

Course/Group title: Recovery and Well Being course

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:

Courses are due to start in September 2016.

Tues pm (New Mills)

Weds pm (Buxton)

(exact times and dates 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 well being 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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