

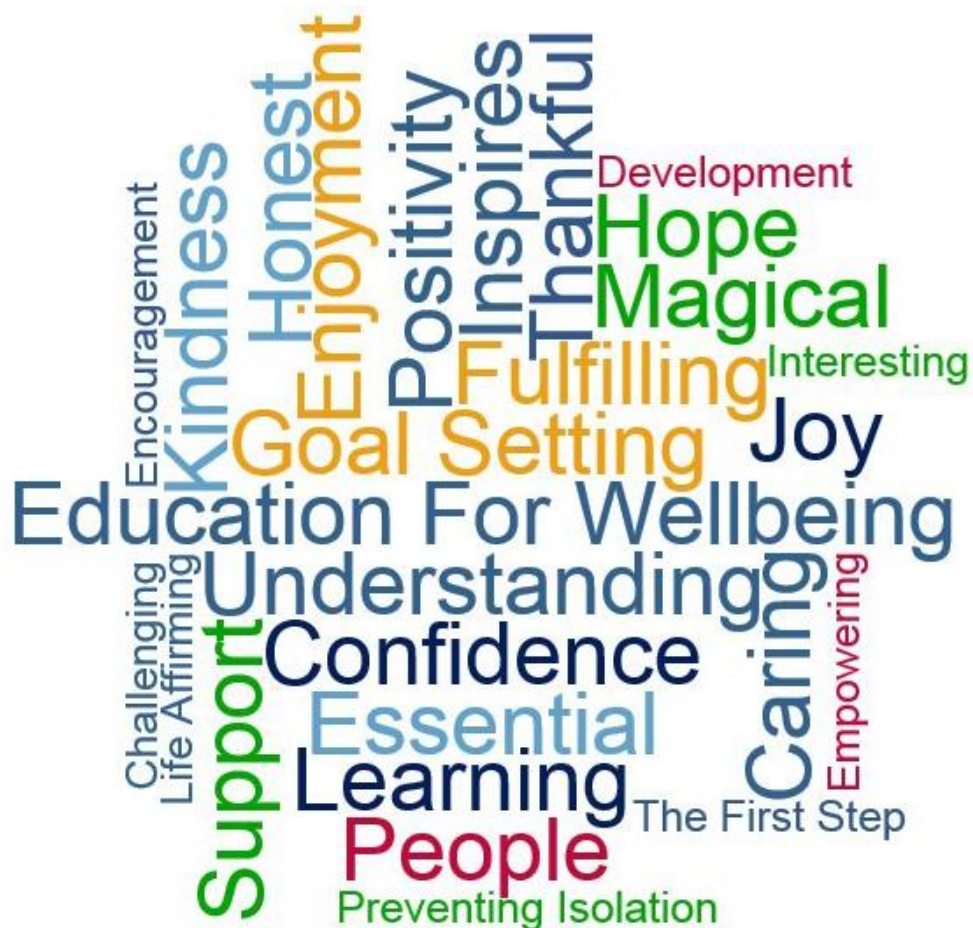


WIRRAL EDUCATION FOR WELLBEING

2018 SPRING TERM PROSPECTUS

For more information please telephone: 0151 488 7250

or email: educationforwellbeing@cwps.nhs.uk



What we do?

We offer recovery focused courses and workshops which give students the opportunity to gain understanding of mental health challenges, build new skills and gain confidence to manage their recovery journey.

Who can attend?

Courses are FREE and are open to:

- Individuals who are 18 and over who currently use Secondary Care Community Mental Health services delivered by Cheshire & Wirral Partnership NHS Trust
- People who care for someone who uses Secondary Care Community Mental Health services delivered by Cheshire & Wirral Partnership NHS Trust
- Families and supportive friends of those who currently use Secondary Care Community Mental Health services delivered by Cheshire & Wirral Partnership NHS Trust
- CWP staff and volunteers who work in or support the delivery of Secondary Care Community Mental Health services

How to find us:

**Outpatients' Reception Entrance
Wirral Education for Wellbeing,
The Stein Centre, St Catherine's Hospital,
Derby Road, Birkenhead,
CH42 0LQ**

Tel: 0151 488 7250

Email: educationforwellbeing@cwps.nhs.uk

Education for Wellbeing Team:



Linda Friend, Clinical Service Lead



Victoria Pine, Specialist Health Facilitator



Joyce Gunnery, Administrator



Helen Bee, Administrator

Introduction to Spring Prospectus:

We are delighted to welcome you to our Spring Term Prospectus. We have developed a wide range of educational courses which we hope you will enjoy.

We follow an adult education model and aim to deliver a curriculum which contains recovery focused courses that will improve your wellbeing.

Our courses, where possible, are co-produced and co-delivered by people who have experience of mental health conditions together with partnerships within Cheshire and Wirral Partnership NHS Foundation Trust (CWP) and our local community.

Individual Learning Plans

How do I book onto a workshop?

First you need to enrol with Wirral Education for Wellbeing by filling in our enrolment form, which can be found at the back of this prospectus.

If you're not sure what workshops you would like to go on, ask us to arrange a learning plan.

This is an hour-long one-to-one session with a Pathway Planner, who can discuss what you'd like to achieve and which workshops can help you.

OR

If you already know what workshops you'd like to go on, there is a section on the enrolment form for you to tell us.

You can post or email us your completed enrolment form. Alternatively give us a call and we'll fill in the form with you over the phone.

Some of our workshops are extremely popular and are often fully booked weeks in advance. If this is the case you may be put onto a waiting list.

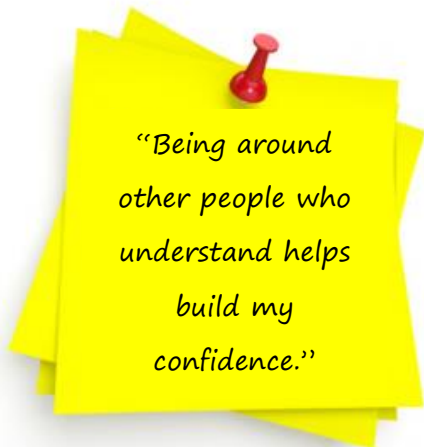


OPEN DAYS

WEDNESDAY 10.01.18	THURSDAY 11.01.18
Individual Learning Plan Appointments 10.30-12.30 The Hub, The Stein Centre	Individual Learning Plan Appointments 13.30 – 15.30 The Hub, The Stein Centre

If you are not able to make these dates please contact us:

Tel: 0151 488 7250 or by email: educationforwellbeing@cwps.nhs.uk



UNDERSTANDING MENTAL HEALTH

Understanding Depression

Length of workshop: 2.5 hours

Workshop Overview:

One in four people experience Depression. This workshop will enable students to learn about Depression and explore how factors can affect individuals differently, types of Depression and how it is diagnosed. The workshop will also explore some positive coping strategies for overcoming Depression.

DATE	TIME	VENUE	DURATION
Tues 30.01.18	14.00 – 16.30	The Stein Centre	2.5 Hrs

Understanding Bi-Polar Affective Disorder

Length of workshop: 2.5 hours

Workshop Overview:

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

DATE	TIME	VENUE	DURATION
Tues 06.02.18	14.00-16.30	The Stein Centre	2.5 Hrs

Understanding Psychosis

Length of workshop: 2.5 hours

Workshop Overview:

The experience of Psychosis is surprisingly common. This workshop aims to increase students understanding of Psychosis and explore how factors can affect individuals differently and how it is diagnosed. The workshop will also explore some positive coping strategies for individuals and their carers.

DATE	TIME	VENUE	DURATION
Tues 20.02.18	14.00-16.30	The Stein Centre	2.5 Hrs

Understanding Personality Disorder

Length of workshop: 2.5 hours

Workshop Overview:

This workshop aims to increase students understanding of Personality Disorder, explore how factors can affect individuals differently and how it is diagnosed. The workshop will also explore some positive coping strategies for individuals and their carers.

DATE	TIME	VENUE	DURATION
Wed 28.02.18	14.00-16.30	The Stein Centre	2.5 Hrs

Understanding your Medication

Length of workshop: 2 hours

Workshop Overview:

Do you want to know more about what medicines do and what to expect when you take them? Come along and find out how medication works.

DATE	TIME	VENUE	DURATION
Wed 07.03.18	14.00-16.00	The Stein Centre	2 Hrs

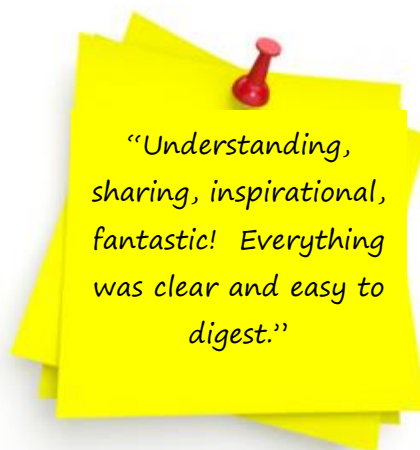
Understanding ADHD in Adults

Length of workshop: 2.5 hours

Workshop Overview:

This workshop is designed to promote the understanding of Attention Deficit Hyperactivity Disorder (ADHD) investigating and discussing questions like - What exactly is ADHD? Does ADHD actually exist? And who does it affect? In the session we will talk about the common associated behaviours, characteristics and symptoms of ADHD, as well as its diagnosis. Furthermore, we will look at many of the associated “myths & misconceptions” about the condition and how people are affected by it on a daily basis. In the last part of the session we will also discuss medication, therapies, strategies and the support available for adults with ADHD and how these can help promote wellbeing at an individual level and allow some people with the condition to move forward.

DATE	TIME	VENUE	DURATION
Wed 14.03.18	14.00-16.30	The Stein Centre	2.5 Hrs



REBUILDING YOUR LIFE

Introduction to Mindfulness

Length of workshop: 2 hours

Workshop Overview:

This 'taster' workshop will be helpful for those wanting to know more about the Mindfulness meditation skills that will be taught on the full Mindfulness course; it will include some short Mindfulness based practise meditations to help you decide whether a 4 week course would be of benefit to you.

PLEASE NOTE: Participation in this taster session does not automatically enrol you on a 4 week course.

DATE	TIME	VENUE	DURATION
Wed 17.01.18	14.00-16.00	The Stein Centre	2 Hrs



Mindfulness Skills

Length of course: 4 weeks

Course Overview:

Mindfulness meditation practices are helpful when people are depressed, stressed or in chronic pain, as well as with many other health problems. In this 4 week course, Mindfulness meditation skills will be taught through guided practise and discussion in class. Students will benefit more from practising at home between classes. Students are encouraged to attend all 4 sessions. Please contact Course Coordinator if you would like to register but think you may have to miss a session.

DATE	TIME	VENUE	DURATION
Wed 24.01.18	14.00-16.00	The Stein Centre	2 Hrs
Wed 31.01.18	14.00-16.00	The Stein Centre	2 Hrs
Wed 07.02.18	14.00-16.00	The Stein Centre	2 Hrs
Wed 14.02.18	14.00-16.00	The Stein Centre	2 Hrs

Please note that this is a 4 week course; the course attendance list will be closed after all have registered at the first session. Please do not try to join half way through, but you are welcome to register a place for next term.

Learning to Manage Anxiety

Length of course: 4 weeks

Course Overview:

This 4 week course aims to help students recognise and reduce anxiety and stress in your daily life. Topics include causes of anxiety, physical symptoms, the role of our thoughts, how behaviour can affect anxiety and the impact of lifestyle. The course is focused on learning about tools that can help to manage your anxiety and you will benefit more if you practise at home between classes and attend all 4 sessions.

DATE	TIME	VENUE	DURATION
Thurs 22.02.18	14.00-16.30	The Stein Centre	2.5 Hrs
Thurs 01.03.18	14.00-16.30	The Stein Centre	2.5 Hrs
Thurs 08.03.18	14.00-16.30	The Stein Centre	2.5 Hrs
Thurs 15.03.18	14.00-16.30	The Stein Centre	2.5 Hrs

Please note that this is a 4 week course; the course attendance list will be closed after all have registered at the first session. Please do not try to join half way through, but you are welcome to register a place for next term.

Learning to Manage Low Mood

Length of course: 4 weeks

Course Overview:

This 4 week course aims to help students to understand their low mood and consider what might be helpful to them in trying to tackle it. Topics include causes of low mood, the role of our thoughts, how behaviour can affect mood, impact of lifestyle issues and the importance of goal setting. Please contact the Education for Wellbeing team if you would like to register but think you may have to miss a session.

DATE	TIME	VENUE	DURATION
Thurs 15.02.18	10.00-12.00	The Stein Centre	2 Hrs
Thurs 22.02.18	10.00-12.00	The Stein Centre	2 Hrs
Thurs 01.03.18	10.00-12.00	The Stein Centre	2 Hrs
Thurs 08.03.18	10.00-12.00	The Stein Centre	2 Hrs

Please note that this is a 4 week course, the course attendance list will be closed after all have registered at the first session. Please do not try to join half way through but you are welcome to register a place for next term.

Confidence Building and Self Esteem

Length of course: 4 weeks

Course Overview:

This 4 week course aims to share ideas and tools to increase student's confidence and self-esteem in support of wellbeing. Students explore what might be holding them back and the course offers various confidence building skills and techniques.

DATE	TIME	VENUE	DURATION
Thurs 18.01.18	10.00-12.00	The Stein Centre	2 Hrs
Thurs 25.01.18	10.00-12.00	The Stein Centre	2 Hrs
Thurs 01.02.18	10.00-12.00	The Stein Centre	2 Hrs
Thurs 08.02.18	10.00-12.00	The Stein Centre	2 Hrs

The course attendance list will be closed after all have registered at the first session. Please do not try to join half way through but you are welcome to register a place for next term.

Benefits Awareness

Length of workshop: 2 hours

Workshop Overview:

The workshop aims to provide students with an overview of the benefits system and will provide information on how and where to get help with dealing with benefit problems.

DATE	TIME	VENUE	DURATION
Fri 16.02.18	10.00-12.00	The Stein Centre	2 Hrs

Introduction to Wellness Recovery Action Planning (WRAP)

Length of course: 2 weeks

Course Overview:

This course offers an introduction to WRAP; Mary Ellen Copeland's 'Wellness Recovery Action Planning' process. The WRAP is a self-management plan developed by Mary Ellen Copeland out of her own experience of living with a long-term mental health condition. This course will provide an overview of WRAP, to enable you to explore this 'tool' and consider if it may be something that could benefit your own recovery and well-being.

DATE	TIME	VENUE	DURATION
Thurs 01.02.18	14.00-16.30	The Stein Centre	2.5 Hrs
Thurs 08.02.18	14.00-16.30	The Stein Centre	2.5 Hrs

Money Management Course

Length of course: 2 weeks

Course Overview:

This 2 week course aims to provide students with an overview of debt awareness and debt management, household budgeting skills and how to make your money go further.

DATE	TIME	VENUE	DURATION
Fri 02.03.18	10.00-12.00	The Stein Centre	2 Hrs
Fri 09.03.18	10.00-12.00	The Stein Centre	2 Hrs

Please note that this is a 2 week course, the course attendance list will be closed after all have registered at the first session. Please do not try to join half way through but you are welcome to register a place for next term.

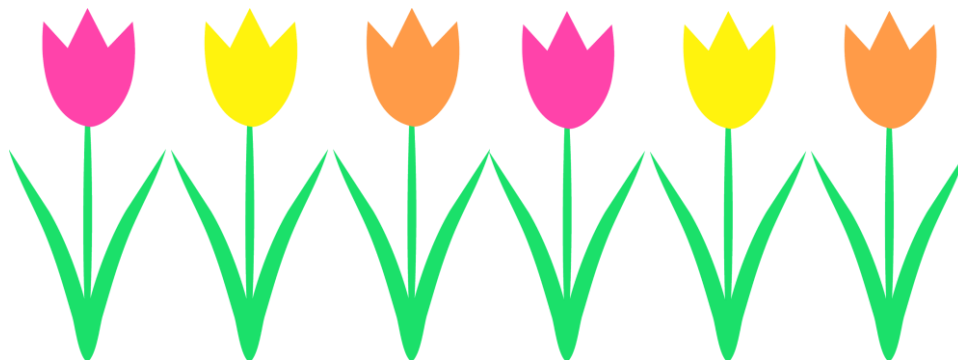
Living with Voices

Length of workshop: 2 hours

Workshop Overview:

This workshop aims to help people who hear voices to understand what causes the experience. During the course, we will try out some strategies to manage voices more effectively that will help you to get on with your life.

DATE	TIME	VENUE	DURATION
Fri 23.03.18	10.00-12.00	The Stein Centre	2 hrs



GETTING INVOLVED

Getting more involved

Length of workshop: 2 hours

Workshop Overview:

Are you interested in volunteering with CWP with a view to developing people and/or administration skills within Education for Wellbeing? There are a number of roles available – meet and greet; reception; 'study buddy' or sharing your lived experience by helping to co-produce or co-facilitate one of our courses. If one or more of these roles appeal to you, think about attending our Getting More Involved Course.

DATE	TIME	VENUE	DURATION
Wed 21.03.18	14.00-16.00	The Stein Centre	2 Hrs

My name is **Rachel Millard**. I am the **Participation and Engagement** worker for the **Wirral** locality. I work across Adult Mental Health, Learning Disability and CAMHS services.

My role as engagement development worker is to engage people in talking about our services and to listen to patients and carers within the service and the wider community. I work collaboratively with service users, families and carers to help the Trust to learn from their lived experience of services and of what helps recovery.

If you would like to know more about getting involved in some exciting opportunities my contact details are:



rachel.millard@cwp.nhs.uk / tel: 07825593221



KEEPING PHYSICALLY HEALTHLY

Keeping your Heart Healthy

Length of Workshop: 2 hours

Workshop Overview:

Did you know that Coronary Heart Disease is the UK's biggest killer? This workshop will introduce some simple steps you can take to keep your heart healthy and reduce your risk of developing heart disease, whatever your age.

DATE	TIME	VENUE	DURATION
Mon 05.03.18	14.00-16.00	The Stein Centre	2 Hrs

Food & Mood

Length of Workshop: 2.5 hours

Workshop Overview:

This workshop aims to explore the connection between food and mood by looking at some of the latest research and identifying food and food groups that can significantly affect our mood. We also aim to encourage you to think about how your mood is impacting on your relationship with food. The workshop will hopefully inspire you to begin to think about changes you could make to your diet that may improve your mood.

DATE	TIME	VENUE	DURATION
Wed 21.02.18	14.00-16.30	The Stein Centre	2.5 Hrs

Living with Fibromyalgia

Length of workshop: 3 hours

Workshop Overview:

This workshop aims to provide information about living with Fibromyalgia and to introduce remedies and techniques to help people who have Fibromyalgia to reduce symptoms and to achieve recovery.

DATE	TIME	VENUE	DURATION
Thu 22.03.18	13.30-16.30	The Stein Centre	3 Hrs

Achieving Better Sleep

Length of workshop: 2 hours

Workshop Overview:

This workshop aims to help students learn more about how and why sleep problems occur and look at different ways to manage sleep problems.

DATE	TIME	VENUE	DURATION
Mon 29.01.18	14.00-16.00	The Stein Centre	2 Hrs

End of Term Celebrations

Length of workshop: 2 hours

Workshop Overview:

This event is open to anyone who has attended courses or workshops during the term. It is a fun, friendly celebration to recognise your work throughout the term. A time to both celebrate and reflect on the personal goals you may have set yourself during the term. Do come along to celebrate the end of the term and all your individual achievements. Tasty treats and light refreshments will be provided.

DATE	TIME	VENUE	DURATION
Wed 28.03.18	11.00-13.00	The Stein Centre	2 Hrs



Recovery College Charter

Before you attend the Recovery College...

You can expect us to:

- Deal with your enquiries in an efficient, professional and friendly manner.
- Provide information, guidance and advice on courses and programmes of study.

We expect you to:

- Give us the relevant information that we need to register you.

Throughout your time at the Recovery College...

You can expect us to:

- Provide you with a warm and professional welcome at all times.
- Ensure courses are of a high quality and promote hope, control and opportunity.
- Provide support, which will help you monitor and review your progress.
- Provide a safe and healthy study environment.
- Respect your personal beliefs, life choices, religious and cultural practices and traditions.
- Discuss possible next steps upon completion of your course, within the Recovery College or elsewhere.

We expect you to:

- Help us to help you to enjoy your student experience; if you are experiencing any problems, please let us know.
- Attend courses punctually. If you are running late or are no longer able to attend please let us know.
- Make the most of the student experience and your own course.
- Be considerate of all students, college staff and others working on a college site by observing the Recovery College Code of Conduct.
- Respect the individual rights of all members of the Recovery College.
- Ask us for any clarification if you are not sure about anything.

Code of Conduct

The aim of the code is to try to ensure that attendance at the Recovery College is a positive experience for all.

Everyone attending the college should:

- Act in a manner that does not offend others.
- Seek support if needed.
- Treat everyone with respect. Any form of bullying will be treated seriously and may lead to exclusion from the Recovery College.
- Treat all College property with respect.
- Switch your mobile phone to silent and step outside the training room on taking an urgent call.
- Dispose of litter responsibly by using bins and recycling collection points located in / around the College.
- Respect the rights, life choices, beliefs and opinion of others and promote freedom of speech
- If you wish to smoke, please do so away from the college building. Smoking on site is not permitted.

WIRRAL EDUCATION FOR WELLBEING

Enrolment Form – Spring 2018

PART 1 – Course/Workshop and Personal Details					
Course 1:		Course 4:			
Course 2:		Course 5:			
Course 3:		Course 6:			
Your Name:	<i>First Name</i>		<i>Surname</i>		
Date of Birth					
Address:					
Postcode:					
Email:					
Telephone/s:					
Is there anything that may impact upon your attendance/participation?					
<i>Please tell us:</i>					
Please indicate what contact you have with CWP (<i>Please circle</i>):					
Use community services delivered by CWP	Support someone using community services delivered by CWP	Staff Member	CWP Recovery College Volunteer	CWP Volunteer	Other (please specify)
How did you find out about the Recovery College?					
<i>Please tell us:</i>					

PART 2 – Emergency Contact and Medical Details			
GP Details:	Full Name	Telephone Number	Practice /Medical Centre
Is there any relevant medical information we should know about?			
Who should we contact in the event of an emergency?		Full Name	Telephone number
Do you have any specific learning needs we should know about?			

PART 3 – CWP services (if applicable)			
Which services delivered by CWP do you use?			
Lead Professional Name (e.g. care coordinator)	Full Name:	Role:	Telephone Number

Part 4 – Terms and Conditions of enrolment	
<i>Please note that it is a requirement of the Recovery College that you agree to the <u>applicable</u> terms below. If you do not agree to all of these terms then you will not be able to enrol.</i>	
	<i>Please tick</i>
I have read and agreed to the Recovery College code of conduct	<input type="checkbox"/>
I have read and agreed to the Recovery College Charter	<input type="checkbox"/>
I agree and understand that a note of my attendance is recorded	<input type="checkbox"/>
If accessing other services delivered by CWP I agree and understand that my attendance is noted on CWP's electronic record keeping system 'CareNotes'	<input type="checkbox"/>
I agree to the Recovery College contacting my emergency contact / lead professional in case of an emergency	<input type="checkbox"/>
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	<input type="checkbox"/>

Part 5 – Optional Agreements	
I give permission for photographs to be taken of work that I produce and used to promote the Recovery College	<input type="checkbox"/>
I give permission for photographs to be taken of myself and used to promote the Recovery College	<input type="checkbox"/>
I give permission for my details to be added to the distribution list so that I can be sent new information about the Recovery College	<input type="checkbox"/>

Signed..... Date.....

Please return this form by:

Post – Wirral Education for Wellbeing, The Stein Centre, St Catherine's Hospital, Derby Road, Birkenhead, CH42 0LQ

Email – educationforwellbeing@cwps.nhs.uk

We will keep your personal registration details secure and anything you share with us will be treated as confidential and acts in accordance with the Data Protection Act 1998. Please tick the box if you wish to receive information by email or by post . Confirmation of your place on your chosen courses and your student number will be sent to you.

We look forward to welcoming you to our Recovery College