

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

To be included in which section : Getting Well



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