

Recovery Courses in the High Peak & Derbyshire Dales North Neighbourhood



Understanding
Mental Health
Personal Skills

Building Your
Life

Understanding
Meaning &
Purpose

Creativity &
Discovery

Physical Health
& Well Being

Welcome

We want to make sure that your health and wellbeing is as good as it can be. We are committed to a recovery and wellbeing focused approach to services, which aims to support people to fulfil their potential.

This guide provides a choice of recovery focussed courses and workshops for people who are part of our services. This includes families, friends and trust staff, who can join together to learn with and from each other.

The courses in the directory are aimed at supporting people to recognise and develop their personal resourcefulness, resilience and talents in order to become experts in their own self-care, make informed choices and help them achieve their aspirations and goals in life.

Course Listing

Getting Well Courses

Recovery and Well Being Course

Keeping Well Courses



Brightside Project

Project aARTh – Environmental Arts and Health

Wellbeing and Resilience Workshop

Staying Well

Dramatic Change Course

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Course/Group title: Recovery and Well Being

Description of the course (including the number of sessions)

This course is run over six sessions, each lasting two hours.

It is to help people understand their recovery journey and wellness planning.

The course will focus on the principles of Recovery including hope and wellness, personal responsibility, understanding own experiences, support and self advocacy.

The first part will be facilitated by an Occupational Therapist and Support Worker.

An Adult Education tutor will then provide a session each week on experiencing mindfulness and relaxation techniques to then use and practise at home.

Dates & times:

To be confirmed

Venue

Adult Education Centre: St. Nicholas Hall, Victoria Road, Fairfield, Buxton

Adult Education Centre: Spring Bank, New Mills

Benefits of attending the course

- Build your knowledge and experience of recovery
- To encourage you to feel more in control of your wellbeing by understanding and exploring problems, problem solving and setting goals to keep you well
- You will develop your own recovery/ staying well plan with support
- You will have an opportunity to interact and socialise with other group members
- Learn relaxation and mindfulness techniques to use in everyday situations



Available to:

People who are open to the Neighbourhood Team.

How to book a place:

Please speak to your Mental Health Worker or Consultant Psychiatrist who can help you to book a place.

To be included in which section: Getting Well

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Course / Group title: Brightside Project

Description of the course (including the number of sessions)

The Brightside project will use supported learning opportunities to help people across Derbyshire to manage their mild to moderate Mental Health difficulties. It is currently a yearlong project with a variety of practical skills delivered in an Adult Education setting. It will provide short practical courses and activities designed to develop skills in confidence building, relaxation and positive decision making.

Dates & times

There are a variety of short courses running at different times during the term time. Please contact us below for more information.

Venue

Adult Education Venue. Recently the sessions have been based in Fairfield and New Mills Adult Education venues.

Benefits of attending the course

- Opportunities for individuals to attend short course which may include:
Exploring an outdoor activity, creative expression, Mindful and healthy food, feeling good and rested
- Develop your confidence about what you learn
- Opportunities to progress your skills to further learning, social activities and other community activities
- Have fun learning new skills

Available to :

Any person in Derbyshire who is experiencing mild to moderate mental health difficulties and feel they would benefit from a short skills based course and in particular:

- Young Adults (19-24)
- Men of all ages
- Older people (65+)
- Carers of Older people and people with disabilities.

How to book a place:

For more information contact: 01629 536569

brightside@derbyshire.gov.uk or discuss with your mental health worker

To be included in which section : Keeping Well

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Course/Group title :Project eARTh Environmental Arts and Health

Description of the course (including the number of sessions)

This is an exciting long term arts programme, run by experienced artists and supported by mental health workers and volunteers.

A wide range of arts activities are offered , often involving a project linked to the community, from mosaics to felting, sculpturing wood and willow, poetry, music, pottery, etc. (No previous art experience is necessary).

Dates & times

Runs weekly, mainly during term times.

Mons: 12.30-15.00 Buxton,

Thurs: 10.30-13.00 New Mills

Venues

Fairfield Community Centre, Buxton, SK17 7PE

Spring Bank Arts Centre, New Mills, SK22 4BH

Benefits of attending the course (as said by participants!)

- Meet new people and an opportunity to get out of the house!
- Join a group in which you are listened to and supported
- Have fun together
- Be creative
- Learn new skills
- Build confidence
- Express yourself
- Share Experiences
- Feel pride in your achievements
- Improve the local environment

Available to:

For people in the High Peak aged 16+ and are experiencing any form of mental distress.

How to book a place:

You can self refer by contacting High Peak Community Arts on 01663 744516 or www.highpeakarts.org or discuss with your Mental Health worker

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Course/Group title: Wellbeing and Resilience Workshop

Description of the course (including the number of sessions)

The wellbeing and resilience workshop is a 10 week course, aimed at helping you to develop the confidence and skills to manage your own mental health. It includes a variety of topics that are tailored to the individuals within the group, but can include topics such as:

- Developing knowledge and belief in managing your personal health
- Developing a staying well plan
- Finding out about local resources
- How to set yourself positive goals
- Understanding your medication
- Relaxation and mindfulness skills
- Healthy eating and exercise
- How to feel motivated
- Finding out about enjoyable activities in your community
- Looking at your vocational roles
- The importance of habits and routine in getting well
- Progressing onto and accessing the Derbyshire Peer Support and Recovery Service

Dates & times:

To be confirmed

Venue:

Courses run at Wellbeing Hub, Bridge St, Buxton and Matlock Hub at Derbyshire Federation

Benefits of attending the course:

You can develop your sense of skill and knowledge in managing your own health.

Available to:

Service users of the High Peak and North Dales Neighbourhood Team, or Derbyshire Federation

How to book a place:

Speak to your Care coordinator or Derbyshire Federation worker about being referred

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To be included in which section? Keeping Well

Course/Group title: **DRAMATIC CHANGE**

Description of the course (including the number of sessions)

This group has been set up for people who may be able to use drama and games as a way of moving forwards and expressing themselves. No previous acting experience is needed.

Dates & times

The group meets once a month for a two hour session, on the first Weds of each month throughout the year.

Venue

Spring bank Arts Centre, Spring Bank, New Mills, SK22 4BH

Benefits of attending the course

- To interact with other people interested in drama
- To use drama as a medium for self expression
- To make a contribution to the group and bring your own ideas
- To provide an outlet for creative expression and well being

Available to:


People who feel anxious or distressed, but everyone is welcome to attend

How to book a place:

Discuss with your Mental Health Worker or

For more information contact Roland on 01629 532686

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