How pain impacts sleep
- How to exercise correctly when you suffer from pain

## When will this course take place?

Venue	Date	Time
Delamere Resource Centre Crewe	Monday 4th December	11am—1pm
	Monday 11th December	

# UNDERSTANDING PSYCHOSIS

- What is this workshop rated?** BASIC.
- What will I learn in this workshop?** Living with psychosis is surprisingly common, and can include:

- Hearing voices (auditory hallucinations),
- Unusual thoughts (delusions),
- More visual experiences (visual hallucinations)

Having a better understanding of psychosis can help to make sense of this diagnosis. This workshop aims to provide an awareness of issues that surround psychosis from diagnosis and the available treatments options, to what can help to promote recovery and well-being.

## When will this course take place?

Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 6th November	11am—1pm

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Monday 5th March 2018	2pm—4pm



# YOGA

## TRY SOMETHING NEW!



**What is this workshop rated?** BASIC.

**What will I learn in this workshop?** Yoga is an ideal and gentle way to practice relaxation, exercise and mindfulness. This new workshop looks at three different practices. Please be aware eligibility criteria applies, therefore register your interest and we will let you know if your place has been accepted.



ministry of yoga  
and well-being

Yogic Practice	More Information
<b>Hatha</b>	Experiment with techniques for transitioning between poses, ensuring comfort and stability. The teacher and participant will discuss the different aspects of Yoga that help to develop sensitivity to the more subtle sensations in the body. Breathing techniques and meditation practices will also be explained, to support the Yoga Nidra and Yin Yoga classes.
<b>Nidra</b>	By following a guided systematic relaxation that starts in the physical, then becomes more subtle, focusing on visualisation, sensations, memories, we can go beyond just relaxing the physical body and move into releasing tension within the subconscious and unconscious mind. The practice involves lying down in savasana (on your back), with props if needed, and remaining still.
<b>Yin</b>	Yin is a slow paced style of Yoga, enjoyed mainly in floor based postures, working with our connective tissues (our joints and ligaments). Over time, it can increase flexibility and mobility. Yin Yoga is also a way to practice Mindfulness, by guiding us on a journey inwards, calming the nervous system, focusing on the breath and calming the mind.



Did you attend any of our Exercise for Wellbeing workshops last term? Let us know which workshop you liked best!

	Date	Yoga Practice	Time
Delamere Resource Centre Crewe	Wednesday 27th September	Nidra	12.30pm -1.30pm
	Wednesday 4th October	Hatha	
	Wednesday 11 <sup>th</sup> October	Yin	
	Wednesday 25 <sup>th</sup> October	Hatha	
	Wednesday 1 <sup>st</sup> November	Nidra	
	Wednesday 8th November	Yin	

Venue	Date	Yoga Practice	Time
Jocelyn Solly Resource Centre Macclesfield	Tuesday 19th September	Hatha	12.30pm-1.30pm
	Tuesday 26th September	Nidra	
	Tuesday 3rd October	Yin	
	Tuesday 10th October	Hatha	
	Tuesday 17th October	Nidra	
	Tuesday 24th October	Yin	

Venue	Date	Yoga Practice	Time
The Dingle Centre High Street Winsford CW7 2AS	Thursday 21st September	Hatha	12.30pm-1.30pm
	Thursday 28th September	Nidra	
	Thursday 5th October	Yin	
	Thursday 12th October	Hatha	
	Thursday 19th October	Nidra	
	Thursday 26th October	Yin	

# BELIEVE IT OR NOT!



**What is this workshop rated?** INTERMEDIATE.

**What will I learn in this workshop?** Thanks to the Internet, we have unprecedented access to information and communities about mental health. Unfortunately the Internet can also make it easier to find inaccurate or harmful information, which can limit our understanding of mental health.

This workshop looks at how misinformation can go viral, offers ways to evaluate the usefulness of websites, and looks at techniques to practice self-care on the Internet. We avoid providing a 'safe list' of websites to get information from, but we do introduce you to a range of critical thinking and research skills to help you make judgements that are best for you.

## When will this course take place?

Venue	Date	Time
Delamere Resource Centre Crewe	Tuesday 28th November	11am-1pm

Venue	Date	Time
Jocelyn Solly Resource Centre Macclesfield	Monday 20th November	11am-1pm

# MANAGING BIPOLAR DISORDER

What is this workshop rated? INTERMEDIATE.

What will I learn in this workshop? Bipolar disorder is characterised by extreme changes in mood. Everyone has mood swings; however, in bipolar disorder a person can quickly experience a spectrum of moods from euphoria and excitability (known as mania), to depression that can last longer than average ups and downs. Some people may see or hear things that others don't (hallucinations), or have unusual beliefs (delusions).

The aim of this workshop is to explore the common features of bipolar disorder, understand the triggers that can bring on an episode, and look at the available treatments and medications.

## When will this course take place?

Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 2nd October	11am—1pm
	Monday 9th October	
	Monday 16th October	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Monday 4th September	11am—1pm
	Monday 11th September	
	Monday 18th September	

# MANAGING MY MENTAL HEALTH WITH MY CONSULTANT



**What is this workshop rated?** INTERMEDIATE.

**What will I learn in this workshop?** The relationship with your psychiatric consultant is a key part of your care. Like all good relationships, this relationship is a two-way street. It may benefit to know how to ask questions, how to learn more about your treatment, and how to become an active participant in the treatment planning of your care. If you want help to do this, as well as support on how to express your meaning with more clarity and confidence, then attendance at this workshop is a must.

## When will this course take place?

Venue	Date	Time
Jocelyn Solly Resource Centre Macclesfield	Wednesday 20th September	1pm—3pm

# 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.

**When will this course take place?**

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

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 15th November	2pm—4pm
	Wednesday 22nd November	
	Wednesday 29th November	

Venue	Date	Time
Vale House Resource Centre, Winsford	Thursday 12th October	2pm—4pm
	Thursday 19th October	
	Thursday 26th October	

# ANGER MANAGEMENT



**What is this workshop rated?** ADVANCED.

**What will I learn in this workshop?** Anger is a normal, healthy emotion. It is a natural response to feeling frustrated, criticised, insulted, hurt or betrayed. Anger itself is not the problem, but how we deal with it can be, if feeling angry makes us act in a damaging way towards ourselves, others, and/or the world around us. Learning strategies to help manage our anger can have a positive effect on our lives and the lives of others.

In this workshop we will aim to understand more about anger; recognize anger signs and triggers; identify the factors which can make anger worse; and consider strategies that can be used to manage our anger better

For more on anger management, the mental health charity **Mind** also has some information available on their website at [www.mind.org.uk](http://www.mind.org.uk)



## When will this course take place?

Venue	Date	Time
Delamere Resource Centre, Crewe	Wednesday 22nd November	11am—1pm
	Wednesday 29th November	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Tuesday 23rd January 2018	11am—1pm
	Tuesday 30th January 2018	

Venue	Date	Time
Vale House Resource Centre, Winsford	Tuesday 6th March 2018	11am—1pm
	Tuesday 13th March 2018	

# IMPROVING ASSERTIVENESS

-  **What is this workshop rated?** ADVANCED.
-  **What will I learn in this workshop?** Assertiveness is not about aggression or conflict. Instead it's about finding the right tools to solve problems in a non-confrontational way. If you wish you had more confidence to handle difficult situations in your life effectively, or you feel you have trouble saying "no", this workshop may help you learn those skills.

**Please note that this workshop is intensive. Participants will be expected to engage in role play, group discussions, and personal reflection, which some students may find challenging.**

## When will this course take place?

Venue	Date	Time
Delamere Resource Centre, Crewe	Thursday 16th November	11am-1pm
	Thursday 23rd November	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Thursday 23rd November	11am-1pm
	Thursday 30th November	

Venue	Date	Time
Vale House Resource Centre, Winsford	Thursday 30th November	11am-1pm
	Thursday 7th December	



# MANAGING PSYCHOLOGICAL DISTRESS



**What is this workshop rated?**    ADVANCED.

**What will I learn in this workshop?** This course examines the meaning of psychological distress and how it can manifest in multiple ways and at different levels of severity, sometimes leading us to develop and use coping strategies that are unhelpful and could potentially lead to damage longer term. The course aims to explore alternative, more effective and healthier coping strategies that may help us in times of extreme stress and emotion.

## When will this course take place?

Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 23rd October	11am—1pm
	Monday 30th October	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Tuesday 20th February 2018	11am—1pm
	Tuesday 27th February 2018	

Venue	Date	Time
Vale House Resource Centre, Winsford	Wednesday 7th February 2018	11am—1pm
	Wednesday 14th February 2018	

**PLEASE BE AWARE:** This workshop covers distressing topics such as self-harm, possible triggers, and suicidal thoughts. Our trainer leads discussion in a safe and supportive environment.



# 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 depression, relaxation, planning for the future, problem-solving, and developing improved communication skills.

The Programme is made up of two courses:

- **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.

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

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@cwpc.nhs.uk**, or look at the course details on the next page.

expert patients

# EXPERT PATIENTS PROGRAMME

When will this course take place?

Course	Venue	Date	Time
Living With Long-Term Health Conditions	Delamere Resource Centre Crewe	Friday 8th September	1pm— 3.30pm
		Friday 15th September	
		Friday 22nd September	
		Friday 29th September	
		Friday 6th October	
		Friday 13th October	

Course	Venue	Date	Time
Living With Long-Term Health Conditions	Vale House Resource Centre Winsford	Thursday 12th October	10.30am— 1pm
		Thursday 19th October	
		Thursday 26th October	
		Thursday 2nd November	
		Thursday 9th November	
		Thursday 16th November	

# EXTERNAL SUPPORT



We work with the following organisations, who provide additional support and materials across Cheshire East. However, CWP cannot comment on the suitability or availability of their services, or make any referrals.

## Cheshire East Council

The following workshops are run in the Crewe and Macclesfield area:

- **Self Esteem and Confidence Course** — a six-week course exploring self-esteem and how to improve it.
- **Walking To Health (Macclesfield only)** — using community walking routes to improve fitness and well-being.
- **Wrap** — a more detailed six week course following on from Intro to WRAP
- **AIM (Activity in Mind) (Macclesfield only)** — a six week course that takes place at Macclesfield Leisure Centre with separate groups for both males and females that is aimed to help improve self esteem and confidence and will include a free recreational activity.

For more information please contact Mental Health Reablement South for Crewe courses on 01270 371280 and Mental Health Reablement North for Macclesfield courses on 01625 374928.

## Motherwell CIC

Motherwell is a community interest group based in Crewe, offering workshops, counselling, holistic therapies, recovery programmes and creativity groups to all women and mums in South Cheshire and Vale Royal.

To find out more, please contact Motherwell at [www.motherwellcic.com](http://www.motherwellcic.com).

## One You

One You offers preventative programmes to help residents of Cheshire East become smoke free, move more, eat well, drink less and lose weight. They also offer a falls prevention scheme, programmes encouraging pregnant people to lead healthier lifestyles, and a family weight management programme to address behaviours as a family.

You can self-refer via the One You How are YOU? online quiz, which can be found at [www.oneyoucheshireeast.org](http://www.oneyoucheshireeast.org)

If you have any questions or require any further information please contact the One You Cheshire East team at [info@oneyoucheshireeast.org](mailto:info@oneyoucheshireeast.org)

## 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**

Freephone: 111

**SANE**

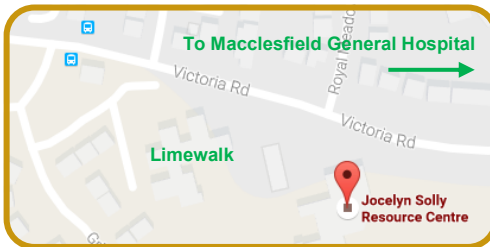
Telephone: 0300 304 7000, 6.00pm – 11.00pm

**Samaritans**

Freephone: 116 123

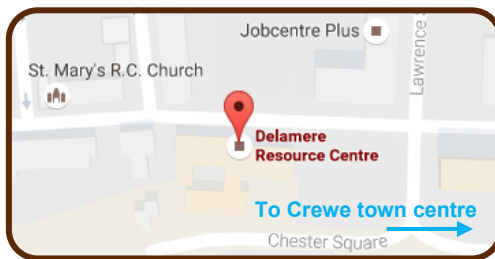
# HOW TO FIND US

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

Email: [ce.recoverycollege@cwp.nhs.uk](mailto:ce.recoverycollege@cwp.nhs.uk)

# RECOVERY COLLEGE ENROLMENT FORM

Personal Details			
<b>First Name:</b>		<b>Staff: date of receipt:</b>	
<b>Family Name/ Surname:</b>		<b>Date of Birth:</b>	
<b>Address (including postcode):</b>			
<b>Telephone:</b>			
<b>Email:</b>			
<b>Please tell us how you would prefer us to contact you.</b>	<input type="checkbox"/> Phone	<input type="checkbox"/> Email	<input type="checkbox"/> Text
<b>Please tick here if you would like to receive information from us in Easy Read.</b> 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		
<b>Is there anything that may impact your attendance or participation with us?</b> 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 have been referred from IAPT/ Gateway ( <i>Delete as appropriate</i> )	<input type="checkbox"/> I am a staff member or volunteer
<input type="checkbox"/> I am a carer for someone using secondary mental health services			
<b>Where did you hear about us?</b>			



## Emergency Details

<b>Your GP Surgery:</b>		
<b>Who should we contact in case of emergency?</b>	Name:	Phone:

## Recovery College Course Sign-Up

Please tell us which courses you would like to enrol in:


<b>I would like to attend in:</b>	<input type="checkbox"/> Crewe	<input type="checkbox"/> Macclesfield	<input type="checkbox"/> Winsford
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Please tick if you would like to attend a Learning Plan session— See page 7 for more information.	<input type="checkbox"/>
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## Monitoring

The following questions are optional and used for statistical purposes only.

<b>What is your gender? :</b>	
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<b>What is your ethnicity?</b>	
<input type="checkbox"/> White British	<input type="checkbox"/> Asian British
<input type="checkbox"/> White Irish	<input type="checkbox"/> Any other Asian background
<input type="checkbox"/> Any other White background	<input type="checkbox"/> Chinese
<input type="checkbox"/> Black British	<input type="checkbox"/> Mixed/multiple ethnic backgrounds
<input type="checkbox"/> Any other Black background	<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.

