

Recovery Courses in the Derby City 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




- Recovery through Occupational Therapy

Keeping Well

- First Hurdle – horses for wellbeing

Staying Well

- Connect for Wellbeing – Mr Grundy's Group

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

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

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Course/Group title: First Hurdle - horses for wellbeing

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

***This has been a pilot group working in partnership with spirit and soul currently awaiting funding for further groups.**

The first hurdle is a 10-week programme. Taking part once a week for 3 hours between 13:00 PM and 16:00PM.

Working with horses in a therapeutic way to meet the following aims and more:

Aims:

- To build confidence and increase coping skills
- To reduce stress and anxiety and increase resilience
- To build trust and teamwork and increase skills of working with other people
- To develop confidence in goal setting and establishing skills for the future

During the pilot groups the OT team have delivered educational/theory based learning in support of the sessions. Based on transitioning what has been learnt into day to day activities in support of facing challenges and problem solving skills.

Dates & times: The first hurdle is a 10-week programme.
Taking part once a week for 3 hours between 13:00 PM and 16:00PM.

Venue: Spirit and soul, Equine assisted therapy, Kirk Langley

Benefits of attending the course:

- To build confidence and increase coping skills
- To reduce stress and anxiety and increase resilience
- To build trust and teamwork and increase skills of working with other people
- To develop confidence in goal setting and establishing skills for the future

Available to: for this pilot group it is available to anyone under the Derby City neighbourhood team.

How to book a place: Discuss with your worker on the Derby City neighbourhood team.

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Course Title: Connect for Wellbeing - Mr Grundy's Group

Description of the course:

This is a weekly group in a local facility and open to people who have a named professional from the neighbourhood team. It provides a springboard and introduction to new activities to enable you to move on to independent social events. The group likes to meet up before the main activity for a drink or something to eat (no pressure!) and tea and coffee is provided. The group work together to decide and organise activities and events. Types of events include – pub quiz, visits to theatre, art sessions, outside speakers, board games café, visit from Pets as Therapy Dog, stall at the Summer Fair

Dates & times:

Wednesday evenings 5pm - 7 pm

Venue:

Mr Grundy's Public House
Ashbourne Road
Derby

Benefits of attending the group:

- Meet other people, make new friends and help build your confidence in joining new social activities
- Feel a sense of belonging
- Discover what is going on in Derby

Available to:

People in the Derby City Neighbourhood Team

How to book a place:

Referral is made through CPN/Occupational Therapist/Psychiatrist

To be included in which section: Staying Well

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