

WHERE TO FIND US...

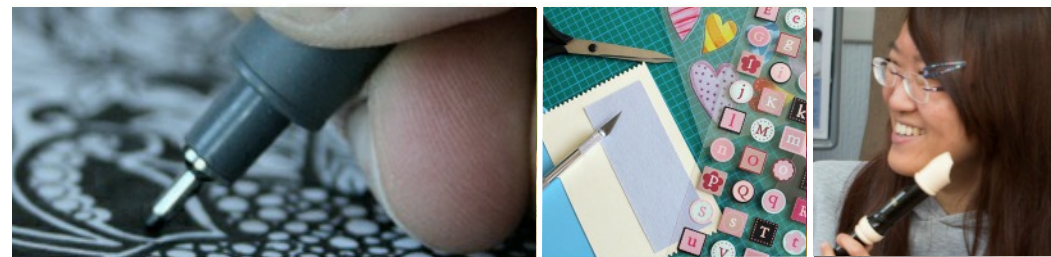


St. Margaret's Centre

Supporting people with mental health problems



# Courses



Mental health is  
everybody's business.



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www.stmargaretscentre.co.uk

Registered Charity No: 1160900 'The Old School' Priory Orchard, Margarey Lane, Durham, DH140J

A comprehensive guide to our new courses in January and February 2016



## Who are we?

St. Margaret's Centre was established in 1991 and is situated in a beautiful stone building, overlooking Durham Cathedral.

The aim of the centre is to create greater choice and opportunity for people to engage in meaningful activity, benefit from social inclusion, improved self esteem and increased confidence. A variety of activities are available to men and women, in a welcoming environment.

We are pleased to offer new courses running throughout the year which are fun, educational, practical and informative. They include craft courses, music and singing classes, self management groups and many more.

A counselling service is now available to help people suffering from mild depression, bereavement, low mood, loss, stress and anxiety. If you feel that this service may be of benefit, please contact the centre to arrange an appointment.



## What's new?

We will continue to improve and update our courses throughout the year.

For further information, please contact the centre

### New Courses starting 7th March 2016

- **DISCOVERABILITY: COLOURING WITH PROMARKERS**
- **NAIL ART**
- **JIGSAW CRAFTS**
- **STRING ART**

For further information, please contact the centre.

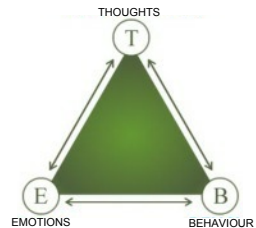
## Cognitive Behavioural Therapy

9 - 4pm

3 day Foundation Course

8th, 15th and 22nd February 2016

9th, 16th and 23rd May 2016



This 3 day Foundation course is an introductory course in Cognitive Behavioural Therapy, an effective evidence based therapeutic approach taught by a mental health professional.

**There is a charge to access this course.**

### Future Self Management Courses

#### Emotional Regulation Skills

**4th, 11th and 18th July 2016**

This course is suitable as an introduction to the principles of mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness.

**There is a charge to access this course.**

#### Overcoming Low Mood

**Thursday 5th May 2016**

The course is based on CBT, which is an evidence based psychological therapy approach, focusing on links between thoughts, feelings and behaviours.

*The course runs for 6 weeks - 2 hours per week and is free of charge.*

#### Overcoming Sleep Problems

**Dates to be confirmed**

Poor sleep is one of the most common health problems, and can leave you feeling exhausted, stressed and run down. The 6 week course will look at ways to gain a better nights sleep.

*This course is free of charge.*

FREE ENJOYABLE AND EDUCATIONAL COURSES - starting 11th January 2016

# Thur sdays



## MIXED CRAFTS

14th Jan - 18th Feb

10.00 - 3.00pm for 6 weeks

An extremely popular mixed series of classes exploring many different forms of popular craft activities. Friendly and fun, so why not come?

# Fri days



The key element of a CREE is the bringing together of adult men to partake in a range of activities and socialising that improves mental health. The group will be participate in a project aimed at making the CREE sustainable, learning new skills to restore furniture, and selling it on, thus allowing the group to be self sustainable.

**9.00 - 3.00pm - this service is ongoing and FREE**

FREE ENJOYABLE AND EDUCATIONAL COURSES - starting 11th January 2016

# Mon days



## UPHOLSTERY COURSE

11th January - 15th February

10 - 12 pm for 6 weeks



A basic course to introduce you to upholstery. Learn new skills and techniques to get you started on your own projects at home with this extremely useful age old craft.



# Tues days

## DRAWING WITH FINELINERS

12th Jan - 16th Feb  
**10 - 12pm for 6 weeks**

### DISCOVERABILITY



This series of drawing classes introduces us to the art of doodling with fineliners. Amazing results can be achieved with just a little bit of 'know how'. Let's get DOODLING!



# SEWING made easy



## sewing made easy

12th Jan - 16th Feb

**1.30 - 3.30pm for 6 weeks**

Learn how to add a simple applique to fabric and how to embellish with easy to do embroidery stitches and techniques. Anyone can learn, so why not join us?

# Wed nesdays

## REIKI THERAPY SESSIONS

starting 13th January  
**BY APPOINTMENT ONLY**



# REIKI

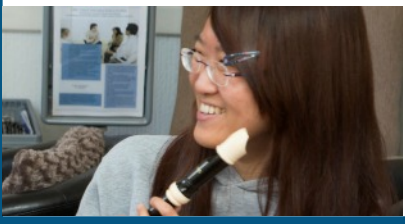
Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is done by 'laying on hands' so that the life force energy can flow through and promote a feeling of well being.

# Thur sdays

## Laugh and Learn recorder

14th Jan - 18th Feb

**1.30 - 3.00pm for 6 weeks**



This is a really enjoyable class where we learn to play the recorder and read music, but most importantly, have a laugh. It feels good to make music, so why not come along?

A self support group offering useful strategies to help you deal with your anxiety in a more positive way. A friendly and informal group, where you can meet up with like minded individuals, in a welcoming environment.



## OVERCOMING ANXIETY SELF MANAGEMENT COURSE

14th Jan - 18th Feb

**10 - 12pm for 6 weeks**