

# Involvement, Recovery and Wellness Centre

Virtual workshops delivered via Microsoft Teams - *access to a phone/laptop/tablet needed along with a internet connection. For information on face to face workshops please call 01625 505647.*

Workshop	Description	Aims	Dates and Times
<b>Advance Statement</b>	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.	<ul style="list-style-type: none"><li>◆ To provide a guide to anyone who may have to make decisions on your behalf.</li></ul>	<ul style="list-style-type: none"><li>◆ Please call 01625 505647 or email <a href="mailto:cwp.involve-and-recover@nhs.net">cwp.involve-and-recover@nhs.net</a> to book your one to one appointment to complete an advance statement.</li></ul>
<b>Anger Management</b>  A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.	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.	<ul style="list-style-type: none"><li>◆ Learn different strategies to help us manage our anger.</li><li>◆ Recognise anger signs and triggers.</li><li>◆ Identify factors that make anger worse.</li></ul>	<b>Three week course</b> <ul style="list-style-type: none"><li>◆ <b>Monday 10th, 17th, 24th May 2pm - 4pm.</b></li></ul>

## Workshop

### Anxiety Management

A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.

## 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.

## Aims

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

## Dates and Times

### Four week course

- **Thursday 15th April, 22nd, 29th April and 6th May 2-4pm**
- ◆ **Tuesday 22nd, 29th June, 6th, 13th July 11am - 1pm**

### Beating Psychological Distress with DBT Coping Practices

A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.

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).

- ◆ 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.

### Six week course

- ◆ **Thursday 25th March, 1st, 8th, 15th, 22nd, 29th April 11am - 1pm**
- ◆ **Tuesday 8th June, 15th, 22nd, 29th, 6th, 13th July 2pm - 4pm**

### Making a Difference based on the principles of Cognitive Stimulation Therapy

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).

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

### Four week course

- ◆ **Wednesday 2nd, 9th, 16th and 23rd June 11am - 12.30pm**

These sessions are intended for people with mild to moderate dementia and or their carers/family members *that have been referred to the course by staff within the older peoples teams.*

## Workshop

## Description

## Aims

## Dates and Times

### Diabetes Awareness Programme

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. **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.**

- ◆ 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

#### Six week course

- ◆ **Wednesday 31st March, 7th, 14th, 21st, 28th April, 5th May  
10.30am - 1pm**
- ◆ **Friday 25th June, 2nd, 9th, 16th, 23rd and 30th July  
1pm - 3pm**

### Expert Patient Programme

This programme is tailored to the needs of adults living with long-term physical or mental health condition(s) and their carers. 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. **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.**

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

#### Six week course

- ◆ **Thursday 22nd, 29th April and 6th, 13th, 20th, 27th May  
10.30am-1pm**
- ◆ **Friday 28th May, 4th, 11th, 18th, 25th June, 2nd July  
10.30am-1pm**

## Workshop

### Free Yourself from negative thoughts

## Description

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.

## Aims

- 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.

## Dates and Times

### Two week course

- ◆ **Thursday 3rd, 10th June 11am - 1pm**

### Help with Sleep

If you are struggling with your sleep this workshop is packed full of:

- ◆ 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.

- ◆ To understand how your brain body works in relation to sleep.
- ◆ To understand why our bodies have sleep problems

### One week course

- ◆ **Wednesday 19th May 11am - 1.30pm**
- ◆ **Monday 28th June 1pm - 3.30pm**

## Workshop

### Introduction to Managing Depression



## Description

This workshop will consider some of the symptoms and experiences of people with depression.

## Aims

- ◆ To explore different ideas and techniques for coping with and improving symptoms of depression.

## Dates and Times

**One week course**

- ◆ **Please register your interest**

### Learning to Manage Low Mood

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.

- ◆ Explore different techniques to help manage low mood.

**Four week course**

- ◆ **Thursday 6th, 13th, 20th, 27th May  
10am-12pm**

### Living Well With Dementia

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.

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

**Four week course**

- ◆ **Wednesday 5th, 12th, 19th and 26th May  
1.30pm - 3.30pm**

## Workshop

## Description

## Aims

## Dates and Times

### Managing Psychosis

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.

- ◆ 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.

One week course

- ◆ **Monday 21st June**  
**2pm - 4pm**

### Managing Your Medicines

The workshop looks to explain the common terms used to explain medication, how different types work and the factors that can affect them.

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

One week course

- ◆ **Thursday 20th May**  
**2pm - 4pm**

### Mindfulness

A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.

Mindfulness is the ability to be able to choose what we bring our awareness to and what we're doing, and to not overly 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.

- ◆ 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.

Three week course

- ◆ **Thursday 25th March, 1st, 8th April**  
**2pm - 4pm**
- ◆ **Monday 10th, 17th, 24th May**  
**11am-1pm**

## Workshop

### Money Sense with NatWest



## 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.

## Aims

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

## Dates and Times

One week course

- ◆ **Wednesday 5th May  
11am - 12.30pm**

### Relapse Prevention

A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.

A Relapse can involve difficulties coping with day to day activities, Increased anxiety, increased symptoms of panic or increased negative thoughts.

- ◆ To become aware of our triggers and other warning signs.
- ◆ Learn new recovery tools.
- ◆ Create a plan of action.

Four week course

- ◆ **Tuesday 4th, 11th, 18th and 25th May  
2pm - 4pm**

### Stress to Strength

In this workshop you will look at what stress is and how it affects your physical and mental health and your quality of life.

- ◆ Learn techniques that can help you to beat unhealthy stress.
- ◆ Learn what inner strength is.
- ◆ Learn how to build strength and resilience in yourself and in your life.

Two week course

- ◆ **Friday 9th and 16th April  
11am - 1pm**
- ◆ **Monday 12th and 19th April  
1pm - 3pm**

Workshop	Description	Aims	Dates and Times
<p><b>Self Esteem</b></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"> <li>◆ Explore what you can do to improve your self esteem.</li> </ul>	<p><b>Three week course</b></p> <ul style="list-style-type: none"> <li>◆ <b>Thursday 24th June, 1st, 8th July</b> <b>11am - 1pm</b></li> </ul>
<p><b>Tai Chi</b></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"> <li>◆ To improve your energy and well-being.</li> <li>◆ Reduce feelings of stress and anxiety.</li> </ul>	<p><b>One week course</b></p> <ul style="list-style-type: none"> <li>◆ <b>Friday 23rd April</b> <b>3.30pm - 4.15pm</b></li> <li>◆ <b>Friday 11th June</b> <b>3.30pm - 4.15pm</b></li> </ul>
<p><b>Wellness Recovery Action Plan (WRAP)</b></p> <p>A workbook accompanies this workshop, but it can also be requested and utilised as a stand alone tool.</p>	<p>This workshop offers an introduction to the Wellness Recovery Action Planning process, or WRAP for short.</p> <p>WRAP is a self-management strategy designed by mental health advocate Mary Ellen Copeland, from her own experience of living with a long-term mental health condition.</p>	<ul style="list-style-type: none"> <li>◆ To create your own Well-ness, Recovery, Action plan.</li> <li>◆ To gain a really good understanding of your recovery and crisis plans.</li> </ul>	<p><b>Two week course:</b></p> <ul style="list-style-type: none"> <li>◆ <b>Monday 19th, 26th April</b> <b>12.30pm - 2.30pm</b></li> <li>◆ <b>Wednesday 14th, 21st July</b> <b>11am - 1pm</b></li> </ul>



## Workshop

### Mental Health Awareness Week



## Description

Mental Health Awareness Week is from 10<sup>th</sup> to 16<sup>th</sup> May 2021 and the theme chosen for this year is 'Nature and the Environment' (last years was Kindness).

## Aims

- ◆ To get people talking about their mental health
- ◆ To explore the benefits of fresh air and nature to our mental health and overall wellbeing

## Dates and Times

- ◆ **Wednesday 12th May 1pm—3pm**
- Agenda and guest speakers to be announced shortly.**

### **Mental Health Awareness - can be attended as a standalone workshop or as part of the Mental Health Awareness Week event**

This Mental Health Awareness workshop raises awareness of ill-mental health (particularly stress, depression and anxiety), provides tools and guidance for daily wellbeing management.

**This course is for anyone who works/lives alongside someone who experiences a mental health problem or distress and wants to better support them.**

- ◆ 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

- ◆ **Wednesday 12th May 11am - 1pm**

### **The 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 on 01625 505647 or email [cwp.involve-and-recover@nhs.net](mailto:cwp.involve-and-recover@nhs.net)**

To find out more join our Question and Answer session on...

**Wednesday 26th May 11am - 12.30pm**

**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](mailto:cwp.involve-and-recover@nhs.net)

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.**

The capacity to learn is a *gift*; the ability to learn is a *skill*; the willingness to learn is a *choice*.

Brain Herbert



## Involvement, Recovery and Wellness Centre Student Registration and Course Booking



### Your Details

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

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

<b>Postcode:</b>		<b>Telephone:</b>	
<b>Email:</b>			

### 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 IAPT/Gateway (Crewe and Winsford only)
<input type="checkbox"/> I am a carer for someone using secondary mental health services	<input type="checkbox"/> I have been referred from SPA (Crewe and Winsford only)
<input type="checkbox"/> I am a staff member or volunteer	

**How did you hear about us?**

**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:
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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"/> Warral

**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
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**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
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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: \_\_\_\_\_

**For office use only:**

Date completed.....	Entered on database <input type="checkbox"/>	Letter sent <input type="checkbox"/>
Care notes/PC/MIS checked <input type="checkbox"/>	Added to workshops <input type="checkbox"/>	Staff signature.....