

WHERE TO FIND US...



St. Margaret's Centre

Supporting people with mental health problems

# Courses



Mental health is  
everybody's business.



0191 384 8100 enquiries@stmargaretscentre.co.uk

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 June and July 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.



For further information please contact the centre

## What's new?

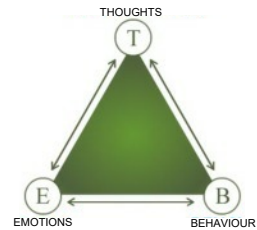
New Courses starting 16th August - 22nd September 2016

- **DISCOVERABILITY:** Drawing (to be confirmed)
- **SOMETHING FISHY** - Modelling with Air Dry Clay
- **'CRAFTERNOON'** - 6 crafts in 6 weeks:  
WEEK 1 - Decorate your own bunting, WEEK 2 - Log Coasters  
WEEK 3 - Garden Cupcakes, WEEK 4 - Wooden Pen Holder  
WEEK 5 - Decorated Pegs, WEEK 6 - Iris Folding, **BOOK ONE OR MORE.**

## Cognitive Behavioural Therapy

3 day Foundation Course  
dates to be confirmed

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

28th June 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 28th June - 26th July

### OVERCOMING LOW MOOD

10.00am - 12pm  
for 5 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.

## THURSDAYS 30th June - 28th July

### PEBBLE PAINTING

10.00am - 12pm for 5 weeks

A new course exploring the art of pebble decoration. Create beautiful objects to take home or give as unique presents.

## TUESDAYS 28th June - 26th July

### DISCOVERABILITY

### CHARCOAL AND PASTEL DRAWING

1.30 -3.30pm for 5 weeks

Learn the basic techniques of drawing with charcoal and pastels, adding shadows and highlights which will bring your artwork to life!

## THURSDAYS 30th June - 28th July

### Craft Afternoon

"A different  
craft  
every week!"

### 'CRAFTAFTERNOON'

1.30 -3.30pm  
for 5 weeks

