

Course/Group title: Recovery and Wellbeing Course

Description of the course:

A step down approach to discharge for individuals that may require some additional support to manage their own health and wellbeing. The course aims to deliver general core themes throughout the six weeks (plus one week screening/assessment week).

Dates & times: Every Thursday for 7 weeks, 13:00 – 15:00
Further dates TBC

Venue: Waingroves Community Centre

Benefits of attending the course:

- To provide structure and routine to individuals daily routine.
- Support around goal setting.
- Community opportunities and links.
- To develop strategies to manage own health and wellbeing

Available to:

Individuals who are currently within Derbyshire Healthcare NHS Foundation Trust -secondary mental health services.

How to book a place:

Contact your Consultant Psychiatrist or Community Mental Health Nurse.

Alternatively, Su Cumpstone, Senior Occupational Therapist or Fern Betts, Occupational Therapist, Amber Valley Team, 0300 123 2673.

To be included in which section: Getting Well



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