



# SUMMER PROSPECTUS

MAY TO JULY 2019

Helping people to be  
**the best they can be**

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# A WORD FROM THE TEAM

Welcome to Wirral Education for Wellbeing,

We are really glad you've picked up this term's copy of our prospectus. We hope that you find something on our programme that piques your curiosity and encourages you to enrol with us.

We had a fantastic term in the Spring with new and returning students attending our courses and workshops.

It was great to see students respond so positively to the introduction of a creative stream in our programme - thanks to these sessions we now have more artwork on our walls and budding artists within our students.

The summer is always a shorter term so we have a jam-packed prospectus for you. Following feedback from students we have sought to include even more new courses and workshops which we hope you will try and enjoy.

We look forward to welcoming you through our doors and supporting you in your recovery journey.

Best wishes,

**ALEX & JANE**

WIRRAL EDUCATION FOR  
WELLBEING TEAM





## **ABOUT WIRRAL EDUCATION FOR WELLBEING**

Wirral Education for Wellbeing offers free recovery focused 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 recovery 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](mailto: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 challenges and gain practical skills to look after yourself better.

Our courses and workshops cover a wide variety of topics and are therefore split into 5 different streams.

## **Understanding your Mental Health**

These sessions focus on exploring different mental health challenges 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

## **Getting Involved & Moving on**

These courses are provided by Education for Wellbeing's partner organisations and are an opportunity for you to learn more about local organisations that can provide support to them on their recovery journey

## **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

## **Recovery through Creativity**

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

## 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 experienced or are supporting someone who has experience of mental health challenges and are looking to learn more about these challenges and tools to overcome them.

## 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 ERICA



**My recovery journey so far :** I first discovered Education for Wellbeing when I was attending DBT sessions at the centre. I had recently been diagnosed with BPD and PTSD. The courses offered by Education for Wellbeing have really helped me in my recovery especially in my understanding of mental health and the impacts it can have on individuals, their friends and family too. This has been eye opening and has given me the drive to want to help others and give back.

**Favourite book:** I love any books written by Jodi Picoult - her books always focus on really hard hitting issues, or by Sophie Kinsella - the perfect chick flick books for a bit of escapism!

**Favourite song:** I love anything by Lucy Spraggan, especially her song Fight for it. Lucy writes from the heart and so many of her songs resonate deeply with me.

**Hobbies:** I love colouring, reading, writing and crochet and I find these hobbies really help me to be mindful which has really helped me in my recovery journey.

**My perfect day:** Would be spent with my family enjoying each other's company laughing and chatting together.

# HOW TO ENROL

## You can enrol if

You are accessing  
Secondary Care  
Community Mental  
Health Services

You care for someone  
who uses these  
services

You are a member  
of staff supporting  
people who use this  
service

## How to enrol

### 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](mailto:cwp.educationforwellbeing@nhs.net)

### Phone

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

# ENROLMENT WEEKS

Monday 29th April - Friday 3rd May

Tuesday 7th May - Friday 10th May

At the beginning of this term we have drop-in sessions at the Stein Centre and other venues across the Wirral.

This is a great opportunity to chat with Education for Wellbeing staff and volunteers to see what's available and what courses you may want to enrol on.

Your welcome to drop in at any time, during these session, so why not come along and see what we can offer you? These are friendly relaxed sessions; you are welcome to bring someone with you to support you.

## Enrolment weeks : Drop-in Locations

MON 29 <sup>TH</sup> APRIL	TUE 30 <sup>TH</sup> APRIL	WED 1 <sup>ST</sup> MAY	THU 2 <sup>ND</sup> MAY	FRI 3 <sup>RD</sup> MAY
STEIN CENTRE 10AM – 2PM	SPRINGVIEW 10AM – 2:30PM	HIGHFIELD 10AM – 2:30PM	HIGHFIELD 10AM – 2:30PM	STEIN CENTRE 10AM – 2PM
MON 6 <sup>TH</sup> MAY	TUE 7 <sup>TH</sup> MAY	WED 8 <sup>TH</sup> MAY	THU 9 <sup>TH</sup> MAY	FRI 10 <sup>TH</sup> MAY
BANK HOLIDAY NO DROP-IN	SPRINGVIEW 10AM – 2:30PM	STEIN CENTRE 10AM – 2PM	HIGHFIELD 10AM – 2:30PM	STEIN CENTRE 10AM – 2PM

**Highfield:** Victoria Central Hospital, Mill Lane, Wallasey CH44 5UF

**Springview:** Clatterbridge Health Park, Clatterbridge Road, Bebington, CH63 4JY

**Stein Centre:** St Catherine's Hospital, Derby Road, Birkenhead, CH42 0LE



# WORKSHOPS & COURSES

# UNDERSTANDING YOUR MENTAL HEALTH

## **Understanding Depression**

**Emily Wingfield, Clinical Psychologist**

**Thursday 6th June 2pm - 4:30pm**

This workshop will enable students to learn about depression and explore how factors can affect individuals differently. The session will also look at some positive coping strategies for overcoming depression.

**Suggestion:** if you have completed this workshop, why not enrol on Managing Low Mood ?

## **Understanding Bipolar**

**Aisling O'Kane, Consultant Clinical Psychologist**

**Wednesday 19th June 2pm - 4:30pm**

This workshop aims to increase students understanding of Bi-Polar Affective Disorder (BPAD) by exploring how factors can affect individuals differently and how it is diagnosed. The workshop will also explore some positive coping strategies for individuals and carers.

## **Understanding Psychosis**

**Aisling O'Kane, Consultant Clinical Psychologist**

**Wednesday 26th June 2pm - 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.

## **Understanding Personality Disorder**

**Jane Matthews, Complex Needs service**

**Tuesday 16th July 2pm - 4:30pm**

This workshop aims to increase students understanding of personality. 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.



**WORKSHOPS & COURSES**

# **UNDERSTANDING YOUR MENTAL HEALTH**

## **Understanding ADHD**

**Philip Gadd, Adult ADHD service**

**Wednesday 17th July 2pm - 4pm**

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.

## **Understanding Dementia**

**Doreen Elliott, Memory Service**

**Tuesday 23rd July 2pm - 4pm**

This workshop is aimed at helping people who have been diagnosed with dementia or are close to someone who has. We will look at what is dementia, the myths and facts that surround dementia and planning for the future.



**WORKSHOPS & COURSES**

# **BUILDING RECOVERY SKILLS**

## **Introduction to Mindfulness**

**Chris Groom, Clinical Psychologist and Vic Anderson, Recovery Worker**

**Wednesday 5th June 2pm - 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.

## WORKSHOPS & COURSES

# BUILDING RECOVERY SKILLS



### **Getting the most from your appointment**

**Alex Palmer, Education for Wellbeing and Victoria Pine, Health Facilitator**

**Friday 7th June 10am to 12noon**

Do you find appointments daunting? Your relationship with mental health professionals is a key part of your care. This workshop aims to equip you to know how to ask questions and become an active participant in the planning of your care and treatment.

### **Self-Esteem and Confidence Building (4 week course)**

**Alex Palmer, Education for Wellbeing**

**Monday 10th June, Monday 17th June, Monday 24th June, Monday 1st July**

**2pm - 4pm**

This four week course looks at the impact of self-esteem and confidence on our daily life. The course aims to help students build a healthier self-esteem and become more confident by looking at various skills and tools that they can use in their everyday to increase their self-esteem and confidence.

### **Self-care for Carers**

**Lou Anderson**

**Tuesday 11th June 10am - 12noon**

This session is primarily for individuals with caring responsibilities. This session is designed to provide you with easy, quick tips and tools to help you ensure that you are getting the care you need. Lou is a trained holistic therapist and will be teaching students how they can utilise some basic holistic therapy techniques at home to help you to relax, switch-off and have a healthier sense of wellbeing.

### **Learning to Manage Low Mood (4 week course)**

**Gareth Hughes, Clinical Psychologist**

**Thursday 13th June, Thursday 20th June, Thursday 27th June and Thursday 4th July 10am to 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 14th June 10am to 12noon**

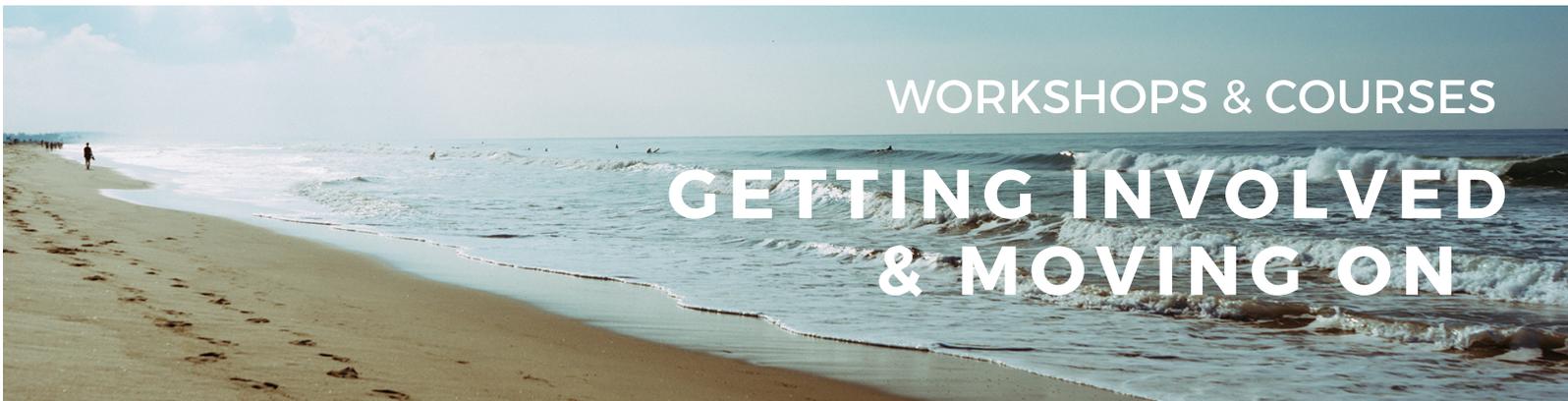
This workshop will aims to help people who hear voices to understand what can cause the experience. During the workshop, we will try out some strategies to manage voices more effectively.

### **Managing Anxiety (4 week course)**

**Linda Friend, Head of Clinical Services West**

**Thursday 4th July, Thursday 11th July, Thursday 18th July and Thursday 1st August 2pm - 4:30pm**

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.



## WORKSHOPS & COURSES

# GETTING INVOLVED & MOVING ON

### **Getting Involved with Volunteering**

**Catherine De Zwaan, CWP Volunteer Manager and Alex Palmer, Education for Wellbeing**  
**Monday 3rd June 2pm - 4pm**

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.



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

**Information session for carers with WIRED**  
**Sue Stinchcomb, Carer Connector for WIRED**  
**Tuesday 11th June 2pm-4pm**

This workshop is for individuals who care for someone accessing CWP secondary care mental health services. WIRED are a charitable organisation on the Wirral that support carers and this workshop is an opportunity to learn more about them and the support you can access.

**Money Management with StepChange**  
**Keith Brewer, Debt Advisor**  
**Tuesday 18th June 2pm-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.

**Better Off Finance run by Citizens Advice Wirral**  
**Karla Devine, Finance Capability Advisor**  
**Tuesday 25th June & Tuesday 2nd July 1pm until 4pm**

Better Off Finance is a programme run for individuals who are looking to improve their financial capability and find suitable employment. Working in partnership with Citizens Advice, Education for Wellbeing are hosting the first two weeks of this session.

If you want to attend this course you will need to contact Alex Palmer directly to talk through the registration process and for more information about the nature of the programme.

**Demystifying returning to work with PLUS**  
**Mark Gibson, Team Leader PLUS**  
**Monday 15th July 2-4pm**

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.

**NB.** PLUS also deliver employment support projects for the Department of Work and Pensions (DWP). However, this course is NOT part of a DWP funded contract and no personal details are shared with the trainer.

# WORKSHOPS & COURSES

## PHYSICAL HEALTH



### **Food and Mood**

**Lance Fletcher, Lived Experience Volunteer and Alex Palmer, Education for Wellbeing**

**Wednesday 29th May 10am until 12noon**

This workshop aims to 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 on 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.

### **Understanding and managing your medication**

**Becky Hillier, Pharmacist**

**Date: Wednesday 3rd July\* \*please note this date may change\***

**1:00pm to 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.

### **Achieving Better Sleep**

**Chris Groom, Clinical Psychologist**

**Wednesday 24th July 2pm until 4pm**

This workshop aims to inform you about the causes of poor sleep and provide a greater understanding of factors that may help to improve the quality of your sleep.

### **Living with Fibromyalgia**

**Karen Noonan, Support Worker and Alex Palmer, Education for Wellbeing**

**Wednesday 31st July 2pm - 4pm**

This workshop is run from a lived experience perspective and aims to provide information about living with Fibromyalgia to those recently diagnosed or living with it. It is also a place for those living with Fibromyalgia to come together and share their knowledge of what has helped them to manage symptoms and to achieve recovery.

## WORKSHOP & COURSES

# RECOVERY THROUGH CREATIVITY



### **Ink n Wash Art with the Spider Project**

**Tuesday 28th May 2pm - 4pm**

A creative way to use water colours. This session aims to not only teach the technique of water colours but will also provide a sense of inner peace and tranquility through the creative process

### **Art & Craft with Lou (2 week course)**

**Monday 3rd June and Monday 10th June 10am - 12noon**

Interested in learning a new skill you can do at home? Whether you consider yourself crafty or a complete beginner, these two sessions will teach you some easy art and craft skills that you can enjoy both with the group and at home.

### **Sketching workshop with the Spider Project**

**Tuesday 4th June 2pm - 4pm**

A taster session open to novices and the experienced sketcher. Tips and Tricks to bring your drawings alive.

### **Creative Art Workshops (4 week course)**

**Chele Trueman, Lived Experience Volunteer & Alex Palmer, Education for Wellbeing**

**Friday 21st June, Friday 28th June, Friday 5th July, Friday 12th July 1pm - 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 recovery journey.

### **Creative Writing with the Spider Project (2 week course)**

**Friday 19th July and Friday 26th July 2pm - 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

### **Laughing Workshop with the Spider Project**

**Thursday 25th July 2pm - 4pm**

A session that is fun and imaginative. The experience will certainly be different and is guaranteed to make you laugh



# UPCOMING EVENTS

## MENTAL HEALTH AWARENESS WEEK

MONDAY 13th MAY to SUNDAY 19th MAY 2019

Mental Health Awareness week is a national campaign led by Mental Health Foundation to increase awareness around mental health challenges. This year, the campaign will be focusing on Body Image.

Education for Wellbeing will be hosting a **stall in St Catherine's Hospital on Wednesday 15th May from 11am until 1pm** to make time to raise awareness of Mental Health Week. If you'd like to pop by for a chat, please do!

## VOLUNTEERS WEEK

SATURDAY 1st JUNE TO FRIDAY 7th JUNE 2019

Volunteers week is a national campaign headed by National Council of Voluntary Organisations to raise awareness of the contribution that volunteers make to organisations and projects and to take time to thank them for all their hard work.

To increase awareness of the benefits of volunteering, we will be running a **Getting Involved with Volunteering** session on Monday 3rd June 2pm to 4pm for students interested in volunteering both with Education for Wellbeing and in their local community.

## CARERS WEEK

MONDAY 10th JUNE TO SUNDAY 16th JUNE 2019

Carers Week is a national campaign led by Carers UK to raise awareness for and celebrate the important contribution made by the UK's 6.5 million carers. In honour of Carers Week, Education for Wellbeing will be hosting workshops specific for carers on **Tuesday 11th June**.

- 10am - 12noon Self-Care for Carers run by Lou Anderson. Lou is a holistic therapist and is passionate about supporting Education for Wellbeing students.
- 2pm until 4pm Information Session with WIRED. WIRED are a local organisation supporting carers on the Wirral.

### 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
- 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"

# BEFORE YOU ATTEND ...

## HELPFUL THINGS TO KNOW

### **Where are we?**

Wirral Education for Wellbeing is located at the Outpatients' Reception Entrance at The Stein Centre St Catherine's Hospital Derby Road 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 meals before or after attending sessions.

## HELPFUL THINGS TO KNOW

### **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 do I enrol?**

Complete the enrollment 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 info on page 4).

### **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.

# OTHER ACTIVITIES TO HELP YOU IN YOUR RECOVERY JOURNEY

The below groups are run by the Adult Mental Health teams at Cheshire and Wirral NHS Partnership Trust (CWP). These groups are only for individuals accessing adult mental health services with CWP.

## **ALLOTMENT GROUP**

**EVERY WEDNESDAY 2-4:30PM / MOUNTWOOD ALLOTMENT**

The allotment group is run by Mike Chapman. If you would like more information please call Mike on 07827 977 200.

## **ART & CRAFT GROUP**

**EVERY MONDAY 1-3PM / CHRIST THE KING CHURCH, BIRKENHEAD**

The art and craft group carry out a range of activities including sewing, card making and other craft. The group is run by Karen Noonan and if you would like more information please call Karen on 07714 898 491.

## **MUSIC GROUP**

**EVERY TUESDAY 12:30-3PM / CHRIST THE KING CHURCH, BIRKENHEAD**

The music group is for all abilities and instruments are supplied. The group is run by Karen Noonan and if you would like more information please call Karen on 07714 898 491.

## **WALKING GROUP**

**EVERY 2nd FRIDAY OF THE MONTH 1:30PM / BIRKENHEAD PARK CAFE**

The walking group is run by Mike Chapman. If you would like more information please call Mike on 07827 977 200.

# OTHER SERVICES TO HELP YOU ON YOUR RECOVERY JOURNEY ... WITHIN CWP

## **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. The PALS team are here to encourage communication between service users, family members, carers and members of staff, with the goal of ensuring that the best care possible is provided for service users at CWP. 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. This could be due to frailty, disability or serious health condition, mental ill health or substance misuse. 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](mailto: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 our partners

## **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

## **Community Action Wirral**

Community Action Wirral helps individuals and organisations engage with local communities, connecting people to create opportunities for lasting change.

## **Lou Anderson**

Lou is a self-employed holistic massage 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](mailto:employment.bureau@pluss.org.uk)

## **Spider Project**

Spider Project runs a diverse range of creative workshops for us. Spider is a creative community project for adults who have previously had a drug or alcohol problem (and are abstinent, including any drug related medication), low level mental health issue or are disconnected in their local community. 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](mailto: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.

## **WIRED**

WIRED deliver the Information Session for carers at Education for Wellbeing. 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](mailto:contact@wired.me.uk)

# OTHER SERVICES TO HELP YOU ON YOUR RECOVERY JOURNEY ON THE WIRRAL

## **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. Since the Connect Us project was launched Community Connectors have knocked a total of over 56,700 doors to date of which 12,900 were answered by occupants enabling Community Connectors to obtain first-hand, insight into people's aspirations, dreams, goals and their concerns as well as the opportunity to provide those we engaged with, information about our project and local community activities and events.

## **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](mailto: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](http://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. The Charity runs its own, unique, mentor facilitated cognitive behavioural therapy online course from as well as mindfulness groups, origami classes, live music promotions arm and volunteering opportunities. 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.

## **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 discuss their experiences whilst gaining support from one another. For more information please contact Duncan Parkes on 0151 632 2017 or email [parkesduncan@hotmail.com](mailto:parkesduncan@hotmail.com).

# OTHER SERVICES TO HELP YOU ON YOUR RECOVERY JOURNEY ON THE WIRRAL

## **Tomorrow's Women**

Tomorrow's Women is a community centre for adult 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](mailto:admin@tomorrowswomen.org.uk) or look at their website on [www.tomorrowswomen.org.uk](http://www.tomorrowswomen.org.uk). Tomorrow's Women are open from 9am to 4pm Monday-Friday with a late night opening on Tuesday's until 7pm.

## **Wirral Change**

Wirral Change provides a range of services to support disadvantaged and Black and Minority Ethnic (BME) communities in Wirral. Services range from hosting community groups, providing support around employment, health, translation and training. There is also the opportunity to hire rooms. To find out more, contact Wirral Change on 0151 649 8177 or [info@wirralchange.org.uk](mailto:info@wirralchange.org.uk) or on their website [www.wirralchange.org.uk](http://www.wirralchange.org.uk)

## **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](http://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](http://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](mailto:wirral.services@cgl.org.uk).

# 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](mailto: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](http://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](mailto:pat@papyrus-uk.org)

# CRISIS CONTACTS AND INFORMATION

## **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](http://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.

## **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?	
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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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**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?	
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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