

INVOLVEMENT, RECOVERY AND WELLNESS CENTRE

Helping people to be
the best they can be



PROSPECTUS FOR SEPTEMBER 2018 TO MARCH 2019

WELCOME TO OUR NEW INVOLVEMENT, RECOVERY AND WELLNESS CENTRE

This new name has replaced the former Recovery College and the Participation & Engagement Team to represent our newly merged team and to show that we now have a new enhanced service where you can:

- Get one-to one sessions centred on your needs to help you build a recovery plan *i.e. helping you access new recovery tools, self-help knowledge and recovery strategies.*
- Come to exciting new educational workshops and courses that will be running alongside our popular existing courses.
- Obtain support from volunteers that have been trained to support others who themselves live with physical and mental health conditions.
- Give your feedback to us 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.*
- Become a Volunteer to help the team in a variety of roles,

Who can attend the Involvement, Recovery and Wellness Centre?

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

3

How do I book onto a workshop?

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

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

Alternatively, you can email us on cwp.involve-and-recover@nhs.net and we will send you a digital enrolment, or enrol over the phone on **01625 505647**.

Do I need to attend every session?

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

I have a disability, learning difficulty or accessibility need, what support do you provide?

Please let us know on your enrolment form what your needs are and what support is required. If we're unsure how best to support you we may need to contact you for a quick chat.

If you require information in large print or Easy Read, please contact us by phone on 01625 505647.

Do you provide support during a workshop?

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

CONTENTS

ABOUT THE INVOLVEMENT, RECOVERY AND WELLNESS CENTRE

WELCOME AND FREQUENTLY ASKED QUESTIONS	2 - 3
INVOLVEMENT, RECOVERY AND WELLNESS CHARTER	5
WORKSHOPS THAT WORK FOR YOU	6
STEPPING STONES TO YOUR RECOVERY	7
LEARNING PLANS	8
COMING SOON - REGISTER YOUR INTEREST	9
A-Z OVERVIEW WITH START DATES	10

COURSES

CHESHIRE EAST COUNCIL WORKSHOPS	12 - 14
BASIC COURSES - GREEN LIGHT	15 - 34
INTERMEDIATE COURSES - AMBER LIGHT	35 - 41
ADVANCED COURSES - RED LIGHT	42 - 44
EXPERT PATIENT PROGRAMME	45 - 46

EXTRA INFORMATION

EXTERNAL APPS YOU MAY FIND USEFUL	47 - 50
EXTERNAL LINKS	51
WHAT ARE STUDENTS HAVE TO SAY	51 - 52
HOW TO FIND US	53
CRISIS CONTACTS AND INFORMATION	54
ENROLMENT FORM	55-56



The INVOLVEMENT, RECOVERY AND WELLNESS CHARTER

You can expect us to:

- Deal with your enquiries in a professional and friendly manner.
- If accessing services delivered by CWP I understand and agree that my attendance is noted on CWP's electronic record keeping system 'CareNotes.'
- Provide guidance on workshops, learning resources, and study skills.
- Ensure courses promote learning, achieving, and thriving.
- Make all possible adjustments so that everyone can access our workshops, content, and environment.
- Provide a safe and healthy environment free from discrimination.
- Respect your choices, traditions, culture, religion, and practices.
- Give you the opportunity to express your views of the 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.
- Be considerate of all course participants rights, choices, beliefs and opinions.
- 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.



WORKSHOPS THAT WORK FOR YOU

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

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

Advanced:



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

Intermediate:

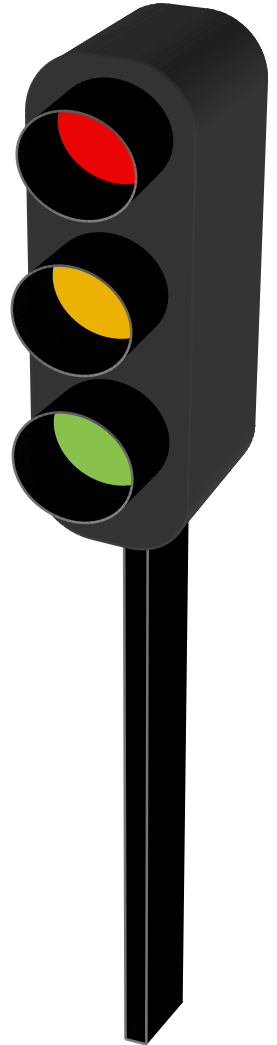


These workshops are slightly more demanding. You may be required to attend more than one session, and there may be some interactive activities.

Basic:



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



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

7 STEPPING STONES TO YOUR RECOVERY

Developing the skills you need to manage your condition(s) and practice self-care is a process, and it's different for every person, here at the Involvement, Recovery and Wellness Centre we aim to support you with this by.

Promoting HOPE:

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

Providing CONTROL:

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

And OPPORTUNITY by:

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.

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

For more information about employment visit Job Centre Plus at www.gov.uk

Not sure where to start? Ask a member of Involvement, Recovery and Wellness team for a learning plan. There's more information about learning plans on page 8.

NOT SURE WHERE TO START?

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

At the Involvement, Recovery and Wellness Centre we can help you break down this task by working with you to create a learning plan.



WHAT IS A LEARNING PLAN?



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



To create your Learning Plan, you will have a one-to-one appointment with a member of the Involvement, Recovery and Wellness team called a Pathway Planner.

WHO IS A PATHWAY PLANNER?



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

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

REGISTER YOUR INTEREST

The following workshops are coming soon. Let us know you are interested by contacting us on cwp.involve-and-recover@nhs.net or **01625 505647**, or by including the workshops on your enrolment form.

Shared Decision Making

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

Managing My Mental Health With My Consultant

The relationship with your psychiatric consultant is a key part of your care. Like all good relationships, this relationship is a two-way street. It may benefit to know how to ask questions, how to learn more about your treatment, and how to become an active participant in the treatment planning of your care.

This Is Me: One Page Profile

"This Is Me" looks at a recovery tool called a One Page Profile. A One Page Profile captures all the important information about you on a single sheet of paper under 3 simple headings:

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

Living Well With Dementia

If you are a carer for someone with dementia, you may find this series of educational workshops useful. The workshops provide straight-forward information about dementia, and offers practical advice and strategies for friends and family. There is also a well-being session run for people living with dementia.

COMING SOON

Course Title	Page
Anger Management	42
Advance Statement	41
Anxiety Management	35
Astronomy	43
Basic Understanding of the Human Brain	14
Cheshire Fire	24
Creative Bullet Journaling	15
Drama for Wellbeing	16
Expert Patients Programme	45-46
Festival Nail Art for Beginners	17
Find out about Volunteering in the Community	18
Food and Mood	19
Free yourself from Negative Thoughts	20
Goal Setting	21
How to Say NO without feeling guilty	36
Introduction to WRAP	22
Introduction to Cognitive Therapy (CBT)	37
Introduction to the Psychology of Addiction	23
Managing Bipolar Disorder	39
Managing Psychological Distress	44
Managing Sleep	25

Course Title	Page
Money Sense with NatWest	26
National Careers Service	27
Peer Support Drop In	28
Relapse Prevention	38
The Reader	29
Understanding Autism	40
Understanding and Managing Depression	30
Understanding and Managing Pain	31
Understanding your Medications	32
Understanding Mindfulness	33
Understanding Psychosis	34

11 CHESHIRE EAST COUNCIL WORKSHOPS

ONLY AVAILABLE IN CREWE

Create your own means of escape

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

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

Do you need time and space to relax? This workshop could be just what you need. Over your favourite brew and biscuits, and some calming music, you will learn the art of Haiku, a Japanese art form of poetry. Absolutely achievable by all. This form of poetry only consists of 3 lines if you can believe it! Join in the session and learn how to channel your inner poet (everyone has one) using uplifting pictures that help and then use the image for inspiration to tap into your senses. Once learnt you will be able to repeat this yourself – a great little idea to carry in your toolbox to help yourself to relax, pause and reenergise yourself.

Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 3 rd December	11am-12pm

Diabetes Essentials

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

 **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. Feedback from previous groups suggests that all would recommend it to someone else and enjoyed attending. Everyone attending will receive an information booklet and other information including a card to send off for a free recipe book.

Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 12 th November	11am-12.30pm

12 CHESHIRE EAST COUNCIL WORKSHOPS

ONLY AVAILABLE IN CREWE

Slow Cooker Taster Session - Community Winter Wellness Event

What will I learn?

This workshop aims to increase awareness of winter wellbeing, and demonstrates how easy and nutritious it can be cooking the slow cooker way. Find out how economical and safe this method of cooking really is, how to use the appliance and look after it, the benefits and receive some recipe Ideas . Then enjoy the opportunity to try different food at the end of the demonstration in the tasting session.

Venue	Date	Time
Crossville Club, Chester Street, Crewe, CW1 2LB	Wednesday 17th October	9.30am-12.30pm

Self-care what does it mean to you?

What is this workshop rated? BASIC.

What will I learn in this workshop?

This workshop provides a useful look at how we cope with the challenges of our busy lives and how we look after ourselves. The workshop is very much about sharing experiences, but will also highlight the benefits, the different ways to access health, offers low cost ideas, and tips of how to cope with barriers and then at the end getting creative making your own self-care plan. Everyone will receive the Everyday Survival Kit booklet, which supports the workshop content allowing everyone to just enjoy

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

13 CHESHIRE EAST COUNCIL WORKSHOPS ONLY AVAILABLE IN CREWE

One You

 What is this workshop rated? BASIC.

 What will I learn in this workshop?

In our adult years, the lifestyle choices we make can dramatically increase our chances of becoming ill in later life.

Come along and see how making small changes can improve your health right away and double your chances of staying healthy as you get older. One You is here to help. Its never too late to start.

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



BASIC UNDERSTANDING OF THE HUMAN BRAIN



What is this workshop rated? BASIC.

What will I learn in this workshop?

This workshop is for anyone who has ever wondered why their brain seems to be sabotaging their life, and what on earth it is really up to! You will gain fascinating insight into:

- How the human brain works.
- How the brain regulates the body and usually makes a mess of things!
- How the brain makes us fearful, anxious, stressed and have panic attacks.
- When the brain becomes stubborn and unhelpful! Mental Health issues and how they come about.



Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Thursday 8 th November	11am-1pm
	Thursday 15 th November	

Venue	Date	Time
Delamere Resource Centre, Crewe	Friday 18 th January	11am-1pm
	Friday 25 th January	

Venue	Date	Time
Vale House Resource Centre, Winsford	Friday 1 st March	11am-1pm
	Friday 8 th March	

CREATIVE BULLET JOURNALING



What is this workshop rated?

BASIC.

What will I learn in this workshop?

Ryder Carroll's life hack has become a system of notetaking that has gone viral and is now used by thousands of people to "track the past, organise the present and plan for the future".

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 and all materials will be provided.



Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Thursday 7 th February	11am-1pm
	Thursday 14 th February	

DRAMA FOR WELL-BEING



What is this workshop rated? BASIC.

What will I learn in this workshop?



Have 'Drama'tic fun – Empower yourself

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.

The famous *'Fake It Till You Make It'* Amy Cuddy Ted Talk phenomenon suggests that by *'acting as if'* you are what you would like to be i.e. confident, and full of self-worth you can then realise these qualities in your own life.

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Tuesday 16 th October	11am-1pm
	Tuesday 23 rd October	
	Tuesday 30 th October	

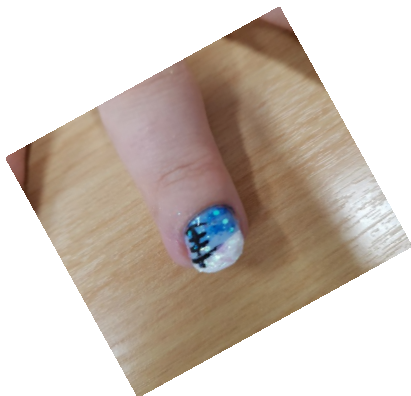
FESTIVAL NAIL ART FOR BEGINNERS

○ What is this workshop rated? BASIC.

● What will I learn in this workshop?

“Do you like your nails to look fancy? Would you like to learn to do a nice Christmas design on them?”

This course will show you how to do some nice designs involving Christmas. It will also show you how to use different nail art techniques such as striping and dotting, which will help you to do more designs throughout the year.” All nail lengths welcome!!



Venue	Date	Time
Delamere Resource Centre, Crewe	Thursday 13 th December	11am-1pm
	Thursday 20 th December	



FIND OUT ABOUT VOLUNTEERING IN THE COMMUNITY



What is this workshop rated? BASIC.

Gain experience, skills and confidence by Volunteering

- Introduction of volunteering – the benefits to you and the benefits to an organisation.
- What you can do – the types of volunteer roles.
- How to find a volunteer role.
- 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.
- Questions and Answers.

Workshop delivered by Community & Voluntary Services Cheshire East (CVSCE) find at: www.cvsce.org.uk

Venue	Date	Time
Delamere Resource Centre, Crewe	Friday 14 th September	11am – 1pm

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Friday 12 th October	11am – 1pm



**#MAKEGOOD
THINGS HAPPEN!
VOLUNTEER**

**#MAKEGOOD
THINGS HAPPEN!
FOR YOU**

**#MAKEGOOD
THINGS HAPPEN!
FOR THE WORLD
AROUND YOU**

FOOD AND MOOD

○ What is this workshop rated? BASIC.

● What will I learn in this workshop?

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

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Thursday 18 th October	11am-1pm
	Thursday 25 th October	

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



Allergy Information:

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

FREE YOURSELF FROM NEGATIVE THOUGHTS

○ What is this workshop rated? BASIC.

● 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	Tuesday 8 th January	11am-1pm
	Tuesday 15 th January	

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

Venue	Date	Time
Vale House Resource Centre, Winsford	Wednesday 6 th February	11am-1pm
	Wednesday 13 th February	

GOAL SETTING

What is this workshop rated? BASIC.



What will I learn in this workshop?

Goal Setting, Action Planning and Problem Solving are all techniques that can help to motivate us to achieve things. During this session you will learn the importance of all 3 of these tools, as well as implement them for your own goals. There will be opportunities to identify your own goals, create an action plan to move forward with it, and problem solve some barriers that may be stopping you from completing your plan. The workshop is interactive, discussing what an effective goal is, sharing tips and tricks to help complete goals we set, and working together as a group to problem solve.



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

Venue	Date	Time
Vale House Resource Centre, Winsford	Monday 17 th September	11am-1pm
	Monday 24 th September	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 13 th February	11am-1pm
	Wednesday 20 th February	

INTRODUCTION TO WRAP

What is this workshop rated? BASIC.

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



What will I learn in this workshop? This workshop offers an introduction to the Wellness Recovery Action Planning process, or WRAP for short. WRAP is a self-management strategy designed by mental health advocate Mary Ellen Copeland, from her own experience of living with a long-term mental health condition.

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

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

Venue	Date	Time
Vale House Resource Centre, Winsford	Tuesday 11 th September	11am-1pm
	Tuesday 18 th September	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Thursday 20 th September	11am-1pm
	Thursday 27 th September	

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

INTRODUCTION TO PSYCHOLOGY OF ADDICTION

○ What is this workshop rated? BASIC.

○ What will I learn in this workshop?

The Introduction to the Psychology of Addiction is exploring the meaning of addiction and how the power of our thoughts can lead us to seek solutions that create more distress to ourselves and to others. Through exploring how we come to develop coping strategies, we start to recognise signs of when these may have 'tipped' from self-preservation, to self-destruction and how we can empower ourselves within our recovery, to step away from flawed coping strategies. We also look at building a relapse prevention plan, triggers and warning signs. This workshop is open to all people, and we explore strategies for personal development which are based on CBT and Person Centred models renowned for their effectiveness in treating mental health issues.

Venue	Date	Time
Delamere Resource Centre, Crewe	Friday 19 th October	11am-1pm
	Friday 26 th October	

Venue	Date	Time
Vale House Resource Centre, Winsford	Tuesday 13 th November	1pm-3pm
	Tuesday 20 th November	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Tuesday 8 th January	11am-1pm
	Tuesday 15 th January	

PROTECTING YOURSELF AND KEEPING YOURSELF SAFE

What is this workshop rated? BASIC.

What will I learn in this workshop?

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



COMING SOON TO CREWE,

MACCLESFIELD AND WINSFORD

PLEASE REGISTER YOUR INTEREST

BY CALLING 01625 505647

OR EMAIL

cwp.involve-and-recover@nhs.net

MANAGING SLEEP



What is this workshop rated? BASIC.

What will I learn in this workshop?

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

Venue	Date	Time
Delamere Resource Centre, Crewe	Friday 5th October	11am-1pm

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Friday 19 th October	11am-1pm

Venue	Date	Time
Vale House Resource Centre, Winsford	Friday 9 th November	11am-1pm

MONEY SENSE WITH NATWEST

What is this workshop rated? BASIC.

What will I learn in this workshop?

This workshop will look at the different ways you can do your banking, 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
Delamere Resource Centre, Crewe	Wednesday 14 th November	2pm-4pm
	Wednesday 19 th December	

Venue	Date	Time
Vale House Resource Centre, Winsford	Tuesday 27 th November	1pm-3pm
	Tuesday 4 th December	



NatWest

NATIONAL CAREERS SERVICE

What is this workshop rated? BASIC.

What will I learn in this workshop?

The National Careers Service aims to:

- ◆ help you plan your career
- ◆ support you to review your skills and develop new goals
- ◆ motivate you to implement your plan of action
- ◆ enable you to make the best use of high quality career related tools.

Whatever your situation, we're here to help you achieve your goals and reach your potential.



COMING SOON

PLEASE REGISTER YOUR INTEREST

BY CALLING 01625 505647

OR EMAIL

cwp.involve-and-recover@nhs.net

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.

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

More dates coming soon



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.

THE READER

What is this workshop rated? BASIC.

What will I learn in this workshop?

Back by popular demand, The Reader is a shared reading group where you can read and relax. Shared reading has been shown to help with memory, concentration, confidence, and relaxation. We will read everything together in the group, so there's no homework! You don't need to be a confident reader to join in, or even a reader at all. You can sit back and listen, or try reading aloud. Tea and refreshments will be provided.



Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 10 th September	2pm-4pm
	Monday 17 th September	
	Monday 24 th September	
	Monday 1 st October	
	Monday 8 th October	
	Monday 15 th October	



**COMING SOON TO MACCLESFIELD,
PLEASE REGISTER YOUR INTEREST.**

UNDERSTANDING AND MANAGING DEPRESSION



What is this workshop rated? BASIC.

What will I learn in this workshop?

Depression is the leading cause of ill health and disability worldwide, with over 300 million people currently living with depression (World Health Organisation, 2017).

This workshop offers a basic introduction into:

- Some of the latest insights into depression to give you a greater understanding.
- Some effective and proven ways to reduce depression.
- Techniques which if you put into practise can lift your mood, grow your personal confidence and strength, and make your outlook more positive.

This workshop is partly based on Professor Paul Gilbert's highly acclaimed self-help book on 'Overcoming Depression' and Miriam Akhtar's 'Positive Psychology for Overcoming Depression' as well as other recent works, i.e. Edward Bullmore – The Inflamed Mind.

Venue	Date	Time
Delamere Resource Centre, Crewe	Tuesday 20 th November	11am-1pm
	Tuesday 27 th November	

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Friday 30 th November	11am-1pm
	Friday 7 th December	

Venue	Date	Time
Vale House Resource Centre, Winsford	Tuesday 11 th December	11am-1pm
	Tuesday 18 th December	

UNDERSTANDING AND MANAGING PAIN

What is this workshop rated? BASIC.

What will I learn in this workshop?

This course provides an overview of pain management techniques and coping strategies, helping you develop a personalised plan for managing long-term pain. It will also explain:

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

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Monday 26th November	11am-1pm
	Monday 3rd December	



UNDERSTANDING YOUR MEDICATIONS

What is this workshop rated? BASIC.

What will I learn in this workshop?

Want to learn more about the different medications and what treats what? Do you also want to learn more about the side effects?

Use this informal and relaxed session to learn and ask about your medications to a specialist pharmacist.

Venue	Date	Time
Delamere Resource Centre, Crewe	Thursday 1 st November	11am-1pm



UNDERSTANDING MINDFULNESS

What is this workshop rated? BASIC.

What will I learn in this workshop?

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

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

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

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Thursday 13 th December	11am-1pm
	Thursday 20 th December	

Venue	Date	Time
Vale House Resource Centre, Winsford	Tuesday 5 th February	11am-1pm
	Tuesday 12 th February	



UNDERSTANDING PSYCHOSIS



What is this workshop rated? BASIC.

What will I learn in this workshop?

Living with psychosis is surprisingly common, and can include:

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

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

Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 19th November	11am - 1pm

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 24th October	11am - 1pm

ANXIETY MANAGEMENT

What is this workshop rated? INTERMEDIATE.

What will I learn in this workshop?

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



Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Monday 15 th October	11am-1pm
	Monday 22 nd October	
	Monday 29 th October	
	Monday 5 th November	

Venue	Date	Time
Vale House Resource Centre, Winsford	Friday 30 th November	2pm-4pm
	Friday 7 th December	
	Friday 14 th December	
	Friday 21 st December	

Venue	Date	Time
Delamere Resource Centre, Crewe	Monday 14 th January	11am-1pm
	Monday 21 st January	
	Monday 28 th January	
	Monday 4 th February	

HOW TO SAY 'NO' WITHOUT FEELING GUILTY

What is this workshop rated? INTERMEDIATE.

What will I learn in this workshop?

If you can almost never say "no" to a to a friend, loved one, relative, work colleague etc. - without feeling terrible afterwards, and you are having a hard time prioritizing your needs over the needs of others; then it's time to take action. So if you want to know how then come along to this workshop.

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

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Thursday 28th February	11am-1pm
	Thursday 7th March	

Venue	Date	Time
Vale House Resource Centre, Winsford	Thursday 21st March	11am-1pm
	Thursday 28th March	

37 INTRODUCTION TO COGNITIVE THERAPY



What is this workshop rated? INTERMEDIATE.

What will I learn in this workshop?

Cognitive-behavioral therapy (CBT) combines basic theories about how people learn (behaviorism) with theories about the way people think about and interpret events in their lives (cognition). CBT is now firmly established as the leading psychological treatment for many mental health conditions. Therefore, come along to this workshop to:

Learn the theory behind CBT

- Discover ways to manage and improve your symptoms in a structured setting with others.

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Thursday 10th January	11am-1pm
	Thursday 17th January	
	Thursday 24th January	
	Thursday 31st January	

Venue	Date	Time
Vale House Resource Centre, Winsford	Monday 1st April	11am-1pm
	Monday 8th April	
	Monday 15th April	
	Monday 22nd April	

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

RELAPSE PREVENTION



What is this workshop rated? INTERMEDIATE.

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 and then move on.

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

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Monday 18 th February	11am-1pm
	Monday 25 th February	

Venue	Date	Time
Vale House Resource Centre, Winsford	Monday 11 th March	11am-1pm
	Monday 18 th March	

UNDERSTANDING AND MANAGING BIPOLAR DISORDER

What is this workshop rated? INTERMEDIATE.

What will I learn in this workshop?

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

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

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Monday 24 th September	2pm-4pm
	Monday 1 st October	
	Monday 8 th October	

UNDERSTANDING AUTISM



What is this workshop rated? INTERMEDIATE.

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.

COMING SOON TO CREWE,

MACCLESFIELD AND WINSFORD

PLEASE REGISTER YOUR INTEREST

BY CALLING 01625 505647

OR EMAIL

cwp.involve-and-recover@nhs.net



ADVANCE STATEMENTS



What is this workshop rated? INTERMEDIATE.

What will I learn in this workshop?

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.

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



ANGER MANAGEMENT



What is this workshop rated? ADVANCED.

What will I learn in this workshop?

Anger is a normal, healthy emotion. It is a natural response to feeling frustrated, 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.

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

Venue	Date	Time
Delamere Resource Centre, Crewe	Tuesday 16 th October	11-1pm
	Tuesday 23 rd October	

Venue	Date	Time
Vale House Resource Centre, Winsford	Tuesday 30 th October	1pm-3pm
	Tuesday 6 th November	

ASTRONOMY



Macclesfield Astronomical Society



What is this workshop rated? ADVANCED.

What will I learn in this workshop?

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

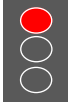


Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Wednesday 7 th November	11am-1pm
	Wednesday 14 th November	
	Wednesday 21 st November	
	Wednesday 28 th November	
	Wednesday 5 th December	

Please Note: Macclesfield Astronomical Society offer frequent observing sessions, run regular workshops and arrange social evenings. For further information please visit : maccastrosoc.com

44 **MANAGING PSYCHOLOGICAL DISTRESS**

What is this workshop rated? ADVANCED.



What will I learn in this workshop?

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

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

Venue	Date	Time
Jocelyn Solly Resource Centre, Macclesfield	Thursday 6 th December	2pm-4pm
	Thursday 13 th December	

Venue	Date	Time
Vale House Resource Centre, Winsford	Thursday 10 th January	11am—1pm
	Thursday 17 th January	

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



EXPERT PATIENTS PROGRAMME



What is this workshop rated? ADVANCED.

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

What will I learn in this workshop?

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

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

This Programme is a combination of two courses as follows:

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



EXPERT PATIENTS PROGRAMME

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


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

If you are interested, please phone the EPP team on **01625 505617** or at **cwp.EPPC@nhs.net**.

Venue	Date	Time
Delamere Resource Centre, Crewe	Wednesday 7 th November	10.30am-1pm
	Wednesday 14 th November	
	Wednesday 21 st November	
	Wednesday 28 th November	
	Wednesday 5 th December	
	Wednesday 12 th December	

WINSFORD/NORTHWICH DATES COMING SOON

APPS THAT YOU MAY FIND USEFUL



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



Rally Round

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

How do you access it?

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

How does it work?

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

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

APPS THAT YOU MAY FIND USEFUL



Catch It

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

How does it work?

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

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

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

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

Stress and Anxiety Companion



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

How does it work

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

APPS THAT YOU MAY FIND

USEFUL



Calm Harm

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

How does it work?

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

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



Active 10

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

How does it work?

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

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

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

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

EXTERNAL SUPPORT LINKS

We are proud to work alongside the following organisations, who provide additional support & materials across Cheshire East.



Local Supported Employment Service



LOTTERY FUNDED



European Union
European Social Fund



WHAT OUR STUDENTS HAVE TO SAY...

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

The Reader

It has helped me and improved my confidence.

Interesting, educational and I learnt a lot.

Understanding Medications

An excellent course delivered by a person with passion.

Tutors catered for all levels perfectly.

I now understand lots of different ways to keep safe.

Cheshire Fire - Safety in the home

Financial health check very useful, I learnt how to budget and use websites to reduce my costs.

Money Sense with NatWest

It gave me the opportunity to listen to others and talk about my issues with medication.

Understanding Medications

WHAT OUR STUDENTS HAVE TO SAY...

Lovely group, informal and open.

It gave me the opportunity to listen to others and talk about my issues with medication.

Understanding Medications

Not a subject that I knew about so I learnt a lot and want to learn more.

Astronomy

Found the course really interesting and learnt a lot about the service.

Cheshire Fire - Safety in the home

Everyone is professional, friendly and so polite.

Brilliant concept that was very well communicated.

Introduction to WRAP

Would love to attend the next workshop.

Astronomy

Very, Very supportive and Informative

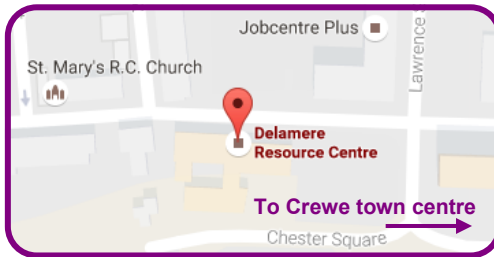
HOW TO FIND US

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

CRISIS CONTACTS AND INFORMATION

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

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

NHS 111

Freephone: 111



SANE

0300 304 7000

4.30pm-10.30pm



SAMARITANS

Freephone: 116 123



**55 INVOLVEMENT, RECOVERY AND WELLNESS CENTRE
ENROLMENT FORM**

Personal Details

First Name:		Staff: date of receipt:	
--------------------	--	--------------------------------	--

Family Name/ Surname:		Date of Birth:	
------------------------------	--	-----------------------	--

Address (including postcode):	
--------------------------------------	--

Telephone:	
-------------------	--

Email:	
---------------	--

Please tell us how you would prefer us to contact you.	<input type="checkbox"/> Phone	<input type="checkbox"/> Email	<input type="checkbox"/> Text
---	--------------------------------	--------------------------------	-------------------------------

Please tick here if you would like to receive information from us in Easy Read. Easy Read is a way of making written information easier to understand by using clear and simple words, pictures or photos, and large font size.	<input type="checkbox"/> Yes
--	------------------------------

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

Your Contact with CWP

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

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

Where did you hear about us?	
-------------------------------------	--

Emergency Details

Your GP Surgery:

Who should we contact in case of emergency?

Name:

Phone:

Involvement, Recovery and Wellness Centre Course Sign-Up

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

I would like to attend in:

Crewe

Macclesfield

Winsford

Please tick if you would like to attend a Learning Plan session

Monitoring

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

What is your gender? :

What is your ethnicity?

If you would like to opt out of the following information please tick accordingly:

- Invite to focus group
- Contacted for service feedback
- Future Engagement & Participation events
- Newsletters
- If you do not want to be contacted for any other matters

Signed: _____

Dated: _____

By signing this form you are agreeing to what you have ticked above and to follow the Involvement, Recovery and Wellness charter, which can be found on page 6 in this prospectus. As per the Data Protection Act 2018 we will keep your details secure and anything you share with us will be treated as confidential.