

WIRRAL EDUCATION FOR WELLBEING



AUTUMN-WINTER PROSPECTUS

NOVEMBER 2019 TO
FEBRUARY 2020

Helping people to be
the best they can be

CONTENTS



03 A WORD FROM THE TEAM

04 WHAT IS EDUCATION FOR WELLBEING?

05 WHAT COURSES AND WORKSHOPS DO WE RUN?

06 WHO ARE WE?

07 VOLUNTEERING

08 HOW TO ENROL

09 WORKSHOPS AND COURSES

15 UPCOMING EVENTS

16 HELPFUL THINGS TO KNOW

19 OTHER CWP SERVICES

20 OUR PARTNERS & OTHER SERVICES ON THE WIRRAL

24 USEFUL APPS

25 CRISIS INFORMATION

27 ENROLMENT FORM

A WORD FROM THE TEAM

Welcome to Wirral Education for Wellbeing's Autumn-Winter 19/20 Prospectus,

Whether you are new to Education for Wellbeing or a returning student, we are very glad that you have picked up this programme.

As we enter into the autumn, we are beginning the year with a jam-packed programme full of workshops and courses that we hope you will find interesting (on **pages 9-14**). Thanks to your feedback we have included new workshops and courses, such as Managing Bipolar and Autism Awareness, as well as carrying on last terms' successes such as Creative Writing. We have also extended this term's prospectus so you can now plan what workshops you attend all the way up to February 2020.

Wirral Education for Wellbeing works as a stepping stone in your journey and as such, we have included even more information about services in the local area and tools that might offer you support outside our walls. Why not take a look at our useful apps page on **page 24**?

We hope you enjoy flicking through our pages and find something of interest to you. To enrol please complete and send back the form on **page 27** or give us a call on 0151 488 7250.

We look forward to meeting you,

Best wishes,
Alex and Jane

WIRRAL EDUCATION FOR WELLBEING TEAM



ABOUT WIRRAL EDUCATION FOR WELLBEING

Wirral Education for Wellbeing offers free courses and workshops to adults accessing Cheshire and Wirral Partnership NHS Trust (CWP) secondary care mental health teams.

We are primarily an educational service that looks to support students more widely in their mental health journey.

Wirral Education for Wellbeing is also open to family members and carers of individuals accessing CWP secondary care mental health teams.

CONTACT US

For more information about Wirral Education for Wellbeing

Find us online at ...

<http://www.cwp.nhs.uk/services-and-locations/services/wirral-education-for-wellbeing/>

Connect with us via email

cwp.educationforwellbeing@nhs.net

Call us on

0151 488 7250

Write to us

Education for Wellbeing
Stein Centre
St Catherine's Hospital
Derby Road
Birkenhead
CH42 0LQ



WHAT COURSES AND WORKSHOPS DO WE RUN?

All the courses and workshops run at Wirral Education for Wellbeing focus on supporting you to understand more about your mental health and gain practical skills to maintain a healthy wellbeing. Our programme is influenced by the 5 Ways to Wellbeing which are steps (researched and developed by the New Economic Foundation) that are proven to improve mental wellbeing. The 5 Ways to Wellbeing are: **Connect**, **Take Notice**, **Be Active**, **Learn** and **Give**.

Understanding your Mental Health

These sessions focus on exploring different mental health diagnosis and explaining their signs and symptoms

Building Recovery Skills

These sessions focus on providing you with tools and tips to enable you to live well and manage your mental health better

Physical Health

These sessions look at how your physical health can impact your mental wellbeing and provide tips on how to build a healthy physical lifestyle

Exploring Creativity

These sessions look at different creative activities that provide opportunity for mindfulness and emotional expression

Getting Involved & Moving on

These courses highlight organisations in the local community that can provide support to you outside of Education for Wellbeing as well as opportunity to get involved with CWP and the wider community

WHO ARE WE?

Wirral Education for Wellbeing students come from all across the Wirral from Wallasey to Bromborough and West Kirby to Birkenhead.

All our students have one thing in common; they have experience or are supporting someone who has experience of mental health challenges and are looking to learn more about their mental health and find tools to support them to live well.

CO-PRODUCTION

A key value for Wirral Education for Wellbeing is delivering a programme that focuses on and is shaped by the experience of our students. As such, we strive to ensure that students have a strong voice in the development of the service: from the information put in our prospectus to the colour of the walls of the training room.

All of our courses and workshops are developed by professionals and students or volunteers with experience of living with long-term mental health challenges.

The process of involving student voices in the development of the service and sessions is called **co-production**.

STUDENT PROFILE ABOUT EILEEN ..



My recovery journey so far ...

I started at Wirral Education for Wellbeing this year. I have found it exciting and also helpful. It's helped me with my mental health problem by doing multiple courses. I have met a lot of lovely people along the way, with the same problems. I am not alone anymore! This has made me confident enough to apply to become a volunteer. In the future I would love to become a facilitator in addiction or anything to do with mental health.

My Perfect Day would be relaxing in the sun

My favourite music is relaxing trance

My favourite book is The Secret

My hobbies are looking after people with addiction, and fitness - I like to exercise

People say I am brave and strong

WHO ARE WE? VOLUNTEERING

Why volunteer? Volunteering is an excellent way to:

- Meet new people
- Practise skills you have, as well as learn new skills
- Get experience for your CV
- Become more confident
- Share your knowledge and lived experience
- Keep to a daily routine
- Give something back to your community
- Thank people who have cared for a family member or friend

At Education for Wellbeing volunteering opportunities vary and you can choose what to do around what suits you! If you would like to build your confidence we recommend volunteering to **Meet & Greet** students but there are also opportunities to develop and **Co-facilitate** workshops if that is something you'd prefer.

To ensure you feel supported you will receive training and regular supervision to support you in your role as a volunteer and help you to set goals for outside Education for Wellbeing.

If you are interested in volunteering with Education for Wellbeing, do call the office on 0151 488 7250 and ask to speak with Alex Palmer.

WHY VOLUNTEER? WHAT OUR VOLUNTEERS SAY ...

I VOLUNTEER BECAUSE ...

"I want to give back!"

"It's good to give something back"

"I want to help people to feel good about themselves and life"

"I want to use my skills to help others in their recovery"

"It's rewarding seeing people learning more ways to support themselves through their mental health by learning new skills"

HOW TO ENROL

You can enrol if you are ...

- accessing secondary care community mental health services
- care for someone who is accessing these services
- a member of staff within the secondary care community mental health services teams

You can enrol with Education for Wellbeing ...

Face to Face

Make an appointment to come into Education for Wellbeing
0151 488 7250

Post

Complete the enrolment form and post it to Education for Wellbeing, Stein Centre, St Catherine's Hospital, Derby Road, Birkenhead, CH42 0LQ

Email

Complete your form, scan and send it to
cwp.educationforwellbeing@nhs.net

Phone

Call 0151 488 7250 and complete a form over the phone with a member of staff



WORKSHOPS & COURSES

UNDERSTANDING YOUR MENTAL HEALTH

Please note, all the dates for workshops and courses are subject to change. If dates do change we will let you know in good time. Read pages 20&21 for more info

Understanding ADHD

Philip Gadd, Adult ADHD service

Thursday 5th December 10am until 12noon

This workshop will discuss the common associated behaviors, characteristics and symptoms of ADHD as well as its diagnosis. It will look at the myths and misconceptions of the condition and discuss support available for adults with ADHD.

Autism Awareness (2 week course)

Kerry Arnison

Wednesday 20th & 27th November 2pm until 4pm

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

Understanding Personality Disorder

Jane Matthews, Complex Needs Service

Tuesday 19th November 2pm until 4:30pm

This workshop aims to increase students understanding of personality disorder. The workshop will look at how factors can affect individuals differently and how it is diagnosed. It will also explore positive coping strategies for individuals and carers.

Supporting people with Personality Disorder (3 week course)

Tanya Cooney and Hannah Moran

Wednesday 22nd, 29th January & 5th February 10am until 12noon

This is a three week course designed for carers of those with personality disorder. These sessions aim to expand knowledge and understanding around personality disorder, explore issues in assessment & treatment, and look at ways carers can support recovery.

UNDERSTANDING YOUR MENTAL HEALTH

Understanding Psychosis

Aisling O'Kane, Consultant Clinical Psychologist

Thursday 21st November 2pm until 4:30pm

This workshop aims to increase students understanding of psychosis and explore how factors can affect individuals differently. It will also look at how psychosis is diagnosed and explore some coping strategies for individuals and carers.

Why do they do that? Understanding Behaviour

Lynne Howe, Crea8ing Careers

Monday 25th November 2pm until 4pm

This workshop is run by Crea8ing Careers and aims to look at and understand how behaviour links to emotional development stages and learn strategies to support development.

What our students say about our workshops and courses ...

"Explained clearly, covered topics all could relate to"

"Support for carers and parents is essential"

"I found it very relaxing"

"Gave me a better understanding of my mental health and ways to continue my recovery"

"Conducive environment and accessible presentation"

"I have enjoyed all of the different courses. They are varied and informative and delivered in a safe space by caring people"

"The course was well run and very friendly and I would recommend this course to others"

"I enjoyed it because it wakes my brain up and makes me use my imagination"

BUILDING RECOVERY SKILLS



Assertiveness

Jayne Johns, Wirral Lifelong Learning

Thursday 9th & 16th January 10am until 12noon

This course is run by Wirral Lifelong Learning and aims to support you to build assertiveness skills. This course will look at ours and others rights and responsibilities, the benefits and implications of being assertive and support you to express yourself in situations where assertiveness is required helping you to use negotiation skills to achieve a desired outcome.

Suggestion: If you have completed this course, why not try the **Confidence Building** course?

Confidence Building

Jayne Johns, Wirral Lifelong Learning

Thursday 5th & 12th December 1pm until 3pm

This course is run by Wirral Lifelong Learning and aims to support you to increase your confidence. To do this it will look at the reasons you want to improve your confidence, help you to understand the characteristics that make you feel confident, aid you to improve your communication skills and plan for building increased confidence.

Suggestion: If you have completed this course, why not try the **Assertiveness** course?

Introduction to Mindfulness

Chris Groom, Clinical Psychologist

Wednesday 12th February 2pm until 4pm

This "taster" workshop will be helpful for those wanting to know more about mindfulness meditation skills. It will explore the roots and practice of mindfulness and include some short mindfulness practice meditations.

Learning to Manage Low Mood (4 week course)

Gareth Hughes, Clinical Psychologist

Thursday 23rd & 30th Jan and 6th & 13th February 10am until 12noon

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 includes causes of both low mood and anxiety, the role of thoughts, how behaviour can affect mood, the impact of lifestyle issues and the importance of goal setting.

WORKSHOPS & COURSES

BUILDING RECOVERY SKILLS



Living with Voices

Denise Brace, Dawn Evans and Liam Harvey, Early Intervention Team

Friday 6th December 10am until 12noon

This workshop will aims to help people who hear voices to understand what can cause the experience. During the workshop, we will try out some strategies to manage voices more effectively.

Managing Anxiety (4 week course)

Bethany Edwards, Assistant Clinical Psychologist

Tuesday 21st & 28th January and 4th & 11th February 10am until 12noon

This four week course aims to help you recognise and reduce stress and anxiety in your daily life. The course is focused on learning about tools that can help to manage your anxiety. Topics include examining causes of anxiety, physical symptoms, the role of thoughts and the impact lifestyle and behaviour can have on your anxiety.

Learning to Manage Bipolar (3 week course)

Alex Palmer & Jade Guinan

Wednesday 22nd, 29th January & 5th February 2pm until 4pm

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.

Learning to Manage Grief and Loss

Bethany Edwards, Assistant Clinical Psychologist

Thursday 12th December 10am until 12noon

This workshop is for individuals who are grieving or caring for someone who is grieving. During the workshop, we will discuss different types of loss, the process of grief and think about how we begin to move on from a loss.

Managing your Medication

Becky Hellier, Pharmacist

Wednesday 15th January 1pm until 2:45pm

This workshop aims to provide you with a greater understanding of what medicines do and what to expect when you take them. This workshop looks to explain the common terms used to explain medication, how different types work and the factors that can affect them.

WORKSHOPS & COURSES

PHYSICAL HEALTH & RECOVERY THROUGH CREATIVITY

Food and Mood

Jade Topping, Dietician

Wednesday 11th December 10am until 12noon

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

Living well with Diabetes

Ellie Pontin, Clinical Psychologist

Wednesday 15th January 10am until 12noon

Living with Diabetes is a life-long journey and managing diabetes presents many challenges for all those living with the condition. This session will provide a space to explore how living with diabetes affects you and how your feelings, thought and behaviour can influence how you manage your diabetes. It will also allow sharing of experiences of living with diabetes, including how to cope with common struggles and worries about diabetes management.

Creative Writing with the Spider Project (4 week course)

Friday 17th, 24th, 31st January and 7th February 2pm until 4pm

This session will give you the opportunity to express yourself in the written form, whether it be a story, a song or a poem.

Creative Art Workshops (4 week course)

Chele, Lived Experience Volunteer

Thursday 23rd & 30th of January and 6th & 13th February 1pm until 3pm

This course is for everybody and anybody who is interested in growing creatively. In these sessions we will be learning different art skills and how we can use art in our daily lives to help with our mental wellbeing.





WORKSHOPS & COURSES
**GETTING INVOLVED
& MOVING ON**

Breaking Social Isolation (2 week course)

Bethany Edwards, Assistant Clinical Psychologist

Tuesday 26th November & 3rd December 2pm until 4pm **OR** Friday 10th & 17th January 10am until 12noon

This workshop is for individuals who feel isolated or lonely, and want to meet new people. During this workshop, we will aim to consider what might be holding you back from getting involved and look at activities and groups in the community.

Demystifying returning to work with PLUS

Mark Gibson, Team Leader PLUS

Thursday 14th November 2pm until 4pm **OR** Monday 10th February 2pm until 4pm

This course will look at some of the common issues that occur when considering returning to the workplace after a period of ill health. This is a great opportunity to safely explore the support offered and ask questions about the impacts this may have for you.

Getting Involved with Volunteering

Catherine De Zwaan, CWP Volunteer Manager

Wednesday 12th February (both) 10am until 12noon

This workshop is for anyone who is interested in getting into volunteering. We will be looking at why volunteering can be beneficial, what it entails and the opportunities to volunteer within CWP and the local community.

Money Management with StepChange

Keith Brewer, Debt Advisor

Thursday 26th September **OR** Tuesday 10th December (both) 2pm until 4pm

This workshop aims to provide students with practical advice around prioritising and budgeting their money. It will also look at debts and how we can effectively manage rising costs.



UPCOMING EVENTS

AUTUMN-WINTER END OF TERM CELEBRATION

FRIDAY 14TH FEBRUARY 2020

Our most important celebration of the term, the Autumn-Winter End of Term Celebration is an opportunity for you to reflect on the term and celebrate your achievements through Education for Wellbeing. Do feel free to bring family and friends along.

Time: 11am -1pm

Location: Stein Centre

CODE OF CONDUCT

Education for Wellbeing is committed to providing a safe and enjoyable space for its students. To do this, we need the support of both students and staff.

When attending courses and workshops at Education for Wellbeing we ask all students to:

- Arrive in a timely manner; if you are running late or no longer able to attend, please do let us know. If you do not attend (DNA) without informing us, we will call you to check-in
- Switch off mobile phones when attending a session. If a phone-call does need to be taken, please step outside to answer it
- Respect the focus of the course; we are eager for workshops to be interactive but ask students to respect the goals of the session and allow facilitators to bring discussion back to topic, if needs be
- Contribute in a respectful manner; we acknowledge that students may have a difference of opinion but ask that these opinions are articulated kindly and thoughtfully

Education for Wellbeing staff are eager to contribute to this positive environment and commit to:

- Provide you with a warm and professional welcome
- Create a safe learning environment
- Respect your personal beliefs, life choices, religious and cultural practices and traditions
- Provide support and help you to outline next steps on the completion of your sessions with Education for Wellbeing
- If accessing CWP services to ensure your attendance is noted on CWPs electronic record keeping system "Care Notes"

HELPFUL THINGS TO KNOW

Where are we?

Wirral Education for Wellbeing is located at the Outpatients' Reception Entrance at The Stein Centre at St Catherine's Hospital on Derby Road in Birkenhead CH42 0LE.

How can I get to you?

Bus

There are multiple bus stops around the Stein Centre - Harrowby Road, Derby Road, Church Road area - with regular buses. Due to limited parking at the Stein Centre, if you are able to use public transport it is advised.

Train

The closest train stations to Wirral Education for Wellbeing are; Green Lane and Birkenhead Central. It is then less than a mile walk from either station.

Driving

You can drive to Education for Wellbeing as there is on-site parking for service users (3 hours maximum). However, parking at the Stein Centre can get very busy, so arriving early for any courses or workshops is advised. Parking is free though time-limited (3 hours).

What facilities are there?

The Stein Centre has

- Wheelchair access
- Accessible parking
- Accessible toilet and changing facilities
- A loop system for those hard of hearing

Is there food available?

Education provides refreshments at every session (tea and coffee). We ask students to eat snacks or meals before or after attending sessions.

BEFORE YOU ATTEND ...

HELPFUL THINGS TO KNOW

How do I enrol?

Complete the enrolment form at the back of this prospectus. You can do this over the phone with a member of the Education for Wellbeing team, post it or send it in via email (see contact information on **page 4**).

What time do sessions run?

Education for Wellbeing sessions are either in the morning from 10am until 12noon or in the afternoon from 2pm until 4pm, though sometimes our afternoon sessions may run from 1pm until 3pm. Once you've enrolled we will send you a letter confirming the date and time of the sessions. If you have any questions, please do call us on 0151 488 7250.

Do the courses and workshops cost anything?

NO! Education for Wellbeing is a free service for individuals accessing Cheshire and Wirral Partnership NHS Trust (CWP) Adult Mental Health Services or those supporting individuals accessing CWP services.

How many sessions can I do each term?

You can enrol on up to 6 courses or workshops per term, however, we do encourage you to do no more than one course a term, alongside workshops. This is because courses tend to be 4 weeks long and are quite a big time commitment.

Does it matter if I can't come every week?

Not at all. However, we do ask that, if you can't come to a course or workshop you have signed up for, to give us a call to let us know you can't attend. If you DNA (Do Not Attend) without informing us we will call you to check-in.

OTHER SERVICES TO HELP YOU WITHIN CWP

PATIENT AND CARER EXPERIENCE TEAM



The Patient and Carer Experience team (PACE) work to ensure that patients and carers experiences are captured and inform the work that Cheshire and Wirral Partnership NHS Trust do.

PATIENT ADVICE AND LIAISON SERVICE (PALS)

PALS works to support service users, family member or carers for when they have concerns about their own care, or the care of their loved ones. PALS offer confidential advice, support and information on health related matters and provide a point of contact for patients, their families and their carers.

CARER ADVICE AND LIAISON SERVICE (CALs)

A carer is a person of any age, adult or child who provides unpaid support to a partner, child, relative or friend who couldn't manage to live independently or whose health or wellbeing would deteriorate without this help. CALs (Carer and Liaison Service) role is to advise and resolve any concerns carers may have informally and locally.

HOW CAN I CONTACT THESE SERVICES?

You can contact PALS and CALs via the PALS helpline free phone: 0800 195 4462 or email: cwp.pals@nhs.net

You can attend face-to-face drop-in sessions. These are held every second Tuesday of the month at the Stein Centre from 9am-1pm. Just ask at the Stein Centre main reception on arrival where to go.

OUR PARTNERS

A lot of our sessions would not be able to run without support from local organisations who partner with us

Citizens Advice Wirral

Citizens Advice Wirral run the Better Off Finance programme for Education for Wellbeing. Citizens Advice also offers a wide range of help across debt management, housing, relationship issues and consumer rights. They have multiple sites across the Wirral and can be contacted by telephone from 10am until 4pm Monday to Friday on 0300 3300 111 .

Crea8ing Careers

Crea8ing Careers are a family education and employability consultancy that provide workshops that seek to assist individuals in building resilience and well-being. To contact Crea8ing Careers you can email on info@crea8ingcareers.com or by telephone on 020 3143 4824.

Lou Anderson

Lou is a self-employed holistic therapist with experience working delivering courses and workshops. Alongside her work, Lou writes, sculpts and paints and will be utilising her holistic therapy training as well as her creativity in the sessions that she facilitates for Education for Wellbeing.

PLUSS

PLUSS runs our "Demystifying returning to work" session and are a Community Interest Company that support thousands of people each year to achieve a career and reach their full potential. PLUSS have employment services in Birkenhead. You can contact them on 0800 080 3193 or by email on employment.bureau@pluss.org.uk .

Spider Project

Spider Project runs a diverse range of creative workshops for us. Spider is a creative arts and recovery wellbeing community project for adults based in Birkenhead. Spider is open from 9am until 5pm Monday to Friday. For more information call on 0151 647 7723 or email on enquiries@spiderproject.org.uk .

StepChange Debt Charity

StepChange supports Education for Wellbeing with the delivery of the Money Management workshop. StepChange supports individuals to find solutions to managing their debt and becoming debt free. For free advice expert advice contact StepChange on 0800 138 1111 Monday to Friday 8am to 8pm or Saturday 8am to 4pm.

Wirral Lifelong Learning

Wirral Lifelong Learning provide Adult Learning opportunities on the Wirral. Courses range from floristry to IT and are for adults looking to find new opportunities to learn or to increase their employability. To contact Wirral Lifelong Learning call them on 0151 666 3330 .

OTHER SERVICES TO HELP YOU ON THE WIRRAL

AgeUK Wirral

AgeUK Wirral are an independent, local charity working with and for older people across the Wirral. They provide a wide variety of services for older people and their carers from Phonelink, a telephone service for older people who are lonely and would like a chat to Carer Support Groups for carers who are looking after a friend or family member. To find out more about their services, contact AgeUK via phone 0151 482 3456 or email enquiries@ageukwirral.org.uk

Community Action Wirral

Community Action Wirral helps individuals and organisations engage with local communities, connecting people to create opportunities for lasting change. If you are looking for an opportunity to volunteer in the local community, do contact them on 0151 353 9700 or info@communityactionwirral.org.uk.

Connect Us, Involve Northwest

Commissioned by Public Health 'Connect Us' is an innovative project of Involve Northwest that focuses on: increasing connectivity among individuals and communities, optimising access to information for all, helping to nurture community resilience/self-help/health & wellbeing, tackling social isolation. To get in touch, call on 0151 644 4500

Family Tree

Family Tree exists to help carers and families affected by mental ill health and offers counselling, advocacy, social activities, family action support group and training, information and events. For further details call 0151 488 8159 or email cwp.familytree@nhs.net.

Hope Place Community Cafe

Hope Place is a coffee shop and community hub that runs different activities throughout the week for all in the community. It is based at 259 Woodchurch Road, Prenton, CH42 9LE and is open Tuesday to Friday 9am till 3pm and Saturday 10am to 4pm. For more information contact on 0151 608 4747 or visit their webpage www.hopeplacecoffee.com

The Open Door Centre

The Open Door Centre is a mental health charity supporting those aged 15-30 with immediate support around common mental health issues such as anxiety, depression, stress and panic attacks. To find out more or book an initial appointment, please call the centre on 0151 639 4545. The Open Door Centre is located at Bloom Building, 3 Abby Close, Birkenhead, CH4 15FQ.

OTHER SERVICES TO HELP YOU ON THE WIRRAL

OCD Action - Wirral Group

The Wirral OCD group meets on the second Friday of each month between 7pm-9pm at Hope Place Cafe in Prenton. The group is peer facilitated and offers an important opportunity for those suffering from OCD, BDD and/ or hoarding issues to come together and gain support from one another. For more information contact Duncan Parkes on 0151 632 2017 or email parkesduncan@hotmail.com.

Talking Together Wirral

Talking Together Wirral is a free and confidential talking-therapy service, commissioned by the NHS, and is available to anyone aged 16+ who lives on the Wirral. You can self-refer via the website [type into google Talking Together Wirral], call 0151 649 1859 or email them on info@talkingtogetherwirral.org or ask your GP for a referral.

Tomorrow's Women

Tomorrow's Women is a community centre for women aged 18+. It offers support to women who may feel isolated, have low self-esteem or just want to try something new. Tomorrow's Women has a wide range of workshops, courses and activities. For more information call on: 0151 647 7907 or email on admin@tomorrowswomen.org.uk. Tomorrow's Women are open from 9am to 4pm Monday-Friday with a late night opening on Tuesday's until 7pm.

WIRED

WIRED offer care and support on behalf of Wirral Adult Social Services for those providing caring responsibilities. WIRED offer a number of different services. For more information call on 0151 522 7990 or email on contact@wired.me.uk

Wirral Change

Wirral Change provides a range of services to support disadvantaged and Black and Minority Ethnic (BME) communities on the Wirral. Services range from hosting community groups, providing support around employment, health, translation and training. To find out more, contact Wirral Change on 0151 649 8177 or info@wirralchange.org.uk or on their website www.wirralchange.org.uk

Wirral Diabetes UK Voluntary Group

Wirral Diabetes UK Voluntary Group are part of Diabetes UK. The group welcomes everyone affected by diabetes along with carers, friends and aims to provide support, help, companionship, education and information for people living with diabetes. The group hold monthly meetings and if you want to get in touch contact Robbie, the Chair Person on 07712548260 or via email silverlady125@gmail.com.

OTHER SERVICES TO HELP YOU ON THE WIRRAL

Wirral Metropolitan College

Wirral Met College provides Further Education and Higher Education courses to individuals aged 16+. The college provides a wide range of post-16 education and training including adult learning programmes, apprenticeships and traineeships. The college has four campuses; three in Birkenhead and one in Bebington. For more information, go to their website on www.wmc.ac.uk or contact on 0151 551 7777.

Wirral Mind

Wirral Mind aims to help individuals in the local community achieve better mental health. Wirral Mind provides a drop-in centre, befriending service, supported housing and counselling services. For more information visit the website on www.wirralmind.org.uk or call on 0151 512 2200. Wirral Mind are located at 90-92 Chester Street, Birkenhead, Merseyside, CH41 5DL.

Wirral Ways to Recovery

Wirral Ways to Recovery is a free and confidential drug and alcohol service for adults (including offenders), young adults, families, carers and affected others in Wirral. CGL leads the Wirral Ways to Recovery partnership and provide a range of treatment, recovery and support services for those who have concerns about their drug or alcohol use. Wirral Ways to Recovery are based in Birkenhead, Moreton and Wallasey. You can call them on 0151 556 1335 or email on wirral.services@cgl.org.uk.



Clear Mind Link Workers from Involve Northwest and Education for Wellbeing staff running an awareness stand for Mental Health Awareness Week in May 2019.

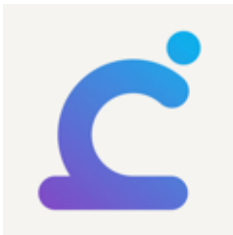
APPS THAT CAN HELP YOU



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.

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.



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.



Hub of Hope

Hub of Hope is an app that acts as a database of charities and organisations from across the country who offer mental health advice and support, together in one place. Using the app, you can search for support relevant to you in your area.

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 Direct

Telephone: 111

Other information: NHS Direct operates 24/7. They should be able to provide details of local crisis support services or advise on accessing local A&E

Samaritans

Telephone: 116 123

Other information: Samaritans offers a free 24/7 service. If you don't want to call Samaritans you can email on jo@samaritans.org

The Campaign Against Living Miserably (CALM)

Telephone: 0800 58 58 58

Other information: CALM is leading a movement against male suicide, the single biggest killer of men under 45 in the UK. You can contact CALM by phone or on their webchat (found on www.thecalmzone.net) from 5pm until midnight every day of the year.

Papyrus - a service for people under 35 years old

Telephone: 0800 068 4141 or Text: 07786 209 697

Other information: Papyrus operates Monday to Friday 10am to 10pm / Weekends 2pm-10pm and Bank Holidays 2pm-5pm. Papyrus works to support young people struggling with their mental health by providing free and confidential advice. You can contact them by email on pat@papyrus-uk.org

ChildLine - for children and young people under 19

Telephone: 0800 1111

Other Information: ChildLine operates 24/7 and provides a free and confidential service. You can call, email or speak to a counsellor through the website www.childline.org.uk. The call will not show up on your phone bill.

The Silver Line - for older people

Telephone: 0800 470 80 90

Other Information: The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

CRISIS CONTACTS AND INFORMATION

SANEline

Telephone: 0300 304 7000

Other Information: SANEline is a national out-of-hours (4:30pm - 10:30pm every day) mental health helpline offering specialist emotional support, guidance and information to anyone affected by mental illness, including family and carers. The helpline is a confidential service for those aged 16 or over.

National Debtline

Telephone: 0800 808 4000

Other information: National Debtline offers free debt advice. They are open Monday to Friday 9am-9pm and Saturday 9am until 1pm.

National Domestic Violence Helpline

Telephone: 0808 2000 247

Other information: The National Domestic Violence Helpline offers a 24/7 service. It is a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf. All calls are staffed by female support workers and volunteers and all calls are confidential.

Personal Details

First Name:		Title:	
Family Name/ Surname:		Date of Birth:	
Address (if staff give place of work)			
Telephone:		Postcode:	
Email:			
Please tell us how you would prefer us to contact you.	<input type="checkbox"/> Letter	<input type="checkbox"/> Phone	Email

Your Contact with CWP
Please tick which the following options which are applicable to you:

I use secondary mental health services delivered by Cheshire and Wirral Partnership (CWP)
 I am a carer or family member for someone using secondary mental health services
 I am a staff member or volunteer
 Other: I have been signposted by

Where 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.	
--	--

Emergency Details

Your GP Surgery:	
(If applicable) Lead Contact at CWP: Please include role and contact number	

Emergency Details cont.

Who should we contact in case of emergency?

Name:

Phone:

Education for Wellbeing Course Sign-Up

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

Please tick if you would like to have a 1:1 session to plan the courses you attend

Terms and Conditions of enrolment

Please tick to show that you agree to our Terms and Conditions. If you do not agree to all of these terms then you will not be able to enrol

- I have read and agreed to the Education for Wellbeing Code of Conduct
- I agree and understand that a note of my attendance is recorded
- If accessing other services delivered by CWP I agree and understand that my attendance is noted on CWP's electronic record keeping system 'CareNotes'
- I agree to Education for Wellbeing contacting my emergency contact / lead professional in case of an emergency
- Applicable to staff members only:** I confirm that it is my responsibility to seek permission from and inform my manager regarding my attendance at any particular course, when required

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:

We would like to be able to contact you about our activities and events. Please tick if you are happy for us to contact you with information

Yes

No

Education for Wellbeing 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 Education for Wellbeing Code of Conduct.

Signed:

Dated:

Please return this completed form to
Education for Wellbeing, Stein Centre, St Catherine's Hospital, Derby Road, Birkenhead
CH42 0LQ

If you have any questions please call the team on 0151 488 7250