

PART 2 – Emergency contact and medical details

GP Details:	Full name	Telephone number	Practice /medical centre
Who should we contact in the event of an emergency?	Full name	Telephone number	

PART 3 – CWP services (if applicable)

Lead Professional name (e.g. care coordinator)	Full name:	Role:
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Please tell us which courses you would like to enrol in:

Why not opt to have a Learning Plan? A Learning Plan is a tool to help you identify your goals, in order to get the most out of your time at the Recovery College. After these goals have been set, the Learning Plan helps to set a pathway to reach them.

Signed* Date*

Please Note: *If you sign and date this, you are agreeing to abide by the Recovery College Charter, which can be found in this Prospectus. As per the Data Protection Act 1998 we will keep your personal registration details secure and anything you share with us will be treated as confidential.

Please return this form by email to or by hand/post to:

Post or by hand: - Crewe Recovery College, Delamere Resource Centre, Delamere Street, Crewe, CW1 2ER.
Or by email: crewe.recollege@cwps.nhs.uk
Phone: (01270) 655234

Once we receive your signed and dated enrolment form, we will send you a confirmation letter by post, which details all the dates and times of the workshops/courses that we have managed to book you on to. You may also receive a telephone reminder a couple of days before workshop/course commencement to remind you of your workshop/course booking.



CREWE RECOVERY COLLEGE



'Stepping Stones to your Recovery'. Designed by Samm Barton, a Recovery College volunteer, in collaboration with participants of Men United Through Interests.

WORKSHOP PROSPECTUS



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NEW STUDENT ENROLMENT FORM

PART 1 – Personal details					
Your Name:	<i>First name</i>		<i>Surname</i>		
Date of birth:					
Address:					
Postcode:					
Email:					
Telephone Number (s)					
Preferred Method of Contact (please circle)			Telephone	Email	
Is there anything that may impact upon your attendance/participation i.e. any learning needs we should know about?					
<i>Please tell us:</i>					
Please indicate what contact you have with CWP (Please circle):					
Use (secondary) community mental health services delivered by CWP	Support someone i.e. (carer) using (secondary) community mental health services delivered by CWP	Staff member	CWP Recovery College volunteer	CWP volunteer	Other (please specify)
If you are a carer for, or otherwise support someone using secondary community mental health services, please give us their name:					
The following questions are optional and are used for statistical purposes only.					
What is your gender?					
What is your ethnicity?					



WHAT IS A

Learning Plan

A **Learning Plan** is a tool to help you identify your goals, in order to get the most out of your time at the Recovery College. After these goals have been set, the Learning Plan helps create a pathway to reach them.

WHAT IS A

Pathway Planner

Sometimes goals are difficult to identify, let alone the steps to them. A pathway planner can help you to set some goals, and then give you some ideas to help you reach them. This can involve suggesting courses to attend at the college. Remember the Pathway Planner is only here to help and guide you, the ultimate journey is for you to decide!



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READ ON TO FIND
OUT MORE ABOUT
CREWE RECOVERY
COLLEGE!



WELCOME TO CREWE RECOVERY COLLEGE

Offering you short educational workshops in a relaxed and supportive environment, that can help improve your health and well-being, by giving you a better understanding of yourself and effective self-help, self-care, and self-management strategies.

WHO CAN ATTEND?

- Anyone who is over 18 and currently accessing the Cheshire and Wirral Partnership NHS Foundation Trust (CWP) secondary mental health services - *for example, anyone who has a CWP consultant, psychiatrist, care co-ordinator, and/or a support worker.*
- Anyone who is the main carer for someone who is currently accessing CWP secondary mental health services - *for example, any adult who plays a significant role in supporting the well-being of someone who is currently accessing CWP secondary mental health services.*
- Anyone who is a CWP Staff member

HOW TO BOOK?

Phone: (01270) 655234

Email: crewe.recollege@cwps.nhs.uk

Or fill in and send us a signed and dated 'NEW STUDENT ENROLMENT FORM' found at the back of this prospectus with the workshops you wish to be booked on to:

Crewe Recovery College,
 Delamere Resource Centre,
 Delamere Street,
 Crewe,
 CW1 2ER

- * Please be aware that a note of your attendance/non attendance or any emergency/crisis issue is recorded onto Care Notes.

Care • Well-being • Partnership

Don't Hesitate to Contact us

Write to us at...

Crewe Recovery College Office,
 Delamere Resource Centre,
 Delamere Street,
 Crewe,
 CW1 2ER

Or come and visit us between
 9am & 4pm Monday to Friday

Ring us on...
 (01270) 655234

Send us an email at...

crewe.recollege@cwps.nhs.uk

Check out our website at...

www.cwp.nhs.uk
 click on 'Supporting You'
 then 'Recovery'
 then on the left hand side click
 'Crewe Recovery College'



'What Recovery Means To Me...' - Susan Gower-Jewkes, 2015.

Care • Well-being • Partnership

Thank You!

The following East Recovery College service users and volunteers have all helped with the design of this prospectus:

The students of the following workshops:

Healthy Living

Men United Through Interests

The Older Person's Recovery Group

Understanding Mindfulness

And to:

Samm Barton (Volunteer)

Chris Elwick (Volunteer)

Susan Gower-Jewkes (Student)

We are very grateful for all the input, ideas, artwork and time they have given to this prospectus.

IN OUR STUDENTS' OWN WORDS...

'It was easy to talk and explain in a small group without feeling self-conscious'

'Has been very helpful. Gained confidence, getting out and meeting people. Thank you'

'Session was comfortable and secure; felt able to express my views; group was friendly'

'Everyone has been so supportive and such a big help to me with my illness. I am so glad that you are here for me and other people.'

A fundamental element of Recovery Colleges is helping people to become more skilled and practiced in managing their own condition, and own self-care. Indeed there is lots of evidence to show the effectiveness of supporting self-management education in health conditions of all types (Perkins *et al.*, 2012).

STEPPING STONES TO YOUR RECOVERY

You can ask for a private meeting where we can discuss a Personalised Recovery Learning Plan suited to your needs

OR

You can follow our suggested three step approach below to goal setting to aid your Recovery:

Step 1

Undertake a variety of Recovery College workshops to aid your knowledge, and skills of self-help, self-care, self-management, and recovery in mental health.

Step 2

Enrol on the Long-Term Health Conditions Expert Patient Programme Course. A more in-depth course, which will help summarise your self-management learning, as well as explain new skills to assist you to manage your own condition and live life to the full.

Step 3

Take part in activities and opportunities in the community, such as; volunteering, attending college courses, or taking up employment opportunities. As these too can support the process of your individual recovery, help you move forward, set new goals, do things and develop relationships that will give more purpose and meaning to your life.

Crewe Recovery College Competition

Appeal for entries

Send us a piece of Artwork on the theme of:

‘What Recovery means to you?’

and the winning work will go on the front cover of our next Prospectus.

Deadline for submission: 1st February 2016.

Winners will be notified shortly afterwards.
 Either drop us an email at crewe.recollege@cwpa.nhs.uk or hand us your submission in person!

GOOD LUCK!!!

College Tour



Most of our courses and workshops are held in the training room. It's ideal for small groups and activities!

Some of our larger workshops meet in the Group Room.



KEY TO SUCCESS

Our traffic light system is here to help you when making choices about courses. The system allows you to see what each course involves, so you can choose what is most suited to your needs.

Advanced:



These workshops or courses require more from participants, as they may be conducted over a longer period of time. They have lots of interactive content, require a higher level of concentration, and you may be required to carry out some activities in between sessions.

Intermediate:

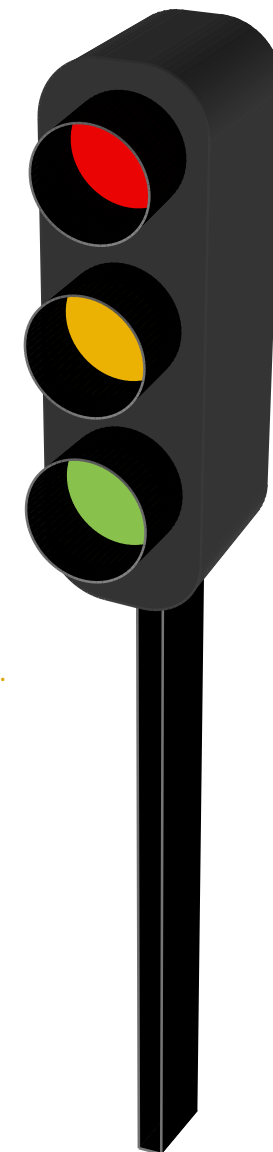


We class these workshops or courses as being slightly more demanding, as you may be required to attend more than one session to benefit your overall learning. In addition these sessions may require some interactive activities.

Basic:



We class workshop or courses as basic when it's less demanding and a lower level of concentration is needed.



OUR COURSES



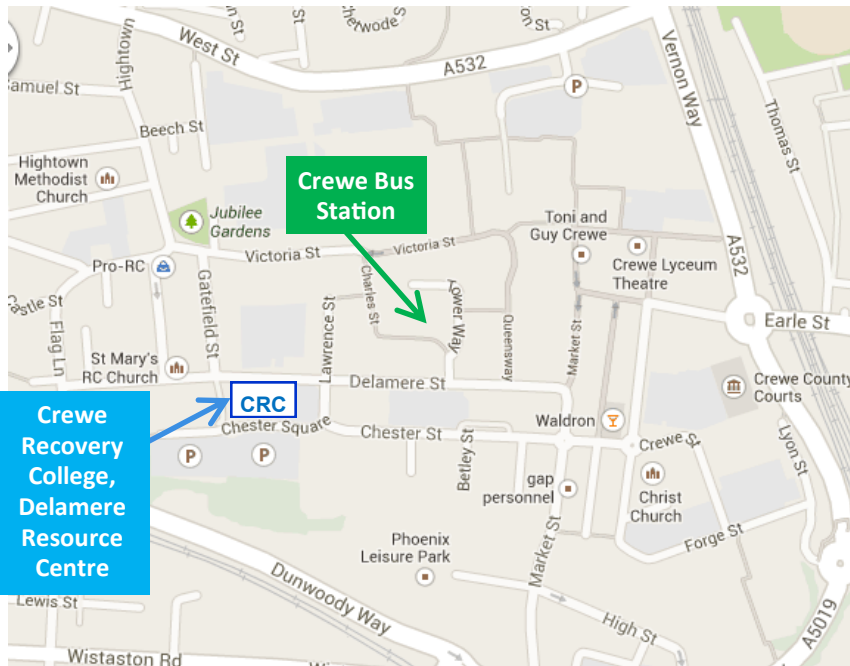
THIS WAY! →

College Tour



Welcome to the college! In the foyer is our notice board, where you can find all sorts of information about our services and courses.

HOW TO FIND CREWE RECOVERY COLLEGE



Map data ©2013 Google, Recovery College, CW1 2ER

Address:

Crewe Recovery College,
 Delamere Resource Centre,
 Delamere Street,
 Crewe,
 Cheshire,
 CW1 2ER.

Phone: 01270 655234

Email:

crewe.recollege@cwp.nhs.uk

Parking:

Long Stay Pay and Display parking is available on Delamere Street opposite to Delamere

Where you will find Crewe Recovery College :

Crewe Recovery College is situated within a building called Delamere Resource Centre.

Just come in and ask for us at reception and you will find a warm and friendly welcome.



How to reach us by bus:

Crewe Recovery College is situated just opposite Crewe Bus Station. So you can catch any bus to Crewe Bus Station and you will find us approximately 200 metres to the right along Delamere Street.

ANGER MANAGEMENT

Length of workshop: 2 x 2 hour workshops

Workshop overview: Anger is a normal, healthy emotion. It is a natural response to feeling frustrated, being criticised, insulted, hurt or betrayed. Therefore anger in itself is not the problem, but how we deal with it can be. For example, anger becomes a problem when feeling angry makes us act in a damaging way towards ourselves, our health and well-being, and/or towards others and the world around us. Learning different strategies to help us manage our anger will have both a positive effect on our lives, as well as on the lives of others living around you.

In this workshop we will aim to:

- Understand more about anger
- Learn to recognise different anger signs and triggers
- Identify the factors which can often make anger worse.
- Consider some basic strategies that can be used to manage our anger better

For more information on anger management, the mental health charity **Mind** also has some excellent information at www.mind.org.uk.

	Date	Time	Venue	Length
Day 1	Tuesday 1st March 2016	11.00—13.00	Crewe Recovery College Training Room, Delamere Resource Centre	2 hours
Day 2	Tuesday 8th March 2016	11.00—13.00		2 hours

DEMENTIA FRIENDS

Length of workshop: 1 x 1 hour workshop

Workshop overview: Would you like to become a Dementia Friend?

This session is facilitated by a volunteer for the Alzheimer's Society, and will help you to learn a little bit about dementia and may inspire you to help those people living well with dementia.

Date	Time	Venue	Length
Monday 11th January 2016	11.00—12.00	Crewe Recovery College Training Room, Delamere Resource Centre	2 hours



*Artwork by the
Older
Person's
Recovery
Group
about all the
activities that
keep you well.*

RECOVERY COLLEGE CHARTER

BEFORE YOU ATTEND THE RECOVERY COLLEGE

You can expect us to:

- Deal with your enquiries in a professional and friendly manner.
- Provide information and guidance on courses and workshops.

We expect you to:

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

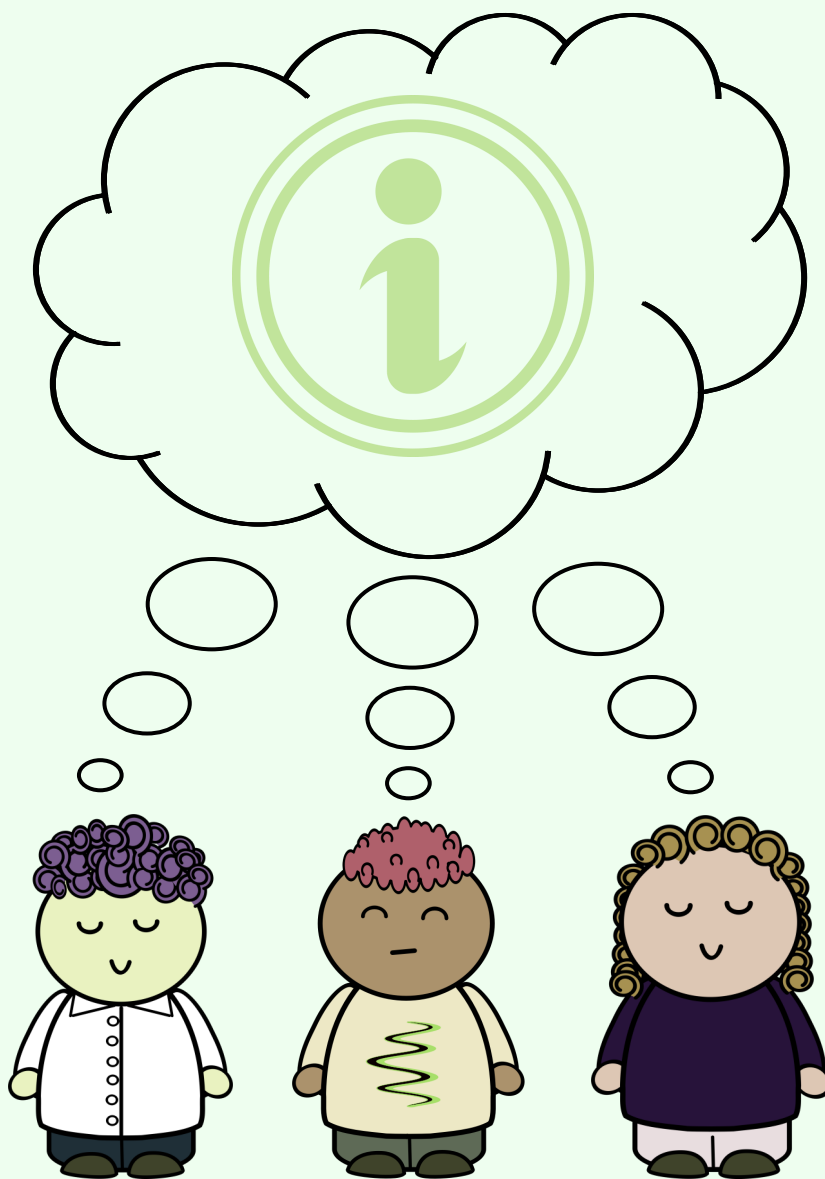
THROUGHOUT YOUR TIME AT THE RECOVERY COLLEGE

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 learning, achieving and thriving.
- Offer advice and guidance on learning and study skills, and the use of learning resources.
- Devise well planned timetables that where possible, will take your needs into consideration.
- Discuss your specific needs if you tell us about a disability or a learning difficulty.
- Discuss your next steps upon completion of your course, such as enrolling on another course, if you wish to do so.
- Provide a safe and healthy environment free from discrimination.
- Respect your personal beliefs, life choices, religious and cultural practices and traditions.
- Give you the opportunity to express your views of the college and its services without fear of recrimination.

We expect you to:

- Attend courses and workshops punctually, if you are running late or are no longer able to attend, please contact us as soon as you can, to allow us to contact other students on our waiting lists.
- Be considerate of all students and the environment, behave in a manner that does not offend others, but respects all individuals' rights, life choices, beliefs and opinions.
- Switch your mobile phone to silent and step outside the training room if you need to answer it.
- Please note: smoking on site is not permitted.



FOR YOUR INFORMATION

FOOD FOR MOOD

Length of workshop: 1 x 2 hour workshop

Workshop overview: You are invited to this interactive workshop to taste some healthy snacks and learn how they can influence your mood. Find out which foods can have a negative impact upon your mental and physical wellbeing, and discover foods that can boost your mood, and physical health.

Date	Time	Venue	Length
Monday 21st March 2016	13.00—15.00	Crewe Recovery College Training Room, Delamere Resource Centre	2 hours

Allergy Information: Please note that we offer snacks that contain nuts.

GOAL SETTING

Length of workshop: 1 x 2 hour workshop

Workshop overview: This interactive workshop looks at the role of action planning and goal setting in achieving our objectives and ambitions. The session identifies ways of breaking down tasks into smaller, more manageable parts, making them easier to complete. Activities like this work with goals no matter how big or small, so everyone can benefit from this workshop.

Date	Time	Venue	Length
Tuesday 29th March 2016	13.00—15.00	Crewe Recovery College Training Room, Delamere Resource Centre	2 hours

IMPROVING ASSERTIVENESS



Length of Course: 2 x 2 hour workshops

Course overview: Do you wish you had the confidence to deal with difficult situations in your life effectively and assertively and without causing conflict? Would you like to be able to present your ideas and opinions in ways that enable you to feel heard and respected? Do you have trouble saying “no”?

If so, then this Improving Assertiveness workshop may be for you. Assertiveness is not about aggression or conflict—instead it’s about finding the right tools to solve problems in a non-confrontational way. This course combines theory with practical exercises so you can learn through experience. Students are given a safe and confidential space to share and learn from their own and others’ experiences.

The two week workshop will cover topics such as:

- What assertiveness means to you – your concerns and issues around being assertive
- Understanding the principles of assertiveness
- Tips on how to behave assertively
- How to say “no” assertively
- Receiving and giving praise and criticism
- Communicating clearly and being heard
- Personal presentation and body language

	Date	Time	Venue	Length
Day 1	Thursday 10th March 2016	11:00-13:00	Crewe Recovery College Training Room, Delamere Resource Centre	2 hours
Day 2	Thursday 17th March 2016	11:00-13:00		2 hours

COURSES RUN BY CHESHIRE EAST COUNCIL

To book on these Cheshire East Council courses you need to ask your **CWP Mental Health Professional**, such as your Care Coordinator or Support Worker, to make a referral for you. The contact number for Cheshire East courses is: **01270 371280**

IMPROVING SELF-ESTEEM AND CONFIDENCE COURSE

Course overview: This 6 week course is facilitated by Cheshire East Mental Health Senior Support Workers, and uses a self help booklet to look at what self-esteem is, how you feel about yourself and how this affects you, and ways to build your self- esteem to feel more confident and able to think more positively.

WELLNESS RECOVERY ACTION PLAN COURSE (WRAP)

Course overview: The Wellness Recovery Action Plan (WRAP) is a 4-week self-management course developed by Mary Ellen Copeland and facilitated by Cheshire East Mental Health Senior Support Workers. Our course will support you to monitor your own mental health and recovery. Over the four sessions you will look at your own wellness, daily maintenance needs, triggers and a crisis plan. The WRAP course enables you to have a greater understanding of your own well-being.

ACTIVITY IN MIND (AIM)

Course overview: This 6 week course is facilitated by Cheshire East Mental Health Senior Support Workers. It will involve group discussions to help with self esteem and confidence building, and includes a free recreational activity such as badminton, swimming, table tennis, gym induction etc. (Recreational activity is optional.)

CITIZENS ADVICE BUREAU



Book your own private 30 minute one-to-one appointment with our specialist Citizen's Advice Bureau adviser between 9.30 - 12.00pm on the following dates:

Date	Time	Venue	Length
Tuesday 12th January 2016	9.30—10.00	Private 30 minute one-to-one appointment , Crewe Recovery College Training Room, Delamere Resource Centre	30 mins
	10.00—10.30		30 mins
	10.30—11.00		30 mins
	11.00—11.30		30 mins
	11.30-12.00		30 mins

OR

If you are not sure whether CAB can help you, just pop in to Delamere Resource Centre between 12.00 - 13.00pm on the dates below, and ask our CAB adviser if they can help you with your issue.

Date	Time	Venue	Length
Tuesday 12th January 2016	12.00—13.00	CAB DROP IN SESSION Delamere Resource Centre Entrance	1 hour
Tuesday 9th February 2016	12.00—13.00		1 hour
Tuesday 15th March 2016	12.00—13.00		1 hour
Tuesday 12th April 2016	12.00—13.00		1 hour

INTRODUCTION TO THE WELLNESS RECOVERY ACTION PLAN (WRAP)



Length of workshop: 2 x 2 hour workshop

Workshop overview: This course offers an introduction to the Wellness Recovery Action Planning (WRAP) 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.

Day 1: Will provide an overview of WRAP, enabling you to explore this 'tool' and consider if it could benefit your own recovery & well-being.

Day 2: Available for you to create and develop your own WRAP.

	Date	Time	Venue	Length
Day 1	Wednesday 27th January 2016	13:00-15:00	Crewe Recovery College Training Room, Delamere Resource Centre	2 hours
Day 2	Wednesday 3rd February 2016	13:00-15:00		2 hours

OR:

	Date	Time	Venue	Length
Day 1	Wednesday 9th March 2016	13:00-15:00	Crewe Recovery College Training Room, Delamere	2 hours
Day 2	Wednesday March 16th 2016	13:00-15:00		2 hours

You can also do a full 4 week WRAP Course run by Cheshire East Council. Ask your **CWP Mental Health Professional** such as your Care Coordinator or Support Worker to make a referral for you.

MANAGING ANXIETY



Length of Course: 3 x 2 hour workshops

Course overview: These workshops examine the relationship between stress and anxiety, and introduce a range of practical ideas and strategies to manage anxiety.

Day 1 workshop: provides knowledge and understanding in how anxiety works, giving students the power of insight into the physical and mental effects of anxiety.

Days 2 and 3 workshops: provides a range of self management strategies that we practice together and may prove effective in reducing your feelings and behaviour of anxiety.

	Date	Time	Venue	Length
Day 1	Thursday 18th February 2016	14:00-16:00	Crewe Recovery College Training Room, Delamere Resource Centre	2 hours
Day 2	Thursday 25th February 2016	14:00-16:00		2 hours
Day 3	Thursday 3rd March 2016	14:00-16:00		2 hours



CITIZENS ADVICE BUREAU



Book your own private 30 minute one-to-one appointment with our specialist Citizen's Advice Bureau adviser between 9.30 - 12.00pm on the following dates:

Date	Time	Venue	Length
Tuesday 12th January 2016	9.30—10.00	Private 30 minute one-to-one appointment, Crewe Recovery College Training Room, Delamere Resource Centre	30 mins
	10.00—10.30		30 mins
	10.30—11.00		30 mins
	11.00—11.30		30 mins
	11.30-12.00		30 mins

Date	Time	Venue	Length
Tuesday 9th February 2016	9.30—10.00	Private 30 minute one-to-one appointment, Crewe Recovery College Training Room, Delamere Resource Centre	30 mins
	10.00—10.30		30 mins
	10.30—11.00		30 mins
	11.00—11.30		30 mins
	11.30-12.00		30 mins

Date	Time	Venue	Length
Tuesday 15th March 2016	9.30—10.00	Private 30 minute one-to-one appointment, Crewe Recovery College Training Room, Delamere Resource Centre	30 mins
	10.00—10.30		30 mins
	10.30—11.00		30 mins
	11.00—11.30		30 mins
	11.30-12.00		30 mins



Expert Patients Programme Cheshire

A COURSE FOR CARERS: 'LOOKING AFTER ME'

A 7 week course to help improve the life of adult carers, who are caring for someone living with a long-term physical health and/or mental health condition(s) at

NANTWICH

Date	Time	Venue	Length
Wednesday 10th February 2016	10:30-13:00	Nantwich Health Centre, Church View Primary Care Centre, Beam Street, Nantwich, CW5 5NX	2.5 hrs
Wednesday 17th February 2016	10:30-13:00		2.5 hrs
Wednesday 24th February 2016	10:30-13:00		2.5 hrs
Wednesday 2nd March 2016	10:30-13:00		2.5 hrs
Wednesday 9th March 2016	10:30-13:00		2.5 hrs
Wednesday 16th March 2016	10:30-13:00		2.5 hrs

WINSFORD

Date	Time	Venue	Length
Friday 12th February 2016	10:30-12:30	Oakmere Room, Vale House, High Street, Winsford, CW7 2AS	2 hrs
Friday 19th February 2016	10:30-13:00		2.5 hrs
Friday 26th February 2016	10:30-13:00		2.5 hrs
Friday 4th March 2016	10:30-13:00		2.5 hrs
Friday 11th March 2016	10:30-13:00		2.5 hrs
Friday 18th March 2016	10:30-13:00		2.5 hrs
Friday 25th March 2016	10:30-13:00		2.5 hrs

Care • Well-being • Partnership

MANAGING MY MENTAL HEALTH WITH MY CONSULTANT

Length of workshop: 1 x 2 hour workshop

Workshop overview: The relationship with your psychiatric consultant is a key part of your care. Like all good relationships, your relationship with your consultant is a two-way street. It is good to know how to ask questions, how to learn more about your treatment, and how to become an active participant in the treatment planning of your care. If you want help to do this, as well as support on how to express your meaning with more clarity and confidence then attendance to this workshop is a must.

Date	Time	Venue	Length
Please contact us for course details			2 hours

MANAGING PSYCHOLOGICAL DISTRESS

Length of workshop: 1 x 2 hour workshop

Workshop overview: This workshop examines the meaning of psychological distress and how it can manifest in multiple ways and at different levels of severity, sometimes leading to using coping strategies that could potentially lead to long-term damage. The course explores alternative, more effective and healthier coping strategies that may help us in times of extreme stress and emotion.

Date	Time	Venue	Length
Tuesday 2nd February 2016	10:30-12:30	Crewe Recovery College Training Room, Delamere Resource Centre	2 hours

Care • Well-being • Partnership

MANAGING YOUR SLEEP PROBLEMS

Length of workshop: 1 x 2 hour workshop

Workshop overview: The loss of sleep can have a major impact upon your health and well-being. Fortunately, you do not have to suffer in sleepy silence as this workshop discusses how to get the amount of rest you need, as well as examining the strategies of how to get a good night's sleep - so that you can be at your best during the day.

Date	Time	Venue	Length
Please contact us for course details			2 hours

MEANING OF RECOVERY

Length of workshop: 1 x 2 hour workshop

Workshop overview: Although Recovery is an individual process, there are also key themes and shared principles. This workshop will explore the benefits of Recovery Education and some recovery tools including Wellness Recovery Action Plans and the Recovery Star. The Recovery Star is a structured way of setting personal recovery goals, with or without the support of a Mental Health Practitioner. Once completed, these tools can be used to plot recovery progress, and set further goals that can lead to a more fulfilling life .

Date	Time	Venue	Length
Thursday 10th March 2016	13.00—15.00	Crewe Recovery College Training Room, Delamere Resource Centre	2 hours



Expert Patients Programme Cheshire

expert patients

A COURSE FOR CARERS: 'LOOKING AFTER ME'

Length of course: 7 x 2½ hour weekly sessions

Course overview: This Course for Carers 'LOOKING AFTER ME' is about you learning techniques and developing skills to help you manage your health needs and take more control of your situation. This course provides a range of sessions that enhance skills required to fulfil a caring role, but more importantly focus upon the individual needs of the carer in supporting and managing their own well-being. Over the 7 sessions we will look at a range of subjects such as:

- Relaxation techniques
- Managing feelings of depression
- Better communication
- Planning for the future

Course eligibility: For adult carers, who are caring for someone living with a long-term physical health and/or mental health condition(s).

If you are interested in the 'LOOKING AFTER ME' course please phone the EPPC Team on **01625 505617** or email **EPPC@cwp.nhs.uk**

OR visit our webpage at: www.cwp.nhs.uk, click on 'SUPPORTING YOU' and then 'RECOVERY' and then on the left hand column link 'The Expert Patients Programme Cheshire'



Expert Patients Programme Cheshire

expertpatients

A LONG-TERM HEALTH CONDITIONS COURSE

A 7 week course to help improve the life of any adult living with one or more long-term physical and/or mental health condition(s) at
NORTHWICH:

Date	Time	Venue	Length
Tuesday 9th February 2016	10:30-12:30	Cheshire Centre for Independent Living Sension House, Denton Drive, Northwich, Cheshire, CW9 7LU.	2 hrs
Tuesday 16th February 2016	10:30-13:00		2.5 hrs
Tuesday 23rd February 2016	10:30-13:00		2.5 hrs
Tuesday 1st March 2016	10:30-13:00		2.5 hrs
Tuesday 8th March 2016	10:30-13:00		2.5 hrs
Tuesday 15th March 2016	10:30-13:00		2.5 hrs
Tuesday 22nd March 2016	10:30-13:00		2.5 hrs

HOLMES CHAPEL

Date	Time	Venue	Length
Friday 5th February 2016	10:30-13:00	Holmes Chapel Library, London Road, Holmes Chapel, CW4 7AP	2.5 hrs
Friday 12th February 2016	10:30-13:00		2.5 hrs
Friday 19th February 2016	10:30-13:00		2.5 hrs
Friday 4th March 2016	10:30-13:00		2.5 hrs
Friday 11th March 2016	10:30-13:00		2.5 hrs
Friday 18th March 2016	10:30-13:00		2.5 hrs

MEN UNITED BY INTERESTS

Length of Course: An ongoing series of 2 hour workshops

Course overview: The Men United By Interests workshop was started to reach out to men of all ages, regardless of diagnosis. This workshop offers social opportunities and other activities, and all men are welcome.

Come and spend a couple of hours -

- Hearing and learning about all sorts of interests, and sometimes from invited guests such as; Golf, Tae Kwon-do, Guitars, Cheshire Rangers, etc...
- Play some games, chat, or just enjoy a cuppa and a biscuit.

Date	Time	Venue	Length
Thursday 7th January 2016	11.00—13.00	Crewe Recovery College Group Room, Delamere Resource Centre	2 hours
Thursday 14th January 2016	11.00—13.00		2 hours
Thursday 21st January 2016	11.00—13.00		2 hours
Thursday 28th January 2016	11.00—13.00		2 hours
Thursday 4th February 2016	11.00—13.00		2 hours
Thursday 11th February 2016	11.00—13.00		2 hours
Thursday 18th February 2016	11.00—13.00		2 hours

... And every Thursday after that. **Men United By Interests** will run throughout the Spring term, with the last workshop held on March 17th.

THE READER



Length of workshop: An ongoing series of 2 hour workshops

Workshop overview: The Reader is a new shared reading group where you can read and relax. Shared reading has been shown to help with memory, concentration, confidence, and relaxation. We will read everything together in the group, so there's no homework! You don't need to be a confident reader to join in, or even a reader at all. You can sit back and listen, or try reading aloud. Tea and refreshments will be provided.



Date	Time	Venue	Length
Friday 8th January 2016	14:00-16:00	Crewe Recovery College Training Room, Delamere Resource Centre	2 hours
Friday 15th January 2016	14:00-16:00		2 hours
Friday 22nd January 2016	14:00-16:00		2 hours
Friday 29th January 2016	14:00-16:00		2 hours
Friday 5th February 2016	14:00-16:00		2 hours
Friday 12th February 2016	14:00-16:00		2 hours
Friday 19th February 2016	14:00-16:00		2 hours

... And every Friday after that. **The Reader** will run throughout the Spring term, with the last workshop held on March 11th.



Expert Patients Programme Cheshire



A LONG-TERM HEALTH CONDITIONS COURSE

A 7 week course to help improve the life of any adult living with one or more long-term physical and/or mental health condition(s) at

CREWE:

Date	Time	Venue	Length
Wednesday 10th February 2016	13:30-15:30	Crewe Recovery College Training Room, Delamere Resource Centre, Delamere Street, Crewe, CW1 2ER	2 hrs
Wednesday 17th March 2016	13:30-16:00		2.5 hrs
Wednesday 24th March 2016	13:30-16:00		2.5 hrs
Wednesday 2nd March 2016	13:30-16:00		2.5 hrs
Wednesday 9th March 2016	13:30-16:00		2.5 hrs
Wednesday 16th March 2016	13:30-16:00		2.5 hrs
Wednesday 23rd March 2016	13:30-16:00		2.5 hrs

SANDBACH:

Date	Time	Venue	Length
Monday 8th February 2016	10:30-13:00	Ashfields Primary Care Centre, Middlewich Road, Sandbach, CW11 1EQ	2.5 hrs
Monday 15th February 2016	10:30-13:00		2.5 hrs
Monday 22nd February 2016	10:30-13:00		2.5 hrs
Monday 29th February 2016	10:30-13:00		2.5 hrs
Monday 7th March 2016	10:30-13:00		2.5 hrs
Monday 14th March 2016	10:30-13:00		2.5 hrs



Expert Patients Programme Cheshire

expert patients

A LONG-TERM HEALTH CONDITIONS COURSE

Length of course: 7 x 2½ hour weekly sessions

Course overview: This Long-Term Health Conditions (LTHC) course is designed to help any adult living with one or more long-term physical, and/or mental health condition(s) to learn how to take more control, manage their condition better, and thus improve their quality of life. Over the 7 sessions we will look at a range of subjects such as:

- Dealing with pain and tiredness
- Coping with feelings of depression
- Relaxation techniques and gentle exercise
- Healthy eating
- Communicating with family, friends, & health professionals
- Planning for the future

Course eligibility: This course is available to any adult living with one or more long-term physical and/or mental health condition(s). **To gain the most from this course you need to be able to be with a group for 2½ hours each week focusing on the above topics.**

If you are interested in the Long-Term Health Conditions course please phone the EPPC Team on **01625 505617** or email **EPPC@cwp.nhs.uk**

OR visit our webpage at: www.cwp.nhs.uk, click on **'SUPPORTING YOU'** and then **'RECOVERY'** and then on the left hand column link **'The Expert Patients Programme Cheshire'**

UNDERSTANDING AND MANAGING BIPOLAR DISORDER

Length of workshop: 2 x 3 hour workshop

Workshop overview: Bipolar disorder, which affects 1 in 100 people, is a mood disorder characterised by extreme changes in mood. Everyone has mood swings, however in bipolar disorder a person can quickly experience a spectrum of moods from euphoria and excitability (known as mania), to deep depression that can last several weeks/months and can be far beyond our average ups and downs. Some people may also see or hear things that others around them do not (hallucinations), or they may have unusual and altered beliefs (delusions).

The aim of the course is:

- To explore the common features of bipolar disorder
- The triggers that can bring on a bipolar episode
- The treatments and medication available

	Date	Time	Venue	Length
Day 1	Tuesday 26th January 2016	13:00-16:00	Crewe Recovery College Training Room, Delamere Resource Centre	3 hours
Day 2	Tuesday 2nd February 2016	13:00-16:00		3 hours

UNDERSTANDING MINDFULNESS



Length of workshop: 2 x 2 hour workshop

Workshop overview: Not intended to conflict with any personal beliefs, tradition, religious, cultural or scientific viewpoints, this workshop looks at focusing attention and awareness, based on mindfulness from Buddhist meditation. A practical way to notice thoughts, physical sensations, sights, sounds, smells, which once mastered, helps increase awareness, clarity and acceptance of our present-moment reality, and calms ourselves.

	Date	Time	Venue	Length
Day 1	Monday 18th January 2016	14:00-16:00	Crewe Recovery College Training Room, Delamere Resource Centre	2 hours
Day 2	Monday 25th January 2016	14:00-16:00		2 hours

OPEN TO ALL



Crewe Recovery College also run and host courses provided by The Expert Patient Programme and Cheshire East Council, and hold appointments for the Citizens Advice Bureau.

Unlike Recovery College workshops, you don't have to be a member of secondary services to participate in these. These courses are open to people living in East Cheshire who meet the eligibility criteria:

- For the Expert Patient Programme, you must be living with a long-term health condition (physical or mental) or caring for someone who does. This course is self-referral.
- For courses run by Cheshire East, you must access Cheshire East Council services—we recommend checking which council your address falls under before enrolling.
- Citizens Advice Bureau appointments are open to everyone.

QUICK CONTENTS

THE EXPERT PATIENT PROGRAMME

Long-Term Health Conditions Course..... Pages 23-25
 A Course For Carers: Looking After Me..... Pages 26-27

EXTERNAL COURSES

Citizens Advice Bureau..... Pages 29-30
 Cheshire East Council Courses..... Page 31



The following courses are open to everyone who meets the eligibility criteria — not only students of Crewe Recovery College or users of CWP services.

A Short Interlude from Oli Doyle's Mindfulness Frogs...

Mindfulness



Feel what it's like to breathe



LOOK around



LISTEN



FEEL your body



Reset

This resource is for people who want peace. It was created by Oli Doyle and is licensed under Creative Commons, so please share it, print it, photocopy it and stick it on as many walls as possible. World peace is possible.

UNDERSTANDING PSYCHOSIS

- Length of workshop:** 1 x 2 hour workshop
- Workshop overview:** Living with psychosis is surprisingly common, and can include:
 - Hearing voices (auditory hallucinations),
 - Unusual thoughts (delusions),
 - More visual experiences (visual hallucinations)

Having a better understanding of psychosis can help to make sense of this diagnosis. This workshop aims to provide an awareness of issues that surround psychosis from diagnosis and the available treatment options, to what can help to promote recovery and well-being.

Date	Time	Venue	Length
Please contact us for course details			2 hours



'The Tree of Hope'
Created by
participants at the
Recovery Festival.

ZENTANGLE

- Length of workshop:** 6 x 2 hour workshops
- Workshop overview:** Would you like to have a go at drawing and colouring, but don't feel you're artistic? Zentangle is the new doodle art craze. Easy to do and relaxing, you can create your own designs; no art experience necessary.

In this course we will be looking at the basics of Zentangle and doodle art, producing black and white and coloured Zentangles, and learning how to use colour and shading to give dimension.

During the course you will produce: pictures, a picture frame decorated with Zentangle, and a Zendala mandala on canvas using drawing and clay. Maybe you'd like to enter one of your creations into our art competition? Check out page 37 for more details!

Please note—Additional paperwork will need to be completed on Day 1 of this course, as it is being facilitated by a third party trainer.

Date	Time	Venue	Length
Monday 1st February 2016	13:00-15:00	Crewe Recovery College Training Room, Delamere Resource Centre	2 hours
Monday 8th February 2016	13:00-15:00		2 hours
Monday 15th February 2016	13:00-15:00		2 hours
Monday 22nd February 2016	13:00-15:00		2 hours
Monday 29th February 2016	13:00-15:00		2 hours
Monday 7th March 2016	13:00-15:00		2 hours