

Course/Group title: Recovery through Occupational Therapy

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

Number of Sessions: 10

The group explores wellbeing and practical, everyday things we can do to promote our mental health. The aim is for everyone to build up an individualised 'toolbox' of different ideas and techniques to help their mental health. It is hoped that the group will contribute to members developing active routines that promote positive mental health.

The group will look at lots of different areas including:-

- Self-care- getting the basics right
- Mindfulness
- Leisure and why it is important
- What community resources are available
- Productivity- work and education
- Staying well plans

Dates & times: To be confirmed

Venue: Boyer Street Community Rooms, Boyer Street, Derby, DE22 3XD

Benefits of attending the course:

- Developing a tool box of different ideas and techniques to enhance your wellbeing and mental health.
- Lots of practical ideas of how to help yourself make positive changes
- A chance to meet other people
- Improve your confidence especially in social situations
- Improve your structure to your week while the course is running
- Find out about other resources in the community that might help you

Available to: People under the Derby City Community Neighbourhood

How to book a place: Ask your CPN/OT/Psychiatrist to refer you

To be included in which section: Getting well