

WEST INVOLVEMENT, RECOVERY AND WELLNESS CENTRE



OCTOBER 19 - MARCH 20

Helping people to be
the best they can be

WELCOME TO THE WEST INVOLVEMENT, RECOVERY AND WELLNESS CENTRE (IR&WC) AND OUR NEW AUTUMN/WINTER PROSPECTUS.

We are excited to welcome you to our Involvement, Recovery and Wellness Centre prospectus (formerly Recovery College.)

Please be advised we are currently running a limited amount of workshops due to some staffing changes. We apologize for any inconvenience this may cause but we hope to be back with a full time table as soon as possible. In the meantime please do not hesitate to contact us with any suggestions you have for any future workshops or to have your name added to the waiting list.

The IR&WC 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:

- ◆ 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.
- ◆ 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**

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Please follow our brand new twitter page.

[@CWP_IRWC](https://twitter.com/CWP_IRWC)

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.

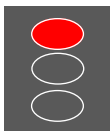
Getting Involved - Find out about how you can get involved with your local Involvement, Recovery and Wellness Centre.

Please note:

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

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

Advanced:



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

Intermediate:



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

Basic:



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

SELF - CARE AND SELF - MANAGEMENT

CREATING A WELLNESS RECOVERY ACTION PLAN (WRAP)



What is this workshop rated? Basic

Length of workshop: Three 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	Length of session
West Recovery College, Plas Dinas, Blacon	Monday 11th November	11am - 1pm	2 hours
	Monday 18th November		
	Monday 25th November		

INTRODUCTION TO UNDERSTANDING DEPRESSION



What is this workshop rated? Basic

Length of workshop: One week

What will I learn in this workshop?

This workshop will consider some of the symptoms and experiences of people with depression. It will explore different ideas and techniques for coping with and improving symptoms by considering what has worked and why it is helpful.

**Coming soon, please register your interest on 01625 505647 or
email cwp.involve-and-recover@nhs.net**

MANAGING PSYCHOSIS

What is this workshop rated? Basic

Length of workshop: Six weeks

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 and self management techniques that can help to promote recovery and well - being.

Coming soon, please register your interest on 01625 505647 or email cwp.involve-and-recover@nhs.net

MANAGING SLEEP

What is this workshop rated? Basic

Length of workshop: Three weeks

What will I learn in this workshop?

If you or someone you care for are getting too much sleep, too little sleep or disturbed

sleep then this is the workshop for you. Learn more about how and why sleep problems

occur, and look at different ways to manage sleep problems and explore a range of relaxation techniques.



Venue	Date	Time	Length of session
Psychology Department, Bowmere Hospital, Coun- tess of Chester Health Park	Tuesday 15th October	2.00pm—3.30pm	1.5 hours
	Tuesday 22nd October		
	Tuesday 5th November		

PHYSICAL WELLBEING

DIABETES ESSENTIALS



What is this workshop rated? Basic

Length of workshop: Six weeks

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	Length of session
West Recovery College, Plas Dinas, Blacon	Tuesday 21st January	11.00am - 12.30pm	1.5 hours
	Tuesday 28th January		
	Tuesday 4th February		
	Tuesday 11th February		
	Tuesday 18th February		
	Tuesday 25th February		

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	Length of session
West Recovery College, Plas Dinas, Blacon	Thursday 16th January	11.30am - 12.30pm	1 hour

Tai Chi



What is this workshop rated? Basic



Length of workshop: One week



What will I learn in this workshop?

Tai Chi is a martial art which involves slow, graceful movements. It is gentle exercise suitable for all ages and levels of fitness. If you would like to improve your energy and well-being, Tai Chi could benefit you. This course will involve practising Tai Chi movements to music, breathing techniques and warm-up exercises.

**Coming soon, please register your interest on 01625 505647 or
email cwp.involve-and-recover@nhs.net**



TAKING BACK CONTROL

CONFIDENCE BUILDING

What is this workshop rated? Intermediate

Length of workshop: Six weeks

What will I learn in this workshop?

Are you struggling to manage your confidence and looking for some new insights into how to do this? This Confidence Building course will offer you a new opportunity to explore this further. The course will support you to explore a range of skills and techniques and help you to build the confidence and motivation to make positive life

changes. You will work together to gain an understanding of your confidence, assess your strengths, look at areas where you may want to make changes in your life and build personal confidence to tackle those areas. It will also look at setting positive goals and review some of the barriers you may experience in achieving them.

**Coming soon, please register your interest on 01625 505647 or
email cwp.involve-and-recover@nhs.net**



DEVELOPING SKILLS AND INTERESTS

CRAFT SKILLS



What is this workshop rated? Basic

Length of workshop: Six weeks

What will I learn in this workshop?

This course offers you the opportunity to learn new craft skills or refresh your crafting hobby. During this course you will experiment with a range of craft making techniques, styles and materials to build confidence and skills. The course is suitable for absolute beginners. You will gain the confidence and skills to make a range of crafts to take away with you. The sessions are fun and interactive, all materials will be provided. This course is funded through Cheshire Community Education and has additional paperwork to be completed. Support will be available to do this.

Venue	Date	Time	Length of session
West Recovery College, Plas Dinas, Blacon	Wednesday 6th November	11.00am - 1.00pm	2 hours
	Wednesday 13th November		
	Wednesday 20th November		
	Wednesday 27th November		
	Wednesday 4th December		
	Wednesday 11th December		
	Wednesday 18th December		



CRAFT PROJECT

What is this workshop rated? Intermediate

Length of workshop: Six weeks

What will I learn in this workshop?

Work together on a group craft project to learn some new crafting techniques by working together to design and make a larger piece for display. You will also make smaller sample pieces to take home. You will get the opportunity to learn new skills, further build your craft knowledge and make new friends. The course is suitable for all ability levels and will be fun and friendly sessions with all materials provided. This course is funded through Cheshire Community Education and has additional paperwork to be completed. Support will be available to do this.

Venue	Date	Time	Length of session
West Recovery College, Plas Dinas, Blacon	Wednesday 5th February	11.00am - 1.00pm	2 hours
	Wednesday 12th February		
	Wednesday 19th February		
	Wednesday 26th February		
	Wednesday 4th March		
	Wednesday 11th March		
	Wednesday 18th March		

THE READER TASTER SESSION

What is this workshop rated? Basic

Length of workshop: One week

What will I learn in this workshop?

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



Venue	Date	Time	Length of session
West Recovery College, Plas Dinas, Blacon	Wednesday 6th November	1.30pm - 3.30pm	2 hours

REBUILDING YOUR LIFE

MAKING SENSE OF YOUR MONEY WITH NATWEST

- What is this workshop rated? Basic
- Length of workshop: One week
- What will I learn in this workshop?



This workshop will look at the different ways you can do your banking, how to protect yourself against scams and also some tips on Budgeting for household expenses and how to save for the unexpected.

Venue	Date	Time	Length of session
West Recovery College, Plas Dinas, Blacon	Friday 24th January	11.00am - 1.00pm	2 hours

UNDERSTANDING UNIVERSAL CREDIT

What is this workshop rated? Basic

Length of workshop: One week

What will I learn in this workshop?

Are you moving over to universal credit and have some concerns about how this works? This session is provided by the Department of Works and Pensions (DWP) in order to help you to understand how this transition works and what support will be out there for you during transition. It will be a general advice and information workshop that will aim to answer some of your questions and address some of those worrisome concerns. This will be a safe place where you can make enquires without sharing any confidential personal information.



To ensure wherever possible your questions and concerns will be addressed it may be helpful to email them in advance to cwp.involve-and-recover@nhs.net.

Venue	Date	Time	Length of session
West Recovery College, Plas Dinas, Blacon	Wednesday 13th November	1.30pm - 3.30pm	2 hours

Venue	Date	Time	Length of session
West Recovery College, Plas Dinas, Blacon	Thursday 20th February	11.00am - 1.00pm	2 hours

PATIENT AND CARER EXPERIENCES

Patient and carer experiences are a way of gaining valuable feedback from service users and carers about CWP and the quality of care we provide. Other terms can sometimes be used to describe patient and carer experiences such as 'patient and carer stories' or 'voices' or 'journeys'.



Benefits of telling us about your experience

Hearing experiences from your prospective gives you an opportunity to provide us with an understanding of your experiences of the care you have received, helping us to learn the good, the bad and what could be done to improve yours and others future experiences.

Who will help you tell your experience?

The trust has a team of volunteers, users of the service, carers and staff who are here to help you tell your experience about using CWP services. They will arrange a mutually convenient time to meet with you and support you at every step. We always try to arrange for you to meet with someone who has not been directly involved with your care, so you can be as open as possible.

What will happen if you agree to be involved?

A participation worker or volunteer will meet with you and ask you about how you feel your care has been. They will listen while you tell your experience, in your own words, and perhaps ask questions occasionally to help them understand how your experience has been. We can also signpost you to other places, such as our PALS team if you have concerns or complaints about your time with us.

Who will have access to your information?

Only staff and volunteers involved in the project will have access to the information you provide that identifies you. Your experience will be shared anonymously with other CWP staff. You can choose to withdraw your patient experience at any time.

If you would like to find out more or arrange an appointment to complete your story please contact Katya Smirnova and Lucie Twigg by email on:

cwp.involve-and-recover@nhs.net or by telephone on 01625 505 647

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.



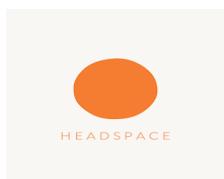
Moodpath: Depression & Anxiety

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**

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**

NHS Smoke free

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

**EASY
MEALS**

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

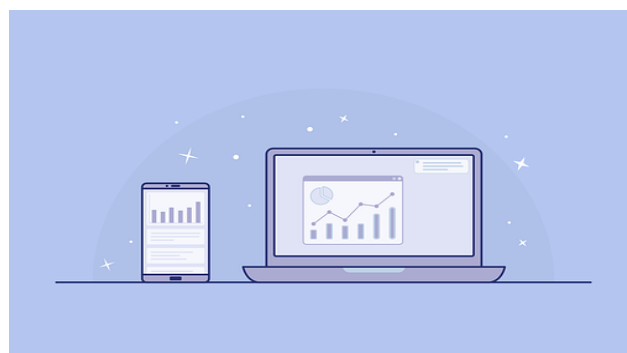
Create music to help express complex feelings. Cove is a personal musical journal to help you with your emotional and mental health.

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
- What's Up?-Cognitive Behavioural Therapy and Acceptance Commitment Therapy

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.



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.

- ◆ Free Yourself From Negative Thoughts
- ◆ Managing Anger
- ◆ Managing Panic
- ◆ Managing Trauma
- ◆ Relapse Prevention
- ◆ Stress to Strength
- ◆ Tips to Manage Depression
- ◆ Understanding Autism
- ◆ Understand and Manage Your Mind
- ◆ Understanding and Practicing Mindfulness

HOW TO FIND US

The administration for the West Involvement, Recovery and Wellness Centre is temporarily based at Jocelyn Solly Resource Centre in Macclesfield,.

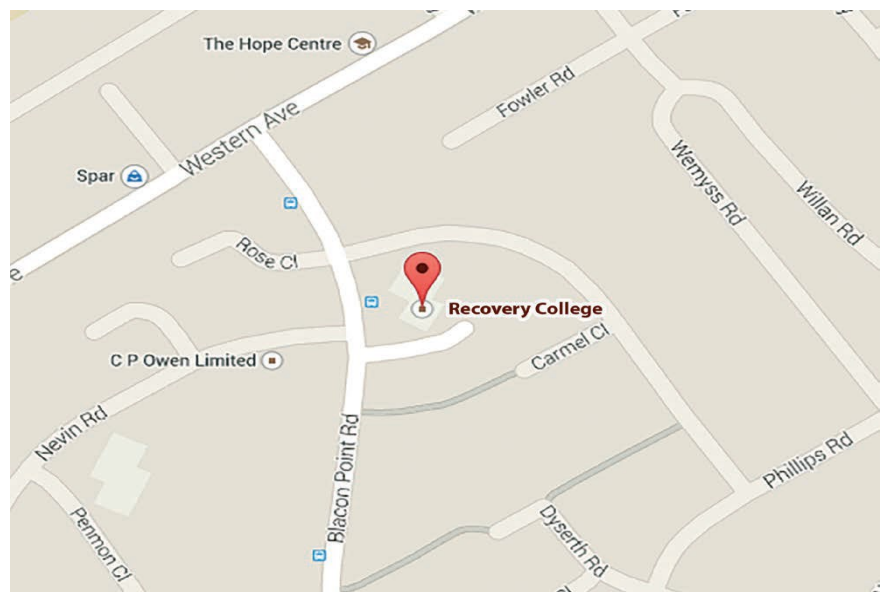
Please use the map below to help plan your travel.

Address:

West Recovery College

**Plas Dinas, Blacon Point
Road**

Blacon, Chester CH1 5SN



Phone: 01625 505647

Email: cwp.involve-and-recover@nhs.net

Twitter: @CWP_IRWC (information feed only)

THE INVOLVEMENT, RECOVERY AND WELLNESS CENTRE

EXPECTATIONS

You can expect us to:

- Deal with your enquiries in a professional and friendly manner.
- Ensure that your attendance and any other relevant information deemed necessary by the workforce is noted on CWP's electronic record keeping systems.
- Provide guidance on workshops, learning resources, and study skills.
- Ensure courses promote learning, achieving, and thriving.
- Make all possible adjustments within our area of control so that everyone can access our workshops, content, and environment.
- Provide a safe and healthy environment free from discrimination.
- Respect your choices, traditions, culture, religion, and practices.
- Give you the opportunity to express your views of the centre.

We expect you to:

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

WHAT ARE THE IR&WC CORE VALUES?

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

These core values are as follows:

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

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

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:

I use secondary mental health services delivered by CWP

I am a carer for someone using secondary mental health services I am a staff member or volunteer

I am a staff member or volunteer

How did you hear about us?	
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Is there anything that may impact your attendance or participation with us? This may include learning, accessibility, or medical needs.	
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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
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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"/>
<input type="text"/>	<input type="text"/>

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	<input type="checkbox"/> Yes	<input type="checkbox"/> No
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What method of communication can we use to contact you?

<input type="checkbox"/> Phone	<input type="checkbox"/> Text	<input type="checkbox"/> Email	<input type="checkbox"/> Letter
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The 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: <input type="text"/>	Dated: <input type="text"/>
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