

WHERE TO FIND US...



St. Margaret's Centre

Supporting people with mental health problems



Mental health is
everybody's business.



A comprehensive guide to our new courses in May and June 2016

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www.stmargaretscentre.co.uk

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



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.



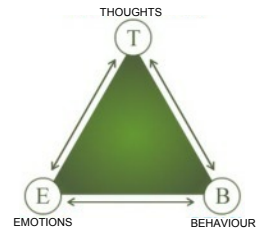
For further information please contact the centre



New Courses starting 28th June - 28th July 2016 (5 weeks)

- **DISCOVERABILITY: CHARCOAL AND PASTEL DRAWING**
- **PEBBLE PAINTING**
- **'CRAFTERNOON'** - 5 crafts in 5 weeks:
WEEK 1 - Weave a mugrug, WEEK 2 - Sugar Paste Flowers
WEEK 3 - Spray through Stencils, WEEK 4 - Spoon Mirror,
WEEK 5 - Chalkboard Plaque. *BOOK ONE OR MORE.*

Cognitive Behavioural Therapy 3 day Foundation Course
9th, 16th and 23rd May 2016
9 - 4pm



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.

Volunteering Opportunities

St. Margaret's is always interested in recruiting volunteers to work in all areas of the centre. The workshop would benefit from individuals with an interest and preferably a bit of experience in working with wood, tools and machinery, who have some time to volunteer. Our allotment plot is always in need of a few willing gardeners who can spare an hour or two, and volunteers to run craft stalls and open day events are always appreciated. ***Just give us a call...we would love to hear from you!***

FRIDAYS - every week

CREE

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 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



MONDAYS starting 6th June 2016

SHABBY CHIC

10.00am - 12pm
for 6 weeks

This course is designed to get you upcycling! You will learn the basic techniques of shabby chic and furniture restoration and have a go at transforming a pre-loved item of your own.





TUESDAYS 3rd May - 7th June

DISCOVERABILITY

EXPLORING MANDALAS

10.00am - 12pm
for 6 weeks

Following on from our successful Fineliner Course, we will be exploring the art of drawing mandalas. This is less about drawing and more about slowing down and opening up to your inner creative flow, like a form of meditation, which creates a feeling of well being.



THURSDAYS 5th May - 9th June

OVERCOMING LOW MOOD

10.00am - 12pm
for 6 weeks

The course is based on CBT which is an evidence based psychological approach focusing on thoughts, feelings and behaviours, giving you self help strategies to help you to manage your low mood, and build your self esteem.



TUESDAYS 3rd May - 7th June

PRINTING

1.30 -3.30pm for 6 weeks

An introduction to printmaking and the art of monoprinting. We will be using a variety of materials to create printing blocks to create our designs. No drawing experience is necessary on this course.... just a bit of imagination!



THURSDAYS 5th May - 9th June

DIGITAL SCRAPBOOKING

1.30 -3.30pm for 6 weeks

This course teaches you how to digitally create your own scrapbook pages to display your own photos and images. Everything you would find in your craft cupboard can be digitally added, from buttons and bows to materials and text.