

Involvement, Recovery & Wellness Centre

September—December 2021 Prospectus

Virtual workshops delivered via Microsoft Teams—access to a phone/laptop/tablet needed along with a internet connection.

Face to Face to workshops will resume as soon as it is safe to do so.

For information on our workshops or for any other query please call **01625 505647**
email: **cwp.involve-and-recover@nhs.net**
or follow us on Twitter at **CWP_IRWC**

Workshop	Description	Aims	Dates and Times
<p>Advance Statement</p>	<p>Advance statements are good for us to have for when we might lose the ability to make a decision for ourselves in the future because of illness or Injury as they can reflect our views, beliefs and wishes.</p>	<ul style="list-style-type: none"> ◆ To provide a guide to anyone who may have to make decisions on your behalf. 	<p>Please call 01625 505647 or email cwp.involve-and-recover@nhs.net to book your one to one appointment to complete an advance statement.</p>
<p>Anger Management</p> <p>A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.</p>	<p>Anger is a normal, healthy emotion. It is a natural response to feeling frustrated, being criticized, insulted, hurt or betrayed. Anger itself is not the problem, but how we deal with it can be.</p>	<ul style="list-style-type: none"> ◆ Learn different strategies to help us manage our anger. ◆ Recognise anger signs and triggers. ◆ Identify factors that make anger worse. 	<p>Four week course</p> <ul style="list-style-type: none"> ◆ Thursday 9th,16th, 23rd, & 30th September 2pm-4pm
<p>Anxiety Management</p> <p>A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.</p>	<p>These workshops can help you understand how anxiety affects your body mentally and physically, and introduces practical techniques to help reduce or manage anxiety.</p>	<ul style="list-style-type: none"> ◆ To teach you self-management strategies that help you to learn to overcome stress, anxiety & worry. ◆ To help you regain control of your life. 	<p>Four week course</p> <ul style="list-style-type: none"> ◆ Monday 22nd, 29th November, 6th & 13th December 2pm-4pm

Workshop	Description	Aims	Dates and Times
<p>Beat Low Mood and Get Your Life Back</p>	<p>This four week course aims to help people understand their low mood and consider what might be helpful to them in trying to tackle it. Topics include causes of both low mood and anxiety, the role of thoughts and how behaviour can affect mood, the impact of lifestyle issues and the importance of goal setting.</p>	<ul style="list-style-type: none"> ◆ Explore different techniques to help manage low mood. 	<p>Four week course</p> <ul style="list-style-type: none"> ◆ Thursday 28th October, 4th, 11th, & 18th November 2pm-4pm

<p>Beating Psychological Distress with DBT Coping Practices</p> <p>A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.</p>	<p>Do you experience emotions very intensely and find it hard to manage these feelings?</p> <p>To help you feel more in control, this workshop has been developed in collaboration with people living with these difficulties and also with trained experts in Dialectical Behavioural Therapy (DBT).</p>	<ul style="list-style-type: none"> ◆ To introduce you to coping skills utilising some of the strategies based on DBT coping practices. ◆ Experience, recognise and accept intense emotions safely, so that further coping strategies can be introduced and practiced. 	<p>Six week course</p> <ul style="list-style-type: none"> ◆ Wednesday 20th & 27th October, 3rd, 10th, 17th, & 24th November 11am-1pm ◆ Friday 12th, 19th, 26th November, 3rd, 10th, & 17th December 11am-1pm
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Workshop	Description	Aims	Dates and Times
<p>Diabetes Awareness Programme</p>	<p>This programme is tailored to those who have or care for someone who has had a recent diagnosis of Diabetes or currently live with Diabetes type 1 or type 2.</p> <p>To gain the most from this course, you should be comfortable with being in a group and concentrating for extended periods of time each week.</p>	<ul style="list-style-type: none"> ◆ Learn new skills to manage your health condition ◆ Meet others who are facing similar problems and share experiences ◆ Gain practical advice ◆ Learn new skills to help you continue with your daily activities 	<p>Six week course</p> <ul style="list-style-type: none"> ◆ Tuesday 2nd, 9th, 16th, 23rd, 30th November & 7th December 11am-1:30pm

<p>Expert Patient Programme</p>	<p>This programme is tailored to the needs of adults living with long-term physical or mental health condition(s) and their carers, partners, family members or a close friend.</p> <p>It focuses on self-management techniques which are designed to help people improve their quality of life and take control over personal situations and experiences.</p> <p>To gain the most from this course, you should be comfortable with being in a group and concentrating for extended periods of time each week.</p>	<ul style="list-style-type: none"> ◆ Learn new skills to manage your health condition ◆ Gain practical advice ◆ Learn new skills to help you continue with your daily activities 	<p>Six week course</p> <ul style="list-style-type: none"> ◆ Thursday 23rd, 30th September, 7th, 14th, 21st, & 28th October 11am-1:30pm ◆ Wednesday 8th, 15th, 22nd, 29th December, 5th, & 12th January 11am-1:30pm
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Workshop	Description	Aims	Dates and Times
<p>Free Yourself from Negative Thoughts</p>	<p>This workshop is based on the new power and science of Self-Compassion by Dr Kristen Neff (University of Texas), as a way of reducing harmful thoughts, feelings and body chemistry, which are strongly related to fear, stress, anxiety, depression and suicide, and suggested to protect against linked diseases such as; cardiovascular, cancer, and arthritis.</p>	<ul style="list-style-type: none"> ◆ How to free yourself from negative thoughts, self-criticism and feelings of inadequacy, which research shows is strongly linked to anxiety and depression. ◆ How to replace the brain's fight and flight response with your brain's more helpful 'tend and befriend response'. ◆ How to carry out three key self-compassion strategies proven to protect against anxiety and depression when practised in your daily life. 	<p>Two week course</p> <ul style="list-style-type: none"> ◆ Monday 6th & 13th September 2pm-4pm ◆ Thursday 25th November & 2nd December 11am-1pm

<p>Help with Sleep</p>	<p>If you are struggling with your sleep this workshop is packed full of:</p> <ul style="list-style-type: none"> ◆ The science of sleep— (Why? What? How? When?) ◆ The causes of sleep problems. ◆ The latest tips and tricks on how you can get quality sleep. 	<ul style="list-style-type: none"> ◆ To understand how your brain body works in relation to sleep. ◆ To understand why our bodies have sleep problems. 	<p>One week course</p> <ul style="list-style-type: none"> ◆ Tuesday 5th October 11am-1:30pm ◆ Tuesday 14th December 2pm-4:30pm
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Workshop	Description	Aims	Dates and Times
<p>How to say No without Feeling Guilty</p>	<p>Our ability to say NO can depend on many factors. We will explore communication skills, assumptions and beliefs that can influence our assertiveness, what boundaries mean to us, myths about assertiveness, healthy relationship styles, and how we can find the right tools to solve problems in a non-confrontational way.</p>	<ul style="list-style-type: none"> ◆ Explore how self-worth and self-compassion can help us develop assertiveness ◆ Invest in strategies to build our confidence ◆ Learn how to communicate more effectively 	<p>Two week course</p> <ul style="list-style-type: none"> ◆ Tuesday 5th & 12th October 2pm-4pm

<p>Living With Dementia</p>	<p>These workshops provide straight-forward information about dementia, and offer practical advice and strategies for friends and family. There is also a well-being session run at the same time for people living with dementia. We acknowledge that there are many different types of dementia and some people have multiple diagnoses, this is reflected in our workshop resources.</p>	<ul style="list-style-type: none"> ◆ To gain a wider understanding of Dementia. ◆ Learn new strategies that may help us and or those we live with. 	<p>Four week course</p> <ul style="list-style-type: none"> ◆ Wednesday 6th, 13th, 20th October & 3rd November 2pm-4pm
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Workshop	Description	Aims	Dates and Times
<p>Making a Difference based on the principles of Cognitive Stimulation Therapy</p>	<p>Cognitive skills are the skills the brain uses to think, learn, remember, problem solve and communicate. There are a number of approaches to help people with dementia improve their memory and thinking skills and to cope with memory loss, one of these is Cognitive Stimulation Therapy (CST).</p>	<ul style="list-style-type: none"> ◆ To create opportunities for people to learn, express their views and work with others in a sociable setting. 	<p>Four week course</p> <ul style="list-style-type: none"> ◆ Wednesday 8th, 15th, 22nd, & 29th September 11:30am-1:30pm <p>These sessions are intended for people with mild to moderate dementia and or their carers/ family members <i>that have been referred to the course by staff within the older peoples teams.</i></p>

<p>Managing Psychosis</p>	<p>Living with psychosis is surprisingly common, and can include hearing voices (auditory hallucinations), unusual thoughts (delusions) and more visual experiences (visual hallucinations). Having a better understanding of psychosis can help to make sense of this diagnosis.</p>	<ul style="list-style-type: none"> ◆ To provide an awareness of issues that surround psychosis from diagnosis. ◆ To discuss available treatment options and self management techniques that can help to promote recovery and well - being. 	<p>One week course</p> <ul style="list-style-type: none"> ◆ Dates to be announced
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Workshop	Description	Aims	Dates and Times
Managing Your Medicines	<p>The workshop looks to explain the common terms used to explain medication, how different types work and the factors that can affect them.</p>	<ul style="list-style-type: none"> ◆ To provide you with a greater understanding of what your medications do and what to expect when you take them. 	<p>One week course</p> <ul style="list-style-type: none"> ◆ Dates to be announced

Mental Health Awareness	<p>This Mental Health Awareness workshop raises awareness of ill-mental health (particularly stress, depression and anxiety), provides tools and guidance for daily wellbeing management.</p> <p>This course is for anyone who works/lives alongside someone who experiences a mental health problem or distress and wants to better support them.</p>	<ul style="list-style-type: none"> ◆ To give participants a chance to explore what non-specialists can do to help people in distress feel safe, supported and understood ◆ Explains why there is a need when someone is unwell to ask direct questions ◆ To remove the stigma around mental health 	<p>One week Course</p> <ul style="list-style-type: none"> ◆ Friday 8th October 10:30am-12:30pm. <p>Please Note: We will be discussing suicide during this workshop therefore, please speak to a staff member before enrolling if this subject matter will upset or trigger you.</p>
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Workshop	Description	Aims	Dates and Times
<p>Mindfulness</p> <p>A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.</p>	<p>Mindfulness is the ability to be able to choose what we bring our awareness to and what we're doing, to not overly react or be overwhelmed by what's going on around us.</p> <p>It's a skill that anyone can learn. This workshop teaches and helps you practice those techniques.</p>	<ul style="list-style-type: none"> ◆ Grow confidence in how to calm your own mind and Stabilise yourself. ◆ Take lots of things away that you can use in your daily life. 	<p>Three week course</p> <ul style="list-style-type: none"> ◆ Tuesday 2nd, 9th, & 16th November 11am-1pm

<p>Mindfulness :</p> <p>Help to Survive the Festive Season</p>	<p>Mindfulness is the ability to be able to choose what we bring our awareness to and what we're doing, to not overly react or be overwhelmed by what's going on around us.</p> <p>It's a skill that anyone can learn. This workshop teaches and helps you practice those techniques.</p>	<ul style="list-style-type: none"> ◆ One session to help us to prepare our minds for the Festive Season which can be a challenging period. ◆ We will be focusing on expectations and practising how to develop more clarity, compassion and peace of mind for the times ahead. 	<p>One week course</p> <ul style="list-style-type: none"> ◆ Thursday 9th December 1pm-3pm
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Workshop	Description	Aims	Dates and Times
<p>Money Sense with NatWest</p>	<p>This workshop will look at the different ways you can do your banking, how to protect yourself against scams and also some tips on Budgeting for household expenses and how to save for the unexpected.</p>	<ul style="list-style-type: none"> ◆ To provide tips on how to manage your money better. ◆ To help you protect yourself from scams. 	<p>One week course</p> <ul style="list-style-type: none"> ◆ Wednesday 24th November 2pm-4pm

<p>Relapse Prevention</p> <p>A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.</p>	<p>A Relapse can involve difficulties coping with day to day activities, Increased anxiety, increased symptoms of panic or increased negative thoughts.</p>	<ul style="list-style-type: none"> ◆ To become aware of our triggers and other warning signs. ◆ Learn new recovery tools. ◆ Create a plan of action. 	<p>Four week course</p> <ul style="list-style-type: none"> ◆ Tuesday 7th, 14th, 21st, & 28th September 11am-1pm
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<p>Self Esteem</p>	<p>If you feel you have low self-esteem this workshop could help you!</p> <p>During the workshop we will be looking at how different life events can affect your self-esteem.</p>	<ul style="list-style-type: none"> ◆ Explore what you can do to improve your self esteem. 	<p>Four week course</p> <ul style="list-style-type: none"> ◆ Tuesday 7th, 14th, 21st, & 28th September 2pm-4pm
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Workshop	Description	Aims	Dates and Times
<p>Tai Chi</p> <p>Please note: If following this session you feel you may like to continue practising, let us know and we'll be happy to help you find regular sessions in your area.</p>	<p>Tai Chi is a martial art which involves slow, graceful movements. It is gentle exercise suitable for all ages and levels of fitness.</p> <p>This course will involve practising Tai Chi movements to music, breathing techniques and warm-up exercises.</p>	<ul style="list-style-type: none"> ◆ To improve your energy and well-being. ◆ Reduce feelings of stress and anxiety. 	<p>One week course</p> <ul style="list-style-type: none"> ◆ Friday 5th November 3:30pm-4:15pm ◆ Friday 3rd December 3:30pm-4:15pm

<p>Ways to Take Back Control</p>	<p>Do you feel stuck? Or do you find it hard to motivate yourself ?</p> <p>Would you like to take back control of your life but don't know where to start ?</p> <p>This workshop will provide tools and motivation to help you.</p>	<ul style="list-style-type: none"> ◆ Self motivational tools that help you become clearer about your direction and inspire you to move that way. ◆ Tools for getting through blocks and taking back control. ◆ Ideas on how to move forward and keep yourself going. 	<p>Two week course</p> <ul style="list-style-type: none"> ◆ Thursday 11th & 18th November 11am-1pm
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The Individual Placement Service (IPS) service provides the following support:

- Tailored information, advice and guidance relevant to your individual circumstances and future goals
- Support with permitted work rules and in work benefits
- CV creation and support with interview techniques and employability skills
- Fully supported job search
- One to one mentoring to increase health and wellbeing and assistance with the removal of barriers to obtaining paid employment
- 26 weeks in work support for both you and the employer

Who is eligible for this service?

To be eligible for this service you must be aged 18 plus (16 plus if accessing the Early Intervention Service), be interested in moving into paid employment and receiving mental health support from either the Community Mental Health Team or Early Intervention Team in **East and West Cheshire only**.

For more information please speak to your primary worker or a member of the IRWC staff.

To find out more join our Question and Answer session on...
Monday 6th December 11am -12.30pm

DIGITAL STORY TELLING

Digital storytelling is a method of gathering feedback stories. Digital patient stories are ideal for helping people get their voices heard in a way that leads to learning and service improvement. The stories are very memorable and build empathy in the listener which leads to changes in practice.

Digital stories are voice recordings put together with images to create a short video.

The digital story format has three basic principles:

- ◆ it is a first-person story
- ◆ it is always short, usually under 3 minutes
- ◆ the storyteller remains the director of the story

Recording a story can help showcase best practice when things have gone right, it can also help people to process what is happening, but most importantly, it can give the teller a voice when things have gone wrong and help advocate for better services.

If you think you would like to share your story, please contact us on **01625 505647**
or email cwp.involve-and-recover@nhs.net

Our virtual courses are available to anyone in East Cheshire & West Cheshire who are accessing CWP's secondary care services and for those accessing CWP's Wellbeing Hub's in primary care *in the South Cheshire and Vale Royal areas only.*

If you are interested in participating in a course, and would like more information, advice, or support, please contact us on :

Tel: 01625 505647 or email: cwp.involve-and-recover@nhs.net

Address: Jocelyn Solly Resource Centre, Victoria Road, Macclesfield, Cheshire SK10 3JE

To download an enrolment form or access any of our workbooks please see the link below:

<http://www.cwp.nhs.uk/services-and-locations/services/involvement-recovery-and-wellness-centre/>

To access our YouTube channel where you can find self help videos, please see the link below:

[IRWC Cheshire & Wirral NHS Foundation Trust - YouTube](#)

Please follow our twitter page for news and updates.

[@CWP IRWC](#)

Please note that Cheshire & Wirral Partnership Foundation Trust (CWP) is not responsible for any materials, advice etc. that may be provided by any third party person or organization that is NOT in the employ of CWP itself (i.e. another course participant attending the workshop). Therefore, please be mindful that if you choose to take/act on materials/advice from an unregulated source, then you do so without endorsement of CWP's staff and volunteer workforce.

If you have any concerns, or anything or anyone makes you feel uncomfortable whilst attending one of our workshops, please Inform a staff member and they will support you accordingly.



***“Later years need not be static and unchanging,
we can continue to learn and grow
until the day we die”***

Author Unknown

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