



Workshop Prospectus

January - March 2023

The IRWC is an inclusive and accessible service for all. We deliver group and one-to-one psycho-educational sessions on evidence-based and lived expert-proven strategies that support each person's unique recovery journey

NICE National Institute for
Health and Care Excellence

Psycho-educational skills taught in our workshops are recommended by the National Institute for Health and Care Excellence (NICE) as part of the treatment for Mental Health conditions

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Welcome!

Welcome to the Involvement, Recovery and Wellness Centre (IRWC)
Winter 2023 Prospectus



ABOUT OUR IRWC CENTRE

Since October 2022 we have returned to face-to-face delivery in Crewe, Macclesfield, Chester, and Ellesmere Port. From January to March 2023 we will continue with this, as well as continue to offer online group courses, and telephone, video, and face-to-face one-to-one sessions

If you are not sure whether our service is right for you, or you have any challenges accessing our service, or require reasonable adjustments - please do not hesitate to contact our IRWC admin team on the phone and email below so we can do our best to support you

Contact Us

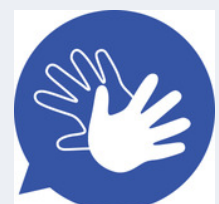
Telephone: 01625 505647

Email: cwp-involve-and-recover@nhs.net

Twitter: @CWP_IRWC

To access 24/7 Recovery support - Simply search "IRWC" to watch our videos on YouTube

Our Workshops are accessible for all participants



Our IRWC Service Offers You

- Expertise guidance, referrals, and signposting to groups in your local community who can support you in your journey. The work we do is evidence-based using NICE guidelines and created with feedback from Participants
- **Volunteering opportunities** to support you with your dreams and aspirations such as Learner Support Volunteer on our courses, and Administrators. Please contact us to find out more
- **Wellness Events Stalls and Activities** including Pride. Please contact us to find out more

Booking onto our workshops is subject to eligibility criteria. Workshop eligibility information is on page 37 and a pull out enrolment form is on page 39



Our Model Of Recovery

The work we do is evidence based and we incorporate the Chime model of recovery into our approach. The Chime model has five key factors below, which have proved to be essential for recovery in people of all ages and backgrounds (Leamy et al (2011):

Hope & Optimism

- Belief in possibility of recovery
- Motivation to change
- Hope-inspiring relationships
- Positive Thinking and valuing success
- Having dreams & aspirations

Empowerment

- Personal Responsibility
- Control over life
- Focusing upon strengths

Recovery Process

Identity

- Dimensions of identity
- Rebuilding or redefining positive sense of identity
- Overcoming stigma

Meaning in Life

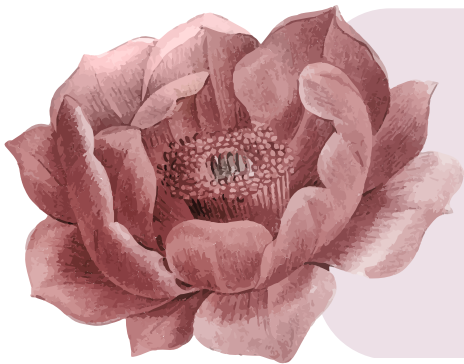
- Meaning of mental illness experiences
- Spirituality
- Quality of life
- Meaningful life and social roles
- Meaningful life and social goals
- Rebuilding life

Connectedness

- Peer Support & Support Groups
- Relationships
- Support from Others
- Being part of the Community

Recent Workshop Feedback

"When I first began this course, I was heading towards crisis once more. The regular course dates meant I had stability externally which helped me to focus and recall what steps I could take to get myself back on track"



"Hayley and Viv have been excellent in leading the sessions. Its' good to know they are "lived experience" which shows me things will get better with practice. They have been an inspiration . Excellent course"

"The sessions have been so helpful, informative and are literally changing my views on so many aspects of my life. I am going to concentrate on the tools I've been given"



IRWC Workshops

Understanding and Managing Anger

Course Length: Four sessions, one each week
Duration each week: 2 hours



Description

Anger is a normal, healthy emotion. It is a natural response to feeling frustrated, hurt or betrayed. Anger itself is not the problem, but how we deal with it can be.

Objectives

- To help anyone understand more about anger
- Learn the skill of recognising anger triggers and signs
- Learn how to identify factors that make anger worse
- Learn some skills to manage anger in a healthier way in the moment and in the longer term to bring your body back into balance

Understanding and Managing Anxiety

Course Length: Four sessions, one each week
Duration each week: 2 hours



Description

Anxiety is a normal healthy emotion. It is an essential natural response to threat. Sometimes high and frequently occurring anxiety negatively effects the body's health and shrinks people's lives. By learning and applying skills anxiety can be reduced so everyone can live the best life they can

Objectives

- To understand more about anxiety, in the brain, the body, and its effects on life.
- Learn all the different causes of anxiety.
- Learn a wide range of approaches and skills that can reduce anxiety and bring your body back to a calmer and more balanced state when practiced

IRWC Workshops

Beat Low Mood and Get Your Life Back

Course Length: Four sessions, one each week

Duration each week: 2 hours



Description

Co-written by an NHS Clinical Psychologist, Dr Gareth Hughes, this workshop explores how anyone can learn to beat anxiety and low mood, and get their life back on track

Objectives

- To help anyone understand more about anxiety and depression.
- Learn how our thoughts, feelings, and behaviour can affect mood.
- Learn how goal setting and behavioural activation can beat low mood
- Learn mood management skills
- Learn to notice unhelpful thinking styles, use mindfulness and self-care action planning

Beating Psychological Distress using Dialectical Coping Practices

Course Length: Six sessions, one each week

Duration each week: 2 hours



Description

Do you experience emotions very intensely and find it hard to manage these feelings? 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)

Objectives

- To help anyone understand more about psychological distress.
- How Psychological Distress affects your overall wellbeing
- To introduce the four core areas of DBT skills/coping practises
- Learn and practise the four core areas of DBT skills/coping practises to empower anyone to reduce intense distress quickly

IRWC Workshops

Diabetes Awareness

Course Length: Six Sessions
Duration each week: 2.5 hours



Description

This programme is tailored to those who have recently been diagnosed or lives with type 2 Diabetes and/or cares for someone with the same

Objectives

- 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 improve your daily life

Free Yourself from Negative Thoughts using the Science of Self-Compassion

Course Length: Two sessions
Duration each week: 2 hours

Description

Based on the new science of Self- Compassion by Dr. Kristen Neff (University of Texas), and Dr. Christopher Gremer, this workshop offers you ways of reducing negative thoughts, feelings, and body chemistry, which are strongly related to fear, stress, anxiety, depression and suicide



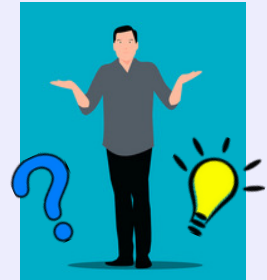
Objectives

- To help anyone understand more about Self-Compassion
- Learn how self-compassionate you are
- Learn more about self-criticism compared to self-compassion
- Learn and practices different self-compassion exercises

IRWC Workshops

Help on education, training, volunteering and paid work – What's out there for you ?

Course Length: Four sessions
Duration each week: 2 hours



Description

Do you hope to get into or return to, education, training, voluntary or paid work one day? Do you feel you can't, perhaps due to your health, fears, and all the barriers out there? Co-produced with people experiencing this journey, voluntary and employment specialists Standguide, and the Department of Work and Pensions to give you useful help and the latest information

Objectives

- Lots of strategies, options, and solutions to help you
- Information on Benefits
- All you need to know on education, training, voluntary and paid work
- What help and support you can get



Help with Sleep

Course Length: One session
Duration: 2.5 hours



Description

If you are struggling with your sleep this one workshop covers the key areas of sleep science, sleep problems, and tips and tricks for healthy sleep hygiene. Co-produced by people who have experienced difficulties with sleep and what they have found works for them

Objectives

- To help anyone understand why we need sleep, what sleep does, and how and when sleep happens
- Learn about sleep problems and causes
- Learn what anyone can do to help themselves get regular good quality sleep

IRWC Workshops

How to Say No Without Feeling Guilty

Course Length: Two sessions
Duration each week: 2 hours

Description

Being able to say NO in a calm assertive way or negotiate when people ask us to do things that may not be good for our own health and well-being is a critical life skill. We all need to say NO, negotiate and use effective communication skills to help us stay safe, protect our health and wellbeing, and to progress our unique recovery journey

Objectives

- Exploring saying no, myths, barriers and your level of assertiveness
- Learn, recognise and act out different communication styles
- Learn tips and benefits of calm assertive communication



Living Well with a Long-Term Health Condition

Course Length: Six sessions
Duration each week: 2.5 hours

Description

This programme is tailored to the needs of adults living with long-term physical or mental health condition and their carers, partners, and family members. It focuses on self-management techniques which are designed to help people improve their quality of life and take control over their own personal situations

Objectives

- Learn new skills to manage your health condition
- Gain practical advice
- Learn new skills to help you continue with your daily activities



IRWC Workshops

Managing Your Medicines

Course Length: One session

Duration: 2 hours



Description

This workshop looks to explain the common terms used to describe medications, how different types work, and the factors that can affect them. Facilitated by the CWP NHS Clinical Pharmacist Team who have expert knowledge and extensive experience in medication according to the CWP's Medicines Formulary and Maudsley and NICE guidelines

Objectives

NICE National Institute for
Health and Care Excellence

- To provide you with a greater understanding of what your medications do and what to expect when you take them

Managing Psychosis

Course Length: One session

Duration: 2.5 hours



Description

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

Objectives

- To provide an awareness of issues that surround psychosis from diagnosis
- To discuss treatment options and self-management techniques

IRWC Workshops

Introduction to Mindfulness

Course Length: Three sessions
Duration each week: 2 hours

Description

Mindfulness is the ability to be able to choose what we bring our awareness to and not over react or be overwhelmed by what's going on around us. It's a skill that anyone can learn. This workshop teaches and helps you practice those techniques

Objectives

- Learn skills in how to calm, understand and manage your own mind and stabilise yourself
- Learn lots of helpful tips that you can use in your daily life



Mindfulness Based Cognitive Therapy (MBCT)

Course Length: Four Sessions
Duration: 2 hours

Description



MBCT is a skills-based course to help anyone develop a better understanding of their mind. Based on the Oxford Mindfulness Centre in collaboration with the University of Oxford's MBCT Course

Objectives

- To develop a better understanding of the workings of the mind
- To recognise patterns/habits and realise there are alternatives
- To stand a little back from distressing thoughts and feelings
- To recognise the early warning signs and learn to put less effort into trying to fix things and striving too hard
- To be kinder and more gentle towards ourselves



IRWC Workshops

Money Sense with Natwest

Course Length: One Session
Duration: 2 hours

Description



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. Facilitated by a NatWest community service expert and run as an independent workshop with no promotion of NatWest products

Objectives

- To provide tips on how to manage your money better
- To help you protect yourself from scams

Reader Taster Sessions

Course Length: Four sessions
Duration each week: 2 hours

Description



The Reader is a 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

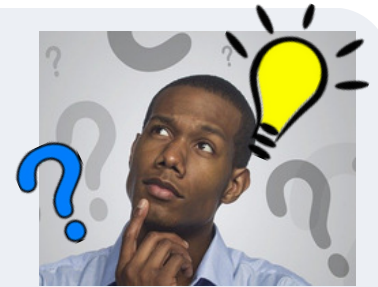
Objectives

- To help bring people together
- To help to build confidence
- To signpost to regular community groups

IRWC Workshops

Relapse Prevention

Course Length: Four sessions
Duration each week: 2 hours



Description

Relapse Prevention involves learning many skills such as self-management to prevent a relapse and the skill of being able to recognise deterioration in our mental health and take the right actions to avoid this escalating. Learning Relapse Prevention skills has been found to reduce the number of relapses a person may have, the frequency and severity of those relapses

Objectives

- To help anyone understand about Relapse and Relapse Prevention
- Learn skills to understand and manage ourselves
- Learn self-monitoring skills and overcoming barriers
- Learn triggers, coping skills, action planning and much more....

Tai Chi

Course Length: One Session
Duration: 45 minutes



Description

Tai Chi is a martial art that involves slow, graceful movements. It is a gentle exercise suitable for all ages and levels of fitness. This workshop will involve practicing Tai Chi movements to music, breathing techniques, and warm-up exercises. Facilitated by a trained and experienced Tai Chi instructor

Objectives

- To improve your energy and well-being
- Reduce feelings of stress and anxiety

A Staff referral is typically completed in order to book onto the following dementia-related workshops

Specialist Workshops

Living Well with Dementia

Course Length: Four sessions
Duration each week: 2 hours

Description

These workshops provide straightforward information about dementia and offer practical advice and strategies for friends and family. We acknowledge that there are many different types of dementia, and some people have multiple diagnoses, this is reflected in our workshop resources

Objectives

- Learn new strategies that may help us and or those we live with
- To gain a wider understanding of dementia



Making a Difference Based on the Principles of Cognitive Stimulation Therapy

Course Length: Eight sessions
Duration each week: 1 hour 45mins

Description

Cognitive skills are the ways the brain uses to think, learn, remember, problem-solve and communicate. There are a number of approaches to help people with dementia and their family cope with and improve their memory and thinking skills. One of these is Cognitive Stimulation Therapy

Objective

- To create opportunities for people to learn, express their views, and work with others in a sociable setting



A Staff referral is typically completed in order to book onto the following dementia-related workshops

Specialist Workshops

Managing Anxiety - at a Slower Pace

Course Length: Six sessions
Duration each week: 2 hours



Description

These workshops can help you understand how anxiety affects your body mentally and physically and introduces practical techniques to help reduce or manage anxiety. The course content has been specifically produced for people who have trouble remembering, learning new things, and/or concentrating. The information will be presented at a more relaxed pace

Objectives

- To teach you self-management strategies that help you to learn to overcome stress, anxiety & worry
- To help you regain control of your life



IRWC Workshops

Advanced Statement

Course Length: 1:1 session
Duration: 1 hour

Description

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

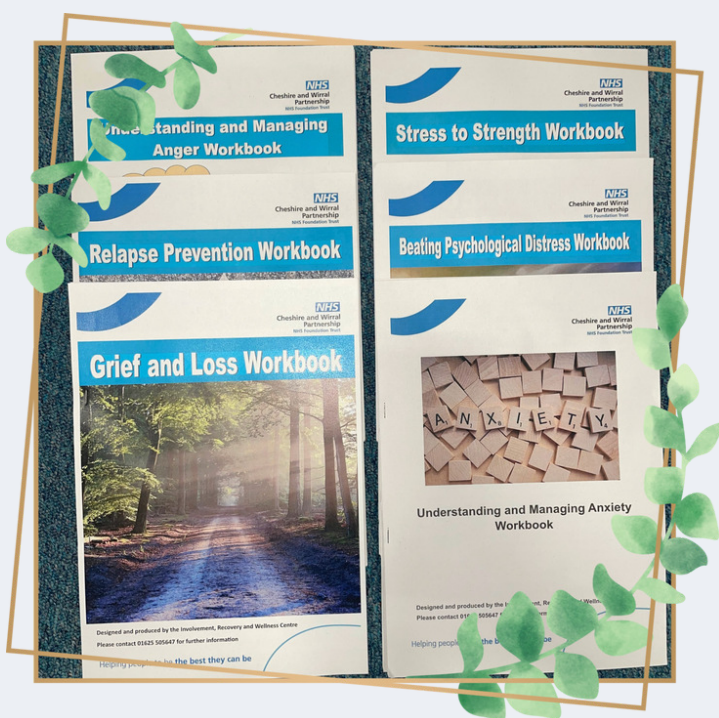
Objectives

- To provide a guide to anyone who may have to make decisions on your behalf

Please call 01625 505647
or email cwp.involve-and-recover@nhs.net to book your one-to-one session to complete an advance statement



Workbooks



Our handy workbooks are available for a variety of topics, and they accompany most of our workshops. However, they are available by request and can be downloaded for free from our website.

IRWC Workshop Delivery



IN-PERSON

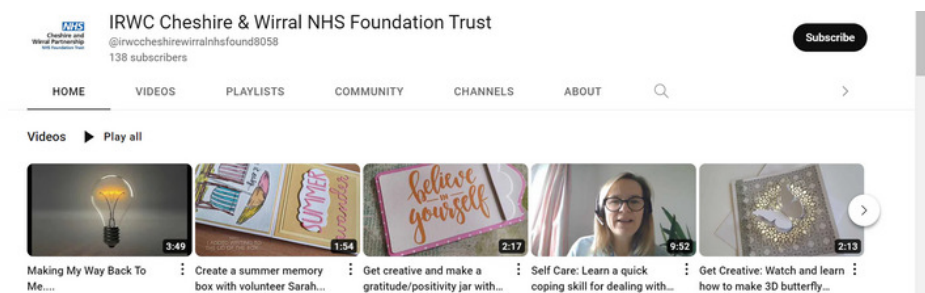
We welcome you into our training areas with refreshments awaiting you. Our knowledgeable Tutors are friendly and do their best to cater to the needs of every one. We often have a learner support volunteer on hand to support everyone. All participants are offered a safe, supportive, and non-judgmental space

ONLINE

Our virtual workshops enable you to learn and interact if you choose to in the comfort of your own home. You have the option to have your camera/microphone turned on/off during the sessions - ideal for beginners or anyone unable to access our in-person classes. If you have never used the technology before or need help please contact us to receive support to help you access our courses



24 hours a day 7 days a week you can watch any of our short IRWC Recovery videos to give you lots of ideas on many different strategies such as - Emergency self-care, relaxation exercises, Mindfulness, meditations, distraction activities... and much more
Just type in YOUTUBE IRWC to go straight to the IRWC channel



IRWC Workshop Locations

Please note venues may change as we also facilitate workshops within the local communities Cheshire-wide



Jocelyn Solly Resource Centre
Off Redesmere Close,
Victoria Road, Macclesfield
Cheshire, SK10 3JE
01625 505600



Delamere Resource Centre
Delamere Street, Crewe,
Cheshire, CW1 2ER
01270 655200



Pathways Resource Centre
Coronation Road,
Ellesmere Port
CH65 9AA
0151 3374545



The Locks Resource Centre
Canal Street, Chester
CH1 4EJ
01244 977052



The Old Vicarage Day Centre*
Waterloo Road, Castle,
Northwich, Cheshire, CW8 1EH
01606 275805

*Centre is accessed via driveway
to St Trinity Church

The following In-person workshops are colour-coded by Locations e.g. Workshop delivered at Jocelyn Solly in Macclesfield are highlighted in pink

Please contact the IRWC Admin Team directly for all workshop enquiries on 01625 505647

In-Person Workshop Schedule

Workshop Title	Dates	Day & Time	Location
Anger Management	Please register your interest to be notified when this is next running	-	-
Anxiety Management	12th January 19th January 26th January 2nd February	Thursday 11am - 1pm	Crewe
Anxiety Management	17th January 24th January 31st January 7th February	Tuesday 2pm - 4pm	Crewe
Anxiety Management	20th January 27th January 3rd February 10th February	Friday 1pm - 3pm	Macclesfield
Anxiety Management	7th February 14th February 21st February 28th February	Tuesday 1pm - 3pm	Chester
Anxiety Management	9th February 16th February 23rd February 2nd March	Thursday 1pm - 3pm	Northwich

In-Person Workshop Schedule

Workshop Title	Dates	Day & Time	Location
Beating Psychological Distress using Dialectical Coping Practices	17th January 24th January 31st January 7th February 14th February 21st February	Tuesday 1pm - 3pm	Crewe
Beating Psychological Distress using Dialectical Coping Practices	27th February 6th March 13th March 20th March 27th March 3rd April	Monday 11am - 1pm	Macclesfield
Beating Psychological Distress using Dialectical Coping Practices	9th March 16th March 23rd March 30th March 6th March 13th March	Thursday 11am - 1pm	Crewe
Beat Low Mood	Please register your interest to be notified when this is next running	-	-

In-Person Workshop Schedule

Workshop Title	Dates	Day & Time	Location
Diabetes Awareness	Please register your interest to be notified when this is next running	-	-
Free Yourself from Negative Thoughts	1st March 8th March	Wednesday 1pm - 3pm	Ellesmere Port
Help on education, training, volunteering and paid work – What's out there for you?	17th February 24th February 3rd March 10th March	Friday 12:30pm - 2:30pm	Crewe
Help with Sleep	13th January	Friday 11am - 1:30pm	Crewe
Help with Sleep	17th February	Friday 10am - 12:30pm	Macclesfield
Help with Sleep	17th March	Friday 10am - 12:30pm	Crewe
How to Say No Without Feeling Guilty	Please register your interest to be notified when this is next running	-	-

In-Person Workshop Schedule

Workshop Title	Dates	Day & Time	Location
Introduction to Mindfulness	Please register your interest to be notified when this is next running	-	-
Living Well with a Long-Term Health Condition	Please register your interest to be notified when this is next running	-	Various Locations
Making a Difference based on the Principles of Cognitive Stimulation Therapy	15th February 22nd February 1st March 8th March 15th March 22nd March 29th March 5th April	Wednesday 1:30pm - 3:15pm	Crewe
Making a Difference based on the Principles of Cognitive Stimulation Therapy	Please register your interest to be notified when this is next running	-	Macclesfield
Managing Anxiety - at a Slower Pace	15th February 22nd February 1st March 8th March 15th March 22nd March	Wednesday 10:30am - 12:30pm	Crewe

In-Person Workshop Schedule

Workshop Title	Dates	Day & Time	Location
Mindfulness based Cognitive Therapy	Please register your interest to be notified when this is next running	-	Crewe
Mindfulness based Cognitive Therapy	Please register your interest to be notified when this is next running	-	Macclesfield
Reader Taster Sessions	Please register your interest to be notified when this is next running	-	Crewe
Relapse Prevention	1st February 8th February 15th February 22nd February	Wednesday 1pm - 3pm	Ellesmere Port
Relapse Prevention	13th February 20th February 27th February 6th March	Monday 1:30pm - 3:30pm	Macclesfield
Relapse Prevention	7th March 14th March 21st March 28th March	Tuesday 11am - 1pm	Crewe

Online Workshop Schedule

All Online Workshops are
Delivered
via Microsoft Teams

Workshop Title	Dates	Day & Time
Anxiety Management	16th January 23rd January 30th January 6th February	Monday 11am - 1pm
Help with Sleep	24th March	Friday 10am - 12:30pm
Managing Psychosis	8th March	Wednesday 12:30pm - 3pm
Managing Your Medicines	23rd March	Thursday 2pm - 4pm
Money Sense with Natwest	3rd March	Friday 11am - 1pm
Tai Chi	9th March	Thursday 3pm - 3:45pm

Online Workshop Schedule

Register Your Interest

We are delivering a reduced number of Online workshops so we can facilitate running more In Person workshops now Covid 19 restrictions have been lifted

We try to rotate the workshops we offer each term. Please register your interest in any workshops that you would like to book but are not running this term. We will be in touch when the workshop is arranged and offer you a place

The following workshops are typically offered for online delivery:

Anger Management

Beating Psychological Distress

Beat Low Mood

Diabetes Awareness

Free Yourself from Negative Thoughts

How to Say No Without Feeling Guilty

Introduction to Mindfulness

Living Well with a Long-Term Health Condition

Living Well with Dementia

My Workshop List

This list is for you to keep to make a record of which workshops you are interested in or have booked onto

Workshop Title	Start Date	Location

Free urgent Mental Health Support 24/7



If your mental state quickly worsens or deteriorates, this can be called a 'mental health crisis'. It is vital in this situation to get support quickly. If you feel you or someone you care for needs urgent mental health crisis support, call 0800 145 6485. Open 24/7 to all ages, calls are free.

Shout 85258 is a free, confidential text support service for anyone who is feeling overwhelmed or struggling to cope. If you live in Cheshire West, Cheshire East, or the Wirral text BLUE to 85258 for a conversation with a trained volunteer, at any time of the day or night.



**Text
BLUE
to
85258**
for free and
confidential
support 24/7

**shout
85258**
in partnership with
 Cheshire and
Merseyside

Crisis Cafes open across Cheshire

Macclesfield

The poster features the 'echo' logo in a blue circle with a sun icon, followed by 'THE WESTON HUB' in white text on a blue background. Below this is a photograph of a woman with long brown hair, wearing a blue shirt, covering her face with her hands in a distressed pose. Text on the right side of the poster reads 'LAUNCH DATE 28th February 2022'. A blue circular callout on the left contains the text: 'A new safe space to support people aged 18+ experiencing emotional distress.' An orange circular callout at the bottom right contains the text: 'Need urgent mental health support? Call: 0800 145 6485 Open 24/7, calls are free'. At the bottom, there are logos for 'Cheshire East Council' and 'NHS Cheshire and Wirral Partnership NHS Foundation Trust'.

Location

The Weston Centre, Earlsway,
Macclesfield, Cheshire,
SK11 8RL
www.echc.org.uk

01625 440700

Crewe

The poster has a light green background. At the top left, it says 'Welcome to CREWECIAL' in black text. To the right is a logo of a smiling coffee cup with steam and the word 'CREWECIAL' below it. In the center is a circular photograph of two women sitting at a table, looking at a laptop. Below the photo, the text 'CAFÉ in Crewe' is written in large, bold, yellow letters. At the bottom left, under the heading 'Who we can support', there are two bullet points: '* Adults over the age of 18' and '* Individuals experiencing acute emotional distress associated with a mental health problem (which may or may not have been given a formal diagnosis)'. At the bottom right, it says 'Delivered in partnership with' followed by logos for 'isl', 'Cheshire East Council', 'NHS Cheshire and Wirral Partnership NHS Foundation Trust', and 'NHS Cheshire and Wirral Partnership NHS Foundation Trust'.

Location

3 Partridge Close, Flat 2,
Dunwoody Lane, Crewe,
Cheshire, CW1 3TQ
crewecial@isl-uk.org

07587 507281

Crisis Cafes open across Cheshire

Chester



Location

71-77 St. Anne Street,
Chester, CH1 3HT
Enquiries.chester@spiderproject.org.uk

01244 393139

Autism Hub

The Autism Hub is for people who are, or who may be autistic. It is also a useful space for family members, staff, and professionals who support autistic people.

There are several services available via the Autism Hub and there are different services depending on your age, and if you have a learning disability.

CWP supports three Autism hubs across the Trust footprint where we provide training to our partner agencies, to autistic people, people who may be autistic, and family members and carers. We run group sessions on a variety of topics on a regular basis.

Please go to: www.cwp.nhs.uk/getting-help/autism-hub for more information or contact the following:

- East Cheshire Hub -Space4autism (Macclesfield) - info@space4autism.org
- West Cheshire Hub (Chester) - Karen.McGuinness@westcheshireautismhub.co.uk
- Wirral Hub - cwp.asdservice@nhs.net



Digital Storytelling

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 and the storyteller remains the director of the story.

Recording a story can help showcase best practices 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



Individual Placement Service (IPS)

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 well-being 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, South, and West Cheshire only

For more information, please speak to your primary worker or a contact the IRWC Team



Mindfulness Colour-in Page



Mindfulness Word Search

Kind
Focus
Senses
Mindful
Present
Patience
Gratitude
Acceptance



Love
Joyful
Clarity
Attitude
Barriers
Feelings
Meditation
Generosity

L	U	J	Z	J	W	B	I	X	C	M	S	Q	E	W	B	Y	O	G	T	G	V	U
A	U	T	D	S	Y	V	Z	K	B	G	V	U	F	W	U	S	X	E	H	U	V	B
T	A	A	C	X	X	S	U	T	A	Z	A	C	C	E	P	T	A	N	C	E	C	O
K	A	W	O	W	R	Y	I	N	E	S	K	Z	O	O	L	B	C	E	N	P	X	M
A	F	E	W	V	M	A	I	R	X	D	B	B	B	E	F	B	W	R	D	T	K	B
Y	T	I	R	A	L	C	M	R	H	V	K	Z	P	M	Z	R	W	O	O	G	A	V
W	P	T	T	F	B	T	Y	L	Q	X	W	Z	Z	Y	C	W	N	S	R	M	U	S
S	R	E	I	R	R	A	B	E	V	Y	H	L	I	V	C	I	K	I	N	D	T	Q
S	G	Y	A	T	O	C	U	N	C	S	R	B	Y	Q	H	H	U	T	H	P	D	M
S	O	T	X	L	U	J	B	Y	U	Y	I	H	V	N	Y	Y	F	Y	P	L	X	I
T	F	I	O	P	E	D	U	T	I	T	A	R	G	B	Y	J	S	O	R	F	I	N
V	S	G	N	I	L	E	E	F	J	H	C	S	W	T	F	S	E	O	E	N	P	D
P	G	V	D	Y	B	U	M	H	X	O	U	F	G	H	C	M	E	R	S	Q	V	F
A	Z	O	A	G	O	F	F	T	C	B	A	J	Y	Y	P	K	K	S	E	S	B	U
T	S	S	A	P	V	A	Z	Y	L	E	U	W	B	J	W	Q	W	V	N	T	P	L
I	V	S	Q	D	Z	A	J	V	O	R	E	L	L	B	H	P	R	D	T	E	U	T
E	A	U	U	T	T	U	O	Q	V	J	U	Y	V	N	C	O	F	W	T	M	S	N
N	W	F	U	O	F	S	Q	Y	E	Q	M	E	D	I	T	A	T	I	O	N	R	Y
C	K	T	V	V	Q	H	W	H	A	Q	B	G	H	C	K	P	V	T	N	W	M	X
E	M	C	D	G	L	E	N	N	E	E	L	S	Q	W	Y	B	E	D	M	B	X	C

Workshop Eligibility

Our courses are available to anyone in East Cheshire & West Cheshire who is accessing CWP's secondary care services and for those accessing CWP's Wellbeing Hubs 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

Email: cwp.involve-and-recover@nhs.net

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



Scan the QR to be taken to our website

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 the 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

Enroling with Us

Complete Your Enrolment Form

You can complete this by:

Downloading an enrolment form from our website and emailing or posting it to (please click on link above or scan the QR code):



Email: cwp.involve-and-recover@nhs.net

Address: Involvement, Recovery and Wellness Centre, Jocelyn Solly Resource Centre, Victoria Road, Macclesfield, Cheshire, SK10 3JE.

A blank copy of the enrolment form is also attached to the back of this prospectus for you to use

For assistance on completing the form please call
01625 505647

What happens next...

- We will send you a letter or email confirming your enrolment and which workshops you have booked. On receipt of this please contact us to confirm your place, please note that your place is not guaranteed until we have received your confirmation.
- If you are attending the online workshops a workbook and joining link will be sent to you approximately one week before the start of the workshop.
- We ask all participants to complete a Warwick and Edinburgh Mental Wellbeing Scale (WEMWBS) and/or a DIALOG Scale. Both are widely used questionnaires to give both the participant, yourself, and ourselves a measure of your subjective view on your quality of life, needs for care and treatment, and overall mental well-being. You can also use these scales regularly to inform, support, and plan your own unique Recovery journey.

Please note:

Most of our workshops are very popular and if you find that you are unable to attend for any reason, please contact us so that we can offer your space to another person.

You will receive a text reminder two days before your workshop starts. To opt out of the text reminder service please contact us

Your Details

Title:		Surname:	
First name:		Date of Birth: (DD/MM/YYYY)	

Address: (if staff please give your place of work)

Postcode:		Telephone:	
Email:			

Your Contact with CWP

Please tick which the following options which are applicable to you:

- | | |
|--|--|
| <input type="checkbox"/> I use secondary mental health services delivered by CWP | <input type="checkbox"/> I have been referred from Complex Needs |
| <input type="checkbox"/> I am a carer for someone using secondary mental health services | <input type="checkbox"/> I do not access secondary care services but wish to access the Expert Patient Programme |
| <input type="checkbox"/> I am a staff member or volunteer | <input type="checkbox"/> I do not access secondary care services but wish to access the Diabetes Awareness Programme |
| <input type="checkbox"/> I have been referred from IAPT/Gateway | |

Is there anything that may impact your attendance or participation with us?

This may include learning, accessibility, or medical needs.

Please tick here if you would like to receive information from us in Easy Read. Easy Read is a way of making written information easier to understand by using clear and simple words, pictures or photos, and large font size.

☐ Yes

Who should we contact in case of an emergency?				
Name:	Phone:	Relationship:		
Your GP surgery:				
Please tell us which courses you would like to enrol in:				
I would like to attend in:	<input type="checkbox"/> Chester	<input type="checkbox"/> Crewe	<input type="checkbox"/> Macclesfield	<input type="checkbox"/> Winsford
	<input type="checkbox"/> Ellesmere Port	<input type="checkbox"/> Northwich	<input type="checkbox"/> Online via MS Teams	
Monitoring				
The following questions are optional and used for statistical purposes only.				
What is your gender? :				
What is your ethnicity?				
Contact Preferences: We would like to be able to contact you about future events. Please tick if you are happy for us to contact you with information.			<input type="checkbox"/> Yes	<input type="checkbox"/> No
What method of communication can we use to contact you?				
<input type="checkbox"/> Phone	<input type="checkbox"/> Text	<input type="checkbox"/> Email	<input type="checkbox"/> Letter	
The IRWC is committed to protecting your privacy and as per the Data Protection Act 2018 we will keep your details secure and anything you share with us will be treated as confidential. By signing this form you are agreeing to the IRWC charter which can be found in our prospectus.				
Signed:			Dated:	
<b style="background-color: #0000FF; color: white; padding: 2px;">For office use only:				
Date completed.....	Entered on database <input type="checkbox"/>	Letter sent <input type="checkbox"/>		
SystmOne/PCMIS checked <input type="checkbox"/>	Added to workshops <input type="checkbox"/>	Referral opened on Systmone <input type="checkbox"/>		
WEMWBS completed <input type="checkbox"/>	Opt-out text sent <input type="checkbox"/>	Staff signature.....		