



**Cheshire and Wirral  
Partnership**  
NHS Foundation Trust

**INVOLVEMENT, RECOVERY  
&  
WELLNESS CENTRE**

**CENTRAL AND EAST  
CHESHIRE**

**APRIL - AUGUST  
2020**



Helping people to be **the best they can be**



## WELCOME TO THE INVOLVEMENT, RECOVERY AND WELLNESS CENTRE (IR&WC) AND OUR NEW SPRING/SUMMER PROSPECTUS.

The IRWC follows an adult education model and aims to deliver a curriculum which contains responsive recovery focused courses. All of our courses where possible have been co-produced and co-delivered by people who have lived experience together with partnerships from staff within Cheshire and Wirral Partnership NHS Foundation Trust (CWP) and our local community.

As well as facilitate workshops we also offer:

- ◆ Goal Setting Sessions.
- ◆ One-to-one sessions centred on your needs to help you build a recovery plan (**subject to an assessment of your needs, staff availability and having access to secondary medical care, that is provided by a specialist upon referral**) *i.e. helping you access new recovery tools, self-help knowledge and recovery strategies.*
- ◆ Volunteer roles *i.e. admin, learner support and engagement work.*
- ◆ Support from volunteers that have been trained to support others who themselves live with physical and/or mental health condition.
- ◆ The opportunity to get involved by giving us your feedback on how you think our services can be improved and make real change *i.e. give your story in one-to-one sessions and/or come along to focus groups to give us ideas on how we can make services better.*

### Who can attend the Involvement, Recovery and Wellness Centre?

- ◆ Anyone who is currently accessing CWP secondary services and is over 18.
- ◆ People who are on the waiting list for/or in therapy with a Wellbeing Hub practitioner have access to one terms worth of courses. This is only applicable in the **Crewe area**.
- ◆ Anyone who is a family member or main carer for anyone using the services detailed above.
- ◆ Anyone who is a CWP Staff member or volunteer.

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

Tel: 01625 505647

Email: [cwp.involve-and-recover@nhs.net](mailto:cwp.involve-and-recover@nhs.net)

Or post your Enrolment form to:

Involvement, Recovery & Wellness Centre  
Jocelyn Solly Resource Centre  
Victoria Road, Macclesfield, SK10 3JE

Please follow our brand new twitter page.

**@CWP\_IRWC**

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**Self-Care and Self-Management courses** - In these courses you will learn self-care techniques and how general lifestyle changes can help manage the symptoms of many mental health problems. They may also help prevent some problems from developing or getting worse.

**Physical Wellbeing** - These courses explore the link between physical health and mental wellbeing. Physical wellbeing involves exercising, good nutrition and of course making healthy lifestyle choices and the courses in this section cover these topics.

**Taking Back Control** - These courses aim to give you information and understanding to make decisions and choices that affect your care and wellbeing. They cover things like how we can make advance decisions to influence future care.

**Rebuilding Your Life** - These workshops are designed to help you in your journey of moving forward and looking to the future.

**Developing Skills and Interests** - These courses aim to develop your skills, interests and confidence, whether it be by learning how to garden, joining in a reading group or volunteering in the community. These skills could potentially help improve your employment or educational opportunities in the future. They will help you to accomplish your ambitions and reach your full potential or offer support from a position of real understanding.

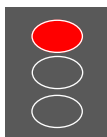
**Getting Involved** - Find out about how you can get involved with your local Involvement, Recovery and Wellness Centre.

## Please Note:

Some of our courses are more intense than others and take place over a number of weeks, 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 using a traffic light system, and we have provided an explanatory guide below. Look out for the traffic light symbol on each workshop page.

### 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:



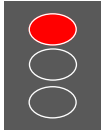
These workshops are slightly more demanding. You may be required to attend more than one session, and there may be some interactive activities.

### Basic:



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

## ADVANCE STATEMENT



**What is this One to One session rated?** Advanced

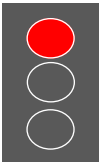
**What will I learn in this One to One:**

An advance statement is also known as a 'statement of wishes.' 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. This is known as losing mental capacity. Consequently, you may want to make an advance statement to feel in control of what happens to you if you become unwell. Or to help your loved ones to care for you.

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'. Therefore, your advance statement can reflect your views, beliefs and values and make this information useful when people have to make decisions that affect you.

**Please call 01625 505647 or email [cwp.involve-and-recover@nhs.net](mailto:cwp.involve-and-recover@nhs.net) to book your one to one appointment.**

## ANGER MANAGEMENT



**What is this workshop rated?** Advanced

**Length of workshop:** Two weeks

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

Anger is a normal, healthy emotion. It is a natural response to feeling frustrated, being criticised, insulted, hurt or betrayed. Anger itself is not the problem, but how we deal with it can be. For instance, anger becomes a problem when feeling angry makes us act in a damaging way towards ourselves and/or others and the world around us. Learning different strategies to help us manage our anger can have a positive effect on our lives, as well as on the lives of others around you.

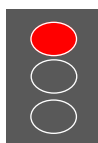
In this workshop we will aim to understand more about anger; learn to recognize different anger signs and triggers; identify the factors which can often make anger worse; and consider strategies that can be used to manage our anger better.

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).

Venue	Date	Time	Length of session
Jocelyn Solly Resource Centre, Macclesfield	Tuesday 19th May	11am -1pm	2 hours
	Tuesday 26th May		

Venue	Date	Time	Length of session
Delamere Resource Centre, Crewe	Thursday 16th July	11am -1pm	2 hours
	Thursday 23rd July		

# BEATING PSYCHOLOGICAL DISTRESS WITH Dialectical Behavioural Coping Practices



What is this workshop rated? Advanced

Length of workshop: Six weeks

What will I learn in this workshop?

Do you experience emotions very intensely and find it very 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). Our aim is to introduce you to coping skills utilising some of the strategies based on DBT coping practices. The course is aimed at helping you to experience, recognise and accept these intense emotions safely and to introduce and encourage you to use more beneficial ways of dealing with these feelings. **Please note that you will be expected to complete some homework tasks throughout the duration of this workshop.**

Venue	Date	Time	Length of session
Delamere Resource Centre, Crewe	Tuesday 2nd June	11am—1pm	2 hours
	Tuesday 9th June		
	Tuesday 16th June		
	Tuesday 23rd June		
	Tuesday 30th June		
	Tuesday 7th July		

Venue	Date	Time	Length of session
Jocelyn Solly Resource Centre, Macclesfield	Tuesday 2nd June	11am—1pm	2 hours
	Tuesday 9th June		
	Tuesday 16th June		
	Tuesday 23rd June		
	Tuesday 30th June		
	Tuesday 7th July		

# CREATING A WELLNESS RECOVERY ACTION PLAN (WRAP)



**What is this workshop rated?** Basic

**Length of workshop:** Two weeks

**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.



Venue	Date	Time	Length of session
Delamere Resource Centre, Crewe	Monday 1st June	10.30am - 12.30pm	2 hours
	Monday 8th June		

Venue	Date	Time	Length of session
Jocelyn Solly Resource Centre, Macclesfield	Monday 1st June	11-1pm	2 hours
	Monday 8th June		

## HOW FOOD CAN AFFECT OUR MOOD



**What is this workshop rated?** Basic

**Length of workshop:** Two weeks

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

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	Length of session
Jocelyn Solly Resource Centre, Macclesfield	Tuesday 14th April	11-1pm	2 hours
	Tuesday 21st April		

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SUPPORT  
VOLUNTEERS**

# LEARN HOW TO CALM YOUR MIND

- What is this workshop rated? Intermediate
- Length of workshop: Three weeks
- What will I learn in this workshop?

This course is full of fun practical activities and sampling of different mind training practises.

You will have chance to try out:

- A wide variety of short Mindfulness fun activities, guided practises, audios, videos, gentle mindful yoga, relaxation, brain training, apps and websites
- Have time to chat
- Get advice and guidance on the best ways to calm your mind for you
- 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

Venue	Date	Time	Length of session
Jocelyn Solly Resource Centre, Macclesfield	Monday 22nd June	11am -1pm	2 hours
	Monday 29th June		
	Monday 6th July		

Venue	Date	Time	Length of session
Delamere Resource Centre, Crewe	Monday 13th July	11am -1pm	2 hours
	Monday 20th July		
	Monday 27th July		





## LIVING WELL WITH DEMENTIA



**What is this workshop rated?** Basic

**Length of workshop:** Four sessions (One per month)

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

These 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 at the same time 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.

Venue	Date	Time
<b>PLEASE REGISTER YOUR INTEREST</b>		

## MANAGING ANXIETY



**What is this workshop rated?** Intermediate

**Length of workshop:** Four weeks

**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	Length of session
Delamere Resource Centre, Crewe	Tuesday 7th April	11-1pm	2 hours
	Tuesday 14th April		
	Tuesday 21st April		
	Tuesday 28th April		

Venue	Date	Time	Length of session
Jocelyn Solly Resource Centre, Macclesfield	Thursday 30th April	11-1pm	2 hours
	Thursday 7th May		
	Thursday 14th May		
	Thursday 21st May		

# MANAGING ANXIETY FOR PEOPLE ACCESSING THE OLDER PERSONS

## SERVICE AT DELAMERE RESOURCE CENTRE, CREWE



**What is this workshop rated?** Intermediate

**Length of workshop:** Six weeks

**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
<b>PLEASE REGISTER YOUR INTEREST</b>		

## MANAGING PSYCHOSIS



**What is this workshop rated?** Basic

**Length of workshop:** One week

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

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. This workshop aims to provide an awareness of issues that surround psychosis from diagnosis and the available treatments options and self management techniques that can help to promote recovery and well - being.

Venue	Date	Time	Length of session
Jocelyn Solly Resource Centre, Macclesfield	Monday 18th May	1pm-3pm	2 hours

Venue	Date	Time	Length of session
Delamere Resource Centre, Crewe	Monday 8th June	1pm -3pm	2 hours

## ONE TO ONE SESSIONS

In order to support you with your mental health and wellbeing you will be offered the opportunity to develop a recovery tool with the IR&WC whilst awaiting allocation of a health care professional and/or at the point of discussion around discharge. If you have not completed any of the below self-management tools then please contact us on 01625 505647 or email [cwp.involve-and-recover@nhs.net](mailto:cwp.involve-and-recover@nhs.net).

- ◆ **Goal Setting**
- ◆ **Self-management Checklist**
- ◆ **Wellness Recovery Action Plan (WRAP)**
- ◆ **One Page Profile**



## Post diagnostic information

Our website contains lots of information about autism which you may find useful, such as @

'autism in adult life' from the National Autistic Society, as well as other information about local support groups, social activities, video links, local autism friendly activities, local interest groups, supported employment schemes, befriending services, living /social skills programmes, assistance dog schemes, driving lessons, budgeting courses and apps to help etc. There is also embedded within it, an 'autism and me' booklet. There are the contact details of how to access a care act assessment and also talking therapy services in each area. There are also links for parents / carer support. This is updated as we find out about new things that may be useful for people to know.

The link and password to access these are:

<http://www.cwp.nhs.uk/resources/leaflets/autism-spectrum-disorder-adult-service-post-diagnosis-information/>

Password = CRACASDservice1!

However you may find it easier to type in **CWP** and **Autism** into google or safari, and it is the top link in the search. The post diagnostic leaflet download link is half way down the webpage, near the video.

We also have a series of 6 power point sessions about autism and strategies on our post diagnostic webpage. They cover topics such as understanding autism, sensory sensitivities, anxiety management (including strategies for challenging negative thoughts), coping strategies, employment, and communication and relationships. They are designed to provide you and your family or friends, information about autism. They can be revisited as often as you like. They are password encrypted.

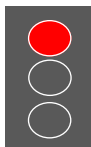


## AUTISM SUPPORT GROUPS NEAR YOU

- **Space 4 Autism (Macclesfield and East Cheshire)**  
<http://space4autism.com>
- **Autism inclusive (Crewe)** <http://www.autisminclusive.org.uk/groups>
- **CHAPS: (Cheshire autism)** [www.cheshireautism.org.uk](http://www.cheshireautism.org.uk) run a variety of activities for adults and young people across Cheshire.

# EXPERT PATIENTS PROGRAMME

# EXPERT PATIENTS PROGRAMME



**What is this workshop rated?** Advanced

**Length of workshop:** 6 weeks

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

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.

### Eligibility criteria:

**Crewe - Available to anyone with a GP in the South Cheshire area.**

**Macclesfield - Only available to those in secondary care services .**

Venue	Date	Time	Length of session
The Wesley Centre, Sandbach Methodist Church, Wesley Avenue, Sandbach, CW11 1DP	Wednesday 15th April	10.30am - 1pm	2 hours 30 minutes
	Wednesday 22nd April		
	Wednesday 29th April		
	Wednesday 6th May		
	Wednesday 13th May		
	Wednesday 20th May		

Venue	Date	Time	Length of session
St Andrew's Church, Bedford Street, Crewe CW2 6LE	Tuesday 2nd June	1.30pm - 4.00pm	2 hours 30 minutes
	Tuesday 9th June		
	Tuesday 16th June		
	Tuesday 23rd June		
	Tuesday 30th June		
	Tuesday 7th July		

Venue	Date	Time	Length of session
Jocelyn Solly Resource Centre, Macclesfield	Friday 19th June	10.30am - 1pm	2 hours 30 minutes
	Friday 26th June		
	Friday 3rd July		
	Friday 10th July		
	Friday 17th July		
	Friday 24th July		

**LED BY PEER SUPPORT VOLUNTEERS**

## CANCER AWARENESS

## PHYSICAL WELLBEING



**What is this workshop rated?** Basic

**Length of workshop:** One week

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

One in every two people born after 1960 will experience a form of cancer in their lifetime. Find out what you can do to be risk aware and avoid late diagnosis ... today!



Venue	Date	Time	Length of session
Delamere Resource Centre, Crewe	Monday 6th July	11am -1pm	2 hours

## KEEPING YOURSELF SAFE WITH CHESHIRE FIRE AND RESCUE



**What is this workshop rated?** Basic

**Length of workshop:** One week

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



Come along to one of our sessions with Cheshire Fire and Rescue to learn all about how you can protect yourself and your home or alternatively you can book a one to one home visit by calling us on **01625 505647**.

Venue	Date	Time	Length of session
Delamere Resource Centre, Crewe	Friday 12th June	2-4pm	2 hours

Venue	Date	Time	Length of session
Jocelyn Solly Resource Centre, Macclesfield	Friday 24th April	2-4pm	2 hours

## UNDERSTANDING MEDICATIONS



**What is this workshop rated?** Basic

**Length of workshop:** One week

**What will I learn in this workshop**

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

Venue	Date	Time	Length of session
<b>REGISTER YOUR INTEREST</b>			

## RELAPSE PREVENTION

## TAKING BACK CONTROL

- What is this workshop rated? Advanced
- Length of workshop: Four weeks
- What will I learn in this workshop?

A Relapse can involve difficulties coping with day to day activities, increased anxiety, increased symptoms of panic or increased negative thoughts.

By becoming aware of our triggers and other warning signs, using the many recovery tools available to us and having a plan of action we can minimise the tendency to lap back into previous behaviours or thoughts, learn what we can from the situation to then move on to be the best we can be despite the symptoms we still may be living with. **Please note that you will be expected to complete some home-work tasks throughout the duration of this workshop using the Relapse Prevention Workbook. This course is suited to those who are more established in their recovery and those who experience relapse.**

Venue	Date	Time	Length of session
Delamere Resource Centre, Crewe	Thursday 4th June	11am -1pm	2 hours
	Thursday 11th June		
	Thursday 18th June		
	Thursday 25th June		

Venue	Date	Time	Length of session
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 3rd June	11am - 1pm	2 hours
	Wednesday 10th June		
	Wednesday 17th June		
	Wednesday 24th June		



# ASTRONOMY WITH MACCLESFIELD ASTRONOMICAL SOCIETY

DEVELOPING  
SKILLS AND  
INTERESTS

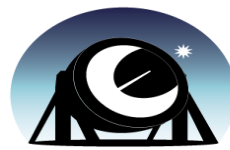
**What is this workshop rated?** Advanced

**Length of workshop:** Five weeks

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

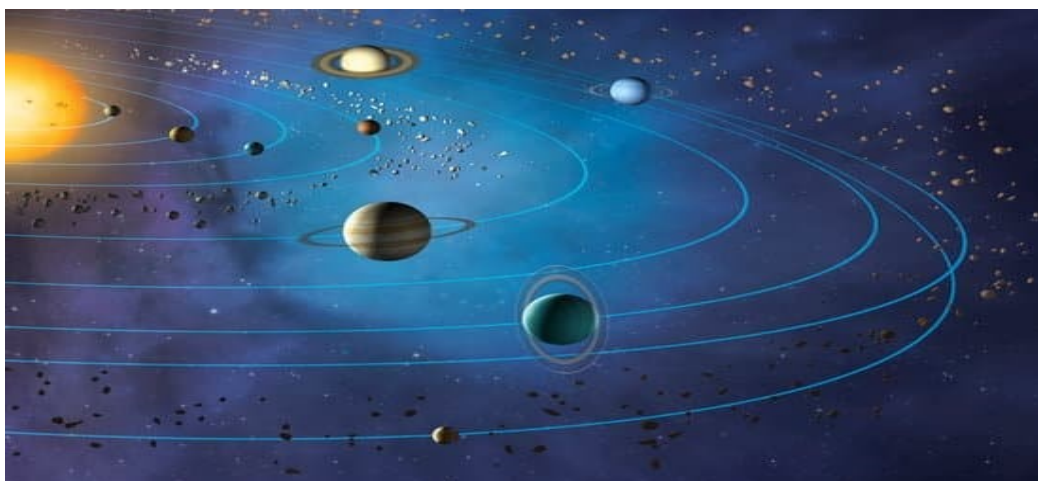
Facilitated by the Macclesfield Astronomical Society, this five week workshop aims to take you on an interactive journey through our Solar System, visiting our moon, the sun, the major constellations and out into the wider cosmos. Daytime practical astronomy will be available, weather permitting, and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

To find out more on community events and how you can get involved, please visit: <https://www.maccastrosoc.com/index.php>



**Macclesfield  
Astronomical Society**

Venue	Date	Time	Length of session
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 22nd July	10.30 am - 12.30pm	2 hours
	Wednesday 29th July		
	Wednesday 5th August		
	Wednesday 12th August		
	Wednesday 19th August		



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SUPPORT  
VOLUNTEERS

- What is this workshop rated? Basic
- Length of workshop: Six weeks
- What will I learn in this workshop?

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.

Venue	Date	Time	Length of session
Delamere Resource Centre, Crewe  Jocelyn Solly Resource Centre, Macclesfield	<b>REGISTER YOUR INTEREST</b>		

## BE PART OF A BIGGER STORY

*Shared Reading groups bring people together through great literature to talk, laugh and share. Just drop in and enjoy listening to a story or poem – no pressure to talk or read.*

MEET PEOPLE  
SHARE EXPERIENCES  
FEEL CONNECTED

TUESDAY		
<b>The Wishing Well</b>	St. George's Community Centre, West Street Crewe	1:30pm – 3:00pm
THURSDAY		
<b>Crewe Library</b>	Lifestyle Centre, Moss Square, Crewe	1:00pm – 2:30pm
FRIDAY		
<b>Lache Library</b>	Lache Park Avenue, Chester	10.00am – 11:00am
<b>The Swan, Tarporley (Fortnightly first and third weeks of the month)</b>	High Street, Tarporley	11:00am – 12:30pm
<b>Storyhouse</b>	Hunter Street, Chester	2:00pm – 3:30pm

Speak to us 0151 729 2200 | Email us info@thereader.org.uk | Find out more online www.thereader.org.uk | Connect with us #SharedReading



# SCRABBLE - THE WORD GAME THAT TEACHES VOCABULARY

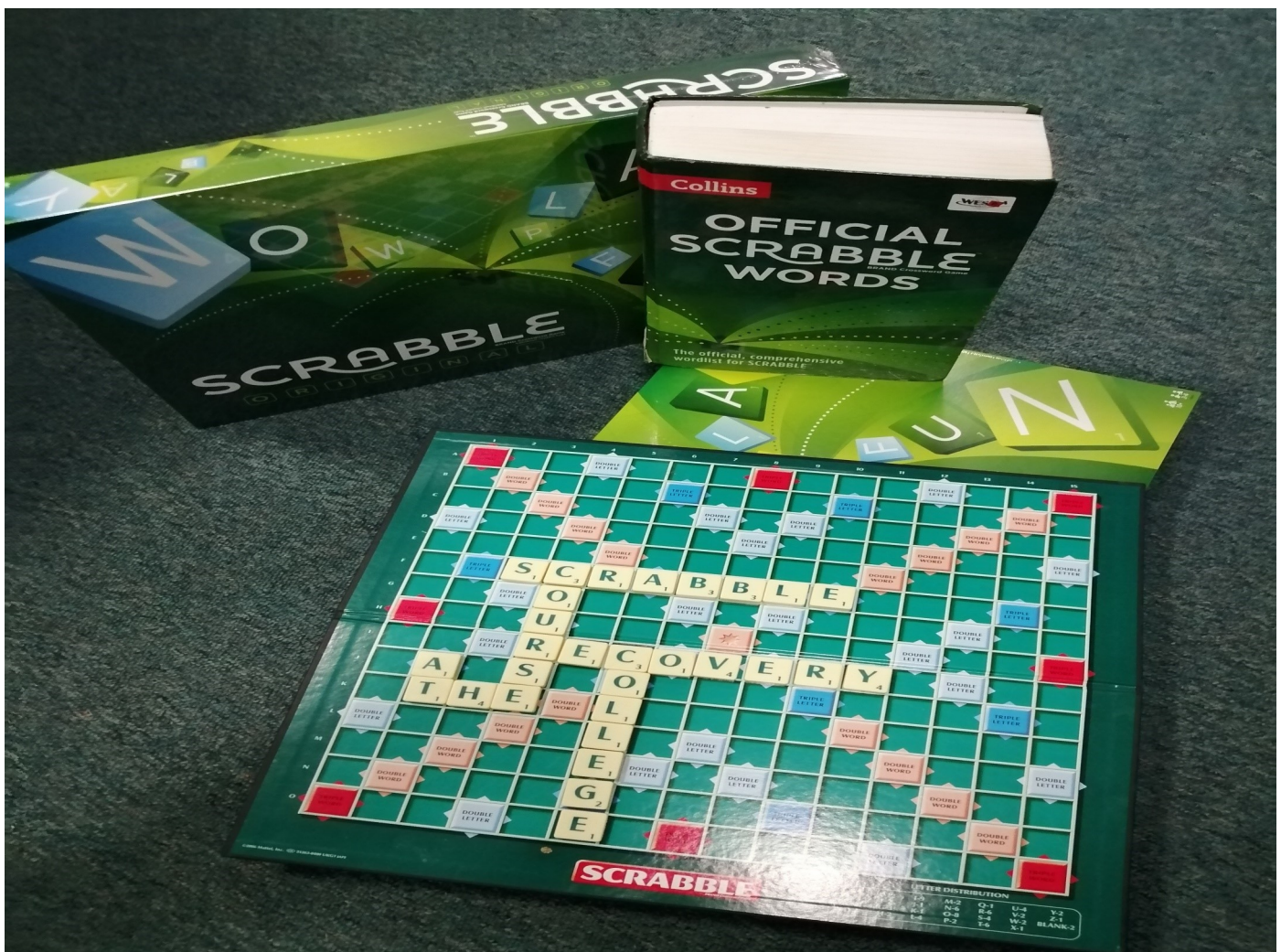
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VOLUNTEERS

- What is this workshop rated? Basic
- Length of workshop: Six weeks
- Why learn to play Scrabble?

A game of scrabble can do wonderful things for the brain and memory whilst also promoting the feel good emotions lowering the chance of getting sick and reducing blood pressure. Come along to these sessions and meet former world champion and peer support volunteer Mark Nyman to learn scrabble tips and build your vocabulary .

Venue	Date	Time	Length of session
Jocelyn Solly Resource Centre, Macclesfield	<b>REGISTER YOUR INTEREST</b>		

**BEGINNERS WELCOME**



# FIND OUT ABOUT VOLUNTEERING IN THE WITH COMMUNITY & VOLUNTARY SERVICES CHESHIRE EAST (CVSCE)

## REBUILDING YOUR LIFE



**What is this workshop rated?** Basic

**Length of workshop:** One week

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

- Introduction of volunteering – the benefits to you and the benefits to an organisation.
- What you can do – the types of volunteer roles and how to find them.
- Before you start your role / starting your role and ongoing support.
- Our campaign **#makegoodthingshappen** and the opportunities it may be able to offer you.



Venue	Date	Time	Length of session
Jocelyn Solly Resource Centre, Macclesfield	Tuesday 4th August	11am -1pm	2 hours

Venue	Date	Time	Length of session
Delamere Resource Centre, Crewe	Tuesday 14th April	2pm -4pm	2 hours

## MAKING SENSE OF YOUR MONEY WITH NATWEST



**What is this workshop rated?** Basic

**Length of workshop:** One week

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

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.



Venue	Date	Time	Length of session
Jocelyn Solly Resource Centre, Macclesfield	Thursday 9th April	2pm -4pm	2 hours

Venue	Date	Time	Length of session
Delamere Resource Centre, Crewe	Thursday 14th May	2pm -4pm	2 hours

The Individual Placement and Support (IPS) service are currently based within the Community Mental Health Teams across the Cheshire Area. The service provides Employment Specialists who will support those in our services to find and remain in paid employment.

## **What is IPS?**

IPS is the leading model to help people with severe mental illness into work. It is a model of supported employment, which means it aims to help people find paid jobs within just weeks of being referred to the service. Then it continues to work with both employer and employee to sustain the job placement for as long as possible, or to help the client into a different job.

## **The IPS service provides you with the following support:**

- Tailored information, advice and guidance relevant to your individual circumstances and future goals
- Support with permitted work rules and in work benefits
- CV creation and support with interview techniques and employability skills
- One to one mentoring to increase health and wellbeing and assistance with the removal of barriers to obtaining paid employment
- Fully supported job search and 26 weeks in work support for both you and the employer

## **Who is eligible for this service?**

To be eligible for this service you must be aged 18 plus (16 plus if accessing the Early Intervention Service), be interested in moving into paid employment and receiving mental health support from either the Community Mental Health Team or Early Intervention Team.

**For more information please speak to your primary worker or a member of the IRWC staff.**

## INVOLVEMENT GROUPS

Involvement groups are for who have used services to get together and share their experiences to help us improve services. We welcome anyone who has accessed CWP adult mental health services and their carers.

Come and tell us what we are doing well and what we are not doing so well, as well as meet others who have used services. Our aim is to work together to improve our services.

**If you are interested in registering your interest for the Crewe or Macclesfield areas please let us know and we will run a session where there is demand.**

## LISTEN AND LEARN EVENTS

Listen and Learn Events are an opportunity for people to work together on a particular subject. We all have our own unique experiences, interests and hobbies which mean that everyone's opinion is different and that is why we organise these public events so you can get involved to help shape the future work of CWP.

**To book on or for more information please contact the Patient & Carer Experience Team on; [susan.walker6@nhs.net](mailto:susan.walker6@nhs.net) or call 01244 393173**



## SHARE YOUR EXPERIENCE WITH US

Come and meet with a trained facilitator to share your experience of services, either as someone who uses services or cares for someone who uses services.

We would like to hear your experiences, positive and negative, of services and work with you to share recommendations with services managers, share your experience at board meetings and more. This can be shared anonymously if you wish. We can also support you submit a concern or complaint if required.

We will explain how your experience will be shared and ask you in which ways you feel comfortable to share this and you can withdraw your consent at any time.

To book a slot at a date and time suitable for you, please call **01625 505 647** or email [cwp.involve-and-recover@nhs.net](mailto:cwp.involve-and-recover@nhs.net)

## INVOLVEMENT, RECOVERY AND WELLNESS CENTRE EVENTS

Come along to our Feel Good events to get expert help and support that could help you identify any potential health problems and signpost you to additional support if required. Help and support will be available on the following topics:

- Healthy Eating
- Blood pressure checks
- Healthy Heart
- Cancer Awareness
- Diabetes
- Drug and Alcohol support
- Smoking cessation
- Sexual health
- Physical Activity



Venue	Date	Time
Church of the Resurrection, Churchway, Upton Priory, Macclesfield, SK10 3HT	Friday 27th March	11.00am - 1.00pm
St Andrew's Church, Bedford Street, Crewe CW2 6LE	Tuesday 21st April	2pm - 4pm



For more information and to register your interest, please call 01625 505647 or email [cwp.involve-and-recover@nhs.net](mailto:cwp.involve-and-recover@nhs.net)

## USEFUL FREE APPS AND WEBSITES



### **Hub of Hope**

Hub of Hope believes that no matter what you're going through you shouldn't have to do it alone. Find services local to you using geolocation technology.



### **RR: Eating Disorder Management**

Those battling anorexia nervosa, bulimia nervosa and binge eating disorder can work towards establishing a healthy relationship with food via Recovery Record. Using cognitive behavioral therapy (CBT) and self-monitoring research, the app can help users record their meals, thoughts and feelings as well as customized meal plans, recovery goals and coping tactics.



### **SuperBetter**

SuperBetter tastefully takes a gaming approach to managing depression, anxiety, chronic illness and post-traumatic stress disorder (PTSD). Players earn rewards for completing real-life exercises that help them build positive skills and behaviors like resilience and optimism.



### **PTSD Coach**

Although PTSD Coach was created with US military veterans in mind, it may be beneficial for anyone suffering from PTSD. It offers education and insights about the disorder itself as well information about professional care options. Interactive elements include a self-assessment exam and coping tools such as positive self-talk and anger management exercises.



### **Moodpath: Depression & Anxiety**

Moodpath, which bills itself as "your mental health companion", screens users for depressive behavior via daily questions designed to increase awareness of thoughts and emotions. After 14 days, the app generates a report about your condition that you can bring to a mental health professional for discussion.



### **Pacifica for Stress & Anxiety**

Anxiety can feel like your world is going to end. But Pacifica helps users find a place of peace via psychologist-designed tools. Based on CBT, mood and health tracking, relaxation and mindfulness meditation, the app targets the on-going cycles of negative thoughts that lead to anxiety, stress and depression.



### **Headspace: Meditation**

If you have never meditated before or find it difficult, Headspace is a great place to start. The popular app leads you through guided meditations and mindfulness techniques to help establish calm and wellness in your life. The free basics course teaches you meditation fundamentals; the full library is accessible via a subscription fee.



### **Stress and Anxiety Companion**

Use the app to help manage your anxiety and stress at home and on the go.



### **Calm Harm**

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**

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



### **NHS Smoke free**

This can help you stop smoking by providing daily support and motivation.



### **Easy Meals**

This is a great way to eat foods that are healthier for you. You'll find delicious, easy meal ideas if you're ever short of inspiration. Search recipes by meal time and create shopping lists.



### **Cove: Music for Mental Health**

Create music to help express complex feelings. Cove is a personal musical journal to help you with your emotional and mental health.

### **OTHER APPS YOU MIGHT FIND USEFUL ARE:**

- Meditation Oasis
- My Therapy-Medication reminders, symptom checks and many more
- MindShift-Anxiety based information
- Operation Reach out-Suicide Prevention
- Relax with Andrew Johnson Lite-Anxiety, Stress and Sleep7
- T2 Mood Tracker-Mood Tracking

### **WEBSITES**

[www.mind.org.uk](http://www.mind.org.uk)

[www.samaritans.org.uk](http://www.samaritans.org.uk)

[www.OCD.org.uk](http://www.OCD.org.uk)

[www.studentminds.org.uk](http://www.studentminds.org.uk)

[www.talktofrank.com](http://www.talktofrank.com)

[www.sane.org.uk](http://www.sane.org.uk)

[www.carersuk.org](http://www.carersuk.org)

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

[www.sleepcouncil.org.uk](http://www.sleepcouncil.org.uk)

[www.rethink.org](http://www.rethink.org)

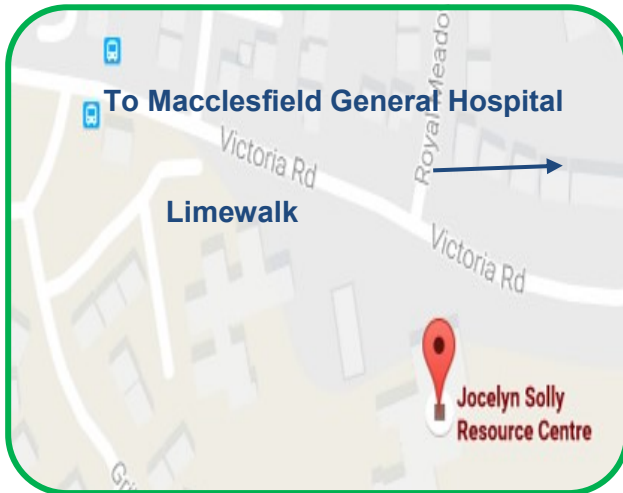
### **PLEASE BE AWARE :**

Any use of the apps and/or websites 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 advice/information etc. that you may obtain through these apps or websites.

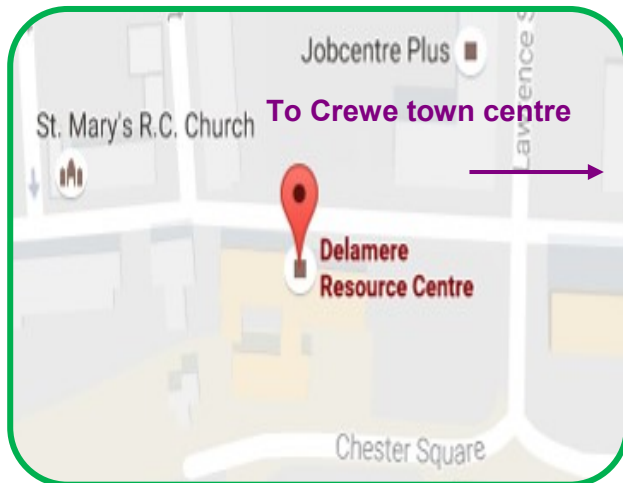
# HOW TO FIND US

The administration for the Involvement, Recovery and Wellness Centre is based at Jocelyn Solly Resource Centre in Macclesfield, with workshops also held in Crewe, Winsford, Chester and Wirral.

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**

**Phone: 01625 505647**

**Email: [cwp.involve-and-recover@nhs.net](mailto:cwp.involve-and-recover@nhs.net)**

**Twitter: @CWP\_IRWC (information feed only)**



# THE INVOLVEMENT, RECOVERY AND WELLNESS CENTRE

## EXPECTATIONS

### You can expect us to:

- Deal with your enquiries in a professional and friendly manner.
- Ensure that your attendance and any other relevant information deemed necessary by the workforce is noted on CWP's electronic record keeping systems.
- Provide guidance on workshops, learning resources, and study skills.
- Ensure courses promote learning, achieving, and thriving.
- Make all possible adjustments within our area of control 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 centre.

### We expect you to:

- To take responsibility and an active part in your own learning and recovery journey using the resources made available to you.
- Treat all course participants with compassion and dignity.
- Give us the relevant information that we need to register you.
- Attend courses and workshops punctually or to cancel in good time.
- Switch your mobile phone to silent.
- Smoke off-site as we are a smoke-free Trust.
- Respect and not discriminate against or harass others at any time, respecting their rights, life choices, beliefs and opinions.

## WHAT ARE THE IR&WC CORE VALUES?

Our core values are based on the national principles of Recovery Colleges and we take them very seriously.

These core values are as follows:

- The IR&WC workshops are developed and delivered by professionals and people with lived experience working together.
- We provide a prospectus with a diverse range of courses delivered in an interactive way.
- Challenging stigma through education and celebrating success.
- We offer a safe place to learn that is local to people, welcoming, friendly and free from discrimination.
- Support for our students when they need it e.g. crisis intervention, learner support and signposting.

## 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:

Organisation	Telephone	Other info
<a href="#">NHS Direct</a>	<b>111</b>	Operate 24/7  Should be able to provide details of local crisis support services or advise on accessing local A&E
<a href="#">Samaritans</a> – for everyone	<b>116 123</b>	Email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
<a href="#">the Campaign Against Living Miserably (CALM)</a>	<b>0800 58 58 58</b>	Visit the <a href="#">webchat page</a>  5pm to midnight every day
<a href="#">Papyrus</a> – for people under 35	<b>0800 068 41 41</b>	<b>Text 07786 209697</b> <b>Email <a href="mailto:pat@papyrus-uk.org">pat@papyrus-uk.org</a></b>  Monday to Friday 10am to 10pm, weekends 2pm to 10pm, bank holidays 2pm to 5pm
<a href="#">ChildLine</a> – for children and young people under 19	<b>0800 1111</b>	the number won't show up on your phone bill
<a href="#">The Silver Line</a> – for older people	<b>0800 4 70 80 90</b>	
<a href="#">SANEline</a>	<b>0300 304 7000</b>	Offering specialist mental health emotional support 4.30-10.30pm everyday.
<a href="#">National Debtline</a>	<b>0808 808 4000</b>	Mon - Fri 9am-9pm Sat 9.30am-1pm
<a href="#">National Domestic Violence Helpline</a>	<b>0808 2000 247</b>	<a href="http://www.nationaldomesticviolencehelpline.org.uk">www.nationaldomesticviolencehelpline.org.uk</a>
<a href="#">The Farming help</a> - Through just one phone call, farmers in need can access free, impartial and confidential support	<b>03000 111 999</b>	<a href="https://www.farminghelp.co.uk/">https://www.farminghelp.co.uk/</a>

**Involvement, Recovery and Wellness Centre**  
**Student Registration and Course Booking**



**Your Details**

<b>Title:</b>		<b>Surname:</b>	
<b>First name:</b>		<b>Date of Birth:</b> (DD/MM/YYYY)	

**Address:** (if staff please give your place of work)

<b>Postcode:</b>		<b>Telephone:</b>	
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<b>Email:</b>	
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**Your Contact with CWP**

Please tick which the following options which are applicable to you:

I use secondary mental health services delivered by CWP <input type="checkbox"/>	I have been referred from IAPT/Gateway (Crewe and Winsford only) <input type="checkbox"/>
I am a carer for someone using secondary mental health services <input type="checkbox"/>	I have been referred from SPA (Crewe and Winsford only) <input type="checkbox"/>
I am a staff member or volunteer <input type="checkbox"/>	

<b>How did you hear about us?</b>	
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<b>Is there anything that may impact your attendance or participation with us?</b> This may include learning, accessibility, or medical needs.	
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<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
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**Who should we contact in case of an emergency?**

Name:	Phone:	Relationship:
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Your GP surgery:	
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**Please tell us which courses you would like to enrol in:**


<b>I would like to attend in:</b>	Crewe <input type="checkbox"/>	Macclesfield <input type="checkbox"/>	Winsford <input type="checkbox"/>	Blacon <input type="checkbox"/>
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Please tick if you would like to attend an Action Planning session, <b>NB for secondary care users only</b>	<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>	
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<b>Contact Preferences:</b> We would like to be able to contact you about future events. Please tick if you are happy for us to contact you with Information.	<b>Yes</b> <input type="checkbox"/>	<b>No</b> <input type="checkbox"/>
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**What method of communication can we use to contact you?**

<input type="checkbox"/> Phone	<input type="checkbox"/> Text	<input type="checkbox"/> Email	<input type="checkbox"/> Letter
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The IRWC is committed to protecting your privacy and as per the Data Protection Act 2018 we will keep your details secure and anything you share with us will be treated as confidential. By signing this form you are agreeing to the IRWC charter which can be found in our prospectus.

Signed:	Dated:
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<b>For office use only:</b>		
Date completed.....	Entered on database <input type="checkbox"/>	Letter sent <input type="checkbox"/>
Care notes/PCMIS checked <input type="checkbox"/>	Added to workshops <input type="checkbox"/>	Staff signature.....