

Recovery Courses in the Bolsover and Clay Cross Neighbourhood



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

- Compassion Focussed Anxiety Management
- Skills to Recovery

Keeping Well

- Equine Therapy
- Active Confidence Course
- Active Mindfulness Course
- Severely Impaired Group



Compassion Focussed Anxiety Management

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

This is a seven session course where participants have the opportunity to learn the basics of Compassion Focussed Anxiety Management and then develop their knowledge of Anxiety Management, practice a variety of Compassion Focussed Anxiety Management techniques, and put them into practice within group activity and individual weekly practice.

Dates & times:

To be confirmed

Venue:

The Old Vicarage Bolsover

Benefits of attending the course:

- Greater understanding of reasons behind anxiety states, thoughts and emotions, and how to manage these effectively.
- A knowledge of Compassion Focussed Anxiety Management techniques and principles that you can continue to utilise throughout your life to help you maintain your mental health.
- Improved sense of calm.
- Increased confidence in socialising.
- Improved engagement in activity.

Available to:

Any Bolsover and Clay Cross neighbourhood service users from the age of 50 who have the ability to understand, retain and communicate information and who have difficulty in managing anxiety, thoughts and feelings in everyday life or in focussing on the present within their occupations.

How to book a place:

You can be referred to this group by your care co-ordinator, lead professional or other team member. Must be currently under neighbourhood Adult or Older Adult CMHT

To be included in which section:



Getting Well
Understanding
Mental Health
Personal Skills



Building Your
Life



Understanding
Meaning &
Purpose



Creativity &
Discovery



Physical Health
& Well Being

Course/Group title: Skills to Recovery Course

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: To be arranged. Speak to your Care Co-ordinator for more information.

Venue: Bayheath House

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. The group is currently run by Louise Heron who can be contacted on 0300 123 3372

To be included in which section:

Getting Well

 Understanding
Mental Health
Personal Skills Building Your
Life Understanding
Meaning &
Purpose Creativity &
Discovery Physical Health
& Well Being

Course/Group title: Equine Therapy

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

This is an eight session course that gives participants the opportunity to interact with horses and care for them. Through these activities participants will learn about themes such as relationships, trust and social skills.

Dates & times:

May – July

Dates and times to be confirmed.

Venue:

New Directions – Clowne.

Benefits of attending the course:

- Improved understanding of relationships.
- Improved confidence in socialising.
- Increased engagement in occupations.
- Greater confidence in engaging in new activities.
- A sense of acceptance and non-judgement that comes from interacting with animals.

Available to:

Anyone within Bolsover and Clay Cross Neighbourhood who has an interest in horses, and wants to develop their skills in managing relationships, developing a sense of trust, or wants to re-engage with leisure or productive roles.

How to book a place:

You can be referred to Occupational Therapy by your Care coordinator, key worker or consultant.

To be included in which section:

Keeping well

 Understanding
Mental Health
Personal Skills Building Your
Life Understanding
Meaning &
Purpose Creativity &
Discovery Physical Health
& Well Being

Course/Group title: Active Confidence

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

This is an eight session course where participants can develop their social skills and confidence in engaging in activities: both through group discussion around topics such as assertiveness and goal setting, and in practice through outdoor pursuits activities such as orienteering and canoeing.

Dates & times :

April – June (dates and times to be confirmed)

Venue:

Pleasley Vale Outdoor Activity Centre

Benefits of attending the course

- Improved confidence in socialising.
- Improved confidence in engaging in new occupations
- Opportunity to develop social skills.
- Learning how to set yourself realistic goals and make progress in your occupations.
- Developing skills to manage difficulties within social situations such as learning how to say no.

Available to :

Anyone within the Bolsover and Clay Cross Neighbourhood who would like to develop their confidence within occupations, or their confidence and skills in socialising. Also anyone who wishes to develop their engagement in leisure or productive occupations and has an interest in outdoor activities.

How to book a place:

You can be referred to Occupational Therapy by your Care coordinator, key worker or consultant.

To be included in which section:

Keeping well

Understanding
Mental Health
Personal Skills

Building Your
Life

Understanding
Meaning &
Purpose

Creativity &
Discovery

Physical Health
& Well Being

Course/Group title: Active Mindfulness

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

This is an eight session course where participants have the opportunity to develop their knowledge of mindfulness, practice a variety of mindfulness techniques, and put them into practice within activity through gentle outdoor pursuits that are tailored to the mindfulness themes discussed within the group.

Dates & times:

Feb/March 2019

Venue:

Pleasley Vale outdoor activity centre

Benefits of attending the course

Benefits of attending the course:

- Greater awareness of thoughts and emotions, and how to manage these effectively.
- A knowledge of mindfulness techniques and principles that you can continue to utilise throughout your life to maintain your mental health.
- Improved sense of calm.
- Increased confidence in socialising.
- Improved engagement in activity.

Available to:

Any Bolsover and Clay Cross neighbourhood service users who have difficulty in managing thoughts and feelings in everyday life, or in focussing on the present within their occupations.

How to book a place:

You can be referred by your Care coordinator, key worker or consultant.

To be included in which section:

Keeping Well



Understanding
Mental Health
Personal Skills



Building Your
Life



Understanding
Meaning &
Purpose



Creativity &
Discovery



Physical Health
& Well Being

Course/Group title: Severely Impaired Group

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

This group is designed for people who are suffering from a cognitive impairment to give them the opportunity to engage in structured, meaningful and therapeutic activities. It is designed to help and support people who are in similar situations. An active social life is paramount in helping people with cognitive impairment to stay happy and motivated.

Dates & times:

The group plans to take place Tuesday mornings for approximately an eight week programme. After this period you may be considered for referral onto other groups that may be of benefit.

Venue:

The Old Vicarage, Bolsover

Benefits of attending the course:

- Keeping an active social life in order to reduce loneliness and isolation
- Providing a sense of purpose
- Provide enjoyment and structure to the day
- Sharing experiences with others in similar situations
- Gaining knowledge into activities that can be of benefit to the individual
- Building self-esteem and confidence

Available to:

This group will be available to anyone who is currently under the care of Bolsover and Clay Cross neighbourhood services.

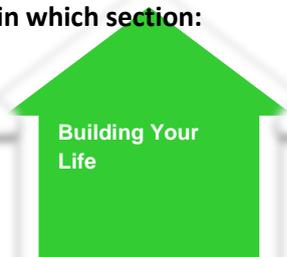
How to book a place:

If you are interested in this course or feel you know someone that is interested in this group then speak with your care co-ordinator, lead professional or other professionals involved in your care. If any professionals feel that they have any service users that would benefit from this group then liaise with Sam Waplington or Joanne Wombwell.

To be included in which section:



Keeping Well
Understanding
Mental Health
Personal Skills



Building Your
Life



Understanding
Meaning &
Purpose



Creativity &
Discovery



Physical Health
& Well Being