

WIRRAL EDUCATION FOR WELLBEING
2019 SPRING TERM PROSPECTUS



This picture was painted by Louise Power for Education for Wellbeing

What we do?

We offer recovery focused courses and workshops which give students the opportunity to gain understanding of their mental health, 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+ who currently use Community Mental Health services delivered by Cheshire & Wirral Partnership NHS Trust
- People who care for someone who uses Community Mental Health services delivered by Cheshire & Wirral Partnership NHS Trust
- Families and supportive friends of those who currently use Community Mental Health services delivered by Cheshire & Wirral Partnership NHS Trust
- CWP staff and volunteers who work in or support the delivery of Community Mental Health services

For more information visit us online on our ...

Webpage

Keep up to date with changes to the prospectus and new events via the CWP webpage. Find Wirral Education for Recovery on: <http://www.cwp.nhs.uk/services-and-locations/services/wirral-education-for-wellbeing/>

OR

Intranet and CWP Bulletin

If you are a member of staff for CWP you can also keep up to date via our page on the intranet (Under E in Department A-Z for Education for Wellbeing) and the CWP bi-weekly bulletin.

Contact us

Tel: 0151 488 7250

Please note that there is someone able to answer the Education for Wellbeing office phone until 2:30pm every week day (Mon-Fri). If you call after 2:30pm please leave a message and we will aim to get back to you the following day.

Email: cwp.educationforwellbeing@nhs.net

How to find us: Wirral Education for Wellbeing is located at the Outpatients' Reception Entrance at

**The Stein Centre
St Catherine's Hospital
Derby Road
Birkenhead
CH42 0LQ**

The Stein Centre has wheelchair access, accessible parking and accessible toilet and changing facilities

Please see our map on the last page of the prospectus for more information on where to find us

The Education for Wellbeing Team



Alex Palmer
Coordinator



Linda Friend
Clinical Service Lead



Victoria Pine
Specialist Health
Facilitator

Staff Profile: Jane Brady-Caldecott, the new Education for Wellbeing Administrator



Hi! I am Jane and I am the new Administrator for Education for Wellbeing. I started working for Education for Wellbeing back in September and wow – what a term it has been!

I have really enjoyed learning about Education for Wellbeing and gaining more of an understanding about the courses and workshops that we run. The highlight of the term has been getting to know the students and supporting them to sign up and attend our sessions.

This term I am excited to see more people sign up to Education for Wellbeing and hopefully enjoy some of the new workshops we have included.

Favourite book: This is a tricky one as two spring to mind; the first being 'The Girl With The Dragon Tattoo' by Stieg Larsson, and the second being 'Shadow of The Wind' by Carlos Ruiz Zafon. They are both completely different in tone and setting, but equally riveting.

Perfect day: My perfect day would be spent relaxing and pottering about at home and in the garden. But as a mum of two boys this is a very rare occurrence!

Favourite song: 'The Whole of The Moon' by The Waterboys

Hobbies: I love DIY and home improvements and can often be found scouring Pinterest for the next project, much to the Husband's disdain who says if something stays still long enough it gets painted!. I am at my most content with a paintbrush in hand.

Welcome

Welcome to our Spring Prospectus for 2019. We are so glad that you have picked it up and we hope that you consider signing up to some of our courses. All of our workshops are designed to help you to understand more about your mental health and equip you with tools which will aid you in your recovery.

You may see that this term there are a few changes to the programme. This has been in response to feedback from our students and we hope that you enjoy trying something new.

With everything we do at Education for Wellbeing, we aim to ensure that our students have a voice in shaping what and how we deliver things and we hope that this is reflected throughout our programme.

If you would like to share an idea or thought about how we can make a change here at Education for Wellbeing, please put a note in our Suggestions Box which can be found in the Education for Wellbeing Hub.

What type of sessions do we run?

We divide our workshops into four categories. These include;

Understanding Mental Health

Workshops that help you to understand your experience of mental health

Rebuilding your Life

Workshops that focus on helping you to gain skills that will support you to recover

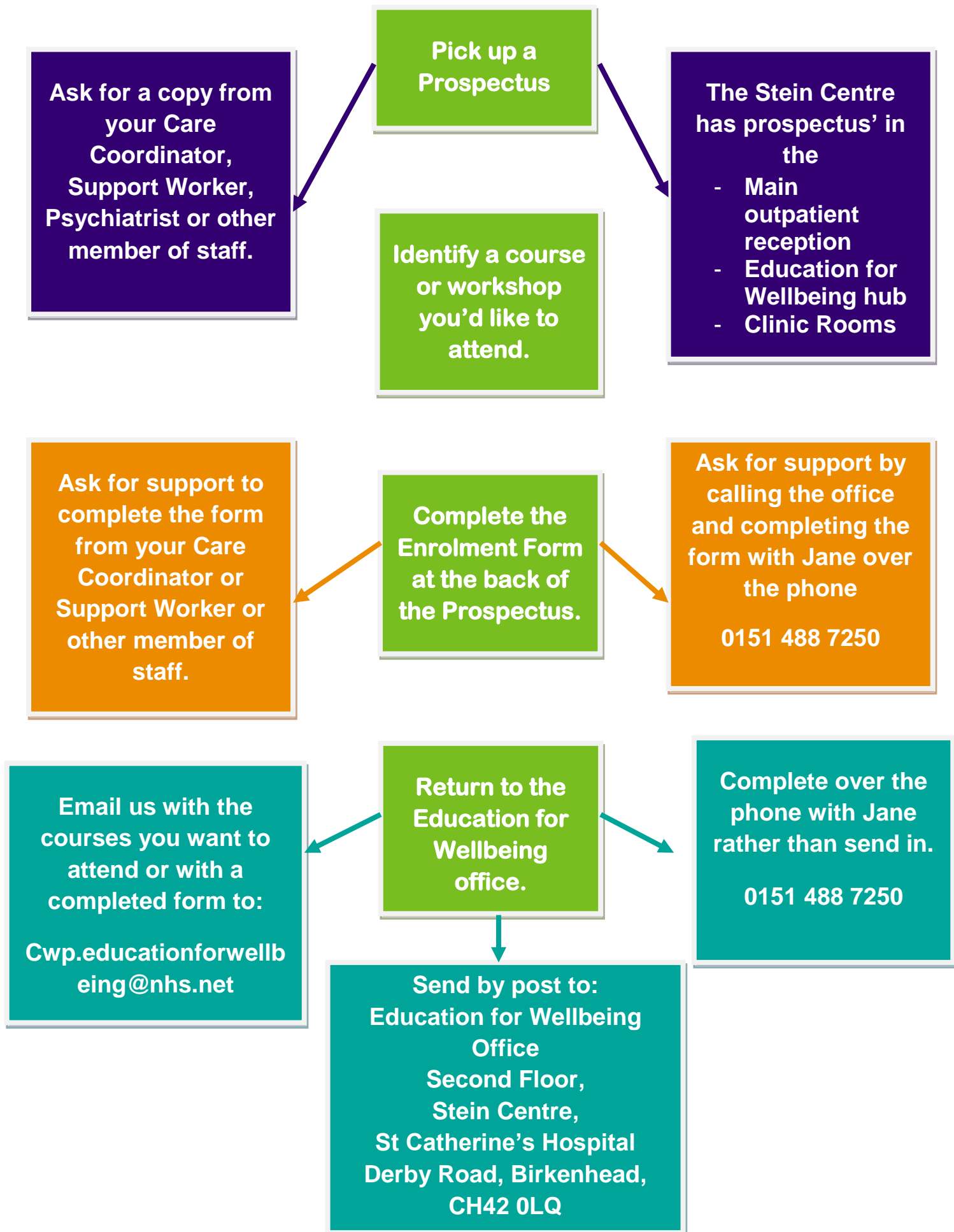
Keeping Physically Healthy

Just what it says on the tin – workshops to help you keep fit and well

Recovery through Creativity

Exploring creative tools to assist with our recovery

How do I book onto a workshop or course?



Wirral Education for Wellbeing Charter

Before you attend Education for Wellbeing ...

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 Education for Wellbeing ...

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
- If you access other CWP services, record your attendance on CWP's electronic record keeping system 'CareNotes'
- Respect your personal beliefs, life choices, religious and cultural practices and traditions.
- Make all possible adjustments so that everyone can access our workshops, content and environment
- Give you the opportunity to express your views of Education for Wellbeing
- Respect the confidentiality of students and what is discussed on the courses

We expect you to:

- To take responsibility and an active part in your own learning and recovery journey using the resources made available to you
- Ask us for any clarification if you are not sure about information or need help
- Treat all course participants with compassion and dignity, being considerate of all course participants' rights, choices, beliefs and opinions
- Respect confidentiality of what is discussed by students on the courses
- If you are accessing other CWP services, agree to have your attendance at Education for Wellbeing courses noted on CWP's electronic record keeping system 'CareNotes'
- Attend courses or workshops punctually or to cancel in good time and once in the session to turn mobile devices to silent or switch off
- Adhere to Cheshire and Wirral Partnership No-Smoking policy which asks that if you are to smoke during a break you do so outside of the grounds

Spring Drop-in Session

- ✓ Are you new to Education for Wellbeing OR a returning student?
- ✓ Would you like to get more information about Education for Wellbeing?
- ✓ Would you like support to enrol and choose courses you want to attend?

Then why not attend our Spring Drop-in Session?

Come and drop-in at the Stein Centre anytime between 11am and 1pm on Thursday 17th January and learn more about Education for Wellbeing.

There will be the chance to meet the team and be supported to enrol.

Our volunteers will also be there to share with you their experience of learning through the programme.

To sign up to attend, please contact Jane at the office on

0151 488 7250

cwp.educationforwellbeing@nhs.net

Student profile

About Wendy ...



My Recovery Journey so far

I was first directed towards Education for Wellbeing by my counsellor from Family Tree. Through attending many courses and gladly so, I became aware of my own stresses in life and learnt tools to help me to stay calm and to put things into perspective. Learning these things and receiving support has helped to build my confidence.

I have also learnt how important it is to value and respect other people and to realise how we can all learn from one another.

It can take time and patience when learning how to be happy and confident in life.

Favourite book: I like very different books, my favourites include Jack the Ripper novels and romantic novels by Barbara Cartland.

Perfect day: My perfect day involves relaxing at home with my feet up and watching a comedy.

Favourite song: I don't have a favourite song but I really like the Bee Gees. I like their music because it is romantic and relaxing.

Hobbies: I have just started knitting and have made a coat for the dog which received mixed reviews. Hopefully the scarf for my step-son will be an improvement 😊

What our students say?

“Thank you. You've have helped me, and my family too, as I've been able to pass skills on.”

“It has helped so much – thank you!!”

“There was loads of information to get stuck into!”

“I enjoyed the course. I like the fact that people were talking about their experiences”

“I have learnt a great deal about ADHD and it was a pleasure to learn and understand.”

UNDERSTANDING MENTAL HEALTH

Understanding Personality Disorder

Length of workshop: 2.5 hours

Facilitator: Jane Matthews, Complex Needs Service

Workshop Overview: This workshop aims to increase students understanding of personality disorder, exploring how factors can affect individuals differently and how it is diagnosed. It will also explore some positive coping strategies for individuals and their carers. This session provides plenty of opportunity for student to ask questions about Personality Disorder and get some answers.

| DATE | TIME | VENUE | DURATION |
|----------------|-------------|--------------|-----------|
| Wed 06.02.2019 | 14:00-16:30 | Stein Centre | 2.5 hours |

Understanding your Medication *please note the date of this workshop may change*

Length of workshop: 1 hour 45 min

Facilitator: Becky Hillier, Clinical Pharmacist

Workshop Overview: If you want to know more about what medicines do and what to expect when you take them then this is the workshop for you. This workshop looks to explain the common terms used to explain medication, how different types of medication work and the factors that can affect them.

| DATE | TIME | VENUE | DURATION |
|----------------|-------------|--------------|---------------|
| Wed 13.02.2019 | 13:00-14:45 | Stein Centre | 1 hour 45 min |

Please do sign up for this course as if the date of this course does change, we will contact you with the alternative date.

Understanding Psychosis

Length of workshop: 2 hours

Facilitator: Aisling O’Kane, Consultant Clinical Psychologist

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 |
|----------------|-------------|--------------|----------|
| Wed 27.02.2019 | 14:00-16:00 | Stein Centre | 2 hours |

Understanding ADHD in Adults

Length of workshop: 2.5 hours

Facilitator: Sarah Miller / Philip Gadd, Adult ADHD Team

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 in the last part we will discuss medication, therapies, strategies and the support available for adults with ADHD.

| DATE | TIME | VENUE | DURATION |
|----------------------------|-------------|--------------|-----------|
| Wed 13 th March | 14:00-16:30 | Stein Centre | 2.5 hours |

Understanding Depression

Length of workshop: 2.5 hours

Facilitator: Emily Wingfield, Clinical Psychologist

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. It will also look at different types of depression and how it is diagnosed as well as exploring some positive coping strategies for overcoming depression.

| DATE | TIME | VENUE | DURATION |
|---------------------------|-------------|--------------|-----------|
| Wed 6 th March | 14:00-16:30 | Stein Centre | 2.5 hours |

Understanding Bi-Polar Affective Disorder

Length of workshop: 2 hours

Facilitator: Aisling O’Kane, Consultant Clinical Psychologist

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 |
|---------------------------|-------------|--------------|----------|
| Wed 3 rd April | 14:00-16:00 | Stein Centre | 2 hours |

REBUILDING YOUR LIFE

Introduction to Mindfulness

Length of workshop: 2 hours

Facilitator: Chris Groom, Clinical Psychologist and Victoria Anderson, Recovery Mentor

Workshop Overview: These 'taster' workshops will be helpful for those wanting to know more about mindfulness meditation skills. It will explain the practice of mindfulness, its roots and use in current practice. It will also include some short mindfulness based practise meditations to help you decide whether Mindfulness would be of benefit to you.

A)

| DATE | TIME | VENUE | DURATION |
|------------|-------------|--------------|----------|
| 23.01.2019 | 14:00-16:00 | Stein Centre | 2 hours |

OR

B)

| DATE | TIME | VENUE | DURATION |
|------------|-------------|--------------|----------|
| 27.03.2019 | 14:00-16:00 | Stein Centre | 2 hours |

Learning to Manage Low Mood

Length of course: 4 weeks

Facilitator: Gareth Hughes, Clinical Psychologist

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

| DATE | TIME | VENUE | DURATION |
|----------------|-----------|--------------|----------|
| Thu 21.02.2019 | 10-12noon | Stein Centre | 2 hours |
| Thu 28.02.2019 | 10-12noon | Stein Centre | 2 hours |
| Thu 07.03.2019 | 10-12noon | Stein Centre | 2 hours |
| Thu 14.03.2019 | 10-12noon | Stein Centre | 2 hours |

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. Do contact the Education for Wellbeing team if you would like to register but think you may have to miss a session.

Learning to Manage Anxiety

Length of course: 4 weeks

Facilitator: Linda Friend, Clinical Service Lead (West)

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 |
|----------------|-------------|--------------|-----------|
| Tue 22.01.2019 | 14:00-16:30 | Stein Centre | 2.5 hours |
| Tue 29.01.2019 | 14:00-16:30 | Stein Centre | 2.5 hours |
| Tue 05.02.2019 | 14:00-16:30 | Stein Centre | 2.5 hours |
| Tue 12.02.2019 | 14:00-16:30 | Stein Centre | 2.5 hours |

OR

| DATE | TIME | VENUE | DURATION |
|----------------|-------------|--------------|-----------|
| Thu 28.02.2019 | 14:00-16:30 | Stein Centre | 2.5 hours |
| Thu 07.03.2019 | 14:00-16:30 | Stein Centre | 2.5 hours |
| Thu 14.03.2019 | 14:00-16:30 | Stein Centre | 2.5 hours |
| Thu 21.03.2019 | 14:00-16:30 | Stein Centre | 2.5 hours |

Due to its popularity, we are running this course twice this term. Please consider carefully which series of sessions you would like to register for. As 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.

Living with Voices

Length of workshop: 2 hours

Facilitator: Dawn Evans, Liam Harvey, Denise Brace, Early Intervention Team

Workshop Overview: This workshop 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 that will help you to get on with your life.

| DATE | TIME | VENUE | DURATION |
|----------------|-----------|--------------|----------|
| Fri 22.03.2019 | 10-12noon | Stein Centre | 2 hours |

Confidence Building and Self Esteem

Length of course: 4 weeks

Facilitator: Alex Palmer, Coordinator of Education for Wellbeing

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 will explore what confidence and self-esteem mean to them and learn various skills and techniques to build their confidence and increase self-esteem.

| DATE | TIME | VENUE | DURATION |
|----------------|-----------|--------------|----------|
| Thu 24.01.2019 | 10-12noon | Stein Centre | 2 hours |
| Thu 31.01.2019 | 10-12noon | Stein Centre | 2 hours |
| Thu 07.02.2019 | 10-12noon | Stein Centre | 2 hours |
| Thu 14.02.2019 | 10-12noon | Stein Centre | 2 hours |

OR

| DATE | TIME | VENUE | DURATION |
|----------------|-----------|--------------|----------|
| Tue 05.03.2019 | 10-12noon | Stein Centre | 2 hours |
| Tue 12.03.2019 | 10-12noon | Stein Centre | 2 hours |
| Tue 19.03.2019 | 10-12noon | Stein Centre | 2 hours |
| Tue 26.03.2019 | 10-12noon | Stein Centre | 2 hours |

Due to its popularity, we are running this course twice this term. Please consider carefully which series of sessions you would like to register for. As 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.

Money Management

Length of course: 2 hours

Facilitator: Keith Brewer, Debt Advisor, StepChange Charity

Course Overview: Do you find yourself worrying about money and how best to manage it? 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.

| DATE | TIME | VENUE | DURATION |
|----------------|-------------|--------------|----------|
| Tue 26.03.2019 | 14:00-16:00 | Stein Centre | 2 hours |

Getting the most from your appointment

Length of course: 2 hours

Facilitator: Victoria Pine, Specialist Health Facilitator and Alex Palmer, Coordinator Education for Wellbeing

Workshop Overview: Do you find appointments daunting? Your relationship with mental health professionals is a key part of your care. Like all good relationships, this is a two way street. Therefore, it may be good to know how to ask questions and how to become an active participant in the planning of your care and treatment. If you would like help to do this, as well as support on how to express yourself with more clarity and confidence then attendance at this workshop is a must.

| DATE | TIME | VENUE | DURATION |
|----------------|-----------|--------------|----------|
| Fri 05.04.2019 | 10-12noon | Stein Centre | 2 hours |

Carer's Rights

Length of Workshop: 2 hours

Facilitator: Sue Stinchcombe, Carer Connector WIRED.

| DATE | TIME | VENUE | DURATION |
|----------------|-------------|--------------|----------|
| Tue 26.02.2019 | 14:00-16:00 | Stein Centre | 2 hours |

Workshop Overview

This workshop is for carers and is designed to help you to understand your rights under the Care Act and the benefits you may be entitled to claim as a carer. Information will also be given about the support available to carers from Wirral organisations such as WIRED.

KEEPING PHYSICALLY HEALTHLY

Food & Mood

Length of Workshop: 2 hours

Facilitator: Alex Palmer, Coordinator Education for Wellbeing and Lance Fletcher, Lived Experience Volunteer

Workshop Overview: This workshop aims to explore the connection between food and mood by 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 and will provide some useful guidance to help you make some small changes that may help to improve your mood.

| DATE | TIME | VENUE | DURATION |
|----------------|-----------|--------------|----------|
| Wed 30.01.2019 | 10-12noon | Stein Centre | 2 hours |

OR

| DATE | TIME | VENUE | DURATION |
|----------------|-----------|--------------|----------|
| Wed 20.03.2019 | 10-12noon | Stein Centre | 2 hours |

Living with Fibromyalgia

Length of workshop: 2 hours

Facilitator: Karen Noonan, Support Worker and Alex Palmer, Coordinator Education for Wellbeing

Workshop Overview: 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 it to come together and share their knowledge of what has helped them to manage symptoms and to achieve recovery.

| DATE | TIME | VENUE | DURATION |
|----------------|-------------|--------------|----------|
| Wed 10.04.2019 | 14:00-16:00 | Stein Centre | 2 hours |

Achieving Better Sleep

Length of workshop: 2 hours

Facilitator: Chris Groom, Clinical Psychologist

Workshop Overview: This workshop is not an individual sleep clinic but a workshop aiming to inform students about causes of poor sleep and equip them with techniques to improve sleep quality.

| DATE | TIME | VENUE | DURATION |
|----------------|-------------|--------------|----------|
| Wed 20.02.2019 | 14:00-16:00 | Stein Centre | 2 hours |

RECOVERY THROUGH CREATIVITY

Creative Art workshops

Length of course: 4 weeks

Facilitator: Alex Palmer, Coordinator Education for Wellbeing and Chele Trueman, Lived Experience Volunteer

Course Overview: These workshops are for everybody and anybody who is interested in growing creatively. In these sessions we will be learning how we can use art – painting, mosaic, and pastel – in our recovery journey. All materials will be supplied.

| DATE | TIME | VENUE | DURATION |
|----------------|-------------|--------------|----------|
| Fri 22.02.2019 | 14.00-16.00 | Stein Centre | 2 hours |
| Fri 01.03.2019 | 14.00-16.00 | Stein Centre | 2 hours |
| Fri 08.03.2019 | 14.00-16.00 | Stein Centre | 2 hours |
| Fri 15.03.2019 | 14.00-16.00 | Stein Centre | 2 hours |

Create to Feel Great

Length of workshop: 2 hours

Facilitator: Ben Adams, Create to Feel Great Founder

Workshop Overview: Create to Feel Great aims to introduce students to the positive impact of being creative and learn how it can be used as a positive tool for coping with mental health needs or illness. This one-off session is for everybody – you do not have to have had any creative experience to take part.

| DATE | TIME | VENUE | DURATION |
|----------------|-------------|--------------|----------|
| Mon 18.03.2019 | 14:00-16:00 | Stein Centre | 2 hours |

Creative Writing

Length of course: 3 weeks

Facilitator: Alison Schultz, published writer.

Course Overview: Get in touch with your thoughts and have a go at turning them into words with our creative writing taster sessions. This course is for all abilities.

| DATE | TIME | VENUE | DURATION |
|----------------|-------------|--------------|----------|
| Thu 28.03.2019 | 14:00-16:00 | Stein Centre | 2 hours |
| Thu 04.04.2019 | 14:00-16:00 | Stein Centre | 2 hours |
| Thu 11.04.2019 | 14:00-16:00 | Stein Centre | 2 hours |

The background of the entire page is decorated with pink tulips. Some are in the foreground, some are in the background, and some are partially cut off by the edges of the page. The tulips have green leaves and are in various stages of bloom.

**Education for Wellbeing
Spring End of Term
Celebration**

Friday 12th April 2019

Time: 11am-1pm

Location TBC

**Come and join us to celebrate and
reflect on your achievements during
the Spring Term.**

Tasty treats and light refreshments will be provided.

**Register to attend by contacting the Education for
Wellbeing office on 0151 488 7250 or via email to
cwp.educationforwellbeing@nhs.net**

More information will be released later in the term.

VOLUNTEER WITH EDUCATION FOR WELLBEING

What do you do as a volunteer?

Meet & Greet Volunteer: These volunteers support Education for Wellbeing by meeting and greeting existing students and new students, as well as visitors, making them feel welcome and directing people to areas within the college.

What skills do you need?

All CWP volunteers are expected to understand and maintain confidentiality, adhere to trust policies, be able to communicate with a range of people in a professional manner and be smart and approachable at all times.

All Education for Wellbeing volunteers will attend a Cheshire and Wirral Partnership Induction day and will be supported to identify future goals and training where necessary,

How can I learn more about volunteering with Education for Wellbeing?

Speak to a facilitator or to **Alex Palmer (Coordinator)**, by calling or emailing the Education for Wellbeing office on ...

Telephone: 0151 488 7250

Email: cwp.educationforwellbeing@nhs.net

or by completing the slip below and putting it in the **Suggestions Box** in the Education for Wellbeing hub, next to the main reception in the Stein Centre. We will then be in touch to speak with you further about what it means to be a volunteer.

VOLUNTEERING WITH EDUCATION FOR WELLBEING

REGISTERING INTEREST FORM

Name:

Telephone:

Email address:

WHAT ELSE IS ON AT CHESHIRE AND WIRRAL PARTNERSHIP?

Please note, these groups are only for individuals accessing mental health services with CWP or their carers

Allotment group

The allotment group meet every Wednesday from 2pm-4:30pm at Mountwood Allotment opposite the Wiend on Borough Road in Birkenhead. If you would like to learn more about the group please contact Mike Chapman on 07827 977 200.

Art and Craft group

The Art and Craft group meet on Monday afternoons from 1pm-3pm at Christ the King Church in Birkenhead. The group carries out a range of activities including sewing, card making and other craft. If you are interested in attending, please contact Karen Noonan on 07714 898 491. All materials are supplied.

Music group

The Music group meets every Tuesday afternoon from 12:30-3pm at Christ the King Church in Birkenhead. The group is for all abilities and instruments are supplied. For more information about the group, please contact Karen Noonan on 07714 898 491.

Walking group

The walking group meet every 2nd Friday of the month at Birkenhead Park café at 1:30pm. To get involved or to get more information please contact Mike Chapman on 07827 977 200.



WHO ELSE CAN SUPPORT YOU ON THE WIRRAL?

Citizens Advice Wirral

Citizens Advice Wirral is an independent and impartial organisation here to help. They offer wide ranging help across subjects that include the management of debt, problems with housing and rent, relationship issues and consumer rights. They have multiple sites across the Wirral and can be contacted by telephone from 10am-4pm Monday to Friday by calling **0300 33 00 111**

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.family.tree@nhs.net or visit the website: <http://www.familytreewirral.co.uk/>

Hope Place Community Café

Hope Place café 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. For more information call on 0151 608 4747, email hopeplace@btconnect.com or look at their website on 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 8 week online course from the centre 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.

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. The group also welcomes family members, friends or relatives of those affected by OCD who would like to learn and understand more about the condition. The group is aimed at adults but those under 18 can attend with parents.

Spider Project

Spider Project is a creative community project. Spider is run for anyone 18+ who has had a previous drug or alcohol problem and is abstinent from drug of choice or any drug related medications. You can also attend Spider Project if you suffer from a low level mental health issues or are isolated and disconnected from community but you must be claiming either; Employment Support Allowance, Incapacity Benefit or Universal Credit with a sick note. To attend Spider you can self-refer or be referred by family, friends or a health professional. Spider Project is based at 56 Hamilton Street, Birkenhead, CH41 5HZ and is open from 9am-5pm Monday-Friday. For more information call on 0151 647 7723 or email on enquiries@spiderproject.org.uk. Website www.spiderproject.org.uk

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 or look at their website on 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.

WIRED

WIRED offer care and support on behalf of Wirral Adult Social Services for those providing caring responsibilities. WIRED have a number of services including a help-line, carer's grant, emergency contact service, counselling and referral into other organisations. For more information call on: 0151 522 7990 or email contact@wired.me.uk or go to their website on www.wirralcarers.co.uk .

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 or on their website 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 , 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 .

EDUCATION FOR WELLBEING SPRING CALENDAR 2019

JANUARY 2019

| MON | TUE | WED | THU | FRI |
|-----|--|---|---|-----|
| 14 | 15 | 16 | 17 Spring Drop-in Session 11.00 -13.00 | 18 |
| 21 | 22 Learning to Manage Anxiety 14.00 - 16.30 | 23 Introduction to Mindfulness (A) 14.00 – 16.00 | 24 Confidence Building and Self-Esteem 10.00 – 12.00 | 25 |
| 28 | 29 Learning to Manage Anxiety 14.00 - 16.30 | 30 Food & Mood 10.00 – 12.00 | 31 Confidence Building and Self-Esteem 10.00 – 12.00 | 1 |

FEBRUARY 2019

| MON | TUE | WED | THU | FRI |
|-----|--|---|---|--|
| 4 | 5 Learning to Manage Anxiety 14.00 - 16.30 | 6 Understanding Personality Disorder 2.00 - 4.30 | 7 Confidence Building and Self-Esteem 10.00 – 12.00 | 8 |
| 11 | 12 Learning to Manage Anxiety 14.00 - 16.30 | 13 Understanding your Medication 13.00 -14:45 | 14 Confidence Building and Self-Esteem 10.00 – 12.00 | 15 |
| 18 | 19 Understanding Dementia 14.00 – 16.00 | 20 Achieving Better Sleep 14.00 – 16.00 | 21 Learning to Manage Low Mood 10.00 – 12.00 | 22 Creative Art Workshops 14.00 - 16.00 |
| 25 | 26 Carer's Rights 14.00 – 16.00 | 27 Understanding Psychosis 14.00 – 16.00 | 28 Learning to Manage Low Mood 10.00 – 12.00 Learning to Manage Anxiety 14.00 - 16.30 | 1 Creative Art Workshops 14.00 - 16.00 |

MARCH 2019

| MON | TUE | WED | THU | FRI |
|--|---|---|---|--|
| 4 | 5 Confidence Building and Self-Esteem 10.00 – 12.00 | 6 Understanding Depression 14.00 – 16.30 | 7 Learning to Manage Low Mood 10.00 – 12.00 Learning to Manage Anxiety 14.00 - 16.30 | 8 Creative Art Workshops 14.00 - 16.00 |
| 11 | 12 Confidence Building and Self-Esteem 10.00 – 12.00 | 13 Understanding ADHD 14.00 – 16.30 | 14 Learning to Manage Low Mood 10.00 – 12.00 Learning to Manage Anxiety 14.00 - 16.30 | 15 Creative Art Workshops 14.00 - 16.00 |
| 18 Create to Feel Great 14.00 – 16.00 | 19 Confidence Building and Self-Esteem 10.00 – 12.00 | 20 Food & Mood 10.00 – 12.00 | 21 Learning to Manage Anxiety 14.00 - 16.30 | 22 Living with Voices 10.00 – 12.00 |
| 25 | 26 Confidence Building and Self-Esteem 10.00 – 12.00 Money Management 14.00 – 16.00 | 27 Introduction to Mindfulness (B) 14.00 – 16.00 | 28 Creative Writing 14.00 – 16.00 | 29 |

APRIL 2019

| MON | TUE | WED | THU | FRI |
|------------|------------|--|--|---|
| 1 | 2 | 3 Understanding Bi-Polar 14.00 – 16.00 | 4 Creative Writing 14.00 - 16.00 | 5 Getting the most from your appointment 10.00 – 12.00 |
| 8 | 9 | 10 Living with Fibromyalgia 14.00 – 16.00 | 11 Creative Writing 14.00 – 16.00 | 12 End of Term Celebration 11.00-13.00 |

Education for Wellbeing Enrolment Form Spring 2019

Personal details

First Name:

Surname:

Gender:

Date of Birth:

Address:

Telephone number:

Email:

My Contact with Cheshire and Wirral Partnership

Please tick which box applies to you ...

- I use mental health services delivered by Cheshire and Wirral Partnership (CWP)
- I am a carer/family member/supportive friend of someone using mental health services with CWP
- I am a member of staff or volunteer of CWP
- Other – I have been signposted by
- Applicable to staff only:** I confirm that it is my responsibility to seek permission from my line manager regarding my attendance on a course.

Emergency Contact Details

If applicable, Lead Contact at CWP:

Name:

Role:

Contact Number:

Who should we contact in case of an emergency?

Name :.....

Contact number:

Relationship to you:

Is there any relevant medical information we should know about?

- I agree to Education for Wellbeing contacting my emergency contact / lead professional in case of an emergency

Education for Wellbeing Course Sign-up

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

| | |
|---------|--------|
| | |
| | |
| | |
| Signed: | Dated: |

Communication

How did you hear about us?

- Cheshire and Wirral Partnership NHS Website
- Word of Mouth
- Care Worker or Support worker (please name)

For staff only

- CWP Intranet (staff)
- CWP Facebook (staff)
- CWP Twitter

If you would like to opt out of the following information please tick accordingly:

- Being contacted to give feedback on Education for Wellbeing
- Being contacted to attend events run by Education for Wellbeing

By signing this form you are agreeing to the Education for Wellbeing Charter which can be found in this prospectus. As per the Data Protection Act 2018 we will keep your details secure and anything you share with us will be treated as confidential.

Please return the Enrolment form and the Monitoring form to Jane at the Education for Wellbeing by

Post: Wirral Education for Wellbeing, The Stein Centre, St Catherine's Hospital, Derby Road, Birkenhead, CH42 0LQ
or by **Email:** cwp.educationforwellbeing@nhs.net

We will contact you to confirm your place on a workshop or course in early January 2019.

If you have any questions, do call on 0151 488 7250

Wirral Education for Wellbeing

Location and directions

How to find us:

Wirral Education for Wellbeing is located at the Outpatients' Reception Entrance at

The Stein Centre
St Catherine's Hospital
Derby Road
Birkenhead
CH42 0LQ

The Stein Centre has

- Wheelchair access
- Accessible parking
- Accessible toilet and changing facilities

Parking

Parking at the Stein Centre can get very busy, so arriving early for any courses or workshops is advised. Parking is free.

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 Stations

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.

