

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

To be included in which section :

Getting well