

Recovery Courses in the South Derbyshire and Derbyshire Dales South 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

- Dale Bank Strolling Group
- Well Being through Occupational Therapy

Keeping Well

- Grow Outside
- Wellies Project

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Course/Group title: Dale Bank Strolling Group

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

The Strolling Group is a gentle introduction into walking. It aims to support the development of healthy routines/lifestyles; to reduce social isolation; to improve physical and mental wellbeing and address motivational difficulties to clients who would otherwise have little or no exercise in their week.

The walks will all take place in the local area around Swadlincote – on pavements and in local parks.

8 sessions

Dates & times: May 16th – July 4th 2018 1.30 – 3pm

Venue: Meeting point DBV, Swadlincote

Benefits of attending the course:

Improve levels of mental health through physical exercise; develop self-esteem/confidence; social inclusion; awareness of local short/accessible walks; information of community walking groups to progress onto.

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:

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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

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Course/Group title: Grow Outside

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

This is a partnership run group with Grow Outside CIC (Claire Teeling) & DHCFT Dale Bank
View OT staff

To promote an interest in gardening. To provide an outdoor environment to support social inclusion,
health and wellbeing, and to explore other activities in this venue.

Dates & times: Currently every Tuesday from 10am – 3pm

Venue: Gresley Old Hall, Church Gresley, nr Swadlincote

Benefits of attending the course:

To provide a range of activities to develop confidence/motivation/new skills/re-gaining old skills; to enable people to achieve individual goals; social inclusion; to help to develop a community resource to be available to all.

Available to:



Service Users open to team at Dale Bank View those who live in and around the locality

How to book a place:

Referral by member of clinical team at Dale Bank View

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Course/Group title: Wellies Project

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

Therapeutic activities based in the countryside including cookery; walks; creative & practical crafts; looking after animals; horticulture.

Run by The WELLIES project – Growing Rural Enterprise Ltd.

5 Sessions

Dates & times: From Tuesday July 17th to August 14th 2018

10am-3pm Transport provided from St Oswalds Hospital in Ashbourne

Venue: The Old Chapel, Somersal Herbert, nr Sudbury

Benefits of attending the course:

To provide a range of physical/creative activities to develop confidence/improved mood & motivation/new skills/re-gaining old skills; to enable people to achieve individual goals; social inclusion.

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

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