

Recovery Courses in the Erewash 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

- Bipolar Support Group
- Recovery and Wellbeing Group

Keeping Well

- Football Group
- Men in Sheds
- Walking Group

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Course / Group title: Bipolar Support Group

Description of the course (including the number of sessions)

This course is designed for individuals learning to live with Bipolar Disorder, to share views, experiences and support each other. Guest speakers are invited to the group and there are 'topic' weeks where specific issues can be discussed.

Dates & times

Every 2 weeks on a Monday

Venue

Ilkeston Library

Benefits of attending the course:

For individuals to support each other with a similar diagnosis, to develop coping strategies and to enable people to deal with their illness. There is also various books and information that people can access.

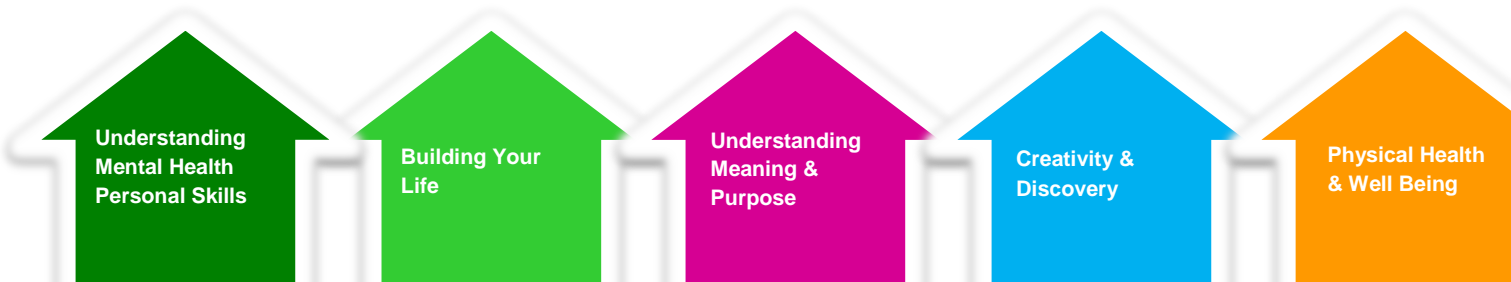
Available to:

For people with a Bipolar Disorder who receive a service from Derbyshire Healthcare NHS Foundation Trust.

How to book a place:

Contact Alycia Cauldwell (CPN) on 0300 123 3375. The group is usually facilitated by Alycia and in partnership with Derbyshire Peer Recovery and Peer Support Service

To be included in which section: Getting well



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Course/Group title: Recovery and Wellbeing Group

Description of the course:

The group will run weekly for anyone open to the Recovery and Well Being service or the team. The groups are to be facilitated by a Support Worker and Peer Supporter, with input from Occupational Therapists.

The group will be a chance for people to meet and socialise, participate in different activities, be introduced to community resources and get support about different topics which affect your mental health.

Dates & times:

To be confirmed

Venue:

Ilkeston Resource Centre, Ilkeston Community Hospital, Heanor Road, Ilkeston, Derbyshire DE7 8LN

Long Eaton Adult Education Centre, Derby Rd, Long Eaton, Nottingham

Benefits of attending the course:

Opportunities to socialise, find new interests, adopt coping strategies to help manage mental health more effectively and get more involved in your community. You will also have the opportunity to volunteer.


Available to:

Anyone who is open to the Recovery and Well Being Service

How to book a place:

Contact Kathy Birks (OT) or Sarah Crowther (OT) on 0300 123 3375

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Course / Group title: Football Group

Description of the course:

Five a side football group which is ongoing. An opportunity for people to play football in a friendly and supportive environment.

Dates & times:

Every Monday 4.15pm to 5.15pm

Venue:

Friesland school, Sandiacre

Benefits of attending the course:

Opportunities to exercise, socialise with others, improve well-being and have fun.

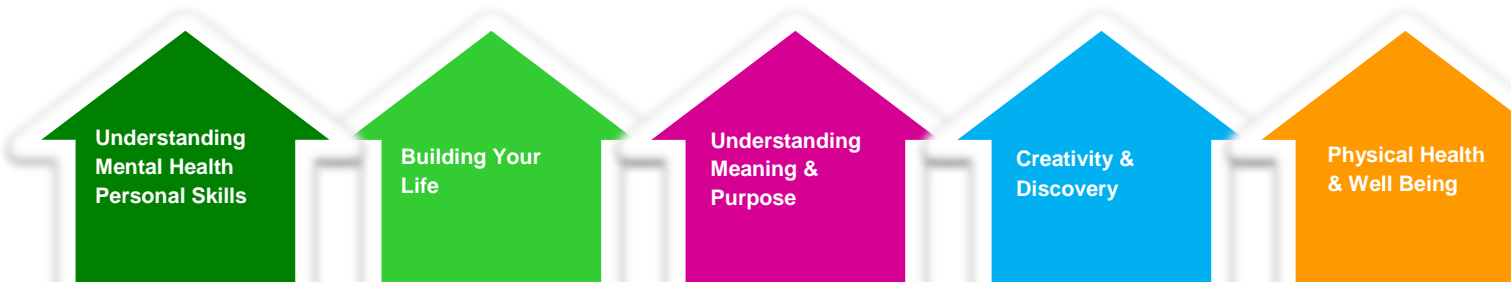
Available to:

Erewash Pathfinder and Recovery Team service users

How to book a place:

No need to book a place but more information can be gained from Paul Collins at Erewash Neighbourhood team on 0300 123 3375

To be included in which section : Keeping Well



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Course / Group title: Men in Sheds

Description of the course (including the number of sessions)

Men in sheds is a group of individuals sharing tools and resources to work on projects of their own choosing at their own pace in a safe, friendly and inclusive environment. It offers a range of activities to engage in- to chat, share skills, learn and socialise.

Dates & times

Monday afternoons 1.30 pm until 3.30 pm (every 4 weeks). The group is ongoing.

Venue

Erewash Voluntary Action Centre, Granville Ave, Long Eaton NG10 4HD.

Benefits of attending the course

It is an opportunity for skill sharing and informal learning of individual pursuits and community project and is a place of leisure where men come together to work. It provides purpose, achievement and social interaction.

Although this group is not specific to people only with mental health problems, facilitators have a good knowledge of mental health difficulties.



Available to:

Adult males of any age

How to book a place:

No booking necessary but more information can be gained from Naomi Harrison (OT), Erewash Neighbourhood team on 0300 123 3375.

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Course / Group title: Walking Group

Description of the course (including the number of sessions)

Weekly walks for approximately 2 hours which usually incorporate going to a café or pub for a drink. The walk sometimes starts at West Park Leisure centre or from other venues nearby which walk leaders will drive to. The walk is facilitated by an OT and a support worker, both who have been on walk leader training.

Dates & times:

Friday mornings 10.30 am

Venue:

Meet at West Park Leisure centre, Long Eaton

Benefits of attending the course:

Walking to help your mental wellbeing.

Improvements to health include increase in stamina and weight loss.

Opportunity to meet new people and to discover new places.



Available to:

People who receive a service from Derbyshire Healthcare NHS Foundation Trust

How to book a place:

Please contact Kathy Birks on 0300 123 3375

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