

Course/Group title: Well Being through Occupational Therapy

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

Recovery Focused Course designed to equip service users with tools to self-manage their mental illness. Includes self soothing techniques; relaxation tools/mindfulness/simple breathing techniques; healthy lifestyles (diet, exercise, sleep hygiene); information about community resources & visits to P3 Hub; leisure centre & CVS; WRAP.

8 sessions

Dates & times: June 14th 2018 – 10am-12.00 midday

Venue: CVS, Swadlincote

Benefits of attending the course:

Develop social confidence/skills/awareness of local community resources/tool kit of coping strategies to self-manage/move forward

Available to:

Service Users open to team at Dale Bank View

How to book a place:

Referral by member of clinical team at Dale Bank View

To be included in which section:

Getting Well



DHCFT



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www.derbyshirehealthcareft.nhs.uk



*Better
together*