

Recovery Courses in the Chesterfield 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

Goals (Get Out and Live Successfully) Group
Skills to Recovery Course

Keeping Well Courses

Spireites Active for Life Course
Mindfulness and Meditation Course
Music Group
Yoga and Occupational Education Course

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Course/Group title: Goals Group (Get Out and Live Successfully)

Description of the course (including the number of sessions):

The group will help individuals to learn and undertake different coping skills. The Group uses a DBT informed approach and focuses on topics including; mindfulness, anxiety management, emotional regulation, distress tolerance, anger control and interpersonal effectiveness. There are 6 sessions.

Dates & times:

6 weekly sessions from 25th September to 30th October 2018

Venue:

Bayheath House, Chesterfield

Benefits of attending the course:

To provide evidence based interventions to the COHORT of patients that do not need CPA but pose challenges to other agencies due to their safety.

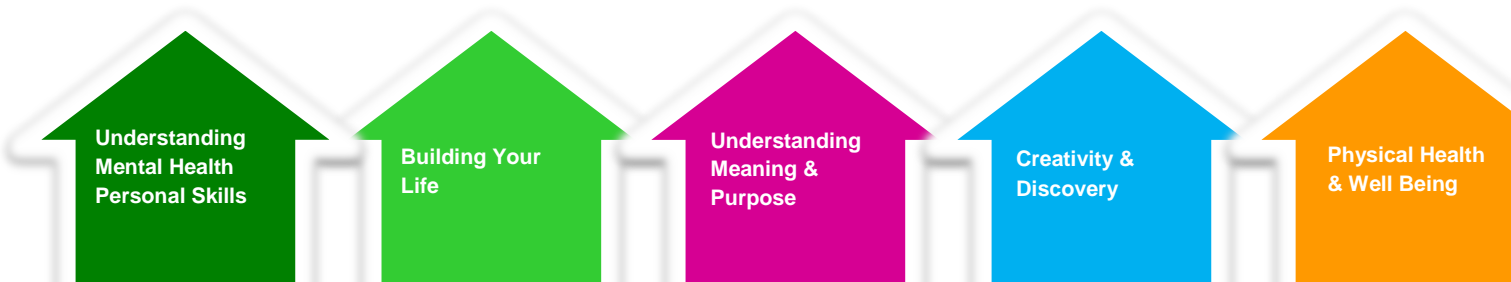
Available to:

An individual has to meet the criteria for secondary mental health services. Service users will have been assessed by SPOA with the idea being that the group provides a follow up from the SPOA assessment.

How to book a place: Through a SPOA worker within the mental health team.

Group Facilitators: Donna Marsden (Nurse) and Dawn Higgins (Support Worker)

To be included in which section: Getting Well



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Course /Group title: Skills to Recovery

Description of the course (including the number of sessions):

Group focusing on enabling service users to revisit skills that aid their own recovery.

The six weekly topics include:

- The meaning of recovery, hope and the 5 ways to wellbeing
- Anxiety management and confidence building
- Support to complete a Recovery Plan
- Education on a balanced lifestyle, food in relation to our mood
- Relaxation, mindfulness and stress
- Promoting the benefits of physical exercise, structure, routine and community opportunities

At the end of the 6 sessions group members meet with group facilitators on an individual basis to discuss if further follow up is required.

Dates & times: 4th October – 8th November

Venue: Bayheath House, Chesterfield

Benefits of attending the course: For service users to revisit skills and strategies that support them in living their lives.


Available to: Chesterfield Pathfinder and Recovery Team service users.

How to book a place: - Through your mental health team worker.

Current group facilitators: - Louise Heron (Occupational Therapist) contact Louise on 0300 123 3372 for more information

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Course/Group title: Spireites Active for Life

Description of the course (including the number of sessions)

The Spireites Active for Life group is aimed for individuals who are interested in adopting a healthier lifestyle and participating in gentle physical exercise.

The topics covered throughout the sessions include: Food and mood, Confidence building, relaxation and mindfulness, the benefits of physical exercise, a CFC player visit and a stadium tour.

There are 9 sessions within each cohort. The group is partnership lead by an Occupational Therapist from the Chesterfield Recovery Team and also members from the Chesterfield Community Football Team.

Dates & times

1st Oct – 26th November

Venue

Proact Stadium, Chesterfield.

Benefits of attending the course:

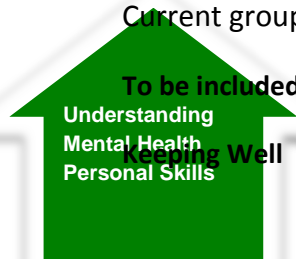
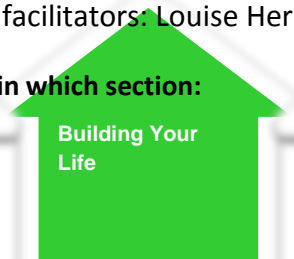
To learn the benefits of exercise, how food can have an effect on our mental health, the techniques used for building our confidence, to participate in gentle physical activity and to overall learn how to adopt a healthier lifestyle.

Available to: An individual has to meet the criteria for secondary mental health services. However other individuals with mental health problems may be considered.

How to book a place: Through a worker within the mental health team, for example an individual's care co-ordinator, occupational therapist or consultant. Another way to book is to contact Louise Herron (Occupational Therapist) on 01246 264030 or the Chesterfield Community Football team based at the Proact Stadium, Chesterfield.

Current group facilitators: Louise Herron (Occupational Therapist) and Peer supporters

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Course/Group title: Mindfulness and Meditation course

Description of the course (including the number of sessions):

This course will look at a wide range of mindfulness and meditation themes and consider which might be helpful and relevant to you. You will be able to experience relaxing your mind with guided meditation as well as the ability to focus on what is happening within and around us and we will explore simple ways of including mindfulness in everyday life.

Dates & times:

Available in Jan 2019 (course runs for 7 weeks)

Venue:

To be confirmed

Benefits of attending the course:

This course will help you learn how to use meditation techniques to relax your mind.



Available to: An individual has to meet the criteria for secondary mental health services. However other individuals with mental health problems may be considered.

How to book a place: Through a worker within the mental health team, for example an individual's care co-ordinator, occupational therapist or consultant. Another way to book is to contact Sharon Durose or Louise Boothby (Occupational Therapists) on 0300 123 3372 WEA (Workers Educational Association) on 01246 622249

Current group facilitators: Occupational Therapist and staff from WEA

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Course/Group title: Music group

Description of the course (including the number of sessions):

The music group is run in partnership with a music tutor from the WEA (Workers Educational Association) and support from an Occupational Therapist (from the Chesterfield Recovery Mental Health team).

The course is for individuals interested in music and would like the opportunity to have a go at singing, writing songs and learning how to play instruments in a friendly, unpressured and supportive setting.

Dates & times:

This group runs throughout the year, having short breaks after each term time.

Venue:

West Studios, Sheffield Road, Chesterfield

Benefits of attending the course:

For an individual to learn how to play different instruments and to enjoy singing and writing songs within a friendly environment.

Available to: An individual has to meet the criteria for secondary mental health services. However other individuals with mental health problems may be considered.

How to book a place: Through a worker within the mental health team, for example an individual's care co-ordinator, occupational therapist or consultant. Another way to book is to contact Louise Herron (Occupational Therapist) on 0300 123 3372 WEA (Workers Educational Association) on 01246 622249

Current group facilitators: Occupational Therapist and a Music Tutor from WEA

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Course/Group title: Yoga and Occupational Education Group

Description of the course (including the number of sessions):

A friendly class which will consist of practical yoga techniques in a safe environment and each session will include a relaxation time. The class will aim to help participants to identify then reduce tension throughout the whole body to increase a sense of general wellbeing.

Dates & times:

3rd Oct – 21st November

Venue:

WEA, Stand Road, Chesterfield

Benefits of attending the course:

The class will teach concentration/meditation techniques and the importance of having a focussed mind. The group will also include a focus on the benefits of engaging on occupation as well as the impact that diet and exercise can have on an individual's mental health


Available to: An individual has to meet the criteria for secondary mental health services. However other individuals with mental health problems may be considered.

How to book a place: Through a worker within the mental health team, for example an individual's care co-ordinator, occupational therapist or consultant. Contact the team on 0300 123 3372

Current group facilitators: Occupational Therapist and staff from WEA

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