

Involvement, Recovery and Wellness Centre

Virtual workshops delivered via Microsoft Teams - *access to a phone/laptop/tablet needed along with an internet connection. For information on face to face workshops please call 01625 505647.*

Workshop	Description	Aims	Dates and Times
Advance Statement	<p>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 as they can reflect our views, beliefs and wishes.</p> <p>Please book onto the workshop to hear more about the value of having an advance statement if you think it would be a useful tool, then you will be offered a one to one appointment there after.</p>	<ul style="list-style-type: none">◆ To provide a guide to anyone who may have to make decisions on your behalf.	<ul style="list-style-type: none">◆ Tuesday 23rd March 11-1pm
Anger Management	<p>Anger is a normal, healthy emotion. It is a natural response to feeling frustrated, being criticized, insulted, hurt or betrayed. Anger itself is not the problem, but how we deal with it can be.</p>	<ul style="list-style-type: none">◆ Learn different strategies to help us manage our anger◆ Recognise anger signs and triggers◆ Identify factors that make anger worse	<p>Three week course</p> <ul style="list-style-type: none">◆ Monday 8th, 15th, 22nd February 1-3pm

Workshop

Description

Aims

Dates and Times

Anxiety Management

A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.

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

- ◆ To teach you self-management strategies that help you to learn to overcome stress, anxiety & worry.
- ◆ To help you regain control of your life.

Four week course

- ◆ Tuesday and 5th, 12th, 19th, 26th January 11am - 1pm
- ◆ Thursday 21st, 28th January, Thursday 4th, 11th February 1-3pm

Three week course

- ◆ Wednesday 24th February, 3rd and 10th March 11am-1pm

Beating Psychological Distress with DBT Coping Practices

A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.

Do you experience emotions very intensely and find it 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).

- ◆ To introduce you to coping skills utilising some of the strategies based on DBT coping practices.
- ◆ Experience, recognise and accept intense emotions safely, so that further coping strategies can be introduced and practiced.

Six week course

- ◆ Wednesday 6th, 13th, 20th, 27th January, 3rd and 10th February 11am - 1pm
- ◆ Tuesday 9th, 16th, 23rd February, 2nd, 9th, 16th March 1-3pm.
- ◆ Thursday 25th March, 1st, 8th, 15th, 22nd, 29th, April 11-1pm

Coping with Voices

During this workshop we will try out some strategies that you can use to manage voices that you may hear more effectively.

- ◆ To help us understand what can cause the experience.

One week course

- ◆ Thursday 25th February 1.30—3.30pm

Workshop

Description

Aims

Dates and Times

Diabetes Awareness Programme

This programme is tailored to those who have or care for someone who has had a recent diagnosis of Diabetes or currently live with Diabetes type 1 or type 2.

- ◆ Learn new skills to manage your health condition
- ◆ Meet others who are facing similar problems and share experiences
- ◆ Gain practical advice
- ◆ Learn new skills to help you continue with your daily activities

Six week course

- ◆ **Wednesday 31st March, 7th, 14th, 21st, 28th April, 5th May**
10.30-1pm

Expert Patient Programme

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.

- ◆ Learn new skills to manage your health condition
- ◆ Meet others who are facing similar problems and share experiences
- ◆ Gain practical advice
- ◆ Learn new skills to help you continue with your daily activities

Six week course

- ◆ **Tuesday 2nd, 9th and 16th 23rd February, 2nd, 9th March**
10.30am-1pm
- ◆ **Friday 26th February, 5th, 12th, 19th, 26th March, 9th April**
10.30am-1pm

Workshop

Description

Aims

Dates and Times

Food and Mood

This workshop will explore the connection between food and mood by identifying food groups that can significantly affect our mood. It will also aim to encourage you to think about how your mood is impacting your relationship with food and will provide some useful guidance to help make some small changes in the way you relate to food.

- ◆ To identify food groups that significantly effect our mood.

One week course

- ◆ **Wednesday 24th March
11.00am — 1pm**

Introduction to Managing Depression



This workshop will consider some of the symptoms and experiences of people with depression.

- ◆ To explore different ideas and techniques for coping with and improving symptoms of depression.

One week course

- ◆ **Please register your interest**

Learning to Manage Low Mood

This four week course aims to help people understand their low mood and consider what might be helpful to them in trying to tackle it. Topics include causes of both low mood and anxiety, the role of thoughts and how behaviour can affect mood, the impact of lifestyle issues and the importance of goal setting.

- ◆ Explore different techniques to help manage low mood.

Four week course

- ◆ **Thursday 25th February,
4th, 11th, 18th March
10am-12pm**
- ◆ **Thursday 6th, 13th, 20th,
27th May
10am-12pm**

Workshop

Description

Aims

Dates and Times

Managing Psychosis

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.

- ◆ To provide an awareness of issues that surround psychosis from diagnosis.
- ◆ To discuss available treatment options and self management techniques that can help to promote recovery and well - being.

One week course

- ◆ **Monday 22nd March
2—4pm**

Managing Your Medicines

The workshop looks to explain the common terms used to explain medication, how different types work and the factors that can affect them.

- ◆ To provide you with a greater understanding of what your medications do and what to expect when you take them.

Individual Session

- ◆ **Please register your interest**

Mindfulness

A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.

Mindfulness is the ability to be able to choose what we bring our awareness to and what we're doing, and to not overly react or be overwhelmed by what's going on around us.

It's a skill that anyone can learn. This workshop teaches and helps you practice those techniques.

- ◆ Grow confidence in how to calm your own mind and stabilise yourself.
- ◆ Take lots of things away that you can use in your daily life.

Three week course

- ◆ **Thursday 28th January, 4th, 11th
10am-12pm**

Three week course

- ◆ **Thursday 25th March, 1st, 8th April
2-4pm**

Workshop

Money Sense with NatWest



Description

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.

Aims

- ◆ To provide tips on how to manage your money better.
- ◆ To help you protect yourself from scams.

Dates and Times

One week course

- ◆ **Wednesday 17th March
11am—12.30pm**

Relapse Prevention

A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.

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

- ◆ To become aware of our triggers and other warning signs.
- ◆ Learn new recovery tools.
- ◆ Create a plan of action.

Four week course

- ◆ **Monday 1st, 8th, 15th and 22nd March
12-2pm**

Help with Sleep

If you are struggling with your sleep this workshop is packed full of:

- ◆ The science of sleep—(Why? What? How? When?)
- ◆ The causes of sleep problems
- ◆ The latest tips and tricks on how you can get quality sleep.

- ◆ To help you better understand how your brain body works in relation to sleep.
- ◆ To help you understand why our bodies have sleep problems
- ◆ To offer you all the latest tricks on how you can get quality sleep

Individual course

- ◆ **Monday 25th January 12-2pm**

Workshop

Description

Aims

Dates and Times

Tai Chi

Tai Chi is a martial art which involves slow, graceful movements. It is gentle exercise suitable for all ages and levels of fitness.

This course will involve practising Tai Chi movements to music, breathing techniques and warm-up exercises.

◆ To improve your energy and well-being.

◆ Reduce feelings of stress and anxiety.

One week courses

◆ **Friday 19th February**
3.30—4.15pm

◆ **Friday 26th March**
3.30-4.15pm

Wellness Recovery Action Plan (WRAP)

A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.

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.

◆ To create your own Wellness, Recovery, Action plan.

◆ To gain a really good understanding of your recovery and crisis plans.

Two week course:

◆ **Tuesday 26th January 2nd February 2-4pm**

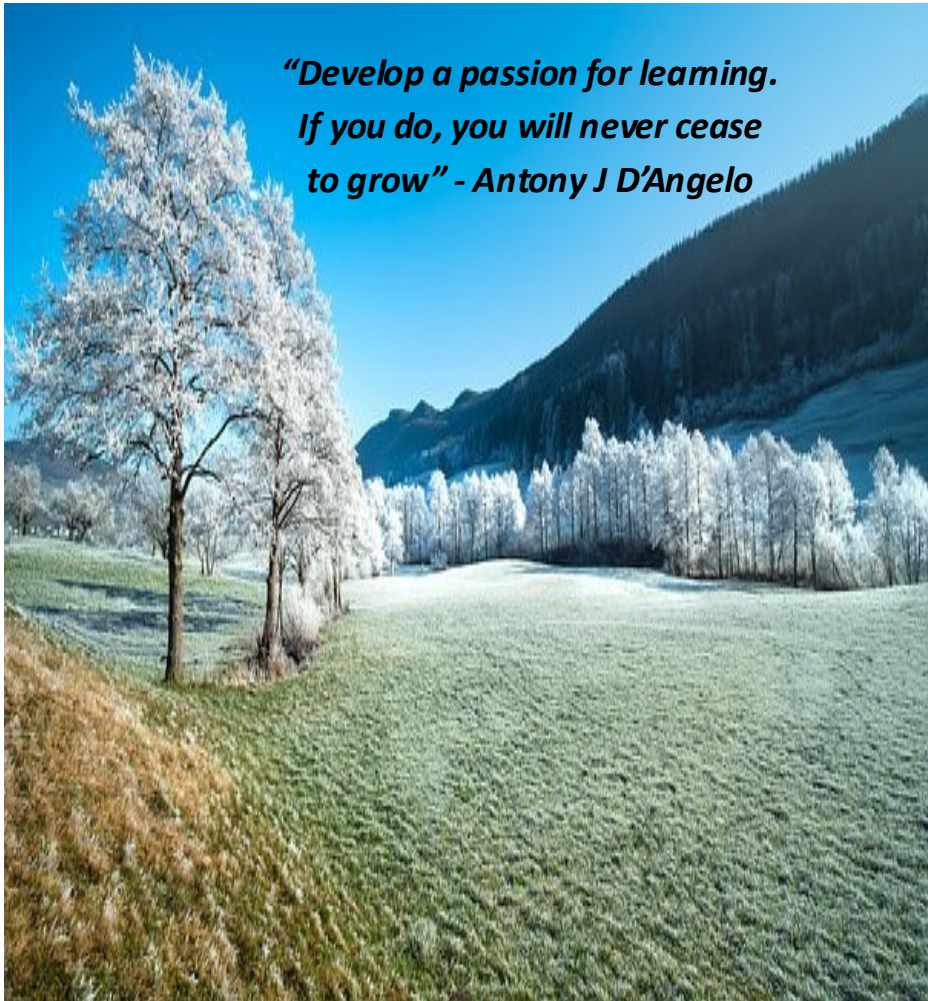
Bipolar Day Event



It's World Bipolar Day on **Tuesday 30th March**. To support World Bipolar day, we are hosting a virtual event to help disseminate information and management statuses relating to bipolar disorder.

Why not register your interest at cwp.involve-and-recover@nhs.net or ring us on 01625 505647. To join us for a morning of peer support ie information sharing.

◆ **Tuesday 30th March 11am-2pm**



*“Develop a passion for learning.
If you do, you will never cease
to grow” - Antony J D’Angelo*

Our virtual courses are available to anyone in East Cheshire, West Cheshire & Wirral who are accessing CWP’s secondary care services and for those people accessing CWP’s Wellbeing Hubs in primary care *in the South and Vale Royal areas only.*

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

Tel: 01625 505647 or email: cwp.involve-and-recover@nhs.net

To download an enrolment form or access any of our workbooks please see the link below:

<http://www.cwp.nhs.uk/services-and-locations/services/involvement-recovery-and-wellness-centre/>

To access our YouTube channel where you can find self help videos, please see the link below:

[IRWC Cheshire & Wirral NHS Foundation Trust - YouTube](#)

Please follow our twitter page for news and updates.

Please note that Cheshire & Wirral Partnership Foundation Trust (CWP) is not responsible for any materials, advice etc. that may be provided by any third party person or organization that is NOT in the employ of CWP itself (i.e. another course participant attending the workshop). Therefore, please be mindful that if you choose to take/act on materials/advice from an unregulated source, then you do so without endorsement of CWP’s staff and volunteer workforce.

If you have any concerns, or anything or anyone makes you feel uncomfortable whilst attending one of our workshops, please inform a staff member and they will support you accordingly.

Involvement, Recovery and Wellness Centre Student Registration and Course Booking



Cheshire and Wirral
Partnership
NHS Foundation Trust

Your Details

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

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

Postcode:		Telephone:	
Email:			

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

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.

Yes

Who should we contact in case of an emergency?

Name:	Phone:	Relationship:
-------	--------	---------------

Your GP surgery:

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

I would like to attend in:

<input type="checkbox"/> Chester	<input type="checkbox"/> Crewe	<input type="checkbox"/> Macclesfield
<input type="checkbox"/> Winsford	<input type="checkbox"/> Warrington	<input type="checkbox"/> Warrington

Monitoring

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

What is your gender? :

What is your ethnicity?

Contact Preferences: We would like to be able to contact you about future events. Please tick if you are happy for us to contact you with information.

<input type="checkbox"/> Yes	<input type="checkbox"/> No
------------------------------	-----------------------------

What method of communication can we use to contact you?

<input type="checkbox"/> Phone	<input type="checkbox"/> Text	<input type="checkbox"/> Email	<input type="checkbox"/> Letter
--------------------------------	-------------------------------	--------------------------------	---------------------------------

The IRWC is committed to protecting your privacy and as per the Data Protection Act 2018 we will keep your details secure and anything you share with us will be treated as confidential. By signing this form you are agreeing to the IRWC charter which can be found in our prospectus.

Signed: _____ Dated: _____

For office use only:

Date completed..... Entered on database Letter sent

Care notes/PCMIS checked Added to workshops Staff signature.....