

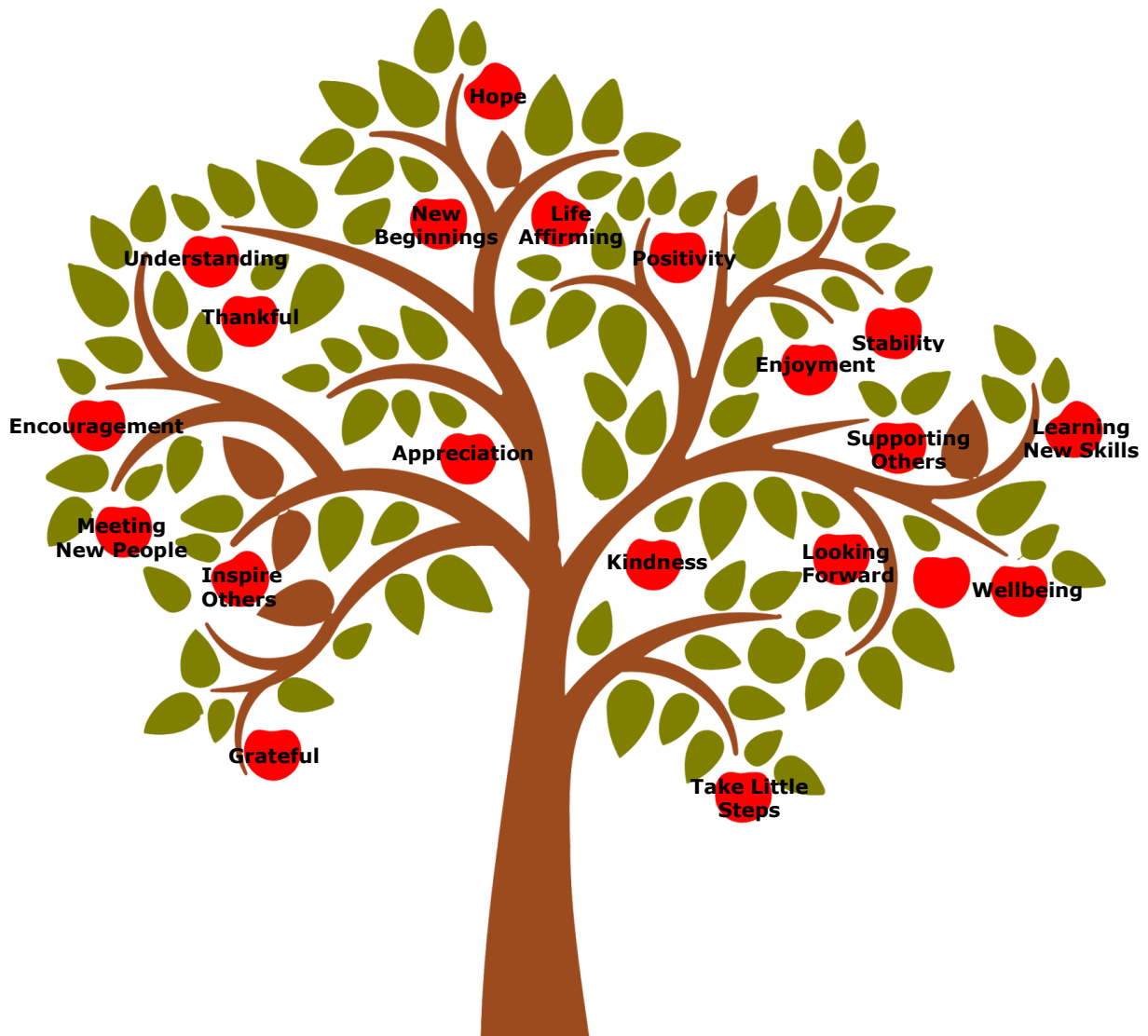


# WIRRAL EDUCATION FOR WELLBEING

## 2018 SUMMER TERM PROSPECTUS

For more information please telephone: 0151 488 7250

or email: [educationforwellbeing@cwps.nhs.uk](mailto: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](mailto:educationforwellbeing@cwps.nhs.uk)

## Education for Wellbeing Team:



*Linda Friend, Clinical Service Lead*



*Victoria Pine, Specialist Health Facilitator*



*Joyce Gunnery, Administrator*



*Helen Bee, Administrator*

## Welcome

We are delighted to welcome you to our summer prospectus with a wide range of courses which we hope will help to improve your wellbeing by learning about ways in which you can help yourself to recover.

Our courses, where possible, are co-produced and co-delivered by people who have experienced mental health conditions together with staff from community services and our local community.

## NEW STUDENT?

### NOT SURE WHERE TO START?

Sometimes when you are unwell goals are difficult to identify; let alone figuring out the steps to get you there.

At Education for Wellbeing we can help you break down this task by working with you to create a learning plan.

### WHAT IS A LEARNING PLAN?

A Learning Plan is a tool to help you identify your goals, so you can get the most out of your time at Education for Wellbeing. After these goals have been set in place, the Learning Plan helps make a pathway to reach them.

To create your Learning Plan, you will have a one-to-one appointment with a member of Education for Wellbeing staff called a Pathway Planner.



## Enrolment and Individual Learning Plans

If you are a new student you would benefit from meeting with a Pathway Planner before you enrol on courses.

We will be holding two welcome sessions at the beginning of term. This will enable students to learn a bit more about Education for Wellbeing, the current prospectus and will also be an opportunity to discuss your learning needs and complete an Individual Learning Plan with a Pathway Planner.

These are open sessions so there is no need to book.

<b>THURSDAY</b> 26.04.18	<b>TUESDAY</b> 01.05.18
Enrolment Session 1 14.00 – 16.00 Training Room, The Stein Centre	Enrolment Session 2 14.00 – 16.00 Training Room, The Stein Centre

If you miss these sessions and would like to meet with a Pathway Planner to create your Individual Learning Plan please contact Education for Wellbeing to make an appointment.

Returning students should enrol by filling in an enrolment form.

### How do I book on to 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.

There is a section on the form to tell us the courses you wish to attend. 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.

## 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 22.05.18	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
Thurs 12.07.18	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 17.07.18	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 13.06.18	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 04.07.18	14.00-16.00	The Stein Centre	2 Hrs

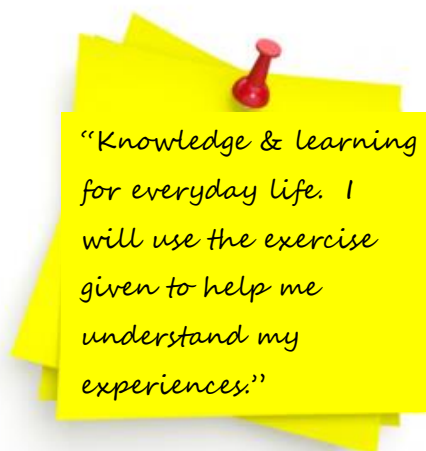
## Understanding ADHD in Adults

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 06.06.18	14.00-16.30	The Stein Centre	2.5 Hrs



## REBUILDING YOUR LIFE

### Introduction to Mindfulness

Length of workshop: 2 hours

#### Workshop Overview:

These 'taster' workshops will be helpful for those wanting to know more about Mindfulness meditation skills. It will include some short Mindfulness based practise meditations to help you decide whether Mindfulness would be of benefit to you.

A)

DATE	TIME	VENUE	DURATION
Wed 16.05.18	14.00-16.00	The Stein Centre	2 Hrs

OR

B)

DATE	TIME	VENUE	DURATION
Wed 27.06.18	14.00-16.00	The Stein Centre	2 Hrs

### 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.

A)

DATE	TIME	VENUE	DURATION
Thurs 17.05.18	14.00-16.30	The Stein Centre	2.5 Hrs
Thurs 24.05.18	14.00-16.30	The Stein Centre	2.5 Hrs
Thurs 31.05.18	14.00-16.30	The Stein Centre	2.5 Hrs
Thurs 07.06.18	14.00-16.30	The Stein Centre	2.5 Hrs

OR

B)

DATE	TIME	VENUE	DURATION
Tues 19.06.18	14.00-16.30	The Stein Centre	2.5 Hrs
Tues 26.06.18	14.00-16.30	The Stein Centre	2.5 Hrs
Tues 03.07.18	14.00-16.30	The Stein Centre	2.5 Hrs
Tues 10.07.18	14.00-16.30	The Stein Centre	2.5 Hrs

Please note that these are 4 week courses; 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 21.06.18	10.00-12.00	The Stein Centre	2 Hrs
Thurs 28.06.18	10.00-12.00	The Stein Centre	2 Hrs
Thurs 05.07.18	10.00-12.00	The Stein Centre	2 Hrs
Thurs 12.07.18	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 17.05.18	10.00-12.00	The Stein Centre	2 Hrs
Thurs 24.05.18	10.00-12.00	The Stein Centre	2 Hrs
Thurs 31.05.18	10.00-12.00	The Stein Centre	2 Hrs
Thurs 07.06.18	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 13/07/18	10.00-12.00	The Stein Centre	2 Hrs



## Introduction to Wellness Recovery Action Planning (WRAP)

Length of course: 2 weeks

### Course Overview:

This 2 week 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.

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.

DATE	TIME	VENUE	DURATION
Thurs 05.06.18	14.00-16.30	The Stein Centre	2.5 Hrs
Thurs 12.06.18	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 15.06.18	10.00-12.00	The Stein Centre	2 Hrs
Fri 22.06.18	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 08.06.18	10.00-12.00	The Stein Centre	2 hrs

## 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 18.06.18	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 20.06.18	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 14.06.18	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 25.06.18	14.00-16.00	The Stein Centre	2 Hrs

## VOLUNTEERING

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.

Are you ready to take the next steps to develop the skills you need to move on and enable you to build the future you want for yourself? If so, you may want to get involved in some of the volunteering opportunities we have in our Education for Wellbeing College and with our Participation and Engagement Worker.

Examples such as volunteering to help us deliver Education for Wellbeing courses or participating in recruitment of staff, training staff, gathering feedback from service users / carers, or telling us about your lived experience of our service.

If you would like to know more about volunteering my contact details are:

[rachel.millard@cwps.nhs.uk](mailto:rachel.millard@cwps.nhs.uk) / tel: 07825593221



## PATIENT ADVICE LIAISON SERVICE (PALS) DROP-IN SESSIONS

PALS have arranged for a number of drop-in sessions across various sites of the Trust in 2018.

The aim of these sessions is to provide an opportunity for service users, members of staff, family members and carers to discuss any concerns they may have. The team are then able to provide necessary guidance and support to ensure that these issues are resolved as effectively and efficiently as possible.

We aim to ensure that staff, service users, family members and carers are aware of where they can receive support if they have any concerns about their own care, or the care of their loved ones. Furthermore, 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.

The PALS team will be attending the Stein Centre every second Tuesday of the month from 9am-12pm as follows:

DAY	DATE	TIME	VENUE
Tuesday	10 <sup>th</sup> April 2018	09.00 – 12.00	Stein Centre
Tuesday	8 <sup>th</sup> May 2018	09.00 – 12.00	Stein Centre
Tuesday	12 <sup>th</sup> June 2018	09.00 – 12.00	Stein Centre
Tuesday	10 <sup>th</sup> July 2018	09.00 – 12.00	Stein Centre

Please do not hesitate to come along to discuss any concerns you may have. We look forward to meeting you.



# EDUCATION FOR WELLBEING

## END OF TERM CELEBRATIONS

(Open to students that have attended any courses / workshops during our Summer Term)

**FRIDAY 20<sup>TH</sup> JULY 2018**  
**11.00 – 13.00 HOURS**

### **Come and join us at our End of Term Celebrations Event**

**An opportunity to get together with other students and Education for Wellbeing staff to celebrate and reflect on your achievements during the Summer term.**

**Students that have attended courses and /or workshops will be presented with a 'Certificate of Attendance' to recognise their work.**

**Tasty treats and light refreshments will be provided.**

**Please register your interest in attending this event by contacting the Education for Wellbeing office on **0151 488 7250** or via email to **[educationforwellbeing@cwp.nhs.uk](mailto:educationforwellbeing@cwp.nhs.uk)****

## 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.

**EDUCATION FOR WELLBEING – SUMMER TERM 2018 CALENDAR**

<b>APRIL 2018</b>				
<b>MON</b>	<b>TUES</b>	<b>WEDS</b>	<b>THURS</b>	<b>FRI</b>
23	24	25	26 Enrolment Session (1) 14.00 – 16.00	27

<b>MAY 2018</b>				
<b>MON</b>	<b>TUES</b>	<b>WEDS</b>	<b>THURS</b>	<b>FRI</b>
	1 Enrolment Session (2) 14.00 – 16.00	2	3	4
7 Bank Holiday	8	9	10	11
14	15	16 Intro to Mindfulness (A) 14.00 – 16.00	17 Confidence & Self Esteem (1) 10.00 – 12.00 ----- Learning to Manage Anxiety (A) (1) 14.00 – 16.30	18
21	22 Understanding Depression 14.00 – 16.30	23	24 Confidence & Self Esteem (2) 10.00 – 12.00 ----- Learning to Manage Anxiety (A) (2) 14.00 – 16.30	25
28 Bank Holiday	29	30	31 Confidence & Self Esteem (3) 10.00 – 12.00 ----- Learning to Manage Anxiety (A) (3) 14.00 – 16.30	

<b>JUNE 2018</b>				
<b>MON</b>	<b>TUES</b>	<b>WEDS</b>	<b>THURS</b>	<b>FRI</b>
4	5 WRAP (1) 14.00 – 16.30	6 Understanding ADHD 14.00 – 16.30	7 Confidence & Self Esteem (4) 10.00 – 12.00 ----- Learning to Manage Anxiety (A) (4) 14.00 – 16.30	8 Living With Voices 10.00 – 12.00
11	12 WRAP (2) 14.00 – 16.30	13 Understanding Personality Disorder 14.00 – 16.30	14 Living with Fibromyalgia 13.30 – 16.30	15 Money Management (1) 10.00 – 12.00
18 Keeping Your Heart Healthy 14.00 – 16.00	19 Learning to Manage Anxiety (B) (1) 14.00 – 16.30	20 Food and Mood 14.00 – 16.30	21 Learning to Manage Low Mood (1) 10.00 – 12.00	22 Money Management (2) 10.00 – 12.00
25 Achieving Better Sleep 14.00 – 16.00	26 Learning to Manage Anxiety (B) (2) 14.00 – 16.30	27 Intro to Mindfulness (B) 14.00 – 16.00	28 Learning to Manage Low Mood (2) 10.00 – 12.00	29

<b>JULY 2018</b>				
<b>MON</b>	<b>TUES</b>	<b>WEDS</b>	<b>THURS</b>	<b>FRI</b>
2	3 Learning to Manage Anxiety (B) (3) 14.00 – 16.30	4 Understanding Your Medication 14.00 – 16.00	5 Learning to Manage Low Mood (3) 10.00 – 12.00	6
9	10 Learning to Manage Anxiety (B) (4) 14.00 – 16.30	11	12 Learning to Manage Low Mood (4) 10.00 – 12.00 ----- Understanding Bi-Polar Affective Disorder 14.00 – 16.30	13 Benefits Awareness 10.00 – 12.00
16	17 Understanding Psychosis 14.00 – 16.30	18	19	20 End of Term Celebrations 11.00 – 13.00

# WIRRAL EDUCATION FOR WELLBEING

Enrolment Form – Summer 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			
<b>GP Details:</b>	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)**

<b>Which services delivered by CWP do you use?</b>			
<b>Lead Professional Name (e.g. care coordinator)</b>	<i>Full Name:</i>	<i>Role:</i>	<i>Telephone Number</i>

**Part 4 – Terms and Conditions of enrolment**

*Please note that it is a requirement of the Recovery College that you agree to the applicable terms below. If you do not agree to all of these terms then you will not be able to enrol.*

*Please tick*

<b>I have read and agreed to the Recovery College code of conduct</b>	<input type="checkbox"/>
<b>I have read and agreed to the Recovery College Charter</b>	<input type="checkbox"/>
<b>I agree and understand that a note of my attendance is recorded</b>	<input type="checkbox"/>
<b>If accessing other services delivered by CWP I agree and understand that my attendance is noted on CWP's electronic record keeping system 'CareNotes'</b>	<input type="checkbox"/>
<b>I agree to the Recovery College contacting my emergency contact / lead professional in case of an emergency</b>	<input type="checkbox"/>
<b>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</b>	<input type="checkbox"/>

**Part 5 – Optional Agreements**

<b>I give permission for photographs to be taken of work that I produce and used to promote the Recovery College</b>	<input type="checkbox"/>
<b>I give permission for photographs to be taken of myself and used to promote the Recovery College</b>	<input type="checkbox"/>
<b>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</b>	<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](mailto: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***