

INVOLVEMENT, RECOVERY AND WELLNESS CENTRE



SEPTEMBER 19 - MARCH 20

Helping people to be
the best they can be

WELCOME TO THE INVOLVEMENT, RECOVERY AND WELLNESS CENTRE (IR&WC) AND OUR NEW AUTUMN/WINTER 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 or Winsford areas**.
- ◆ 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

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

IMPORTANT ANNOUNCEMENT

Cheshire and Wirral Partnership NHS Foundation Trust has a new way of working. 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.

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

For this reason we have had to reduce the range of workshops we can offer. Please see page 6 for a full list of the courses on offer term.

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 sign-posting.
- ◆ Not replacing other things that help recovery (for example: treatment, interventions, social, leisure and vocational activities) but linking people to these opportunities within their local services and communities.

When you register with us we will ask you to sign our IR&WC expectations to help us ensure these core values are respected by everyone.

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.

MEET THE TEAM

If you would like to find out more about our team, including workshop tutors, before you come to a session, please feel free to take a look at our Meet the Team booklet available for viewing at our Macclesfield and Crewe bases.

STEPPING STONE TO YOUR RECOVERY

Developing the skills you need to manage your condition(s) and practice self-care is a process and it is different for every person. Here at the IRWC we aim to support this by:

Promoting Hope

Helping people to recognise their own strengths, abilities and resilience whilst learning new strategies and gaining understanding.

Supporting YOU to decide what sort of help and support you need in order to manage your condition.

Providing Control

Giving Opportunity

Providing free helpful co-designed and facilitated workshops in Crewe, Macclesfield and Winsford. As well as working with other organisations and groups to help you access different educational or vocational opportunities such as volunteering or employment.

OUR COURSES EXPLAINED...

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.

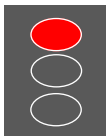
Developing Skills and Interests - These courses aim to develop your skills, interests and confidence, whether it be by learning how to garden, joining in a reading group or volunteering in the community. These skills could potentially help improve your employment or educational opportunities in the future. 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.

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.

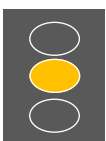
Each workshop is colour coded using a traffic light system, and we have provided an explanatory guide below. Look out for the traffic light symbol on each workshop page.

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.

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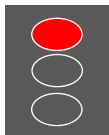
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REGISTER YOUR INTEREST

Register your interest for the workshops below. When we have 10 or more people interested in a certain workshop we will then arrange for the workshop to be run and advise you accordingly.

- ◆ Discover Your Recovery Journey
- ◆ Drama for Well-Being
- ◆ How to change thinking patterns based on CBT practices
- ◆ Managing Anger
- ◆ Managing Feelings of Grief and Loss
- ◆ Managing Sleep
- ◆ Managing Trauma
- ◆ Tips to Manage Depression
- ◆ Understanding and Managing Bipolar Disorder
- ◆ Understand and Manage Your Mind
- ◆ Understanding and Practicing Mindfulness
- ◆ Managing Sleep

ADVANCE STATEMENTS



What is this One to One session rated? Advanced

What will I learn in this One to One:

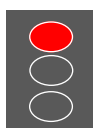
An advance statement is also known as a 'statement of wishes.' Advance statements are good for us to have for when we might lose the ability to make a decision for ourselves in the future because of illness or injury. This is known as losing mental capacity. Consequently, you may want to make an advance 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 to book your one to one appointment.

SELF - CARE AND SELF - MANAGEMENT

BEATING PSYCHOLOGICAL DISTRESS WITH Dialectical Behavioural Coping Practices



What is this workshop rated? Intermediate

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
Delamere Resource Centre, Crewe	Wednesday 6th November	1.30pm - 3.30pm
	Wednesday 13th November	
	Wednesday 20th November	
	Wednesday 27th November	
	Wednesday 4th December	
	Wednesday 11th December	

Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 24th February	11am - 1pm
	Monday 2nd March	
	Monday 9th March	
	Monday 16th March	
	Monday 23rd March	
	Monday 30th March	

Continued overleaf...

BEATING PSYCHOLOGICAL DISTRESS WITH Dialectical Behavioural Coping Practices continued

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Thursday 7th November	11am - 1pm
	Thursday 14th November	
	Thursday 21st November	
	Thursday 28th November	
	Thursday 5th December	
	Thursday 12th December	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Monday 24th February	11am - 1pm
	Monday 2nd March	
	Monday 9th March	
	Monday 16th March	
	Monday 23rd March	
	Monday 30th March	

Venue	Date	Time
Vale House Resource Centre, Winsford	Monday 6th January	11am - 1pm
	Monday 13th January	
	Monday 20th January	
	Monday 27th January	
	Monday 3rd February	
	Monday 10th February	

Please indicate which course and location you would like to attend on your booking form.

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.

These sessions will provide an overview of WRAP, enabling you to create and explore this tool and consider if it could benefit your own recovery.

Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 23rd September	5pm - 7pm
	Monday 30th September	

Venue	Date	Time
Delamere Resource Centre, Crewe	Tuesday 26th November	11am - 1pm
	Tuesday 3rd December	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Monday 2nd September	11am - 1pm
	Monday 9th September	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Tuesday 12th November	10am - 12pm
	Tuesday 19th November	

Venue	Date	Time
Vale House Resource Centre, Winsford	Tuesday 10th September	11am - 1pm
	Tuesday 17th September	

Venue	Date	Time
Vale House Resource Centre, Winsford	Tuesday 25th February	11-1pm
	Tuesday 3rd March	

Please indicate which course and location you would like to attend on your booking form.

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
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 11th September	11am – 1pm
	Wednesday 18th September	

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

Venue	Date	Time
Delamere Resource Centre, Crewe	Wednesday 26th February	10.30am - 12.30pm 29th April and 20th May Times are 10am—12pm
	Wednesday 25th March	
	Wednesday 29th April	
	Wednesday 20th May	

MANAGING ANXIETY FOR THE OLDER ADULT



What is this workshop rated? Intermediate

Length of workshop: Four weeks

What will I learn in this workshop?

Venue	Date	Time
Delamere Resource Centre, Crewe	Dates Coming Soon	

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
Delamere Resource Centre, Crewe	Thursday 12th September	11am - 1pm
	Thursday 19th September	
	Thursday 26th September	

Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 4th November	11am - 1pm
	Monday 11th November	
	Monday 18th November	
	Monday 25th November	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Monday 23rd September	11am - 1pm
	Monday 30th September	
	Monday 7th October	
	Monday 14th October	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Monday 2nd December	11am - 1pm
	Monday 9th December	
	Monday 16th December	
	Monday 23rd December	

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MANAGING ANXIETY CONTINUED.....

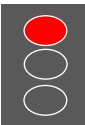
Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Tuesday 7th January	2pm-4pm
	Tuesday 14th January	
	Tuesday 21st January	
	Tuesday 28th January	

Venue	Date	Time
Vale House Resource Centre, Winsford	Tuesday 7th January	11am - 1pm
	Tuesday 14th January	
	Tuesday 21st January	
	Tuesday 28th January	

Please indicate which course and location you would like to attend on your booking form.

MANAGING PANIC

What is this workshop rated? Advanced



Length of workshop: Two weeks

What will I learn in this workshop?

We will learn techniques to help break the vicious circle of Panic, and how Perception, Apprehension, Selective attention and Interpretation can influence our experiences. We also look at how experiences can influence our ability to deal with 'threats', and how we can empower ourselves through self-discovery, self-acceptance and forward planning. Exercises are practiced in the session so that they can be used at home.

Venue	Date	Time
Delamere Resource Centre, Crewe	Wednesday 29th January	11am—1pm
	Wednesday 5th February	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Thursday 9th January	11am—1pm
	Thursday 16th January	

Venue	Date	Time
Vale House Resource Centre, Winsford	Coming Soon	

UNDERSTANDING AUTISM



What is this workshop rated? Intermediate

Length of workshop: Two weeks



What will I learn in this workshop?

This workshop will give you an understanding and the tools and strategies to identify where to get help if you have, or think you have Autism. As well as provide self-management strategies for people living with Autism and mental health problems to achieve positive mental health and wellbeing.

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 5th February	11am - 1pm
	Wednesday 12th February	

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
Jocelyn Solly Resource Centre, Macclesfield	Monday 18th November	2pm—4pm

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

EXPERT PATIENTS PROGRAMME

What is this workshop rated? Advanced



Length of workshop: 6 weeks

What will I learn in this workshop?

This course is only available to those with a GP in the South Cheshire or Vale Royal areas.

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.

The course is led by volunteers who themselves live with long-term health conditions or carers 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.

Venue	Date	Time
Delamere Resource Centre, Crewe	Friday 13th September	10.30am-1pm
	Friday 20th September	
	Friday 27th September	
	Friday 4th October	
	Thursday 10th October	
	Friday 18th October	

Venue	Date	Time
Delamere Resource Centre, Crewe	Friday 10th January	10.30am-1pm
	Friday 17th January	
	Friday 24th January	
	Friday 31st January	
	Friday 7th February	
	Friday 14th February	

Venue	Date	Time
Vale House Resource Centre, Winsford	Monday 28th October	10.30am-1pm
	Monday 4th November	
	Monday 11th November	
	Monday 18th November	
	Monday 25th November	
	Monday 2nd December	

Venue	Date	Time
Vale House Resource Centre, Winsford	Wednesday 5th February	10.30am-1pm
	Wednesday 12th February	
	Wednesday 19th February	
	Wednesday 26th February	
	Wednesday 4th March	
	Wednesday 11th March	

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
Delamere Resource Centre, Crewe	Monday 9th December	11am - 1pm

DIABETES ESSENTIALS

What is this workshop rated? Basic

Length of workshop: One week

What will I learn in this workshop?

For recently diagnosed, those at risk, or for those wanting to refresh their knowledge regarding diet, the Diabetes Essentials could be for you. Session time is 1.5 hours and focuses on improving diabetes self-care knowledge, provided by Diabetes Dieticians who interactively explain what healthy eating with diabetes looks like, considering different foods, portion size, recipe ideas and food swaps.

Venue	Date	Time
Delamere Resource Centre, Crewe	Date coming soon	

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.

Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 4th November	2pm - 3pm

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Monday 25th November	11am - 12pm

Venue	Date	Time
Vale House Resource Centre, Winsford	Friday 20th December	11am - 12pm

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
Delamere Resource Centre, Crewe	Wednesday 29 th January	2pm - 4pm

TAKING BACK CONTROL

FREE YOURSELF FROM NEGATIVE THOUGHTS USING THE SCIENCE OF SELF COMPASSION



What is this workshop rated? Basic

Length of workshop: Two weeks

What will I learn in this workshop?

- How to free yourself from negative thoughts, self-criticism and feelings of inadequacy, which research shows is strongly linked to anxiety and depression.
- How to replace the brain's fight and flight response with your brain's more helpful 'tend and befriend response'.
- How to carry out three key self-compassion strategies proven to protect against anxiety and depression when practised in your daily life.

This workshop is based on the new power and science of Self-Compassion by Dr Kristen Neff (University of Texas), as a way of reducing harmful thoughts, feelings and body chemistry, which are strongly related to fear, stress, anxiety, depression and suicide, and suggested to protect against linked diseases such as; cardiovascular, cancer, and arthritis.

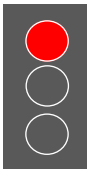
Venue	Date	Time
Delamere Resource Centre, Crewe	Thursday 10th October	11am – 1pm
	Thursday 17th October	

Venue	Date	Time
Delamere Resource Centre, Crewe	Thursday 6th February	11am - 1pm
	Thursday 13th February	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Tuesday 25th February	11am - 1pm
	Tuesday 3rd March	

Venue	Date	Time
Vale House Resource Centre, Winsford	Thursday 27th February	11am - 1pm
	Thursday 5th March	

HOW TO SAY NO WITHOUT FEELING GUILTY



What is this workshop rated? Advanced

Length of workshop: Two weeks

What will I learn in this workshop?

Our ability to say NO can depend on many factors. We will explore communication skills, assumptions and beliefs that can influence our assertiveness, what boundaries mean to us, myths about assertiveness, healthy relationship styles, and how we can find the right tools to solve problems in a non-confrontational way.

We explore how self-worth and self-compassion can help us develop assertiveness, and how investing in strategies to build our confidence can help us in handling difficult situations in life more effectively as we learn how to communicate more effectively.

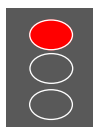
Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 21st October	11am - 1pm
	Monday 28th October	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 8th January	2pm - 4pm
	Wednesday 15th January	

Venue	Date	Time
Vale House Resource Centre, Winsford	Coming Soon	

Please indicate which course and location you would like to attend on your booking form.

RELAPSE PREVENTION



What is this workshop rated? Intermediate

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
Delamere Resource Centre, Crewe	Tuesday 22nd October	11am -1pm
	Tuesday 29th October	
	Tuesday 5th November	
	Tuesday 12th November	

Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 6th January	11am -1pm
	Monday 13th January	
	Monday 20th January	
	Monday 27th January	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Monday 28th October	11am -1pm
	Monday 4th November	
	Monday 11th November	
	Monday 18th November	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Tuesday 7th January	11am -1pm
	Tuesday 14th January	
	Tuesday 21st January	
	Tuesday 28th January	

Continued overleaf...

RELAPSE PREVENTION CONTINUED....

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

Please note that the above course is a rescheduled trial course, therefore it is running over 2 weeks instead of 4 weeks. Please let us know whether you prefer the 2 week or 4 week course upon booking.

Venue	Date	Time
Vale House Resource Centre, Winsford	Tuesday 25th February	11am -1pm
	Tuesday 3rd March	
	Tuesday 10th March	
	Tuesday 17th March	

STRESS TO STRENGTH

What is this workshop rated? Basic



Length of workshop: Two weeks

What will I learn in this workshop?

- What is stress and how it affects your physical and mental health and your quality of life.
- How to beat unhealthy stress
- What is inner strength
- How to build strength and resilience in yourself and in your life to improve your health and life

Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 3rd February	11am - 1pm
	Monday 10th February	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Tuesday 4th February	11am - 1pm
	Tuesday 11th February	

Venue	Date	Time
Vale House Resource Centre, Winsford	Thursday 23rd January	11am—1pm
	Thursday 30th January	

DEVELOPING SKILLS AND INTERESTS

ASTRONOMY WITH MACCLESFIELD ASTRONOMICAL SOCIETY

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



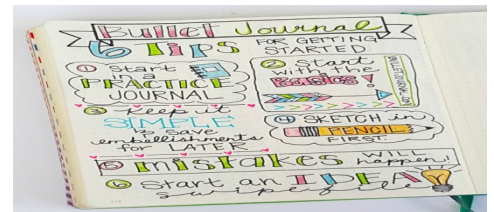
Macclesfield
Astronomical Society

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 11th March	10.30 am - 12.30pm
	Wednesday 18th March	
	Wednesday 25th March	
	Wednesday 1st April	
	Wednesday 8th April	

BULLET JOURNALING

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



In this workshop, you will find out how you can use just a notebook and some pens to make individualised short bulleted lists, symbols, trackers and calendars to help plan goals, be creative, remember tasks, track moods and increase your productivity. We will also be looking at how creative writing, journaling and doodling can be mindful activities and benefit all aspects of your life including your mental health. **No experience is necessary. It would be good if you could bring along your own scrapbook or notebook however these will be provided if you are not able to do so.**

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 2nd October	11am – 1pm
	Wednesday 9th October	

SCRABBLE - THE WORD GAME THAT TEACHES VOCABULARY

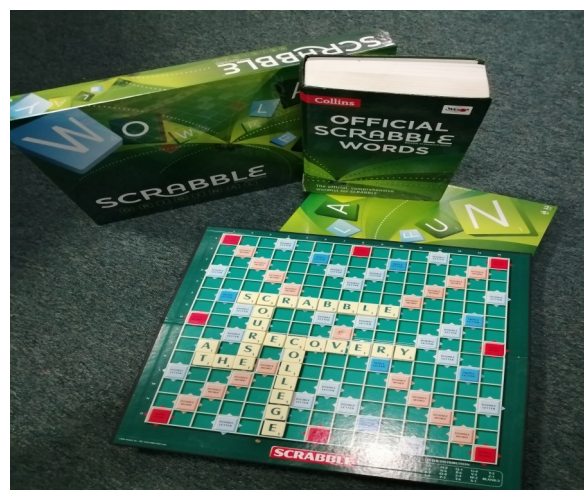
What is this workshop rated? Basic

Length of workshop: Eight 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 Mark Nyman to learn scrabble tips and build your vocabulary .

BEGINNERS WELCOME



Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Friday 6th December	11am – 1pm
	Friday 13th December	
	Friday 20th December	
	Friday 27th December	
	Friday 3rd January	
	Friday 10th January	

DRAMA AND IMPROVISATION

What is this workshop rated? Basic

Length of workshop: 3 weeks

What will I learn in this workshop?



Overwhelming evidence shows that drama workshops aid recovery, keep people well, help people live longer and have much better lives by:

- Giving people a sense of empowerment and self-confidence to help them feel more comfortable expressing themselves.
- Helping people develop a greater sense of trust in themselves and in others.
- Making people feel better through social connection with others
- Promoting imagination, playfulness and creativity.

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Tuesday 1st October	11am – 1pm
	Tuesday 8th October	
	Tuesday 15th October	



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
Delamere Resource Centre, Crewe	Monday 10th February	2pm - 4pm
	Monday 17th February	
	Monday 24th February	
	Monday 2nd March	
	Monday 9th March	
	Monday 16th March	

Three week course at Vale House Resource Centre

Venue	Date	Time
Vale House Resource Centre, Winsford	Monday 20th January	2pm - 4pm
	Monday 27th January	
	Monday 3rd February	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 9th October	2pm - 4pm
	Wednesday 16th October	
	Wednesday 23rd October	
	Wednesday 30th October	
	Wednesday 6th November	
	Wednesday 13th November	



Three week Christmas special

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 4th December	2pm - 4pm
	Wednesday 11th December	
	Wednesday 18th December	

REBUILDING YOUR LIFE

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



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.
- How to get involved and sign up.



Venue	Date	Time
Jocelyn Solly Resource Centre,	Wednesday 13th November	11am—1pm

Venue	Date	Time
Delamere Resource Centre, Crewe	Tuesday 17th December	11am—1pm

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
Vale House Resource Centre, Winsford	Tuesday 10th March	2pm - 4pm

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 26th February	11am-1pm

Cheshire Individual Placement and Support (IPS)

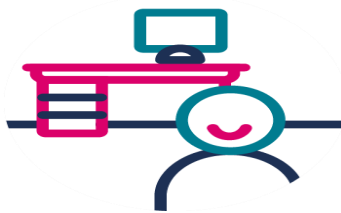


The Individual Placement and Support (IPS) service are currently based within the Community Mental Health Teams across the Cheshire Area. The service provides Employment Specialists who will support those in our services to find and remain in paid employment.

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.

Why use IPS?



Suitable work is good for wellbeing

Getting back into employment can be a vital part of a recovery journey. People experiencing severe mental illness who find paid work show reduced symptoms, gain financial independence, and have improved quality of life

IPS works

Compared with traditional support, IPS has been proven in numerous studies to help more people with severe mental illness back into work more quickly. On average, people receiving IPS keep their jobs longer, earn more, and spend less time in hospital. That's why NICE recommends mental health services to provide IPS to their users.



IPS helps you get a job that meets your needs



IPS employment specialists tailor their support to each individual so that clients have the best chance of achieving their job aspirations. Advisers have low caseloads so they have time to offer clients intensive support

The IPS service provides 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
- Fully supported job search
- One to one mentoring to increase health and wellbeing and assistance with the removal of barriers to obtaining paid employment
- 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. Alternatively come along to one of our information sessions to find out more.

Venue	Date	Time	Length of session
Jocelyn Solly Resource Centre, Macclesfield	Friday 21st February	11am-12pm	1 hour

Venue	Date	Time	Length of session
Delamere Resource Centre, Crewe	Thursday 27th February	11am-12pm	1 hour

Venue	Date	Time	Length of session
Vale House Resource Centre, Winsford	Friday 28th February	1pm—2pm	1 hour

GETTING INVOLVED



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	Time
Delamere Resource Centre, Crewe	Tuesday 20th August	1.30pm - 3.30pm
	Tuesday 17th September	
	Tuesday 15th October	
	Tuesday 19th November	
	Tuesday 17th December	

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.



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
- Weight Management
- Healthy Heart
- Cancer Awareness
- Diabetes
- Drug and Alcohol support
- Smoking cessation
- Sexual health
- Physical Activity



Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Friday 6th March	11.00am - 1.00pm
Everybody Healthy Lifestyle Centre, Crewe	Friday 5th June 2020	11.00am - 3.00pm



Venue	Date	Time
Delamere Resource Centre, Crewe	Thursday 5th December	11am - 1pm
Jocelyn Solly Resource Centre,	Thursday 12th December	2pm - 4pm

For more information and to register your interest, please call 01625 505647 or email cwp.involve-and-recover@nhs.net

Are you someone who has used, or is using,
adult mental health services, or their carer?

Do you have feedback, good or bad, about your
time with services?

Involvement Groups

with the

Involvement Recovery and Wellness

Come and give your feedback at any, or all, of the groups below. Meet others who have experience of our services and take part in projects to help us improve services.



Vale House Resource Centre

1:30pm—3pm on:

Tuesday 19th November

Tuesday 14th January

Tuesday 3rd March

Tuesday 5th May



Jocelyn Solly Resource Centre

11am—12:30pm on:

Friday 8th November

Friday 17th January

Thursday 12th March

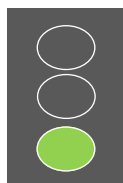
Wednesday 6th May

For more information or to reserve a place, please call us on
01625 505647 or email us on cwp.involve-and-recover@nhs.net

Helping people to be
the best they can be



PEER SUPPORT DROP IN



Peer support takes place when people of equal value with experience of mental distress support each other towards better wellbeing on a reciprocal basis, using their own lived experience as a tool for support. Therefore, why not join us at our drop-ins for:

- Companionship/ shared identity and a listening ear.
- A reminder of the self-management strategies we can all use.
- Further Information sharing and signposting.
- Citizens Advice Bureau CAB will have appointments available during these sessions (please call us on 01625 505647 to make an individual appointment)

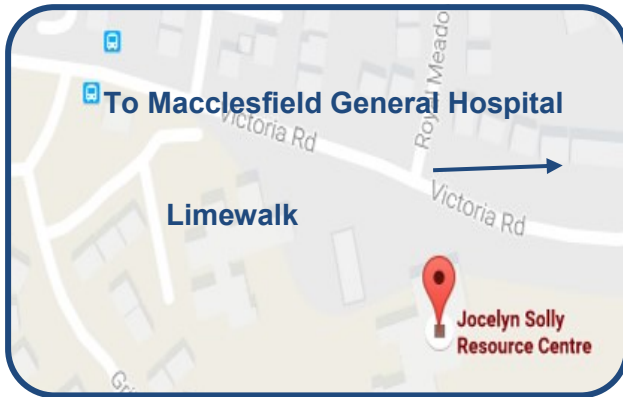


Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 11th September	1.30pm – 3.30pm
	Wednesday 16th October	11am – 1pm
	Wednesday 6th November	
	Thursday 12th December	2pm - 4pm
	Wednesday 8th January	11am – 1pm
	Wednesday 5th February	1.30pm - 3.30 pm
	Wednesday 4th March	1.30pm – 3.30pm

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.

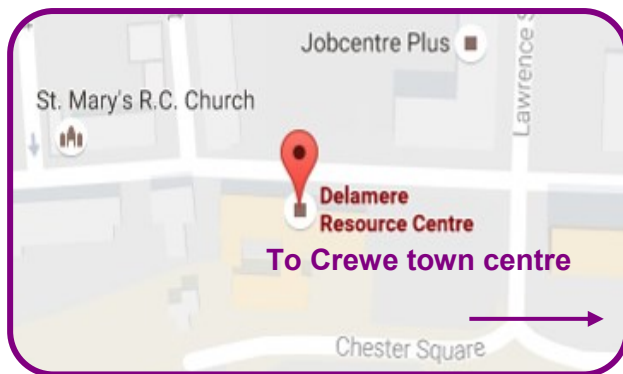
HOW TO FIND US

The administration for the Involvement, Recovery and Wellness Centre is based at Jocelyn Solly Resource Centre in Macclesfield, with workshops also held in Crewe 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: cwp.involve-and-recover@nhs.net

USEFUL FREE APPS AND WEBSITES FOR OUR MENTAL HEALTH



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. The stigma associated with mental health can make it difficult to talk about, however there are services out there with people who understand and are ready to help.

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



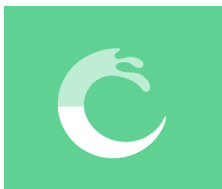
Although PTSD Coach was created with US military veterans in mind, it may be beneficial for anyone suffering from PTSD. It offers education and insights about the disorder itself as well information about professional care options. Interactive elements include a self-assessment exam and coping tools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

Moodpath: Depression & Anxiety



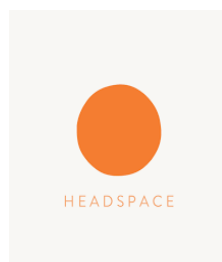
Moodpath, which bills itself as "your mental health companion", screens users for depressive behavior via daily questions designed to increase awareness of thoughts and emotions. After 14 days, the app generates a report about your condition that you can bring to a mental health professional for discussion.

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.



Active 10

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



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.



NHS Smoke free

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



One You 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

www.samaritans.org.uk

www.OCD.org.uk

www.studentminds.org.uk

www.talktofrank.com

www.sane.org.uk

www.carersuk.org

www.mentalhealth.org.uk

www.sleepcouncil.org.uk

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/or information etc. that you may obtain through these apps or websites.

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

Involvement, Recovery and Wellness Centre
Registration and Course Booking Form

Your Details

Title:		Surname:	
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First name:	Date of Birth: (DD/MM/YYYY)
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Address: (if staff please give you place of work)

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

How did you hear about us?	
-----------------------------------	--

Is there anything that may impact your attendance or participation with us? This may include learning, accessibility, or medical needs.	
---	--

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
--	------------------------------

Your GP Surgery:

Who should we contact in case of emergency?
Name: Phone:

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

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

I would like to attend in: Crewe Macclesfield Winsford

Please tick if you would like to attend a Goal Setting session, NB for secondary care users only

Contact Preferences: We would like to be able to contact you about our activities and events. Please tick if you are happy for us to contact you with information Yes No

What method of communication can we use to contact you?

Phone Text Email Letter

The IR&WC adheres to the Data Protection Act 2018 and is committed to protecting your privacy, this means that we must ensure that:

- ◆ Information received is used lawfully, fairly and transparently
- ◆ Used for specific explicit purposes only
- ◆ Appropriately handled in a way that ensures security and confidentiality.

By signing this form you are agreeing to the IR&WC expectations which can be found on page 4.

Signed: Dated: